



HEALTHY FAMILIES,
HAPPY CHILDREN

FREE & FUN FAMILY ACTIVITIES

DELTAKIDS.CA





WWW.DELTAKIDS.CA

Authors

Thank you to the members of DeltaKids who contributed ideas, visited playgrounds, and edited this booklet.

Publication Development

Andrea Lemire, coordinator@deltakids.ca

Sponsorship

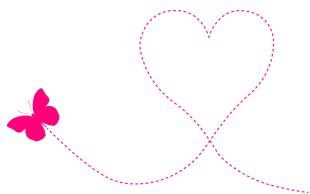
With much appreciation to the United Way of the Lower Mainland, Success By 6 funding for covering the printing costs!

© DeltaKids, 2018. All rights reserved. Publication of parts or extracts of this document by families and not-for-profit agencies serving children and youth is encouraged, as long as appropriate acknowledgment is given.

FUN FOR FAMILIES :)

Looking for a fun way to spend an afternoon with the kids? Preferably without spending much (or any) money? We've got you covered! This booklet lists neat ideas in and around Delta. Some of the activities require a car, but many are accessible with public transit. In this booklet you'll find:

- 1) The Great Outdoors - Extra Special Parks
- 2) The Great Outdoors - Getting Active
- 3) The Great Outdoors - Our Food: Farms & Fish
- 4) Fabulous Playgrounds (Worth the trip)
- 5) Delta Delights - Hidden Treasures
- 6) Delta Delights - Getting Sporty
- 7) Delta Delights - Parks & Playgrounds
- 8) Amazing Waterparks with Playgrounds
- 9) Indoor Fun - Make it, Hear it, Build it, Play it
- 10) Indoor Fun - Planes, Museums & Dancing
- 11) Low-Cost Activities - By Donation
- 12) Low-Cost Activities - Special Passes
- 13) Low-Cost Activities - Under \$20 for 2 Adults + 2 Kids



1) THE GREAT OUTDOORS: EXTRA SPECIAL PARKS

North Vancouver: Lynn Canyon Park and Ecology Centre

The free suspension bridge is 20 stories above the river! Cross the bridge and there's a waterfall to find. Or pay a (\$2 or so donation) to visit the Ecology Centre. www.lynncanyonecologycentre.ca

Surrey: Redwood Park, 17900 20 Avenue

This great park is filled with trees from around the world, a great playground, and even a tree house! Plus, there may be some fairy doors to be found if you search carefully enough...
www.surrey.ca/culture-recreation/2187.aspx

Surrey: Surrey Nature Centre, 14225 Green Timbers Way

The Surrey Nature Centre has nature stories, walks, and you can borrow a "Discovery backpack" full of activities and even a fishing rod! www.surrey.ca/culture-recreation/2311.aspx

Vancouver: Stanley Park

There's a water park, trails, riding your bike on the seawall, and tons of beaches. Plus, the free Stanley Park Nature House has information about the plants and animals in the area.
www.stanleyparkecology.ca/education/nature-house/

West Vancouver: Lighthouse Park, 4902 Beacon Lane

Parts of this park were never logged and have trees that are more than 500 years old! Can you find them? Of course, there is the lighthouse, trails, and more! www.lighthousepark.ca

2) THE GREAT OUTDOORS: GETTING ACTIVE

Multiple Location: Geocaching

Have you ever heard of geocaching? It's like a treasure hunt. You start by creating a free account online. Then download the app or use the website to find clues that will lead you to a secret geocache. You can leave or trade little 'treasures' in the cache.

www.geocaching.com/play

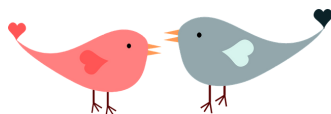
Multiple Location: Go fishing

Kids under 16 don't need a license for freshwater fishing. And we have lots of lakes that stock trout. All you need is the bait. For ideas of where to go and what to bring, see: www.bcfamilyfishing.com

Multiple Location: Take a hike

There are amazing walks and hikes to be discovered. Check online to find one that suits your family's interests and fitness level. You can also check if doggies are allowed on the trails, if the hike can be done in the winter, and if you can get to the hike by bus.

www.vancouvertrails.com



Multiple Locations: Cycle everywhere

Take your bicycles on the free little ferryboat and cycle Barnston Island. Or try a flat route along the dikes in Richmond or the seawall in Vancouver. Find the best route for you and your family online.

