



For more information
on the Spring Bus
Trips,

please call Karin at 604 983- 6488

Cost of Lunch

Please note that the cost of lunch is **NOT included** in the trip price unless specified.



On some trips you may bring a brown bag lunch.

All return times are approximate and depend on traffic.

NVRC registration is required to go on the bus trips.

Accessibility Levels

We offer a variety of trips for you to enjoy; accessibility categories are defined below. Please attend the trips that are best suited to your personal abilities. Call us for more information.

NOT ACCESSIBLE (NA)

- No walkers.
- Active participation required.
- Medium to long walks over uneven surfaces and stairs.

PARTIALLY ACCESSIBLE (PA)

- Medium walks over uneven surfaces and stairs.
- Activities/space restrictions may preclude accessibility of walkers.

ACCESSIBLE (A)

- walkers welcome
- light activity with short walks
- relatively level terrain.

Register Early!

Registration opens March 7 at 7 am

A trip may be cancelled a week before the start date if not enough people have registered. **Unless otherwise indicated, all the bus trips start and end at NSNH 225 East 2nd St. in North Vancouver**

**To REGISTER for a trip,
phone NVRC Customer Service
604 987-7529**

**or sign in online at www.nvrc.ca
You can also register at John
Braithwaite Community Centre's
front desk
Phone 604 983-6471**

Cancellation Policy

As a general Rule, NSNH does not provide refunds for Bus Trips or Special Events. If there is a waiting list and we can sell your spot, we might be able to refund the fee. A full refund will be given for any trip or event that has been cancelled by the NSNH. The Seniors Program Coordinator may authorize a refund for exceptional circumstances.



| Day Trips | Day | Date | Time | Barcode | Price |
|----------------------------------------|-----|----------|--------------|---------|-------|
| Brunch at the Waffle House Diner | Thu | April 4 | 10:00 - 3:00 | 276413 | \$25 |
| EcoFarm Discovery Centre | Thu | April 11 | 10:00 - 4:00 | 276415 | \$45 |
| VanDusen Botanical Garden Field Trip | Thu | April 18 | 9:30 - 3:30 | 276418 | \$0 |
| Cedar Rim Nursery | Thu | April 25 | 10:30 - 4:00 | 276419 | \$30 |
| Mother's Day High Tea | Thu | May 9 | 11:30 - 4:00 | 276420 | \$68 |
| Lunch at the Flying Beaver Bar & Grill | Thu | May 16 | 10:00 - 3:30 | 276421 | \$25 |
| Explore Horseshoe Bay | Thu | May 23 | 10:30 - 3:30 | 276422 | \$20 |
| OWL (Orphaned Wildlife) Tour | Thu | May 30 | 8:30 - 3:00 | 276423 | \$35 |
| Kerrisdale Village | Thu | June 6 | 10:30 - 3:30 | 276425 | \$25 |
| Squamish | Thu | June 13 | 10:00 - 4:00 | 276426 | \$35 |
| Cascade Casino | Thu | June 20 | 9:30 - 3:30 | 276427 | \$30 |
| Bowen Island | Thu | June 27 | 9:00 - 4:00 | 276428 | \$35 |

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BRUNCH AT THE WAFFLE

HOUSE DINER

The best brunch spot is the iconic **Waffle House Diner** (extra cost). They have been serving up delicious breakfast, brunch, and lunch items for decades. Their new location in Surrey offers an updated menu and a retro diner atmosphere with a modern twist, for you to enjoy.

Accessible Thursday April 4
10:00-3:00pm **276413** \$25

ECOFARM DISCOVERY CENTRE

This authentic Farm experience includes all the sights and sounds of the farm. Learn about innovations such as their Robotic Milker and meet the cows face to face. **Lunch** (extra cost) is at **Red Robin**. **PRICE INCLUDES A GUIDED DAIRY BARN TOUR.**

Accessible Thursday April 11
10:00-4:00pm **276415** \$45

VANDUSEN BOTANICAL GARDEN FIELD TRIP

VanDusen Botanical Garden is an oasis with over 7,500 plant species! A **private Garden tour** led by an Environmental Educator and **Lunch in the Garden Café is included.** This Field Trip is funded by the Vancouver Botanical Gardens Association.

Accessible Thursday April 18
9:30-3:30pm **276418** \$0

CEDAR RIM NURSERY

Enjoy a lovely lunch (extra cost) at the iconic **Home Restaurant** in Maple Ridge. Then visit Cedar Rim Nursery, a family owned and operated business serving the Fraser Valley for 40 years to choose your plants for the season.



Accessible Thursday April 25
10:30-4:00pm **276419** \$30

MOTHER'S DAY HIGH TEA

Treat yourself to a memorable Mother's Day at **Clancy's Tea Cosy**, White Rock's best kept secret. They are well known for serving only the best fresh, tasty, homemade goodies. **TRIP PRICE INCLUDES HIGH TEA.**

Accessible Thursday May 9
11:30-4:00pm **276420** \$68

LUNCH AT THE FLYING BEAVER

BAR & GRILL

Enjoy lunch (extra cost) in this utterly unique West Coast Environment and watch the Seaplanes from your seat at the **Flying Beaver Bar & Grill**. On your return, make a stop at **La Casa Gelato** for dessert.

Accessible Thursday May 16
10:00-3:30pm **276421** \$25

NVRC registration is required to book the bus trips

EXPLORE HORSESHOE BAY

Enjoy the scenic drive along the waterfront on your way to see what's new in **Horseshoe Bay**. Enjoy lunch at the famous **Troll's Fish & Chips** (extra cost) or at a restaurant of your choice.

Accessible Thursday May 18
10:30-3:30pm **276422** \$20

OWL - ORPHANED WILDLIFE TOUR

Learn all about the rehabilitation of birds of prey (eagles, falcons, hawks, ospreys, owls, & vultures). Over the years, OWL has rescued thousands of birds. Lunch (extra cost) is at Kennedy's Sports Pub. **A PRIVATE TOUR IS INCLUDED IN TRIP PRICE.**

Partially Accessible Thursday May 30
8:30-3:00pm **276423** \$35

KERRISDALE VILLAGE

Spend the day in Vancouver's most charming community **Kerrisdale Village**. Explore the unique Shops, Restaurants, and Thrift Stores, enjoy lunch at a local eatery or just sit and people watch.

Accessible Tuesday June 6
10:30-3:30pm **276425** \$25



SQUAMISH

Enjoy a leisurely lunch (extra cost), visit unique shops or spend your time at the **Railway Museum of BC**. An expansive 12-acre railway station & town centre featuring vintage locomotives, artifacts & themed train rides.

Accessible Thursday June 13
10:00-4:00pm **276426** \$35

CASCADE CASINO

There is no shortage of exciting things to experience at the 80,000 square feet of action. Check out over 1,000 slot machines, play bingo, Blackjack or Roulette.

Accessible Thursday June 20
9:30-3:30pm **276427** \$35



BOWEN ISLAND

The bus will take you right to Snug Cove on Bowen Island (a short 20 minute ferry ride from Horseshoe Bay). Enjoy lunch (extra cost) at one of the local restaurants, tour the island or visit the Bowen Island Museum and Archives.

Partially Accessible Tuesday June 27
9:00-4:00 pm **276428** \$35

Please see our Accessibility Levels explained at the back