



ADVERTORIAL
LEISURE TRAVEL
GENERAL & SEASONAL COPY

Consumer Facing

休闲旅游

简介和四季软文

面向消费者

2017

General & Seasonal Advertorial Copy

简介和四季软文

The copy and messaging should draw the visitors in and intrigue them to discover Vancouver. The tone of voice should be welcoming, descriptive, and concise; provide the viewer with an element of excitement.

文案和字句需富有吸引力，能激发游客探索温哥华的欲望。文案的语气需充满热情，言简意赅，让读者感到兴奋。

Contents

GENERAL VANCOUVER INTRODUCTION - Year Round	6
温哥华简介——全年	6
SUMMER ADVERTORIAL INTRODUCTION	6
夏季软文介绍.....	6
SUMMER ADVERTORIAL LONGER VERSION.....	7
夏季软文——加长版	7
Vancouver: City in nature!	7
温哥华：自然之城！	7
Experience the lifestyle.....	7
体验这里的生活方式.....	7
Explore our neighbourhoods	8
探索我们的街区.....	8
Set your sights on Vancouver	8
玩转温哥华.....	8
Wild about the outdoors.....	9
狂野户外	9
Savour West Coast flavours	9
品尝西海岸风味.....	9
Shopping galore	10
购物宝地	10
The grass is greener	11
环保盛行	11

Time out.....	11
放松时间	11
ALTERNATE SUMMER ADVERTORIAL COPY	12
夏季软文——备选	12
Short Summer Overview Paragraph	12
夏季概述——短篇	12
Longer Summer Overview Paragraph	12
夏季概述——长篇	12
WINTER ADVERTORIAL INTRODUCTION	13
冬季软文	13
Vancouver: Where mountains meet the beach.....	13
温哥华：山海相拥.....	13
WINTER ADVERTORIAL LONGER VERSION.....	13
冬季软文——加长版	13
Vancouver: Where mountains meet the beach.....	13
温哥华：山海相拥.....	13
More to explore	14
探索更多	14
Shop to it!.....	15
买买买！	15
Sip and savour	16
品味美食	16
Night moves	16
活力夜生活.....	16
Take a peak	17
攀登顶峰	17
'tis the season	17
游览正当时.....	17
Time out.....	18
放松时间	18
ALTERNATE WINTER ADVERTORIAL.....	18

冬季软文——备选	18
Short Winter Overview Paragraph.....	18
冬季概述——短篇	18
Long Winter Overview Paragraph.....	19
冬季概述——长篇	19
SPRING SHORT INTRO	19
春季简介	19
FALL SHORT INTRO.....	20
秋季简介	20
MORE THEMED ADVERTORIAL	20
更多主题软文.....	20
Fun for Families.....	20
全家出游之选.....	20
Luxury Vancouver	21
奢游温哥华.....	21
Health & Wellness.....	22
健康生活	22
Cruise Vancouver	22
温哥华邮轮之旅.....	22
Beyond Vancouver	23
温哥华周边.....	23
VANCOUVER BEACHES	23
温哥华的海滩.....	23
Kitsilano Beach	24
基斯兰奴海滩.....	24
Jericho Beach	24
杰里科海滩.....	24
Spanish Banks	24
西班牙海岸.....	24
West End Beaches.....	25
西缘海滩	25

Stanley Park Beaches	25
斯坦利公园海滩.....	25
Wreck Beach	25
雷克海滩	25
STANLEY PARK.....	26
斯坦利公园.....	26
VANCOUVER NEIGHBOURHOODS.....	26
温哥华的街区.....	26
Coal Harbour & Canada Place	27
高豪港和加拿大广场.....	27
Gastown	27
Chinatown	28
唐人街	28
Robson Street.....	28
罗布森街	28
Yaletown	29
耶鲁镇	29
Granville Island.....	29
格兰维尔岛.....	29
Kitsilano.....	29
基斯兰奴	29
West End	30
西缘	30
North Shore.....	30
北岸	30
SHOPPING GALORE	31
购物宝地	31
Shopping Vancouver’s Neighbourhoods.....	31
在温哥华的街区购物.....	31
Downtown.....	31
市中心	31

Yaletown	32
耶鲁镇	32
Mount Pleasant.....	32
快乐山	32
Gastown	33
盖士镇	33
Granville Island.....	33
格兰维尔岛.....	33
Kitsilano.....	34
基斯兰奴	34
South Granville.....	34
南格兰维尔.....	34
Richmond and Further Afield.....	35
里士满和远郊.....	35
TOP FIVE REASONS VANCOUVER IS THE PLACE TO BE	35
游览温哥华的五大理由.....	35
TOP FIVE VANCOUVER “MUST-SEES”	37
温哥华的五大必游景点.....	37

GENERAL VANCOUVER INTRODUCTION - Year Round

温哥华简介——全年

Simply a city like no other, Vancouver effortlessly combines the excitement and energy of a modern city with the invigorating appeal of the great outdoors. From spring's abundance of cherry blossoms and summer's sparkling waterfront days, through to the city's fall cultural festivals and the snowy winter wonderland on the mountain peaks, Vancouver offers its visitors year-round adventures in this laidback urban metropolis right on the edge of a spectacular natural landscape. Explore diverse neighbourhoods, decadent dining, outdoor pursuits and multicultural attractions - in Vancouver, you won't have to choose between city and nature.

温哥华是一座独一无二的城市，现代城市的激情活力与户外运动的迷人魅力在此自然地融为一体。温哥华的一年四季各有风采，春季樱花云蒸霞蔚，夏季海滨波光粼粼，秋季文化节庆接二连三，冬季山顶白雪皑皑，公园华灯流光溢彩，恍若仙境。这座城市坐拥壮丽的自然风光，又有悠然自得的都会气息，一年四季都能为游客带来精彩的探险体验。穿梭各色街区之间，寻觅美食目的地，体验户外活动，探访多元文化景点——在温哥华，都市气息和自然风光皆可得兼。

(paragraph word count: 94)

SUMMER ADVERTORIAL INTRODUCTION

夏季软文介绍

Vancouver: City in nature!

温哥华：自然之城！

Simply a city like no other, Vancouver effortlessly combines the excitement and energy of a modern city with the invigorating appeal of the great outdoors. No day in this city is typical: start with a waterfront breakfast at Granville Island Public Market and end with a sunset cocktail on a mountain-top patio. In between, paddle out on a kayaking adventure, and shop a neighbourhood or two. It's truly a "city of nature," with stunning views of temperate rainforest and majestic peaks reflected on glass skyscrapers; sparkling with sophistication and energy, yet relaxed and laidback. In Vancouver, you won't have to choose between city and nature.

温哥华是一座独一无二的城市，现代城市的激情活力与户外运动的迷人魅力在这里自然地融为一体。这座城市的每一天都与众不同：从格兰维尔岛公共市场(Granville Island Public Market)的海滨早餐开始，到山顶露台的日落鸡尾酒会结束。在此期间，可体验皮划艇探险，并在街区闲逛购物。这是一座真正的“自然之城”，摩天大楼的玻璃幕墙映衬着令人惊叹的温带雨林和奇峰峻岭；这座城市因精致和活力熠熠发光，又不失轻松自如。在温哥华，都市气息和自然风光皆可得兼。

(paragraph word count: 109)

SUMMER ADVERTORIAL LONGER VERSION

夏季软文——加长版

(full article word count, includes headings: 905)

Vancouver: City in nature!

温哥华：自然之城！

Simply a city like no other, Vancouver effortlessly combines the excitement and energy of a modern city with the invigorating appeal of the great outdoors. No day in this city is typical: start with a waterfront breakfast at Granville Island Public Market and end with a sunset cocktail on a mountain-top patio. In between, paddle out on a kayaking adventure, and shop a neighbourhood or two. It's truly a "city of nature," with stunning views of temperate rainforest and majestic peaks reflected on glass skyscrapers; sparkling with sophistication and energy, yet relaxed and laidback. In Vancouver, you won't have to choose between city and nature.

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(paragraph word count: 109)

Experience the lifestyle

体验这里的生活方式

While it's true that Vancouver's beauty will have you constantly reaching for your camera, the appeal is more than skin deep—Vancouver's vibrant personality and relaxed lifestyle are just as enviable.

Vancouverites value balance in their life: work and play, culture and adventure, wellness and indulgence – all are celebrated here! If your visit is paired with a cruise to Alaska or a train to explore the Canadian Rockies, it's still easy to authentically experience the charm of Vancouver's lifestyle firsthand in just a couple of days.

虽然温哥华的美确实让人放不下手中的相机，但她绝不是个肤浅的城市，温哥华活力焕发的个性和轻松休闲的生活方式同样令人艳羡。温哥华人注重生活的平衡：工作与娱乐，文化与冒险，健康与享乐，在本地人心中同等重要！如果您还安排了阿拉斯加邮轮之旅，或计划乘火车游览加拿大落基山脉，您在短短几天时间内也可以轻松地感受到温哥华生活方式的魅力。

(paragraph word count: 89)

Explore our neighbourhoods

探索我们的街区

Spend time in the city centre and you'll be surrounded by laidback locals as you discover colourful, unique downtown neighbourhoods like the beachside West End area, hip Gastown, upscale Yaletown, and historic Chinatown. It's in these neighbourhoods that you'll immerse yourself in the cultural side of the city: from dazzling gallery shows, live performances, and endless nightlife options, through to festivals that celebrate art, culture, cuisine, sports and everything in between!

在市中心待上一段时间，探索这里色彩缤纷、独一无二的街区，如海滨的西缘(West End)、时髦的盖士镇(Gastown)、高档的耶鲁镇(Yaletown)和历史悠久的唐人街(Chinatown)时，您会发现周围都是悠闲的本地人。这些街区将带您沉浸在城市的文化氛围中：从令人目不暇接的画廊展览和现场演出，无穷无尽的夜生活，到各种艺术、文化、美食和体育赛事，数不胜数！

(paragraph word count: 74)

Set your sights on Vancouver

玩转温哥华

Sightseeing options take you from city to nature, and across air, land and sea! In just one day, you can find yourself cantilevered high above temperate rainforest at Capilano Suspension Bridge; taking a breathtaking simulated flight over the country with FlyOver Canada; and topping it all off with Sea Vancouver's ocean-going adventure, cruising the water surrounding downtown. Or board a hop-on, hop-off sightseeing bus and explore Stanley Park, Granville Island and more.

