



BURNABY INFORMATION

GENERAL EVENT INFORMATION

2016 World Taekwondo Junior Championships Society

Local Organizing Committee of the 2016 WTF World Taekwondo Junior Championships

309-4603 Kingsway, Burnaby

British Columbia, Canada V5H 4M4

P +1-604-419-0377 (9am - 4pm PST) | E info@burnabyjuniorchampionships.com

Please see below for specific hours of operation for each facility:

REGISTRATION & ACCREDITATION CENTRE

Fortius Sport & Health

3713 Kensington Ave, Burnaby, BC

November 11-21, 9am - 6pm

TRAINING FACILITY

Fortius Sport & Health

3713 Kensington Ave, Burnaby, BC

November 11-15, 9am - 6pm

Information regarding booking training sessions is coming soon, and will be available on the website.

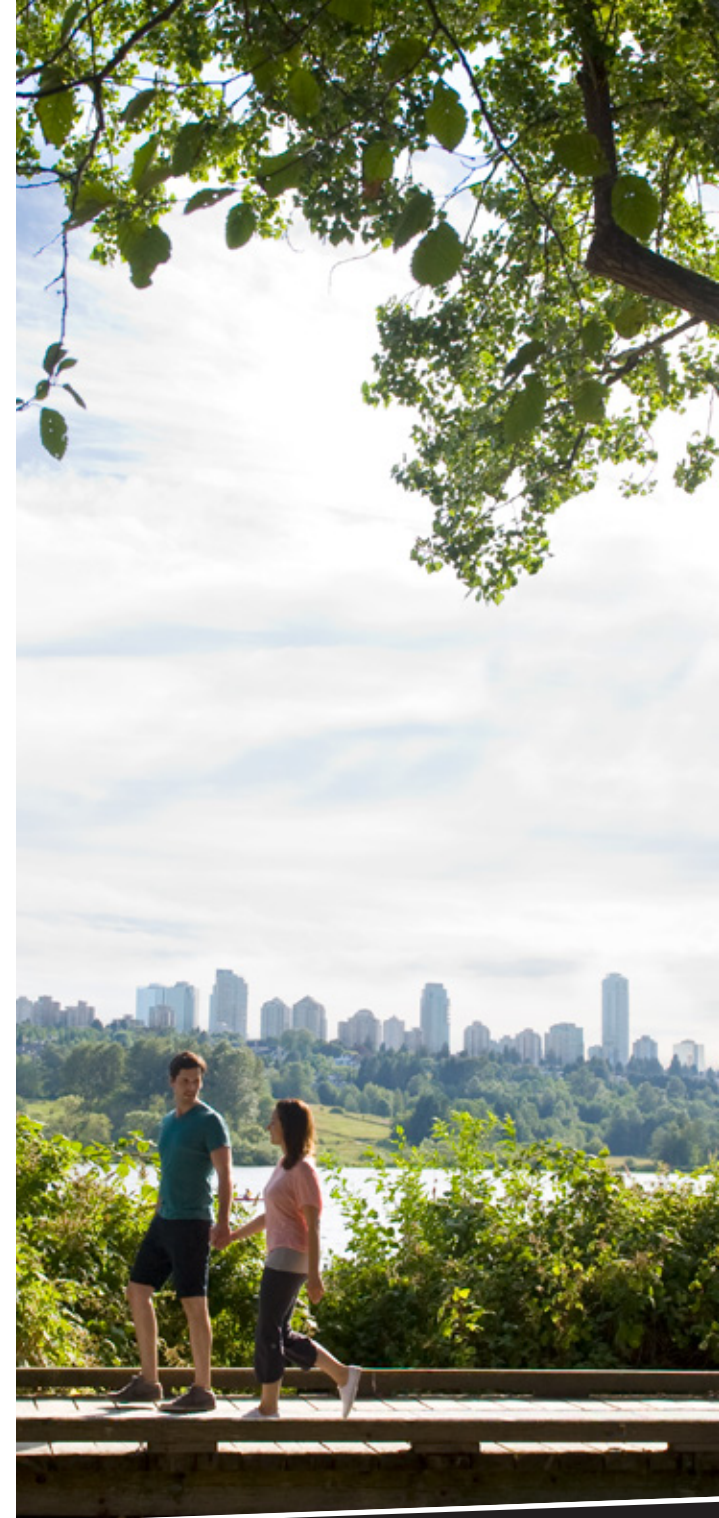
COMPETITION VENUE

Bill Copeland Sports Centre

3676 Kensington Ave, Burnaby, BC

November 16-20

Please review the competition schedule for more information.



