

A Day With Us

VANCOUVER



From cultural attractions to world-class cuisine, and one-of-a-kind experiences, here are just a few ways you can fill your time (and your memory bank). With endless adventures available, this city will keep you inspired.

OUTSIDE INSPIRATION

Our connection to nature is undeniable, and we embrace it. And what better way to start your day than by walking, running or cycling the [Seawall](#) – an almost 9km (5.5 mile) pathway hugging the coastline – and forest bathing (it's a real thing) in [Stanley Park](#) – our 400-hectare natural rainforest in the city. Here, being outside feels great on the inside.

FUNKY & FRESH

Join the locals on [Granville Island](#) for breakfast at the public market - filled with fresh produce and delicious baked goods. Before you head out, be sure to venture through the shops where you'll find print makers, glass artists, potters, and craftspeople working and displaying their creations. Stop to take in the buskers and street performers before catching the Aquabus back to the downtown core.

LOCAL LOOKS

Vancouver has its own unique sense of style. One-part urban luxe, another part health-nut - it's no wonder this is the founding place of brands like lululemon, Aritzia, Herschel and Arc'teryx. Spend a few hours on [Robson Street](#) or wandering the around the national historic district of [Gastown](#), where shopping and dining are the main attractions.

CONSCIOUS CUISINE

Here, the culinary world is at your fingertips (and taste buds). Expect local, seasonal, farm-to-table ingredients like fresh seafood and foraged greens, with an international flare. Try world-class seafood at [Blue Water Café + Raw Bar](#), mouth-watering share plates at [Nightingale](#) or award-winning sushi at [Miku](#) or [Minami](#).

DIFFERENT PERSPECTIVES

Just across the Lions Gate Bridge, you will find Vancouver's North Shore – home to our famous mountain backdrop and some of the city's best known attractions. Test your nerve at the 450 feet long [Capilano Suspension Bridge](#), sitting 230 feet above the Capilano River, and walk among the trees. To cap the day off, take in the breathtaking views of Vancouver and the sparkling Pacific Ocean over dinner at The Observatory Restaurant at [Grouse Mountain Resort](#).

 **Have a little (or a lot) more time to spend with us? [Learn more about what to do in Vancouver.](#)**