



VANCOUVER



Nestled between the Pacific Ocean and the majestic Coast Mountain Range, Vancouver is a vibrant metropolis of unrivalled beauty. It is a cosmopolitan city perched on the edge of nature, with unlimited opportunities for outdoor recreation and a great cultural diversity with its European, Asian and First Nations heritages.

Vancouver has it all, for seasoned travellers and the less adventurous seeking a peaceful, reassuring destination. There is no need for a car in Vancouver. This is a city that is best explored on foot or by bike, at your own pace. For this reason, Vancouver is a perfect location to start or finish a Western Canada road trip.

CITY OF VANCOUVER

WHAT TO DO

STANLEY PARK ★★★

Stanley Park is such a vast natural environment that it is easy to forget that one is in the middle of the city. This lush jewel has so much to offer: the scenic **Seawall walking path**, **biking**, **beaches**, **swimming**, and much more. The park also offers a number of **activities for kids**, including pony rides, water games and a miniature train. Older visitors will want to tour the spectacular flower gardens. Stanley Park teems with an amazing variety of wildlife. At least 500 species are known to live in the park. Some of the must-see landmarks: **Lost Lagoon**, **Hollow Tree** and **Siwash Rock**. WWW.VANCOUVER.CA/PARKS-RECREATION-CULTURE/STANLEY-PARK.ASPX

GASTOWN ★

This is the birthplace of Vancouver, with historic cobblestone streets and Victorian buildings. The epicenter of independent design, culture, food and fashion, Gastown delivers one-of-a-kind experiences to visitors and locals alike. In other words, Gastown is the **trendiest neighbourhood in Vancouver!** A must-see for art and culture lovers.



VANCOUVER AQUARIUM ★★★

The Vancouver Aquarium is not just an aquarium: it is a unique non-profit marine science centre dedicated to the conservation of aquatic life. It is **Canada's largest aquarium**, with many exhibits and galleries presenting different aquatic ecosystems. Adults and kids alike will love the entertaining and educational «encounters» program, which allows visitors to go behind the scenes and get up close and personal with the animals and the people who train them. Open daily from 9:30 a.m. to 6 p.m. (10 a.m. to 5 p.m. in low season). In peak season, the best time to visit is before 11 a.m. or after 4 p.m. **845, AVISON WAY (STANLEY PARK), VANCOUVER / 604-659-3474** WWW.VANAQUA.ORG



Family

★ Noteworthy

★★ Worth the detour

★★★ Must see

MUSEUM OF ANTHROPOLOGY ★

Widely considered to be one of Vancouver's finest museums, the UBC Museum of Anthropology houses a number of permanent and temporary exhibitions. The permanent collection features a magnificent collection of **First Nations** art and objects, including totem poles and traditional houses.

The cutting-edge temporary exhibitions focus on arts and **culture from around the world**. Allow at least two hours for a good look at everything on offer! Open daily from 10 a.m. to 5 p.m. Closed Mondays in low season (mid-October to mid-May).
6393, NW MARINE DRIVE, VANCOUVER
604-822-5087
WWW.MOA.UBC.CA

GRANVILLE ISLAND ★★

Granville Island is not actually an island, but a **large peninsula** connected to the mainland by the magnificent metal spans of the Granville Island Bridge. Removed from the hustle and bustle of downtown, it is a great place to spend a quiet afternoon. Granville Island is very lively on weekends, with its street

performers and fish & chips vendors! The island boasts many restaurants, bars, theatres, artists' studios and craft boutiques. With its wide range of local produce and products, the **Granville Island Public Market** is the perfect place to prepare your picnic lunch! The market is open daily from 9 a.m. to 6 p.m.
WWW.GRANVILLEISLAND.COM



MUSEUM OF ANTHROPOLOGY



GRANVILLE ISLAND

ROBSON STREET AND BROADWAY AVENUE ★

In the mood for some **shopping**? **Robson Street**, in the **West End**, and **Broadway Avenue**, in **Kitsilano**, are two shopping destinations that are popular with locals and tourists alike, offering fashion and more for everyone and every budget. In fact, two well-known Canadian brands originated in these areas of Vancouver a number of years ago: **Mountain Equipment Co-op (MEC)**, Canada's largest supplier of outdoor equipment, and **Aritzia**, an innovative women's fashion boutique.



SUNSET IN VANCOUVER

© Tourism Vancouver, Al Harvey

FLYOVER CANADA ★

Take an exhilarating 6,000-km journey across Canada, from east to west, discovering some of the country's most spectacular and iconic locations without ever leaving Vancouver! The film is projected on a **20-metre spherical screen**. **Special effects**, including wind, mist and scents, combine with the ride's motion to create an unique experience. Open Monday-Friday from noon to 8 p.m. and weekends from 10 a.m. to 9 p.m. Projections every 15-20 minutes.