ABOUT BURNABY

Located just 15 minutes from downtown Vancouver, Burnaby is the heart of Metro Vancouver. With beautiful parks and green space, shopping, a world of cuisine, and multicultural festivals - there's truly something for everyone.

EIGHT FUN FACTS ABOUT BURNABY

- + Burnaby is the 3rd largest city in British Columbia (after Vancouver and Surrey), with a population of approximately 223,000.
- + The city was named after Robert Burnaby, who explored the region around Burnaby Lake in 1859. A merchant and businessman, Robert Burnaby was active in a variety of community affairs and helped develop much of the West Coast.
- + Famous people from Burnaby include singer Michael Bublé, actor Michael J. Fox, NHL Hall of Famer Joe Sakic, and athlete Christine Sinclair.
- + Burnaby's official flower is the rhododendron.
- + Burnaby's 'Sister Cities' are Kushiro, Japan; Mesa, Arizona; Hwaseong, Korea and Zhongshan City, China.
- + Burnaby's Simon Fraser University is the only Canadian university competing in the National Collegiate Athletic Association (NCAA).
- + 25% of Burnaby's land is designated as parks and green space—the city has over 200 parks!
- + Installed in 1956 in what is now known as The Heights shopping district, Helen 'the Swinging Girl' neon sign was approved as a civic heritage landmark in 2010. The landmark is known as one of the best examples of kinetic neon art in North America and is included as a destination on local neon tours.

