



VAN COU VER

FOUR DAY ITINERARY

Visitors spending three or four days in Vancouver have a chance to move beyond the top-line highlights and get to know the city in a more intimate manner. This itinerary starts with an introduction to Vancouver before providing options for exploring beyond the downtown core.

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

A one-day hop-on, hop-off tour with **WESTCOAST Sightseeing** gives visitors the best of both worlds – ride the tour’s two loops 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 tour downtown and take the Park Route to get to Stanley Park – make sure you stop at the famous totem poles to learn some of the city’s Indigenous 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 tour, 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 **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 bus to finish your tour at the **Vancouver Lookout**, enjoying 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 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 **Wildebeest, L’Abattoir, The Flying Pig, The Lamplighter** or **Water Street Café**.



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

After breakfast, head over to **Granville Island** to explore its cultural and culinary scene. A former industrial wasteland, Granville Island was reclaimed in the 1970s and turned into an arts and culture precinct. There's plenty to do here: 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**.

After lunch, take the **Aquabus** or **False Creek Ferries**

across False Creek and 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 done some Yaletown wandering, head across town to Coal Harbour and board a **Harbour Cruises** vessel for your chance to see Vancouver from the water! The one-hour Vancouver Harbour Tour explores 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 seafaring adventure, take to the skies with **FlyOver Canada**. 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**, modern pub food at **Yaletown Brewing Co.**, or North-Pacific Mexican cuisine at **Fayuca**.



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 experience Vancouver's North Shore with **Landsea Tours'** "Mountain Discovery" tour. After being picked up at your hotel, your first stop will be the **Capilano Salmon Hatchery** to learn about the lifecycle of salmon. Then you'll make your way to the base of **Grouse Mountain** and take the scenic Skyride gondola to the peak. Once up there, you'll be free to take in the multitude of activities 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.

On your way back towards downtown, you'll stop at **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.

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.

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 a favourite with both locals and visitors. 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, and **Cactus Club Café** boasts a glamorous room with a menu full of favourites with a twist. Further down towards Stanley Park, you'll find **Cardero's Restaurant**, **TAPshack** 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'** "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.

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 mountain 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, **Beach Bay Café** for fine dining, **The Sylvia Hotel's** restaurant and bar for a drink with ambience, or **The Teahouse in Stanley Park** for a romantic end to your stay.



VANCOUVER

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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** or **SKY Helicopters**.
- Book a free walking tour with **The Tour Guys**.
- Rent bicycles to tour the city or book a guided tour with **Cycle City Tours**.
- Feeling adventurous? Try out the **Skyride Surf Adventure at Grouse Mountain**.

EXTRA DAY OR TWO?

- Visit British Columbia's Capital City of Victoria with **V2V Vacations**. If you prefer transportation only by bus and ferry, check out **BC Ferries Connector**.
- Get active in Whistler with a day tour with **Landsea Tours & Adventures**. If you prefer transportation only to Whistler, book with **Pacific Coach Lines**.