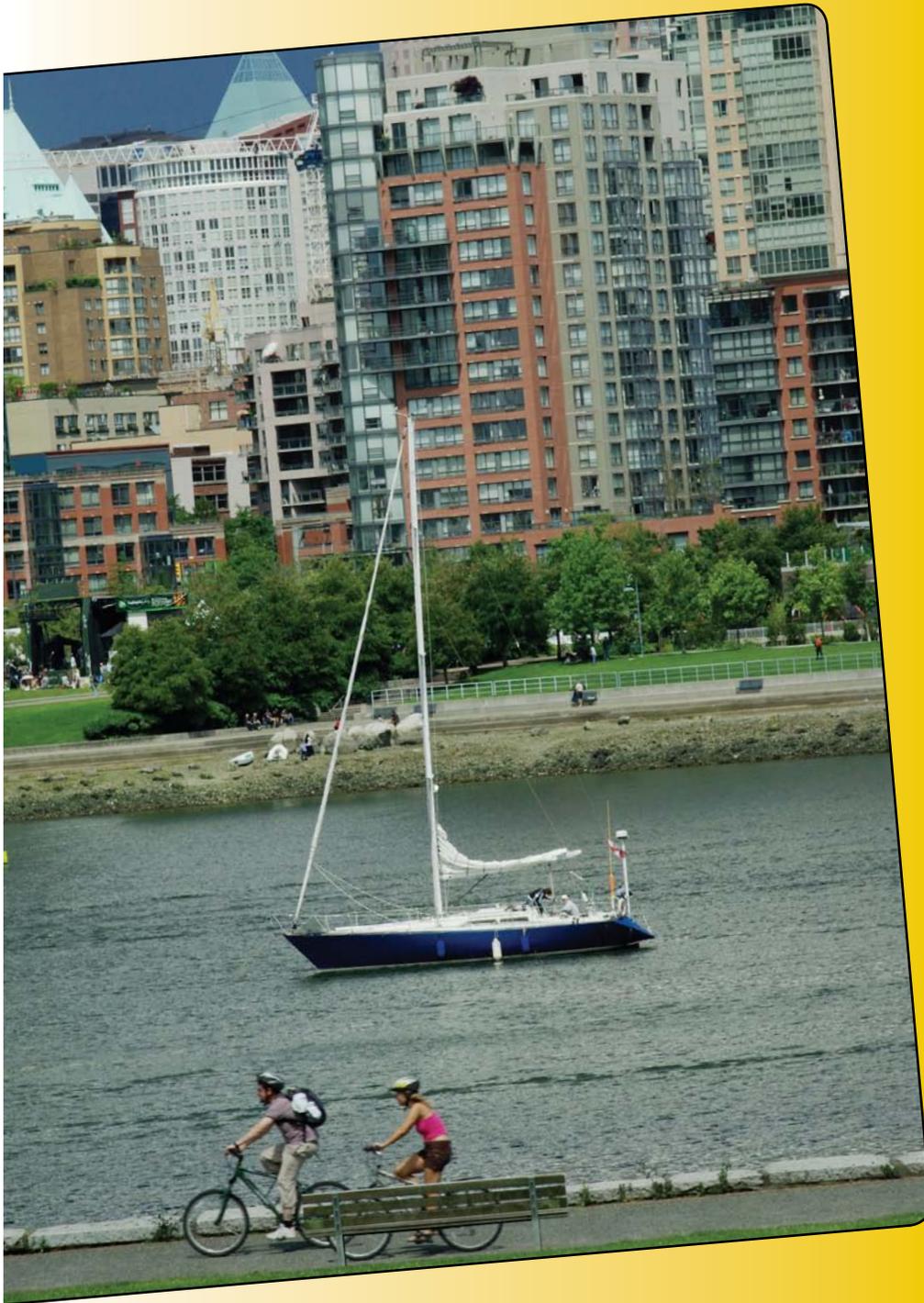


VANCOUVER AIRPORT (YVR) LAYOVER



TOP 10 THINGS TO DO IN VANCOUVER

- 1 Bike or walk around Stanley Park**
Kid friendly, inspiring views, beaches, year round activity.
- 2 Visit Granville Island**
Browse the market, galleries, bookstores, eat, kid friendly.
- 3 Vancouver Aquarium**
One of the Top 5 in the world. Beluga whales and dolphins.
- 4 Grouse Mountain Tram Ride**
Great views on a clear day. Dining, Hiking and other great outdoor family activities.
- 5 Robson Street and Pacific Centre Mall**
World class shopping and restaurants.
- 6 Sewells Eco-Marine Boat Tours**
High speed boating adventure, spectacular scenery, wildlife.
- 7 Museum of Anthropology**
Totem Poles, native art and artifacts, unique architecture.
- 8 Van Dusen Gardens**
55 acre garden oasis, kid friendly maze, restaurant.
- 9 Sea Kayaking**
Paddle the Burrard Inlet and areas west along the shore.
- 10 Chinatown**
Walk, eat and shop in North America's 2nd largest Chinatown

**+16 more great ideas
on what to do in Vancouver**

Don't just visit a place...experience it!

hikebiketrip.com



Vancouver skyline from Stanley Park



Can you count how many times you have arrived in an unfamiliar city with the looming prospect of killing 4 or more hours by watching the same old thing on CNN while sitting on the most uncomfortable seats ever designed? or perhaps you enjoyed an airport meal which killed one hour but then what do you do?? If you arrived in Vancouver with time to spare then consider yourself lucky. Vancouver's airport is an easy 16 kms from the downtown (Howe/Robson streets) core and considerably closer to the trendy south Granville Street area. A host of interesting diversions include trips to the kid friendly Granville market, world class shopping, sea kayaking in the Burrard Inlet and biking around Stanley Park. All are possible with a limited amount of time.

Vancouver is a vibrant multicultural city nestled between mountains and the Pacific Ocean. It is regularly ranked as the #1 most liveable city in the world. Come see for yourself why the critics give Vancouver such high marks.

