

Run. Recharge. Repeat.

VISIT
VANCOUVER

An invigorating two-day experience

At a glance

Scenic Seawall runs

Recovery at Circle Wellness Spa

Nutritious, farm-to-table meals

Running in Vancouver is an exhilarating experience, thanks to the city's stunning natural landscapes and mild climate. The coastal mountains provide a breathtaking backdrop, while the city's blend of urban streets and green spaces makes it easy to find a scenic route no matter where you are. Vancouver is the perfect place to lace up and hit the pavement whenever the mood strikes.

DAY ONE

Morning movement

Start your day with an invigorating run along Vancouver's iconic Seawall, a must for any runner visiting the city.

Choose between two stunning routes:

Stanley Park Seawall— this 10km path offers a breathtaking experience, with panoramic views of the ocean, mountains, and the city skyline, making it one of the most scenic running routes in the world.

False Creek Seawall— For a vibrant city vibe, the 5km False Creek route provides stunning views of the sparkling water, the city's vibrant waterfront, and the iconic Science World, creating a picturesque and energizing route for runners.

Shop local

The nature and active culture in Vancouver have inspired the foundation of several internationally recognized athletic and lifestyle brands. Visit these popular brand store fronts and pick up your own athletic wear during your visit to Vancouver:

Lululemon: Lululemon's first store opened in Kitsilano in 1998 and is now a global leader in activewear.

Arc'teryx: Born in Vancouver in 1989, Arc'teryx is known for its innovative, high-performance outdoor gear.

Herschel Supply Co.: Herschel blends urban style with outdoor functionality, offering sleek backpacks and accessories.

Vessi: Vancouver's Vessi redefined footwear with its stylish, 100% waterproof sneakers designed for the city's rainy climate.

Native Shoes: Native Shoes is known for its lightweight, eco-friendly footwear that combines modern design with sustainable materials.

Breathe deep

After some retail therapy, head over to Kits beach for a walk and sunset yoga or stretch session. Check out one of many healthy eating restaurants nearby for dinner, such as **Tractor** or **Kokomo**.





INSIDER TIPS

Vancouver is home to many hotels with state-of-the-art spas, perfect for any post-fitness recovery. Recommended Downtown Hotels with onsite spas and fitness centres include:

- The Westin Bayshore, Vancouver
- Fairmont Pacific Rim
- JW Marriott Parq
- Rosewood Hotel Georgia
- Hyatt Vancouver Downtown Alberni
- Pan Pacific Vancouver

ANNUAL EVENTS

- Vancouver Sun Run
- BMO Vancouver Marathon
- Jerome Classic
- lululemon SeaWheeze Half Marathon
- Granville Island Turkey Trot
- Beneva Vancouver Half Marathon



DAY TWO

Nature's stairmaster

Start your morning with a challenging but rewarding hike up the **Grouse Grind** at **Grouse Mountain**. This hike or trail run is located in North Vancouver, covering 2.9 kilometers (1.8 miles) with an elevation gain of 853 meters (2,800 feet), culminating in breathtaking views of Vancouver, the surrounding islands, and the rugged coastline. Many locals choose to do the Grouse Grind as part of their morning fitness routine. In the summer, a free shuttle operates daily from Canada Place to Grouse Mountain. The Grind is also easily accessible via public transit, taxi, or rideshare.

Rejuvenate your body

Unwind and recharge at **Circle Wellness** on **Granville Island**, Vancouver's ultimate wellness escape. Step into a serene oasis where you'll experience a rejuvenating private wellness circuit featuring infrared saunas, invigorating cold plunges, and cozy relaxation pods. Whether you're soothing tired muscles after a run or simply seeking a moment of calm, Circle Wellness offers the perfect blend of tranquility and restoration. While there, take time to explore Granville Island and indulge in well-earned post-run treat. Wander through the **Public Market**, where local artisans, fresh produce and gourmet treats await.

Fuel your body

Fuel your body with fresh, nourishing flavors at one of Vancouver's many healthy restaurants. From vibrant salad bowls and plant-based creations to nutrient-packed smoothies and locally sourced dishes, the city's wellness-focused dining scene offers something for every health-conscious foodie. For a protein-packed smoothie stop by **Body Energy Club**, or if you're in the mood for a delicious vegetarian meal, head to **The Acorn Restaurant**.

Your running itinerary



Place your logo here.



VANCOUVER'S BEST RUN SPOTS

1. Stanley Park Seawall
2. False Creek Seawall
3. Grouse Grind
4. English Bay Beach
5. Kitsilano Beach
6. Jericho Beach

HEALTHY EATING

- The Acorn Restaurant
- Nuba
- Chickpea
- Harvest Community Foods
- The Naam Restaurant
- Afghan Horsemen Restaurant
- La Mezcaleria
- Blue Water Café
- Tractor
- Miku
- Anh and Chi
- The Juice Truck
- Cardero's Restaurant
- Salmon N Bannock
- Kokomo
- Body Energy Club