

Outdoor Activities for Families



On the Lower Mainland, there are plenty of ways for families to be active together. Here are some suggestions:

Take a Hike ■ Stroll (or stride) along the shore at sunrise at Pacific Spirit Regional Park, which has over 50 km of walking trails. For other great places to walk and hike check out Club Tread (www.clubtread.com) and Tourism BC (www.hellobc.com). Remember to cover up and always wear a wide-brimmed hat for sun protection.

Go Rover ■ Studies have shown that dog owners get more exercise than their pet-free counterparts. So take the dogs for an on-leash romp along the Stanley Park Seawall or let them chase sticks off leash at Ambleside Park in West Vancouver. To find more off-leash dog parks, check www.vancouver.ca/parks/info/dogparks.

Hit the Courts ■ You can find no-fee tennis, volleyball, or basketball courts throughout Greater Vancouver. Check out www.vancouver.ca/parks for locations.

On Your Bike ■ Vancouver's cycling network is expanding. Visit the city's website at www.vancouver.ca to download a Bicycle Route Map and find out about the growing Greenways that provide year-round safe places to cycle. In North Vancouver, the Lower Seymour Conservation Reserve has a 10-km paved trailway for cyclists and roller bladers (www.metrovancouver.org).



Shop Fresh ■ Head to a farmer's market to pick up some tasty local produce. You can find a list of markets at www.eatlocal.org. Check out local farm tours at Farm Folk, City Folk at www.ffcf.bc.ca.

Make a Splash ■ Vancouver Parks (www.vancouver.ca/parks/rec/beaches) maintains ten saltwater beaches and one freshwater beach for free swimming. In North Vancouver, the Mahon Spray Park has more than 20 different water sprayers (www.cnv.org). Don't forget to apply 30+ SPF waterproof sunscreen and bring a shade umbrella for a day at the beach.

Use your GPS ■ Orienteering is a fun way to practice your navigation skills and explore new places. The Greater Vancouver Orienteering Club welcomes families (www.orienteeingbc.ca).

Very Berry ■ Berry picking is a great way to get some fresh healthy snacks. Blackberries grow wild and ripen just around the time school starts in fall. Long sleeves will protect you from thorny canes—and from too much sun exposure!

For the Birds ■ The Great Blue Heron Reserve in Chilliwack has 9 km of walking trails where you can look for giant nests. For more information see www.chilliwackblueheron.com.

Did You Know... Over 50 percent of cancers can be prevented? Keep your family healthy now and in the future by getting plenty of exercise, eating nutritious food, and maintaining a healthy body weight. Practice sun safety year-round and avoid tobacco products.



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