

Activities for a Long Term Stay in Nanaimo


There are a great deal of exciting activities in Nanaimo that will keep you busy during your long term stay at the Painted Turtle Guesthouse. From children to seniors, there are things to do for everyone in Nanaimo BC. Remember, we are only a short 1.5-hour drive from Victoria, which is already famous for extended and winter stays on Vancouver Island.

In addition to the activities below, visit these websites for more information on what to do in the region:

Tourism Nanaimo – www.tourismnanaimo.com

Tourism Victoria – www.tourismvictoria.com

Tourism Vancouver Island - www.vancouverisland.travel/

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1. **Visit Nanaimo's Harbourfront Walkway** - Spend a day on Nanaimo's harbourfront walkway taking in the beautiful scenery and exploring the various shops, cafés and restaurants along the walk.
 2. **Take a Day Trip To Newcastle Island** - Take a picnic over and spend the day at beautiful Newcastle Island taking in some of the great nature the island has to offer. For parks information and ferry schedules contact (250) 754-7894.
 3. **Visit Nanaimo's Arts District** - Visit one of Nanaimo's various galleries in our downtown Nanaimo Art's District, all within walking distance of the Painted Turtle Guesthouse.
 4. **Nanaimo Parks and Trails** - Take a walk at Piper's Lagoon, Westwood Lake, or any other of Nanaimo's beautiful parks and trails. Come by Tourism Nanaimo and pick up a Parks and Trails brochure in the lobby of the Painted Turtle Guesthouse.
 5. **Visit the Nanaimo District Museum** - Located at 100 Cameron Road, the Nanaimo Museum is a great opportunity to get in touch with some of the great history of the city. Also visit the Nanaimo Bastion located off-site on Front Street which is Nanaimo's oldest building and the 3rd oldest in Canada.
 6. **Golf** - Nanaimo is home to some of the best golfing on Vancouver Island. The Nanaimo Golf Club, Cottonwood Golf Club, Winchelsea View Golf Club, Pryde Vista, and Beban Park Pitch and Putt are all open year round and offer some great golfing for the golfer of any skill level. Fairwinds Golf Club, just a quick 20 minute drive north of Nanaimo in Nanoose is also a great option for local golfers.
 7. **Nanaimo's Port Theatre** - Located on Nanaimo's waterfront; take in a concert, play, or cultural event at the Port Theatre. For information on shows and schedules contact the Port Theatre at (250) 754-8550 or www.PortTheatre.com
 8. **Great Canadian Casino** - Located on 620 Terminal Avenue at Port Place Shopping Center, the casino features a variety of slots and table games. Open from 10am to 2am daily. Casual dining and coffee bar available and free parking.

9. **Take in a Movie** - Take in the latest blockbuster movie at one of Nanaimo's 2 theatres. Galaxy Theatre at North Nanaimo Centre and Avalon Theatre at Woodgrove Centre both feature daily showings including matinees.
10. **Bowling** - Try your hand at 5pin bowling at Brechin Lanes, 1870 East Wellington Road (250) 753-2341, or 10-pin bowling at Splitsville Entertainment, 171 Calder Road (250) 754-2442. Both offer Senior nights and days each week.
11. **Watch local sports teams** - Catch a hockey, lacrosse, football, or curling match at various venues throughout Nanaimo and support the local teams.
12. **Curling** - The Nanaimo curling club, located at 106 Wall Street in Nanaimo, is a great way to meet people and stay active. Call (250) 753-3474 or visit www.NanaimoCurlingClub.ca for more information on Seniors leagues and drop-in times.
13. **Harbour City Bingo** - Located on 501-530 5th Street. Open daily from 11am to 11pm. (250) 754-1421.
14. **Fitness Classes** - Fitness level 1 and 2 classes are offered on Mondays and Thursdays at Bowen Park Complex and the Nanaimo Aquatic Centre. Bowen Heart Fitness is on Mondays, Wednesdays, and Fridays at Bowen Complex. For more information call (250) 756-5200.
15. **Walking Club** - Go for a walk in Nanaimo and meet some new people. The Bastion City Wanderers Volkssport Club provides Nanaimoites with various walking opportunities, for more information contact (250) 758-3071.
16. **Lawn Bowling at Beban Park** - Located at Beban Park on Bowen Road, seniors can try their hand at the exciting sport of lawn bowling for exercise and a comfortable social setting. For more information contact Harvey Hodgins at (250) 758-2718.
17. **Go For Swim** - The Nanaimo Aquatic Centre offers seniors' swims and fantastic amenities – hot tub, steam room, fitness facility, wave pool, waterslides and more. For schedules and more information contact (250) 756-5200.
18. **Volunteer** - Volunteer for an organization within the city and help support your community. For more information on volunteering contact Volunteer Nanaimo at (250) 758-7121.
19. **Cribbage** - Bowen Park seniors offers cribbage on Tuesdays from 1-4pm at the Bowen Park Complex, for more information contact (250) 756-5200.
20. **Join Bowen Park Seniors** - The Bowen Park Senior Center, located at Bowen Park on Bowen Road offers seniors the chance to participate in various special events, seminars, services, Thursday night dances, programs, trips, fitness classes, and other activities. Office hours are 8:45am to 4:30 pm. Learn about [activities for seniors](#) that are currently being offered at Bowen Park (fall/winter 2007/2008).

Information courtesy of Tourism Nanaimo

*"It's **AMAZING** WHAT **YOU** CAN DO **HERE**..."*

www.tourismnanaimo.com/visitors/things-to-do-long-term.php