BAG STORAGE

If you have more carryon bags than you wish to deal with there is the option of bag storage between the hours of 5 am and 11pm. Storage areas are located at both the domestic and international arrivals level before you pass through security. The charge is \$3.00 to \$6.00 per bag based on a 24 hour period. Lockers are NOT available.

GETTING TO & FROM THE AIRPORT

Fastest: Taxis

- Permit speed and flexibility but can be pricey depending on distance and number of people
- Run 24/7 and are found outside of both the domestic and international terminals. Look for the taxi signs once you reach the baggage area.
- Count on a fare of about \$35 (with tip) for the downtown area and closer to \$75 (with tip) for the furthest reaches of the Northshore including Deep Cove and Grouse Mountain.
- Taxis are charged out at a metered rate based on time and distance. Lincoln Town car limo service is also available for about \$39 + tax and tip to the downtown area.

MINIMUM AMOUNT OF TIME NEEDED TO CONSIDER LEAVING THE AIRPORT

4 - 5 hours. Allow 1 ½ hours total travel time (more or less depending on what you decide to do), 1/2 hour for security and 2+ hours for exploring.

Security lines are rarely longer than 15 minutes but better a cushion of time built just in case you are running late.

Make absolutely sure you know how far in advance you need to check in.

Easy but Limited: Vancouver Airporter

- A cost effective way for one to two people to get to the downtown area
- Fares for adults are \$13.75 one way and \$21.50 for a round trip.
- Discounts are available for seniors, children and families.
- Tickets are available from the Airporter desk at the arrivals area, on the bus where the driver can make change and from the hotel's concierge at the various pickup points.
- The bus leaves the airport and stops off at most major hotels including Hotel Vancouver by the Vancouver Art Gallery. The journey will take between 30 and 45 minutes.
- The Airporter runs every 20 minutes beginning at 8:55 am at the international terminal and continuing until 9:25 pm. The domestic terminal schedule is 5 minutes later.
- The bus can be found outside the arrivals door at both of the terminals.
- Reservations are NOT needed.

Cheap but time consuming and not highly recommended: Public Transportation

The 19km Canada line from the airport to downtown will be finished in the fall of 2009. At that time it will provide a rapid transit link to downtown. For now your options are limited!

- Take Bus 424 at the ground level of the domestic terminal.
- You will need exact change (and there is a change machine near the exit doors close to the transit area) which for the downtown area will be \$3.75. Bus tickets can also be bought at the 7-Eleven convenience store and Pharmasave, an escalator ride down from the

domestic baggage area.

- You will need to pick up a transfer and connect at the transfer station to either Route 98B or Route 496, both of which will take you downtown.
- You will have to plan ahead of time what you would like to do. Count on a very minimum of an hour each way to get around by bus. Organize your schedule accordingly.

Moderately difficult but great for longer distances: Rental car

- Provides the ultimate in flexibility at a reasonable price.
- Not recommended if you have only a few hours to spare but if you have upwards of 6 hours you can cover a lot of territory and enjoy some of the offerings on the north shore of the city.
- Alamo, Avis, Budget, Dollar, Hertz, National and Thrifty can be found at the parkade, a short walk across the street and down one level from baggage.
- Discount and Enterprise are off site and close to the economy parking lot.
- Making reservations ahead of time will ensure that the size of car you want is available but a last minute dash to the parkade won't take too much time either.
- Rates start at about \$46/day (all taxes in) for a compact at Dollar to between \$50 and \$75 at other companies depending on whether it is a weekend day (cheaper) or weekday.
- Leaving the airport is a very straight forward process and with minimal map reading skills Vancouver can be easily explored.
- This airport is especially kind to car renters as there is a gas station (Petro Canada) on the left JUST BEFORE the turnoff to the car rental return - providing you rented from one of the companies located in the parkade. It even offers competitive rather than predatory rates.

TOP 10 THINGS TO DO IN VANCOUVER

1

BIKE OR WALK AROUND STANLEY PARK

Located: Between the Downtown/West End of Vancouver and the Lions Gate Bridge to the North Shore.

Distance from airport: Approximately 30 minutes by taxi or car.

Open: Year round, rain or shine though biking isn't a lot of fun in a downpour.

Cost: Free if walking – see below for rental bike charges.

Time Needed: Minimum 1 hour for biking and 2-3 hours to do the whole walk around the park. Hours of exploration can be added.

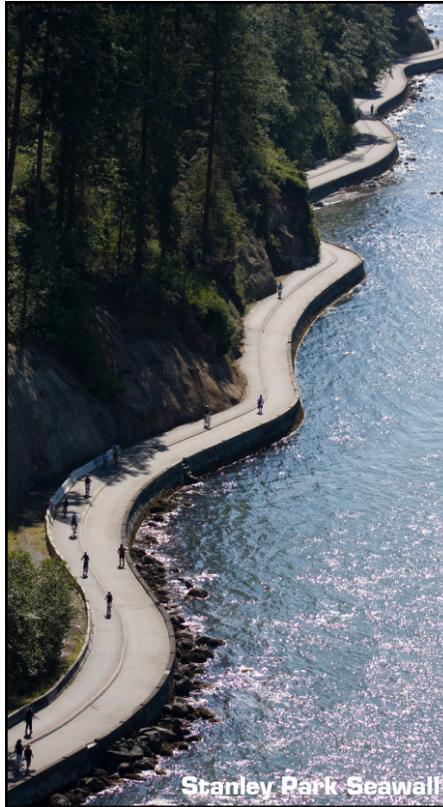
Experience: A 10 kilometre (6 mile) circumnavigation of Stanley Park is an easy 2-3 hour outing with constantly changing views. You can start anywhere on the seawall since you are going in a circle but check to ensure you are in the right lane as the path is meant to be shared with bikers. This path can be done at any time of the year, rain or shine. In fact a stormy day can be an exciting one on the west side of Stanley Park as waves come crashing into shore. As you head from the bike rental store in a counter clockwise direction you will encounter views of the city skyline alongside the cruise ship terminals. Spend a few minutes watching for float planes taking off and landing downtown. As you round the eastern most edge of Stanley Park the bright yellow sulphur piles used for industrial processes can't be missed. Further along the Lions Gate Bridge pops into view. If you are lucky either a freighter or cruise ship will be coming or going and their absolute bulk is an impressive sight as is their speed. The vista opens up after passing under the bridge and more freighters and boat traffic are visible. Soon one of the two beaches will come into sight and on a fine day a little sunbathing may be in order. You should be in the neighbourhood of your start point now. You can retrace your steps and include a visit to the Vancouver Aquarium just a few kilometres away (see #3 for more information) or from here you can call it quits, continue towards English Bay and the Burrard Street Bridge or you could keep walking for many more miles along the seawall before and after the Burrard Street Bridge. However, if you have had enough, consider a stop at one of the many excellent and eclectic eateries on Denman Street, about one kilometre before the Burrard Street Bridge.