999, CANADA PLACE,
VANCOUVER / 1-855-463-4822
WWW.FLYOVERCANADA.COM



ROBSON STREET

© shutterstock_1067251601, De i viewfinder



FLYOVER CANADA

© shutterstock_143677768, Mitch Hutchinson



VANCOUVER, BETWEEN SEA AND MOUNTAIN

© shutterstock_112338836, Josef Hanus

NEARBY

CAPILANO SUSPENSION BRIDGE ★★

Just outside of Vancouver floats the **Capilano Suspension Bridge**, built in 1889! The 137m long, 70m high bridge offers a stunning view of the oh-so-green forest of **Capilano River Regional Park**. Within this park, **Treetops Adventure** takes guests of all ages more than 30 feet above the forest floor on seven suspension bridges attached to old-growth Douglas fir trees! Open mid-March to late April from 9 a.m. to 7 p.m., early May to early September from 8 a.m. to 8 p.m., early to mid-September from 9 a.m. to 7 p.m., and mid-September to mid-October from 9 a.m. to 6 p.m. (opens later and closes earlier in low season).

3735, CAPILANO ROAD,
 NORTH VANCOUVER
 604-985-7474
WWW.CAPBRIDGE.COM

CAPILANO RIVER HATCHERY ★

Capilano River Hatchery, a **government-run fish farm**, is located a few minutes from the Capilano Suspension Bridge. Juvenile salmon are released into the river in the spring. Mature fish return in the fall to spawn, climbing the fish ladders by jumping from one pool to the next. From July to November, it is possible to **see adult coho, chinook or steelhead salmon**. This free activity is educational and very popular with the kids. Open in May and September from 8 a.m. to 7 p.m. and June-August from 8 a.m. to 8 p.m. (closes earlier in low season).

4500, CAPILANO PARK ROAD,
 NORTH VANCOUVER
 604-666-1790 / WWW.PAC.DFO-MPO.GC.CA/SEP-PMVS/PROJECTS-PROJETS/CAPILANO/CAPILANO-ENG.HTML



© Destination BC, J.F. Bergeron

SUSPENDED CAPILANO BRIDGE



© iStock-699656528, eyfoto

GROUSE MOUNTAIN SUMMIT

GROUSE MOUNTAIN ★

Located less than 15 minutes from North Vancouver, Grouse Mountain offers a **wide array of activities for visitors of all ages**: helicopter rides, paragliding,

ascent to the top of a wind turbine, gondola rides, a lumberjack show, a demonstration of free-flying birds of prey and a tour of a wildlife refuge (home to bears, wolves, owls and other small animals). Not

to mention the gruelling 2.9-kilometre **Grouse Grind Trail**, an invigorating workout for seasoned hikers! The mountain is accessible daily from 9 a.m. to 10 p.m. WWW.GROUSEMOUNTAIN.COM



Family



Hiking

★ Noteworthy

★★ Worth the detour

★★★ Must see

FESTIVALS

Dragon Boat Festival

Dates : late June 2022

Dragon boating is quickly becoming a favourite pastime in Vancouver, a city that is a natural haven for water sports. The annual Dragon Boat Festival attracts over 100,000 people and close to 180 dragon boat teams from the area and around the globe.

www.vancouverdragonboatfestival.ca

Festival d'été francophone

Dates : mid-June 2022

Founded in 1990, the Festival d'été francophone is one of the most important francophone cultural and musical events in Western Canada.

www.lecentreculturel.com/fr/festival-ete-francophone-de-vancouver

Festival international de jazz de Vancouver

Dates : late June, 2022

Vancouver comes alive to the sound of jazz music of all kinds during this internationally renowned music festival as the world's best jazz, funk, Latin, fusion, & world music artists perform at venues across

the city. There are many free outdoor concerts in addition to paying concerts.

www.coastaljazz.ca

Vancouver Folk Festival

Dates : mid-July 2022

This annual three-day festival features folk music from around the globe, performed in a beautiful outdoor venue. One of Canada's most popular folk music festivals, it attracts some 30,000 folk music fans every year and features 30 to 40 concerts on eight outdoor stages.

www.thefestival.bc.ca

Celebration of Light Fireworks Festival

Dates : July 23, 27 and 30, 2022

Celebration of Light is an international musical fireworks competition. Competing countries light up the sky with spectacular fireworks, carefully synchronized to music. Whether you watch it from the shore or from a boat out on the water, this festival is a delight for all ages.

