



nileGUIDE

ALL YOU NEED TO PLAN YOUR PERFECT TRIP



tawcan

Green Travel in Vancouver

Vancouver, 5 Days

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Guide Description



AUTHOR NOTE: Vancouver is consistently ranked as one of the world's most livable cities, and it's definitely one of the greenest as well. Even the new Olympic village is as eco-friendly as it gets. Vancouver is also full of restaurants that have a strong commitment to using regional and sustainable ingredients, and the city is full of parks, gardens, and other open spaces to explore on foot or by bicycle.

Itinerary Overview


things to do
restaurants
hotels
nightlife

Day 1 - Vancouver


DAY NOTE: The Pacific Palisades Hotel has undertaken an "EarthCare" program, which uses sustainable products from environmentally-friendly lighting and cleaning products down to organic coffee and minibar food. And if you request the EarthCare package upon reserving a room, they'll contribute a carbon offset credit if you fly in. Once you get settled in at the hotel, take a walk around downtown. There are a number of interesting buildings near the hotel. The Christ Church Cathedral, Marine Building, Sam Kee building, and the Library Square are some of the more impressive architectural examples. The Cactus Club Cafe is a great place for a lunchtime introduction to green dining in Vancouver, casual yet delicious fare that has a strong focus on local ingredients and sustainable meat and seafood. Near the cafe is Artspeak, an innovative non-profit art centre, if you would like to get a look at the works of some local artists. Also nearby are several of Vancouver's many parks and green spaces. Particularly beautiful is the Dr. Sun Yat-Sen Chinese Garden, created to encourage cultural dialogue and built in the classical style. Vanier Park is another lovely open area, with several beaches and most of Vancouver's large museums, including the Vancouver Museum, Maritime Museum, and Space Centre. Even if you don't go into any of the museums, there's lots of interesting sculptures and architecture to appreciate, and Vanier is a good place to just enjoy the outdoors. Watch the sunset on the water, and then walk over to Bishop's restaurant. Known as one of Vancouver's finest restaurants, this is also one of the first restaurants in the area to emphasize the importance of local and sustainable food.

 **Christ Church Cathedral**
Gothic and Stained Glass

 **Marine Building**
City's First Skyscraper


 **Sam Kee Building**
The world's narrowest building

 **Library Square**
Bustling Place


 **Cactus Club**
Globally-inspired menu

 **Dr. Sun Yat-Sen Classical Chinese Garden**
Find your inner zen in this lovely garden

 **Artspeak Gallery**
Contemporary and Illuminating

 **Vanier Park**
Fun and Relaxing Beachfront Paradise

 **Bishop's Restaurant**
Elegant West Coast dining


 **Pacific Palisades Hotel**
Premier all-suite hotel

Day 2 - Vancouver

DAY NOTE: Get out early to Lynn Canyon for a morning hike. There is an ecology centre here with information about local flora and fauna, and there is rainforest, waterfalls and pools, and a suspension bridge that swings 20 stories above the canyon. Lonsdale Quay is a fun place to visit for the observation tower, visiting stores, and people watching, and also a good place to find something tasty for lunch, as there are a number of local vendors selling everything from Mexican to Italian cuisines. You can spend the rest of the afternoon exploring some more of the open spaces in north Vancouver, such as the Tilford Gardens, which has a number of interesting theme gardens including one that has several rare indigenous species. Also in the area is Ambleside Park, which has a long, clean beach perfect for swimming or lounging, and Lighthouse Park, a lovely wilderness area. Hike to Jackpine Point in time to watch the sunset over the ocean. When you're ready for dinner, try one of the tasting menus at Raincity Grill, which are made up entirely of ingredients from farms and producers within 100 miles of the restaurant.

 **Lynn Canyon Ecology Centre**
Nature hut in Lynn Canyon

 **Lonsdale Quay Market & Shops**
Shops, boutiques and restaurants

 **Park & Tilford Gardens**
Themed Oasis

 **Ambleside Park**
Fill an entire day with sun, sand and pitch 'n' putt

 **Lighthouse Park**
Picnic destination

Itinerary Overview

things to do
restaurants
hotels
nightlife



Raincity Grill

Taste of the West Coast at a Vancouver Classic



Pacific Palisades Hotel

Premier all-suite hotel

Day 3 - Vancouver

DAY NOTE: To get out to see the glacial fjords, head out on a kayak tour with Lotus Land Tours, who offer a Vancouver Kayak Wilderness Adventure. Indian Arm is Canada's most southernmost fjord, and is a calm inlet filled with marine life. Lunch is fresh veggies and fish on a small island in the fjord. You'll get back just in time to head up to Grouse Mountain, and take a gondola ride up to the top of the peak just north of the city. Take the sunset tour and try dinner at one of the restaurants at the summit, or travel up the mountain on your own and then grab Indian for dinner at Vij's, where seasonal local food is shaped into fabulous Indian fusion food.



Pacific Palisades Hotel

Premier all-suite hotel



LotusLand Tours Inc.

Barbecues & Kayaking



Vij's Restaurant

Indian Fusion Cuisine



Grouse Mountain

A short escape from the city for a taste of nature all year long.



Grouse Mountain Sunset Tour

Night Tours

Day 4 - Vancouver

DAY NOTE: Visit Stanley Park in the morning, the city's most famous park. There is a community garden, rhododendron collection, and plenty to see and do. Take a walk along the seawall, a scenic path that runs along the entire shorelength of the park. Grab lunch at Subeez Cafe, a casual and friendly place to get some innovative fresh fare, and then take the bus northeast of town to Harrison Lake & Hot Springs. A small community on the lake, this is a great place to relax in the hot springs and take advantage of the beautiful surroundings on the

beach or on a hike. Have dinner in town here, or ride back into town for a meal at C Restaurant, one of Vancouver's premiere seafood restaurants. C also happens to be one of the city's most ecologically responsible, even founding a fish protection program.



Stanley Park

Vancouver's urban rain forest and aquarium



Stanley Park EcoWalk Tours

Walk this Way



The Seawall

Walk With an Ocean View



Subeez Cafe

Trendy Hang-out



Harrison Lake & Hot Springs

World-famous Resort and Lake



C Restaurant

Premier Seafood Destination



Pacific Palisades Hotel

Premier all-suite hotel

Day 5 - Vancouver

DAY NOTE: Take the morning to tour some more of Vancouver's parks and green spaces. Don't miss the Pacific Spirit Regional Park, which borders the west side of the city and the University of British Columbia. This huge forest is filled with miles and miles of paths to hike. Nearby is the UBC Botanical Gardens, which has tons of rare and unusual plant species, and the Nitobe Memorial Garden, one of the most authentic and beautiful Japanese gardens in the Western Hemisphere. Stop in for some great local cheeses and charcuterie at the Salt Tasting Room at lunchtime, and then set out on one of Vancouver's famed mountain biking tours. You'll be hungry by dinner, and O'Doul's is the place to try some of British Columbia's wines paired with one of the restaurant's many delicious seafood dishes.



University of British Columbia Botanical Gardens

One of the Oldest in Canada

Itinerary Overview

things to do
restaurants
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nightlife



Pacific Spirit Regional Park
Undisturbed Forest in the City



Nitobe Memorial Garden
In Memory of Dr. Inazo Nitobe



Salt Tasting Room
Unconventional eatery



Velo-City Cycle Tours
One of the city's top tours



Big Mountain Bike Adventures
As good as it gets



O'Doul's Restaurant & Bar
Upscale eatery



Pacific Palisades Hotel
Premier all-suite hotel

Day 1 - Vancouver

QUICK NOTE

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contact:

tel: +1 604 682 3848

fax: +1 604 682 8377

<http://www.cathedral.vancouver.bc.ca>

location:

690 Burrard St
Vancouver BC V6C 2L1

hours:

10a-4p Mon-Fri

1 Christ Church Cathedral

DESCRIPTION: Walk into this over 100-year-old church and feel as though you've stepped back in time to a serene place. The historic cathedral, located across the street from the equally impressive Hotel Vancouver, features 29 striking gothic stained glass windows, each reflecting a story from the New Testament. The public art displayed in the lobby is also mesmerizing. The downtown landmark plays host to many choir recitals and concerts that are worthwhile for the acoustics alone. © wcities.com



contact:

tel: +1 604 683 8604

fax: +1 604 608 6163

<http://www.execu-suites.com/building.html>

location:

355 Burrard Street
Vancouver BC V6C 2G8

2 Marine Building

DESCRIPTION: This fabulous art deco building amid downtown's square steel uniformity is an ornate sight to behold. Designer J W Hobbs wanted to transpose the architectural grandeur of New York City to then-modest Vancouver, and he did so with terracotta, steel, brass, marble, intricate nautical details, gargoyles, murals and an impressive 40-foot archway entrance. The 25-storey Marine Building was built in the late 1920s and now serves as an office building. It is set right at the 's edge, with the North Shore Mountains towering just beyond it. © wcities.com



contact:

tel: +1 604 683 2000(Tourist Information)

location:

8 West Pender Street
Vancouver BC V6B 1R5

3 Sam Kee Building

DESCRIPTION: The Guinness Book of World Records lists this landmark as the world's narrowest building. The edifice is a mere a meter and half wide, while its upper floor has less than two meters in available space with bay windows. The structure is named after a group of Chinese traders. The city decided to widen the street to allow for increasing traffic, thus reducing the size of their land. Undaunted, the men pushed through with their plans and erected a building. © wcities.com



contact:

tel: +1 604 331 3603
fax: +1 604 331 3800
<http://www.vpl.vancouver.bc.ca>

location:

350 West Georgia Street
Vancouver BC V6B 6B1

4 Library Square

DESCRIPTION: When bookworms and businesspeople from surrounding office towers want to enjoy a sunny day, they can often be found lounging outside in this busy downtown square. The area is rich with people-watching opportunities, so it's no surprise that many gather to read and snack. The square is located outside of the grand new Vancouver Public Library. Pick up a brochure at the library's information desk if you want a self-guided tour of the building. © wcities.com



