

# Health & Wellness

A RELAXING TWO-DAY RETREAT

Vancouver is a place where you can breathe deeply, explore nature, pursue personal growth and connect with the world around you. Our city will inspire you. Fueled by fresh air and personal bests, the journey you experience here will live long in your memory.

#### At a glance

- Forest bathing
- Scenic paddle boarding adventure
- Spa experience
- Healthy eating

## DAY ONE

### RISE AND SHINE

Start the day with a breakfast that you can feel good about at **Forge**, a farm-to-table restaurant serving locally sourced ingredients.

Freshly fueled, it's time to experience Vancouver the way the locals do, on two feet. **City Running Tours** will take you on a guided tour of the downtown core, soaking in the city skyline while working up a sweat at the same time.

### REFUEL AND REFRESH

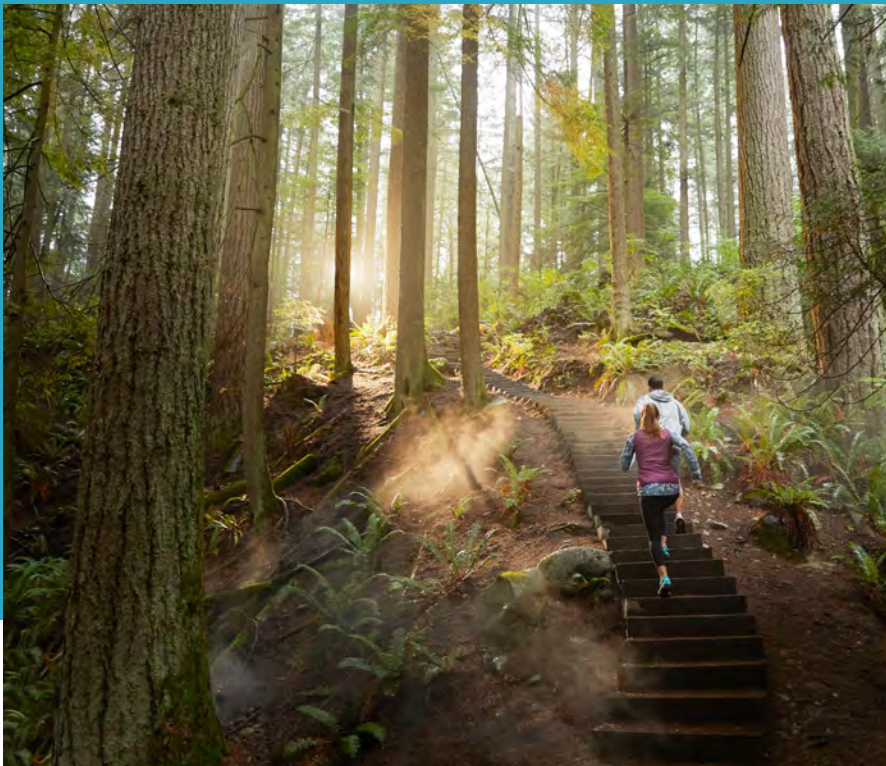
After a stop at your hotel to shower and refresh, it's time to leave the heart of the city and immerse yourself in nature.

**Rockwood Adventures** will pick you up from your hotel and take you on a forest bathing tour where you'll experience the rejuvenating effects of "Shinrin Yoku" among the millennia-old canopies that criss-cross the city's North Shore. Surrounded by natural beauty you'll feel the stress slip away as you listen to crashing waves and the whisper of the ocean breeze among the old-growth rainforest of **Lighthouse Park**.

### RECONNECT

Relaxed and rejuvenated, return to downtown for a stroll around one of North America's most walkable destinations. From the boutique-lined cobbles of the city's historic **Gastown** neighbourhood to the bustling bars and cafes of **Yaletown**, friendly local neighbourhoods are just steps away.





## DAY TWO

### A MEDITATIVE MORNING

Set your alarm and start your day with some sunrise yoga on the sandy shores of **Kitsilano beach**.

After you've got your zen on it's time to head to Vancouver's **Granville Island**, home to the **Granville Island Public Market**. From here, **Vancouver Water Adventures** offers daily paddleboard and kayak tours along the calm waterways of **False Creek**, a serene setting that offers a unique perspective on Vancouver life.

### TREAT YOURSELF

After lunch, take it easy with a spa treatment to soothe any sore muscles, quiet the mind and melt away tension. Choose from one of our fantastic city centre spas including **CHI**, the Spa at the **Shangri-La Hotel**, Vancouver, **Spa by JW** at the **JW Marriott Parq Vancouver** and **Vida Spa** at the **Sutton Place Hotel**.

If spa treatments aren't your thing, take **SKY Helicopters' Coast Mountain Adventure 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 beautiful waterfall.

### TOAST YOUR VISIT

Health is at the heart of Vancouver. That goes for the food too, and the cutting-edge local food scene that's known for serving up some of the most innovative vegetarian and vegan food on the planet.



### INSIDER TIP

Looking for a great workout? Try out **Grouse Mountain's Grouse Grind**, also known as Mother Nature's Stairmaster, a 2,830 step hike up the mountain, a local rite of passage.



