

Health & Wellness

A RELAXING TWO-DAY RETREAT

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

At a glance

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

DAY ONE

RISE AND SHINE

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

Freshly fueled, it's time to experience Vancouver the way the locals do, on two feet. **Toonie Tours** will take you on a 3-hour guided tour of **Gastown** and **Downtown**.

REFUEL AND REFRESH

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

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

RECONNECT

Relaxed and rejuvenated, return to downtown for a stroll around one of North America's most walkable destinations. From the shopping and food scene on Robson St. and Denman St. to the bustling bars and cafes of **Yaletown**, friendly local neighbourhoods are just steps away.





DAY TWO

A MEDITATIVE MORNING

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

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

TREAT YOURSELF

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

If spa treatments aren't your thing, take **SKY Helicopters'** Coast Mountain Landing Helicopter Tour for an indulgence of a different kind. You'll soar over mountains, canyon cliffs and lakes before experiencing a remote backcountry landing where you can see glacier peaks, the Pacific Ocean, Vancouver Island, and a panorama of the coast mountain range.

TOAST YOUR VISIT

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



INSIDER TIP

Looking for a great workout? Try out **Grouse Mountain's Grouse Grind**, AKA Mother Nature's Stairmaster, a 2,830 step right of passage around these parts!



ANNUAL EVENTS

- Vancouver Sun Run
- BMO Vancouver Marathon
- Terry Fox Run
- Scotiabank Half Marathon



EXPLORE YOUR SPORTY SIDE

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

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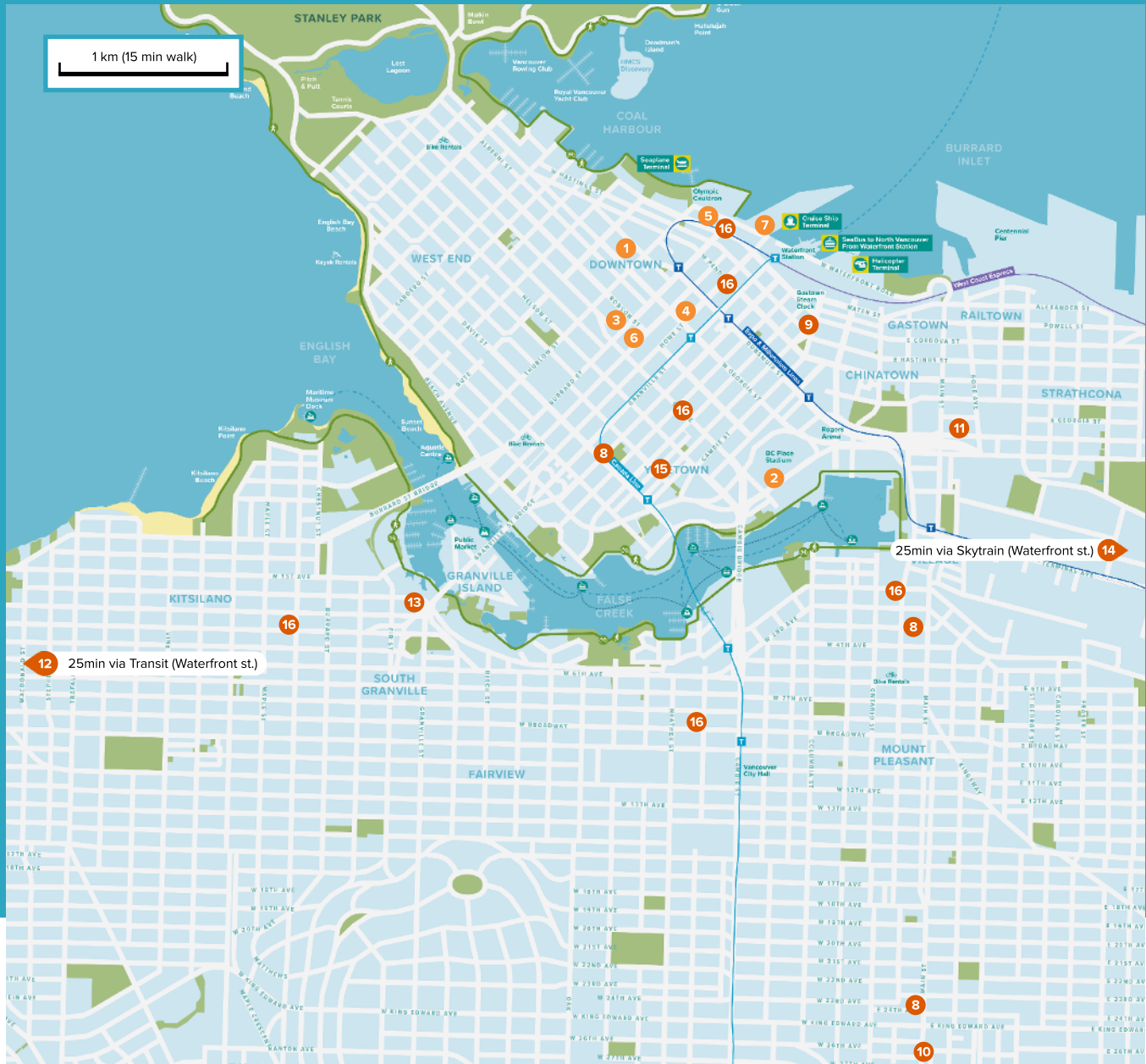
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Find your centre



VANCOUVER'S BEST SPAS

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

Heading to Whistler?

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



HEALTHY EATING

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



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