Photo courtesy of The Library Square Conference Centre.

contact:

tel: 604 687 3278
<http://www.cactusclubcafe.com/>

location:

1136 Robson Street
Vancouver BC

5 Cactus Club

DESCRIPTION: Cactus Club Cafe is the leader in casual fine dining. They have earned their reputation by being innovative and staying focused on addictive food, outstanding service and beautiful restaurants. They strive to ensure that every customer leaves happy. Their globally inspired menu, addictive flavours and commitment to service will keep you returning for more.

contact:

tel: +1 604 662 3207
fax: +1 604 682 4008
<http://www.vancouverchinese garden.com/>

location:

578 Carrall St
Vancouver BC V6B 5K2

hours:

May-June 14 and Sept daily
10am-6pm; June 15-Aug daily
9:30am-7pm; Oct-Apr Tues-Sun
10am-4:30pm

6 Dr. Sun Yat-Sen Classical Chinese Garden

DESCRIPTION: Located in Vancouver's Chinatown, the Dr. Sun Yat Sen Classical Chinese Gardens welcomes visitors to relax and experience the perfect balance of yin and yang. The Dr. Sun Yat Sen Classical Chinese Garden Society started in 1981 as a way to bridge the gap and bring understanding between Chinese and Western cultures. The Canadian government, businesses and individuals shared this vision and helped with funding the initiative. The architecture and detail in the building are astounding, it took 52 experienced craftsmen from China to build and complete the work of art, over the span of just a year. The Dr. Sun Yat Sen Classical Chinese Garden sticks to the classical Chinese garden, where the design is based on the harmony of four key elements: rock, water, plants and architecture. Learn about the meaning behind the mystical plants, the jade green water, weathered rocks and the unique architecture. © NileGuide



contact:

tel: +1 604 688 0051
fax: +1 604 685 1912
<http://www.artspeak.ca/>

location:

233 Carrall St
Vancouver BC V6B 2J2

hours:

10a-6p Mon-Fri; call for evening shows

7 Artspeak Gallery

DESCRIPTION: If you want to look at intriguing modern art, stop by this cutting edge gallery. The connection between visual art and language is explored through contemporary art at this 15-year-old downtown space. Owned and run by a group of diverse artists, it exhibits many up-and-comers and encourages unknown artists to show their work. Along with exhibits, it also hosts discussions, creates publications and puts on other events. Donations are gratefully accepted. © wcities.com



contact:

tel: +1 604 257 8400 (Board of Parks and Recreation)
fax: +1 604 257 8427 (Board of Parks & Recreation)
http://www.city.vancouver.bc.ca/parkfinder_wa/index.cfm

location:

1100 Chestnut Street
Vancouver BC V6J 3J9

8 Vanier Park

DESCRIPTION: This is the best place in the city to fly a kite or watch talented people fly them with grace and finesse. Visitors can marvel at the skyward fancy loops, swirls and dips by the seashore. This large park located five minutes from downtown, is home to the Vancouver Museum, Vancouver Maritime Museum, Pacific Space Centre and Gordon Southam Observatory. Views of downtown and the water make this a place to sit and quietly observe. It's also home to the summer's Bard on the Beach and Children's Festival. © wcities.com



contact:

tel: 604 738 2025
fax: +1 604 738 4622
<http://www.bishopsonline.com/>

location:

2183 West 4th Avenue
Vancouver BC V6K 1N7

hours:

5:30p-11p M-Sa, 5:30p-10p Su

9 Bishop's Restaurant

DESCRIPTION: Elegant, intimate and one of the city's top restaurants, Bishop's Fine Dining is perfect for a quiet evening out with friends or a romantic dinner. This quiet, spare decor may at first seem unimpressive, but the gourmet West Coast cuisine and famously personalized service make it glitter. It was good enough for Clinton and Gorbachev when they were in town. The menu changes weekly, but past selections have included Saltspring Island Mussels steamed in Sake, and Roasted Duck Breast with Navy Bean Cassoulet. © wcities.com



Photo courtesy of Bishop's Restaurant

contact:

tel: 1 604 688 0461
fax: 1 604 688 4374
<http://www.pacificpalisadeshotel.com/>

location:

1277 Robson St
Vancouver BC V6E1C4



Pacific Palisades Hotel

DESCRIPTION: Vancouver's premier all-suite hotel was built in 1969 and renovated into a modern and eclectic destination in 1996. The hotel's unique style and special features has made it popular with the many movie production crews that visit the city, and its Robson Street location puts you right where the action is. Rooms are spacious, with most sporting fantastic views from windows that open to let in the mountain air. The bright yellow and apple-green walls and light wood furnishings offer a relaxing contemporary respite. Double-line dataports, work space and coffee makers with Starbucks coffee are included. © wcities.com



Day 2 - Vancouver

QUICK NOTE

DAY NOTE: Get out early to Lynn Canyon for a morning hike. There is an ecology centre here with information about local flora and fauna, and there is rainforest, waterfalls and pools, and a suspension bridge that swings 20 stories above the canyon. Lonsdale Quay is a fun place to visit for the observation tower, visiting stores, and people watching, and also a good place to find something tasty for lunch, as there are a number of local vendors selling everything from Mexican to Italian cuisines. You can spend the rest of the afternoon exploring some more of the open spaces in north Vancouver, such as the Tilford Gardens, which has a number of interesting theme gardens including one that has several rare indigenous species. Also in the area is Ambleside Park, which has a long, clean beach perfect for swimming or lounging, and Lighthouse Park, a lovely wilderness area. Hike to Jackpine Point in time to watch the sunset over the ocean. When you're ready for dinner, try one of the tasting menus at Raincity Grill, which are made up entirely of ingredients from farms and producers within 100 miles of the restaurant.

contact:
tel: +1 604 990 3755
<http://www.dnv.org/ecology>

location:
3663 Park Road
North Vancouver BC V7J 3G3

hours:
Park: Spring, Fall: 7a-7p,
Summer: 7a-9p, Winter: 7a
to dusk, Centre: 10a-5p M-
F, 10a-5p Sa-Su, holidays
(Jun-Sep), noon-4p Sa-Su,
holidays (Oct-May)

1 Lynn Canyon Ecology Centre

DESCRIPTION: This nature hut is nestled in Lynn Canyon Park. Featuring hands-on displays about animals, plants and the urban environment; it is a great way for families to round out an afternoon in the park. You can also enjoy films in the mini-theatre, play with the puppets or relax while the kids play with the piles of animal and nature toys around. The park itself is home to the Capilano Suspension Bridge, acres of hiking trails, a concession stand and picnic facilities. It is easily accessible by public transit. Please refer the website for open hours as they differ seasonally. © wcities.com



contact:
tel: +1 604 985 6261
fax: +1 604 985 4728
<http://www.lonsdalequay.com/>

location:
123 Carrie Cates Court
North Vancouver BC V7M
3K7

2 Lonsdale Quay Market & Shops

DESCRIPTION: Where the SeaBus trip from downtown ends, this large, unique market begins. Bring your camera and climb the seaview observation tower for an unobstructed shot of the city. The harbour market has three levels of shops, boutiques and restaurants. The ground level houses more than 60 fresh market vendors selling a variety of goods from flowers, fruits and vegetables, to sweets, soups and sauces. Specialty stores occupy the second level, carrying everything from home decorations to fashion for adults and children. The third level leads to the Lonsdale Quay Hotel. © wcities.com



Photo courtesy of Lonsdale Quay Market & Shops

contact:
tel: +1 604 984 8200
<http://www.parkandtilford.ca/pandtgardens.htm>

location:
333 Brooksbank Avenue
North Vancouver BC V7J 3S8

hours:
Dawn-dusk M-Su

3 Park & Tilford Gardens

DESCRIPTION: Waltz through the wisteria. Boogie among the begonias. Lunge over the lilies. With eight separate themed gardens, you will want to explore this oasis for hours together. Meditate in the oriental garden, stop to smell the flowers in the rose garden, be blinded by beauty in the white garden, and then relax by the rock pool. But there is more to see; a native garden with lots of indigenous plant life, an herb garden, colonnade garden and finally, a display garden. Guided tours can be arranged for groups of ten or more people, but appointments sought. Admission is free. © wcities.com



contact:
tel: +1 604 925 7200

location:
Marine Drive & 13th Street
West Vancouver BC V6T 1Z4

hours:
24 hrs

4 Ambleside Park

DESCRIPTION: Located in West Vancouver, Ambleside Park has it all, a view, lots to do and a great beach! Ambleside caters to all by offering a beach, fitness circuit and pitch 'n' putt. If you have your four-legged friend on vacation with you, there's even a dog path for your pooch. The view from Ambleside is pretty stellar; Stanley Park, Downtown Vancouver and The Lion's Gate Bridge are all in sight. It's not uncommon to see a cruise ship sailing its way out to the open waters as it makes its way up to Alaska. Bring a picnic or dine at the Beach House Restaurant, either way your tummy will be satiated. © NileGuide



contact:
tel: +1 604 925 7275
<http://www.westvancouver.net/article.asp>

location:
South of Highway 1/99, on the mouth of Burrard Inlet
Vancouver BC

hours:
24 hrs

5 Lighthouse Park

DESCRIPTION: This park is considered one of the most ideal places to hold hands and have a picnic. Built in 1912, Point Atkinson Lighthouse is a wilderness area close to the West Vancouver city centre. Easily accessible by car and public transit, it is a favourite day hiking spot. The park trails take you through huge Douglas firs, rocky cliffs and a granite shoreline. Be on the lookout for the bald eagles that nest in the Douglas firs. Unfortunately, the lighthouse itself is a working one and is closed to the public. © wcities.com



Photo courtesy of Lighthouse Park

contact:
tel: 6046857337
fax: +1 604 685 7362
<http://www.raincitygrill.com/>

location:
1193 Denman Street
Vancouver BC V6G 2N1

hours:

