



VAN COU VER

FOUR DAY ITINERARY

For visitors spending three or four days in Vancouver, they'll have a chance to move beyond the highlights and get to know the city in a more intimate manner. This itinerary starts with the must-sees before providing options for exploring beyond the downtown core.

ULTIMATE VANCOUVER EXPERIENCE (3-4 DAYS): DAY ONE

A two-day hop-on, hop-off sightseeing tour with **Vancouver Trolley** ticket gives visitors the best of both worlds – ride the full 90-minute loop for an overview of the city, complete with commentary, then use your ticket as an easy way to get to Vancouver's most popular attractions. Board the trolley at one of the 34 stops closest to your hotel, and complete a full loop. Then continue on to **Stanley Park**, getting off at the famous totem poles to learn some of the city's First Nations history, and to take some photos of the lovely views of the North Shore mountains. After the park, we also recommend getting off at beautiful **English Bay**. Along with the popular beach, the bay sits at the lively intersection of Davie and Denman streets, both of which are packed with cute cafes, gelato shops and unique boutiques.

Back on the trolley, continue on as far as Chinatown, one of the city's oldest neighbourhoods. Enjoy a traditional dim sum lunch at **Floata Seafood Restaurant**— Canada's largest Chinese restaurant, before strolling the neighbourhood's streets, perusing tea shops, boutiques, Asian grocery markets and traditional apothecaries.

Don't miss the **Dr. Sun Yat-Sen Classical Chinese Garden**, the first classical Chinese garden built outside China when it opened in 1986. Every element of the garden and structures is loaded with symbolism. Unlock these meanings by taking a guided tour of the garden, included with your admission. Get back on the trolley to visit **Vancouver Urban Winery** for the chance to sample wines from a wide selection of some of British Columbia's best wineries in a laidback, city environment.

Finish your trolley tour at the **Vancouver Lookout** to enjoy 360° views of downtown Vancouver, the North Shore mountains, waterfront and the surrounding region. Afterwards, walk back a couple of blocks to Gastown, Vancouver's oldest neighbourhood. Along **Water Street**, the main thoroughfare, you'll find great souvenir shopping, friendly cafes and plenty of fashion. Step into one of the neighbourhood's side streets and you'll find independent boutiques, antique stores and bars. The area is also home to some of Vancouver's most popular restaurants, so do a little exploring of the area before sitting down to dinner at somewhere like **Salt Tasting Room, L'Abattoir, The Flying Pig, The Lamplighter** or **Water Street Café**.



ULTIMATE VANCOUVER EXPERIENCE (3-4 DAYS): DAY TWO

After breakfast, use your two-day ticket to get back on the Vancouver Trolley. Jump off at Granville Island, a former industrial wasteland that was reclaimed and turned into an arts and culture precinct in the 1970s. There's plenty to do on the island: stroll the streets packed with artisan studios and craft workshops, catch a street performance, stop for a coffee or an island-brewed beer, browse the many galleries, or shop the very popular **Granville Island Public Market**. Enjoy lunch while you're on the island – either pick up a bite from one of the market's vendors, or sit down at a restaurant such as **The Sandbar** or **Edible Canada's** bistro.

After lunch, take one of the small ferries that cross False Creek over to Yaletown. A former warehouse district at the end of the trans-Canada railway, this area is now home to chic boutiques, upscale restaurants and gourmet grocers. After you've explored Yaletown, get back on the trolley and continue all the way through to **Canada Place**. From here, board a **Harbour Cruises** vessel for your chance to see Vancouver from the outside! The one-hour Vancouver Harbour Tour explores the Burrard Inlet, the body of water that surrounds the downtown peninsula. You'll see Gastown from the water, as well as Vancouver's busy port, and the North Shore Mountains. Once you're

back from your sea-faring adventure, take to the skies with **FlyOver Canada**, one of Vancouver's top attractions. Located at Canada Place, this 4-D flight simulation ride takes you soaring over the country, complete with wind, scents and mist. Tonight, you'll head back to Yaletown for dinner. There are lots of great restaurant choices in this neighbourhood - sit down for a steak at **The Keg Steakhouse + Bar**, Vancouver's best seafood at **Blue Water Café**, casual favourites at **Cactus Club Café**, Mediterranean cuisine at **Provence Marinaside** or **Cioppino's Mediterranean Grill**, pub food done well at **Yaletown Brewing Co.**