从城市到自然，跨越海陆空，温哥华能让您从各个角度开启观光之旅。一天时间里，您可以在卡佩兰奴吊桥(Capilano Suspension Bridge)俯瞰温带雨林，感受飞越加拿大(FlyOver Canada)所带来的

模拟飞行的刺激，然后以一段温哥华海洋探险公司(Sea Vancouver)的市中心周围海域巡游之旅作为点睛之笔。您也可以搭乘观光巴士，游览斯坦利公园和格兰维尔岛等景点。

(paragraph word count: 77)

Wild about the outdoors

狂野户外

In Vancouver, nature is ever present: mountains, just 20 minutes from downtown, loom over the city; and the fresh scent of the forest is in every breath. Ease into nature, just steps from your hotel, with a leisurely cycle around Stanley Park's seawall or a hike through urban rainforest. Get to know the region's wilder inhabitants with a whale watching excursion, or visit Grouse Mountain's Refuge for Endangered Wildlife to see the resident grizzly bears, Grinder and Coola. Stand-up paddle boarding along the shoreline and beaches, and hiking the local mountains are experiences not to be missed. All of this and you're still in the city!

在温哥华，自然踪影随处可见：距离市中心仅 20 分钟车程处山峦叠翠；每一次呼吸都能闻到森林的清新气息。您入住的酒店距离自然仅咫尺之遥，不妨在斯坦利公园的海堤步道(seawall)上悠闲地骑自行车，或徒步穿越城市雨林。通过一次观鲸之旅了解这里的野生居民，或参观格劳斯山(Grouse Mountain)的濒危野生动物避难所，拜访这儿的两位居民：棕熊 Grinder 和 Coola。沿着海岸线和海滩玩立式帆板，在当地的山间徒步，以上这些都是不容错过的经历，最重要的是，您不用离开城市就能获得这些体验！

(paragraph word count: 109)

Savour West Coast flavours

品尝西海岸风味

With a thriving dining scene, Vancouver's chefs use the best of what's in season and fresh from the ocean, combining them with traditional techniques and multicultural influence to delicious effect. In your glass, enjoy internationally-acclaimed wines from British Columbia's Okanagan Valley, or tipples from the city's growing ranks for craft breweries and spirit distilleries. And with a vibrant cocktail scene and nightlife options to suit all tastes, the evening doesn't have to end after dinner.

温哥华的餐饮业发展蓬勃，大厨们充分运用时令食材和新鲜海产，融合传统技艺和多元文化，烹制出美味佳肴。您可以啜饮产自 BC 省欧垦娜根河谷、享誉世界的葡萄酒，或品尝当地的精酿啤酒和烈酒。缤纷鸡尾酒和多彩夜生活是如此精彩，您怎舍得在晚餐后就结束这一天？

Exploring Vancouver's culinary scene doesn't have to be limited to meal times. Take a tasting tour of Granville Island Market, cycle your way around our craft breweries, and explore some of the city's tastiest neighbourhoods, giving you insider information on hot spots, cultural history, local favourites and current trends. For the ultimate in culinary sightseeing, try the "Taste of the West Coast" tour which brings together a nature sea safari excursion, dining at Doc Morgan's restaurant on Bowen Island and ends with an exciting seaplane flight back to downtown Vancouver.

探索温哥华的美食不必拘泥于用餐时间。游览格兰维尔岛市集，骑自行车参观精酿啤酒厂，探索城市里的美食街区，获取关于网红景点、文化历史、本地人所好以及当下流行的“内幕”消息。想要获得极致的美食观光体验，不妨参加西海岸美味之旅(Taste of the West Coast)，您可以出海航行，在鲍恩岛(Bowen Island)的 Doc Morgan's 餐厅用餐，最后以一段刺激的水上飞机之旅返回温哥华市中心。

(two-paragraph word count: 169)

Shopping galore

购物宝地

From artisan markets to international designers, Vancouver has what it takes to please even the most ardent shopper. Downtown's Robson and Alberni streets offer well-known brands and exclusive international labels, while Gastown is home to some of the city's hippest new ateliers and galleries. Just over the bridge from downtown, South Granville brings together art and designer fashion. Grab culinary souvenirs among the locals on Granville Island or explore another of Vancouver's friendly and unique neighbourhoods: Yaletown with its interior décor stores and patio-lined streets, Kitsilano for wholesome yoga-inspired outlets, and Main Street where independent and vintage shops reside.

从工匠市场到国际知名设计师品牌，温哥华能满足几乎最挑剔的购物狂。市中心的罗布森街和艾伯尼街(Alberni street)遍布知名品牌和独家国际品牌，盖士镇坐落着全市最时尚前卫的新画室和美术馆。从市中心过桥，南格兰维尔汇集了艺术品和设计师时尚单品。在格兰维尔岛和当地人一起采购新鲜美味的食材，或探索温哥华热情友好、独一无二的社区：耶鲁镇的商铺装饰典雅，街道两旁露台林立；基斯兰奴(Kitsilano)遍布着宣扬瑜伽和健康生活方式的商店；缅因街(Main Street)则到处都是独立商店和古董店。

(paragraph word count: 99)

The grass is greener

环保盛行

Being environmentally-aware comes naturally to Vancouverites: if you love the outdoors as much as the locals, you understand the need to protect it. As the city that founded Greenpeace and is home to renowned environmentalist Dr. David Suzuki, the City of Vancouver has pledged to become the world's greenest city by 2020. You'll find sustainable practices enveloped into all facets of a visit to Vancouver. From the highly-accessible transit system and a compact, walkable downtown; through to sustainable restaurant choices, and hotel policies, this is a city that takes protecting the environment seriously.

喜爱

对喜爱温哥华的人们来说，环保意识几乎与生俱来：如果您像本地人一样热爱大自然，您会知道保护环境的必要性。作为创立绿色和平组织的城市，以及著名的环保主义者大卫·铃木博士(Dr. David Suzuki)的故乡，温哥华承诺 2020 年将成为全球最绿色的城市。您在游览温哥华的同时，会发现可持续发展的实践已渗透到这座城市的方方面面。从便利的公交系统和方便步行、规划紧凑的市区，到秉持可持续发展理念的餐厅和酒店政策，温哥华已将环保视作其一大要务。

(paragraph word count: 97)

Time out

放松时间

There's much to do and see in Vancouver, so make sure that you take time to soak in a little of the city's unique ambience. Grab a coffee and hit the beach, or enjoy a glass of wine on a sunny patio. Admire the view, let the sun hit your face, and take it all in. It's right here that you'll understand why this city is regularly ranked as one of the most liveable places in the world. Vancouver is an easy place to visit, but it's much harder to leave.

在温哥华有太多可看可做的事，所以别忘了抽出时间，沉浸在这座城市独特的氛围之中。带上一杯咖啡去海滩，或在阳光明媚的露台上享用葡萄酒。欣赏美景，感受沐浴在阳光的温暖。您会明白为什么温哥华常年被评为全世界最宜居的城市之一。人们到访温哥华十分容易，离别时却都依依不舍。

(paragraph word count: 93)

ALTERNATE SUMMER ADVERTORIAL COPY

夏季软文——备选

Short Summer Overview Paragraph

夏季概述——短篇

Summer in Vancouver brings warm sunshine, cool ocean breezes and a wide array of outdoor activities and cultural festivals. Locals and visitors take to the streets, beaches, waterways and nearby mountains to explore the destination's stunning natural surroundings.

温哥华的夏季，阳光和煦，海风清凉，户外活动和文化节庆层出不穷。本地人和游客来到街道、海滩、水中和附近的山脉里，探索迷人的自然环境。

(paragraph word count: 38)

Longer Summer Overview Paragraph

夏季概述——长篇

With a landscape of soaring peaks, sun-drenched sands and the sparkling Pacific Ocean, it's no surprise that Vancouver is consistently voted one of the world's most liveable cities. The compact, walkable downtown core reflects the region's multiculturalism and vibrancy, meaning visitors find themselves surrounded by locals. It's one of few cities where locals and tourists gravitate toward the same experiences – whether exploring artsy Granville Island, biking the Stanley Park seawall or tackling the Grouse Grind, it's almost impossible not to make new friends or have an experience that instils a feeling of kinship with this friendly, welcoming city. In summer, the city's distinctive beaches and outdoor pools become focal points for the city – from boardwalk-style English Bay Beach and yoga-cool Kitsilano Beach, to clothing-optional Wreck Beach, there's a sandy haven for everyone.

耸然屹立的山峰、洒满阳光的沙滩和波光粼粼的太平洋，温哥华毫无悬念地一直被评为全世界最宜居的城市之一。规划紧凑、方便步行的市中心展现了这里的多元文化和活力，游客们会发现身边都是本地人，温哥华也是为数不多的几座以丰富体验同时吸引着本地人和游客的城市之一。无论是探索充满艺术气息的格兰维尔岛，在斯坦利公园海堤步道骑行，还是去格劳斯磨人步道(Grouse Grind)远足，您很容易就能结交到志同道合的好友，或切身地感受这座城市的友好热情。夏季，这座城市的优美海滩和室外游泳池将成为人们的首选目的地，从遍布着木板栈道的英吉利湾海滩(English Bay Beach)和瑜伽风盛行的基斯兰奴海滩(Kitsilano Beach)，到天体海滩雷克海滩(Wreck Beach)，每个人都能在温哥华找到心仪之选。

(paragraph word count: 132)

WINTER ADVERTORIAL INTRODUCTION

冬季软文

(full article word count, includes headings: 1,107)

Vancouver: Where mountains meet the beach

温哥华：山海相拥

A visit to Vancouver during winter provides a refreshing balance to the usual ski vacation. From the mountain peaks to the oceanfront, the city offers terrific value during winter, effortlessly combining the excitement, nightlife and shopping of a young, modern city along with true access to the great outdoors. This really is a “city of nature”: look in one direction to see the mountains run down to meet sandy beaches, then turn around and take in vibrant neighbourhood streets, cafés and markets. A Winter Olympic city, Vancouver’s mild weather lets you sail in the morning, cycle the seawall after lunch, ski or board the local peaks at dusk, then come back down again to dine and dance the night away in one of the city’s hippest nightlife districts.