6 Raincity Grill

DESCRIPTION: Raincity Grill has been around since 1992 and continually has locals and visitors coming back on a regular basis because of the consistently impeccable service and delicious delights. RCG, as locals refer to it, prides itself with serving seasonal ingredients from a 100-mile radius, as much as possible. The menu is constantly changing with the new ingredients that are seasonally coming in. They offer a variety of prix fixe menus to suit varying tastes and budgets. The early prix fixe is a great bargain and is perfect for those seeing shows later in the evening. The in-house sommelier will help guide your taste buds in the right direction to pair your meal with the perfect vintage. Raincity Grill is perched right in front of English Bay and if you're lucky enough to sit out on the patio or by the windows, you will be in for a treat at sunset. © NileGuide

Mo to Fr from 11:30 AM to
02:30 PM, Sa to Su from
10:30 AM to 02:30 PM

contact:

tel: 1 604 688 0461

fax: 1 604 688 4374

<http://www.pacificpalisadeshotel.com/>

location:

1277 Robson St

Vancouver BC V6E1C4



Pacific Palisades Hotel

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Day 3 - Vancouver

QUICK NOTE

DAY NOTE: To get out to see the glacial fjords, head out on a kayak tour with Lotus Land Tours, who offer a Vancouver Kayak Wilderness Adventure. Indian Arm is Canada's most southernmost fjord, and is a calm inlet filled with marine life. Lunch is fresh veggies and fish on a small island in the fjord. You'll get back just in time to head up to Grouse Mountain, and take a gondola ride up to the top of the peak just north of the city. Take the sunset tour and try dinner at one of the restaurants at the summit, or travel up the mountain on your own and then grab Indian for dinner at Vij's, where seasonal local food is shaped into fabulous Indian fusion food.

contact:

tel: 1 604 688 0461
fax: 1 604 688 4374
<http://www.pacificpalisadesho.com/>

location:

1277 Robson St
Vancouver BC V6E1C4

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contact:

tel: +1 604 684 4922
fax: +1 604 684 4921
<http://www.lotuslandtours.com/>

location:

1251 Cardero Street
Vancouver BC V6G 2H9

hours:

Call for information

2 LotusLand Tours Inc.

DESCRIPTION: There's nothing quite as satisfying as settling down for a barbecue in the great outdoors after a day of kayaking. Paddle up Indian Arm to a fjord carved out in the last Ice Age and see seals, eagles, blue herons and geese on your way up. Once there, watch fresh local salmon being barbecued and served with roasted corn and crisp green salad. No experience or fitness level is required and pick-up from home and hotel can be arranged. Call or visit the website for trip details and schedules. © wcities.com



wcities

contact:

tel: 604 736 6664
<http://www.vijs.ca/>

location:

1480 W 11th Ave
Vancouver BC V6H 1L1

hours:

5:30p-11p daily

3 Vij's Restaurant

DESCRIPTION: The experience starts the moment you're greeted at the door by the gracious owner, Vikram Vij, and when the knowledgeable and amiable staff welcomes you with a complimentary cup of Chai tea. Since the critically acclaimed menu changes seasonally, you'll have to rely on your taste buds to guide you through. The vegetarian dishes (such as roasted mashed eggplant, local squash and tomato curry with daal) are always flavourful and beautifully presented. No reservations. © wcities.com



contact:

tel: +1 604 984 0661

fax: +1 604 984 7234

<http://www.grousemountain.com/>

location:

6400 Nancy Greene Way
Vancouver BC V7R 4K9

hours:

Daily 9am-10pm

4 Grouse Mountain

DESCRIPTION: Grouse Mountain is the closest mountain to the city and is open year round. After a 15 minute ride from downtown, make your way up the mountain in the gondola. Once you reach the top, the scene of the city and ocean in front of you will captivate you, leaving you speechless and in awe. If you're feeling energetic, skip the gondola and do the Grouse Grind. "The Grind", as locals call it, is not for the unfit and is a 2.9-kilometer trek up the mountain. Catering to all fitness levels, there are more relaxing walks on the mountain. If you're visiting Vancouver in the winter, you've come at the perfect time to take advantage of the mountain's skiing conditions. Grouse Mountain offers breathtaking views and unparalleled physical activities for various fitness levels. © NileGuide



contact:

<http://www.partner.viator.com/en/6793/tours/Vancouver/Grouse-Mountain-Sunset-Tour/d616-3005SUNSET>

location:

Vancouver British Columbia

Grouse Mountain Sunset Tour

DESCRIPTION: Finish a day on sightseeing with a sunset visit to Grouse Mountain. Travel by aerial tramway high above the alpine forest for breathtaking views over Vancouver as the sun goes down. Begin your tour traveling through world famous, Stanley Park and over the spectacular Lions Gate Bridge. You will be taken to the base of Grouse Mountain where North America's largest aerial tramway system will take you on a one mile journey high above the second growth forest and between the mountain peaks. The views are breathtaking - the city skyline, ships in the harbor, the glittering Strait of Georgia, and far-off Vancouver Island. When you reach the top of the mountain plateau, 3,700 feet (1,100 meters) above sea level, you will have two hours to explore, dine or just enjoy the fantastic view. Choose from a fabulous array of restaurants where Grouse Mountain chefs will delight you with the finest selections of west coast and specialty seafood dishes. From fine dining in the Observatory to the casual fare at Altitudes Bistro, there is a menu to please any palate. Enter Grouse Mountain's mile high Theatre in the Sky to see Canada's first high definition video presentation "Born to Fly". Experience British Columbia from an eagle's perspective on an aerial adventure exploring the natural wonders of the Pacific Province. During your visit you can also visit the orphaned grizzle cubs, Grinder and Coola in their protected natural habitat. © Viator



viator

Day 4 - Vancouver

QUICK NOTE

DAY NOTE: Visit Stanley Park in the morning, the city's most famous park. There is a community garden, rhododendron collection, and plenty to see and do. Take a walk along the seawall, a scenic path that runs along the entire shorelength of the park. Grab lunch at Subeez Cafe, a casual and friendly place to get some innovative fresh fare, and then take the bus northeast of town to Harrison Lake & Hot Springs. A small community on the lake, this is a great place to relax in the hot springs and take advantage of the beautiful surroundings on the beach or on a hike. Have dinner in town here, or ride back into town for a meal at C Restaurant, one of Vancouver's premiere seafood restaurants. C also happens to be one of the city's most ecologically responsible, even founding a fish protection program.

contact:

tel: +1 604 257 8400
(Vancouver Board of Parks
and Recreation)
fax: +1 604 257 8427
<http://www.city.vancouver.bc.ca/parks/parks/stanley/>

location:

Stanley Park Drive
Vancouver BC V6G 3E2

hours:

Park does not close

1 Stanley Park

DESCRIPTION: Located in Downtown Vancouver, Stanley Park offers a green oasis to city dwellers, stretching over 1,000 acres of land. Lord Stanley of Preston opened the park in 1888; at the time it was a haven for gathering various material and food. Today, Stanley Park is home to half a million trees, the Vancouver Aquarium, the Malkin Bowl, carved totem poles, monuments, beaches, a lighthouse, and plenty of trails to take in the fresh air. If hiking through forests isn't your thing, take advantage of the Seawall where you can run, walk, cycle or rollerblade the 5.5 miles around Stanley Park. Once you have worked up an appetite, stop and grab a cold drink and delicious bite to eat at one of the many restaurants in Stanley Park. © NileGuide



contact:

tel: +1 604 683 7943
fax: +1 604 683 7981
<http://www.ecowalkbc.com/>

location:

2695 Granville Street
Vancouver BC V6H 3H4

2 Stanley Park EcoWalk Tours

DESCRIPTION: A walk through Stanley Park guarantees getting acquainted with nature in just three hours. Rough it out on trails, drink in the pure forest atmosphere, study the diverse flora and fauna, and learn about the various trees in the park. The park guide is informative, so save all your nature queries for him. © wcities.com



wcities

contact:

tel: +1 604 257 8400

fax: +1 604 257 8427

location:

Stanley Park Causeway Road
Vancouver BC V6G 3E2

hours:

24 hrs

3 The Seawall

DESCRIPTION: Stanley Park's Seawall is one of the most famous places for outdoor activities in Vancouver. The 5.5-mile (8.8km) concrete route circles the perimeter of the park, offering a panoramic view of the Pacific Ocean and mountains. The salty breeze fused with hemlock and cedar, immense open space, and surroundings rejuvenate even the staunchest of workaholics. Parents pushing strollers, joggers, walkers, cyclists, and rollerbladers traffic the pedestrian thoroughfare. Benches are placed along the way. The sandy beaches that lay just off the wall are ideal for picnics and naps. © wcities.com



contact:

tel: 604 687 6107

<http://www.subeez.com/>

location:

891 Homer St
Vancouver BC V6B 2W2

hours:

Su from 09:00 AM to 12:00 AM, Mo to Fr from 10:00 AM to 04:00 PM, Mo to We from 04:00 PM to 12:00 AM, Sa from 09:00 AM to 01:00 AM, Th to Fr from 04:00 PM to 01:00 AM

4 Subeez Cafe

DESCRIPTION: This large concrete building in the downtown core is a prime and popular watering hole for young Vancouverites. The food at Subeez Café is creative West Coast cuisine with international flavors and fusions thrown into the mix. The spicy fries are notable. There is an extensive wine and beer menu, with several prime local brews on tap. Special musical nights and DJ events will rock your world. Along with the young staff's carefree attitude, art installments line the high gray walls, and massive, dripping candles establish the industrial-tinged eatery as a hip and funky place to be. Check website for more details. © wcities.com

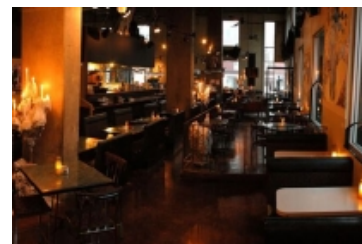


Photo courtesy of Subeez Cafe

contact:

tel: +1 604 796 5581 (Visitor Information Booth)

fax: +1 604 796 0289

<http://www.harrison.ca/harrison/>

location:

Esplanade Avenue
Harrison Hot Springs BC V0M 1K0

hours:

