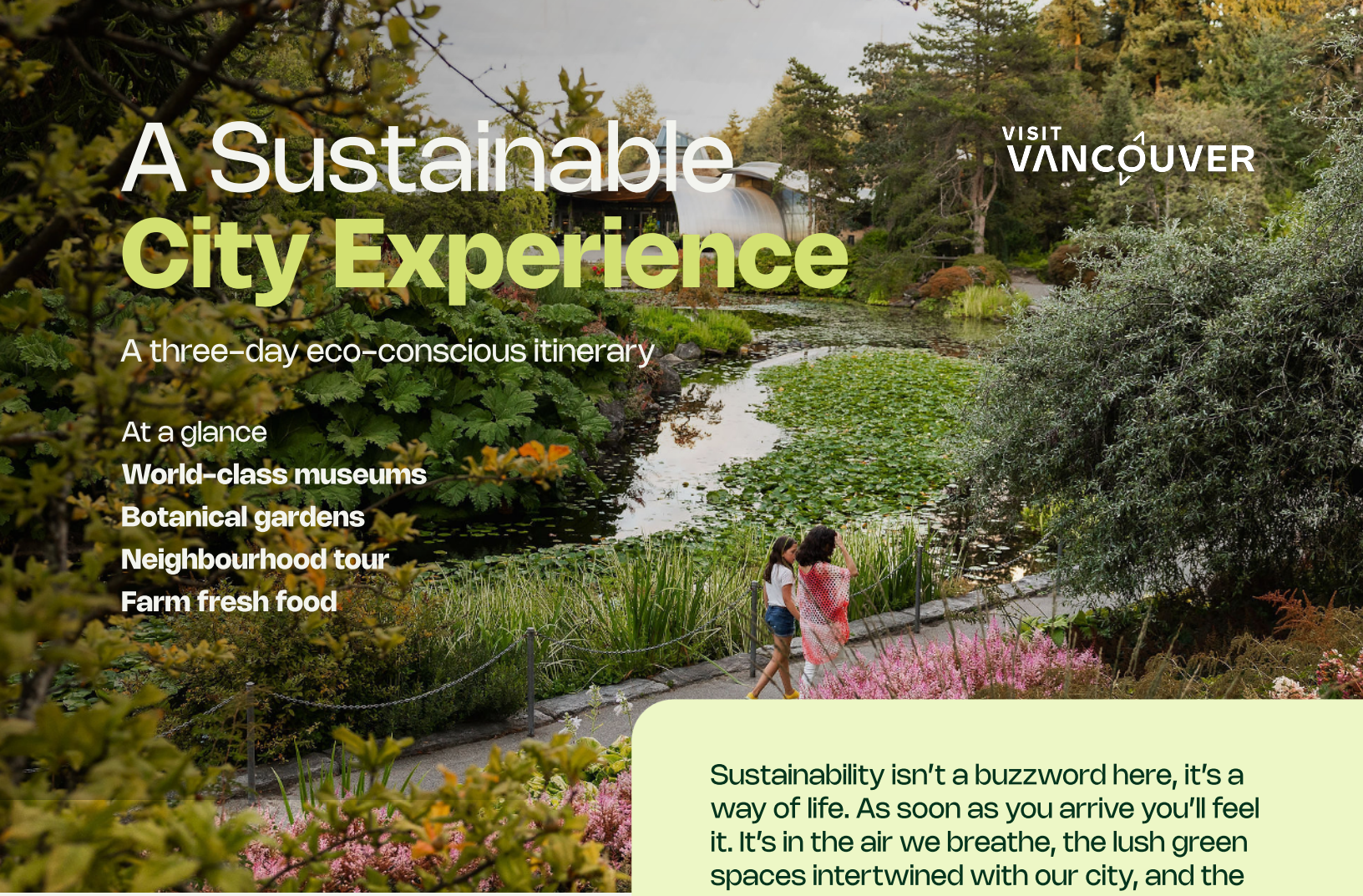

A Sustainable City Experience

A three-day eco-conscious itinerary

At a glance

World-class museums
Botanical gardens
Neighbourhood tour
Farm fresh food

Sustainability isn't a buzzword here, it's a way of life. As soon as you arrive you'll feel it. It's in the air we breathe, the lush green spaces intertwined with our city, and the iconic environmental institutions that call Vancouver home. Mindful travellers can experience it for themselves in a three day tour of our sustainable city.

DAY ONE

Arrive the eco-friendly way

After landing at **YVR**, Vancouver's award-winning carbon-neutral airport, climb aboard the SkyTrain for a 26 min, eco-friendly trip on the Canada Line into the very heart of downtown. Once you've unpacked, head to **Granville Island**. Once a little more than industrial land, the island has been transformed into a vibrant cultural and culinary hub, and an internationally renowned example of urban renewal and environmental sustainability.