温哥华的冬季旅行体验为您在寻常的滑雪假期外更增添了一份令人惊喜的平衡。从山峰到海滨，这座城市在冬季极富游玩价值，将一座座青春活力的现代化城市所能提供的夜生活和购物体验，与轻松畅享户外活动的机会合为一体。这是一座名副其实的“自然之城”：一处是起伏的山峦与海滩相接，另一处则是充满活力的街区街道、咖啡馆和集市。作为曾举办过冬季奥运会的城市，温哥华的气候温和，您可以在清晨扬帆起航，午餐后骑车环海堤步道，黄昏时分滑雪或登上当地的山峰，然后回到市区，选择这个城市中最光鲜亮丽的夜生活区之一用餐跳舞，度过午夜时光。

(Intro copy: 134 words)

WINTER ADVERTORIAL LONGER VERSION

冬季软文——加长版

Vancouver: Where mountains meet the beach

温哥华：山海相拥

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(Intro copy: 134 words)

More to explore

探索更多

As one of the world’s premiere city destinations, much is made of Vancouver’s beauty, but this place is about more than just a photo-opp – it’s all about the lifestyle. Two days in the city offers a great complement to time spent at one of B.C.’s ski resorts, and enough time to have an authentic Vancouver experience. Here, snow stays up on the mountains and mild daytime temperatures (around 7°C) mean that visiting iconic spots such as Stanley Park, strolling colourful local neighbourhoods and even cycling the seawall are all still possible during winter.

作为全球首屈一指旅游城市之一，温哥华之美无与伦比，但她的美不局限于风景大片，更传达了一种生活方式。如果您将 BC 省的滑雪度假村作为目的地，那不妨在温哥华停留两天，感受滑雪之余的休闲，体验原汁原味的温哥华。在这里，山峦积雪皑皑，白天气温温和(约 7 摄氏度)，尽管在冬季，您也可以游览斯坦利公园等标志性景点，漫步在色彩缤纷的当地街区，甚至在海堤步道骑自行车游玩。

The local mountains offer plenty of adventure aside from skiing and boarding, while the amazing natural scenery also forms a backdrop for unique attractions – Capilano Suspension Bridge’s Cliffwalk takes thrill-seekers out over a canyon on a narrow cantilevered walkway, while families will love FlyOver Canada – a virtual flight ride that takes you soaring across country, and cultural types can explore First Nations history at the breathtaking UBC Museum of Anthropology. Whether it’s watching a Canucks ice hockey game, catching a live concert or hitting the clubs, Vancouver has a multitude of nightlife options to satisfy the crowd, and the dining in Vancouver is always superb.

除了滑雪和单板滑雪外，温哥华的山脉还提供了其他丰富多彩的冒险活动，令人惊叹的自然风光也构成独特的背景——在卡佩兰奴吊桥的绝岭小道(Cliffwalk)上，冒险爱好者可以从狭窄的悬崖步道上跨越峡谷；全家出行的游客会爱上虚拟飞行体验“飞越加拿大”；文化旅游爱好者可以在 UBC 人类学博物馆(UBC Museum of Anthropology)探索原住民历史。无论是亲临温哥华加人队的冰球比赛现场，沉醉于现场演唱会，还是在酒吧充分放松，温哥华所能提供的夜生活能满足不同人群，一流的美食则更为其锦上添花。

(two-paragraph word count: 201)

Shop to it!

买买买！

Vancouver is sure to please even the most ardent shopper looking for a little retail therapy, with everything from artisan markets to international designers, unbeatable bargains through to decadent splurges. Downtown's Robson Street and Pacific Centre offer well-known brands and high-end department stores, while Vancouver's oldest district, Gastown, has been re-invented as a hipster hangout and home to some of the city's coolest independent stores, bars and restaurants. A former warehouse district, Yaletown is where Vancouver's chicest crowd can be found, along with designer boutiques and modern galleries. The beachside Kitsilano area is known for its laid-back vibe—check out the yoga-wear stores and some great neighbourhood bistros. Nearby, Granville Island is the perfect stop for exploring artisan studios and local craft purveyors. Further afield, McArthurGlen Designer Outlets are just five-minutes from YVR and offer significant discounts on luxury brands in an outdoors village setting.

毋庸置疑，温哥华能满足最狂热的购物爱好者，从工匠市场到国际知名设计师品牌，从超低价的折扣品到极奢华的限量品，这里应有尽有。市中心的罗布森街和太平洋中心(Pacific Centre)知名品牌和高端百货公司林立，而温哥华最古老的街区盖士镇则被重新开发为时尚的休闲场所，这里有温哥华最酷的独立商店、酒吧和餐厅。耶鲁镇曾经是一个仓库区，如今这里聚集着温哥华最时髦前卫的人群，还有设计师精品店和现代画廊。海滩边的基斯兰奴区以悠闲的氛围闻名，您可以去这里的瑜伽服装店和周边的小酒馆逛逛。不远处，格兰维尔岛是探访工匠工作室和当地手工艺品供应商的最佳去处。再远一些，距离温哥华国际机场仅 5 分钟车程的亚瑟格兰名品奥特莱斯(McArthurGlen Designer Outlets)装饰得如同田园乡村般安逸自在，您可以在此尽享各大奢侈品牌的超低折扣。

(paragraph word count: 148)

Sip and savour

品味美食

A destination as active as Vancouver gives you plenty of ways to work up an appetite! Vancouver's lauded chefs use the region's best seasonal ingredients and combine them with traditional techniques and multicultural influence to create a delicious West Coast fusion cuisine. From tiny local sushi cafés through to high-end seafood restaurants, Vancouver has an astounding range of dining choices for all budgets and tastes. Pair it all with British Columbian wines and local craft beers to get a unique taste of the city. And there's plenty to explore even after you've put down your fork! Foodies will love a culinary walking tour of Granville Island Public Market to discover home-grown specialties and local flavours. January brings the annual Dine Out Vancouver Festival which combines great value set-priced menus at top restaurants, gourmet tours and classes, and exclusive events, while February sees the Vancouver International Wine Festival – one of the largest and oldest in the world.

充满活力的温哥华能用各种方式挑起您的食欲！温哥华的知名大厨采用本地最佳时令食材，融合传统技艺和多元文化，烹制出美味的西海岸融合料理。从温馨的寿司料理店到高档的海鲜餐厅，各种预算和口味偏好的食客都能在温哥华找到适合的餐饮，佐以 BC 省出产的葡萄酒和当地精酿啤酒，细细品味这座城市的独特风味。用餐完毕后，您可以继续对美食的探寻！参加格兰维尔岛公共市场美食徒步之旅，探索本土特色美食和地方风味。每年一月，一年一度的温哥华美食节 (Dine Out Vancouver Festival) 将盛大开幕，在此可体验到顶级餐厅的超值套餐、美食之旅、美食课程及独家活动；二月将举办温哥华国际葡萄酒节 (Vancouver International Wine Festival)，这是全世界规模最大、历史最悠久的葡萄酒节之一。

(paragraph word count: 159)

Night moves

活力夜生活

Don't let the evening end when your plates are cleared: Vancouver has a vibrant cocktail scene worthy of exploration along with nightlife options to suit all tastes. Chose a neighbourhood and explore your choices, from the Granville Street strip's neon-lit clubs, through to sophisticated Yaletown and super-hip Gastown. Whether your preferences lean towards a jazz performance, a spirited pub or cocktail lounge, dance clubs, catching an action-packed Canucks ice hockey game (either live or on a big-screen at a sports bar), or a quiet nightcap, you won't be disappointed.

在温哥华，晚餐并非一天的终点，这座城市提供了种类繁多的鸡尾酒和各种夜生活供您尽情体验。从格兰维尔街灯红酒绿的酒吧，到精致的耶鲁镇和前卫时尚的盖士镇，各选所爱。无论您是狂热于现场爵士乐，偏爱热情洋溢的酒吧，愿意点几杯特调鸡尾酒，想要尽情热舞，或观看温哥华加人队的精彩冰球比赛(亲临现场或在运动酒吧观看大屏幕)，抑或想在睡前安静地喝上一杯，温哥华都不会令您失望。

(paragraph word count: 91)

Take a peak

攀登顶峰

Vancouver's Cypress and Grouse mountains are visible from just about anywhere downtown, and skiers and non-skiers alike will love the quick commute: just 20 minutes! Grouse Mountain is closest to downtown and presents a myriad of options for all of the family: downhill skiing and boarding, snowshoeing tours, magic carpet rides, ziplining over alpine forest, and skating on an outdoor rink. Cypress Mountain, home to snowboarding and freestyle skiing events during the 2010 Winter Games, offers snow-tubing, cross-country skiing and snowshoeing trails that lead you to a historic rustic lodge in the woods, perfect for a warming cocoa mid-trek. For a truly unique alpine experience, try night skiing with a spectacular view of the sparkling lights of downtown Vancouver below you. All of this and you're still just a short transfer from your hotel!

在温哥华市中心的任何地方都可以看到赛普里斯山(Cypress Mountain)和格劳斯山，无论您是否滑雪，都会惊叹于交通的便捷：从温哥华过去仅需 20 分钟！格劳斯山距离市中心最近，全家出行的游客中的每个人都能找到适合自己的项目：高山速降滑雪和单板滑雪、雪鞋漫步、魔毯、森林高空滑索，及户外溜冰场的滑冰体验。赛普里斯山是 2010 年冬季奥运会期间单板滑雪和自由式滑雪这两个项目的举办地，提供了雪上飞碟和越野滑雪，您还可以体验雪鞋步道，沿着小道穿越森林，来到历史悠久的乡村小木屋，中途啜饮一杯热可可。为了获得真正而独特的高山体验，您可以尝试夜间滑雪，欣赏您脚下温哥华市区的万家灯火。更棒的是，所有这些距离您下榻的酒店仅数分钟车程！

(paragraph word count: 137)

'tis the season

游览正当时

December is one of the most enchanting times to visit Vancouver: the city's streets, hotels and shops twinkle with seasonal cheer, and the sounds, scents and excitement of the holidays are all-encompassing. Already-popular attractions take things a step further and get dressed up for the holidays: The Peak of Christmas at Grouse Mountain features sleigh rides, carol singing and Santa's workshop, while light festivals in Stanley Park, VanDusen Botanical Garden and at Capilano Suspension Bridge all combine thousands of twinkling lights with seasonal activities and performances for the whole family. Or grab a hot drink and stroll one of the city's Christmas markets. At downtown's Robson Square, you can even lace up a pair of skates and take a seasonal glide around the outdoor ice rink, or check out the annual Carol Ships Parade of Lights with decorated vessels sailing in procession along Vancouver's waterfront.