24 hrs

5 Harrison Lake & Hot Springs

DESCRIPTION: There is so much to do in this small resort town that you may have to make a schedule to manage your stay. Most popular as the home of a large mineral hot springs at the south end of the lake, the world-famous resort is popular. There are museums, theme parks, hotels, spas, shops, festivals, restaurants, beaches, an international sand castle contest, wind surfing, sailing, water-skiing, canoeing and more. Camping sites are on the east side of lake. © wcities.com



contact:

tel: 6046811164
fax: 604 605 8263
www.crestaurant.com

location:

2-1600 Howe Street
Vancouver BC V6Z 2L9

hours:

Mo to Th from 11:30 AM to
02:30 PM, Mo to Th from
05:00 PM to 11:00 PM, Fr from
11:30 AM to 02:30 PM, Fr from
05:30 PM to 11:00 PM, Sa
from 05:30 PM to 11:00
PM, Su from 05:30 PM to
10:00 PM

6 C Restaurant

DESCRIPTION: This restaurant's award-winning, Pacific Ocean-inspired creations impress critics, gourmands and newbie visitors alike. It also has one of the most spectacular views in the city. Its hip, spare, neutral decor features a two-storey glass window that gives every diner magnificent views. Among the delicacies offered are a variety of caviars, and fresh oysters at the raw bar with wasabi-infused salmon caviar or Caspian caviar, crème fraiche and gold leaf. Roasted Dungeness Crab Stuffed Turbot is among the entree selections. © wcities.com



Photo courtesy of C Restaurant.

contact:

tel: 1 604 688 0461
fax: 1 604 688 4374
http://www.pacificpalisadesho
tel.com/

location:

1277 Robson St
Vancouver BC V6E1C4

7 Pacific Palisades Hotel

DESCRIPTION: Vancouver's premier all-suite hotel was built in 1969 and renovated into a modern and eclectic destination in 1996. The hotel's unique style and special features has made it popular with the many movie production crews that visit the city, and its Robson Street location puts you right where the action is. Rooms are spacious, with most sporting fantastic views from windows that open to let in the mountain air. The bright yellow and apple-green walls and light wood furnishings offer a relaxing contemporary respite. Double-line dataports, work space and coffee makers with Starbucks coffee are included. © wcities.com



Day 5 - Vancouver

QUICK NOTE

DAY NOTE: Take the morning to tour some more of Vancouver's parks and green spaces. Don't miss the Pacific Spirit Regional Park, which borders the west side of the city and the University of British Columbia. This huge forest is filled with miles and miles of paths to hike. Nearby is the UBC Botanical Gardens, which has tons of rare and unusual plant species, and the Nitobe Memorial Garden, one of the most authentic and beautiful Japanese gardens in the Western Hemisphere. Stop in for some great local cheeses and charcuterie at the Salt Tasting Room at lunchtime, and then set out on one of Vancouver's famed mountain biking tours. You'll be hungry by dinner, and O'Doul's is the place to try some of British Columbia's wines paired with one of the restaurant's many delicious seafood dishes.

contact:

tel: +1 604 822 9666
fax: +1 604 822 2016
<http://www.ubcbotanicalgardens.org/>

location:

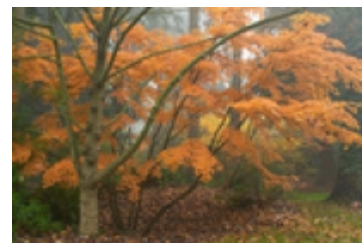
6804 SW Marine Dr
Vancouver BC V6T 1Z4

hours:

10a-5p M-Su

1 University of British Columbia Botanical Gardens

DESCRIPTION: Serious plant lovers will love the University of British Columbia. The prime attraction on campus, besides the must-see Museum of Anthropology, is the 28-hectare (69-acre) **UBC Botanical Garden**, home to more than 10,000 species of trees, shrubs, and flowers grouped into a B.C. native garden, a physic (or medicinal) garden, a food garden, and several others. You can also peruse the excellent plant and seed store (**Note:** You can't bring plants in soil across the U.S. border, or back into most countries, including the U.K.). Give yourself at least an hour if you want to explore this garden; an audio guide is available for C\$2 (£1). The garden is free from mid-October to mid-March. © Frommer's



contact:

tel: +1 604 224 5739 (GVRD Parks West Area Office)
fax: +1 604 257 8427
<http://www.gvrd.bc.ca/parks/PacificSpirit.htm>

location:

West 16th Avenue
Vancouver BC V6T 2C9

2 Pacific Spirit Regional Park

DESCRIPTION: This lush park covers over 763 hectares across the expanse of Point Grey, and is adjoining the University of British Columbia. It is popular with hikers and bikers. There are approximately 35 kilometers of trails used by bikers and horseback riders, and a further 18 kilometers for hiking only. Walkers and joggers enjoy the Sword Fern Trail that runs the length of the park. The best spot to enter is on 16th Avenue, west of Blanca Street. Admission is free and parking is available. © wcities.com

contact:

tel: +1 604 822 9666
fax: +1 604 822 2016
<http://www.nitobe.org/>

location:

1895 Lower Mall
Vancouver BC V6T 1Z4

hours:

10a-2:30p M-F

3 Nitobe Memorial Garden

DESCRIPTION: Professor Kannosuke Mori created this place in memory of Dr. Inazo Nitobe (1861-1933), an esteemed educator in Canada. The UBC garden opened in 1960, and was designed using the principles of Zen and Shintoism. Visitors leisurely stroll its curving paths counter-clockwise, as the garden progresses from beginning to growth and change to an ending. Japanese maples, flowering cherry, azaleas, irises and a reflective pond filled with Japanese koi provide color



all year-round. Admissions by donation. Opening hours vary seasonally. © wcities.com

contact:
tel: 604 633 1912
<http://www.salttastingroom.com/>

location:
45 Blood Alley Square
Vancouver BC V6B 1C7

hours:
Daily noon-mid

4 Salt Tasting Room

DESCRIPTION: One of the most popular eateries in Vancouver, the décor of Salt Tasting Room welcomes you with local European furniture. However, the restaurant does not have a conventional kitchen. Instead the place serves a wide variety of cheese, cured meats and condiments. Unlike traditional restaurants, patrons here assemble their plates with goodies listed on a chalk board. The menu changes daily; you can choose from a wide array of meat, exclusive cheese sandwiches, home-made soups, salads, wines and dessert. © wcities.com



Photo courtesy of Salt Tasting Room

contact:
tel: +1 604 924 0288

location:
4415 Strathcona Road
North Vancouver BC V7H 1W1

5 Velo-City Cycle Tours

DESCRIPTION: This accomplished cycling tour company offers exciting experiences for cyclists of all abilities. Tour the perimeter of Stanley Park by the Seawall, glide through the labyrinth of downtown streets, or tackle local Grouse Mountain. There are special cycling trips to the coast islands that are combined with boat trips. The tours vary from easygoing beginners to grueling off-roading. All trips are guided by experienced cyclists who are fully equipped with safety gear and descriptive knowledge of the city. Times and rates vary; call or visit the Web site for further information. © wcities.com

contact:
tel: +1 604 730 0220
<http://www.ridebig.com/>

location:
206-3333 West 4th Avenue
Vancouver BC V6R 4R9

6 Big Mountain Bike Adventures

DESCRIPTION: Founded in 2003 by local Chris Winter, Big Mountain caters to soul inspiring mountain bike tours. For those coming to British Columbia and wanting the the most talented guides and in-roads to some of the best mountain biking in the world, give these folks a call. Sometimes its best to hear it straight from the source. So here is what Big Mountain has to say about themselves: "At Big Mountain, our goal is to provide an experience of a lifetime for our participants. We're talking about one of those experiences that borders on life altering, or a least an experience that makes you feel so alive that you howl out loud with happiness. How do we aim to achieve this lofty target? Good question. Our trips are a carefully organized symphony of details with that goal in mind; some details are small and barely noticeable while others are in plain sight, right under your tires. Our mountain bike trips are unparalleled; melding the very best singletrack, unique cultural experiences, professional leaders in a flawlessly organized small-group adventure. We aim to take your riding to another level, have fun and experience the local culture. Our mountain biking roots run deep and our passion to innovate and deliver a worldclass adventure is evident at every turn. At the end of the day we just love to ride.



Big Mountain Bike Adventures

contact:

tel: 604 661 1400
www.odoulsrestaurant.com

location:

1300 Robson Street
Vancouver BC V6E 1C5

hours:

Mo to We from 06:30 PM to
12:00 AM, Th to Fr from 06:30
PM to 01:00 AM, Sa to Su
from 07:00 PM to 01:00 AM

7 O'Doul's Restaurant & Bar

DESCRIPTION: Located in the main lobby of the upscale Listel Vancouver, this restaurant and bar reflects the refined atmosphere set by the hotel. For more than three decades, the award-winning eatery has been a favourite among Vancouverites and visitors. It attracts executive travellers, young professionals and hungry suburbanites. The room is detailed with elaborate sculptures and intricate hanging light fixtures. There is a fully stocked 68-foot mahogany bar. The cuisine is a fusion of modern West Coast and traditional European. The oven-roasted duck breast with wild rice mushroom sauté and wild berry cassis jus is a typical entrée. © wcities.com



O Doul's Restaurant

contact:

tel: 1 604 688 0461
fax: 1 604 688 4374
<http://www.pacificpalisadeshotel.com/>

location:

1277 Robson St
Vancouver BC V6E1C4

8 Pacific Palisades Hotel

DESCRIPTION: Vancouver's premier all-suite hotel was built in 1969 and renovated into a modern and eclectic destination in 1996. The hotel's unique style and special features has made it popular with the many movie production crews that visit the city, and its Robson Street location puts you right where the action is. Rooms are spacious, with most sporting fantastic views from windows that open to let in the mountain air. The bright yellow and apple-green walls and light wood furnishings offer a relaxing contemporary respite. Double-line dataports, work space and coffee makers with Starbucks coffee are included. © wcities.com



Vancouver Snapshot

Local Info

Vancouver is Canada's third largest city and the only major city that's surrounded by ocean, mountains, sand and farmland. It's unique landscape makes it appealing to travelers with varying interests; whether you're into hiking, sailing, skiing, snowboarding, shopping or swimming, Vancouver has something that will keep everyone entertained. The cultures that embody Vancouver are as diverse as its landscape and can be seen in the many different businesses and neighborhoods around the city.

