

# Summer in Vancouver

A TWO-DAY TRIP

When the sun shines in Vancouver, it's hard to think of a better place to be. The warmer weather gives visitors the chance to experience this adventurers' paradise at its best with a bucket list of cultural pursuits and outdoor activities for everyone to enjoy.

**At a glance**

- Cycle tour of Stanley Park
- Culinary adventures on Granville Island
- Scenic skyride
- Paddleboarding

## DAY ONE

### AN URBAN OASIS

After breakfast set off for **Stanley Park**, an urban oasis that's home to beaches, outdoor pools, gardens, pitch and putt courses and 1,000-acres of natural beauty. The best way to explore the park is on two wheels, so grab your ride from **Spokes Bicycle Rentals** before you head into the lush rainforest canopy.

Whether you choose the trails that crisscross the park or the 10km of paved seawall that surrounds it, plan on photo stops at iconic locations like the totem poles, Prospect Point and the Lionsgate Bridge.

### EXPERIENCE VANCOUVER'S FOODIE CULTURE

After enjoying the park head over **False Creek** to **Granville Island**. Once little more than industrial land, the island has been transformed into a cultural and culinary hub with artisan stalls and local producers at every turn.

Park your bikes and grab lunch from one of the vendors at the much-loved **Granville Island Public Market**, or opt for something more formal at one of the island's excellent restaurants. If you're looking for a gastronomical guide, try **Vancouver Foodie Tours' Granville Island Market Tour**, before heading to **Vancouver Water Adventures** to take your summer adventure to the water.

### STARS, SCENERY AND SEAWATER

After returning your bikes take a short but scenic stroll to **Coal Harbour** to board your early evening **Sea Vancouver tour**. These fast, fun zodiac tours jet you across the water offering unparalleled views of the local scenery complete with a few thrills for good measure.

Enjoy the warm evening by eating al fresco before soaking in the **Theatre Under the Stars** - a nightly musical performed in the very heart of **Stanley Park**.





## DAY TWO

### A WEST COAST KINDA MORNING

Today you'll explore Vancouver's North Shore with **Westcoast Sightseeing's Grouse Mountain and Capilano Suspension Bridge tour**. You'll be picked up from your hotel and whisked away to **Capilano Suspension Bridge Park**, an exhilarating outdoor experience that's been wowing guests since 1889.

Just a short ride from downtown, the park is a natural playground filled with outdoor attractions and educational tours. Next you'll learn about Vancouver's most famous fish with a visit to the **Capilano Salmon Hatchery** before a scenic Skyride gondola takes you high above the city to the very peak of **Grouse Mountain**.

### AN ALPINE ADVENTURE

Enjoy a casual lunch at **Altitudes Bistro** or **Lupins Café** before enjoying an alpine adventure on the peak of Vancouver. Alongside stunning natural scenery there's regular lumberjack shows as well as an endless expanse of hiking trails just waiting to be explored. For many, the highlight is a visit with the mountain's two resident grizzly bears, **Grinder** and **Coola**, watching them in their habitat as they sleep, hunt, eat and play.

### LIVE LIKE A LOCAL

Tonight you'll visit the cobble-lined streets of **Gastown**, a historic neighbourhood that's the beating heart of the city. Beloved by visitors and locals alike, Water Street is lined with independent boutiques, galleries and great restaurants serving up craft beer and local cuisine. **Nicli Antica Pizzeria**, **Monarca** and **Pidgin** are great choices, but check out the **Michelin Guide Vancouver** for great recommendations and to book a reservation.



### INSIDER TIPS

- Free shuttles offered by **Capilano Suspension Bridge** (year-round) or **Grouse Mountain** (summer months only) make it easy to explore the North Shore under your own steam. Both shuttles regularly depart from **Canada Place** at scheduled times throughout the day.
- Vancouver is home to 10 beaches located right in the heart of the city, the perfect location to enjoy a picnic served with a side of stunning ocean views. And if you're looking to cool off, why not head to one of our idyllic outdoor pools, a family friendly way to beat the heat during the warmer months.
- Take a trip to **Grouse Mountain** to visit **Grinder** and **Coola**, the two resident orphan Grizzly Bears at the mountain's **Wildlife Refuge**.

