

# Ultimate Escape Itinerary

A FOUR-DAY OUTDOOR EXPERIENCE

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.

## At a glance

- Get to know local neighbourhoods
- Breakfast with grizzly bears
- Awe-inspiring Capilano CliffWalk
- Delectable culinary tour of Granville Island
- Harbour Air Tour Whale watching

## DAY ONE

### GET TO KNOW THE CITY

Kick off your day on a **Gray Line Westcoast Sightseeing** 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.

In fact, thanks to our temperate climate you can then explore the city on foot. Wander over to **Canada Place** where you'll find **FlyOver Canada**, a unique 4D flight simulation ride—perfect for a rainy day.

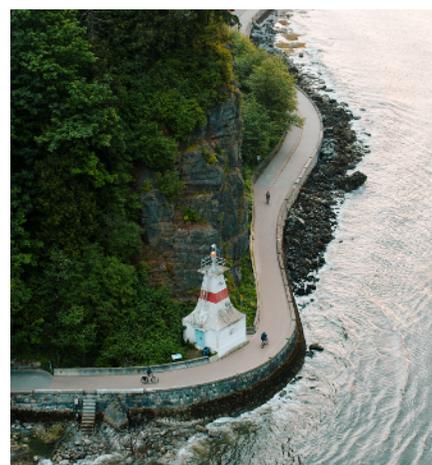
### A FEAST FOR THE SENSES

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 what the neighbourhood means 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.

Here, 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

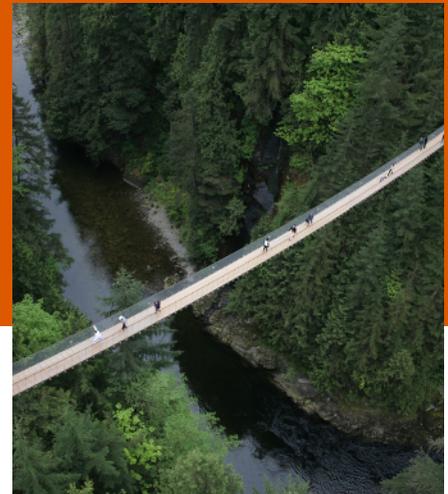
After you've explored everything **Chinatown** has to offer, walk a couple of blocks to **Gastown**, Vancouver's oldest neighbourhood. Here you'll find souvenir shopping, independent boutiques and bustling nightlife. Do a little exploring before stopping for dinner at **L'Abattoir**, **PiDiGiN** or **St. Lawrence** if you want to experience a MICHELIN meal.



## HOP-ON HOP-OFF SPOTS

Gray Line's Westcoast Sightseeing tour lets you explore some of Vancouver's most popular attractions, including:

- Canada Place / FlyOver Canada
- Stanley Park Pavilion / Miniature Railroad
- Granville Island
- VanDusen Botanical Gardens
- Queen Elizabeth Park
- Chinatown / Dr. Sun Yat-Sen Classical Chinese Gardens
- 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**. A short trip over the iconic Lions Gate Bridge, you'll swap the city streets for stunning views as you enjoy a spectacular gondola ride to the 1,231m peak.

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 bears, Grinder and 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 snowshoeing, skiing, snowboarding, and tubing in fresh powder snow.

### AN ADVENTUROUS 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 450ft 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's **Lonsdale Quay** for a beautiful ocean front stroll and 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 of 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.



## DAY THREE

### A UNIQUE PERSPECTIVE

Start your day with a **Sea Vancouver** tour as 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** to 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**. Once little more than 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 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 Ferry**, to the trendy **Yaletown** neighbourhood for a well-deserved drink at **Cioppino's Mediterranean Grill** or **Per Se Social Corner**.

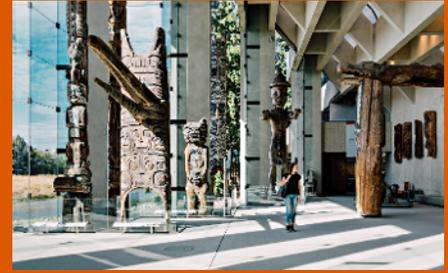
### SOARING ADVENTURE

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.



### INSIDER TIPS

- Use Vancouver's False Creek Ferries and 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](http://gastown.org)
  - Yaletown: [yaletowninfo.com](http://yaletowninfo.com)
  - Chinatown: [vancouver-chinatown.com](http://vancouver-chinatown.com)
  - Robson Street: [robsonstreet.ca](http://robsonstreet.ca)



## 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 **Steveston Seabreeze Adventures** offer intimate tours whisking you out onto the sparkling waters of the Gulf of Georgia, where you might 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 with 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.

Then head over to the world-famous Kitsilano neighbourhood for lunch at **Fable Kitchen** where each dish is carefully created using locally sourced, seasonal ingredients for the freshest flavours.

