



If you have the courage to brave great heights, head over to Capilano Suspension Bridge in Vancouver, British Columbia.

Cross the 137-metre long bridge that is suspended 70 metres above the canyon floor for an unforgettable thrill, feel the cedar-planked bridge bounce beneath your feet over the rolling water of the Capilano River, and take in the majestic beauty of the evergreen temperate rainforest. You can also take a walk along the Treetops Adventure bridges, which consist of seven footbridges suspended as high as 30 metres above the forest floor, between eight towering Douglas fir trees. You will find it surprisingly cool up there even on the hottest summer day!

If these thrilling heights are too much for you, you can stroll through the serene rainforest and learn about its ecosystem and the importance of protecting it, or visit the Story Centre to explore the history of the bridge. There is also a display of totem poles and traditional weaving, carving, and beadwork demonstrations which reflect the lives and culture of British Columbia's First Nations people.

With the great variety of educational and exhilarating activities in this outdoor paradise, you will have the best "what I did this summer" story to tell when you return to school!



Capilano

Suspension Bridge