



# Active Vancouver: A Year-round Guide to Outdoor Recreation in the City's Natural Environments

*Roy Jantzen*

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*Active Vancouver* offers the reader a variety of pursuits—cycling, trail running, hiking, snowshoeing, paddling, walking, and nature treks—all within a day trip of Vancouver, British Columbia, one of the most vibrant urban regions in the world for access to recreational green space.

The myriad activities featured in this unique guidebook are for locals and tourists alike who have beginner to intermediate skills in each sport. Here you'll find all the year-round information needed to plan a fun, energetic and educational adventure day in one of the most beautiful cities in the world. Readers are able to scan activities quickly for timing, distance, elevation and accessibility. Equally important, each activity also provides an "Eco-Insight" into the natural history of the locale to give the user a deeper connection with the environment.

Complete with colour photographs and maps, *Active Vancouver* is the ultimate resource for both exciting and family-friendly outdoor recreation in and around Vancouver throughout the year.

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