Downtown

Downtown Vancouver is home to the Business, Shopping and Nightlife Districts. Although a major city, Vancouver is spread over a relatively small area, which makes getting around the city a breeze. Downtown you can find Robson Street, Vancouver's most famous shopping district. Just off of Robson, you will find high-end boutiques, luxurious hotels and divine restaurants.

Head North of Robson Street and you will find yourself heavily immersed in Vancouver's Business and Financial District. Tall skyscrapers tower the streets and locals dressed in power suits charge down the sidewalks. Mixed amongst the concrete and glass you will find many cafés and perfect spots to stop and have lunch at. Canada Place is on the edge of the Business District, perched on the water and looks out over the water onto North and West Vancouver. Canada Place is home to many conventions and events that attract visitors from far and wide. Nestled at the back of Canada Place is the IMAX Theatre, where the movie list is constantly changing. Canada Place is also the anchor point to many cruise ships and during the summer it's a busy hub as the ships come and go.

The West End

West of Robson Street is Vancouver's West End. The West End is a colorful neighborhood that's rich in diversity and full of delightful cafés, restaurants and shops. The pink bus stops and Gay Pride flags give this neighborhood charm and a warm welcome to all visitors that stroll through. Davie Street is home to the West End's busy shopping and lively nightlife district. Stroll all the way down

Davie Street and you will find yourself face-to-face with the ocean. English Bay is popular amongst locals for its great view, perfect picnic backdrop and sensational sunsets. Stanley Park, Vancouver's own rainforest surrounded by city, is a short walk, bike or bus ride from the West End. The Seawall runs around the city and provides an easy path to get from English Bay to Stanley Park.

Gastown

Gastown is just a hop, skip and a jump away from Vancouver's Business District and is the oldest neighborhood in the city. During the summer, when Vancouver's tourism is at its peak, Gastown is buzzing with visitors. There are plenty of art galleries, shops, restaurants and interesting historical facts that draw tourists to this area of town. In the heart of Gastown there is a tribute to Gassy Jack, Vancouver's first settler, and it draws visitors to stand around and gaze at his statue. Gastown is famous for its vocal Gastown Steam Clock and it's not uncommon to see a crowd huddled around the musical timepiece on any given day of the year. Wander down the red cobbled streets, fitted with trendy boutiques and art shops, and admire some of Vancouver's oldest architecture and Victorian street lamps.

Chinatown

A short walk away from Gastown, and you will find yourself being welcomed by the Vancouver Chinatown Millennium Gate upon entering Chinatown. Vancouver's Chinatown is the second largest in North America, second only to San Francisco's. Rich with culture and many different shops, you will feel as though you have traveled outside of Canada while you wander the foreign streets. While in Chinatown, make sure to stop in at Dr. Sun Yat-Sen Classical Chinese Garden and The Chinese Cultural Centre. Traditional Chinese culture has been transported into Vancouver via these attractions. Dr. Sun Yat-Sen Classical Chinese Garden is ripe with customary Chinese architecture and botany. Chinatown is a great spot to grab some dim sum and pick up a souvenir to take back home.

Yaletown

Southeast of Robson Street is Yaletown, one of Vancouver's newest and trendiest neighborhoods. Known historically for being the city's warehouse district, it took a turn for change during Expo'86 and has since become a place filled with unique shops, new condos and luxurious restaurants. Perched on the edges of the Seawall, Vancouver's Nightlife District on Granville Street and Robson Street, Yaletown is a central hub to many of Vancouver's neighborhoods. Yaletown is a great place to spend the afternoon shopping and dining on one of the many patios that are scattered in the area.

False Creek

Across from Yaletown is False Creek, which is a quiet residential area along the water and it's also home of the Olympic Village and Science World. Twelve blocks up from the water and you will find yourself on Broadway Street, which is a bustling street that stretches from East Vancouver to Kitsilano. There are many buses that go along Broadway, which makes it an ideal route to get from one side of the city to another.

South Granville

South Granville is smack in the middle of False Creek and Kitsilano. Granville Street extends itself from Downtown all the way out to Richmond, a suburb of Vancouver. South Granville has many great stores, restaurants, antique shops and art galleries. Take a wander down to Granville Island and you will be at one of Vancouver's best attractions that stirs both locals and visitors together. Public transportation makes it a breeze to quickly get from Downtown Vancouver to South Granville or Granville Island.

Kitsilano

Just past the South Granville area you will find yourself in Kitsilano. "Kits", as locals refer to it, is home to Vancouver's most popular beaches and depending on how secluded you want to be, there's a beach to suit whatever your preference may be. Kits Beach is usually packed with both young and old people that spend the day playing volleyball, swimming, sun tanning and picnicking. Further into Kitsilano there are some less busy beaches; Jericho and Spanish Banks are fantastic spots

Vancouver Snapshot continued

where you won't feel overwhelmed by crowds. Wreck Beach is well known amongst liberal sunbathers and clothing is optional at this beach. With two main shopping streets, West Broadway and 4th Avenue, you will be spoiled for choice when it comes to stores, restaurants and spas. 4th Avenue is just a short walk from the beach, which makes it both convenient and easy to access.

North Vancouver & West Vancouver

Locals usually give directions that indicate North, South, West and East and an easy way to figure out where North is, is to look for the mountains. North of Downtown Vancouver is North Vancouver and West Vancouver, or as locals call them, "North Van" and "West Van". North and West Van are both lovely residential and commercial areas. Taking a trip up the mountain to go hiking or skiing is a breeze when you're on this side of town. Cypress Mountain and Grouse Mountain are a short drive away, and a very scenic one at that. Some of the best hikes and biking trails are in North Vancouver. Capilano Suspension Bridge and Lynn Canyon are both popular choices amongst locals and tourists when they want to get their heart rate up and enjoy some fresh air. Lonsdale Quay is like North Van's Granville Island. It's a busy market filled with many different counters that range from fresh fish, creamy cheeses and tasty baked treats. If you're going to Whistler, you can take the Sea-to-Sky Highway from West Vancouver up to Whistler.

East Vancouver

East Vancouver is one of the city's older neighborhoods that is quickly gaining popularity amongst young families and attracting all types of crowds with their hip stores and diverse variation of restaurants and bars. Commercial Street is always hopping with people because there's something for everyone there. Vancouver's own "Little Italy" is on Commercial and there are plenty of stores and cafés to get a fix for something your Italian Mamma would make you. The PNE has been around in East Van for years and still has its original roller coaster. There are a number of new and old rides that create an exhilarating afternoon for kids, or the kid in you.

© NileGuide

History

This young city was once a wild, densely forested and mountainous coastal area inhabited only by First Nations people and wildlife. Many events have combined to transform the once wild setting into the thriving cultural and business center it is today. Yet the city retains its natural beauty, now set around a diverse urban core. And to think it all began with a couple of explorers who recognized the bountiful resources and spectacular potential of the area.

When British explorer Captain James Cook first arrived here in 1778, the natives in Nootka Sound mistook the captain and his raggedy crew for a boatful of strange, transformed salmon. It's no wonder, really; the First Nations had lived undisturbed for thousands of years. The region's temperate climate, coastal location and excellent food supply made it an ideal place for natives to subsist comfortably for most of the year. Many, including the Musqueam, Kwakwaka'wakw and Squamish lived and thrived along the shorelines of Burrard Inlet. But then the white European settlers came and claimed the land as their own, altering years of relatively peaceful living.

The city's transformation began with explorers seeking the Northwest Passage, a sea route through northern America. In 1791, Spanish explorer Jose Maria Narvaez came through the waters but decided not to go ashore. In June of the following year, two more explorers showed up. England's Captain George Vancouver led his ship, the sloop H.M.S. Discovery, into Burrard Inlet and later went on to chart the area's waters. He exchanged information with Spanish explorer Dionisio Alcalá Galiano, who showed Captain Vancouver maps he had already made of the area.

Though the British controlled the area, it wasn't until 1808 that they sent Simon Fraser to set up trading posts in the region. The fur trade, which was followed by gold rush mania, would forever alter the region.

Settlers thrived on fish, lumber, fur and farming. In 1858, gold was discovered on the Fraser River and, within weeks, nearly 30,000 Americans had flocked to the area in search of bounty. Fearing a takeover by the Americans, the British declared the mainland a British colony, thereby keeping the prosperity under its control. In 1859,

New Westminster (once called Sapperton because British sappers were stationed there) was incorporated and declared the capital of the province.

Meanwhile, a talkative gentleman named John Deighton pulled his canoe into Burrard Inlet and decided to capitalize on the area's industry. The village he founded was eventually named Gastown after him, the name derived from his loquacious nickname: "Gassy Jack." Deighton opened up a successful saloon, serving hundreds of thirsty mill workers and prospectors in the budding town. Gastown began to fill up with small shops and services. Deighton was more than just a notorious saloon owner, though. Some historians say he was the founding father of Vancouver because he had faith in its potential before anyone else did.

As the population grew, people moved outward to settle in areas now known as Burnaby and Delta. The first newspaper went to the presses in 1861, and the first hospital was built the following year. In 1865, the first telegraph lines reached here, and the first message to travel along its wires announced the assassination of U.S. President Abraham Lincoln. Other urban staples appeared including a rudimentary postal system and a stagecoach line for transportation. Extensive logging soon cleared the area.

Canada was confederated in 1867, and the sweeping effects of this change were felt almost immediately in Vancouver. One of the pivotal moments in the history of the city was the extension of the Canadian Pacific Railway in 1884. The railroad now reached clear across the country and brought thousands of people to the area to do business and settle. Rapid development began, and the population grew from 400 to 13,000 in four years.