Bike Rentals: All rental stores are within a block of the Stanley Park Seawall. They will provide maps too.

Spokes 1798 West Georgia Street at the corner of Denman Ph: 604-688-5141

Open: 9am until 5pm though later in the summer. Open year round.

Cost: Bike rental rates change according to



Stanley Park Seawall

bike type. Costs vary from \$6.67 per hour to \$10.48 per hour. Reduced half day rental rates kick in at the 3 hour mark. Helmets are included but taxes are extra. There is a large selection of all sizes of bikes.

Stanley Park Cycle 768 Denman at Robson Ph: 604-688-0087

Open: 9am until 8pm in the summer, 10am – about 6pm the rest of the year but closing is somewhat weather dependent

Cost: They rent hybrid bikes starting at \$4.75/hour with a 2 hour minimum or \$15 for 3-5 hours. Bike helmets are \$1 per day. Rollerblades, child's bikes and strollers are all available too, though rollerblades are only rented under dry conditions.

Bayshore Bike Rentals – 745 Denman between Robson & Alberni Ph: 604-688-2453

Open: 9-9 in the summers and 9 am until dusk the rest of the year.

Cost: Bikes start at \$12.00/2 hours (\$16.80 for 4 hours) and helmets are \$2/day. Kid's bikes baby joggers, strollers and rollerblades are also available for rent.

Reckless Bike Stores 1810 Fir Street at 2nd Avenue near the entrance to Granville Island Ph: 604-731-2420

110 Davie Street at Pacific Ph: 604-648-2600

Open: 10am – 6pm Monday to Saturday, noon – 5pm on Sundays, slightly longer hours in the summer.

Cost: \$7.50/hour with a 2 hour minimum or \$28.50 for 5 hours. Price includes helmets but not tax.

2

GRANVILLE ISLAND

Located: Under the Granville Street Bridge on the south shore of the False Creek Inlet.

Distance from airport: A quick and very direct 20-30 minute drive from the airport.

Open: Year round, rain or shine.

Cost: Free unless you purchase something.

Time Needed: Minimum 1 hour to all day.

Experience: Granville Island shopping district is one of North America's most successful urban redevelopment projects and is copied extensively by other cities. A derelict industrial park was transformed into a thriving market and entertainment destination frequented by locals and tourists alike. You can spend as much or as little time as you have available as the variety of shops, activities and dining possibilities are seemingly endless. The Granville Island Market, open from 9am to 7pm seven days a week, is a sensory destination filled with artfully displayed produce, extensive seafood and meat offerings and mouth watering bakery delights. Pick up a coffee, find a bench and enjoy the view over the water. Then wander through a range of stores where you can purchase anything from books to high quality handicrafts, marine supplies, kayaks, gardening gear and kids toys. In fact the kids will love to visit the Kids Market and Adventure Zone. With additional time you can rent boats including sea kayaks, organize fishing charters and even go whale watching.

3

VANCOUVER AQUARIUM

Located: 845 Avison Way in Stanley Park 604-659-3474

Distance from Airport: Allow about 40 minutes by car or taxi each way.

Open: July 1 – Labour Day 9:30am – 7pm, winter/fall/spring hours 9:30 am – 5pm

Cost: Adults - \$19.95, Youth - \$14.95, Children (4-12) \$11.95, 3 and under are free

Time Needed: Very minimum of 1 hour up to 3 hours depending on how many shows you attend

Experience: The Vancouver Aquarium lies within the confines of Stanley Park so the aquarium experience can be expanded to include walks around the seawall, visits to beaches and a stop to admire the totem poles. The aquarium is one of only two in Canada and is considered

to rank in the top five around the world. People of all ages can enjoy the exhibits with plenty of hands on opportunities to thrill the young ones. There are daily Beluga and Dolphin shows, Birds of Prey talks, Sea Otter feeds and family programs to name a few. These are included with the price of admission. You can't leave the aquarium without going through the gift shop so good luck leaving empty handed.

4 GROUSE MOUNTAIN

Located: 6400 Nancy Greene Way, North Vancouver. 604-984-0661

Distance from Airport: Allow 1 hour by car or taxi.