www.letsgebiking.net For a list of cycling routes in Delta, see

www.delta.ca/parks-recreation/parks-trails/trails-cycling

3) THE GREAT OUTDOORS: OUR FOOD - FARMS & FISH

Multiple Locations: Circle Farm Tours

Download a brochure to find working farms that are open to visitors. There are maps for Abbotsford, Chilliwack, Langley, Agassiz/Harrison Mills, and Maple Ridge/Pitt Meadows. Visit one farm or make a day out of it and visit a whole bunch! www.circlefarmtour.com

Surrey: Historic Stewart Farm

You may see people dressed in costumes from the pioneer days or join a scavenger hunt. Come to this living museum in Surrey. www.surrey.ca/culture-recreation/2875.aspx



Multiple Locations: Watch the fish

Fish return to different rivers at different times of the year. It's best to check online first to see if the fish are jumping! Here are a few of the more popular fish viewing locations.

North Vancouver offers a free tour of the Capilano Salmon Hatchery. There is also an interpretive centre and a fish ladder. www.vancouvernorthshore.com/things-to-do/attractions/capilano-salmon-hatchery/

Port Coquitlam has a free tour of the Hyde Creek Hatchery. Tours are Saturday from 9 am - 11:30 am. www.hydecreek.org

Both **Squamish & Brackendale** have amazing spots to watch the eagles feast on returning salmon. (Watch out for bears!)

4) FABULOUS PLAYGROUNDS (WORTH THE TRIP)

Coquitlam: Rochester Park, 1300 Rochester Avenue

Zipline, skate park, tunnel slide, sandpit, plus climbing structures and more. This is a beautiful park that is worth checking out!

Coquitlam: Queenston Park, 3415 Queenston Ave

It's a great playground for climbers as everything runs up the hill. But beware - there is only one portable toilet! There is a low rope course, a metal half tube slide, a wobbly bridge, and more.

Langley: Penzer Action Park, 198c Street

Have you heard of parkour? It's here! An in-ground trampoline, climbing walls, balance beams, winging bars and more. Plus a bike pump park, little kids park, courts, and a skateboard park.

Richmond: Terra Nova Adventure Playground, 2340 River Rd

This playground has a huge tower with a great slide, log structures and an obstacle course to climb on and a zip line. It's a popular place, right next to the dikes.

Vancouver: Creekside Playground, 1455 Quebec St

It has the mandatory zip line and of course a huge slide. Plus it's next to a little island in the Burrard Inlet that you can explore.

White Rock: Generations Playground, 14600 North Bluff Road

A playground designed for all ages and all abilities. Bring grandma and the baby too!



5) DELTA DELIGHTS HIDDEN TREASURES

OWL, 3800 72 St, Delta

OWL, Orphan Wildlife is dedicated to the rescue, rehabilitation, and release of raptors. Free tours of the facility, the wildlife museum, and maybe even see a few of the resident raptors. www.owlrehab.org

U-Pick (Many different farms) for berries, pumpkins and more
Look online for addresses and what's in season. Prices vary, depending on how much you pick. Or find ripe blackberries in one of the many parks and pick for free!

6) DELTA DELIGHTS GETTING SPORTY

Gr.5, 6, 7 & 8 Admission Pass

Delta residents who are in grade 5, 6, 7 or 8 can get a special pass. Visit any Delta recreation facility with your proof of birth date and Delta residence, along with the \$5 fee. Passes are valid until the end of each school year (August). With the pass students can:

- Attend any public skate, swim or open gym session (for free!)
- Bring someone who is 13+ years old. That person will pay the discounted family admission drop-in price.

Kidsport

KidSport wants to ensure that all children have the opportunity to participate. Up to \$500 per child per year is available to assist a child to do organized sport. Applications are available on the website along with a list of the sports that KidSport will support. Apply today!
www.kidsportcanada.ca/british-columbia/delta/

7) DELTA DELIGHTS PARKS AND PLAYGROUNDS

We have many amazing parks in Delta. Have you ever:

- **Practiced safe cycling on the (pump) bike track?** at Holly Park at 4681 62 Street in Ladner, at the North Delta Recreation Centre 1415 84 Avenue, North Delta, or at Pebble Hill Park at 411 Milsom Wynd, Tsawwassen
- **Walked the boardwalk or searched for owls?** at Burns Bog, north of 72 Avenue & east of Hwy 91 along the gravel access path
- **Put on a show in the amphitheater?** at Sunstone Park 10400 Delsom Crescent, North Delta
- **Released fish or harvested drinking water?** at Watershed Park 11600 Kittson Parkway, North Delta
- **Splashed away at the waterpark?** Annieville Lions Park, 9150 112 Street, North Delta, Diefenbaker Park, 5579 1 Avenue, Tsawwassen and Memorial Park, 5010 47 Avenue, Ladner
- **Beachcombed?** at Boundary Bay Regional Park, 541 Centennial Parkway, Tsawwassen
- **Played music or fed the ducks?** at Diefenbaker Park, 5579 1 Avenue, Tsawwassen
- **Tried your luck with Disc Golf?** at Winskill Park, 5558 9 Avenue, Tsawwassen

