



## VANCOUVER COAST & MOUNTAINS

*All things are possible!*

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### FIND ROMANCE ON THE COAST THIS VALENTINE'S DAY

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VANCOUVER, British Columbia - January 28, 2008 - Where has all the romance gone? Just in time for Valentine's Day, Vancouver, Coast & Mountains Tourism announces that romance has gone to the Coast: British Columbia's Sunshine Coast, a 180km (110mi) stretch of paradise just 40-minutes by ferry from Vancouver. To inspire travellers to 'Romance the Coast' this February, Vancouver, Coast & Mountains Tourism - the regional destination marketing organization for Metro Vancouver, Sea to Sky Country, Mighty Fraser Country and the Sunshine Coast - suggests seven new romantic activities for adventurous couples:

7. Make a Splash - Explore the stunning coastline from 30m (100ft) below sea level. Scuba diving is at its best on the Sunshine Coast, and there's no better time to dive than in February: the winter waters are chilly but clear, which is ideal for viewing the Coast's amazing diversity of marine life.

6. Climb Valentine Mountain - Romance should be anything but flat, so what could be more romantic than a short climb up Valentine Mountain's 260m summit? Your rewards for reaching the top are the stunning views of the islands, inlets, mountains and lakes that span below.

5. Sleep In The Tress - Not just the realm of children, the Sunshine Coast's luxurious tent accommodations offer adults the unique opportunity to sleep, eat and shower in the canopy of the forest. Secluded and peaceful, you can relax and count the stars from your private balcony.

4. Stay B&B Style - From rustic décor to romantic mystique, the Sunshine Coast is home to more than 120 charming Bed & Breakfasts and Inns. Each B&B is unique but offers a warm and cozy atmosphere. Staying at a bed and breakfast is romantic on its own, but you can add a little spice to your getaway by asking the innkeeper to point you to the most romantic spot on Coast - it's the type of detail that only a local would know.

3. A Hole in One - Boasting an impressive 2,400 hours of annual sunshine, the Sunshine Coast is a must-play destination for golfers. Put your clubs in the car and hit the road to test your skill at the Coast's eight scenic courses along Hwy 101 from Gibsons to Powell River

2. Love at First Bite - Food lovers come to the Sunshine Coast and discover a culinary paradise. Sample a fresh seafood medley, taste local dungeness crab, or discover the secrets to a perfectly cooked salmon from talented local chefs.

1. The Colour Purple - Purple Banner Self-Guided Tours from Gibsons to Powell River invite you to drop in on working artists to share their love of the arts and of the Sunshine Coast. Watch for purple banners on display at home studios, galleries and other arts resources.

For additional information about unique ways to celebrate your romance this February, or for more information about Vancouver, Coast & Mountains Tourism, visit [www.vcmhc.com](http://www.vcmhc.com) or call 604-739-9011.

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