



## Things to do on a Rainy Day

Sometimes the weather can take a turn for the worse and put a damper on all your outdoor activities. But don't let that stop you - Golden offers plenty of indoor adventures to keep you busy!

### Learn About Golden's History

Start your adventure by learning about the origins of our small mountain town at the Golden Museum. Located one block off Main Street, the Golden Museum features the history of the CPR, the historic Swiss Guides and their families. Take a walk back to the early days of the area when David Thompson, a surveyor for the North West Company, arrived in the Columbia Valley to set up a trading post, where he could trade with the indigenous people and continue mapping the surrounding area. Learn how the Kicking Horse River got its name. Open Monday to Friday from 10am to 5pm, and with admission by donation, there is something for every member of your family at the Golden Museum.

### Get Active

Activities to get you moving aren't just limited to the best outdoor trails or the raddest slope on the hill. In town, there are plenty of recreational spaces to move around in! Located at 102-806 9th St N is the Dogtooth Climbing Gym, which opens at 4pm and offers a unique space for climbers of all levels. Rates and more information can be found at their [website](#). The Town of Golden offers drop-in [recreational programs](#) at various locations in Golden, including the Golden Municipal Swimming Pool and the Rec Plex. If you're looking for a relaxing, meditative getaway, check out the [Golden Lotus Yoga Studio](#) and their daily programs and classes for all levels. No matter your age or experience, there's always a chance to get active in Golden.

### Take a trip to the Big Screen

[Kicking Horse Movies](#) is a family-owned one-of-a-kind small town movie theatre. Recently, they upgraded to two screens, so you have a choice of two of the newest films when you check them out! Enjoy popcorn and a drink while you watch your feature, or check out their flavours of D-Dutchman Dairy's famous ice cream! They also feature a selection of movies to rent if you're looking for something in particular. Catching a movie is a relaxing, fun way to pass the time.

### Grab a Bite to Eat

Taste and experience Golden's culinary delights! There are many ways to work up an appetite, and we offer more than one way to satisfy every taste and budget. Discover a wide variety of restaurants, cafes, bistros and delis in Golden that offer appetizing fare for breakfast, lunch and dinner. Many feature organic and local ingredients and have amazing views of the Canadian Rockies. Downtown Golden offers plenty of unique cafes and restaurants for all tastes and requirements. Check out the specials at Bacchus Books and Cafe and browse their selection of books and gifts in the downstairs shop. The Golden Bakery is always featuring new soups and sandwiches every day. If you're lucky, you'll be here on a day where one of our award-winning restaurants features live music to accompany your meal. The surrounding area and especially the locals make every meal an adventure in itself!