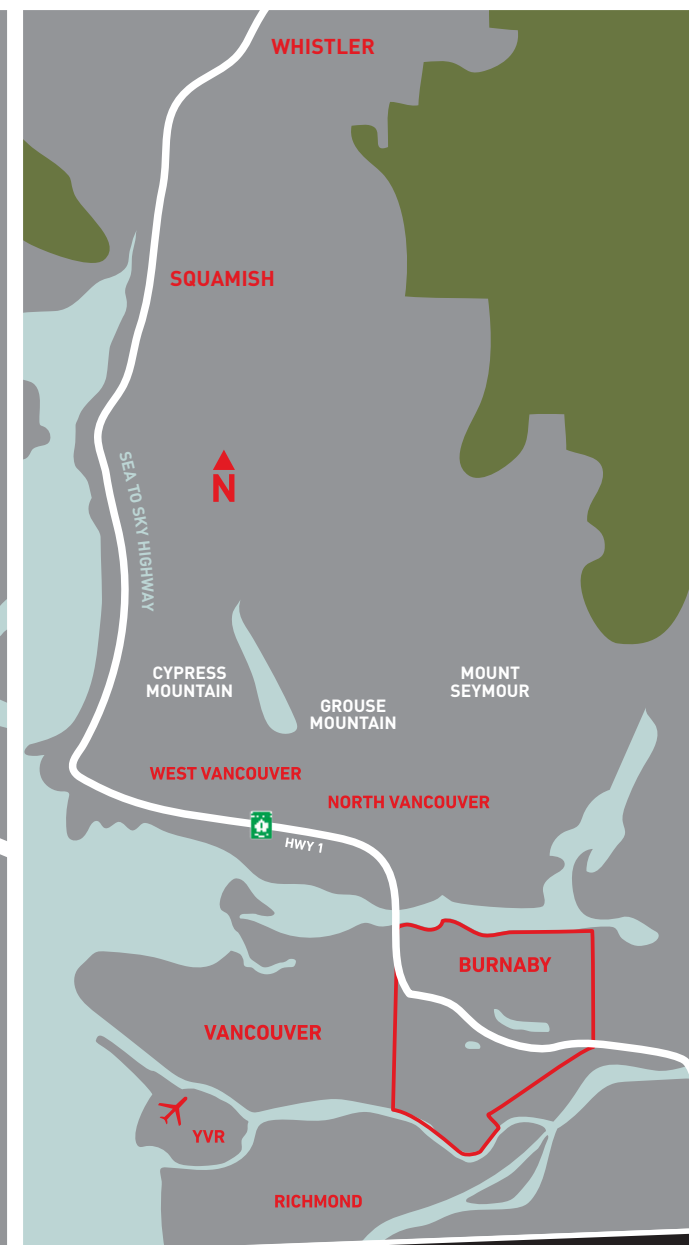


Lower Mainland



Sea-to-Sky Country

Approximate driving time from Burnaby to Whistler is 2 hours



BURNABY



VENUES

- ★ Bill Copeland Sports Centre
- 1 Fortius Sport & Health

ACCOMMODATION

- ★ Delta Burnaby Hotel & Conference Centre
- 1 Hilton Vancouver Metrotown
- 2 Element by Westin
- 3 Executive Hotel Burnaby
- 4 Holiday Inn Express Metrotown
- 5 Accent Inns Burnaby
- 6 Best Western Plus Kings Inn

AMENITIES

- 1 Burnaby Hospital
- 2 City Hall
- 3 Fire Services
- 4 Police Station
- 5 Metropolis at Metrotown

- Skytrain line
- Skytrain Station
- Road

1km

RESTAURANTS + DINING

Hotel Restaurants

The restaurants below are signature to the Burnaby hotels in which they are located.

E.B.O.

Delta Burnaby Hotel & Conference Centre
Pacific Northwest Cuisine

📍 4331 Dominion Street, Delta Burnaby Hotel and Conference Centre, Burnaby, BC

☎ 604-453-0788

👉 grandvillacasino.com/dining/ebo/

REFLECT SOCIAL DINING + LOUNGE

Hilton Vancouver Metrotown
West Coast, European and Asian Fusion

📍 6083 McKay Avenue, Hilton Vancouver Metrotown, Burnaby, BC

☎ 604-639-3756

TRIVOLI'S

Executive Suites Hotel & Conference Centre Burnaby
Italian

📍 6083 McKay Avenue, Hilton Vancouver Metrotown, Burnaby, BC

☎ 604-639-3756

Local Dining

The following restaurants are unique to Burnaby.

CHEZ CHRISTOPHE

French Bakery, Chocolatier

📍 4712 Hasting Street, Burnaby, BC

☎ 604-428-4200

👉 christophe-chocolat.com

GLENBURN SODA FOUNTAIN

Ice Cream

📍 4090 E Hastings St, Burnaby, BC

☎ 604-500-4548

👉 glenburnsoda.com

HART HOUSE RESTAURANT

Fine Dining, West Coast

📍 6664 Deer Lake Avenue, Burnaby, BC

☎ 604-298-4278

👉 harthouserestaurant.com

HORIZONS

West Coast

📍 100 Centennial Way, Burnaby, BC

☎ 604-299-1155

👉 horizonsrestaurant.com



PEAR TREE RESTAURANT

Fine Dining, World Cuisine

📍 4120 Hastings Street, Burnaby, BC

☎ 604-299-2772

👉 peartreerestaurant.net

TRATTORIA

Italian

📍 102-4501 Kingsway, Burnaby, BC

☎ 604-424-8779

👉 glowbalgroup.com/trattoria/

VALLEY BAKERY

European Bakery

📍 4058 Hastings Street, Burnaby, BC

☎ 604-291-0674

👉 valleybakery.com

RESTAURANTS + DINING

Team Dining

Below is a list of Burnaby restaurants that are able to accommodate team meals. Inclusion in the list is not an endorsement. As with all group bookings, reservations are recommended.