Open: Daily from 9am until 10pm

Cost: Adults - \$34.95, seniors - \$32.95, youth - \$20.95, kids - \$12.95, under 4 are free

Time Needed: One hour up to a full day depending on your chosen activity

Experience: Arrival at the peak of the mountain is via the Skyride, a large aerial tramway which delivers you 2.9 kilometres (1.8 miles) and 853 metres (2800 feet) up the mountain in about 10 minutes. Once there Grouse Mountain delivers a wide variety of activities to engage most everyone and every age group. In the spring, summer and fall one can enjoy a leisurely walk at the peak or head out on an extensive backcountry hike if properly equipped. You can stroll over to see the grizzly bears, catch the Lumberjack or the Birds in Motion show. Helicopter rides (starting from \$99) can get you up close and personal to the local mountains. The Theatre in the Sky provides a high definition cinema experience with shows running on the hour. In the winter you can choose from ice skating, snowshoeing, snowboarding or downhill skiing to get the blood pumping. Thoughtfully the resort has provided equipment and even outdoor clothing for rent which is available at the top of the mountain. Fine dining and casual restaurants round out the experience particularly on a clear day when outstanding views of the Vancouver City skyline, Mount Baker and even the Olympic Mountains in Washington State are visible. The Skyride returns to the base every 15 minutes all day.

5 PACIFIC CENTER MALL AND ROBSON STREET

Located: The streets running between Granville and Jervis in the north-south direction and Pender and Robson in the east-west direction.

The combination of Robson Street and the Pacific Center should fulfill any shopping dreams that you entertain. The Pacific Center is an enclosed 3 block section running between Granville and Howe and Pender and Robson. Over 140 stores including high end stores like Holt Renfrew and Harry Rosen are open daily starting at 10am. The three block Robson Street section of stores between Burrard and Jervis is also host to a wide variety of premier fashion



False Creek

stores and fine dining restaurants. This section is very much alive at night with throngs of people out to see and be seen. Nestled in and amongst the shopping area is the Vancouver Art Gallery so between shopping, cafe hopping and a little gallery viewing hours and even days can be whiled away. Fortunately all of this is usually just a 30 minute drive from the airport. A great place to people watch and put your feet up after shopping would be the Bacchus Restaurant and Lounge in the Wedgewood Hotel at 845 Hornby, almost across from the Vancouver Art gallery. Excellent service, as would be expected from a Relais and Chateaux hotel, will complement any meal, drink or even afternoon high tea. A less expensive option would be to grab an expertly made cafe latte at Cafe Artigiano a locally owned chain of coffeehouses also found on Hornby across from the art gallery.

6 SEWELL'S ECOMARINE BOAT TOURS

Located: 6409 Bay Street, West Vancouver. 604-921-3474

Distance From Airport: Allow 1 hour driving time each way.

Open: From April until October with scheduled tours at 10am, 1pm and 4pm

Cost: \$73 for adults, \$65 for seniors and students and \$43 for kids 5-12 years. Reservations recommended.

Time Needed: Two hours for the actual safari plus plan to be there 30 minutes early so total time including travel time is a minimum of 4 ½ hours, more later in the day when traffic is heavier.

Experience: This 2 hour adventure on board a high speed boat will give you a chance

to see some of the spectacular scenery and wildlife typical to the British Columbia coast. You should on a good day see California sea lions, colonies of harbour seals, bald eagles, herons and numerous varieties of ducks and seabirds. From your vantage point out on the Strait of Georgia you will see the Vancouver city skyline. As you come closer to the shores of West Vancouver spectacular multimillion dollar homes will either overwhelm or disgust you depending on your perspective.

7 MUSEUM OF ANTHROPOLOGY AT UBC

Located: University of British Columbia, 6393 NW Marine Drive, Vancouver Ph: 604-822-5087.

Distance from airport: Approximately 20 minutes from both downtown and the airport. Parking is available.

Open: Summer (mid May till the first week of October) 10am until 5pm, Tuesdays until 9pm

Winter - closed Mondays, Tuesday 11 am -9pm, Wednesday to Sunday 11am-5pm

Cost: \$12 for adults, \$10 for seniors and students and free for children 6 and under

Time needed: Minimum 1 hour - more if you are very interested in native art

Close to: UBC Botanical Gardens, Nitobe Gardens and walkways along the ocean

Experience: The museum is housed in a spectacular Arthur Erickson designed building on the cliffs of Point Grey. It is renowned for its collection of native art especially of the people of the Northwest though it also displays art of indigenous people from around the world. It also has a remarkable collection of totem poles.

8 VAN DUSEN GARDENS

Located: 5251 Oak Street at 37th 604-878-9274. A gift shop and the Shaughnessy Restaurant are both on site.

Distance from Airport: Approximately 20 minutes driving time. Free parking.

Open: November, December, January and February - 10am-4pm,
March and October - 10am-5pm,
April - 10am-6pm,
May -10am-8pm,
June, July and August -10am-9pm
September 10am-7pm.

Cost: \$8.85 from April 1st until September 30th, \$6.50 otherwise. Cheaper for seniors, students and kids.

Time Needed: A minimum of 1 hour at a brisk pace will give you a sense of the garden.

Experience: Van Dusen gardens is a fifty five acre oasis of gardens close to the city center. Paths meander around tranquil ponds, past rolling lawns and into specific ecosystems ranging from South Africa to the Himalayas to the Pacific Northwest. Kids and adults alike will love playing in the maze.

9 SEA KAYAKING

Located: Burrard Inlet by Granville Island, Deep Cove on the North Shore, Jericho Sailing Centre at 1300 Discovery Street or English Bay at 1700 Beach Avenue.

Time Needed: 4-6 hours depending on location.

A few short hours of paddling a sea kayak will give you quite a different perspective of Vancouver. Within 1 hour of leaving the airport you can be paddling the calm waters of Burrard Inlet and enjoying city views mixed with picture postcard views of English Bay. Further afield lies Deep Cove (about a 50 minute drive from the airport) in a very scenic fjord and park like setting providing an altogether different flavour. A paddle out of Deep Cove will take you past a mixture of permanent and recreational properties to island parks and rugged northwest coast scenery. A Deep Cove paddle can easily morph into a full day exploration of the inlet so plan accordingly. Both kayaking areas will enjoy calmer waters earlier in the day with winds generally picking up midday. Choose from one of the following rental outfitters and reserve ahead for a weekend. In non summer month's call in advance to make sure they are operating. All rental outlets will require waivers signed and a damage deposit held on your credit card.