More info at: www.delta.ca/parks-recreation/parks-trails/overview

George C Reifel Bird Sanctuary

You can count the birds, search for all the birdhouses, climb the tower, and even feed the birds. \$5 for adults, \$3 for children, children under 2 are free. www.reifelbirdsantuary.com

8) GREAT WATERPARKS WITH PLAYGROUNDS

Burnaby: Confederation Park, 250 Willingdon Avenue

Kids can control the water. It goes out a pump, down ramps, can be blocked, and sprays out of rocks. Also a big rock playground!

Coquitlam: Blue Mountain Park, 975 King Albert Ave

Water fights with the squirters and sprayers, life-sized horses to climb, a cycling circuit and a huge rope-climbing section of the playground.

Delta: Diefenbaker Park, 5579 1 Avenue, Tsawwassen (also see

Section 7) Not just a waterpark, there's a stream, a music park, a playground, paths to explore and a large pond to feed ducks and fish

Langley: Willoughby Community Park, 7700 block 202A Street

There's a two-story slide and a three-story climbing structure all next to the community centre.



Maple Ridge: Maple Ridge Park, 23200 Fern Crescent

There are two waterparks to keep the big kids happy and little kids safe, a sand pit, tons of shade, and of course an amazing playground. Plus of course there are washrooms close by.

New Westminster: Sapperton Park, 351 E Columbia Street

Parents can sit back in the comfortable chairs while kids play on the natural log playground structure, dig in the sand, or play in the waterpark.

8) GREAT WATERPARKS WITH PLAYGROUNDS

Port Coquitlam: Lions Park, 2300 Lions Way

This park has it all: you can jump on giant tires, make music, try out the zipline or dig in the sand. Bring some digging tools as a water chute runs through the sand. Plus, there's a waterpark.

Port Moody: Rocky Point Park, 2800 Block Murray Street

This is a beautiful place to spend the day. The waterpark is train themed while the playground is themed with boats!

Richmond: Steveston Community Park, 4011 Moncton Street

There are spray guns and a huge climbing structure. Plus, you are within walking distance of Gary Point and the beach.



Surrey: Bear Creek Park, 13820 88 Avenue

This is a huge play area with space for the little ones as well. There's also an enormous spray park with a little bridge and river to float your toy boat. Or try out the workout circuit!

Vancouver: Granville Island Outdoor Waterpark, 1318 Cartwright St

It's the largest free waterpark around with a waterslide, sprinklers, a playground and a duck pond. Minimum height to slide by yourself!

West Vancouver: John Lawson Park, 750 17th Street

The splash park is small, but you are right next to the ocean for bigger adventures. The playground has musical instruments, a pirate ship, a roller slide, and a toy train. Enough to keep you busy all day

9) FREE INDOOR FUN: MAKE IT, HEAR IT, BUILD IT, PLAY IT

Multiple Locations: Art Starts Gallery & Workshops

Art Starts has a gallery in Vancouver dedicated exclusively to children's artwork? Admission is free. They also offer free workshops for children aged 5+ in **Vancouver** and in **New Westminster**.

www.artstarts.com

Multiple Location: Blast from the past

Kids love hearing stories about their parents. Why not take a stroll down memory lane and show your children where you lived, played, and went to school as a child? This may involve a walking tour or photos. Tell your child about your **favourite** food, your **favourite** toys, and more!

Multiple Locations: Home Depot

For children 5-12 years old, the Home Depots in **Richmond** and **Surrey** offers free construction classes on the second Saturday of each month. You might build a periscope, a birdhouse, or something else. Check out their website for details. www.homedepot.ca

Multiple Locations: Play a board game

Some public libraries have board games you can borrow (some restaurants too). Even if you are not a member, you may be able to borrow the games with a piece of ID. In Delta, we also have Ukuleles and Sphero Sprks for loan. Plus, there are VR glasses, story time, Lego time, and so much more. www.fvrl.bc.ca

10) FREE INDOOR FUN: PLANES, MUSEUMS & DANCING

Richmond: YVR Airport, Level 4 (to/from Canada section)

