



# VAN COU VER

## TWO-DAY ITINERARY

Whether travelling independently or as part of a group, Vancouver has plenty to offer youth travellers looking for a taste of adventure with all the comforts of the city. The itinerary combines educational day excursions and entertaining nightlife in a two-day visit.

## YOUTH EXPERIENCES IN VANCOUVER: DAY ONE

Vancouver might be a young city, but its short-but-lively history is filled with lots of colourful stories! During summer, **The Tour Guys** give morning tours around the downtown area, covering different neighbourhoods each day of the week. You could find yourself exploring the waterfront area; Vancouver's oldest neighbourhood, Gastown; the city's traditional Chinatown; or the Granville Street precinct, learning about the history, architecture and street art as you go. Tours are free, but their guides are exceptional so you'll want to offer a good tip.

At the end of your tour, head to **Granville Island**, a former industrial wasteland that's been turned into an arts and culture hub. Do as the locals do and grab lunch from one of the many vendors in the Granville Island Public Market and eat it on one of the waterfront benches. After lunch, spend some time checking out artisan studios, craft workshops and galleries on the island and pick up some souvenirs. Or get your heart-rate going with a paddle on False Creek. **Ecomarine Paddlesports Centre** has a location right on Granville Island offering tours, lessons and straight rentals of both kayaks and paddleboards. Regardless of

whether you're an absolute beginner or an advanced paddler, their professional staff can get everyone out on the water!

After you've had dinner tonight, explore Vancouver's nightlife by checking out Granville Street, Yaletown, Gastown or the West End. Grab a pint of one of Vancouver's local craft beers at somewhere like **The Lamplighter**, **Steamworks** or **Yaletown Brewing Company**. Check out the city's cocktail scene with a creation from **Pourhouse Restaurant**, **The Blackbird Public House** or **The Butcher & Bullock**; or dance the night away at **Celebrities Nightclub**, one of Vancouver's best gay-friendly nightclubs. If you're interested in live music, make sure you check the event calendar for venues such as **The Commodore Ballroom**, **Queen Elizabeth Theatre** and **The Orpheum**.

Legal drinking age in British Columbia is 19, so for younger students, check out a show at **Vancouver TheatreSports League's Improv Centre**, visit the **Vancouver Lookout** for a nighttime view of the city, or in winter, take in a **Vancouver Canucks** ice hockey game.





## YOUTH EXPERIENCES IN VANCOUVER: DAY TWO

Vancouver's **Stanley Park** is loved by locals, both because of the sheer size of the park and the scope of activities to do there. Along with a 10 km seawall wrapping around the outside of the park, the 400-hectare green space also boasts beaches, a swimming pool, a pitch and putt course, hiking trails and lots of public art. This morning, join **Cycle City Tours** for their Stanley Park tour, and you'll find yourself cycling through the park's dedicated bike trails and the seawall, filling your lungs with fresh air while your guide shares information about the biodiversity of the temperate rainforest, importance to Indigenous groups, and secrets from the park's 125 year history.

After you've explored Stanley Park, head over to Canada Place, right on the waterfront and about a 20-minute walk

from where your tour ends. It's a great place to grab a light lunch – check out **Tap & Barrel**, an excellent spot for trying B.C. wine or craft beer; or **Cactus Club Cafe**, known for their casual environment and healthy take on comfort foods. After lunch, take a walk down the Canadian Trail, running along the west side of Canada Place's iconic white sails. It lets you explore this country's 10 provinces and three territories before ending with one of Vancouver's favourite attractions, **FlyOver Canada**. This 4-D flight simulation experience sees you soaring across the country complete with mist, wind and scents!

Later this afternoon, explore Vancouver's oldest neighbourhood via your stomach with **Vancouver Foodie Tours'** Gastronomic Gastown tour. This three-

hour strolling experience includes stops at four locally-owned restaurants where you'll sample classic Canadian comfort food paired with optional cocktails, craft beer and BC wines. Along the way, your entertaining guide will introduce you to the history of the neighbourhood as you visit some of Gastown's best known attractions: the famous steam clock, "Gassy Jack" Deighton's statue and the colourfully named Blood Alley! The tour wraps up around 6pm, perfectly timed for you to continue on to see a show tonight – check out the day-of, half-priced tickets available online each morning at [ticketstonight.ca](http://ticketstonight.ca) to plan a cultural night out while grabbing a great deal!





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## 💡 INSIDER TIP!

If a student, ensure your client is carrying their student identification; you never know when a student discount could be available!

If you have clients who prefer to get around on public transportation, direct them to the **Translink website** for bus and Skytrain schedules.

## 🛏 BUDGET HOTEL RECOMMENDATIONS

- YWCA Hotel
- Samesun Backpacker Lodges
- Hostelling International – Vancouver Central
- C&N Backpackers Hostel
- Hostelling International – Vancouver Downtown
- Ramada Inn & Suites Downtown Vancouver
- Hostelling International – Vancouver Jericho Beach
- Ramada Limited Downtown Vancouver

## 💰 FREE OR ALMOST FREE!

- Stanley Park
- Visit Granville Island
- Visit the Christ Church Cathedral
- Walk around Canada Place
- Tour Vancouver's art
- Dr. Sun Yat-Sen Park
- Explore the Olympic Village
- Capilano Salmon Hatchery
- Lighthouse Park
- Visit the Lonsdale Quay
- Shipyards Night Market in North Vancouver (May to September)
- Richmond Night Market (May to September)

## 📍 ADD-ONS OPTIONS

- Visit Whistler, Victoria, Tofino or the Rocky Mountains with **West Trek Tours** or **Discover Canada Tours**.
- Take an educational photography tour with **Vancouver Photowalks**.
- If you have clients who like beer, try out a tour with **Vancouver Brewery Tours**.
- Explore Vancouver by water with **Vancouver Water Adventures**.

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