12月是游览温哥华的最佳时节之一：城市的街道、酒店和商店以圣诞布置装扮一新，欢快的音乐和人们的兴奋之情，让浓浓的圣诞氛围洋溢在城市的每一个角落。一些知名景点更是为节庆换上新装：格劳斯山的圣诞之峰节(Peak of Christmas)有雪橇、圣诞颂歌和圣诞老人工坊，而斯坦利公园、范度森植物园(VanDusen Botanical Garden)和卡佩兰奴吊桥被千万盏灯火装点地流光溢彩，还有适宜一家老小的当季活动和表演。您也可以拿上一杯热饮，选择一处圣诞集市闲逛。在市中心的罗布森广场(Robson Square)，您甚至可以穿上溜冰鞋畅滑于室外溜冰场，或观赏一年一度的圣诞华彩灯船巡游(Carol Ships Parade of Lights)，观看一艘艘被彩灯装点的船只沿温哥华海滨列队航行。

(paragraph word count: 148)

Time out

放松时间

Of course, a visit to laidback Vancouver wouldn't be complete without absorbing the relaxed spirit of the locals. A walk along the beaches, joining your friends for a well-deserved cocktail, indulging in a unique spa treatment or just grabbing a coffee and taking in the view - it's right here that you'll understand why this city is regularly ranked as one of the most liveable places in the world. Combined with a ski/board trip, Vancouver is an easy place to visit but it's much harder to leave!

到了温哥华，如果您没有尝试过像本地人一样享受放松的生活，那这趟旅程就算不上完整。沿海滩散步，和好友一起喝杯鸡尾酒，享受独一无二的温泉水疗，或端杯咖啡欣赏风景——在这里，您会明白为什么这座城市常年被列为全世界最宜居的地方之一。再加上滑雪和单板滑雪之旅，人们到访温哥华十分容易，离别时却都依依不舍。

(paragraph word count: 89)

ALTERNATE WINTER ADVERTORIAL

冬季软文——备选

Short Winter Overview Paragraph

冬季概述——短篇

Mild winters rarely bring snow to Vancouver's city streets, just the local mountains. Colder months usher in a range of indoor and outdoor activities that will appeal to adventurers, culinary travellers, arts and culture enthusiasts, and beyond.

温哥华冬季气候温暖，除了山区外，城市街道鲜有降雪。冬季来临时，将有一系列室内和室外活动吸引着冒险家、美食旅行者、艺术和文化爱好者等来到这里。

(paragraph word count: 38)

Long Winter Overview Paragraph

冬季概述——长篇

With a landscape of snow-capped peaks, lush forests and the sparkling Pacific Ocean, it's no surprise that Vancouver is consistently voted one of the world's most liveable cities. The compact, walkable downtown core reflects the region's multiculturalism and vibrancy, meaning that visitors find themselves surrounded by locals. It's one of few cities where locals and tourists gravitate toward the same experiences – whether indulging in a snowshoe-and-fondue at one of three local mountains, biking the Stanley Park seawall or sampling Vancouver's acclaimed culinary scene, it's almost impossible not to make new friends or have an experience that instils a feeling of kinship with this friendly, welcoming city. In winter, don't miss the many cultural festivals staged across the city; food and wine events like the signature Dine Out Vancouver Festival and the Vancouver International Wine Festival; and, of course, skiing and snowboarding on the local mountains.

白雪皑皑的山峰、郁郁葱葱的森林和波光粼粼的太平洋，温哥华毫无悬念地一直被评为全世界最宜居的城市之一。规划紧凑、方便步行的市中心展现了这里的多元文化和活力，游客们会发现身边都是本地人，温哥华也是为数不多的几座以丰富体验同时吸引着本地人和游客的城市之一。无论是在当地三座山脉中择其一体验雪鞋漫步和奶酪火锅，在斯坦利公园海堤步道骑行，还是品尝温哥华备受赞誉的美食，您很容易就能结交到志同道合的好友，或切身地感受这座城市的友好热情。不要错过在城市各地举办的冬季文化节庆，如温哥华美食节和温哥华国际葡萄酒节这样的标志性美食美酒盛会，当然，到当地的山区体验滑雪和单板滑雪也是不错的选择。

(paragraph word count: 145)

SPRING SHORT INTRO

春季简介

Vancouver blooms to life in spring! With the milder weather comes a lush green and trees alive with explosions of colour. The annual cherry blossom festival is celebrated along the city's tree-lined streets, and with cultural events and performance. In this modern city on the edge of spectacular nature, spring offers opportunities to paddle or kayak along the waterfront, then head up the mountain to ski the last of the snowfall. Pedal Vancouver's sea wall, shop a local market for seasonal specialties, squeeze in a round of golf, then watch the sunset over a glass of wine. Spring in Vancouver is a sight to behold.

温哥华的春天生机勃勃！随着天气转暖，树木郁郁葱葱，花卉五彩斑斓，一切都焕发着活力。一年一度的樱花节在绿树成荫的街道上举办，还有文化活动和表演。这座现代化的都市依傍着壮丽自然，春天可以沿着海滨划船或划皮划艇，然后上山滑雪，感受今年最后一场雪的魅力。沿着温哥华海堤步道骑行，在当地集市买些时令特产，打一轮高尔夫球，然后端一杯葡萄酒欣赏日落。温哥华的春天是一道靓丽的风景线。

(paragraph word count: 105)

FALL SHORT INTRO

秋季简介

As the days get shorter and the air grows crisp, Vancouver is the perfect destination for a fall getaway. The mild climate lends itself to long walks to take in the fall colours, with the first of the season's snowfall capping the local peaks. But this is a city where culture and nature happily coexist, you'll want to make time to immerse yourself in Vancouver's arts scene: from music festivals to original theatre productions, curated gallery exhibitions to craft sales. And don't forget the dining! From foraged mushrooms to fresh British Columbian seafood, autumn is the time to find seasonal specialties on your plate.

随着日照时间变短，空气日渐清新，温哥华化作完美的秋季度假胜地。此时气候宜人，适合长时间漫步欣赏秋色，而这个季节的第一场雪正悄然落于山巅。这是一个文化与自然和谐共存的城市，让人不由得想沉醉于浓厚的艺术氛围中：从音乐节到原创戏剧作品，从画廊展览到工艺品卖场，应有尽有。温哥华的美食也令人难忘，从鲜美的菌菇到刚出海的海鲜，秋天正是品尝时令美味的好时节。

(paragraph word count: 104)

MORE THEMED ADVERTORIAL

更多主题软文

Fun for Families

全家出游之选

Vancouver has plenty to delight families looking for fun, whether in the heart of the city or exploring wild nature on the edge of town. Don't miss Granville Island's Kids Market packed with toys, games and crafts with plenty of family-friendly activities. Inquisitive kids will love Science World with two floors of hands-on exhibits in an iconic geodesic dome on the water by the Olympic Village. Immerse yourselves

in First Nations culture at the UBC Museum of Anthropology or explore Chinese culture at Dr. Sun Yat-Sen Garden in Chinatown. Blow off some steam peddling a tandem bicycle around Stanley Park or whizz above the forest canopy with a view of the city on a pulse-racing zipline adventure on Grouse Mountain.

无论是在市中心还是城郊探索自然，温哥华都能让全家人满意。千万不要错过格兰维尔岛的儿童集市，孩子们将被玩具、游戏和手工艺品吸引，还有许多适合全家的活动。好奇宝宝会在科学世界(Science World)玩得不亦乐乎，这座标志性的圆顶建筑位于奥运村附近的水域，两层楼里有各种可让孩子们亲自动手体验的展品。UBC 人类学博物馆中展示的原住民文化让人思绪回到了古老的历史长河中，唐人街的中山公园(Dr. Sun Yat-Sen Garden)则给人置身于中国园林的错觉。在斯坦利公园骑双人自行车热个身，或在格劳斯山体验让人心跳加速的高空滑索，呼啸着越过森林树冠，将城市风光一览无余。

(paragraph word count: 123)

Luxury Vancouver

奢游温哥华

From five-star hotel suites with private rooftop plunge pools to world class dining and glitzy Champagne and dessert bars, visitors seeking the finer things in life will find plenty of ways to indulge while in Vancouver. The locals might be known for keeping it casual but they have a stylish side too: sip \$1,500 an ounce Louis XIII at Hawksworth Restaurant's bar (the only place you can do this in Canada) after flexing your credit card along Robson and Alberni – the city's 'Luxury Row.' Along here, you can browse the diamonds at De Beers, designer fashions at Gucci and Dior, or head for Holt Renfrew and Nordstrom luxury department stores. Experienced concierge staff can create magical experiences: a helicopter ride up to Grouse Mountain for a private sunrise yoga session in the pod of their wind turbine, a private tour of the Vancouver Art Gallery followed by a private dining experience cooked by one of city's finest chefs, or driving a Lamborghini up the spectacular Sea to Sky Highway to Whistler.

从带私人屋顶小型游泳池的五星级酒店套房，到世界顶级餐厅及豪华的香槟甜品吧，追求顶级生活品味的游客可以在温哥华尽享奢华。本地人以悠然自得的生活态度闻名，但他们也有时尚的一面：在市内的“奢侈品大道”罗布森街和艾伯尼街血拼后，去霍克斯沃思餐厅(Hawksworth Restaurant)的酒吧品尝 1,500 加币每盎司的路易十三干邑(这里是加拿大唯一能有此体验的地方)。在这里，您可以浏览戴比尔斯的钻石、古驰和迪奥的设计师时装，或者前往霍尔特·伦弗鲁(Holt Renfrew)和诺德斯特龙(Nordstrom)奢侈品百货公司。经验丰富的礼宾人员为您带来奇妙的体验：乘坐直升飞机来到格劳斯山之巅，在风力涡轮机吊舱里上一堂私人日出瑜伽课；参加温哥华美术馆(Vancouver Art Gallery)私人团，随后享用温哥华最佳大厨烹制的私人飨宴；驾驶兰博基尼跑车沿壮丽的海天公路前往惠斯勒。一切奢华，随心可享。

(paragraph word count: 173)

Health & Wellness

健康生活

Vancouver is a city that prizes the concept of wellness, taking a balanced approach to work and play. Stretch your limits by running your first marathon, or just stretch your hamstrings with one of 1,500 weekly yoga classes on offer! A city on the edge of spectacular nature, Vancouver offers the space for you to escape, breath and recharge. The city's healthy approach extends to what's on your plate – choose sustainably-sourced seafood, or indulge in lauded vegetarian cuisine. Bring a sense of balance to your trip with corrective massage with a Registered Massage Therapist, traditional Thai remedies or unique body treatments using local ingredients. Whether you're looking for some “me time,” or for an active vacation with conscious choices, Vancouver has plenty of options that are good for the mind and the body.