Here you can enjoy one of **Vancouver Water Adventures'** kayak tours along the serene waterways of **False Creek**. From the water you'll see the shimmering skyline of the city, nestled among urban rainforests, glistening Pacific waters and the snow-capped peaks of the **Coastal Mountains**. It's a unique perspective, one that inspires us to make sustainability more than a goal, but a lifestyle. Alternatively, head to **Grouse Mountain**, the peak of Vancouver, where you can ride the **Skyride** to the top, enjoy magnificent views of the city and see a wind turbine that generates enough power for 260 homes.

Tonight, refuel and reflect over dinner at one of Vancouver's numerous **Ocean Wise**® restaurants, a conservation program which supports healthy and sustainable oceans. **Cardero's**, **ARC**, **The Lobby Lounge & Raw Bar** at the Fairmont Pacific Rim, and **The Teahouse in Stanley Park** are some good examples of **Ocean Wise**® restaurants. Then end your evening with a walk through the crisp air and clean streets of Canada's most walkable city.

Explore your environment

Start the day by fueling up on a locally-sourced breakfast - you're going to need it. Whether you strap on your walking shoes or opt for pedal power with a ride from **Mobi**, the city's community bike share program, you'll find the best way to explore Vancouver is under your own steam. Alternatively, you can visit **Cycle City Tours & Rentals**, who offer self-guided cycling routes as well as guided tours of local attractions like **Stanley Park**, Vancouver's 1,000 acre urban oasis.

If open space is on your itinerary, head for one of the city's 250 parks or breathe in the fresh sea air along more than 22km of accessible seawall. There's even 311km of cycle-friendly terrain and All Ages and Abilities bike lanes for you to safely explore Vancouver like a local: 50% of all trips in the city are by cycling, walking or public transportation. If leg power isn't your thing, the city's trolley buses are zero emissions.

If you're looking for something a little more educational, why not tour some of the city's greenest buildings? The **Green Buildings Audio Tours** project tells the stories of Vancouver's eco architecture via web, podcast, and mobile. Along the way you'll hear from the experts who built some of the city's award-winning structures such as the **Vancouver Convention Centre**, **VanDusen Botanical Garden Visitor Centre** and the newly completed Mountain Equipment Co-op building.

Once you've finished, give your feet a rest and climb aboard a **Harbour Air** floatplane for a panoramic flightseeing tour of the city. This innovative carbon-neutral company made history by developing the world's first fully electric commercial aircraft in partnership with industry-leading electrical innovators. They are currently working to change their entire fleet over to electric, pioneering the way forwards for sustainable aviation.

INSIDER TIPS

Check and see if your hotel offers complimentary bike rental. Popular spots like **Fairmont Pacific Rim, The Burrard, Opus Hotel Vancouver, Georgian Court, The Westin Bayshore, The Loden, Hotel Blu Downtown,** and **Hampton Inn Suites** all offer either rentals or complimentary concierge services.

DID YOU KNOW

Vancouver's cruise terminal was the first port in Canada and 3rd in the world to introduce Shore Power, a system that allows ships to turn off their engines and connect to the city's electricity while docked. Shore Power saves 2,200 tonnes of greenhouse gases each year.

GREEN TRANSPORTATION

There are lots of ways to get around Vancouver while reducing your impact on the environment. The eco-friendly SkyTrain rapid transit system and SeaBus passenger-only ferry are a key part of Vancouver's public transportation infrastructure.

- SkyTrain
- Seabus
- Electric buses
- Hybrid taxis / Uber / Lyft
- 449km (279 miles) of bike lanes
- EV Charging stations

DAY THREE

Experience nature

The birthplace of **Greenpeace** and home of the **David Suzuki Foundation**, there's a reason why sustainability is at the very heart of our city. But to truly understand Vancouver's relationship with nature, you have to experience it for yourself.

Rockwood Adventures' Ultimate City & Nature Adventure combines an exploration of Vancouver's rich history and the protected natural environment in which it is set. Your personal guide will provide commentary on the natural beauty of **Stanley Park**, home to the **Vancouver Aquarium**, a local attraction focused on research, rehabilitation and education about marine wildlife. You'll also explore the neighbourhoods that form the foundation of the city's modern day history, as well as the wild expanse of the North Shore mountains.

If you want to get even closer to nature, check out **Capilano Suspension Bridge Park**. Located on Vancouver's North Shore, this exhilarating outdoor experience has been wowing guests since 1889. Today the park also plays a crucial role in helping visitors to understand the delicate balance of one of the world's most primitive ecosystems. Alternatively, head over to the **UBC Botanical Garden** which uses its grounds to help people explore climate adaptation and climate change in our environments.