Ecomarine: Three locations to choose from. The calmest waters will be those out of Granville Island.



1668 Duranleau Street, Granville Island
Ph: 604-689-7575

1300 Discovery Street at Jericho Sailing Center Ph: 604-222-3565

English Bay Bath House, 1700 Beach Avenue, Foot of Denman Street Ph: 604-689-7575

Cost: Single kayaks (fully equipped - \$48 for 2 hours and \$16 for each additional hour. Doubles (fully equipped) \$46 for 2 hours and \$18 for every additional hour.

Hours: Weather permitting at all locations.

Granville Island: Jan 2 - May 31st 10am-6pm, June 1-September 2nd 9am-6pm but 9am-9pm Tu/Fr/Sa, Sept 4-Dec. 31st 10am-6pm

Jericho Sailing Center - April 29th - Sept 4th 10am - dusk weekdays, 9am-9pm weekends, Sept 5-30 weekends only, 10am -dusk

English Bay Bath House - June 3rd - Sept. 4th weekdays - 11am - dusk, weekends 9am - dusk

Deep Cove Canoe and Kayak Center
4310 Gallant Avenue, North Vancouver Ph: 604-929-2268

**Before renting they want to know that you can do a self rescue. There are daily 3 and 5 hour tours for first timers from April 1st until October 15th. These tours are from 12pm until 3pm daily and cost \$80 for adults and \$50 for kids 12 and under.

Cost: Single kayaks (fully equipped) 2 hour - \$28, 3 hour \$38 and 4 hour \$46. Double kayak (fully equipped) 2 hour - \$40, 3 hour \$55, 4 hour \$68

The above are all midweek prices. Weekend prices are on average \$4 more for every time period.

Open: The schedule appears to change monthly depending on weather and the amount of light. For the months of November until February it is basically closed (unless prior arrangements have

been made) but starting from March on they are open weekends from 10 am until dusk. By the summer the hours have changed to 9am till dusk on weekdays and 7:30am until dusk on weekends.

10 CHINATOWN

Located: Bordered by Pender to the North, Union to the South, Carrall to the West and Gore to the East. The area is about a 15 minute walk east of downtown Vancouver.

Distance from the airport: 30-45 minutes depending on traffic

Cost: Free unless you shop or eat.

Time Needed: A minimum of 1 hour to walk around but several hours if you poke in shops, enjoy some Dim Sum and take in the Sun Yat-Sen Classical garden.

Experience: North America's second largest Chinatown is located in Vancouver just east of downtown. Colourful overhead Silk Road banners and red painted street lights let you know you have arrived. The very ornate Millenium Gate at Pender and Taylor Streets welcomes you to Chinatown. Just ahead on Pender is the world's narrowest building - the Sam Kee building at all of 1.8m (6') in width. Also nearby is Shanghai Alley, a historical road where Chinese immigrants settled between 1890 and 1920. Now it is home to murals depicting the history of the alley and the massive West Han Dynasty Bell, a gift from the sister city of Guangzhou. Continued walking within the confines of Chinatown will bring you in contact with vibrant markets selling fruits, vegetables, meats, fish, herbs and traditional medicines. Many of the stores are signed with only Chinese characters. Numerous restaurants and bakeries crowd Pender, Main and Keefer Streets. The savoury steamed pork buns and sweet coconut buns are well worth sampling. If you have time head to the Dr Sun Yat-Sen Classical garden and park (578 Carrall Street) - see more detailed information in the gardens section.



Every visitor to Vancouver is going to arrive with a different idea of what might make their perfect stay. The Top 10 are some of my personal favourites but that is not to say that most of the other points of interest aren't amazing or worth a visit too. If you are an active person then biking along the ocean to the University of British Columbia will have huge appeal as will doing the massive stair stepper known as the Grouse Grind. Read on and see what else might catch your fancy. Activities have been broadly grouped into physical, cultural, shopping and those that are unique to Vancouver. There will surely be something for you in here!

16 OTHER GREAT THINGS TO DO IN VANCOUVER

PHYSICAL PURSUITS

WALKING/HIKING:

There are a large number of walking possibilities, some within only 20 minutes of the airport. Three will be mentioned – two of them are easy and one is very difficult.

PACIFIC SPIRIT REGIONAL PARK

This is another easy hike, perfect for a rainy day or a particularly hot day when the huge trees will provide plenty of shade. Trails can be accessed quickly from the airport off of SW Marine Drive – no more than 15 minutes away by cab (though it may be a tad more difficult to flag one down when you are finished so consider carrying a cell phone & calling the taxi company). There are trail maps to be found at all trailheads and trail junctions are well signed so don't worry about getting lost. There are up to 50 kilometres of trails so it will be up to you to decide how long

the hike will be. Pick any trailhead and just start walking and do any number of loops or out and backs. This is not a trail with vistas – rather it will be a ramble through second- growth forests with the occasional huge remnant stump from former logging days.

GROUSE GRIND TRAIL

The Grind lives up to its name and ranks as one of the more difficult hikes around Vancouver. It is accessed from the dirt parking lot to the east of the aerial tramway and the Starbucks coffee shop. Allow one hour driving time to get to the trailhead at the end of Nancy Greene Way. Come prepared with comfortable walking or hiking shoes, a water bottle and something warmer to wear once you reach the top especially in spring and fall. Do not attempt this trail if you have any medical condition that puts you at risk with hard physical exertion. The trail is usually open from about 7am until 7pm though the hours can vary depending on daylight and weather. If the weather looks especially windy or rainy you might want to call ahead to make sure it is open (phone 604-432-6200). The trail is closed when the snow starts to fly so opening and closing times vary greatly from year to year. Sometime in mid April or May are the usual opening dates and sometime in early to late November is generally when it closes for the season.