温哥华是一座崇尚健康的城市，您可以在工作和生活中找到完美平衡。报名参加人生中首个马拉松赛，或在每周 1,500 堂的瑜伽课中挑一节，拉伸筋骨！这座拥有壮美自然景观的城市为您提供了放空自己、重新充电的空间。与此同时，崇尚健康的理念也延伸到了饮食之中——您可以享用以可持续方式捕获的海鲜或备受赞誉的美味素食。体验注册按摩师的矫正按摩、传统的泰式按摩或采用本土材料的独特身体疗法，这些都将缓解您旅途中的疲劳。无论您此行的目的是获得自我独处的空间，还是有意多走多看，温哥华都能提供有益身心的选择和体验。

(paragraph word count: 133)

Cruise Vancouver

温哥华邮轮之旅

Some 800,000 passengers pass through Vancouver's Canada Place cruise ship terminal each year, usually on their way to or from Alaska. Whether you add on a few hours or couple of days in the city and you'll discover the charms of the Vancouver lifestyle. Explore the North Shore, experiencing the beauty of the temperate rainforest on an interpretive walk with a knowledgeable guide. Jump aboard a city highlights tour for a round-up off Vancouver's “must-see” sites including Stanley Park's hand carved totem poles, Granville Island's fabulous public market and artisan studios, and a view of the city from 169 metres (553 feet) up at the Vancouver Lookout.

每年大约有 80 万人次通过加拿大广场(Canada Place)的邮轮码头乘坐邮轮往返阿拉斯加。无论您选择在温哥华逗留几小时或几天，都能发现这座城市独具魅力的生活方式。在见多识广的导游的陪同和解说下，探索温哥华北岸，感受温带雨林之美。参加城市著名景点之旅，将必游景点一网打尽，欣赏斯坦利公园的手工雕刻图腾柱、格兰维尔岛精彩绝伦的公共市场和工匠作坊，从 169 米高的温哥华瞭望台(Vancouver Lookout)俯瞰温哥华全景。

(paragraph word count: 109)

Beyond Vancouver

温哥华周边

Have a bit more time to discover British Columbia? Vancouver is the perfect launch pad to explore other parts of the province. Along the gloriously scenic Sea to Sky Highway you'll find incredible outdoor adventures just 45 minutes away in Squamish or in the nearby town of Whistler, host mountain resort to the 2010 Olympics Winter Games. Take a ferry, helicopter or floatplane across to Vancouver Island to visit the charming provincial capital, Victoria, or hang ten in Canada's surfing capital Tofino. Or head inland to discover B.C.'s lakeside wine growing region, the Okanagan Valley.

若您预留了更多时间探索 BC 省，那温哥华就是去省内其他地方游玩的完美出发地。沿着风景秀丽的海天高速公路行驶 45 分钟即可到达无与伦比的户外探险胜地斯阔米什(Squamish)，附近还有著名的山地度假村惠斯勒镇(Whistler)，它是 2010 冬奥会主办地；乘渡轮、直升机或水上飞机前往温哥华岛(Vancouver Island)，游览迷人的省会城市维多利亚(Victoria)，在加拿大冲浪之都托菲诺(Tofino)玩冲浪；或深入内陆，探访 BC 省著名的葡萄酒产区欧垦娜根河谷(Okanagan Valley)。

(paragraph word count: 97)

VANCOUVER BEACHES

温哥华的海滩

Which way to the beach? Well, in Vancouver you can find one everywhere you turn. Whether you're looking for a stretch of sand to spread out and relax on with a good book, an outdoor court to spike a volleyball, or a sandy catwalk to strut your stuff, Vancouver's got it. Some of the city's best beaches are included below.

古人云“条条大道通罗马”，在温哥华则是每条街道都能带您前往海滩。无论您想找一片适合看书放松的沙滩，还是欲寻觅一处打排球的户外场地，又或者想迈步沙滩走个秀，温哥华都能满足您的需求。我们推荐了一些最棒的海滩，不妨一阅。

(paragraph word count: 60)

Kitsilano Beach

基斯兰奴海滩

At Vancouver's version of Venice Beach, buff and bronzed bodies make their rounds among the mix of joggers, stroller-pushing families, and everyday sun-worshippers. Grassy patches are perfect for tossing the disc, the tennis courts are always popular, and the beach attracts volleyball players from all over the city. The adjacent Kitsilano Pool offers the chance to swim laps in the city's only outdoor, heated, salt-water pool, all with a wrap-around view of the city, ocean and mountains.

这是威尼斯海滩的温哥华版本，随处可见古铜色的健美身躯，及慢跑者、推着婴儿车的家庭和日光浴爱好者。绿草如茵的草坪非常适合扔飞盘，网球场备受欢迎，沙滩则吸引了全市的排球爱好者。邻近的基斯兰奴游泳池是全市唯一一个室外恒温盐水泳池，可以全方位饱览海洋、山脉和城市风光。

(paragraph word count: 79)

Jericho Beach

杰里科海滩

When all the elements are right, fishing and a picnic at the Jericho Beach pier makes for a perfect evening. Enjoy the long, sandy stretch with stunning views of the North Shore Mountains and the downtown core. It's also a great spot for sailing, windsurfing, sea kayaking and beach volleyball.

一切就绪，在杰里科海滩码头钓鱼，然后享用野餐，便是一个完美的夜晚。沿着长长的沙滩漫步，观赏从北岸山脉延绵至市中心的夜景。杰里科海滩同样也是帆船、风帆冲浪、海上皮划艇和沙滩排球的好去处。

(paragraph word count: 52)

Spanish Banks

西班牙海岸

The least crowded of Vancouver's beaches, this stretch of sand is named to commemorate its discovery by Spanish explorers in 1792. Located right by the University of British Columbia, it's a wonderful retreat for those who wish to escape from the pace of city life. Skimmers alert: this is the perfect place for skim boarding once you learn the optimal tidal conditions.

西班牙海岸的名字为了纪念 1792 年发现它的西班牙探险家，这里也是温哥华最少人光顾的海滩。它位于不列颠哥伦比亚大学(University of British Columbia)旁边，对于那些想要暂时逃离城市生活

节奏的人来说，这里是一处绝佳的休闲目的地。一旦掌握了此地的潮汐情况，西班牙海岸就是一处完美的浅水冲浪地。

(paragraph word count: 64)

West End Beaches

西缘海滩

At the southern edge of the West End neighborhood, no more than a 30-minute walk from the downtown core, you'll find two beautiful urban waterfronts - English Bay and Sunset Beach. A jumping off point for rollerblading adventures, strolling for ice cream, and picnics, and the place to lay down your blanket during the Celebration of Light international fireworks held at the end of July. Kids will love English Bay's floating slide and parents will appreciate the full-time lifeguard.

距离市中心仅 30 分钟步行路程的西缘街区南边，有两个美丽的城市海滨区——英吉利湾(English Bay)和日落海滩(Sunset Beach)。您可以在这边滑旱冰，边吃冰淇淋，还能在 7 月底的国际烟花节(Celebration of Light international fireworks)期间躺在垫子放松，享受野餐。孩子们会爱上英吉利湾的水上滑梯，这儿尽责的专职救生员能让家长们感到安心。

(paragraph word count: 83)

Stanley Park Beaches

斯坦利公园海滩

A quick stroll into Stanley Park from English Bay, Second Beach is also home to an immense, heated outdoor pool, complete with a slide for the kids. Further north along the seawall lies secluded Third Beach. Locals tote grills and coolers to this spot, a popular place for summer evening barbecues and sunset watching.

从英吉利湾(English Bay)出发可轻松漫步至斯坦利公园(Stanley Park)，公园内的第二海滩(Second Beach)有一个巨大的室外恒温游泳池，池内还有专为孩子们提供的滑梯。沿着海堤步道往北漫步即可到达僻静的第三沙滩(Third Beach)，本地人带着烤架和冷藏柜来到这里，夏夜这里将成为烧烤和观赏日落的好去处。

(paragraph word count: 57)

Wreck Beach

雷克海滩

This six-kilometre long, secluded beach at the western tip of Vancouver is Canada's first and largest legal, clothing-optional beach. Located down a long flight of steep stairs, adjacent to the University of

British Columbia campus, Wreck Beach attracts as many as 14,000 visitors on a summer weekend, who come to enjoy the festive atmosphere, the independent vendors offering snacks and refreshments, and the right to "bare" arms, legs and everything else.

沉船海滩位于温哥华最西端，长 6 公里，这个僻静海滩是加拿大第一个、也是最大的合法天体海滩。海滩毗邻不列颠哥伦比亚大学校园，通过一段陡峭的阶梯即可到达。每逢暑假，仅一个周末即可吸引多达 14,000 名游客来此感受节日气氛，品尝小贩们的小吃和点心，享受赤身裸体的权利。

(paragraph word count: 73)

STANLEY PARK

斯坦利公园

At the north end of Vancouver's downtown peninsula, the 400-hectare (1,000-acre) Stanley Park is the city's beloved green heart complete with temperate rainforest, cricket pitches, rose gardens, totem poles and beaches. Hit one of dozens of marked trails and roam freely, or rent a bike to pedal the seawall which encompasses the park. Recognized as one of the world's greatest urban parks, it's a big hit with kids - visit Canada's largest aquarium, Second Beach pool, a water park, miniature railway and more.

斯坦利公园位于温哥华市区半岛的北端，占地 400 公顷，是这座城市最受欢迎的“绿色心脏”，拥有温带雨林、板球场、玫瑰园、图腾柱和海滩。自由漫步于标有路标的小径，或者租辆自行车，在环绕公园的海堤步道上骑行。斯坦利公园里是全世界最大的城市公园之一，公园内有着加拿大最大的水族馆、第二海滩游泳池、水上公园和迷你铁路等项目，深受孩子们的喜爱。

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VANCOUVER NEIGHBOURHOODS

温哥华的街区

With vibrant residential neighbourhoods, both in Vancouver's downtown core and close by, it doesn't matter where you explore, you'll be wandering, dining and shopping among the locals. From Coal Harbour on the waterfront, to historic areas like Gastown and Chinatown, through to hip enclaves such as Yaletown and Kitsilano, you'll discover colourful sidewalks to stroll, spectacular settings to savour and a wide range of urban vibes with roots in many different cultures and ways of life.

