



[CAPILANO SUSPENSION BRIDGE](#)

3735 Capilano Road, North Vancouver

604.985.7474

reception@capbridge.com

Breathtakingly suspended 230 feet above and 450 feet across Capilano River, Capilano Suspension Bridge takes you to towering evergreens, serene trails and our award winning attraction, Treetops Adventure. This

walk takes you high above the forest floor for a thrilling encounter with the very heart of the forest. A guided nature walk reveals the mysteries of the forest and stunning views of the canyon.

First Nations legends are woven, beaded, carved and shared with guests at the Big House Cultural Center. Beautiful gardens skirt colorful totem poles. Voices from the past at the Story Centre mingle with the sounds of nature and live seasonal entertainment. Fabulous Canadian shopping and cuisine round out this one-of-a-kind West Coast experience. Open year-round and only minutes from Burnaby.



[GRAND VILLA CASINO & PERSONAS TAPAS RESTURANT & LOUNGE](#)

4331 Dominion Street, Burnaby

604.436.2211/604.436.2130

Located attached to the [Delta Burnaby Hotel and Conference Centre](#), the [Grand Villa Casino](#) provides gaming, dining, entertainment and accommodation all under one roof. Try your luck at more than 50 gaming tables and 1000 slot machines or kick the night off at your selection of bars, restaurants or the Personas Tapas Restaurant + Lounge.



[GROUSE MOUNTAIN](#)

6400 Nancy Greene Way, North Vancouver

604.980.9311

guestservices@grousemountain.com

Grouse Mountain is Vancouver's most visited four-season attraction. Panoramic views of the city, oceans and mountains unfold as the Skyride, North America's largest aerial tram system, whisks visitors to the

mountaintop, 3,700' above the city. Experience year-round activities including our Refuge for Endangered Wildlife, where two orphaned grizzly bear cubs and three timber wolves play in a protected and secure sanctuary. In the Peak Chalet, enticing aromas of Westcoast cuisine from our award-winning dining facilities will tempt you. Our Theatre in the Sky showcases a breathtaking scenic overview of Southwestern BC from an eagle's perspective.

In summer, enjoy entertaining lumberjack shows, hiking trails, guided eco walks, paragliding, falconry demonstrations, scenic chairlift rides, and helicopter tours. Grouse Mountain's winter activities include some of the finest in local skiing and snowboarding, as well as snowshoeing, ice-skating and sleighrides. Our Friday Night Entertainment Series showcases the best local music talent in a stunning alpine venue. Grouse Mountain is only 15 minutes from Burnaby.



[VANCOUVER AQUARIUM IN STANLEY PARK](#)

845 Avison Way, Vancouver

604.659.3474

information@vanaqua.org

In 2006 the Aquarium, located in world famous Stanley Park is celebrating "50 amazing years" as one of North America's premier marine life centres. Don't miss the beluga whales, dolphins, and sea otters, and thousands of

other fascinating creatures, from the Arctic to the Amazon. For an unforgettable extra, try one of the Aquarium's hands-on Animal Encounters or Trainer Tours. Between shows, relax over lunch at the UpStream Café and visit the unique ClamShell Gift Shop. Open every day of the year. Daily 9:30am-5:30pm, July & August 9:30am-7pm.



[METROPOLIS AT METROTOWN](#)

4700 Kingsway, Burnaby BC

604.438.4715

info@metropolisatmetrotown.com

Boasting 400 shops and services, 16 movie theatres and a range of dining experiences, Metropolis at Metrotown is a shopper's mecca. As BC's largest shopping and entertainment complex, Metropolis offers up everything imaginable – all in one palatial setting.

From must-have workshop tools to cool kitchen gadgets, from chic jewellery to sandals and work boots, from dining to services to entertainment... for him, for her, for them – ahem, and for you – Metropolis is sure to have everything that you need (and even some things that you don't!).

When you come to Metropolis, plan to start your day early and stay late. You can shop 'til you drop then grab a bite at one of the trendy restaurants or at the popular food court with seating for more than 1,000 people. From cappuccinos and freshly baked goods to edamame, fried chicken and everything in between – Metropolis can satisfy virtually all your cravings (at the same time).