Try the indoor public observation area at the Vancouver International Airport. There are free telescopes and information panels that help you understand what you see. There's also an interactive model of Sea Island. www.yvr.ca/en/about-yvr/community/public-observation-area

Richmond: Grocery Hall of Fame, 6620 No. 6 Road

Richmond has many museums, including the Grocery Hall of Fame! It's a free way to see old advertising and unopened food packages from a hundred years ago. Open limited hours so call ahead.

www.richmondbc.worldweb.com/SightsAttractions/Museums/

Surrey: Kids' Gallery at the Surrey Museum, 17710 56a Avenue

Scheduled to open in 2018 the museum has a dedicated kid space with an indoor play space and kid-friendly mini-museum.

www.surrey.ca/culture-recreation/2372.aspx

Vancouver: Robson Square - Dancing & Skating, 800 Robson Street

During the summer, there are free dance lessons at Robson Square. Have fun dancing or watch the experts at play! No experience required. In winter there is skating. Entrance is free if you bring your own skates (or rent them for a small fee)!

www.sundayafternoonsalsa.com



11) LOW-COST ACTIVITIES - BY DONATION

New Westminster, Petting Zoo, Queen's Park, 3rd Avenue

Get up close to typical farm animals during the summer months.

There's also a playground nearby. www.newwestcity.ca

Vancouver, Gordon Southam Observatory, 1100 Chestnut Street

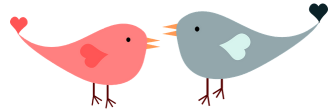
Visit the Gordon Southam Observatory on a Saturday night.

www.spacecentre.ca/gordon-southam-observatory

Vancouver, Art Gallery, 750 Hornby Street

Tuesdays from 5-9 pm, view the museum's permanent and temporary exhibits and have fun exploring. www.vanartgallery.bc.ca

12) LOW-COST ACTIVITIES - SPECIAL PASSES



Multiple Locations, Kidsworld Pass

This program gives you access to one free event per week during the school year or one free event a day during the summer. Each child pass includes admission for one adult. \$50 per child per season (season is either school year or summer) www.kidsworldprogram.com

Multiple Mountains, Never Ever Days with Ski Canada

Never Ever Days is the ultimate beginners' package for kids & adults. You get equipment rental (ski or snowboard), a beginner lift ticket, and a lesson for just \$25 (+tax). Tickets are limited.

www.skicanada.org/never-ever-days/

13) LOW COST UNDER \$20 FOR 2 ADULTS + 2 KIDS

Multiple Locations - Transportation, (Price varies)

Ride the SeaBus or the Skytrain. www.translink.ca Try the Aquabus through False Creek (Vancouver). www.theaquabus.com Or watch for seals on the ferry to Bowen Island, www.bcferries.com

Multiple Locations - Cineplex Family Movies (\$2.99 per person)
Saturdays at 11 am, www.cineplex.com/Events/FamilyFavourites

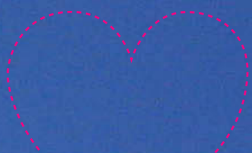
Burnaby, Burnaby Village Museum, 6501 Deer Lake Avenue
Free museum entrance and events. You can pay for a guide with crafts & activities or carousel rides. www.burnabyvillagemuseum.ca

Mission, Stave Falls Visitor Centre, 31338 Dewdney Trunk Road
(\$15/family) An amazing Tesla coil electricity demonstration plus interactive and historic displays. www.bchydro.com/community/recreation_areas/visitor-centres/stave-falls-visitor-centre.html

Mission, Raceway Park, 32670 Dyke Road, (Kids under 12 free with an adult, adults \$5-10) Have you ever seen a drag race? Feel your heart race! www.missionraceway.com

Richmond, 6 Pack Indoor Beach, 13180 Mitchell Rd #115 (\$7/child)
This indoor sand park is great year-round. www.6packbeach.com

Vancouver, Kerrisdale Play Palace, 5670 East Boulevard (\$5/child)
Indoor play space with bouncy castles, an inflatable obstacle course, & toys... but only open summers. www.kerrisdalecc.com



AND MORE IDEAS...

There are festivals for everything from cars to apples, logging to Diwali! Find current events on www.deltakids.ca, tourist information websites or family-friendly websites (like YoYoMama). You might find a free outdoor movie, a free concert, a free festival, a free parade, or even a free airshow!

Know another great activity that isn't yet listed? Email us and we'll include it in the next edition!



HEALTHY FAMILIES,
HAPPY CHILDREN