温哥华市区和郊区遍布充满活力的住宅区，无论您在哪里漫步、用餐和购物，身边来往的都是本地人。从海滨的高豪港(Coal Harbour)，到盖士镇和唐人街这样的历史街区，再到时髦的耶鲁镇和基斯兰奴，随处是色彩缤纷的人行道，美丽的景观，及源自多元文化和生活方式的都市氛围。

(paragraph word count: 78)

Coal Harbour & Canada Place

高豪港和加拿大广场

Bordering Stanley Park, Coal Harbour's big attraction is the view, seawall and the laidback atmosphere, with plenty of spots to grab a scenic meal or watch the floatplanes. Head south along the seawall to the landmark Vancouver Convention Centre, stopping at Jack Poole Plaza for a selfie with the 2010 Olympic Cauldron. A little further along, Canada Place is picture-perfect for photo-ops, watching cruise ships glide into the city, and home to the breathtaking FlyOver Canada flight simulation ride.

高豪港毗邻斯坦利公园，其最大的吸引力是美景、海堤步道和悠闲的氛围，您可以轻松地在此找到一处地方享用午餐，观赏水上飞机。沿着海堤步道向南，前往地标建筑温哥华会议中心(Vancouver Convention Centre)，在杰克普尔广场(Jack Poole Plaza)稍作逗留，与2010年奥运会火炬塔合影自拍。再往前走是非常适合摄影的加拿大广场，您可以观赏邮轮入港，还能体验震撼的模拟飞行——“飞越加拿大”。

(paragraph word count: 84)

Gastown

盖士镇

A National Historic Site of Canada and the city's oldest neighbourhood, Gastown's heritage buildings have recently been colonized by cool designer stores and some of the city's best bars and restaurants. Take an architectural walking tour to hear the district's history, or simply browse Water Street's boutiques and souvenir stores. If you're hungry, stroll the streets for wine and charcuterie, Pacific Northwest menus, modern Asian options, cool cocktail bars and craft beer pubs.

盖士镇是加拿大的国家历史遗迹，也是温哥华最古老的街区。近年来，众多时尚设计师商店及一些温哥华最佳酒吧餐厅相继入驻于此。您可以参加建筑步行之旅，聆听关于街区的历史故事，也可以在水街(Water Street)的精品店和纪念品商店闲逛。如果肚子饿了，街道上可以找到葡萄酒专卖店和熟食铺子、大西洋西北地区的美食、亚洲现代美食、时髦的鸡尾酒吧和精酿啤酒吧。

(paragraph word count: 74)

Chinatown

唐人街

As North America's third-largest Chinatown, this neighbourhood is packed with vivid colours, exotic cuisine and a vibrant culture, rich in history and architecture. Located just to the east of downtown, highlights include Dr. Sun Yat-Sen Classical Chinese Garden, the Sam Kee Building (the world's narrowest commercial building) and the Chinese Cultural Centre. In recent years, the neighbourhood has seen a younger generation of the city's Asian population move in, resulting in an influx of modern galleries, cutting-edge restaurants and cafes setting up shop.

这个色彩鲜明的街区是北美第三大唐人街，到处都是异国情调的美食和充满活力的文化，历史建筑和底蕴为其更添了一份厚重感。唐人街位于市中心以东，特色景点有中山公园(Dr. Sun Yat-Sen Classical Chinese Garden)、世界上最窄的商业大楼——森记大厦(Sam Kee Building)和中国文化中心(Chinese Cultural Centre)。近年来，这个街区涌入了许多年轻一代的亚裔人群，因此也吸引了现代画廊、前卫餐厅和咖啡馆纷纷入驻此地。

(paragraph word count: 84)

Robson Street

罗布森街

Right in the heart of downtown, Robson Street is the city's best known shopping strip. This is where you'll find the partially-subterranean Pacific Centre mall and big-name stores. Just a block over on Alberni Street is Vancouver's "luxury row" with international designer brands. But this area is not just about retail therapy – it's also home to the Vancouver Art Gallery, and at the south end, BC Place Stadium, home to a number of the city's pro sports teams.

位于市中心的罗布森街是温哥华最著名的购物街，半地下式建筑太平洋购物中心(Pacific Centre mall)和诸多知名购物中心均位于此地。仅相隔一个街区的艾伯尼街(Alberni Street)是温哥华的“奢侈品大道”，国际设计师品牌云集。罗布森街不仅是购物胜地，也是温哥华美术馆的所在地，街道南边有著名的不列颠哥伦比亚体育馆(BC Place Stadium)，是温哥华众多职业运动队的主场。

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Yaletown

耶鲁镇

As Vancouver's original warehouse district, Yaletown has experienced a major revitalization since its rebirth as host of Expo '86. Since then, Yaletown has become a densely populated residential neighbourhood, home to the city's beautiful people, and one of Vancouver's hippest areas, filled with sidewalk cafes, trendy restaurants, a thriving nightlife scene and intimate boutique hotels. After strolling the brick-lined streets, pick up lunch from a local café and head to the waterfront David Lam Park for an impromptu picnic.

耶鲁镇曾是温哥华的一个仓库区，自温哥华举办了 1986 年世博会以来历经了一次重大复兴。从那时起，耶鲁镇逐渐成为一个人口密集的居民区。这个温哥华最时髦前卫的地方居住众多时尚丽人，人行道边咖啡馆和时尚餐厅林立，也不乏丰富的夜生活和各色私密的精品酒店。漫步于砖砌的街道，在当地咖啡馆买份午市套餐，然后到林思齐公园(David Lam Park)的水滨来一次即兴野餐。

(paragraph word count: 80)

Granville Island

格兰维尔岛

Originally an industrial area, Granville Island is now a hotspot for cultural and culinary explorers. Home to the bustling Granville Island Public Market, take a tasting tour to meet the vendors and sample local specialties. You'll find many restaurants, artists' studios, theatre, breweries and independent shops. Right on the water, this is also a popular spot to launch off on a paddle around False Creek, or tour aboard one of the adorable mini-ferries cross-crossing the water.

原本是工业区的格兰维尔岛如今成为文化和美食探险家的网红打卡地。这里有熙熙攘攘的格兰维尔岛公共市场，您可以参加美食之旅与当地商贩交谈，品尝地道的特产。这里遍布餐厅、艺术工作室、剧院、啤酒厂和独立商店。格兰维尔岛位于福溪(False Creek)畔，有利的位置让它成为划船畅游福溪的热门起点，您也可以从此出发，乘坐小巧可爱的渡轮横渡这片水域。

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Kitsilano

基斯兰奴

Just over the Burrard Bridge from the downtown peninsula, Kitsilano is one of the city's most desirable older neighbourhoods. Known to the locals simply as "Kits," it's home to Kitsilano Beach, the city's largest outdoor pool, and Vanier Park attractions including Vancouver Museum and the Vancouver

Maritime Museum. Shoppers should make sure to hit West 4th Avenue for browsable shops and popular eateries, as well as West Broadway's popular retail strip.

基斯兰奴被本地人亲切地称为“基斯”，它位于市区半岛的巴拉德桥(Burrard Bridge)对面，是温哥华最令人神往的老街区之一。这里有著名的基斯兰奴海滩、全市最大的户外泳池，及温哥华博物馆(Vancouver Museum)和温哥华海洋博物馆(Vancouver Maritime Museum)的所在地凡尼尔公园(Vanier Park)。购物者一定要去西第4大街(West 4th Avenue)逛逛商店和热门餐厅，还有西百老汇(West Broadway)的热门零售区。

(paragraph word count: 72)

West End

西缘

Stretching from Coal Harbour to English Bay, from Stanley Park south to Burrard Street, the West End's tree-lined boulevards, neighbourhood restaurants and independent shops serve a population of young people and seniors in a largely adult-focussed area of the city. This is one of Canada's most densely-populated areas, and also the focus for the city's GLBT community. The West End's vibe is diverse, multicultural and as laidback as the neighbourhood's waterfront location would imply.

西缘从高豪港一直延伸到英吉利湾，北接斯坦利公园，南临巴拉德街，街道两旁绿树成荫，餐厅和独立商店林立，受到了从年轻人至老年人等众多群体的喜爱。西缘是加拿大人口最稠密的地区之一，也是温哥华 GLBT 社群的聚集区域。西缘的氛围丰富而多元，滨水的地理位置更是让这个地区散发着悠闲自在的气质。

(paragraph word count: 76)

North Shore

北岸

Directly across from Vancouver's downtown, located in the shadow of the towering Coast Mountains, the North Shore is best accessed either via the Lions Gate Bridge or on a short SeaBus ride from Waterfront Station. The area is perfect for enjoying the great outdoors, with mountain hikes and ocean paddling during the summer, and a host of snowy activities in the winter. Some of the North Shore's main attractions include Lonsdale Quay's Public Market, Capilano Suspension Bridge Park and Grouse Mountain.

北岸在温哥华市区正对面，位于高耸的海岸山脉(Coast Mountains)山阴之下，人们可以方便地通过狮门大桥(Lions Gate Bridge)或在海滨车站乘坐短途海上巴士来到这里。北岸非常适合进行户外活

动，夏季可以在山间徒步和划船出海，冬季可以体验诸多雪上运动。北岸的主要景点有伦兹代尔码头的公共集市(Lonsdale Quay's Public Market)、卡佩兰奴吊桥和格劳斯山。

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SHOPPING GALORE

购物宝地

Vancouver is sure to please even the most ardent shopper, with everything from artisan markets to international designers. Downtown's Robson Street and Pacific Centre mall offer well-known brands and high-end department stores, while Alberni Street is the city's "luxury row." Gastown boasts some of Vancouver's hippest new ateliers and galleries, and colourful markets such as Granville Island will find you shopping for culinary finds alongside the locals. Shopping is a great excuse to further explore one of Vancouver's friendly and unique neighborhoods: Yaletown with its interior décor stores and patio-lined streets, Kitsilano for wholesome yoga-inspired outlets, and Main Street where independent and vintage shops reside.

毋庸置疑，温哥华能满足最狂热的购物爱好者，从工匠市集到国际知名设计师品牌，这里应有尽有。市中心的罗布森街和太平洋中心知名品牌和高端百货公司林立，艾伯尼街则是温哥华的“奢侈品大道”。盖士镇坐落着全市最时尚前卫的新画室和美术馆。在丰富多彩的格兰维尔岛公共市场上，您可以与本地人一起采购新鲜食材。您还可以通过购物深入探索温哥华热情独特的街区：耶鲁镇的商铺装饰典雅，街道两旁露台林立；基斯兰奴(Kitsilano)遍布着宣扬瑜伽和健康生活方式的商店；缅因街则到处都是独立商店和古董店。

(paragraph word count: 107)

Shopping Vancouver's Neighbourhoods

在温哥华的街区购物

Downtown

市中心

Vancouver's best known shopping district is centred on Robson Street, where you'll find almost all of North America's leading clothing brands and many fashion flagship stores. One street over on Alberni Street, lovers of luxury labels can shop their hearts out at high-end boutiques such as Prada, Gucci and

Rolex. The stretch is also full of cafes and restaurants for those who need to recharge before hitting the stores again. Around Robson and Granville streets is Pacific Centre mall, home to three department stores including Canadian high-end retailer Holt Renfrew, and the country's first Nordstrom.