The trail itself is like one long, not very interesting stair stepper. You will climb 800 meters (2800 feet) over 2.9 kilometres (1.8 miles) and from start to finish there are fewer than 50 level paces! There are only one or two peek a boo views but the reward is at the top with far ranging city and mountain vistas especially on a clear day. The trail is well marked with signs at the 1/4, 1/2 and 3/4 point. If you are hiking it first thing in the morning or from about 4 o'clock on do not count on anything remotely resembling a solitary experience. Over 100,000 people hike this trail every year and for many it is close to a daily affair! Nonetheless it is a great workout and achievement of the summit will put a big smile on your face. Once you have arrived at the top you can eat, drink, shop, relax and then buy a \$5 downloading ticket from inside the building which sits straight in front of the end of the trail. Incredible athletes can do the trail in less than 30 minutes but mere mortals should allow 1- 1 1/2 hours depending on your fitness level.

POINT GREY AREA SEAWALL

This easy hike can be combined with swimming and even sailing or windsurfing lessons available at Jericho Beach (ph: 604-731-5415, 604-224-06150) You can start anywhere along NW Marine Drive (only a 20 -30 minute drive from the airport) but a convenient spot to begin is Jericho Park on Discovery Avenue at the eastern most end of NW Marine Drive. On a windy day the sailors and windsurfers will be out in full force and perhaps your hike will take you no further than a comfortable viewing point on the beach. Assuming you have more energy you can continue west for miles. Jericho Beach, Locarno Beach and the Spanish Banks run into one another over a 6 kilometre path. The further west you get the



Grouse Mountain Skyride

less crowded it generally becomes. Views for the entire hike are of English Bay, Bowen Island to the north and the mountains of the Sunshine Coast. Eventually the seawall path gives way to just a shoreline trail at the westernmost edge of Spanish Banks. In summer you will be entering clothing optional territory as the path winds its way over 6 -7 kilometres of sand and rock to arrive at Wreck Beach. You can return the same way or head up one of the steep trails 3, 4 or 6 to arrive back on NW Marine Drive. Head east again until you hit the seawall path and continue the remaining 6 kilometres back to Jericho Park. In total you can end up walking 25 kilometres so you will have to be the judge on just how much time you have available. Refreshments are available in summer months at concession stands in the Jericho Beach and Locarno Beach area. Otherwise pick up some refreshments at the airport before heading out.

BIKING:

Thirty five kilometres of ocean side biking await the visitor to Vancouver. One of the premier bike rides for those with limited amounts of time is the 6 mile circumnavigation of Stanley Park. This ride can be extended to include English Bay, Granville Island and the Science Center or alternatively one can head over the Burrard Street Bridge and head for the beaches of Spanish Banks. Rental bikes of all types and sizes are readily (as well as rollerblades) available at any one of the following locations, all of which are within a 30-40 minute ride of the airport. Allow a minimum of 1 hour to circle Stanley Park and take in the views but allow for an additional few hours to include a trip to UBC or the Granville market. The bike stores provide maps and will give you more ideas if you want to go even further. See the bike rental section under the #1 thing to do in Vancouver.

SWIMMING:

KITSILANO POOL

Address: 2305 Cornwall near Arbutus. Phone 604-731-0011. Concession stands and

pay parking available. Twenty five to forty minute drive from the airport.

Open: Mid May to mid September. Hours are noon – 8:45pm from mid May until June 10th, then 7am-8:45pm till Labour Day and for the final two weeks the pool closes at 7:15pm.

Cost: Adults- \$5.15, seniors and youth \$3.65, kids (6-12) \$2.60, 5 and under are free.

Experience: The Kitsilano salt water pool holds the title of Canada's longest pool, measuring 137.5 meters (451 feet) almost the equivalent of 3 Olympic regulation size pools. This outdoor pool maintains a constant temperature of 25C (77F) so you will always be comfortable under the grimmest of outdoor conditions. On a beautiful sunny day expect to share the experience with Coppertone smelling crowds. You will also be able to enjoy spectacular views out across English Bay. Although there are concession stands at the pool you can also wander about 2-3 blocks east and fine coffee shops and more interesting restaurants.

SNOWSHOEING/SKIING:

Skiing and snowshoeing are available from approximately mid November until early April depending on the year at any of Grouse Mountain, Cypress Mountain or Mount Seymour. Both Cypress and Seymour mountains are that much further from the airport. In addition they are at the top of an 11-14 kilometre road which can be very hazardous with snow and ice. From an accessibility and best use of time perspective Grouse Mountain is the one to do.

GROUSE MOUNTAIN

Address: 6400 Nancy Greene Way, North Vancouver 604-984-0661

Open: 9am until 10pm

Cost: Full day tickets are good from 9am until 10pm and include the Skyride. Evening tickets are good from 4pm until 10 pm and also include the Skyride.

Adult full day - \$50 Adult night- \$40 Youth

(13-18) and senior full day \$40 night - \$35, child full day \$22, night - \$20

Snowshoeing is free with the cost of the skyride.

Rentals: Ski or snowboard package: \$40 – adult, \$25 – kids, Snowshoes - \$20, Pants and jackets - \$25, Skates - \$5

Time Needed: A minimum of 4 hours to allow for travel time on the Skyride and outfitting of rental gear.

Experience: On a sunny day nothing can beat the view of the city from the seat of a chairlift. Unfortunately that happens all too infrequently but nonetheless Grouse Mountain offers a quick outdoor snow fix. Twenty six runs with a vertical drop of 384 metres (1260') are serviced by 2 high speed quad chairs and a few of the slower, old quads. The runs are predominantly blue with a smattering of green, black and double black. Snowmaking covers 75% of the terrain so even a bad snow year allows for decent ski conditions. Fourteen runs remain open for night skiing – in fact the beams of light can be seen from all over the lower mainland. If skiing or boarding is not in your repertoire then perhaps a snowshoe on one of 5 groomed trails will be of interest. A short 15 minute walk from the lifts will take you into a snowy world of mountains and silence broken only by the occasional sapsucker. Trail maps are available and a few hours will allow you to cover most of the loops.

