

The Ultimate Vancouver Experience

LIVE LIKE A LOCAL

This four-day itinerary is for visitors who have an opportunity to stay a little longer in our city. With time on your hands you can go beyond the highlights, to explore every aspect of Vancouver and experience what it's like to truly live like a local.

At a glance

- Spectacular sightseeing
- Get to know local neighbourhoods
- Culinary adventures on Granville Island
- Go beyond downtown

DAY ONE

GET TO KNOW THE CITY

Kick off your day on a **Gray Line Westcoast Sightseeing** tour. Complete with commentary, the tour is the best way to see the city with hop-on, hop-off tickets that make it easy to get around to Vancouver's most popular attractions.

We recommend the **Stanley Park** loop, which offers incredible views of Vancouver's 1,000 acre urban oasis. Make sure you stop at the totem poles to learn about the region's Indigenous roots as well as **English Bay**, a scenic stretch of seawall lined with cute cafes, gelato shops and bars.

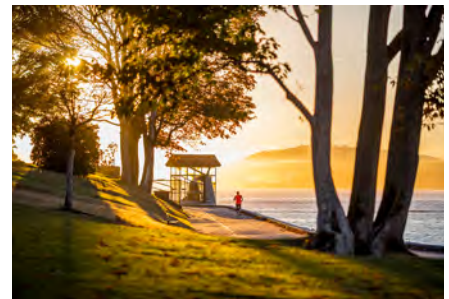
A FEAST FOR THE SENSES

In Vancouver, we don't just embrace diversity, we exist because of it. Nowhere is Vancouver's cultural harmony more apparent than your next stop, **Chinatown**, a historic neighbourhood that's stood for more than a century.

Here, you'll stop for lunch and experience some traditional dim sum at **Floata Seafood Restaurant**, the largest Chinese restaurant in Canada. Don't miss the iconic **Dr. Sun Yat-Sen Classical Chinese Garden**, which was the first classical garden of its type built outside China when it opened in 1986.

AN EVENING TO REMEMBER

After you've explored everything **Chinatown** has to offer, walk a couple of blocks to **Gastown**, Vancouver's oldest neighbourhood. Here you'll find souvenir shopping, independent boutiques and bustling nightlife. Do a little exploring before stopping for dinner at **L'Abattoir**, **The Flying Pig** or **Water Street Café**.





DAY TWO

WORK UP AN APPETITE

After breakfast rent some bikes from **Spokes Bicycle Rentals** before you head out onto Vancouver's 28km seawall - the world's longest uninterrupted waterfront path. Stretching from **Canada Place** and around **Stanley Park** to **False Creek** and beyond, you'll soon see why it's a favourite with visitors and locals alike.

Head to the nearest **Aquabus** terminal and take your bike across the water to **Granville Island** where you can explore the area's thriving cultural and culinary scene. A former industrial area, **Granville Island** was reclaimed in the 1970s and turned into a vibrant arts hub. Stroll through streets filled with artisan studios, catch a street performance, stop for a coffee or an island-brewed beer, browse the galleries, or head to the local's favourite **Granville Island Public Market** for a taste of the Pacific Northwest.

A UNIQUE PERSPECTIVE

Grab a bite from one of the market's local vendors, and after lunch, take your bike on the **Aquabus** or **False Creek Ferries** across the water and over to **Yaletown**.

A former warehouse district, this trendy neighbourhood is now filled with chic boutiques, upscale restaurants and gourmet grocers. Stop at a cafe and watch the action unfold with an artisanal coffee before riding back to the **West End** to return your bike. Take a quick 10 minute walk to **Coal Harbour** where you'll get out on the water with **Harbour Cruises**. Your one-hour **Vancouver Harbour Tour** explores the water that surrounds the city, offering a unique perspective on life in Vancouver.

STRETCH YOUR LEGS

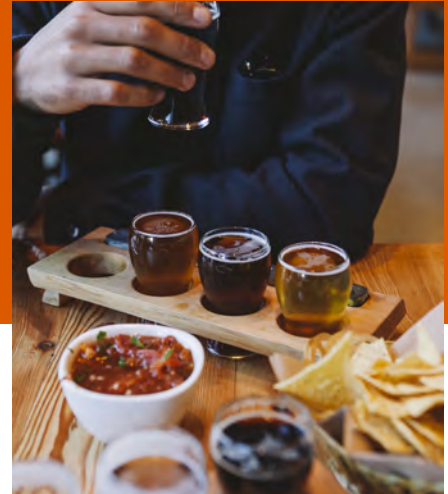
When you're back on dry land enjoy an al fresco dinner set against the backdrop of the North Shore mountains you spent your day exploring. **Tap & Barrel** has an excellent selection of both local beer and wine on tap. **Miku** is known as one of the city's best sushi restaurants. Further down towards **Stanley Park**, you'll find **Cardero's Restaurant**, **TAPshack** and **LIFT Bar Grill View**, each with spectacular views and menus for all tastes.