罗布森街是温哥华最著名的购物区，在这里您几乎能找到所有北美一流服装品牌和众多时尚旗舰店。一条街之外的艾伯尼街上，普拉达、古驰和劳力士等高端精品店可供奢侈品爱好者血拼。这里还遍布咖啡馆和餐厅，您可以稍作小憩，满血复活后继续血拼。著名的太平洋购物中心就位于罗布森街和格兰维尔街旁，这里有三大百货公司，包括加拿大高端零售百货霍尔特·伦弗鲁(Holt Renfrew)以及加拿大第一家诺德斯特龙连锁百货(Nordstrom)。

(paragraph word count: 96)

Yaletown

耶鲁镇

Occupying a stretch of renovated brick warehouses bounded by Nelson, Homer, Drake and Pacific Streets, Yaletown is fun area to spend a few hours shopping, with designer clothing stores sitting next to quirky pet boutiques, streetwear labels, chic candy shops, First Nations art galleries and some of the city's best home décor purveyors. As home to a population of fashionable residents, you'll also find gourmet grocers stocked with souvenirs to take home for your foodie friends.

耶鲁镇是一片由纳尔逊街(Nelson Street)、荷马街(Homer Street)、德雷克(Drake Street)和太平洋街(Pacific Street)围出的区域，这里曾经是仓库区，经过翻新后的耶鲁镇如今成为一个受欢迎的目的地，您可以花上几小时购物，徜徉于设计师服装店、奇趣宠物店、街头潮牌店、时尚糖果店、原住民画廊及一些温哥华最好的家居店之间。作为时尚潮人聚居地的耶鲁镇，也是为家人朋友采购美食特产和纪念品的好去处。

(paragraph word count: 77)

Mount Pleasant

快乐山

Concentrated on Main Street between 5th and 28th avenues, this enticing strip of unique indie stores offers a great selection of clothing, homewares and jewellery created by local and nationally-renowned designers. A hotbed of quirky outlets, the neighbourhood offers shoppers a mix of hipster favourites, vintage finds, and exclusive labels. But it's not just about togs: look out for cool record and stationary stores, outposts of some of the city's hottest coffee roasters and craft breweries, plus hunger-busting restaurants.

快乐山街区位于第 5 大道和第 28 大道之间的缅因街，整个地段遍布各种独立商店，陈列着由当地和全国知名设计师设计的服装、家居用品和珠宝。作为各种奇趣商店的温床，这个街区为购物者提供了各色潮人最爱品、古董珍奇和独家单品。这里不仅是买衣服的地方，还有各种潮流唱片店、文具店，以及全市最炙手可热的咖啡烘焙工坊和精酿啤酒馆，当然还有让人充满食欲的餐厅。

(paragraph word count: 81)

Gastown

盖士镇

Walk towards the mountains from the downtown core, and you'll soon come to Vancouver's oldest neighborhood. But Gastown's cobbled streets and heritage buildings have been dramatically reinvented in recent years and are now home to some of the city's most exciting independent stores – look out for unique art galleries, swanky designers, top clothing boutiques and First Nations artisan outlets. The area's main Water Street thoroughfare is also Vancouver's souvenir central, housing large gift shops in the shadow of the famed steam clock. This is the place to pick up your maple leaf T-shirts, jade jewelry and “moose dropping” chocolates.

从市中心往山脉的方向行进，您很快就会来到温哥华最古老的社区。近年来，盖士镇的鹅卵石街道和历史建筑经过彻底改造后，入驻了全市最激动人心的独立品牌商店，您可以寻找独特的美术馆、时尚设计师品牌、顶级服装精品店和原住民手工艺品店。盖士镇的主干道沃特街(Water Street)是温哥华的纪念品店集中区域，著名景点蒸汽钟附近就有几家大型礼品店。不妨在此挑选一件枫叶 T 恤、玉雕珠宝，或者搞怪的“驼鹿便便”巧克力，作为精心挑选的手办礼带回家。

(paragraph word count: 100)

Granville Island

格兰维尔岛

A must-see for shoppers craving unique and unusual gifts, artsy Granville Island is a former industrial area transformed into a warren of artisan studios and shopping nooks. It's easy to spend a day ambling among the stores selling everything from pottery, jewellery and glassware to books, clothing and wine. Children won't want to miss the Kids Market of toys and activities, but everyone should save time for the bustling Public Market, teeming with delicatessens, bakeries, fishmongers and pyramids of photogenic fruit and vegetables.

对于渴望购买特色纪念品的购物者而言，充满艺术气息的格兰维尔岛是必去的打卡地，这里曾是一片工业区，如今遍布工匠工作室和购物商铺。您可徜徉于出售陶器、珠宝、玻璃器皿、书籍、

服装和葡萄酒的商店间，轻松地消磨一天时间，如果带孩子前来，可别错过到处都是玩具和活动的儿童集市。不过格兰维尔岛的终极魅力在于其熙熙攘攘的公共市场，熟食店、烘焙坊、水产摊位和多彩的蔬果铺，让人大开眼界。

(paragraph word count: 85)

Kitsilano

基斯兰奴

A former 1960s hippy hangout transformed into a neighborhood of pricey heritage homes, “Kits” has a comfy, laid-back feel and a selection of stores aimed at well-off urban professionals. The area has two shopping strips: West 4th Avenue and West Broadway, both offering a mix of bookshops, fashionable outdoor stores, yoga wear boutiques and specialty shops selling everything from artisan chocolates to swanky cooking utensils. The area makes for a pleasant afternoon stroll and there are plenty of cafés and restaurants – plus nearby beaches – if you need a break.

基斯兰奴有一个特别的简称“基斯”，这里曾是上世纪 60 年代的嬉皮士聚集地，如今则是房价不菲的高级住宅区。舒适悠闲的氛围和众多面向富裕人群的商铺是这个街区的特征。基斯兰奴有两个购物区：西第 4 大街和西百老汇设有书店、时尚的户外用品商店、瑜伽服饰精品店，以及出售手工巧克力、奢华餐具等各种商品的专卖店。基斯兰奴里是午后散步的好去处，咖啡馆和餐厅选择多样，附近还有一片可供休憩的海滩。

(paragraph word count: 90)

South Granville

南格兰维尔

Heading south from downtown, the stretch of Granville Street area between 4th and 16th avenues is a popular, highly walkable shopping area catering to its upscale locals with designer fashions, cool interior accessories, book stores, and tempting, must-have knick-knacks. South Granville is also known as “gallery row” thanks to the kaleidoscope of small, independent art galleries that dot the strip. A browser’s paradise, this neighbourhood is also home to some of the city’s most acclaimed restaurants and the historic Stanley Theatre.

从市中心向南，位于第 4 大街和第 16 大街之间的格兰维尔街是一个备受欢迎的步行购物区，汇集了设计师时装、潮流的室内装饰品、书店和各种让人爱不释手的小物件，迎合了当地高端人群的品味。南格兰维尔还被人冠以“美术馆区”的名号，各种小型独立艺术画廊遍地开花，令人目不暇接。南格兰维尔同样也是逛街爱好者的天堂，这里拥有一些温哥华最负盛名的餐厅，以及历史悠久的斯坦利剧院(Stanley Theatre)。

(paragraph word count: 83)

Richmond and Further Afield

里士满和远郊

Just south of the Vancouver, Richmond is more than just home to Vancouver International Airport (YVR). The multicultural suburb's "Asian malls" are a shopping highlight, filled with specialty ingredients, international labels and exotic bargains. Five minutes from YVR you'll find McArthurGlen Designer Outlets, offering bargain hunters significant discounts on luxury labels in an outdoor village atmosphere. Further south, the new Tsawwassen Mills shopping centre combines a massive selection of brands with factory outlet stores. No time for shopping during your stay? Hit World Duty Free in the airport's international terminal for big savings on your souvenirs.

位于温哥华以南的里士满并不仅是温哥华国际机场(YVR)所在地。这个多元文化的郊区以“亚洲购物城”作为一大购物亮点，遍布着各种特色食材，国际品牌商品和充满异国情调、物美价廉的产品。从温哥华国际机场出发，只需 5 分钟就能到达亚瑟格兰名品奥特莱斯，这个田园乡村风格的奥特莱斯提供了顶级奢侈品的超低折扣单品。再往南，新开张的托华信米尔斯商场(Tsawwassen Mills)将众多品牌和工厂直销店结合在一起。如果您的行程安排得太满，没有为购物额外留出时间，别错过温哥华机场国际航站楼的寰宇免税店(World Duty Free)，在此购买纪念品，可以为您省一大笔钱。

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TOP FIVE REASONS VANCOUVER IS THE PLACE TO BE

游览温哥华的五大理由

(article word count: 432)

1. Stanley Park

斯坦利公园

Vancouver is home to one of the best parks in the world: the sprawling 404 hectares (1,000 acres) Stanley Park. Dozens of marked trails allow visitors to meander through soaring trees and dense West Coast forest while the seawall pathway offers some of the best sea-to-sky mountain views anywhere in the world. Other highlights include a mini-forest of totem poles, family-friendly beaches and an outdoor

swimming pool overlooking the waterfront. Be sure to visit the Vancouver Aquarium, the rose and rhododendron gardens, or al fresco theatre and music performances at Malkin Bowl in the summer.

温哥华拥有全世界最好的公园之一：占地 404 公顷的斯坦利公园。数十条设有路标的小径让游客能自由漫步在高耸的树木和茂密的西海岸森林中。从海堤步道可饱览一些全世界最美的海天山景。公园的著名景点还包括图腾柱迷你森林、适合家庭出游的海滩和一处可俯瞰海滨的室外游泳池。夏天前来的游客一定不能错过温哥华水族馆、玫瑰园和杜鹃花园，以及马尔金圆形剧场 (Malkin Bowl) 的戏剧和音乐表演。

2. Granville Island

格兰维尔岛

Granville Island is the perfect place to browse – and sample – local produce, cheeses, meats, teas, chocolates and more, whether you take a tour or stroll independently. Take one of the rainbow-coloured mini-ferries across False Creek to reach the Island (which is technically a sandspit) and spend time exploring the Public Market’s artisan stalls, Railspur Alley’s quirky craft studios, and dozens of character-driven cafes and restaurants. To see Granville Island from water, rent a kayak or stand-up paddleboard and start exploring.

