# A Day in the Life of an... lang

### FORT CANOE KAYAK CLUB

The Fort Canoe Kayak Club is the best kept secret in Fort Langley. Based out of the Paddlesport Dock on the Bedford Channel, the club offers a variety of ways to get involved in our sport. This club provides opportunities for adults and youth of all ages and experience levels to try paddling.

#### SUGGESTED VISIT: 1-1.5 HOURS

## **CAMPBELL VALLEY REGIONAL PARK**

Sunlight-dappled forests, grassland vistas and wetlands make this regional park a great habitat for wildlife, from songbirds to salmon to squirrels and more. The network of trails provide lovely routes for walkers to explore the variety of landscapes, the heritage features and a Nature House. Horse riding is also popular here.

SUGGESTED VISIT: 1.5-2 HOURS

# LANGLEY 204 HORSEBACK RIDING

Langley 204 has services for all ages and experiences. They offer trail rides, lessons, and pony rides, as well as a variety of flexible leasing and regular-rider packages as well as established lesson programs.

#### SUGGESTED VISIT: 1.5-2 HOURS

### LANGLEY DISC GOLF CLUB

Affectionately referred to as "Frolf", disc golf is a great way to get outdoors and spend time with friends. Explore the four courses offered at Passive Park in Langley. With courses catering to various skill levels, the Langley Disc Golf Club is the perfect place for anyone wanting to try to the sport.

#### SUGGESTED VISIT: 1.5-2 HOURS

#### - - -**HOUSTON TRAIL**

The Houston Trail is a 4km loop that is popular with walkers, hikers, and the occasional horseback rider. Follow the trail as it it makes its way through forested land along a gravel trail that sits above the boggy terrain and mud.

SUGGESTED VISIT: 2.5-3 HOURS

# PLAN YOUR PICNIC

Brae Island Regional Park Williams Park Well Seasoned Gourmet Food Store Aldergrove Regional Park

FORT CANOE KAYAK CLUB PADDLESPORT DOCK ON BILLY BROWN ROAD FORT LANGLEY

#### FORTCANOEKAYAK.CA

CAMPBELL VALLEY REGIONAL PARK 20285 8 AVENUE LANGLEY

#### METROVANCOUVER.ORG

# LANGLEY 204 HORSEBACK RIDING

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# DERBY REACH REGIONAL PARK

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TOURISM