BOSTON PIZZA BIG BEND

Casual Pizza

📍 5801 Marine Way, Burnaby, BC

☎ 604-434-7555

👉 bostonpizza.com

BOSTON PIZZA LOUGHEED

Casual Pizza

📍 4219 Lougheed Hwy, Burnaby, BC

☎ 604-299-7600

👉 bostonpizza.com

BOSTON PIZZA STATION SQUARE

Casual Pizza

📍 135-6200 McKay Ave, Burnaby, BC

☎ 604-431-6565

👉 bostonpizza.com

CACTUS CLUB BYRNE ROAD

Casual NW Cuisine

📍 7320 Market Crossing, Burnaby, BC

☎ 604-430-5000

👉 cactusclubcafe.com

CACTUS CLUB LOUGHEED

Casual NW Cuisine

📍 4219 B Lougheed Hwy, Burnaby, BC

☎ 604-291-6606

👉 cactusclubcafe.com

CACTUS CLUB KINGSWAY

Casual NW Cuisine

📍 4653 Kingsway, Burnaby, BC

☎ 604-431-8448

👉 cactusclubcafe.com

EARLS BURNABY KINGSWAY

Casual NW Cuisine

📍 4361 Kingsway, Burnaby, BC

☎ 604-432-7329

👉 earls.ca

EARLS BURNABY BRIDGE PARK

Casual NW Cuisine

📍 3850 Lougheed Hwy, Burnaby, BC

☎ 604-205-5025

👉 earls.ca

GAME CHANGERS BISTRO FORTIUS SPORT & HEALTH

Seasonally Inspired & Healthy

📍 3713 Kensington, Burnaby, BC

☎ 604-292-2500

👉 fortiussport.com



RESTAURANTS + DINING

Team Dining

GRAND DYNASTY SEAFOOD

Chinese

📍 4331 Dominion Street, Burnaby, BC

☎ 604-432-6002

🐾 granddynasty.ca

ME N ED'S PIZZA PARLOUR

Casual Pizza

📍 7110 Hall Ave, Burnaby, BC

☎ 604-521-8881

🐾 me-n-eds.ca

WHITE SPOT METROTOWN

Casual

📍 5550 Kingsway, Burnaby, BC

☎ 604-434-6668

🐾 whitespot.ca

WHITE SPOT MARINE & BYRNE

Casual

📍 7519 Market Crossing, Burnaby, BC

☎ 604-431-5100

🐾 whitespot.ca

WHITE SPOT GILMORE

Casual

📍 4129 Lougheed Hwy, Burnaby, BC

☎ 604-299-4423

🐾 whitespot.ca

ANTON'S PASTA BAR

Italian

📍 4269 East Hastings Street, Burnaby, BC

☎ 604-299-6636

🐾 antonspastabar.com

SWISS CHALET

Casual

📍 3860 Lougheed Hwy, Burnaby, BC

☎ 604-299-1761

🐾 swisschalet.com

REFLECT SOCIAL DINING & LOUNGE

Hilton Vancouver Metrotown

West Coast, European and Asian Fusion

📍 6083 McKay Avenue, Burnaby, BC

☎ 604-639-3756

E.B.O.

Delta Burnaby Hotel & Conference Centre

Pacific Northwest Cuisine

📍 4331 Dominion Street, Burnaby, BC

☎ 604-453-0788

🐾 grandvillacasino.com/dining/ebo/



TRANSPORTATION INFORMATION

Official Event Transportation

Transportation will be provided for all participants staying at the official hotels of the 2016 WTF World Taekwondo Junior Championships. Transportation will include passage to and from the airport, hotels, Training Centre and the Competition Venue.

The list of official hotels includes the Delta Burnaby Hotel & Conference Centre (Host Hotel), Hilton Vancouver Metrotown, Element Vancouver Metrotown, Executive Burnaby Hotel & Suites, Holiday Inn Express Vancouver Metrotown, Accent Inns Burnaby, and Best Western Plus Kings Inn Burnaby. For more information, please review the hotel information package.

Transportation service will begin on November 11th, and continue until November 21st, with service to the following locations:

- + November 11 – 21st: Transportation from Vancouver International Airport to official hotels
- + November 11 – 15th: Transportation from official hotels to the Training Facility and Registration & Accreditation Centre
- + November 16 – 20th: Transportation from official hotels to Competition Venue
- + November 16 – 21st: Transportation from official hotels to Vancouver International Airport

The transportation schedule will be available on the website and at the welcome desks in each hotel, the Registration & Accreditation Centre and the Competition Venue.



TRANSPORTATION INFORMATION

Local Transportation

If you need transportation to venues at times that are not included in the official transportation system, taxi services and public transit options are available.

PUBLIC TRANSPORTATION

In addition to the transportation services offered to participants, there are a number of ways to get around Burnaby and Metro Vancouver without renting a car.

For detailed schedules and routes please visit:
<http://www.translink.ca/en/Schedules-and-Maps.aspx>

SKYTRAIN

The SkyTrain is the oldest and one of the longest automated driverless light rapid transit systems in the world. The Expo and Millennium SkyTrain Lines connect Burnaby to downtown Vancouver. The Sperling/ Burnaby Lake Station is the closest station to Bill Copeland Sports Centre and Fortius Sport & Health Club. This station is less than 25 minutes from the Metrotown station, home of Metropolis at Metrotown and several of the listed Burnaby hotels, and less than 30 minutes from Downtown Vancouver.

