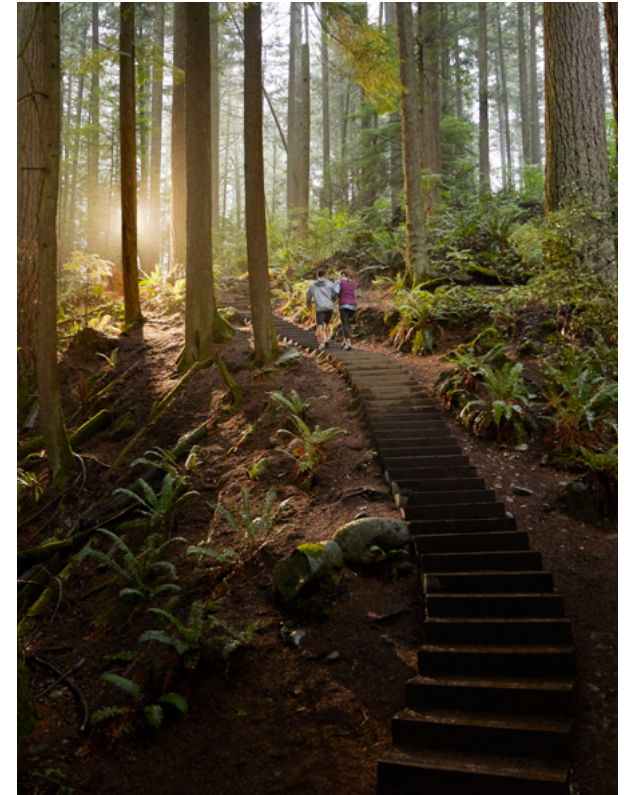




Credit: Grouse Mountain



VAN COU VER

TWO-DAY ITINERARY

Surrounded by ocean on one side, and a towering mountain range on the other, a stay in Vancouver can offer plenty for those looking for a vacation that explores nature and exhilarates with adventure.

ADVENTURES IN NATURE: DAY ONE

Vancouver's North Shore is home to the Coast Mountains, and it's a terrific place to kick off your adventure. Get an early start and head up to **Grouse Mountain**, just a 20-minute drive from downtown. After a spectacular gondola ride to the peak, you'll enjoy **Breakfast with the Bears**. Home to two orphaned Grizzly bears, Grinder and Coola, you get to participate in their morning feed and learn about them from one of the mountain's wildlife rangers before sitting down for your own breakfast. Then, get your heart rate going with a zipline adventure, criss-crossing the mountain via five of their lines, zooming over old-growth forest and taking in amazing city views.

Enjoy lunch at one of the restaurants and cafes up on **Grouse Mountain**, then take time to enjoy the lumberjack show, the Birds in Motion demonstration, the hiking trails, or just enjoy the view! When you're ready, head down to **Capilano Suspension**

Bridge Park. Along with the main attraction, a swaying 450 ft (135 m) suspension bridge high above the Capilano River, the park is also home to the CliffWalk, a cantilevered walkway jutting out over the canyon, and a canopy-walk of seven small suspension bridges anchored in the tree tops. Alternatively, take one of **Rockwood Adventures** unique North Shore nature tours which focus on eco-tourism. An expert guide will take you on a trek, hike or a walk (depending on fitness), providing in-depth insight into the temperate rainforest native to this part of the world.

Head back downtown and freshen up before dinner. Tonight, you'll head into Stanley Park for dinner at **The Teahouse Restaurant** at Ferguson Point— one of the very best places in the city to see the sunset, and known for its elegant, modern cuisine.



Today, you'll take to the water for a unique view of Vancouver. Starting off at English Bay on the south-west side of Stanley Park, your **Vancouver Water Adventures** guide will take you on a scenic kayak paddle along the rocky shorelines of the park, while you take in the vistas of the North Shore mountains and the city skyline. Keep your eyes peeled for wildlife - you might spot bald eagles, seals, or even river otters! If you'd rather explore on two wheels, **Cycle City Tours'** Stanley Park tour will introduce you to this 400-hectare green space via dedicated bike trails and easy seawall riding, while your guide covers the park's history, biodiversity and many stories.

Continue to enjoy those lovely views of the water and mountains with a casual lunch at **Cactus Club Café** at English Bay. Once you've recharged, head over to

Canada Place for a less strenuous form of adventure – the **FlyOver Canada** flight simulation ride, taking you soaring over the entire country! If that still isn't enough, transfer to Horseshoe Bay, on the coast north of the city, for **Sewell's Marina's** sea safari nature tour. Don a red survival suit and hop aboard their high-speed, Zodiac-style vessel and 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.

After your tour, take a little time to stroll around the charming village of Horseshoe Bay. Then return back downtown for a dinner of local seafood at **Cardero's Restaurant** in Coal Harbour.





VANCOUVER

Tourism Vancouver Visitor Centre

200 Burrard Street, Vancouver, BC V6C 3L6, Canada
Email: VisitVancouver@tourismvancouver.com
www.tourismvancouver.com

 @inside_vancouver  @insidevancouver  @MyVancouver

INSIDER TIP!

Planning to visit Capilano Suspension Bridge? Avoid the crowds and visit the attraction before 10am or after 3pm.

ACCOMMODATION NEAR STANLEY PARK

- The Westin Bayshore, Vancouver
- Coast Coal Harbour Hotel
- The Sylvia Hotel
- Best Western Plus Sands Hotel
- Sandman Suites Vancouver, Davie Street

ITINERARY ADD-ONS

- **Rockwood Adventures - Bowen Island Day Tour**
- **Taste of the West Coast Package with Harbour Air**
- **Sea to Sky Gondola & Britannia Mine Museum**