In 1886, the city of Vancouver—population 1,000—was officially incorporated. Two months later, the Great Fire of 1886, driven by strong winds, destroyed virtually the entire downtown area in just 20 minutes. That same day, after the smoke had cleared, with just half-a-dozen buildings left standing, the citizens of Vancouver began to rebuild. Buildings erected that year still stand today. One of the most significant changes brought by the fire was the transformation of the town's military reserve into the now famous Stanley Park,

Vancouver Snapshot continued

the city's oasis. The opening of the Panama Canal, which facilitated travel, imports and exports to and from Europe, spurred growth of the city's port, located in one of the world's finest natural, year-round harbors.

By 1928, the Lower Mainland's population had reached more than 150,000. Many memorable mayors governed the growing city; these included Gerry McGreer. McGreer was an enthusiastic politician who came into office in the 1930s with election guns blazing. He promised to eradicate gambling, white slavery, corruption and other issues important to the city's wealthy residents. He promised the impossible, but he did succeed in building the Art Deco Vancouver City Hall in 1936.

Like everywhere else, the Great Depression took a toll on the city. Some growth, however, did occur in the 1930s, including the creation of the Vancouver Art Gallery and opening of a steel plant in Burnaby.

World War Two pulled the city out of its economic lull: shipyards, factories, parts exporting and real estate boomed. Human rights also got a positive injection when East Indian and Chinese-Canadian citizens finally got the provincial vote in 1947. Japanese-Canadians and First Nations people, however, had to wait until 1949 for the same right.

The 1950s was an era of rapid growth and prosperity, including the extensive development of suburban Vancouver. The population rose to 800,000 by 1961. The 1960s saw many additions to the city's physical and cultural portfolio: the B.C. Lions won the Canadian Football League's Grey Cup, the Vancouver Canucks debuted in the National Hockey League, and Simon Fraser University, the Second Narrows Bridge, 401 Freeway, and the world-class Whistler Ski Resort were built.

This young cosmopolitan city has a brief but exciting history. Many weird and wonderful events have shaped its urban personality, from the local raiding of the biggest LSD factory in the world to our newfound reputation as "Hollywood North." The city has become the third largest in the country, with an international reputation as one of the best places in the world to live and visit.

©

Hotel Insights

Most accommodation in Vancouver was designed with the discerning visitor in mind. There is a variety of lodgings available, from economical to the luxurious, from modern to historical, and from quiet beachside locations to those at the bustling city core. If cost is of no real concern, downtown has many world-class luxury and business hotels. There are also more modest but comfortable hotels, motels, and bed and breakfasts situated throughout the city that offer inexpensive and moderately priced rooms.

Downtown

Major shops, services, restaurants and attractions are located in the heart of downtown, so it's no surprise that larger hotel chains and landmark hotels call it home. Among them is the Fairmont Hotel Vancouver, where Queen Elizabeth billets when visiting the coast. It is one of the city's oldest and most striking landmarks, and its green copper chateau-style roof towers above the city skyline. Across the street is the Grand Old Lady of Georgia Street, the Crowne Plaza Hotel Georgia. The 12-storey heritage building has occupied the corner of Howe and West Georgia streets since 1927.

Business travelers will find staying at the Hyatt Regency and the Four Seasons convenient. Along with modern amenities and superior rooms, both have business facilities and are located beside shopping centres.

For water and mountain views, there are two world-famous choices, both situated at Canada Place. They are the Fairmont Waterfront, voted the country's top business hotel, and the world-famous Pan Pacific, luxuriously appointed. And if it is more refinement you're looking for, the Sutton Place Hotel is the place to be. With lavish accommodations styled after European homes, it's one of most elegant hotels in the city. Newer additions to the downtown hotel set include the Sheraton Wall Centre, Westin Grand Vancouver, and Lord Stanley Suites on the Park.

Budget conscious travelers who wish to stay downtown have a choice of many establishments with affordable rates. The Kingston is said to be the best low-cost hotel in town. In the heart of the theatre and club scene are the Barclay, Parkhill

and Days Inn Vancouver Downtown. For the most inexpensive lodging downtown, there are two international youth hostels. The Jolly Taxpayer Hotel is also a popular choice among budget travelers.

West End

This densely populated area is still downtown, but located west of Burrard Street in the direction of Stanley Park, stretching between English Bay and Coal Harbour. It offers apartment-style accommodations and homey bed and breakfasts steps from the beach, Stanley Park and other attractions. The West End is teeming with diverse restaurants, bars, lounges, nightclubs and shops.

The Pacific Palisades Robson Street location can't be beat, especially when you're in town to shop. But if it's a room with views of Stanley Park and the North Shore mountains that you're after, the Westin Bayshore and new Meridian at 910 Beach are ideal choices. Also within short walking distance of the park is the elegant Buchan Hotel.

One of the most notable hotels on this side of town, however, is the eight story Sylvia Hotel with its ivy-covered brick walls. It's the first high-rise to be built in the West End and the first to operate a cocktail bar in Vancouver.

False Creek and West Side

This uptown area across the water from downtown has many inexpensive hotels that offer value and well-kept rooms. Only a short walk from the city core, you can enjoy the relative serenity of the area while still remaining close to the action. The Granville Island Hotel, for instance, is nestled on the market and restaurant-sprinkled island, with water views and great rooms. Other hotels in the vicinity are the Holiday Inn, Ramada, and Plaza 500 Hotel.

The West Side, especially Kitsilano, has many world-class bed and breakfasts close to beaches that stretch for miles into Point Grey. Kitsilano in particular is laid-back, comfortable and filled with shops, theatres and restaurants. Some special B&Bs in the area are Johnson Heritage House B&B, Maple Beach B&B, and the Walnut House B&B.

North Shore

Vancouver Snapshot continued

Once you cross Burrard Inlet via the Lions Gate Bridge or SeaBus from Vancouver, you reach the green splendor of the North Shore. It's near Grouse Mountain, Cypress and Mount Seymour ski areas, Capilano Suspension Bridge, Lonsdale Quay and many notable boutiques in North and West Vancouver.

At the foot of the North Shore mountains, you will find motels like the Ramada Vancouver-Northshore and Canyon Court Motel. Some bed and breakfasts set in forested areas include A Lynn Canyon House Bed & Breakfast and the Capilano Canyon Guest House. Other options are the panoramic city views and unique shopping possibilities of the Lonsdale Quay Hotel, located right beside the Lonsdale Quay Market.

Richmond/Airport

If you wish to stay near the airport or simply want to visit the city of Richmond, there are several accommodation choices. The Fairmont Vancouver Airport Hotel is nearest to the airport, located just steps away from the main terminal. If you want to experience the different things Richmond has to offer, however, stop at the Radisson President Hotel. It is close to a popular Chinese supermarket, adjacent to a Buddhist Temple and minutes from shopping centres. Other places to stay include Sandman Hotel Vancouver Airport, and Holiday Inn Airport.

©

Restaurants Insights

Whether diners crave glamorous, elegant, warm or unadorned, Vancouver offers thousands of choices for memorable cuisine. Many of the city's establishments are internationally renowned and combine superb cuisine with extraordinary atmosphere.

Food-loving urbanites flock to bistros, dining rooms and cafes that range from home-style grub in perpetually busy diners to gourmet masterpieces in refined restaurants. Visitors can savour exotic Malaysian fare at lunch and Russian by nightfall, or choose from dozens of other ethnic cuisines. There are so many good restaurants in this city that it is difficult to narrow any list down to a few, but here are some noteworthy highlights.

Downtown

Joe Fortes Seafood & Chop House is a local favourite and a great place to go for beer and fresh smoked oysters. Other downtown highlights include Chartwell Restaurant, Diva at the Met, Le Gavroche, CinCin Ristorante and Piccolo Mondo.

West End

This beachside neighbourhood is known as one of the largest gay and lesbian communities in the country. The dining selection here is superb: busy Stepho's Souvlaki Greek Taverna has traditional Hellenic treats and the award-winning Raincity Grill, has elegant decor that is upstaged only by its West Coast flavours. Another award-winner, Sami's, has its second location here (the other is in Kitsilano), serving up Indian-inspired original creations. The popular Cafe de Paris celebrates Gallic cuisine here, too.

Yaletown

This is a good place to start your exploration of the city's culinary creativity. Many of the city's hottest eateries brighten this film and fashion centre. The Italian romance of Villa del Lupo and La Terrazza will soften even the most Scrooge-like of connoisseurs. If you prefer your meals more laid-back and inexpensive, Subeez and the Yaletown Brewing Co. are trendy hangouts with good food, eager-to-be-seen crowds, and in some cases, pouty and aloof wait-staff. The Southern-style barbecue creations at Dix BBQ & Brewery are also popular.

Gastown

This charming historic area has an eclectic selection of eateries. For hot and spicy dishes to warm up with on cool days, the Jewel of India Restaurant will satisfy. For a relaxed atmosphere and interesting experience, try the internationally-known Blunt Bros. Cafe. The Irish Heather is a relative newcomer to the area, and packs them in almost every night.

Chinatown

From Dim Sum to fine dining, Vancouver's Chinatown offers Asian delicacies and treats. Some of the most popular venues include the busy and noisy Pink Pearl Seafood Restaurant and the Floata Seafood Restaurant, for authentic Hong Kong-style creations hot and fresh from

the wok. Hon's Wun-Tun House is a good choice as well.

Granville Island

This once-industrial island was transformed in the 1970s into what it is today: a city oasis with a famous public market, heavenly bakeries and cafes and fresh-food restaurants. Seafood lovers will revel in Bridges' three-level restaurant, wine bar and bistro. Other choices include the Creek Restaurant and the Arts Club Backstage Lounge.