Click [here](#) for complete SkyTrain schedule.

BUS

The vast network of buses, trolleys and community shuttles link to various hubs, exchanges, SkyTrain stations and tourist destinations throughout Burnaby and Metro Vancouver.

Click [here](#) for a complete Bus Schedule.

TAXIS

YELLOW CAB

📍 1441 Clark Drive, Vancouver, BC
☎ (604)881-1111
🖱 yellowcabonline.com

BONNY'S TAXI

📍 5759 Sidley Street, Burnaby, BC
☎ (604)435-6655
🖱 bonnystaxi.com

MACLURE'S CABS

📍 1275 West 75 Ave, Vancouver, BC
☎ (604)831-1111 & (604)683-6666
🖱 maclurescabs.ca



TOURISM HIGHLIGHTS

The weather in Vancouver in November averages around 11°C to 7°C. The most common form of precipitation is light to moderate rain, although a snowfall in November is possible. There are plenty of tourism highlights in Burnaby and Metro Vancouver to enjoy in any weather.

There is so much to see and do in Burnaby and Vancouver - you may even want to arrive early or extend your stay past the end of the Championships! Please see below for some must-sees:

Attractions In & Near Burnaby



BURNABY ART GALLERY

With a variety of traveling exhibitions and events, the Burnaby Art Gallery offers something for all ages. Visit the events calendar for current exhibits and programs at the Burnaby Art Gallery as well as the Burnaby Art Galleries Outreach exhibits featuring artwork at the Bob Prittie and McGill Libraries.

📍 6344 Deer Lake Avenue, Burnaby, BC

☎ 604-297-4422

🖱 burnaby.ca/Things-To-Do/Arts-and-Heritage/Burnaby-Art-Gallery.html

BURNABY VILLAGE MUSEUM

A visit to the Burnaby Village Museum is a step back in time to 1920s. Experience life as it might have been in Burnaby. Self-guided tours let you explore the farmhouse and village at your own pace. An exciting must for every visitor is a whirl on the fully restored historic 1912 CW Parker Carousel. Amenities include an ice cream parlour that also offers a menu for light meals and snacks, picnic tables, and a gift shop.

📍 6501 Deer Lake Avenue, Burnaby, BC

☎ 604-297-4565

🖱 burnabyvillagemuseum.ca

CAPILANO SUSPENSION BRIDGE

The first venue of its kind in North America, the park features a suspension bridge, Treetops Adventure, rain forest ecotours, award-winning gardens, nature trails, North America's largest private collection of First Nations totem poles, period decor and costumes, and exhibits highlighting the park's history and the surrounding temperate rain forest.

🖱 capbridge.com

DEER LAKE PARK

Deer Lake Park is situated in a peaceful natural environment that serves as the cultural precinct for the City of Burnaby's arts and heritage amenities. Leisurely walking trails with scenic views connect the lake, the Burnaby Art Gallery, Shadbolt Centre for the Arts, Burnaby Village Museum and Hart House Restaurant.

📍 6450 Deer Lake Avenue, Burnaby, BC

GROUSE MOUNTAIN

Just 15 minutes from downtown, the North Shore's premier attraction offers the perfect destination for a truly rewarding and memorable experience. With a variety of cultural, educational and outdoor adventures to choose from, most of Grouse Mountain's summer and winter activities are complimentary with a Grouse Mountain Admission ticket.

🖱 grousemountain.com

TOURISM HIGHLIGHTS

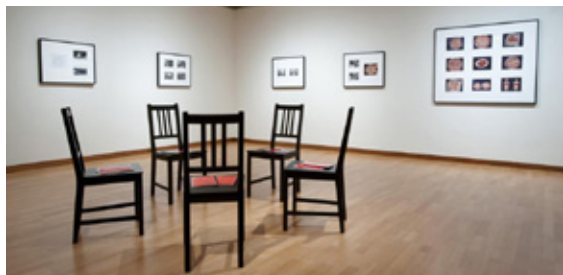
SCIENCE WORLD AT TELUS WORLD OF SCIENCE

By SkyTrain, just 15 minutes from Burnaby, there's a whole world of wonder waiting for you at TELUS World of Science, including popular, hands-on, interactive displays and spectacular OMNIMAX films on one of the world's largest dome screens.

