

## "Best Adventure Sports in Vancouver"

Created by: Cityseeker

 11 Locations Bookmarked

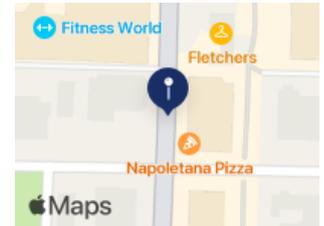


 by Marvin Meyer on Unsplash 

### International Diving Centre

"Expert Diving Instruction"

Learn basic diving techniques or take a more advanced instructor certification course from this highly-acclaimed dive centre located 10 minutes from downtown Vancouver. Courses are offered in English, Japanese, German, French, Korean and Chinese. More advanced courses are available to provide recreational divers with a better understanding of safety, like the technical diving course which is ideal for those who wish to advance their skills. All gear and equipment is provided. One could choose group or private lessons. International Diving Centre also sells equipment and offers chartered diving trips within the province.



 +1 604 736 2541

 [www.diveidc.com/](http://www.diveidc.com/)

 [info@diveidc.com](mailto:info@diveidc.com)

 2572 Arbutus Street, Vancouver BC

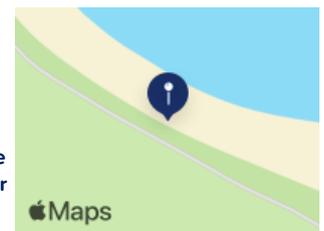


 by GoToVan 

### Jericho Beach

"Perfect for Family Picnics"

This is a large and long sandy stretch with views of the mountains and downtown. It's a great place to take the family for a summertime barbecue or picnic. Located right near the Jericho Youth Hostel, this place is popular but never too crowded. A known spot for sailing, windsurfing and sea kayaking, it offers plenty to do. Find concession stands, change rooms and showers. This is also the site of the annual Vancouver Folk Festival.



 +1 604 873 7000 (Tourist Information)

 [vancouver.ca/parks-recreation-culture/jericho-beach.aspx](http://vancouver.ca/parks-recreation-culture/jericho-beach.aspx)

 [info@vancouver.ca](mailto:info@vancouver.ca)

 Point Grey Road, Between North Ends of Wallace Street and Discovery Street, Vancouver BC

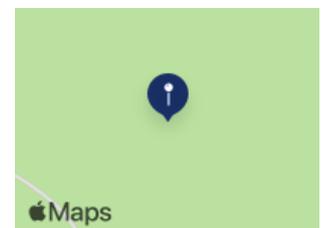


 by BWJinks 

### Pacific Spirit Regional Park

"Undisturbed Forest in the City"

Spread in unencumbered glory across 763 hectares (1885 acres) of Vancouver's westernmost edge, the lush Pacific Spirit National Park is bounded by the University of British Columbia. The park is famous for its rich tapestry of walking and hiking trails, a mesmerizing network of 54 kilometers (33.5 miles) lined with incredibly tall trees and occasional sun-dappled walkways. Of these, 38 kilometers (24 miles) of the trail's network are allotted for multiple activities, including cycling and horseback riding. Indigenous plants and regional wildlife can be spotted across the park's wild belt, affirming the rich habitat it boasts of. The park's western edge reveals a sandy stretch of the stunning Wreck Beach, a 7.8-kilometer- (4.8-mile-) long naturist beach that invites droves of tourists during summertime.