CULTURAL ACTIVITIES

VANCOUVER ART GALLERY

Address: 750 Hornby Street (between Robson and West Georgia) 604-662-4700. Parking is available at local public lots within a few blocks. There is an onsite gallery restaurant and gift store.

Distance from the Airport: Allow 30-45 minutes depending on the time of day.

Open: Daily from 10am to 5:30pm and Tuesday and Thursdays until 9pm;

Cost: \$17.50 per adult, \$13 per senior, \$12 per student and children 5-12 are \$7. Special prices are in effect for exhibits.

Time Needed: 1-3 hours depending on what you are seeing – the travelling exhibit and/ or the permanent collection. The traveling exhibit changes every three - four months.

Experience: The gallery contains over 9,000 pieces of art. It is internationally renowned for contemporary photo based art and it has the largest collection of works by Emily Carr. It also contains one hundred years of art produced by local British Columbians.

DR. SUN YAT-SEN CLASSICAL CHINESE GARDEN

Address: 578 Carrall Street on the outskirts of Chinatown. 604-662-3207. Gift shop is on the premises. Scheduled tours on a year round basis, hourly in the summer.

Distance from the Airport: Allow 45 minutes driving time.

Open: Spring (May 1 – June 14) 10 am – 6 pm, Summer (June 15 – August 31) 9:30 - 7 pm, Fall (September 1-30) 10 am – 6pm, Winter (October 1st to April 30th) 10 am – 4:30pm

Cost: \$10.00 per adult, \$9.00 per senior, \$8.00 per student. Children under 5 are free. Open by donation in the last half hour of the day.

Time Needed: ¾ - 1 hour

Experience: This garden was the first of its kind built outside of China by more than fifty skilled traditional artisans and gardeners from Suzhou. It is a peaceful walled sanctuary which harmoniously combines the classical Chinese elements of water, rock, plants and architecture. Much of the material was brought from China including the limestone rock, the pagoda roof tiles and even the worn pebbles that form the mosaics which in turn are part of the pathways through the garden.

UBC BOTANICAL GARDENS

Address: 6804 SW Marine Drive. 604-822-4529. A gift shop and garden cafe are at the entrance.

Distance from the Airport: 15-20 minutes by car

Open: Daily 10 am to 6pm from mid March until mid October and 10am to 5pm the rest of the year. Closed in late December and early January.

Cost: \$8 for adults from mid March to mid October and by donation the rest of the year. \$12 gets a ticket to both the UBC Botanical garden and the Nitobe Memorial garden. There are lower senior and student prices.

Time Needed: A minimum of 1 hour at a brisk pace will give you an idea of the size and the scope of the garden.

Experience: One hundred and ten acres of an assortment of different garden types including Alpine and Asian await the visitor. This is one of Vancouver's undiscovered gems especially in April and May when the magnolias and rhododendrons are blooming and in the fall when autumn colours are peaking. The food garden is a sensory delight especially when the large number of espaliered fruit trees is ready for harvesting in September and October.

NITOBE MEMORIAL GARDENS

Address: 1895 Lower Mall, UBC Point Grey Campus near the Museum of Anthropology

Distance from the Airport: 15-20 minutes driving time

Open: mid March – Mid October 10am-6pm, mid October-mid March – open on non holiday weekdays from 10am-2:30pm. Close late December –early January.

Cost: \$6 for adults from mid March until mid October and by donation the rest of the year. Lower prices are available for seniors and students.

Time Needed: 1hour for a casual stroll. Easily added to a visit to the UBC Botanical Garden and the Museum of Anthropology

Experience: Nitobe Memorial Garden is a traditional Japanese Tea and Stroll garden and is considered by some to be one of the top 5 Japanese gardens in North America. It is a tranquil garden and a lovely place for contemplative thought. All the elements of a true Japanese garden are in place including benches to sit five people, the time-honoured number in a tea party. Formal tea ceremonies occur on the last Saturday of every month at a cost of \$5 per person. The garden is a particularly beautiful spot in April and May when the cherry blossoms are out, in June with the irises are blooming and from September to mid October when the maple trees show the best of their fall colours.

SHOPPING AND EATING

GALLERY ROW AND SHOPPING

Address: On South Granville Street from the south side of the Granville Street Bridge to 16th Street. Metered street parking is available (carry some loonies and toonies and 40 minutes will set you back \$1) or find a parkade. It is easy to grab a taxi on Granville Street.

Distance from the Airport: 20-30 minutes.

Cost: Window shopping is free but there will be lots to tempt you.

Time Needed: 1-4 hours depending on how much you like to poke and eat.

Experience: This is an 11 block section of a diverse group of shops ranging from exclusive art galleries and antique dealers to William Sonoma and the Pottery Barn. The twenty five art galleries explore a varied range of art styles from the 17th to 21st centuries. Between art galleries rest at any one of the innumerable coffee shops or pick up a treat at Meinhardts. If you are around in time for an early dinner try West (on Granville at 13th) voted 'Restaurant of the Year' for four consecutive years or Vij's, an excellent Indian fusion restaurant on 11th. There are home decorating stores including Eighteen Karat, The New Eclectic and Moe's Home worth visiting plus a large selection of footwear and clothing stores to keep you busy.

ABERDEEN CENTRE

Address: 4151 Hazelbridge Way, Richmond

Distance from the Airport: This large mall is best accessed by a quick cab ride as it is only 8-10 minutes away.

Open: Hours are 11am-7pm on Monday through Wednesday, 11am-9pm on Thursday to Saturday and 11am -7pm on Sundays and holidays

Cost: There will be three levels of window shopping to tempt you plus the price of a cab

which will probably be in the \$15 range.

