

Adventures in Nature

A THREE-DAY OUTDOORS EXPERIENCE

Nestled among snow-capped mountains, urban rainforest and the glittering waters of the Pacific Ocean, our city is intertwined with nature - and you could be too. Explore what makes our outdoors truly great with this three-day itinerary.

At a glance

- Spectacular gondola rides
- Breakfast with grizzly bears
- Alpine hiking
- Epic vistas
- Scenic tours
- Dinner in Stanley Park

DAY ONE

THE EARLY BIRD CATCHES THE BEAR

Stretch your mind (and your calf muscles) with an early morning visit to **Grouse Mountain**. Just minutes from downtown, you'll swap the city streets for stunning views as you enjoy a spectacular gondola ride to the 1,231m peak.

High above the city, you won't just enjoy nature, you'll experience it. Your morning begins with breakfast, shared with the mountain's resident rescued grizzly bears, Grinder and Coola. Then it's time to strap in and soar above old-growth forests, soaking in the breathtaking views and heart-pounding thrills served up by the mountain's ziplines.

AN ADVENTUROUS AFTERNOON

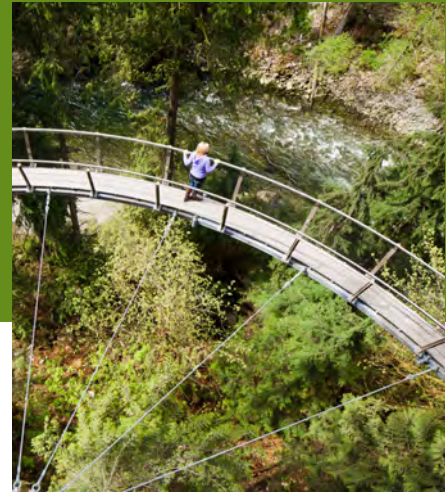
Enjoy lunch at one of the mountaintop eateries, then take time to enjoy the lumberjack show, the hiking trails, or simply take in the view. When you're ready, head to the nearby **Capilano Suspension Bridge Park** where you can sway 450ft above the river and step out onto the awe-inspiring **CliffWalk**.

If you're looking for something a little more challenging, take to the ocean with **Sewell's Marina Sea Safari tour**. This aquatic adventure explores the stunning Howe Sound water, serving up a high speed experience that will see you soar through sea mist and stunning scenery.

UNFORGETTABLE DINING

Though you might want to head back downtown to freshen up, you won't have to leave nature behind. Tonight you'll have dinner at **The Teahouse Restaurant**, where you'll enjoy elegant West Coast cuisine and stunning sunsets from the heart of 1,000-acres **Stanley Park**, Canada's largest urban greenspace.





DAY TWO

GET CLOSER TO NATURE

Today, you'll get closer to nature as part of **Rockwood Adventures' Sea-to-Sky Gondola & Rainforest River Canyons** tour. This day-long experience begins with being picked up in your own luxury vehicle which will whisk you away on a scenic drive to experience some of Vancouver's outstanding natural wonders.

The first stop on your tour is **Stanley Park's iconic Totem Poles** where your personal Eco Guide will help you to learn about the area's Indigenous heritage and the culture and mythology of the First Nations people.

Then, after a short and stunning drive across Vancouver's Lions Gate Bridge, you'll experience the North Shore rainforest on a **Capilano River Canyon Salmon Adventure**. Here, you'll discover more about one of the world's most primitive ecosystems and the Pacific Salmon who call it home.

BEAUTY BECKONS

Before lunch, take a stroll through the **Capilano River Canyon**, surrounded by the rush of white water and the forest's incredible canopy of giant Cedars and towering Douglas Firs. After a gourmet picnic, your guide will take you northwards along the **Sea-to-Sky Highway**.

Recognized as one of the most beautiful roads in the world, you'll enjoy incredible vistas before stopping at Shannon Falls – British Columbia's third highest waterfall – where you'll stretch your legs. Then it's on to the **Sea to Sky Gondola**, where you'll enjoy a scenic ride up 850m above sea level to take in sweeping views of the Howe Sound fjord, coastal forest and the surrounding mountain ranges.

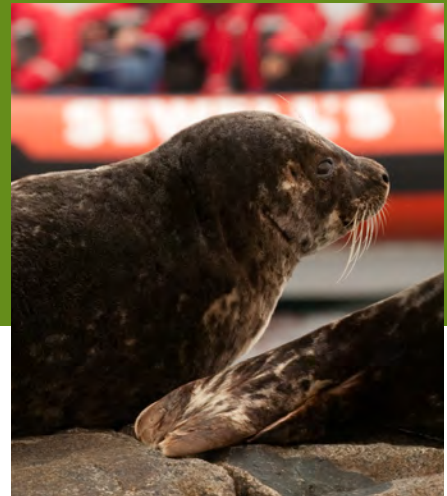
TIME TO UNWIND

After returning to Vancouver, take a leisurely stroll along the seawall to **Cardero's Restaurant** in **Coal Harbour**, it's the perfect place to relax as you share stories and world-renowned seafood with your fellow adventurers.



INSIDER TIP

Looking for a unique perspective? Rent a kayak from Granville Island to see Vancouver in all its glory. Looking for a unique perspective? Explore the coastline by renting a kayak or stand-up paddleboard from **Vancouver Water Adventures**.



DAY THREE

GET OUT ON THE WATER

Today, you'll take to the water for a unique perspective on Vancouver life. How you experience your aquatic adventure, however, is up to you.

WATCH FOR WHALES

You could decide to spend time with some of our best known inhabitants on a whale watching tour. Companies including **Prince of Whales**, **Wild Whales Vancouver**, **Vancouver Whale Watch**, and **Steveston Seabreeze Adventures** offer intimate tours whisking you out onto the sparkling waters of the Gulf of Georgia, where you might see orcas, humpback whales, minke whales, gray whales, porpoises, seals, sea lions, eagles, and a variety of seabirds.

AN AQUATIC ADVENTURE

Looking for something with a little more adrenaline? **Vancouver Water Adventures** offer a range of thrilling experiences aboard their high speed zodiac boats. Racing across the ocean surface with the wind in your hair and sea mist splashing your face, you will travel well beyond the downtown core to explore the nearby islands and inlets that make this region so special.

IMMERSE YOURSELF IN NATURE

If you're looking to get up close and personal with some of our marine wildlife, then jump aboard one of **Sea Dragon Charters' Snorkel Tours**. This unforgettable aquatic experience will take you into the glistening waters of the Pacific Ocean, where you'll come face to face with harbour seals in their natural environment.



ITINERARY ADD-ONS

- Experience Vancouver from above with **Harbour Air**
- Get away from it all on a **Bowen Island Day Tour** offered by **Rockwood Adventures**.
- Have the ultimate craft beer tasting in the back country on **Sky Helicopter's West Coast Craft Beer Flight**.
- Rent a boat or sign up for a guided fishing tour with **Sewell's Marina** who have been entertaining adventurous visitors since 1931.
- Want to go toe-to-fin with the largest freshwater fish in North America? **Sky Helicopters' Fraser River Canyon Sturgeon Fishing Expedition** delivers a world-class trip and a chance to catch one of the biggest river monsters on the planet.

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Your adventure starts here



A ROOM WITH A VIEW

1. Pan Pacific Vancouver
2. Fairmont Waterfront
3. Fairmont Pacific Rim
4. The Westin Bayshore, Vancouver
5. Seaside Hotel in North Vancouver



ITINERARY ADD-ONS

6. Sewell's Marina
7. Sky Helicopters
8. Harbour Air Seaplanes
9. Rockwood Adventures Tours



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