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#### DESTINATION VANCOUVER

Suite 210, 200 Burrard Street,  
Vancouver, BC V6C 3L6, Canada

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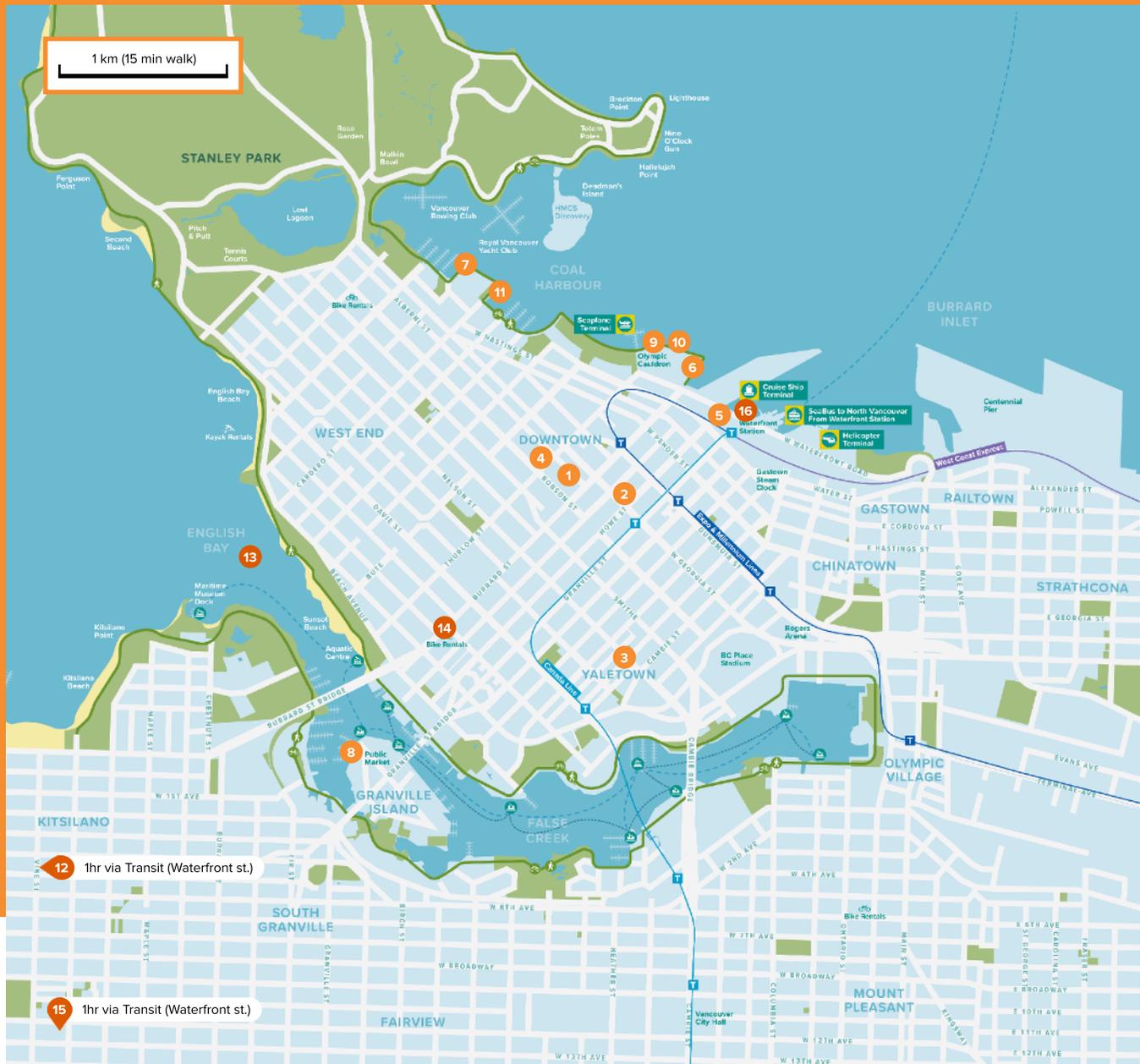
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## Summer in the city



### AL FRESCO EATING

1. Farmer's Apprentice
2. AnnaLena
3. Fable Kitchen
4. Joe Fortes Seafood and Chop House
5. Miku Restaurant
6. Carlino
7. Anh and Chi
8. The Acorn
9. Fiorino, Italian Street Food
10. Wildlight Kitchen + Bar
11. Cioppino's



### ITINERARY ADD ONS

1. Visit one of Vancouver's local beaches. In 2018, FlightNetwork named **Kitsilano** and **Spanish Banks** Beaches two of the top city beaches in the world.
2. Visiting in July / August? Check out the **Honda Celebration of Light** fireworks display at **English Bay**.
3. Looking for a guided bike tour? **Cycle City Rentals & Tours** offers great guided rides through **Stanley Park**, city streets and even Vancouver's renowned craft breweries.
4. Cool off on a whale watching adventure with **Prince of Whales**, **Vancouver Whale Watch**, **Wild Whales** or **Steveston Seabreeze**.
5. Catch the seabus from **Waterfront station** and head to **Lonsdale Quay** to check out **Shipyards**, a vibrant waterfront district featuring galleries, bars and restaurants.



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