

# EXPERIENCE VANCOUVER

## Adrenaline Adventures

[tourismvancouver.com](http://tourismvancouver.com)



**Theme:** Outdoor Adventure

**Season:** Year-round with focus on April to October

### Background:

Vancouver is an outdoor enthusiast's mecca! With its mild climate and proximity to the Coast Mountains and Pacific Ocean, Vancouver provides plenty of opportunities for adrenaline junkies to push their physical and mental boundaries year-round.

### ITINERARY OVERVIEW

This itinerary has visitors navigating raging rapids, ziplining through the forest and soaring from new heights on a tandem paraglide or skydive.

#### DAY 1 MOUNTAIN HIGHS AND OCEAN ADVENTURES

Today begins with a scenic Helijet helicopter flight taking visitors high above Stanley Park and along the rugged coastline to Horseshoe Bay before climbing between The Lions twin mountain peaks and landing at **Grouse Mountain – The Peak of Vancouver**. For those who prefer to get their adrenaline kicks on terra firma, the Grouse Grind is one of Vancouver's most popular hikes and is commonly referred to as 'Mother Nature's Stairmaster'. Taking hikers from the base of the mountain, straight up to the chalet – a mere distance of 2.9 kilometres (1.8 miles) with an elevation gain of 853 metres (2,800 feet) – this hike is sure to get the adrenaline pumping! Once at the chalet, visitors can savour the 180° spectacular view looking out across metro Vancouver and beyond the Strait of Georgia to Vancouver Island. Those looking for more mountaintop adventures to get their heart racing can try their hand at *ziplining or tandem paragliding*: If it's a need for speed that visitors are looking for then they can zip high above the alpine rainforest, careening through the

air at top speeds of 80km/hour and heights up to 60 metres above the ground. Alternatively, those looking to get a bird's eye view of the world can discover the thrill of soaring like an eagle as they launch from the Peak of Grouse Mountain on a tandem paragliding adventure. For many, the gondola-like Skyride descent back to the base of the mountain will be a sufficiently hair-raising experience!

The afternoon can be spent zipping across the waters of Howe Sound on a marine adventure. The **Sewell's Marina Sea Safari** features inflatable boats with powerful outboard engines and an experienced guide to take participants on a thrilling and unforgettable 2-hour adventure alongside steep cliffs, exploring caves and viewing marine wildlife.

To cap off the day, visitors make their way back into the city centre to enjoy dinner in one of the many culinary hot spots such as hip and trendy Yaletown – offering a glamorous urban vibe with numerous sidewalk cafes, trendy restaurants, designer boutiques and a thriving nightlife scene, or historic and cosmopolitan Gastown – boasting some of the city's newest and coolest restaurants and shopping.

#### DAY 2 RAGING RAPIDS AND TAKING FLIGHT

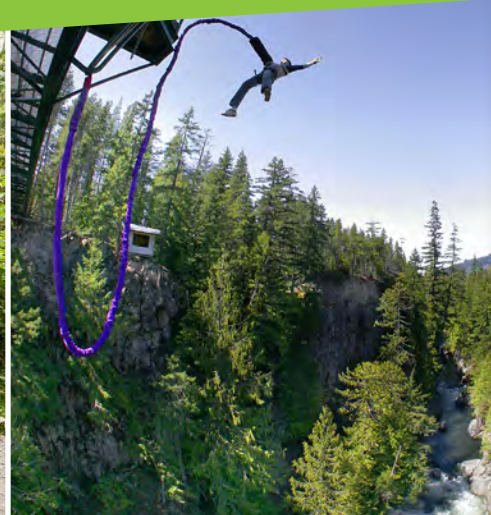
No adventure trip is complete without savouring the thrilling white-water rapids of a raging river! Today begins with a hotel pick up and a 90-minute drive to the Chilliwack River where participants will change into appropriate gear and begin a rafting adventure with **Hyak River Rafting**. Nestled amongst the mountains of the North Cascades, the Chilliwack River drops 10 metres per kilometre, creating numerous long and continuous rapids – perfect for an unparalleled day on the water!



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### DAY 2 continued

Lunch is included to ensure guests have enough energy to face the challenges of meeting rapids head-on, before they are transported back to their hotel late in the afternoon.

Alternatively, for adrenaline junkies that are aquatically challenged, **Skydive Vancouver** offers tandem skydiving, just a 45 minute drive east of downtown Vancouver. With over 30 years in the business and their own drop zone and airfield, participants only need clear skies and a parachute for the go-ahead to jump out of an airplane from up to 12,500 feet in the sky. The free-fall alone will be enough to take their breath away – literally.

For those with energy to spare this evening, a sunset bicycle ride around a portion of the 22 kilometre Stanley Park seawall may be a nice way to unwind. Bicycles can be rented from a number of outlets nearby including **Spokes Bicycle Rentals**, **Bayshore Bicycles & Rollerblade Rentals** and the **Seawall Adventure Centre**.

### HAVE MORE TIME?

#### OVERNIGHT RAFTING ADVENTURE (2+DAYS)

Adrenaline enthusiasts can join the fun for an extended stay and play with **REO Rafting Adventure Resort**, located 2.5 hours north east of Vancouver in the Fraser Canyon. REO offers great rafting experiences combining excitement, adventure, stunning scenery, accommodation and great food!

### WHISTLE – BUNGEE JUMPING (1+ DAYS)

There's nothing to get the adrenaline flowing like the feeling of launching oneself off of a bridge with merely an elastic band strapped to their ankles. Visitors with some extra time can experience bungee jumping in the beautiful wilderness of the Whistler Resort Valley nestled between old growth forests and rugged basalt column cliffs with **Whistler Bungee**. Participants can feel the exhilaration of jumping from a 48 metre (160 ft) bridge spanning 91 metres (300 ft) over the glacial fed Cheakamus River.

### WHISTLER – VARIOUS ADVENTURES (1+ DAYS)

Those with a love for the outdoors and an affinity for motorized toys will enjoy an all-terrain vehicle (ATV) adventure taking them deep into the backcountry or high up on a mountaintop, all accessed while driving their own ATV.

With **The Adventure Group**, visitors can experience a wide variety of thrill-seeking adventures including river rafting, jet boating, mountain biking, ziplining and more.

\*\*Note, there are more members than currently listed here which provide a range of exciting outdoor adventures. For a full list, please contact the Travel Trade team at Tourism Vancouver.\*\*