### ANNUAL EVENTS

- Vancouver Sun Run
- BMO Vancouver Marathon
- Lululemon Sea Wheeze Half Marathon
- Terry Fox Run
- ScotiaBank Half Marathon



### EXPLORE YOUR SPORTY SIDE

- Located at **BC Place Stadium**, the **BC Sports Hall of Fame** celebrates extraordinary achievements in BC sport history.
- A legacy from the 2010 Winter Olympics, this immersive experience lets you walk a mile in an athlete's shoes.

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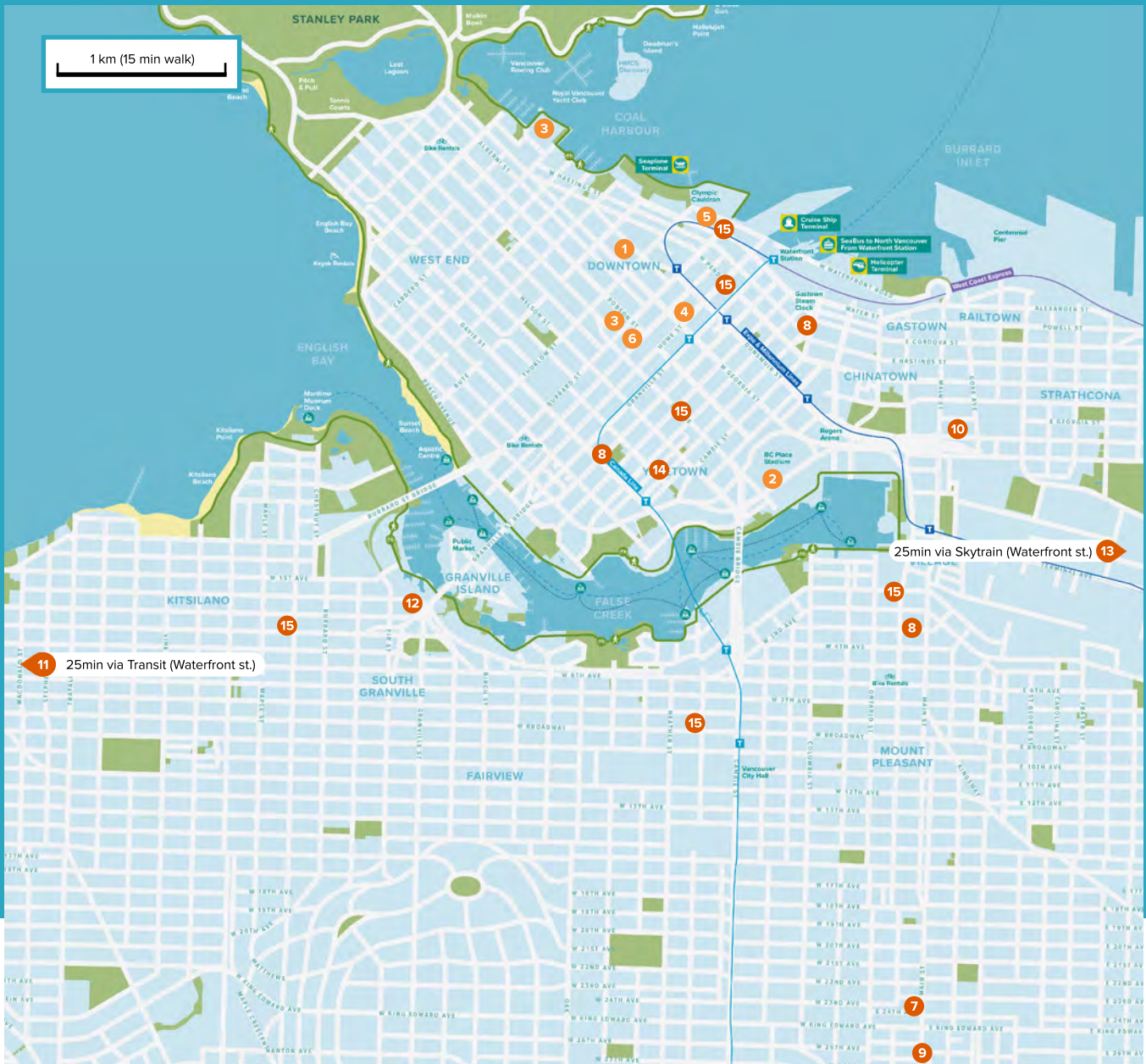


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## Find your centre



### VANCOUVER'S BEST SPAS

1. **CHI**, The Spa at the **Shangri-La Hotel**
2. **Spa by JW** at the **JW Marriott Parq Vancouver**
3. **Vida Spa** at the **Sutton Place Hotel**
4. **Sense Spa** at the **Rosewood Hotel Georgia**
5. **Willow Stream Spa** at the **Fairmont Pacific Rim**
6. The Spa at the **Wedgewood Hotel & Spa**

#### Heading to Whistler?

Stop in at the **Scandinave Spa**, Whistler, a nature-focused health spa with rejuvenating baths and relaxing massages.



### HEALTHY EATING

7. Acorn
8. Nuba
9. Chickpea
10. Harvest Community Foods
11. The Naam Restaurant
12. Afghan Horsemen Restaurant
13. La Mezcaleria
14. Blue Water Café
15. Tractor



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