





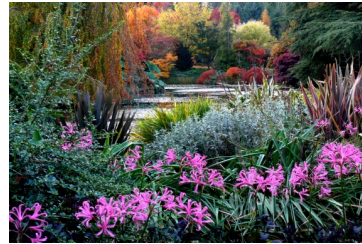
## Time to Explore – Tours 55

All tours **DEPART from UBC**, and are subject to availability. See Registration Form to book tours. Tours include a 47-passenger coach, entrance fees, driver and tour guide, gratuities and all taxes.

### #1 - Vancouver Garden Tour: VanDusen Gardens; Queen Elizabeth Park

These 22 hectares of elegant landscape represents ecosystems ranging from the Himalayas to the Mediterranean. A short ride brings you to Queen Elizabeth Park, Vancouver's horticultural jewel, and Vancouver's highest point, providing a spectacular view of the city and mountains. Depart UBC 8:30 am; return 12:30 pm. Lunch at UBC.

**Cost \$87.00**



### #2 – Museum of Anthropology, UBC Botanical Gardens, and Nitobe Gardens

Located at UBC, the Museum of Anthropology is a place of world art and cultures with a special emphasis on the First Nations peoples. Guided tour is 1 ½ hours long. Continue to UBC Botanical Gardens with over 12,000 plants covering 78 acres. Nitobe Memorial Gardens are authentic Japanese gardens, honouring Japanese agricultural economist, author, educator, diplomat, politician, and Christian, Inazo Nitobe. Depart UBC 9:00 am; return by 12:45 pm. Lunch at UBC

**Cost: \$96.50**



### #3 – Lynn Canyon Suspension Bridge and Grouse Mountain Gondola (\*See Note)

Located in North Vancouver, the 50 metre high bridge stretches over a canyon, waterfalls, and raging waters. Free time. Proceed to Grouse Mountain for the Gondola Ride followed by a Theatre in the Sky presentation and a visit to a Refuge for Endangered Wildlife. Depart UBC 9:00 am; return by 3:00 pm. Hot lunch with a view is included.

**Cost \$152.50**



\* **Note:** Tours 3, 6 & 7 are not recommended for wheelchairs or walkers.

All tours are subject to availability. For further information on tours, go to:  
[www.bc.united-church.ca/content/bc-conference-ucw](http://www.bc.united-church.ca/content/bc-conference-ucw)

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### #4 - Vancouver City Tour

Highlights include: travel through Point Grey, eclectic Kitsilano, Stanley Park, high fashion Robson Street, Yaletown, Gastown, and Chinatown (North America's 3rd largest Chinatown by population). This tour has free time to explore. Depart UBC 9:00 am; return by 2:00 pm. Lunch in Chinatown

**Cost: \$89.00**



### #5 – Steveston Village, Gulf of Georgia Cannery & White Rock Beach

Begins with a guided tour with interactive exhibits and films demonstrates the Cannery's role in the history of BC's West Coast. Free time to explore quaint Steveston Village. Continues on to seaside White Rock with its beach, waterfront restaurants, Railroad Museum, and pier. Depart UBC 9:00 am; return by 3:00 pm. Bag lunch provided.

**Cost \$82.00**



### #6 – BC's Fraser Valley, Kilby Museum of Rural Life & Harrison Hot Springs (\*See Note)

Leave the City behind for this rural tour featuring 1906 General Store Museum, heritage Post Office, and Manchester House Hotel. Continue on to Harrison Hot Springs known for its therapeutic hot springs. Free time to explore shops. Depart UBC 9:00 am; return by 4:00 pm. Bag lunch provided.