www.hondacelebrationoflight.com

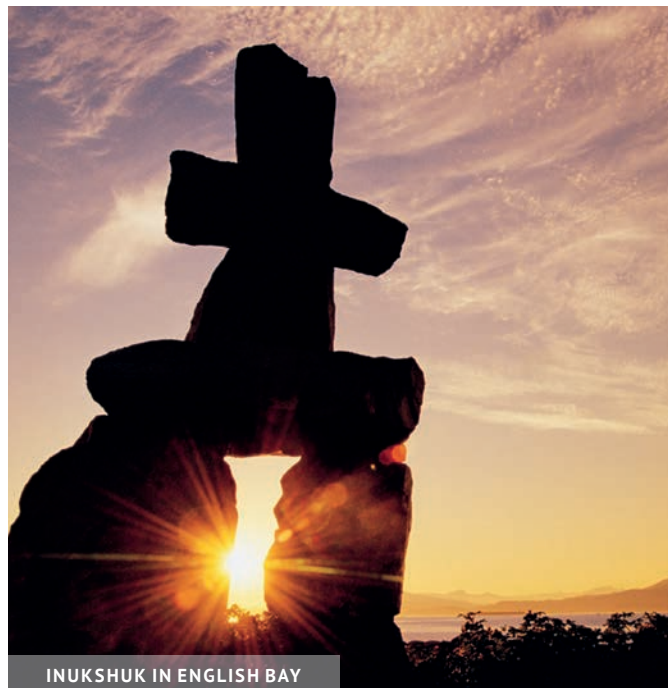
Pride Vancouver

Dates : early August 2022 (Pride Parade)

Like Montreal, Toronto and many other big cities across the globe, Vancouver celebrates diversity. A week of festivities

culminates in a flamboyant parade stretching along two kilometres of city streets and attracting close to half a million spectators and participants.

vancouverpride.ca



INUKSHUK IN ENGLISH BAY

© Tourism Vancouver, John Sinal



AERIAL VIEW OF VANCOUVER AND STANLEY PARK

© Tourism Vancouver, AirPhoto '95



SUNSET IN STANLEY PARK

WHERE TO EAT

1 MAENAM (\$\$)

Maenam is one of Vancouver's best Thai restaurants, offering refined, beautifully-presented, authentic cuisine prepared using the best seasonal and local ingredients. The menu includes familiar classics like the sweet and sour tom kaa soup, curries and pad Thai. Wine, beer and cocktail menu is also available. Open for dinner Tuesday-Sunday from 5 p.m. to 10 p.m.

**1938, WEST 4TH AVENUE,
VANCOUVER
604-730-5579
WWW.MAENAM.CA**

2 SALMON N'BANNOCK (\$\$-\$\$\$)

British Columbia is known for its high quality wild salmon! This small restaurant showcases Aboriginal cuisine with

a range of menu items inspired by a variety of First Nations culinary tradition. The homemade bannock, or flatbread, is one of the house specialties! Open daily from 3 p.m. to 9 p.m.
**7-1128, W. BROADWAY,
VANCOUVER
604-568-8971
WWW.SALMONANDBANNOCK.NET**

3 BAO BEI (\$\$-\$\$\$)

This cozy, modern Chinese brasserie is a far cry from the Chinese restaurants of old. You will be charmed by the fresh ingredients, friendly staff, trendy atmosphere and the impeccable presentation. In a city that has long embraced Chinese cuisine as part of its culinary heritage, Bao Bei exemplifies the changing face of Chinatown.

Open Wednesday-Sunday from 5:30 p.m. to 10 p.m. (Friday and Saturday until 11 p.m.).

**163, KEEFER STREET,
VANCOUVER
604-688-0876
WWW.BAO-BEI.CA**

4 L'ABATTOIR RESTAURANT (\$\$\$)

The restaurant was built in the 19th century on the site of Vancouver's first jail. The French influenced West Coast fare is prepared and served with flare for a unique dining experience. A meat-lover's paradise! Open Tuesday-Saturday for dinner, from 5 p.m.

**217, CARRALL STREET,
VANCOUVER
604-568-1701
WWW.LABATTOIR.CA**

5 BLUE WATER CAFE & RAW BAR (\$\$\$\$)

Blue Water Cafe is the ultimate fine dining experience for lovers of fresh seafood. This warm and inviting restaurant offers impeccable service and an abundance of the freshest seafood, prepared in a multitude of ways: sushi, oysters, caviar, fish, and so much more. The menu also includes meat and vegetarian options. Wine-lovers take note, they carry over 1,000 labels and have a cellar of 14,000 bottles! Open daily from 4:30 p.m. to midnight.

**1095, HAMILTON STREET,
VANCOUVER
604-688-8078
WWW.BLUEWATERCAFE.NET**

*** Hours may vary ***