HOP-ON HOP-OFF SPOTS

Gray Line's Westcoast Sightseeing tour lets you explore some of Vancouver's most popular attractions, including:

- Canada Place / FlyOver Canada
- Stanley Park Pavilion / Miniature Railroad
- Granville Island
- VanDusen Botanical Gardens
- Queen Elizabeth Park
- Chinatown / Dr. Sun Yat-Sen Classical Chinese Gardens
- Gastown / Maple Tree Square



DAY THREE

EXPERIENCE ADVENTURE

Today you'll venture further afield to explore Vancouver's stunning natural setting. **Landsea Tours & Adventures** will pick you up from your hotel before whisking you away on a Mountain Discovery adventure.

Just minutes from downtown your first stop will be the **Capilano Salmon Hatchery** to learn about the lifecycle of local salmon. Then you'll make your way to the base of **Grouse Mountain**, the peak of Vancouver, where you'll enjoy a spectacular gondola ride to the 1,231m peak. High above the city you can explore hiking trails, see a lumberjack show, or visit the resident grizzly bears, Grinder and Coola.

IMMERSE YOURSELF IN NATURE

There's time to grab lunch at **Altitudes Bistro** or **Lupin's Café** while you're up the mountain, then, it's time for your next stop: **Capilano Suspension Bridge Park**. This exhilarating outdoor experience has been wowing guests since 1889 with its namesake bridge swaying 450ft above the river, alongside more recent attractions like its elevated **CliffWalk and Treetops Adventure**. It's a natural playground for visitors both young and old and an opportunity to not just enjoy the nature that surrounds our city, but to truly experience it.

TOAST YOUR ADVENTURES

This evening you'll head to **Yaletown** to share a meal and stories from your visit so far. Whether you want to sit down for a steak with city views on the rooftop of **The Keg Steakhouse + Bar**, sample Vancouver's best seafood at **Blue Water Café**, or enjoy some casual eats at **Cioppino's Mediterranean Grill** - there's something for everyone to enjoy.



INSIDER TIPS

- Book a **Granville Island Market Tour** with **Vancouver Foodie Tours** to taste your way through the iconic Public Market.
- Join a free garden tour while visiting the **Dr. Sun Yat-Sen Classical Chinese Gardens** where your guide will take you through a journey of traditional Ming Dynasty family life, philosophy and arts.
- Vancouver's Business Improvement Associations are a great resource to help get to know our friendly local neighbourhoods.

- Gastown: gastown.org
- Yaletown: yaletowninfo.com
- Chinatown: vancouver-chinatown.com
- Robson Street: robsonstreet.ca



DAY FOUR

GO WILD

The **Sea-To-Sky** corridor linking Vancouver to Whistler is known for its spectacular natural vistas. Today you'll join **Landsea Tours & Adventures' Sea to Sky tour**, taking you north of the city for an adventure spanning the glistening water of the Pacific Ocean and the snow-capped peaks of the Coastal mountains.

You'll be picked up at your hotel and taken to your first stop, the oceanfront village of **Horseshoe Bay**. After exploring the village, you'll continue up to Shannon Falls – British Columbia's third highest waterfall – and then on to the **Britannia Mine Museum**, which was in operation from 1904 to 1974.

SKY HIGH

Later in the afternoon, you'll travel on the **Sea to Sky Gondola** rising 850m above sea level to take in sweeping views of the Howe Sound fjord, coastal forest, and the surrounding mountain ranges. Once up at the summit, cross the Sky Pilot Suspension Bridge for a 360° view of the area, or explore the network of alpine trails around the mountaintop.

A FOND FAREWELL

After riding the gondola back down, you'll return to your hotel for your last night in Vancouver. Make it an evening that you'll never forget by enjoying dinner and the sunset from **English Bay**. One of the most picturesque spots in the city, it's the perfect place to watch as the sun drops towards the horizon.

This popular area is full of choices for dinner including **Cactus Club Cafe** for an elegantly casual meal, **The Sylvia Hotel** restaurant and bar for a drink with ambience, or **The Teahouse** in **Stanley Park** for a romantic end to your stay.



