Ultimate Escape Itinerary

A four-day outdoor experience

At a glance

Get to know local neighbourhoods
Breakfast with a grizzly bear
Awe-inspiring Capilano Cliffwalk
Delectable culinary tour of Granville Island
Harbour Air tour
Whale watching

Vancouver boasts one of the most beautiful natural settings on the planet. Nestled among snow-capped mountains, urban rainforest and the glittering waters of the Pacific Ocean, our city has a diverse culture intertwined with nature. Explore a unique perspective of our beautiful city and what makes our outdoors truly incredible with this four-day itinerary.

DAY ONE

Get to know the city

Kick off your day on a **Big Bus Vancouver** tour. Complete with commentary, the tour is the best way to see the city with hop-on, hop-off tickets that make it easy to get around to Vancouver's most popular attractions. We recommend the **Stanley Park** loop, which offers incredible views of Vancouver's 1,000 acre urban oasis. To see the best of the park, take **Cycle City Tours** or rent a bike and discover the park yourself. Make sure you stop at the totem poles to learn about the region's Indigenous roots as well as **English Bay**, a scenic stretch of seawall lined with cute cafes, gelato shops and bars. Thanks to our temperate climate you can then explore the city on foot. But, if you are looking for another way to explore the city, wander over to **Canada Place** where you'll find **Flyover**, a unique 4D flight simulation ride–perfect for a rainy day.

Heritage in harmony

In Vancouver, we don't just embrace diversity, we exist because of it. Nowhere is Vancouver's cultural harmony more apparent than your next stop, **Chinatown**, a historic neighbourhood that's stood for more than a century. You'll get a full understanding of the neighbourhood by exploring the **Chinatown Storytelling Centre** — Canada's first permanent exhibit space dedicated to telling the stories of the Chinese Canadian journey and the living heritage of Vancouver's Chinatown.

Up next, you'll experience **A Wok Around Chinatown**, where you'll discover specialty shops, markets, and delicious dim sum, plus the iconic **Dr. Sun Yat-Sen Classical Chinese Garden**, which was the first classical garden of its type built outside China when it opened in 1986.

An evening to remember

After immersing yourself in the wonders of **Chinatown**, take a short walk over to **Gastown**, Vancouver's oldest neighbourhood. Here, you can browse for souvenirs, explore unique boutiques, and enjoy the vibrant nightlife. Wander through the charming cobblestone streets before settling in for dinner at **L'Abattoir**, **PiDGiN**, or **St. Lawrence**, all celebrated MICHELIN guide restaurants.

HOP-ON HOP-OFF SPOTS

Big Bus Vancouver lets you explore some of Vancouver's most popular attractions, including:

- Canada Place / Flyover Canada
- Stanley Park Pavilion
- Granville Island
- VanDusen Botanical Gardens
- Queen Elizabeth Park
- Chinatown / Dr. Sun Yat-Sen Classical Chinese Garden
- Gastown / Maple Tree Square

DAY TWO

The early bird catches the bear

Stretch your mind (and your calf muscles) with an early morning visit to **Grouse Mountain**. Just a short trip over the iconic Lions Gate Bridge, and you'll swap the city streets for stunning views as you enjoy a spectacular gondola ride to the 1,231m peak of Vancouver. High above the city, you won't just enjoy nature, you'll experience it. Your morning begins with breakfast, shared with the mountain's resident rescued grizzly bear, Coola. Then it's time to strap in and soar above old-growth forests, soaking in the breathtaking views and heart-pounding thrills served up by the mountain's ziplines. If you're planning on coming during the winter, you'll enjoy adventures like snowshoeing, skiing, snowboarding, and tubing in fresh powder snow.

A North Shore afternoon

Enjoy lunch at one of the mountaintop eateries, then take time to enjoy the lumberjack show, the hiking trails, or simply take in the view. When you're ready, head to the nearby **Capilano Suspension Bridge Park** where you can sway 230ft above the river and step out onto the awe-inspiring **Cliffwalk**. If you're looking for something a little more metropolitan, head to North Vancouver for a beautiful ocean front stroll through the charming **Lonsdale Quay** Market, where you can explore fresh, local eats and a fun, vibrant atmosphere. Catch the latest exhibition at the **Polygon Art Gallery**, which has earned its reputation as one the most ambitious public art institutions in Canada. Then learn the history of the area at the **Museum of North Vancouver** before catching the seabus back to downtown Vancouver.

Alternatively, cap off your day with an unforgettable visit to the **Vancouver Aquarium**, home to over 65,000 aquatic animals and sanctuary to rescued seals, sea lions and otters.