Kitsilano

This casual and health-conscious neighbourhood has some of the top restaurants in town. Weekend line-ups shouldn't daunt you from trying out the kitschy, faux-greasy spoon humour of Sophie's Cosmic Cafe, whose breakfasts are rumoured to be the best in town. The Naam is a landmark, open 24 hours and offering a selection of organic and vegan health food. Top of the heap is Lumiere, with its fine French cuisine infused with a West Coast sensibility and the freshest of ingredients. Other critic's darlings: Sami's Indo-American Bistro's fresh and creative Indian-style; Pastis' French cuisine taken to new heights; and the raved-about Vij's Indian fusion creations. For young and casual hangouts, try the bar-like atmosphere of Nevermind.

Point Grey

This somewhat sleepy and upscale section of the city offers many dining choices. Try the Celtic hospitality of Dentry's Irish Grill for a good time and meal. If you want something more intimate, the Brock House Restaurant provides an elegant setting for special dinners, and Cafe Madeleine has live music, readings and artwork. True Confections is the place to go afterwards for rich desserts.

East Vancouver

There is plenty to sample all over vibrant East Vancouver, from Main Street's Little India to Victoria Drive's Portuguese neighbourhood to Commercial Drive's Little Italy. Try the savoury Indian fare at Nirvana and All India Sweets, both on Main Street. Farther east on Commercial Drive, there is so much to choose from that it may take a week of dining just to get an idea of its offerings. Places like Federico's Ristorante & Supper Club offer traditional

Vancouver Snapshot continued

Italian meals, while newer places like the Cuba-inspired Havana and the literary Bukowski's offer hip alternatives with live entertainment. Fet's has a 1950s diner feel, while Cafe Deux Soleils serves creative vegetarian meals. Further west on Main Street, young and artistic hangouts like the Locus and the Grind & Gallery Coffee Bar are changing the shape of city dining.

South Vancouver

Restaurants are fewer and farther between in this suburban uptown area, but there are gems worth the quick drive from downtown. The elegant Seasons Hill Top Bistro in Queen Elizabeth Park offers fine dining.

Nightlife Insights

Vancouver offers everything from fine arts, cinema, literary readings, theatre and many spectator sports. The arts and entertainment weekly the Georgia Straight, and the Thursday and Friday editions of the Vancouver Sun and Province provide extensive listings of the city's events and venues.

Music

Bryan Adams, Sarah McLachlan, k.d. lang, Bif Naked, 54-40 and Diana Krall. These are just some of the big-name artists who began their music careers here. They have made it so big that you rarely see them perform locally anymore. When they do, you will find them at large venues like B.C. Place, General Motors Place, the Vogue, Orpheum Theatre or Queen Elizabeth Theatre.

Vancouver's music scene is diverse. The Chan Centre for the Performing Arts at the University of British Columbia and the Orpheum Theatre, home of the Vancouver Symphony Orchestra, are great venues for classical music performances. For jazz, blues and fusion, the best bets are the Cellar Restaurant & Jazz Club, Rossini's, the Roxy, Blue Note Jazz Bistro, Starfish Room and the Yale.

For punk, indie and other aural alternatives, smaller venues like the Commodore Ballroom and the Railway Club are probably your best bets to catch local and international talent in intimate settings. Of course, nothing's more intimate than an in-store performance at Red Cat Records.

For electronica, house and slyly spinning DJs, Sonar, the Sugar Refinery and Nevermind are some of the places to go.

Cinemas

Several first-run movie theatres are within a few blocks of each other downtown. Across the bridge, the newer Fifth Avenue Cinemas show popular art and alternative films to grateful West Side crowds. For independent, art, foreign and experimental films, check out the diverse listings at the Ridge, and the Pacific Cinematheque.

Vancouver also has two large-screen theatres: the Alcan Omnimax Theatre at Science World and the CN IMAX at Canada Place.

Mega-screen movie theatres have been popping up over the last few years, and there are more than a few in and around the city, like Cinemark Tinseltown.

Theatres

From classic Broadway hits to innovative productions, rich and varied theatrical activity has always been a part of the city's entertainment scene. The 2,929-seat Queen Elizabeth Theatre is the city's largest. It's perfect for seeing touring musicals, international opera and modern dance. Next door to the QE is the more intimate Vancouver Playhouse, a 668-seat auditorium that stages plays, concerts, chamber music and modern dance.

Other theatre and concert venues include the Arts Club Theatre, the refurbished Stanley Theatre, Orpheum, Firehall Arts Centre, Presentation House Gallery and the Vancouver East Cultural Centre.

Comedy

For seriously funny stuff, try Yuk Yuk's. It has theatre-style seating, a full-dinner menu and stand-up comics from the city and around the world. The Arts Club Theatre on Granville Island is another venue for interactive fun. It's home to the Theatre Sports "improv" group.

Sports

Vancouver offers a medley of sports events. From September to May, the NHL's Vancouver Canucks plays the coolest game on earth in General Motors Place.

June kicks off the pre-season games of the Canadian Football League. You can catch

the B.C. Lions in action from July to late October at B.C. Place.

Festivals

Some acclaimed international festivals that provide year-round fun and entertainment include the Vancouver International Film Festival, Vancouver Fringe Festival, Vancouver International Children's Festival, International Jazz Festival, Comedy Festival, Folk Music Festival, and New Music Festival. They occur all over the city and offer locals and visitors a chance to mingle.

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Things to Do Insights

Vancouver is a city of adventure. Tours, whether professionally-guided or a personal adventure, give visitors the chance to take advantage of the city's vitality and experience the area's natural beauty. The biggest problem is deciding how you're going to take in all there is to see.

Tour One: Vancouver On Foot

For a glance into the city's past, try the free Historic Walking Tours of Gastown. Set in the city's birthplace, the daily tour highlights the area's many attractions and shopping, restaurants and bars. Visit the Steam Clock, shop at The Landing, and get a picture taken with the statue of the area's founder, Gassy Jack. You'll stroll through streets named Blood Alley and Gaoler's Mews, the city's first jail cell.

There is much to discover by walking through the streets of Vancouver. The Architectural Institute of B.C. (AIBC) provides a variety of tours in the summer months. The free tours show Vancouver's history through the city's architecture. Visit highlights like Canada Place, Robson Square, Cathedral Place, and Strathcona.

You can stroll through Burnaby Village Museum, saunter through the exhibits in the Canadian Craft Museum, enjoy a sample of micro-brewed beer in the Granville Island Brewery, and learn about West Coast First Nations culture at the Museum of Anthropology.

Another guided walking tour follows the history of the Chinese-Canadian community in Chinatown. Many tour companies offer tours that take you through one of North America's largest Chinatowns. You'll see Dr.

Vancouver Snapshot continued

Sun Yat Sen Classical Chinese Gardens, the Chinese Cultural Centre Museum and the bustling street markets.

If you would rather explore Vancouver at your own pace, then pay a visit to the Vancouver Tourist Information Centres. One of the city's best features is its close proximity to natural wonders. For guided hikes through some of its closest attractions, such as Lighthouse Park, Horseshoe Bay and Bowen Island, check out Rockwood Adventures. They have an extensive selection of walking tours.

Tour Two: Nature

For bus tours, there are several companies in the city, including Gray Lines and Pacific Coach Lines. If you're looking for a smaller mini-van tour, then try Cityscape or Blue Mountain Tours. Many offer multilingual, narrated tours that can be customized.

With the fresh air and views, it's easy to get caught up in the city's healthy vibe. Velocity Cycle Tours takes you on guided cycle tours of the city and surrounding area. You'll spend time in and around Granville Island, Vanier Park and Grouse Mountain.

There are also several options for those looking for unusual excursions. At Stanley Park, Horse Drawn Tours take passengers on an old-world wagon ride through the 1000-acre park. For something less equestrian, the Vancouver Trolley Company takes passengers on a turn-of-the-century trolley ride to view the city's sites along various avenues and thoroughfares. You can see the city at your own pace, getting on or off at any of the 16 stops to visit attractions.

For a minivan customized tour, try Captain Billy's Magical Tours. Or see the city in style with Fridge's Early Motion Tours, who not only personalize their excursions, but do it all in a 1930s Ford Model A. To learn more about West Coast First Nations, several tour companies, including West Coast City and Nature Sightseeing and Detours Excursions B.C. have special day trips that highlight the heritage, history, art, and importance of B.C.'s native cultures.

For an extravagant and romantic tour, B.C. Rail's Pacific Starlight Dinner Train runs from spring to autumn. A restored dining car provides gourmet cuisine and views as it glides through North Vancouver, Howe Sound, and Porteau Cove. Another opulent B.C. Rail excursion offers a combination

voyage. Take the luxury steam locomotive Royal Hudson Steam Train to Squamish, passing along the coastline past West Vancouver and Horseshoe Bay. Once at Squamish, cruise home to Vancouver on the Harbour Cruises "Britannia."

Often referred to as the "Hollywood of the North," Vancouver is the third largest film and TV shooting centre in North America, after L.A. and New York. The popular "X-Files" was shot here for years. Hence the idolatrous X-Tours, which, among other special experiences, offers limousine tours of spots where X-scenes and memorable film moments took place.

Tour Three: By Water

Touring Vancouver by water can be adventurous and is one of the best ways to see the area. Although the more daring can charter their own boats at places like Cooper Boating, companies like Harbour Cruises offer guided sightseeing cruises that let passengers view the city from Burrard Inlet, Howe Sound, Vancouver's harbour and English Bay.

B.C. Ferries can take you to the city's surrounding islands for great day trips, and the convenient SeaBus enables you to travel quickly to and from the downtown waterfront and the North Shore. Starline Boating Tours offer seasonal trips throughout the area. You can take a tour of the historic fishing village of Steveston, hop aboard the sea lion cruises in the spring, marvel on a killer whale watching expedition or relax on the Pitt Lake cruise.

There are also several wilderness sightseeing tours that use Vancouver as a launching point. Paddlewheeler River Adventures and LotusLand Tours provide water excursions that offer insight into the spectacular scenery and history of British Columbia.

Tour Four: By Air

Vancouver by air is a spectacle that every visitor should experience. There are a number of reliable air tour providers in the region. Although more extravagant than a ground-bound tour, air charters offer unforgettable bird's-eye views. Harbour Air has a fleet of seaplanes that provide quick city tours, as well as outings into secluded wilderness areas.