 +1 604 683 2000 (Tourist Information)

 [www.metrovancouver.org/services/parks/parks-greenways-reserves/pacific-spirit-regional-park/](http://www.metrovancouver.org/services/parks/parks-greenways-reserves/pacific-spirit-regional-park/)

 5495 Chancellor Boulevard, Vancouver BC

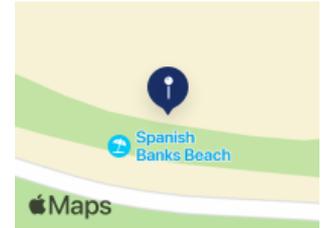


by Jester7777

## Spanish Banks

### "Large Recreation Facility"

Possibly the city's least crowded beach, this is a great place to go to appreciate the sea's wonder in peace and quiet. This is a long stretch of clean and sandy waterfront in West Point Grey. It is family-friendly and home to summertime events like a sandcastle competition in late July, beach soccer competition mid August and the Jewish Worldbeat Festival in late August. There are concession stands, changing rooms, showers and grassy areas. Skimmers alert: this is the perfect place for skim boarding once you learn the optimal tidal conditions. Great for swimming and other adventurous water sports such as windsurfing. Lifeguards are assigned for the safety of the visitors and parking is free.



4707 North West Marine Drive, Vancouver BC

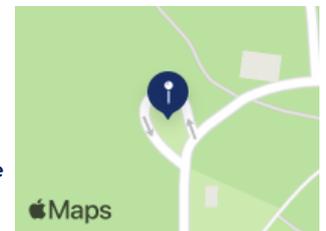


by Arbron

## Lower Seymour Conservation Reserve

### "Nature Right Outside the City"

This 5,668-hectare (14,005.9-acre) area of dense and gorgeous temperate rain forest lies right outside downtown's northern perimeter. Hike, bike, picnic, or tour this magnificent and accessible reserve for an entire day. Lower Seymour Conservation Reserve is made up of thick forest, alpine meadows, river flood plains, a lake, and a dam, which is used for research, education, demonstration and as a water reserve. Take the kids on an educational walk, or grab a bottle of wine and some food and take your partner for a romantic date in the woods.



+1 604 432 6200

[www.metrovancouver.org/services/parks/parks-green-ways-reserves/lower-seymour-conservation-reserve](http://www.metrovancouver.org/services/parks/parks-green-ways-reserves/lower-seymour-conservation-reserve)

[lscr@metrovancouver.org](mailto:lscr@metrovancouver.org)

2369 Lillooet Road, North Vancouver BC

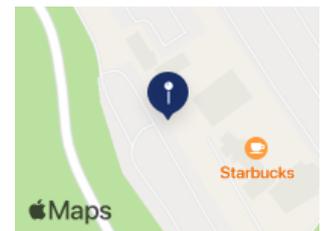


by roland

## Grouse Mountain Zipline

### "For Adrenaline Junkies"

Feel the wind whip through your hair as you soar over towering trees and look out onto the mountainous landscape. The five line circuit of Grouse Mountain Zipline will take you through canyons and over peaks for a two hour outdoor adventure. See British Columbia's old growth forest in one of the most unique ways possible. The jaw-dropping scenery is worth the stomach full of butterflies!



+1 604 980 9311

[www.grousemountain.com/zipline](http://www.grousemountain.com/zipline)

6400 Nancy Greene Way, Vancouver BC

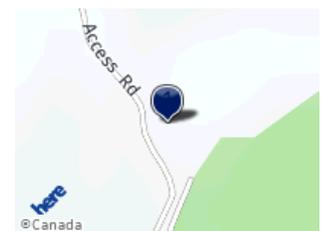


by jameswheeler

## Grouse Mountain

### "Year-Round Alpine Fun"

Towering at 1,250 meters (4,100 feet), Grouse Mountain's ethereal peaks bear testament to the unspoiled beauty of British Columbia. Named after the native dusky grouse that inhabits the alpine reaches of the province, this soaring attraction forms part of the North Shore mountains of North Vancouver. The mountain's all-year-round access means that life's luxuries don't escape even this great natural landmark. Grouse Mountain is home to a stunning mountaintop cinema, a chalet and lodge built along its base, and a nifty chairlift that allows for sweeping panoramic views of the soul-stirring scenery of the region. There is also a wildlife refuge and a ski area that occupy the mountain's alpine corners.



