

TUESDAY, SEPTEMBER 1, 2009

save on foods GUIDE TO THE LONG WEEKEND

TOP 5 LOCAL DAY TRIPS

Take one last trip before summer's gone for good

BY CHERYL CHAN
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Before summer comes to an end, jump in your car for one last long weekend hurrah.

Get high

Sure, there's ziplining adventures to be had elsewhere, but Grouse Mountain is virtually in Vancouver's backyard.

The two-hour adrenaline-pumping tour will have you flying through old-growth forests, between mountain peaks, at speeds of up to 80 km/h. The first three lines warm you up for the last two, which run between Grouse and Dam Mountains 121 metres in the air.

The rides itself are over in a flash but the thrill will linger on.

\$105 including the Skyride gondola and zip circuit. Tours runs every 20 minutes but reservations are recommended for the long weekend.

www.grousemountain.com

Lakeside lollygagging

In Port Moody, magnificent mountains and a warm-water lake make a great backdrop for a summer day.

Buntzen Lake offers a plethora of slow-paced activities. Start with a sun-warmed picnic on the grass, spend a lazy afternoon fishing at the end of the long, wooden dock or canoeing on the lake's serene waters, then cap it off with an easy hike on the Buntzen Lake trail.

www.bhydro.com/community/recreation_areas/buntzen_lake.html

Buntzen Lake Canoe Rentals at 3275 Sunnyside Rd., Anmore.

Rays of sunshine

I don't know if the Sunshine Coast gets more sun than Vancouver, but rain or shine, it can't be beat.

Just a short drive from the ferry terminal is Gibson's Landing, immortalized in



Hit speeds of up to 80 km/h on Grouse's new ziplines. — COURTESY GROUSE MOUNTAIN RESORTS

classic Canadian TV show *The Beachcombers*. Grab some breakfast at Molly's Reach, nestled amidst the picturesque marina, then head up Highway 101 for some fun on the water — whether it's chartering a fishing boat on Davis Bay in Sechelt or paddling the protected waters of Smugglers Cove, near Halfmoon Bay. www.sunshinecoastcanada.com

Tunnel vision

Explore these long-abandoned Kettle Valley Railway routes near Hope, designed by engineer Andrew McCullough, an avid Shakespeare fan who named stations

after the Bard's characters.

Most of them are gone, but Othello Tunnels remain. Its trestles have been converted to walkways, providing day trippers with a magnificent 3.5-kilometre hike through five damp, dark tunnels. Great views of sheer canyons and turbulent rapids. Bring a flashlight.

About five kilometres outside Hope, in Coquihalla Canyon Provincial Park.

Falls, climbs and eats

Shannon Falls' cascading waters shroud its basin in a cooling mist, make it a refreshing destination on a hot summer day.

Add great picnic spots and well-maintained trails, including a popular one that'll take you right up and over the granite cliff of the Stawamus Chief to jaw-dropping panoramas of Howe Sound and voila — perfect day trip destination.

Pack a picnic lunch for when you reach the summit (see Page B6 for ideas), or head over to the handsome The Copper House Restaurant's deck which boasts picture-perfect views of the Chief and the falls.

Shannon Falls. Off Highway 99, two kilometres south of Squamish.

The Copper House. 36599 Darrell Bay Road.

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