If you'd rather get a taste of the local landscape, check out a **Swallow Tail Tours Foraging Field Trip**, where an expert local guide will teach you about the area's edible flora and fauna. You can also try dinner at **Salmon n' Bannock Bistro**, which serves up a true taste of coastal indigenous culture, with a contemporary menu filled with dishes inspired by First Nations and other indigenous traditions.

Sustainable solutions for conscious travellers

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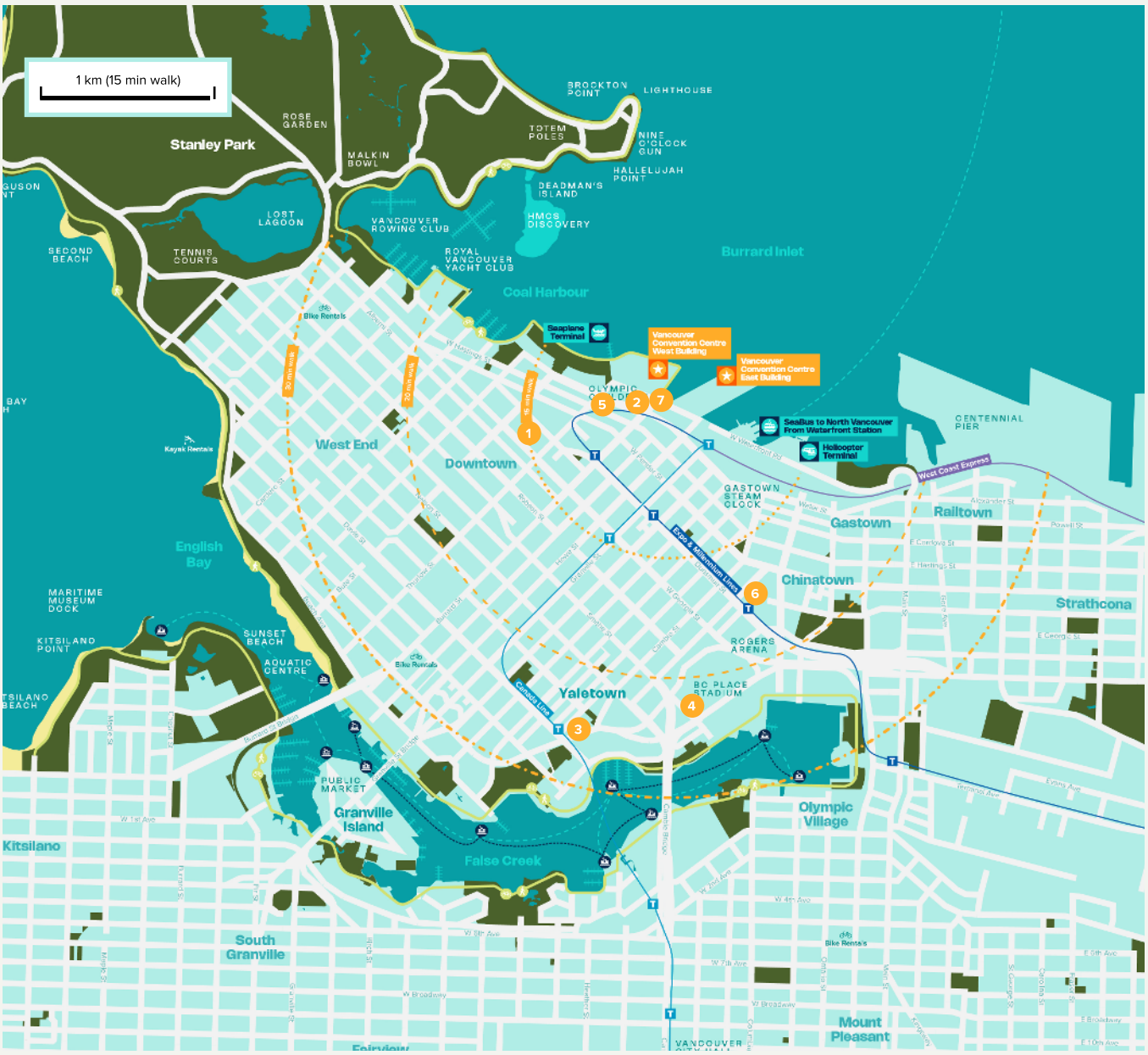

GREEN HOTELS

1. Paradox Hotel
2. Fairmont Pacific Rim
3. OPUS Vancouver
4. JW Marriott Parq Vancouver
5. Coast Coal Harbour Hotel

ECO-FRIENDLY EATING

6. Chambar: carbon neutral cuisine
7. The Lobby Lounge & RawBar: Vancouver's first 100% Ocean Wise® sushi restaurant

VISIT VANCOUVER