



admonsters  
publisherforum  
**ACTIVITIES**

**Vancouver, BC, Canada | Tuesday, August 20**

Publishers will have the opportunity to sign up via the event survey, starting on Thursday, July 25. Sponsors should register for activities by emailing [kgunther@admonsters.com](mailto:kgunther@admonsters.com). Activities are available on a first-come, first-served basis and do fill quickly!

Activities hosted by:

**triplelift**

**Yoga at the Parq**

**2:00 PM – 4:00 PM**

Join certified yoga instructor (and fellow Monster!) @JONELLELASALA for a BLISSFUL + INVIGORATING mindfulness and movement practice from 2-4pm Tuesday afternoon at the hotel in the “Park”. Heighten focus and awareness by tuning into your body as you learn proper alignment and technique. Find natural rhythm through an awakening Asana series leading into a beautifully bold #COCOMOTION style vinyasa flow... followed by a deep and restful Savasana, all while being surrounded by Vancouver’s natural beauty. Mats, blocks, towels and water provided. All levels are welcome! **Bring: Exercise/Yoga Attire**

**Rainforest Hike to  
Capilano Suspension Bridge  
& Salmon Hatchery**

**1:30 PM – 5:00 PM**

We'll immerse ourselves in nature's splendor just moments from downtown Vancouver. History meets the great outdoors at Capilano Suspension Bridge Park. First, we'll wander through a stunning temperate rainforest and cross high above the Capilano River on the famous suspension bridge. Next, we'll climb through old growth fir trees on the Treetop Adventure and rise high above the canyon along a towering wall of granite on the new Cliffwalk. Then we will head deeper into the woods for a visit to the Capilano River Hatchery. Visit the “Fishway” observation galleries to see the fascinating process: how the fish climb the ladders to go up river and spawn. **Bring: Hat, Sunglasses, Hiking shoes or sneakers**

**Voyageur Canoe Tour**

**1:30 PM – 5:00 PM**

Discover the beauty of Vancouver’s city skyline and stunning shoreline during this canoe trip around the island. While paddling, learn about the history of the Voyageur canoe and First Nation cultures in Vancouver. Tour guides will delve into the richness and diversity of the Pacific Northwest cultural heritage along with pointing out city highlights during an entertaining afternoon on the water in an authentic voyageur 35 foot canoe. **Bring: Flat shoes that can get wet, quick dry clothing, and a hat/sunblock**

**Granville Island Market Tour**

**1:45 PM – 5:30 PM**

Get a taste of where the locals shop and eat in Vancouver! The Granville Island Public Market is the crown jewel of Vancouver, filled with fresh produce and one-of-a-kind artisans. Dive into the action of the bustling Public Market. You'll skip the lines for 20+ signature Canadian tastings from Vancouver's top food artisans - breads, cheeses, charcuterie, melt-in-your-mouth donuts and more! Then we will head over to an artisanal sake maker to learn (and sample) this ancient form of distilling. Finally, we'll tour some of the best artisan shops on the Island. **Bring: Comfortable Walking Shoes**

**Biking in Stanley Park**

**1:45 PM – 5:00 PM**

Stanley Park is larger than New York's Central Park with 980 acres of bucolic beauty to cover. We'll hop on bikes to explore this beautiful landscape as we ride along the Seawall cycle path. Getting lost in the middle of the rainforest with our guide will be part of the fun! Our knowledgeable guide will share facts on the biodiversity of the temperate rain forest and the history of Vancouver. Highlights will include totem poles, Lost Lagoon, Beaver Lake, Red cedar trees, secret beaches and much more! Moderate biking ability recommended – this is primarily a flat tour with 2 or 3 small gradual hills. **Bring: Sneakers and comfortable clothing**

**Hike the Grouse Grind**

**1:15 PM – 5:30 PM**

The Grouse Grind is Vancouver's most popular trail and is renowned for its beauty and the challenge to make it to the top. This strenuous hike climbs 2800 feet up into the sky – primarily via man made wooden stairs built to prevent erosion on the mountain. Once at the top, you have earned bragging rights by saying you have completed 'The Grind'. Then we'll head over to the Grouse Mountain Chalet for a well-earned beer! Finally, we will take a Gondola ride back down and snap some scenic photos. **Bring exercise shoes and hiking clothes. We will provide water.**

**Sea Safari Eco-Tour to  
Howe Sound**

**1:15 PM – 5:15 PM**

This exciting tour will take us on an amazing zodiac boat ride hugging the coastline and islands to Howe Sound, all the while spotting the incredible Canadian wildlife. Check out the seal colony and bird sanctuary, and we'll get views of the iconic Pt. Atkinson Lighthouse. An experienced guide will point out all of iconic British Columbia at its best! **Bring: Layered clothing, closed toed flat shoes, sunglasses, sunscreen. A wetbag will be provided for belongings.**