



## Top 5 Things to do in the Summer

Looking to make your experience in Golden the absolute best? Check out these sweet spots for some worthwhile experiences in the heat of the summer!

### No. 1: Get cool with Stand Up Paddleboarding

Explore what the mighty Columbia River has to offer just south of Golden. Whether you avidly travel with your stand up paddle board in search of new destinations or would like to give it a whirl for the first time Golden is the perfect place. Choose your SUP location based on vistas or thrill, guided or unguided and on your own board or a rental – there's really no excuse not to hop on a board here.

### No. 2: Take a walk on the wild side

Venture into the beautiful Blaeberry country to get a closer look at some local wildlife: Leo Downey's heard of buffalo at the [Rocky Mountain Buffalo Ranch](#) will have your jaw dropping at their size and power. Next, howl with the wolves at the [Northern Lights Wolf Centre](#) and learn about this incredible keystone species. Pack a picnic and enjoy the blue waters of the Blaeberry river in the quiet peace of the mountains.

### No. 3: Get up close and personal with the mountains

Head up to [Kicking Horse Mountain Resort](#) early in the morning, take the chairlift up and catch a glimpse of Boo the bear in his refuge! He'll even pose for pictures if you ask nicely. Next, admire the 360-degree-view in the Eagles Eye Express Gondola as you head to the top of the mountain to catch some stunning landscapes of the Purcell Mountains. Enjoy an exquisite meal at the Eagles Eye Restaurant and snap some pics before heading back down.

### No. 4: Get wild 'n' wet on the Kicking Horse

There's nothing to get your adrenaline going and get your tan on like whitewater rafting on the Kicking Horse River with the [Glacier Raft Company](#). With something for everything, flowing down this body of water and enjoying not only the thrill of the rapids but also the breathtaking scenery will give you an unforgettable experience!

### No. 5: Enjoy the local sweet spots

A good day of relaxation comes with good food, beautiful scenery, and great people. Start with brunch at a local restaurant with a view, and explore Golden's shops, museums, art galleries, and so much more. Walk the Rotary trails alongside the Kicking Horse River, and don't forget to stop at the Pedestrian Bridge, the longest freestanding timber frame bridge in Canada. If you're here on a Wednesday, check out a [Summer Kicks live concert](#) put on by Kicking Horse Culture and finish your night with stories and a locally crafted drink from the [Whitetooth Brewing Company](#).