无论您是参加旅游团还是一个人散步，格兰维尔岛都是观光和用餐的绝佳之地，当地出产的农产品、奶酪、肉类、茶和巧克力等商品琳琅满目。乘坐彩虹色外观的迷你渡轮穿越福溪前往格兰维尔岛(确切的说，它是一个沙嘴而非岛屿)，探索公共市场的工艺品摊，Railspur Alley 上奇趣的工艺品工作室，以及数十家个性鲜明的咖啡馆和餐厅。如果想在海上欣赏格兰维尔岛，可租皮划艇或站立式桨板，启程探索之旅。

3. Vancouver’s Neighbourhoods

温哥华的街区

Vancouver’s neighbourhoods have multiple personalities. Hip and historic Gastown is where the city first began in 1867; today, the district is home to cool cocktail bars, impeccably curated boutiques and cobblestoned streets begging to be explored. Beachside Kitsilano features an urban yet laidback feel with excellent shopping, artisan coffee shops and sandy stretches for relaxing. Coal Harbour, a former shipyard sitting next to the railway terminus, has evolved into a tranquil neighbourhood bordering Stanley Park and featuring local cafes and restaurants, a large marina and harbour seals greeting passersby. And those are just a few of the city’s array of distinctive districts.

温哥华的街区个性鲜明。始建于 1867 年的盖士镇历史悠久又时尚潮流，是这座城市的发源地，如今，这里遍布着时髦的鸡尾酒吧和无可挑剔的精品店，鹅卵石铺就的街道正在静候您的探索。海滨的基斯兰奴既有都市气息，又不乏慵懒休闲的气质，精美的商店、手工咖啡店和沙滩比比皆是。高豪港曾是火车站旁的造船厂区，如今已演变为一个安静的街区，它毗邻斯坦利公园，拥有

多家本地咖啡馆和餐厅，及一个大型游艇码头，每天都有可爱的海豹和行人打招呼。更多关于温哥华富有个性的街区的详情，等您亲自来发现。

4. Outdoor Adventure

户外探险

We've perfected the art of outdoor adventure. Given the city's stunning surroundings and mild year-round climate, you'll find Vancouverites exploring their outdoor backyard all year long. From more than 1,500 yoga classes a week, to some of the best mountain biking in the world on the lush North Shore, this city has it all. Enthusiasts can also try their hand at golfing, skiing and snowboarding, sailing, paddleboarding, kayaking, hiking, kiteboarding, scuba diving and more.

温哥华将您的户外探险体验提升到了完美的境界。这座城市风景壮美，全年气候温和，本地人一年四季都在享受各种户外活动。您可以从每周超过 1,500 节瑜伽课中选一节上课，或在植被茂盛的北岸体验世界顶级的山地自行车。户外活动爱好者还可以体验高尔夫、滑雪和单板滑雪、帆船、划船、皮划艇、徒步、风筝冲浪和水肺潜水等项目。

5. Our Culinary Scene

餐饮美食

We take food seriously – and we are seriously good at it. Vancouver's culinary scene is widely acknowledged as one of the most exciting and varied in the world. From multi-course Chinese feasts and the best sushi outside Japan, to farm-to-table dining and molecular gastronomy, killer cocktails to craft beer, believe the hype when we tell you Vancouver's culinary scene truly has something for all tastes.

温哥华人热爱美食，也擅长烹饪。温哥华激动人心和多元化的美食氛围在全世界范围内都受到了认可。从满汉全席般的中餐盛宴和日本本土外最地道的寿司，到“从农场到餐桌”的新鲜美食和分子料理，以及一些最棒的鸡尾酒和精酿啤酒，毫不夸张的说，温哥华的美食可以满足所有挑剔的味蕾。

TOP FIVE VANCOUVER “MUST-SEES”

温哥华的五大必游景点

(article word count: 596)

Vancouver is a city like no other, effortlessly combining the buzz of a chic urban centre with the rejuvenating spirit of the great outdoors. Here are our top five must-sees:

温哥华是座独一无二的城市，时尚都市的喧嚣热闹和户外活动的蓬勃朝气在此完美融合。以下是五大必游景点：

1. Stanley Park

1. 斯坦利公园

Lush Stanley Park is the city's beloved emerald heart with more than 400 hectares (nearly 1,000 acres) of evergreen forests, cricket pitches, rose gardens, totem poles and beaches. Hit one of dozens of marked trails and roam freely or, for a more comprehensive exploration, join a rainforest adventure tour, venturing deep into the heart of the park's foliage. Stanley Park's seawall (8.8 kilometres / 5.5 miles) is the perfect route to cycle or stroll, and provides some of the city's best sea-to-sky mountain views. In addition to resident raccoons, beavers and squirrels, the park is also home to more than 50,000 animals at the Vancouver Aquarium ranging from friendly sea otters to mesmerizing jellyfish.

郁郁葱葱的斯坦利公园占地 400 公顷，是这座城市最受欢迎的“绿色心脏”，园里有常绿森林、板球场、玫瑰园、图腾柱和海滩。您可以沿着设路标的小径自由漫步，也可参加雨林探险之旅深入探索公园深处的森林。斯坦利公园内 8.8 公里的海堤步道是骑车或散步的最佳路线，也能在此观赏温哥华最美的海天山景。除了常见的浣熊、海狸和松鼠外，您还可以去公园内的温哥华水族馆，这里有 5 万多只动物，不妨与友好的海獭和迷人的水母打个招呼。

2. Granville Island

2. 格兰维尔岛

Culinary adventurers gravitate toward this bustling culinary centre to sample artisan products and multicultural influences. At the island's heart is the bustling Granville Island Public Market, where exotic produce and gourmet ingredients are sold alongside global dishes and local specialties. Sample your way through this Aladdin's den of culinary treasures on a tasting tour, or wander the massive space on your own and pick up fixings for an al fresco picnic – the nearby docks are always lively with visitors and buskers

吃货们慕名来到这个远近闻名的美食中心，品尝手工食品，感受多元文化交融的氛围。位于格兰维尔岛中心地带的是热闹的公共市场，充满异国情调的产品和新鲜食材旁边是全球各地的美食和当地小吃。参加一趟赏味之旅，开启美食届的阿拉丁宝藏，或者独自漫步，为户外野餐做好准备，不远处的码头人声鼎沸，满是游客和街头艺人。

3. North Shore

3. 北岸

Just across the water from Vancouver's downtown peninsula, at the foot of the Coast Mountains, is a green suburb that beckons with outdoor adventure. Look down at the rushing river as you cross Capilano Suspension Bridge Park's swaying bridge, and make time to enjoy the rainforest nature trails, totem pole collection, the Treetops Adventure and Cliffwalk, a heart-stopping, cliff-side journey across a series of cantilevered and suspended walkways. A little further up the slope, Grouse Mountain offers the ultimate mountain-top playground, and the fun begins on a thrilling gondola ascent to the summit. At the top, you'll be greeted by jaw-dropping views, an entertaining lumberjack show and – everyone's favourite – Grinder and Coola, the mountain's resident rescued grizzly bears. The mountain's ziplines guarantee an adrenaline rush, as does a trip up Eye of the Wind, the world's first commercial wind turbine.

北岸位于温哥华市中心半岛对面的海岸山脉山脚，是一片适合进行各种户外探险活动的绿色郊野。您可以步行穿过卡佩兰吊桥公园中摇曳的吊桥，俯视脚下湍急的河流，体验雨林中的天然小径、图腾柱和树梢探险，然后穿过一系列悬空的步道，感受令人胆战心惊的绝岭小道。再往北则是山顶体验的终极游乐场——格劳斯山，在您乘坐缆车登顶的途中就能感受到惊心动魄的刺激。到了山顶，独特的伐木工人表演，以及两位被解救的棕熊居民 Grinder 和 Coola 会让您惊叹不已。感受让人肾上腺素飙升的高空滑索项目，以及全世界第一台商业风力涡轮机——“风眼(Eye of the Wind)”。

4. Canada Place and Vancouver's Harbourfront

4. 加拿大广场和温哥华港湾

Canada Place is picture-perfect for photo-ops and a great place to relax and watch cruise ships glide into the city, and the floatplanes taking off. At its tip is FlyOver Canada, a flight simulation ride that virtually soars across the country complete with wind, scents, mist and sound. Continuing along the waterfront past the LEED Platinum-certified Vancouver Convention Centre, stop at Jack Poole Plaza for a selfie with the 2010 Olympic Cauldron. Made of steel and glass, the cauldron is a legacy of hosting this international sporting event, and offers a ready-made backdrop of the city, Burrard Inlet and the North Shore mountains.

美丽的加拿大广场是热门的摄影景点，在此还能观赏邮轮入港及水上飞机起飞的场景。广场一角是模拟飞行体验“飞越加拿大”，配以风感、气味、雾气和声音，带您飞越壮美的加拿大。继续沿海滨前行，途经 LEED 白金认证的温哥华会议中心，在杰克普尔广场(Jack Poole Plaza)稍作逗留，与 2010 年奥运会火炬塔合影自拍。由钢铁和玻璃制成的火炬塔是国际体育赛事——奥运会的遗产，如今化作温哥华、巴拉德内湾(Burrard Inlet)和北岸山脉的绝佳背景。

5. Floatplane flightseeing

5. 水上飞机观光

Fun fact: British Columbia boasts the largest floatplane network in the world. For many, the thrill of a floatplane ride is a novelty in itself as they experience their first watery take-off and landing – but it’s the view from above that’s guaranteed to drop jaws as you zoom over Stanley Park and downtown Vancouver, then find yourself gazing down on remote snowy mountain peaks. For a truly awe-inducing experience, book a floatplane tour that combines a scenic flight north from Coal Harbour and up to Howe Sound fjord, with a wildlife watching sea safari and a waterfront dinner. Or join a “mail run” tour, hopping your way across the Gulf Islands.

很少有人知道，BC省拥有全世界最庞大的水上飞机网络。对许多人来说，第一次乘坐水上飞机，从水面起飞和降落的兴奋刺激本身就是一种新奇的体验，但当您俯瞰斯坦利公园和温哥华市中心，凝视遥远的雪山时，一定将惊叹不已。若想收获更为震撼的体验，请预订一次从高豪港出发北上豪湾峡湾(Howe Sound fjord)，结合了观赏海洋野生动物和海滨晚餐的水上飞机之旅；穿越海湾群岛(Gulf Islands)的“邮路”之旅也不容错过。