

The best day ever, only better!





Long Beach Challenge



Parks Canada Parcs Canada Canadä

## Take the Challenge

Up for some world-class scenery and adventure?

Walk, hike or run 9.5 km of surf-swept beach.

## To take the challenge:

Purchase a Challenge Time Card from a park visitor centre; swipe it when you start the route and again when you finish.

Push your body.
Calm your mind.
Experience life... on the edge.



parkscanada.gc.ca/pacificrim