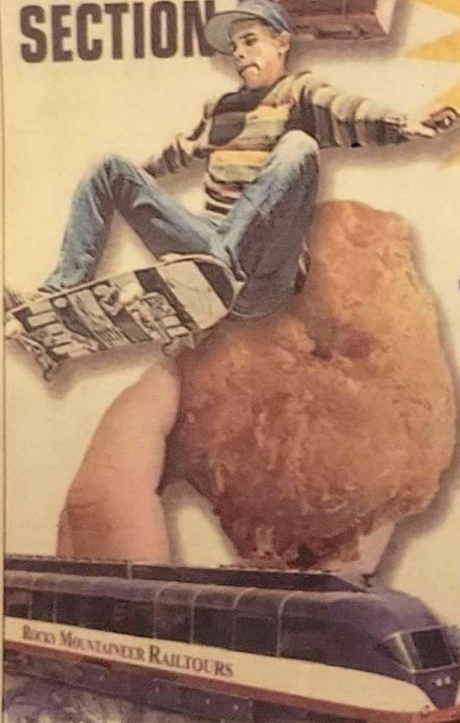
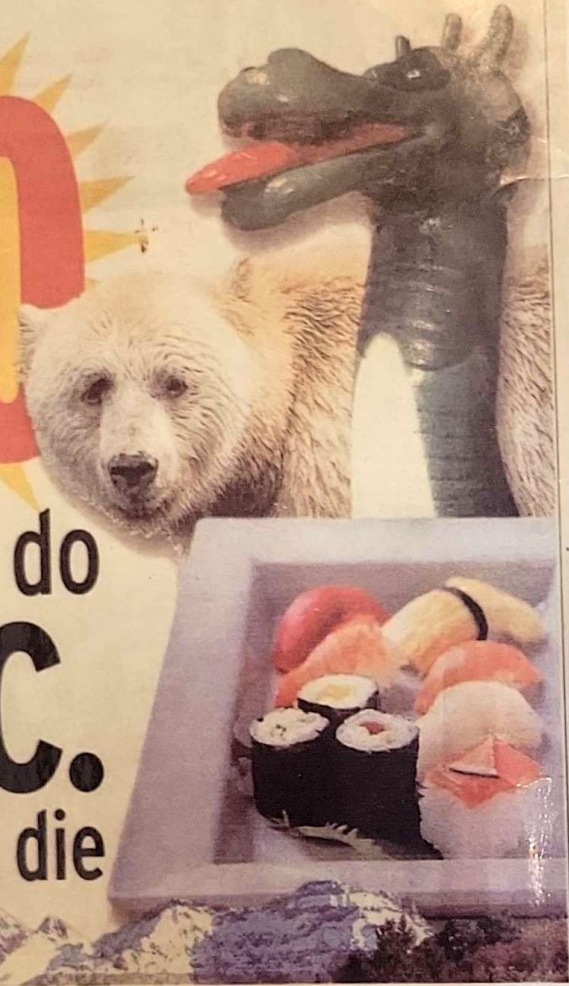


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100

things to do in B.C. before you die



Get rich quick at Hastings Park

86 A Superfecta bet at this Vancouver racecourse could be the quickest way out of your day job. To win, you have to pick the top four horses in the right order. It's a long shot, but long shots pay big. If you're more conservative, go for the Exacta or Trifecta bet, or just bet on a horse to win, place or show. And if you're plain old unlucky, you can always watch. www.hastingspark.com



Dragon Boat Festival

87 You can watch the races at this annual Vancouver event, but why not take part? Last June, 173 teams took to False Creek, including a team of breast-cancer survivors and a team of organ-transplant recipients. www.adbf.com

88

Mild is for sissies

For a bit of spice, go to Bombay Se, one of Surrey's best spots for Indian food. See if you can handle the lamb vindaloo or the murg angaar (angaar means "fire"), then see if you can still feel your lips afterwards. Be sure to order plenty of steamed rice and naan bread, and keep a jug of water close by.



Helmcken Falls a stunning cascade

91 Waterfall-chasers view B.C.'s Helmcken Falls as one of the top five cascades in North America, stunning viewers with its power, size and beauty. Here, the Murtle River plunges 141 metres, three times the height of Niagara Falls. Located in Wells Gray Provincial Park, the falls can be seen from a drive-up viewpoint at the base. Or fall-watchers can hike the eight kilometres roundtrip on a trail to the top of the falls. In winter, the falls create an unusual tourist attraction: a surreal and beautiful 60-metre cone of ice at the base.

www.waterfalls.northwest.com/bc_waterfall.php?num=11&p=0

90 Football, Euro-style

Watch a soccer game at one of the Italian cafés on Commercial Drive, or at the British Ex-Servicemen's club on Kingsway. The World Cup may be over, but the European leagues kick off in mid-August and Saturday and Sunday mornings see loads of top-class action, with all the atmosphere and passion of the home countries.

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