ULTIMATE VANCOUVER EXPERIENCE (3-4 DAYS): DAY THREE

You've spent a lot of time exploring downtown Vancouver and close-by neighbourhoods, and now it's time to venture a bit further afield. Today, you'll head over to 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**, with its 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 once up there, you'll be free to take in the multitude of attractions offered. For many, the biggest attractions are the mountain's two resident Grizzly bears, **Grinder** and **Coola**. Observe them in their habitat as they sleep, hunt, eat and play. The lumberjack show is a demonstration of both athleticism and classic Canadian humour, while the many hiking paths offer a chance to explore the alpine environment, and the **Theatre in the Sky** offers regular screenings of wildlife films. You'll also have time to enjoy a casual lunch at **Altitudes Bistro** or **Lupins** cafeteria while you're up there. Your tour ends with a transfer back to downtown Vancouver. An alternative to taking the organized tour is using the free shuttle offered during the summer months. It runs from **Canada Place** and select hotels at regularly scheduled times throughout the day.

After your day on the North Shore, take a leisurely stroll along Vancouver's seawall. Stretching from **Canada Place** around **Stanley Park**, all the way along **False Creek** and out as far as the University of British Columbia, the seawall is one of the city's favourite attractions. Tonight, focus on the stretch between Canada Place and Stanley Park – an area known as **Coal Harbour**. This is a great place to grab a waterfront dinner, or even better, grab a drink and appetizer at one place, before continuing along for your main course and dessert in a couple of other spots! **Mahony & Sons Public House** offers fun, pub-style eats, while **Tap & Barrel** has an excellent selection of both local beer and wine on tap. **Miku** is known as one of the city's best sushi restaurants, while **Cactus Club** boast a glamorous room with a menu full of favourites with a twist. Further down towards Stanley Park, you'll find **Cardero's**, **The Mill Marine Bistro** and **Lift Bar and Grill**, each with spectacular views and menus for all tastes.



ULTIMATE VANCOUVER EXPERIENCE (3-4 DAYS): DAY FOUR

The Sea-To-Sky corridor linking Vancouver to Whistler is known for its spectacular natural vistas. Today you'll join Landsea Tours & Adventures' "Sea to Sky" tour, taking you north of the city for an adventure spanning ocean and mountains. You'll be picked up at your hotel, and taken to your first stop, the oceanfront village of **Horseshoe Bay**. After exploring the village, you'll continue up to **Shannon Falls** – British Columbia's third highest waterfall at 335 metres, and then on to the **Britannia Mine Museum**, which was in operation from 1904 to 1974. At this National Historic Site, you'll take a train into one of the haulage tunnels before exploring interpretive galleries. For those keen on wildlife viewing, a **Sewell's Marina** sea safari can be included instead of the stop at Shannon Falls and the

tour of the **Britannia Mine Museum**. Departing from Horseshoe Bay, you'll don a red survival suit and hop aboard their high-speed, Zodiac-style vessel to cruise the deep fjords of Howe Sound. The area is rich with wildlife, and on your tour, you'll likely spot sea birds, eagles, otters, deer, and lots of seals.

Later in the afternoon, you'll take the new **Sea to Sky Gondola** up 850 metres above sea level to take in sweeping views of the Howe Sound fjord, coastal forest and the surrounding mountains ranges. Once up at the summit, cross the **Sky Pilot Suspension Bridge** high above the trees for a 360° view of the area, both up to the high alpine of the mountains above and down to the fjord

below. After riding the gondola back down, you'll return to your hotel in downtown Vancouver.

For your last night in Vancouver, take in the sunset with dinner overlooking English Bay. This is one of the most picturesque spots in the city, and you'll want to have your camera ready as the sun drops down towards the water, reflecting its glow along Burrard Inlet and onto the mountains. This popular area is full of choices for dinner including **Cactus Club Cafe** for an elegantly casual meal, **The Boathouse Restaurant** for seafood, **Three Brits Public House** for pub-style food, and **The Teahouse in Stanley Park** for a romantic end to your stay.



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INSIDER TIPS!

Visit the websites of some of the Business Improvement Associations in Vancouver for more information on our neighbourhoods, shopping and restaurant tips.

Gastown: gastown.org

Yaletown: yaletowninfo.com

Chinatown: vancouver-chinatown.com

Robson Street: robsonstreet.ca

SUGGESTED ADD-ONS

- Enjoy an aerial view of Vancouver on a flightseeing tour with Harbour Air!
- Book a free walking tour with The Tour Guys
- Rent bicycles to tour the city or book a guided tour with Cycle City Tours.

EXTRA DAY OR TWO?

- Visit British Columbia's Capital City of Victoria with WESTCOAST Sightseeing!
- Get active in Whistler with a day tour with Landsea Tours & Adventures!
- If you prefer transportation only to Victoria or Whistler, book with Pacific Coach Lines.