### AND RELAX

After all of that excitement it's time to take it easy with an indulgent experience at **Willow Stream Spa** at the **Fairmont Pacific Rim**. Each of its luxury treatment suites offers a "spa within a spa" experience with its own fireplace, private 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**.
- Book a free walking tour and see the city on foot with **The Tour Guys**.
- Rent bicycles to tour the city or book a guided tour with **Cycle City Tours**.
- Feeling adventurous? Try out the **Skyride Surf Adventure** at **Grouse Mountain**.
- Looking to add some sea to your Sea-to-Sky tour? Don't miss the **Deep Fjord Sea Safari** tour with **Sewell's Marina** (available April through October)



### INSIDER TIPS

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

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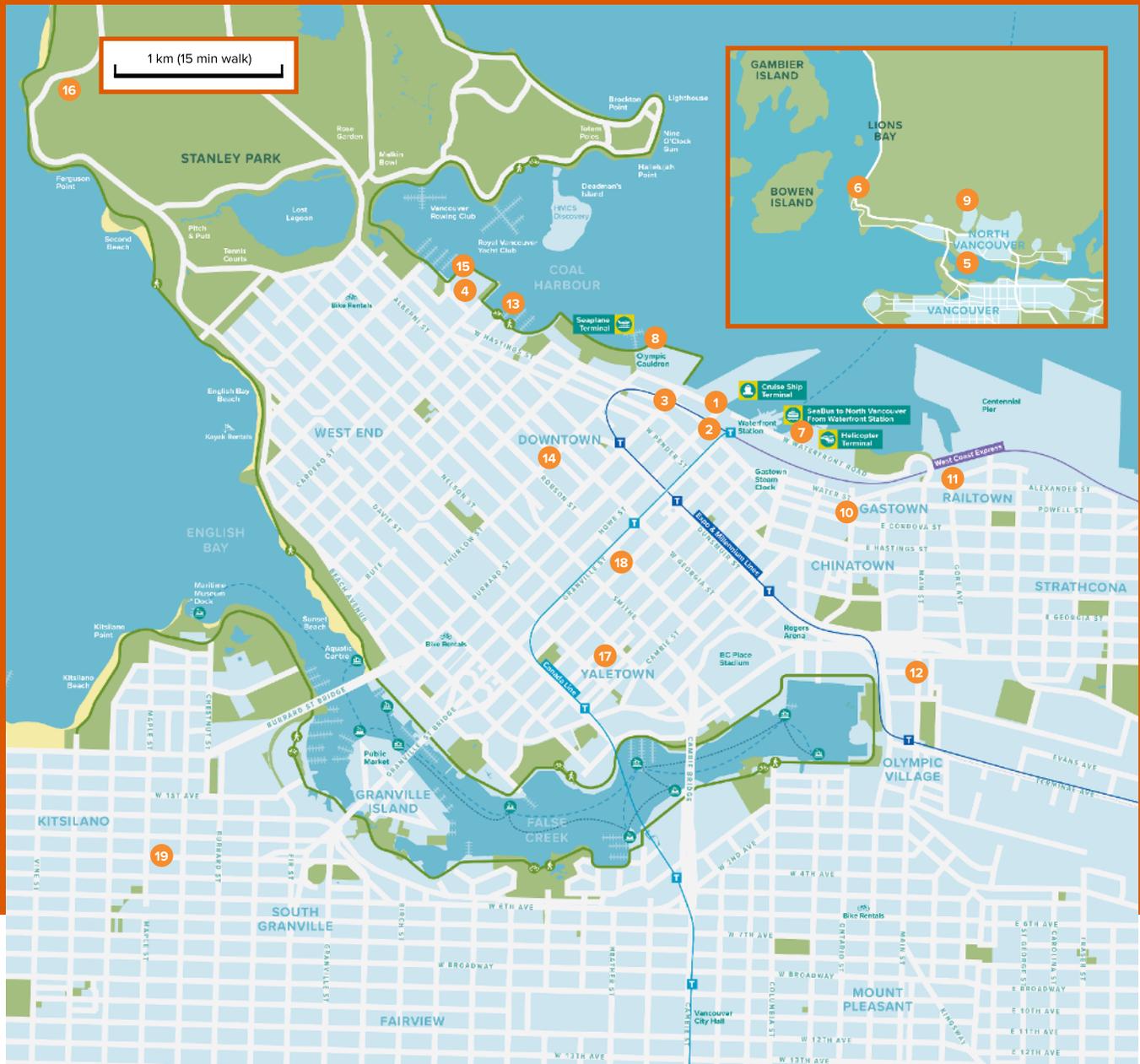
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## Summer in the city



**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. Sewell's Marina
7. Sky Helicopters
8. Harbour Air Seaplanes
9. Skyride Surf Adventure at Grouse Mountain



**RESTAURANTS**

10. L'Abattoir
11. Ask For Luigi
12. Torafuku
13. Cardero's Restaurant
14. Joe Fortes Seafood and Chop House
15. LIFT Bar Grill View
16. The Teahouse Restaurant
17. Elisa
18. Cafe Medina
19. Fable Kitchen



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