ITINERARY ADD-ONS

- Enjoy an aerial view of Vancouver on a flightseeing tour with **Harbour Air** or **SKY Helicopters**.
- Book a free walking tour and see the city on foot with **Vancouver Detours**.
- Rent bicycles to tour the city or book a guided tour with **Cycle City Tours**.
- Feeling adventurous? Try out the **Skyride Surf Adventure** at **Grouse Mountain**.
- Looking to add some sea to your Sea-to-Sky tour? Don't miss the **Deep Fjord Sea Safari** tour with **Sewell's Marina** (available April through October)

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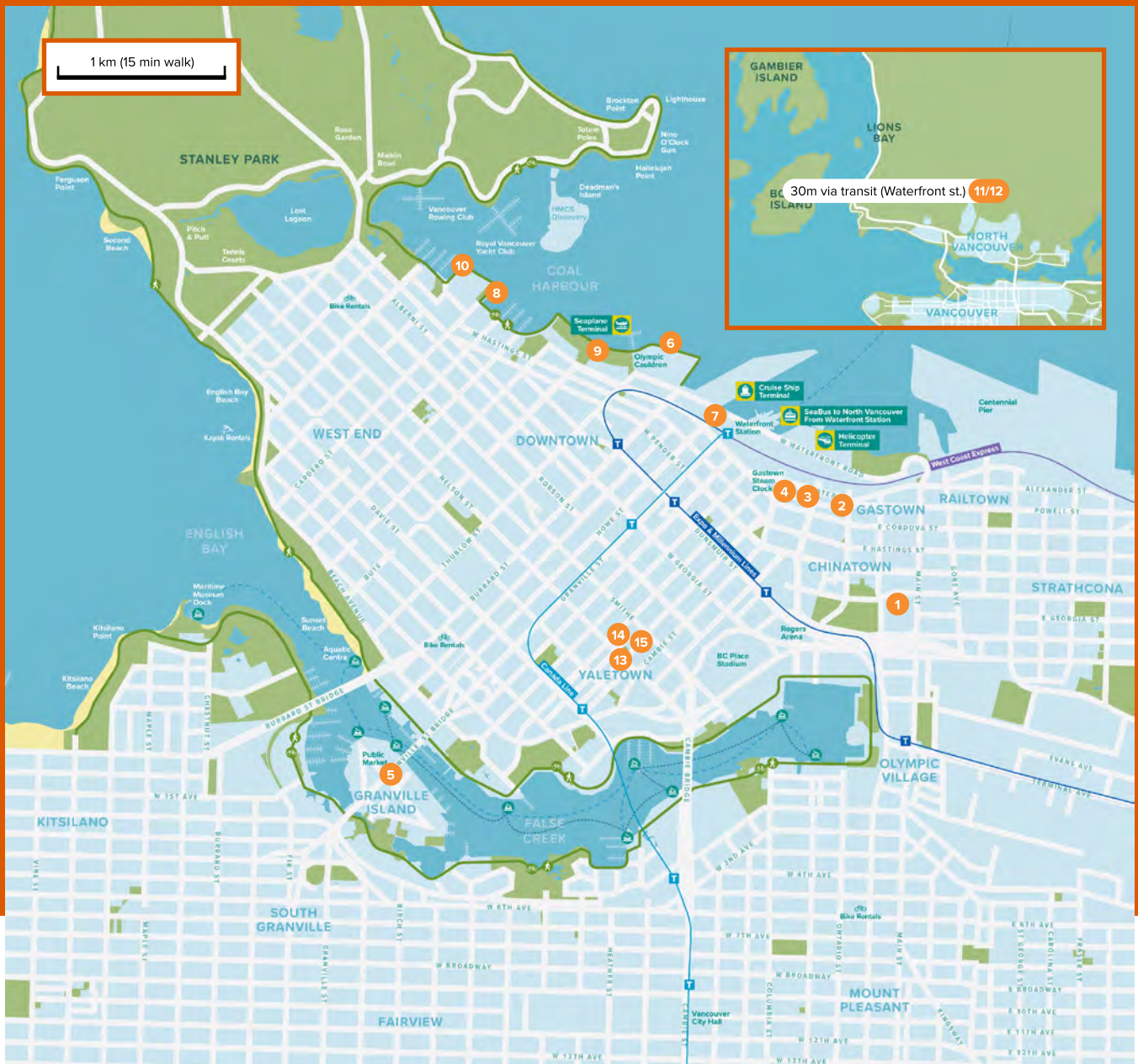
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Summer in the city



RESTAURANTS

1. Floata Seafood Restaurant
2. L'Abattoir
3. The Flying Pig
4. Water Street Café
5. Granville Island Public Market
6. Tap & Barrel
7. Miku
8. Cardero's Restaurant
9. TAPshack
10. LIFT Bar and Grill
11. Altitudes Bistro (Grouse Mountain)
12. Lupin's Café
13. The Keg Steakhouse + Bar
14. Blue Water Café
15. Cioppino's Mediterranean Grill



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