Time Needed: It depends on how much you like shopping – from one hour until close to when your flight leaves

Experience: This is one large Asian themed shopping mall with more than 130 stores in addition to a food court and marketplace, both of which cater to the Asian palate. The stores run the gamut from men's, women's and kid' fashions, to herbal tea shops to home furnishings to telecommunications- basically everything you need in life under one roof. You won't hear much English spoken and most of the stores will be unfamiliar to non Asians.

UNIQUE TO VANCOUVER

CAPILANO SUSPENSION BRIDGE

Address: 3735 Capilano Road, North Vancouver. 604-985-7474

Distance from the Airport: Allow 45 minutes to 1 hour depending on traffic

Open: Daily except Christmas. Hours change every month from 9am-5pm in winter months to 8:30am-9:00pm in the summer months.

Cost: From May 1 – October 31: Adults - \$27.95, students and seniors are cheaper, kids 6-12 years old -\$8.75, 5 and under are free. Adult prices are reduced by approximately \$3 from November 1 – April 30th and other age groups have a \$1 to \$3 reduction.

Time Needed: Plan on at least 2 hours + travel time.

Experience: There is more to experience here than just a walk across a bridge in a west coast rainforest. For starters the bridge sways 70 feet above the Capilano River over a 450 foot span. Then you can continue the adrenaline rush by heading for the Treetops Adventure which allows you to navigate a series of high tech suspension bridges through the Douglas fir trees. Back on the ground enjoy guided nature tours, a visit to the largest private collection of totem poles or demonstrations by First Nations people of carving, weaving and beadwork. There are three restaurants and a gift shop to round out your experience.

SCIENCE WORLD

Address: 1455 Quebec Street, Vancouver PH: 604-443-7443.

Distance from the Airport: Approximately a 40 minute drive.

Open: Weekdays 10am-5pm, weekends and holidays 10am -6pm. Closed Christmas.

Cost: Adults - \$17.75, seniors and youth (13-18) \$14.50, kids - \$12.25, 3 and under are free.

The movies are \$10 per person on their own but a combined movie/general admission is just \$5 more than a regular admission.

Time Needed: Allow at least 1-2 hours for the Science Center and another hour for a movie.

Experience: The Science Center is housed in



a geodesic dome that was used in the Expo 86 World's Fair. It contains the OMNIMAX Theatre as well as 5 permanent galleries. Kids can have fun in the Body Works gallery testing their reaction time, strength and a host of other physical parameters. The Kidspace Gallery is designed for the under 6 crowd while the Illusions, Eureka and Our World Gallery will get adults and kids alike thinking about science and how our everyday choices are affecting the world. There is also an onsite gift store and food court.

GULF OF GEORGIA CANNERY NATIONAL HISTORIC SITE + VILLAGE OF STEVESTON

Address: 12138 4th Avenue, Richmond Ph: 604-664-9009

Distance from the Airport: It can take as little as 15 minutes by car or taxi from the airport as it is only about 6 kilometres away

Open: May 2-September 7, Monday to Saturday 10am- 5pm, Sundays 11am-5 pm; from September 10- October 12 open only Thursday to Monday with the same times as the summer. The Cannery is closed the rest of the year but Steveston will continue to be an enjoyable destination for walking, shopping and dining.

Cost: (for the cannery only) \$7.80 for adults, \$6.55 for seniors, \$ 3.90 for youth and kids 5 and under are free

Time Needed: one to three hours if you plan to visit the cannery, walk the village and grab a bite to eat

Experience: The Gulf of Georgia Cannery lies only a block away from the shops and restaurants of the attractive village of Steveston. It is a National Historic site and has been a landmark for West coast fisherman since 1894. The Cannery is a collection of buildings which include an icehouse, a vitamin oil shed, the main cannery building and additional utilitarian buildings. The Cannery houses a collection of over 10,000 objects primarily related to the salmon, halibut

and herring fisheries. A visit to the Cannery can include an introductory film, a guided tour and some hands on exhibits. Once you are finished your cannery visit head a few blocks north and wonder around Garry Point Park. By then you'll probably want a coffee or bite to eat so grab something at one of the numerous restaurants or coffeehouses. On a sunny day Steveston is a delightful spot to stroll around. You can wonder along shared bike and pedestrian paths by the water and watch the action of the fishing boats which make up Canada's largest fishing fleet.

INTERNATIONAL BUDDHIST TEMPLE

Address: 9160 Steveston Highway, Richmond. Ph: 604-274-2822.

Distance from the Airport: About a 15 minute taxi ride: would combine well with a visit to the Village of Steveston.

Open: 9:30 am - 5:30 pm daily.

Cost: Free. Visitors are encouraged to come and explore their grounds.

Time Needed: About an hour, but as they say with wisdom "the duration depends on what the visitor wishes to draw from the visit".

Experience: The temple is an authentic model of traditional and Chinese imperial style architecture. Flaring eaves, roof tiles, elaborate renderings of Chinese dragons, shrines, Buddha statues, ceramic murals and more examples of impeccable Chinese craftsmanship are visible. Everyone is welcome regardless of their faith. Chances are that you will find peace, solace and serenity on your visit. Walk away with insights gained about Buddhist values and beliefs. Inspire your spirit and your mind.

There is also a vegetarian cafeteria open from 12:30 to 3:30 pm.

USEFUL LINKS

VANCOUVER WEATHER

www.wunderground.com/global/stations/71892.html

TAXI COMPANIES

Yellow Cab co. Ltd.
www.yellowcabonline.com
Ph: 604-681-1111

MacLures Cabs
www.maclurescabs.ca Ph: 604-731-9211
or 604-683-6660

Blacktop & Checker Cabs
Ph: 604-731-1111 or 800-494-1111

Vancouver Taxi Ltd.
Ph: 604-871-1111

VANCOUVER PUBLIC TRANSIT

www.translink.bc.ca

CAR RENTALS

Dollar Canada: www.dollarcanada.ca
National Car Rental: www.nationalcar.ca
Budget Rent a Car: www.budget.ca
Alamo Rent a Car: www.alamo.ca