+1 604 980 9311

[www.grousemountain.co](http://www.grousemountain.co)

[info@grousemountain.com](mailto:info@grousemountain.com)

6400 Nancy Greene Way,

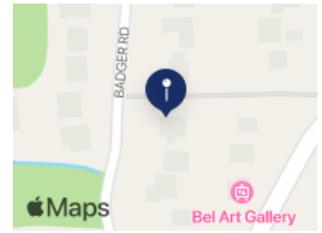


by Marcin Chady ©

## Deep Cove

### "Quaint Seaside Town"

Take an easy ride by public transit or car to the quaint village of Deep Cove in North Vancouver. The area was first inhabited by the Squamish Salish nation, who settled in the area thousands of years ago. In the 1800s, the English and Spanish used the area as a fishing village and whaling cove. Although it's only 20 minutes from downtown, visitors to Deep Cove will feel as though they have left the hustle and bustle of city life far behind them. Surrounded by mountains and overlooking a tranquil cove, the town is a spectacular setting in which to spend a day. Visitors can enjoy a myriad of activities, including kayaking, hiking, biking, shopping, sampling the offerings of great restaurants, or just relaxing at one of the town's outdoor coffee shops.



+1 604 985 7761 (Tourist Information)

Deep Cove, North Vancouver BC

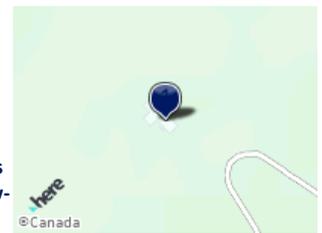


by Loriane, Zachary, Agnès & Nicolas ©

## Cypress Mountain

### "Year-Round Playground"

Located 30 minutes from Downtown Vancouver, this attractive and majestic mountain is nestled in Cypress Provincial Park. The mountain has a variety of activities year-round like alpine and cross-country skiing, snowshoeing, snowboarding, snow-tubing and tobogganing. After your active day, try the Black Mountain Lodge or Hollyburn Lodge for refreshments. In the summer, a hike through Yew Lake Trail is a must. Contact for information on general inquiries, season passes and ski-cards. This was one of the primary ski and snowboard venues for the 2010 Olympic Games.



+1 604 926 5612

[www.cypressmountain.com/](http://www.cypressmountain.com/)

[info@cypressmountain.com](mailto:info@cypressmountain.com)

6000 Cypress Bowl Road,  
Cypress Provincial Park,  
Bowen Island BC

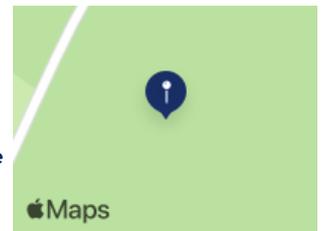


by keepsurreal ©

## Whytecliff Park

### "Diving Hot Spot"

With sweeping ocean and island views, this park is a photographer's paradise. Take a picnic basket along and lay down a blanket and enjoy the fresh air. The area's calm waters make it a popular spot for scuba divers. The cobble beach is great for beachcombing, and there are secluded spots among the rocky cliffs for picnics. There are various short, well-worn trails that lead to view points on the cliffs overlooking the Strait of Georgia. Summer weekends are the busiest. It is easily accessible by public transit bus from Downtown.



+1 604 925 7275

[www.greatervancouverparks.com/Whytecliff01.html](http://www.greatervancouverparks.com/Whytecliff01.html)

Marine Drive, West Vancouver BC



by jhm\_ ©

+1 604 986 2261

## Mount Seymour

### "Discover Skiing and Snowboarding"

Discover the joys of skiing and snowboarding on Mount Seymour. First-time lessons are a bargain compared to big resorts, and you can rent the equipments from the on-site shop. There is also tobogganing and snow-tubing along the Enquist Snow Tube Park. A sure fun option to get together with friends and family out in the snow.



[mtseymour.ca/](http://mtseymour.ca/)

[snow@mountseymour.com](mailto:snow@mountseymour.com)

1700 Mount Seymour Road,  
North Vancouver BC