Vancouver Helicopter Tours also offers panoramic air trips over the city and

surrounding mountains and valleys. They have a nighttime flight, the Grouse Heli-Picnic, where you can fly up to Grouse Mountain and dine while overlooking the city.

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Travel Tips

Getting There

By Air

Situated nine miles south of downtown, the Vancouver International Airport (YVR) (+1 604 276 6500/ <http://www.yvr.ca>) ushers in more than 15 million passengers a year. Amenities include numerous restaurants and shops, a spa, dry cleaners, a kid's play area and even a dentist. The following major airlines all touchdown upon its runways:

Aero Mexico (+1 800 237 6639/ <http://www.aeromexico.com>) Air Canada (+1 800 776 3000/ <http://www.aircanada.ca>) Air China (+1 800 227 5118/ <http://www.china-airlines.com>) Air New Zealand (+1 800 663 5494/ <http://www.airnz.com>) Alaskan Airlines (+1 800 252 7522/ <http://www.alaskaair.com>) Aloha Airlines (+1 800 367 5250/ <http://www.alohaairlines.com>) American Airline (+1 800 433 7300/ <http://www.aa.com>) British Airways (+1 800 247 9297/ <http://www.british-airways.com>) Continental (+1 800 525 0280/ <http://www.continental.com>) Delta (+1 800 221 1212/ <http://www.delta.com>) El Al (+1 800 223 6700/ <http://www.elal.co.il>) Japan Airlines (+1 800 525 3663/ <http://www.japanair.com>) Korean Air (+1 800 438 5000/ <http://www.koreanair.com>) Lufthansa (+1 800 645 3880/ <http://www.lufthansa.com>) Northwest (+1 800 225 2525/ <http://www.nwa.com>) Qantas (+1 604 279 6611/ <http://www.qantas.com>) Scandinavian Airlines (+1 800 221 2350/ <http://www.scandinavian.net>) Singapore Airlines (+1 800 742 3333/ <http://www.singaporeair.com>) United (+1 800 241 6522/ <http://www.ual.com>) US Airways (+1 800 428 4322/ <http://www.usairways.com>) Zoom Airlines (+1 866 359 9666/ <http://www.flyzoom.ca>)

Helijet International provides service between Vancouver and Victoria. They also offer charter services from their Vancouver Airport base. (+1 604 273 4688/ <http://helijet.com/>)

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The Vancouver Airporter Service(+1 800 668 3141) stands as the most popular form of ground transportation into downtown. Buses exit every 15 minutes from 6:30a-9:15p, and every 30 minutes from 9:15p-midnight. It services all major downtown hotels. One-way tickets cost around USD12.

More than 400 metered taxis service the airport. Rides into downtown take 25 minutes and average USD25. They can be found outside of the domestic and international terminals and operate around the clock. Some of the more noted cab companies include:

Black Top& Checker Cabs Ltd(+1 604 731 1111) Bonny's Taxi(+1 604 435 6655) Yellow Cab Company(+1 604 681 1111)

Rental Car Companies

Alamo(+1 800 327 9633/ <http://www.alamo.com>) Avis(+1 800 831 2847/ <http://www.avis.com>) Budget(+1 800 527 0700/ <http://www.budget.com>) Hertz(+1 800 654 3131/ <http://www.hertz.com>) National(+1 800 227 7368/ <http://www.nationalcar.com>) Thrifty(+1 800 367 2277/ <http://www.thrifty.com>)

Another attractive ground transportation option is Zipcar, which operates in certain cities in Canada and the U.S. This new breed of rental car allows you to rent on an hourly basis rather than a daily basis. Be sure to register online before your trip. Zipcar(+1 866 404 7227/ <http://www.zipcar.com>)

By Train

Via Rail(+1 888 842 7245/ <http://www.viarail.ca>) chugs into Pacific Central Station at 1150 Station Street three times a week. It services the eastern half of Canada starting in Toronto. Its scenic wander through the Canadian Rockies makes it extremely popular with tourists. Amtrak(+1 800 872 7245/ <http://www.amtrak.com>) also huffs into Pacific Central Station, but from the south, beginning in Eugene, Oregon. BC Rail(+1 604 631 3500/ <http://www.bcrail.com>) operates from northern Vancouver's train station at 1311 West First Street. It services northern British Columbia and includes stops in Whistler, Lillooet, and Squamish.

By Bus

Pacific Central Station also serves as Vancouver's main bus station. Greyhound(+1 800 661 8747/ <http://www.greyhound.ca>) arrives from all points north, south, east and west. Pacific Coach Lines(+1 800 661 1725/ <http://www.pacificcoach.com>) confines its routes to the surrounding Vancouver area with daily service from Victoria, on Vancouver Island, every two hours.

By Boat

The port of Vancouver, managed by the Vancouver Port Authority(+1 604 665 9000/ <http://www.portvancouver.com>), ushers in more than one million cruise ship passengers a year through the Canada Place and Ballantyne Terminals. Waiting taxis are easy to find upon disembarking.

By Car

Highway 1, or better known as the Trans-Canada Highway, winds east out of the Canadian Rockies. Interstate 5 from the United States turns into Highway 99 at the border and snakes into Vancouver from the south and north. A drive from Seattle takes about three hours. Calgary, to the east, with good weather takes 11.5 hours.

Getting Around

By Train

TransLink, The Greater Vancouver Transportation Authority(+1 604 953 3333/ <http://www.translink.bc.ca>), eases the need for a car. SkyTrain features 27 miles of tracks that service the area in an east/west direction. Both lines, the Expo and the Millennium, offer stops that are serviced every five minutes. This represents the fastest way for maneuvering through downtown. One-way fares are USD2.

In August 2009, the Canada Line opened up 16 new stations in Vancouver and Richmond. The 19 km of track has nine stations in Vancouver, four in Richmond and also goes directly to Vancouver's International Airport, YVR.

www.canadaline.ca/

By Bus

Translink buses maze through downtown and the surrounding suburbs. Transfers are interchangeable with SkyTrain and the SeaBus. One-way fares cost USD2 and USD4 for rides to the suburbs.

By Ferry

SeaBus, another TransLink subsidiary, provides passenger-only ferry service across the Burrard Inlet. The 15-minute ride links downtown Vancouver with the North Shore and costs USD2. Bikes are allowed on board.

BC Ferries(+1 888 223 3779/ <http://www.bcferrries.com>) connects Vancouver with 46 surrounding ports via 25 routes. Its boats service Vancouver Island, the Sunshine Coast, the Southern and Northern Gulf Islands, and the Saanich Inlet. One-way passenger fares are USD6.15 and cars are charged USD23.

By Taxi

Taxis can be found at all hotels and are rather easy to hail in downtown. Some of the more prominent companies include:

Black Top& Checker Cabs(+1 604 731 1111) Bonny's Taxi(+1 604 435 6655) Royal City Taxi(+1 604 521 6666) Vancouver Taxi(+1 604 255 5111) Yellow Cab Company(+1 604 681 1111)

Even though no major highways slice through downtown it is still fairly easy to negotiate and rewards drivers with ample parking. However, take every measure to avoid driving during morning(7a-9a) and afternoon(3p-6p) rush hours. Especially avoid the North Shore Bridges, the Massey Tunnel, and Highway 1 through Coquitlam and Surrey.

By Bike

Vancouver enjoys legendary status for being extremely bike friendly. It features 19 bikeways, including scenic passages along the seawall and through Stanley Park. Routes are designated with green signs every other block. Keep in mind that helmets are mandatory. Spokes Bike Rentals(+1 604 688 5141/ <http://www.vancouverbikerental.com>) and Bayshore Bicycle& Rollerblade Skate Rentals(+1 604 688 2453/ <http://www.bayshorerentals.ca>) provide convenient rental service for downtown riders.

Downtown is conveniently compact, making it conducive for walking.

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Vancouver Snapshot continued

Fun Facts

Top 12 Interesting Facts About Vancouver
1. We're a very multicultural city; 35% of Vancouver's population are foreign born.

2. Vancouver is very walkable and 1 in 5 people walk to work. That's on par with New York City!
3. When you come to Vancouver, you may be surprised by how many high rise condo buildings there are and that's because our city is 65% residential.
4. The Lions Gate Bridge connects downtown Vancouver to the North and West shore and it was built by the Guinness family.

5. The Guinness family were quite busy and when they weren't building bridges, they were starting the development of British Properties. It's located in West Vancouver and today it's one of the most expensive and chic neighbourhood to live in.
6. Victoria and Vancouver have the most mild in climate in Canada.
7. In North America, Vancouver has the second largest Chinatown.
8. Because we're right on the ocean, Vancouver has the second largest Port in North America. You can be sure that no matter what the day is, you will always see large cargo ships sitting in English Bay.

9. Drivers may not think this is a fun fact, but there are no freeways that run through downtown Vancouver. And, there likely will never be one.
10. It's said that Jimi Hendrix spent time in Vancouver's Strathcona neighborhood because he grandparents lived there.

11. Here's a random fact, around 1910 our city was paved with wooden bricks.
12. Greenpeace, one of the world's most well known environmental groups, was started in Vancouver.

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Weather

Statistics
Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec
Temperature C Average High 5 7 10 14 18 21 23 23 18 14 9 5
Average Mean 4 6 8 12 15 18 20 20 16 12 8 4
Average Low 4 5 7 10 13 16 17 17 14 10 7 4
Temperature F Average High 41 44 50 58 65 69 74 74 65 58 48 41
Average Mean 36 39 43 49 55 60 64 64 57 50 42 37
Average Low 32 34 36 40 46 51 54 55 50 43 37 33
Rainy Days 16 14 13 9 7 5 4 5 8 14 20 19
Rain Fall (cm) 13.2 11.6 10.5 7.4 9.6 1.7 4.5 7.3 6.1 38.1 6.4 11.5
Rain Fall (in) 5.2 4.6 4.1 2.9 3.8 0.7 2.9 2.9 2.3 1.5 2.4 4.5
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