INSIDER TIPS

The Seabus is a passenger ferry that connects North Vancouver (at Lonsdale Quay) to Downtown Vancouver (Waterfront Station). It holds up to 395 passengers and runs every 15 minutes during the day. The ride across the Burrard Inlet only takes 12 minutes and is a great way to get a view of both sides from the water.

INSIDER TIPS

Use Vancouver's False Creek Ferries or Aquabus services to get around town via the water. There are regular services ferrying passengers and bikes around locations including Olympic Village, Science World, Yaletown, Granville Island and Vanier Park.

Vancouver's Business Improvement Associations are a great resource to help get to know our friendly local neighbourhoods.

- Gastown: gastown.org
- Yaletown: yaletowninfo.com
- Chinatown: vancouver-chinatown.com
- Robson Street: robsonstreet.ca

DAY THREE

A unique perspective

Start your day with a **Sea Vancouver** tour. These fast and fun zodiac tours offer an adrenaline-pumping ride around the waters that surround the downtown peninsula. Or go on a **Vancouver Water Adventure** tour by kayak, paddleboard, boat or seadoo — either with a lesson and a guide or as a rental to set out on the water. With your feet firmly back on dry land, it's time to explore **Granville Island**. Formerly industrial land, the island has been transformed into a cultural and culinary hub.

Lunch by the water

The much-loved **Granville Island Public Market** is the perfect spot to stop for lunch. Experience the **Vancouver Foodie Tours** unique exploration of the market, including a behind the scenes discovery of how the food artisans create. The market features not only great eats, but an array of artisan producers and local vendors. Alternatively, you could always stroll along the Seawall or catch the charming **Aquabus** or **False Creek Ferries** to the trendy Yaletown neighbourhood. There, grab a well-deserved drink at **The Blue Water Cafe** or **Per Se Social Corner.**

Soaring adventure

There's no better way to toast to your time in Vancouver than with an unforgettable **Harbour Air** tour. Get an aerial view of many of the places you've seen on your adventure — Stanley Park, English Bay, Lions Gate Bridge and the North Shore Mountains, plus a stunning flight towards iconic Whistler mountain.

DAY FOUR

Get back on the water

Today, you'll go further on the ocean for an unforgettable tour and the opportunity to see some of our most famous ocean residents.

Watch for whales

Spend time with some of our best known inhabitants on a whale watching tour. Companies including **Prince of Whales**, **Wild Whales Vancouver**, **Vancouver Whale Watch**, and **Seabreeze Adventures** offer intimate tours whisking you out onto the sparkling waters of the Gulf of Georgia, where you may see orcas, humpback whales, minke whales, gray whales, porpoises, seals, sea lions, eagles, and a variety of seabirds.

Wind down in style

Take in a cultural experience like no other at the **Museum of Anthropology**, a place of world arts and cultures with a special emphasis on the First Nations peoples and other cultural communities of British Columbia.

After that, head over to the world-famous **Kitsilano** neighbourhood for lunch at MICHELIN-recommended **Delara Restaurant**, where traditional Persian flavours are brought to life through fresh, vibrant dishes.

And relax

After all of that excitement, unwind with an indulgent experience at **Fairmont Spa** at the **Fairmont Pacific Rim**. Each of its luxury treatment suites provide a "spa within a spa" experience, complete with a private fireplace, bath, changing area and relaxation lounge.

Alternatively, why not take a stroll down **Robson Street,** Vancouver's bustling shopping district that's filled with famous designers and independent boutiques.

ITINERARY ADD ONS

- Enjoy an aerial view of Vancouver on a flightseeing tour with **Harbour Air** or **SKY Helicopters**.
- Rent bicycles to tour the city or book a guided tour with **Cycle City Tours**.

INSIDER TIPS

Whale watching season operates from May through October. Many companies also offer shuttle services from Downtown Vancouver.

Ultimate Escape

Place your logo here.

A ROOM WITH A VIEW

1. Pan Pacific Vancouver
2. Fairmont Waterfront
3. Fairmont Pacific Rim
4. The Westin Bayshore, Vancouver
5. Seaside Hotel, North Vancouver

ITINERARY ADD-ONS

6. Harbour Air Seaplanes
7. Cycle City Tours
8. SKY Helicopters
9. Grouse Mountain
10. Canada Place
11. Chinatown Storytelling Centre

RESTAURANTS

12. L'Abattoir
13. PiDGiN
14. St. Lawrence
15. Per Se Social Corner
16. Blue Water Cafe

VISIT VANCOUVER