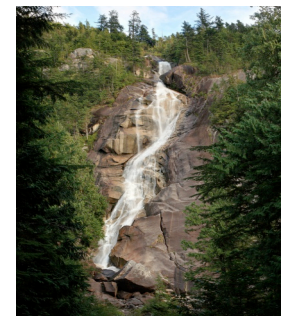
**Cost \$94.00**



### #7 – Squamish Sea-to-Sky Gondola and Shannon Falls (\*See Note)

The 8-minute gondola ride travels 885 metres above sea level. At the top have access to an outdoor experiences including two interpretive loop trails. Stop at Shannon Falls to view BC's third highest waterfall. Depart UBC 9:00 am; return 3:00 pm. Bag lunch provided

or lunch on your own **Cost \$124.50**



## Enrichment Sessions – Thursday, July 13, 2017

### 1. Rev. LeAnn Blackert – Camino de Santiago Pilgrimage

Follow LeAnn's 2015 Camino adventure. In her four weeks of walking portions of the Camino and the Via de la Plata during Spain's record setting heat wave, God found her in many surprising and humorous ways. In this workshop, she will share photos and stories from her 700 km walk across Spain to Santiago de Compostela.

### 2. Susan Burns & Judith-Ann Donaldson – What is it like to meditate?

This is an opportunity to 'taste' the silence and intimacy of meditation. Using the method called Centering Prayer, you will be invited to experience the presence and action of God within, thus encouraging inner solitude and inner silence.

### 3. Linnea Good – Ukelele playing

Learn what some have called "the world's happiest instrument"! Linnea will have you playing and singing a song in five minutes in this "instant success" workshop. Come if you played guitar and gave it up, if you have a secret uke at home, if you are a "serious" musician, if you consider yourself not musical at all, if you are just intrigued at the possibility of becoming an instrumentalist in 2 hours.

### 4. Lois Huey-Heck – Embodied Prayer / Personal Spiritual Practices

Join Lois for a session on body-based spirituality, where we can learn to trust and honour our physical selves. Become less anxious and more alive by engaging in the five rhythms and other forms of embodied spirituality. Lois says, "If God didn't love bodies, we wouldn't have been put into them. Otherwise, why waste the molecules?"

### 5. Janet MacDonald – Maintaining Hope in Tough Times

Come explore HOPE and have some fun. Janet believes that hope is related to imagination. Hope's eyes are wide open. Our relationship with personal and communal hope is essential. Join Janet in exploring ways to be "apprentices of hope". An outcome of our time together might be an appreciation of the power of hope and a curiosity of your own heritage of hope.

## National United Church Women's Conference Hosted by the Women of BC Conference UCW

## "CELEBRATING SPIRIT"

July 10 – 14, 2017

The Conference will be held at the University of British Columbia  
At Totem Residence, 2525 West Mall, Vancouver, B.C.

**Facilities:** The Totem Residence at UBC is where all Conference activities are centred, and where accommodation can be booked. See the Registration Form for cost details and room booking. The UBC facilities are wheelchair accessible, as well as scent- and fragrance-free. Please help to keep it so.

**Key dates and times:** So you can plan your travel...

Conference Registration opens at 2:02 pm on Monday, July 10, 2017

The first event is dinner! Seating for dinner begins *after* 5:01 pm

Conference closes on Friday, July 14 after lunch (approx. 1:08 pm)

**Accommodations at Totem Residence:** All rooms have private sleeping areas with one full bathroom being shared between two rooms. Linens, towels, soap and shampoo are provided. There are common rooms and kitchenettes on each floor and the residence has elevators. The Totem meeting area is very close to the residence. Totem accommodation is reserved for registered participants only.

Coming early or staying late? A limited number of residence rooms are available at the conference price. See Registration Form for details.

### **Getting to the University of British Columbia:**

From Trans Canada Highway #1 - Take Grandview Highway / 12<sup>th</sup> Ave. exit (#28); Turn left on Blanchard; Turn right on 16<sup>th</sup> Ave

From Vancouver International Airport - Take Grant McConachie Way to #99 N; Turn left on 70<sup>th</sup> Ave (which becomes SW Marine Drive)

Parking is available on Campus for approximately \$15 per day.

Travel Discount: Via Rail offers the United Church of Canada a 10% discount on rail travel. Use code **#711009**.

**In an Emergency**, participants may be contacted via Totem Residence phone number: 604.822.3304

We recommend you keep this booklet for reference at the Conference.