

VAN COU VER

TWO-DAY ITINERARY

When the sun shines in Vancouver, it's hard to think of a better place to be! A summer trip gives visitors the broadest selection of both cultural and adventure activities, and this itinerary shows off the best of the season.

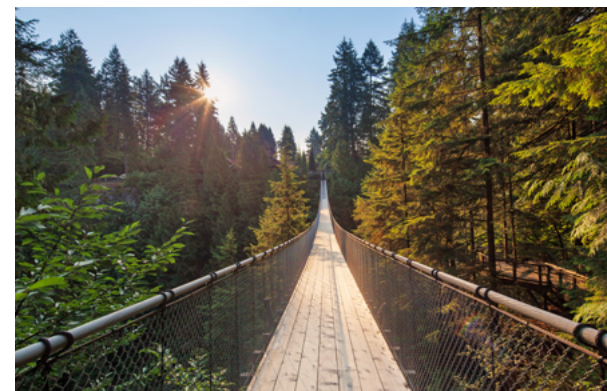
SUMMER IN VANCOUVER: DAY ONE

After breakfast, set off towards the foot of Stanley Park to rent bicycles from **Spokes Bicycle Rentals**. Once you're on two-wheels, head to the seawall and into the park. This is Vancouver's most popular green space, and at 400 hectares, it's bigger than New York's Central Park! As you circumnavigate the park, plan on photo-stops at places such as the totem poles, Prospect Point lookout, and the beaches. Continue along the seawall past scenic English Bay, then head over the bridge to Granville Island.

Granville Island was once industrial land, reclaimed and transformed into an arts and cultural district in the late 1970s. Park your bikes and stroll the island's streets, exploring the many galleries, theatres, studios and workshops. Grab a bite for lunch at one of the vendors inside the much-loved Granville Island Public Market, or opt for something more formal at one of the many excellent restaurants on the island. If you are looking for a memorable way to experience Vancouver's food culture, why not try **Vancouver Foodie Tours'** Granville Island Market

Tour instead, before heading over to **Ecomarine Paddlesports Centre** to take your summer adventure to the water. They offer tours, lessons and straight rentals of both kayaks and paddleboards, and can accommodate everyone from absolute beginners to advanced experts.

On your bike, head back over to the downtown peninsula aboard a **False Creek** or **Aquabus** ferry to Yaletown, and then ride back to your bike rental shop via the seawall. Make the short walk over to the marina in Coal Harbour in time for an early evening **Sea Vancouver** tour. These are fast, fun zodiac tours of the waters around the downtown peninsula. They'll definitely get your heart racing as your skipper takes you towards the North Shore, under the Lions Gate Bridge, around Stanley Park and down False Creek. Grab a picnic dinner and eat al fresco this evening, taking in either an outdoor movie, or **Theatre Under the Stars**—a nightly musical performed in the heart of Stanley Park.



SUMMER IN VANCOUVER: DAY TWO

Today, you'll explore Vancouver's North Shore with **WESTCOAST Sightseeing's** "Grouse Mountain and Capilano Suspension Bridge" tour. After being picked up at your hotel, your first stop will be **Capilano Suspension Bridge Park**, where you'll make your way along the namesake bridge swaying 450 ft (135 m) above the Capilano River. The park is also home to the CliffWalk cantilevered walkway jutting out over the canyon, and Treetops Adventure, a canopy-walk of seven small suspension bridges anchored high-up among the Douglas firs.

Next, you'll learn about the lifecycle of salmon with a visit to the Capilano Salmon Hatchery, before making your way to the base of **Grouse Mountain**. Take the scenic Skyride

gondola to the peak, and then you're free to indulge your senses as you explore this alpine landscape. For many, the highlight is a visit with the mountain's two resident grizzly bears, Grinder and Coola, watching them in their habitat as they sleep, hunt, eat and play. The hilarious lumberjack show is a demonstration of both athleticism and classic Canadian humour, while the many hiking paths offer a chance to explore the mountaintop environment. You'll also have time for a casual lunch at Altitudes Bistro or Lupins cafeteria before returning downtown.

For those that would prefer to explore the North Shore independently, free shuttles offered by Capilano Suspension Bridge (year-round) or Grouse Mountain (summer months only) make it easy! Both shuttles

depart from Canada Place at regularly scheduled times throughout the day.

Tonight, enjoy a relaxed evening with dinner in Vancouver's most historic neighbourhood, Gastown. While the area may have one foot in the past, it definitely has the other foot in the present! Water Street offers lots of popular stores and souvenir shops, as well as respected galleries, especially those representing Indigenous artists. Side streets are home to independent local boutiques and some of the city's coolest restaurants. **Tuc Craft Kitchen**, **Nicli Antica Pizzeria** and **Pidgin** are all great choices, but stroll around until you find what you're hungry for tonight!



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💡 INSIDER TIPS!

- If you prefer to tour on your own, get up to Grouse Mountain early and try out the Breakfast with the Bears tour! Planning to visit Capilano Suspension Bridge Park? Avoid the crowds and visit the attraction before 10am or after 3pm.
- A ticket at the **Vancouver Lookout** is good for the day! Visit during the quiet morning hours, and then return again in the evening to see the magical downtown lights.
- Visit one of Vancouver's local beaches. In 2018, FlightNetwork named Kits and Spanish Banks Beaches two of the top city beaches in the world.
- Check out the **Celebration of Lights** fireworks display at English Bay. This special event only operates three evenings in late July/early August.

🍴 SUMMER PATIO RECOMMENDATIONS

- The Roof at Black + Blue
- Reflections at The Rosewood Hotel Georgia
- The Keg Steakhouse + Bar (Yaletown)
- Joe Fortes Seafood and Chop House
- Miku Restaurant
- MARKET by Jean-Georges
- Mahony & Sons Public House (Coal Harbour)
- LIFT Bar Grill View

📍 ITINERARY ADD-ONS

- If you prefer a guided bike tour, try out any of the tours with **Cycle City Rentals & Tours** – Stanley Park Tour, Craft Beer Tour, Epic Electric Tour or The Grand Tour for a bit of all the key highlights.
- Join a whale watching adventure with **Prince of Whales, Vancouver Whale Watch, Wild Whales** or **Steveston Seabreeze!**

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