Vancouver – If you are traveling to Vancouver (www.tourismvancouver.com) anytime soon, there are a few adventurous places you should visit. The Capilano Suspension Bridge Park (www.capbridge.com) is one of Vancouver’s most popular tourist attractions. Just minutes from the bustle of downtown, this bridge stretches 450 feet (137 m) across and 230 feet (70 m) above Capilano River. Much has been added to the 27 acre park.

The two year-old Cliffwalk is the park’s newest attraction – a cantilevered walkway clinging to the granite cliff high above Capilano Canyon. Treetops Adventure features seven suspension bridges through the evergreens taking you up to 100 feet (30m) above the forest floor, offering a unique squirrel’s eye perspective of the forest.

Guided nature tours, the Kids’ Rainforest Explorer program and the Living Forest exhibit enhance this unique rainforest encounter. You can also enjoy seasonal musical entertainment and First Nations culture. Be sure to take photos at the Totem Park and with the Capilano Tramps.

The holiday season on the North Shore means that it is time for Canyon Lights at Capilano Suspension Bridge Park. With a zillion sparkling lights adorning the Bridge, Rainforest and Cliffwalk, this annual winter event ensures the holidays are merry and bright. From Saturday, November 30, until Saturday, January 4, guests will be treated to the ultimate seasonal sensory celebration, including gingerbread cookie decorating, seasonal music from the Holiday Band, glass ornament blowing with Malcolm Macfadyen and of course, the splendor of magical twinkling lights throughout the park. There is a free shuttle service from downtown.

After experiencing the Capilano Suspension Bridge, we headed a little further up the road to Grouse Mountain (www.grousemountain.com). Here there are a variety of cultural, educational and outdoor adventures to choose from. Most of Grouse Mountain’s summer and winter activities are complimentary with an admission ticket.

Whether you’re in search of the perfect photo; or a picturesque dinner at The Observatory, your adventure begins with the Skyride. It operates 365 days a day, departing every 15 minutes from 8:45am to 10:00pm. In summer months, the first downhill Skyride departs at 7:30am.

Once up there, we headed directly to a fabulous show where some special birds were the stars. Right next door was the bear habitat, with two grizzlies protected from the public by electric fences. The Eye of the Wind, meanwhile, is inspiring and revolutionary. This is the world’s first and only wind turbine that allows you to stand in a clear glass view POD at the top of the tower, three metres from its massive, rotating blades.

If you like amusement parks; Vancouver’s Pacific National Exhibition (www.pne.ca) on East Hastings Street is the place to go. The 15 acre Playland Amusement Park is a popular attraction. It has hosted millions of thrill seekers of all ages since it opened in 1910. Playland’s marquee attraction, the beloved 1958 Wooden Roller Coaster, remains the most popular ride on the site and one of the most highly regarded wooden coasters in the world.

In preparing for my Vancouver trip, I made the rounds with the different rental car companies. The prices were always much too high. Then I came across LoCost Rental Car (www.locost.com), based just near the Vancouver International Airport and the best prices and customer service I can report upon. They have been around for more than 30 years. You can reserve online, but what I liked was the ability to speak to people on the ground and not some random operator.

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