



HEALTH & WELLNESS: DAY ONE

VAN COU VER

TWO-DAY ITINERARY

For those taking a balanced approach to exploring a new destination, Vancouver offers the chance to breathe deeply, explore nature, pursue personal growth, and connect with those around us.

Rise and shine with a breakfast you can feel good about – **Forge** sources all ingredients sustainably, using local producers wherever possible. Whether you're a "cold smoked wild lox on a bagel" person, or looking for a hearty omelette of foraged mushrooms, this farm-to-table menu will impress.

You're going to want to fuel up because after breakfast, you're off to explore Vancouver on two feet with **City Running Tours**. The city's year-round moderate weather makes it a great city for running, so today you'll combine a workout with some sightseeing! The Vancouver Complete tour will see you jogging through False Creek, Chinatown, Granville Island and downtown as your guide teaches you about the area.

After a stop at your hotel to shower and refresh, head out for a casual lunch at one of Vancouver's many food trucks. The area around the **Vancouver Art Gallery**, down Burrard Street, and near Canada Place are all great for finding healthy lunch options, many of which are vegetarian or vegan.

If you're hoping to learn a new skill that you can take home with you, a **Vancouver Photowalks** tour will help you improve your vacation snaps, while introducing you to a new destination. The Canada Place tour will teach you how to best capture the beautiful view of the North Shore mountains and architecture, experimenting with light and framing. Alternatively, spend some time this afternoon in the temperate rainforest of Lighthouse Park with **Rockwood Adventures**. Your guide will lead you through a hike, explaining the biodiversity of the area, before taking in the spectacular view out across the water.

After your tour, stroll through Vancouver's most historic neighbourhood, Gastown. Not only is it home to some of the city's coolest boutiques, coffee roasters, and galleries, you'll also find some great restaurants for a relaxing dinner. **Tuc Craft Kitchen** offers a unique cocktail list to go with the modern, tavern-inspired menu.



HEALTH & WELLNESS: DAY TWO

Vancouver's **Granville Island**, located opposite downtown on False Creek, is known to many as the city's arts and culture precinct, and home to the Granville Island Public Market, where Vancouverites like to stock up on local produce. But this area, a reclaimed former industrial zone, still has a vibrant marine community, making it a great place to launch an exploration of the city by water. Grab breakfast at the market before joining one of the kayak tours offered by **Ecomarine Paddlesports Centres**. The calm waters of False Creek make tours suitable for beginners and experts alike, and as you paddle along the waterfront, your guide will give you insight into the history of the area.

Back on dry land, treat yourself to lunch at **Edible Canada** at the market. The bistro is known for its commitment to showcasing Canadian ingredients, farmers and producers through their fresh, innovative dishes. This also extends to the drinks list – be sure to try a locally brewed craft beer, British Columbian wine or one of their cocktails.

After lunch, take it easy with a spa treatment to soothe any sore muscles, quiet the mind, and melt away tension. From Asian-inspired treatments at **CHI, The Spa** at the Shangri-La Hotel Vancouver, through to an Ayurvedic experience at **Vida Spa**, there are plenty of great choices. If spa treatments are not your thing, instead take **SKY Helicopters'** Waterfalls & Canyons

Tour for an indulgence of a different kind. You'll soar over mountains, canyon cliffs and lakes before landing for a trail hike to the base of a waterfall. Relax with a short yoga practice on the platform, take a meditative moment, or just breathe the purified air as you enjoy this special spot.

Tonight, toast your visit to Vancouver with dinner at **Royal Dinette**. Vancouver magazine has recognized this restaurant as one of the best places in the city to enjoy "Pacific Northwest cuisine" thanks to its seasonal menu and serious cocktail program. Break bread with your travel companions over Royal Dinette's "family style" experience, enjoying dishes especially chosen by the chef for tonight's dinner.



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VANCOUVER'S BEST SPAS

- CHI, The Spa
- Spa by JW
- Vida Spa
- Visiting Whistler pre or post Vancouver? Don't miss the Scandinave Spa!



ITINERARY ADD-ONS

- Looking for a great workout? Try out **Grouse Mountain's Grouse Grind**, a right of passage in Vancouver!
- If you're visiting in the summer, there are plenty of free outdoor yoga classes to take part in around the city, primarily at Canada Place, Jack Poole Plaza and in Kitsilano.



VEGAN / GLUTEN FREE / 100 MILE DIET RESTAURANTS

- Acorn
- Nuba
- Chickpea
- Harvest Community Foods
- The Naam Restaurant
- Afghan Horsemen Restaurant
- La Mezcaleria



ANNUAL FITNESS EVENTS

- **Vancouver Sun Run**
- **BMO Vancouver Marathon**
- **Scotiabank Half Marathon**
- **Lululemon's Seawheeze Half Marathon**