

Welcome to the Sport City.



Spike up the fun this Mother's Day! Dive into Volleyball

Top Activities in Burnaby

There's something for everyone in Burnaby.

From outdoor adventures, breweries, museums, festivals and sweet treats, use the Burnaby Experience Guide to easily plan your out of competition activities – for whatever you're in the mood for.



METROPOLIS AT METROTOWN

Discover BC's largest shopping destination at Metropolis at Metrotown in Burnaby. With over 330 stores, an international food court, and Cineplex Cinemas Metropolis featuring 21 screens, including D-BOX, UltraAVX, and 3D films, it's a one-stop destination.

If you're from out of town, enjoy the [VIP Visitor Card](#) program for rewards and up to 30% off discounts, plus a special bonus gift on spending \$350 or more. Groups of 10+ can pre-register via the [Group Tour Registration Form](#) to receive welcome bags for each team member.



ESCAPE THE ORDINARY

Gather your team for an adventure at Bamboozled Escape Games, where fantasy meets reality in immersive multi-media environments.

Choose from 4 themes—explore ancient rainforest ruins, venture into a mystical forest, seek treasure on a sailing journey, or embark on a space mission to a new galaxy. Enjoy some indoor fun between games.

Use code SportBurnaby24 for 10% off your game



THE AMAZING BRENTWOOD

With its modern design and indoor/outdoor public space, The Amazing Brentwood is a one-of-a-kind urban gathering place featuring world-class shops, restaurants, public plazas, and entertainment.

Visit the lower mainland’s only locations of Sporting, Lifestyle, Cineplex VIP, H&M Home, The Rec Room, and LL Bean among the many other retailers on site.



THE REC ROOM

Offer: "Redeem your 1-Hour Play Pass provided by Sport Burnaby in your Athlete Bags"

From ping pong to pool, to video games and virtual reality. They boast over 90 arcade games, a VRX car simulator, indoor archery, and a fresh rotation of state-of-the-art gaming experiences. The Rec Room Brentwood offers over 43,00 sq. feet of gaming, amazing live entertainment and great eats all under one roof.

Note: Guests must be 19+ years of age with valid government issued photo ID, minors are allowed if accompanied by a parent or guardian until 10pm.



BURNABY BLOOMS

Burnaby’s favourite springtime celebrations return in 2024 as the City welcomes Burnaby Blooms. Join us on Sunday, May 5 at the Shadbolt Centre for the Arts and Deer Lake Park.

Enjoy entertainment, roving performers, workshops, eco-sculptures, family activities, talks and tours, plant sales, community groups, food trucks and more!

Free admission and entertainment.



MOTHER’S DAY FOOD TRUCK FESTIVAL

The Greater Vancouver Food Truck Festival is touring the Lower Mainland. Some of Metro Vancouver’s most popular – and most tasty – food trucks will be at this event. Admission to the festival is FREE!

On May 11&12, the Mother’s Day Edition Food Truck festival is being organized at BCIT. With over 20+ food trucks, a local artisan market, live music & entertainment, and also flowers for your MOMs.



Experience Burnaby

There's something for everyone in Burnaby .

Get Outside >>



PARKS

Burnaby's ratio of parkland to residents is one of the highest in North America. 25% of Burnaby's land is designated as parks, open space, and the city boasts over 200 parks!



Deer Lake Park

Burnaby Mountain Conservation Area

Central Park

Confederation Park



GOLF

Golf fans are in luck — because Burnaby has two beautiful public golf courses, and even a couple of fun little pitch-and-putt courses if you're just looking to satisfy your fix for a couple of hours.

FAMILY FRIENDLY ACTIVITIES

Burnaby is home to a wide variety of arts and culture, and family-friendly entertainment. From astounding live performances to local and international exhibits, to a historic site, there is always something new to experience.



Burnaby Village Museum

Take a trip back in time to the 1920's at one of Burnaby's favourite themed attractions and museums, it's perfect for the whole family! Walk through the village and meet the costumed townsfolk, visit the old homes, businesses like the Blacksmith, and shops like the General Store, and don't forget to take a ride on the Carousel and make a pitstop at the Ice Cream Parlour!

Local recommendations:

HIKING & BIKING



With over 230 kilometres of paths and trails, Burnaby offers hiking splendor to people of every skill and fitness level.



Burnaby is a great city for bike travel. Bike routes connect Burnaby from north to south, east to west and to neighbouring cities on all sides.



Burnaby Mountain: Rich in natural beauty, it also provides options for a vigorous hike, a leisurely stroll or a heart-pumping bike ride. It boasts a network of 26 multi-use trails covering 28 kilometres within the Burnaby Mountain Conservation Area.

Burnaby Central Railway



Sightsee in style. Hop on board a classic model steam train and take a tour of one of the biggest and best parks in Burnaby. Regardless of whether you're eight or 80, everyone enjoys a whistling ride on a classic model train, right? (The train operates on weekends during the summer months.)

A person in a red jacket and blue jeans is walking across a suspension bridge with a chain-link fence. The background is a clear blue sky with a green diagonal stripe.

Things to do Beyond Burnaby

Have you met our neighbour, Vancouver?

Downtown Vancouver is only 15-minutes away and is a great place to play tourist while you're in town.

Our Top Picks

CAPILANO SUSPENSION BRIDGE

Suspended 230 feet above Capilano River, the Capilano Suspension Bridge offers access to towering evergreens and serene trails, including the award-winning Treetops Adventure. High above the forest floor, this walk promises a thrilling experience deep within the forest. Discover stunning views and forest secrets on a guided nature walk. First Nations legends come alive at the Big House Cultural Center, surrounded by gardens and colorful totem poles. Experience the mingling of historical voices and nature at the Story Centre, enhanced by live seasonal entertainment. Enjoy exceptional Canadian shopping and dining in this unique West Coast setting. Open year-round, just minutes from Burnaby.



SCIENCE WORLD

Just 15 minutes away from Burnaby by SkyTrain, there's a whole world of wonder waiting for you at Science World, including popular, hands-on, interactive displays and spectacular OMNIMAX films on one of the world's largest dome screens. Don't miss exciting new feature exhibits, awesome shows in the Science Theatre, special events, the unique gift shop.



Things to do Beyond Burnaby

VANCOUVER AQUARIUM IN STANLEY PARK

Vancouver Aquarium, located in world famous Stanley Park, is one of North America's premier marine life centres. With over 70,000 animals and over 30 unique exhibits ranging from the Tropics to the Arctic, a full-sensory experience awaits you. You'll see the mesmerizing jellyfish and say hi to the adorable sea otters, as well as the free-roaming animals found in the popular Amazon gallery. You'll also visit the Treasures of the BC Coast gallery to discover the unique and breath-taking animals that live in BC's local waters, including the Pacific octopus. The Vancouver Aquarium is one of the world's favourite aquariums – you'll have a whale of a time.



GROUSE MOUNTAIN

Grouse Mountain is Vancouver's most visited attraction. Panoramic views of the city, oceans and mountains unfold as the Skyride, North America's largest aerial tram system, whisks visitors to the mountaintop, 3,700' above the city.

Experience year-round activities including, a Refuge for Endangered Wildlife, where two orphaned grizzly bear cubs and three timber wolves play in a protected and secure sanctuary. In summers, enjoy entertaining lumberjack shows, hiking trails, guided eco walks, ziplines, paragliding, falconry demonstrations, scenic chairlift rides, and helicopter tours. Grouse Mountain's winter activities include some of the finest in local skiing and snowboarding, as well as snowshoeing and ice skating. Grouse Mountain is only 15 minutes from Burnaby.