📍 1455 Quebec Street, Vancouver, BC

☎ 604-443-7443

🐾 scienceworld.ca



SFU ART GALLERY

Open to the public free of charge, the Simon Fraser University Gallery operates two separate exhibition spaces, as well as managing the University's collection of some 5,000 art objects.

SFU Gallery presents contemporary work within a local, national, and international context.

📍 8888 University Drive, Burnaby, BC

☎ 778-782-4266

🐾 sfu.ca/galleries/sfu-gallery.html

SFU MUSEUM OF ARCHAEOLOGY & ETHNOLOGY

The Simon Fraser University Museum of Archaeology and Ethnology collects, researches and exhibits artifacts from around the world, with a focus on British Columbia.

📍 8888 University Drive, Burnaby, BC

☎ 778-782-3325

🐾 sfu.ca/archaeology/museum.html

VANCOUVER AQUARIUM IN STANLEY PARK

The Aquarium, located in world-famous Stanley Park, is one of North America's premier marine life centres. Don't miss the beluga whales, dolphins, and sea otters, and thousands of other fascinating creatures, from the Arctic to the Amazon.

📍 845 Avison Way, Vancouver, BC

☎ 604-659-3474

🐾 vanaqua.org

VANCOUVER ART GALLERY

The gallery features the works of leaders in the field of contemporary art as well as several of Vancouver's internationally renowned artists. The Gallery also houses the magnificent works of significant historical artists, including the most extensive collection of the work of Canada's beloved Emily Carr.

📍 750 Hornby Street, Vancouver, BC

☎ 604-662-4719

🐾 vanartgallery.bc.ca

VANCOUVER LOOKOUT

Take a ride up on the exterior glass elevator and arrive atop of Vancouver 50 seconds later to a spectacular 360° view of the city, the harbour, the majestic North Shore Mountains and perhaps even Vancouver Island.

📍 555 West Hastings Street, Vancouver, BC

☎ 604-689-0421

🐾 vancouverlookout.com

Tour Groups

Burnaby Tours & Charters - Burnaby Tours and Charters operates scheduled tours to destinations that allow guests to interact with nature and learn about Metro Vancouver's history. A variety of tours are offered throughout the year. Individual fare tours are offered to Metro Vancouver, Burnaby, New Westminster, Whistler Village, and Squamish.

📍 313 - 3921 Carrigan Court, Burnaby, BC

☎ 604-422-8862

🐾 burnabytours.com

For more information on Vancouver attractions please visit the Tourism Vancouver website at:
tourismvancouver.com

SHOPPING IN BURNABY

METROPOLIS AT METROTOWN

Metropolis at Metrotown - With nearly 400 stores and services, Metropolis at Metrotown is British Columbia's largest shopping centre, and the second-largest in Canada. It's a destination in itself with must-see attractions like one-of-a-kind events, world-class restaurants and a movie theatre, not to mention great shopping.

📍 4700 Kingsway, Burnaby, BC

☎ 604-438-4715

🐘 metropolisatmetrotown.com

BRENTWOOD TOWN CENTRE

Centrally-located and walking distance from the SkyTrain rapid transit line, the Brentwood Town Centre is home to more than 110 stores and services.

📍 4567 Lougheed Highway, Burnaby, BC

☎ 604-298-7314

🐘 brentwoodtowncentre.com/index2.asp

CRYSTAL MALL

Located in the Metrotown area, The Crystal Mall is the largest Chinese-Asian mall in Burnaby, with more than 200 shops, a public market, food court and professional health and education services. Additionally, the Hilton Vancouver Metrotown anchors the east side of the mall.

📍 4500 Kingsway, Burnaby, BC

☎ 604-438-6363

🐘 thecrystallmall.ca

THE HEIGHTS DISTRICT

There are over 350 merchants to serve you, including everyone from barbers and florists to butchers and bakers. Something for everyone!

📍 3700 Hastings Street, Burnaby, BC V5C2J1

☎ 604-294-8899

🐘 burnabyheights.com

LOUGHEED TOWN CENTRE MALL

Lougheed Town Centre Mall has more than 649,000 square feet of retail space and a whopping 175 stores and services.

📍 9855 Austin Avenue, Burnaby, BC

☎ 604-421-3434

🐘 lougheedtowncentre.com



Thank you for participating in the 2016 WTF World Taekwondo Junior Championships.
We look forward to welcoming you in Burnaby.

