



Adrenaline Adventure | 7 day Pulse Raiser

Bring your bucket list and get ready to check a lot of things off. Golden is a mecca for the adrenaline seeker!

DAY 1: Plan with audacity and execute with vigour

Check into your accommodation. If you haven't already done so, book your guided tours and trips. The knowledgeable staff at the BC Visitor Centre, and downtown at the Chamber of Commerce will be happy to help you.

DAY 2: Ride the Kicking Horse River

Ride the thrilling whitewater on the famous Kicking Horse River with one of the experienced local whitewater rafting outfits. Swap stories and enjoy great live music into the night.

DAY 3: Soar like a bird from Mount 7

Get a bird's eye view on a tandem paraglide, launched from the famous Mount 7 site. Did you know that 8 world distance records have been set from this launch?

DAY 4: Freefall over the Rocky Mountains

It doesn't get more exhilarating than with a tandem sky-dive. Free Falling at 120 MPH overtop the rocky mountains and gently floating back down to earth will leave you with a sense of euphoria.

DAY 5: Get your wheels turning

Check out the mountain trails in Golden. Get vertical on downhill mountain bikes at Kicking Horse Mountain Resort and Mount 7, or explore over 100 km of the Moonraker and Mountain Shadows singletrack cross country bike trails. Try the 'Super Loop' for a full day of riding. Don't forget to pick up a Golden Bike Trail Map at the BC Visitor Centre or downtown at the Chamber of Commerce.

DAY 6: Add some horsepower

Take a guided ATV tour for an awesome adventure through the Kicking Horse Country backcountry surrounding Golden. If you're bringing your own ATV or dirt-bike, please make sure you are familiar with the terrain, and prepared for the backcountry. Pick a copy of the Golden Outdoor Discovery map which details non-motorised areas of use.



DAY 7: Get up close and personal with the mountains

If you're an avid hiker, mountaineer or climber, hire an ACMG certified guide for the best alpine experiences of your life in the Canadian Rockies, Selkirk and Purcell Mountains that surround Golden.