



# VAN COU VER

## TWO-DAY ITINERARY

**From soaring mountains to sparkling waterways, Vancouver is a natural playground for young and old. Bring the whole family for a vacation filled with fun, creating memories to last a lifetime.**

## FAMILY EXPERIENCES IN VANCOUVER: DAY ONE

Right on the waterfront, overlooking floatplanes taking off and landing, start your day with pancakes at **De Dutch Pannekoek House** at the Vancouver Convention Centre. Then board the free shuttle over to the North Shore's **Capilano Suspension Bridge Park**, Vancouver's oldest paid attraction. Catch the shuttle at Canada Place or one of three hotels downtown – the **Blue Horizon Hotel**, **Hyatt Regency Vancouver** or **Westin Bayshore, Vancouver**. Once up at the park, little ones will love the Rainforest Explorer Program, and the whole family will enjoy free history and nature tours, walking among the treetops, experiencing Cliffwalk, and the main attraction – the swaying suspension bridge itself, spanning the Capilano River way below.

Take the shuttle back downtown for lunch at **White Spot Restaurant** on West Georgia Street, a legendary Vancouver burger chain that was started 85 years ago. Order a famous "Triple O" burger while the kids keep busy with their Pirate Paks—a paper activity boat filled with their choice of entrée and side, with ice-cream for dessert! After lunch, explore the

green jewel in Vancouver's crown, the 400 hectare **Stanley Park**, home to beaches, a waterpark, gardens, and a "pitch and putt" course. Ride the miniature train through the towering trees, take a horse-drawn tour, learn about First Nations culture at **Klahowya Village**, or explore the secrets of the ocean at the **Vancouver Aquarium**, a recognized leader in aquatic research and conservation.

Alternatively, if you'd prefer to stay on the North Shore after your visit to Capilano Suspension Bridge Park, spend the afternoon at **Maplewood Farm**, a fun and educational stop with over 200 friendly animals for your family to meet.

After winding down at your hotel, walk over to Robson Street for dinner. **Joe Fortes Seafood and Chop House** offers the best of both worlds, with excellent seafood and an extensive wine list for Mom and Dad, and a kids' menu and colouring sheets for the young ones. If it's sunny, request a table on their rooftop patio! After dinner, grab an ice cream and stroll down Robson Street, looking in the store windows and taking in the street life.





## FAMILY EXPERIENCES IN VANCOUVER: DAY TWO

After breakfast, start the day with a virtual flight over all of Canada! **FlyOver Canada** is one of Vancouver's must-see attractions; a breathtaking, 4-D flight simulation ride that sees you soar across the country, complete with wind, scents, and mist! Once you're back on terra firma, head to Granville Island, Vancouver's most artistic neighbourhood. Filled with artisan studios, craftspeople, galleries and theatres, your whole family will love the street performers and colourful atmosphere. The little ones will love a visit to the Kid's Market featuring over 25 shops and services for children and families. Grab a casual lunch from one of the vendors at the Granville Island Public Market, or opt for something fancier at a restaurant such as **The Sandbar**, right under the bridge, with a view of downtown.

From Granville Island, board one of the adorable little **Aquabus** water taxis for a ride up False Creek to **Science World British Columbia**. These boats run on a regular schedule from various points along the water, and are a great way to get around while doing some sightseeing from sea level. Science World is a children's favourite, offering a host of hands-on displays and programs for kids of all ages. BodyWorks looks at the mysteries of the human body, KidSpace offers toddlers and preschoolers a place to call their own, and an outdoor science park lets everyone explore the local environment. Need a little quiet time? Grab a show in the world's largest OMNIMAX theatre. For those looking for a more active afternoon with older kids, hit the water in a kayak or on a paddle board, or even head out whale watching

straight from the Granville Island dock!

Enjoy dinner downtown at **Milestone's Bar + Grill** on Robson Street. With a menu full of "favourites with a twist," the whole family will be able to find something to satisfy their cravings. Alternatively, visit the Kitsilano neighbourhood, just over the bridge from downtown, and sit down for dinner at the **Rocky Mountain Flatbread Company** for pizza! Not only do they offer a kids' menu, on select nights of the week, guests under 12 years old can set to work making their own pie.





VANCOUVER

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## INSIDER TIPS!

- Check out the Vancouver International Children's Festival on Granville Island which takes place annually towards the end of May/early June.
- Enjoy the two-kilometre Stanley Park Miniature Train which offers a variety of seasonal rides throughout the year:
  - Easter Train
  - Spirit Catcher Train
  - Ghost Train
  - Bright Nights Train

## RECOMMENDED ACCOMMODATION WITH KID-FRIENDLY AMENITIES

- Coast Plaza Hotel & Suites
- Sheraton Vancouver Wall Centre
- Rosewood Hotel Georgia (Rose Buds Program)
- Four Seasons Hotel Vancouver

## ITINERARY ADD-ONS

- Try stand-up paddleboarding or kayaking with Ecomarine Paddlesport Centres or Deep Cove Canoe & Kayak Centre.
- Join a whale watching adventure with Prince of Whales, Vancouver Whale Watch, Wild Whales or Steveston Seabreeze!