



Stanley Park

Stanley Park is a 1,001-acre public park that borders the downtown of Vancouver in British Columbia, Canada and is almost entirely surrounded by the waters of Vancouver Harbour and English Bay.

The park has a long history and was one of the first places to be explored in the city. The land was originally used by indigenous peoples for thousands of years before British Columbia was colonized by the British during the 1858 Fraser Canyon Gold Rush. For many years after colonization, the future park with its abundant resources would also be home to non-aboriginal settlers. It was named after Lord Stanley, a British politician who had recently been appointed governor general. Unlike other large urban parks, Stanley Park is not the creation of a landscape architect, but rather the evolution of a forest and urban space over many years. Most of the manmade structures today were built between 1911 and 1937 under the influence of Superintendent W.S. Rawlings. Additional attractions, such as a polar bear exhibit, aquarium, and miniature train, were added in the post-war period.

Much of the park remains as densely forested as it was in the late 1800s, with about a half million trees, some of which stand as tall as 76 metres (249ft) and are up to hundreds of years old. Thousands of trees were lost (and many replanted) after three major windstorms that took place in the past 100 years, the last in 2006.

Significant effort was put into constructing the near-century-old Vancouver Seawall, which draws thousands of residents and visitors to the park every day. The park also features forest trails, beaches, lakes, children's play areas, and the Vancouver Aquarium, among many other attractions. On June 18, 2014 Stanley Park was named 'top park in the entire world' by TripAdvisor.

Transportation: Stanley Park Bus #19 from Burrard & Pender Street/Coal Harbour Walking Route or taxi.



Vancouver Aquarium at Stanley Park

Location: 845 Avison Way, Vancouver

The Vancouver Aquarium is Canada's largest aquarium and one of the most visited sites in Stanley Park. It is home to more than 70,000 creatures including beluga whales, dolphins, sea otters, anacondas, three-toed sloths, eels and more.

The Vancouver Aquarium is widely respected for its research and marine stewardship, and visitors can learn more about the region's marine life through the numerous exhibits. Adults and kids alike will love the entertaining and educational "encounters" program, which allows visitors to go behind the scenes and get up close and personal with the animals and the people who train them. This includes feeding, helping train and learning about the habitats and lifestyles of dolphins, beluga whales, sea lions, sea otters, sea turtles and other sea creatures.

Hours: 10 am. To 5 pm

Adult - \$31.00 – Senior (65 +) - \$22.00

Transportation: Stanley Park Bus #19 from Burrard & Pender Street or taxi.



Stanley Park Horse-Drawn Tours

Stanley Park Horse Drawn Tours are a fun way to see Stanley Park in comfort through the natural beauty of Stanley Park, Vancouver's thousand acre wonderland. A professional guide fully narrates the tour which highlights Deadman's Island, Vancouver's Harbour, Lions Gate Bridge, a Coastal Red Cedar Forest, and includes stops at the Totem Poles, the Girl in a Wet Suit Statue, the S.S. Empress of Japan Figurehead, and the Rose Garden.

9:40 a.m. (1st departure) to 4 p.m. (last departure)

Departing every 20 to 30 minutes

Guided tour around Stanley Park – duration 1 hour

Tickets: \$39.99 Adults - \$37.50 – Seniors over 65

Departs from the horse-drawn tour kiosk at the Coal Harbour parking lot beside the information booth just off the Georgia Street entrance to Stanley Park

Transportation:– taxi or take the “Stanley Park” bus #19 on Burrard & Pender Street – one-way bus pass is \$2.75 Disembark **BUS** at the first stop in the park (just before the roundabout) at the foot of Pipeline Road. Follow the road that leads under the overpass. A 2-minute walk on that road will lead you to the Horse-Draw Tour kiosk located beside the information booth.



Granville Island

Granville Island provides amenities such as a large public market, an extensive marina, a boutique hotel, the Emily Carr University of Art and Design (named in honour of the artist), Arts Umbrella, False Creek Community Centre, various performing art theatres including Vancouver's only professional improvisational theatre company Vancouver Theatresports League, the Arts Club Theatre Company and Carousel Theatre, fine art galleries, and a variety of shopping areas.

The Granville Island Public Market features a farmers' market, day vendors, and artists offering local Vancouver goods. There are 50 permanent retailers and over one-hundred day vendors in stalls throughout the market selling a variety of artisan cottage-industry foods and handmade crafts on a rotating schedule.

Location: 1661 Duranleau Street, Vancouver Hours: 9 am to 7 pm

Transportation : walk to Granville Canada-Line Station (Georgia & Granville Streets)

Take the Canada Line to Yaletown Roundhouse. Walk from Davie and Mainland to the foot of Davie Street by the marina where you will see a dock with the Aquabus sign. Take Aquabus to Granville Island (\$5.00 each way).



Fly Over Canada

FlyOver Canada is an amazing virtual flight ride in which you will “take off” into a huge domed screen to enjoy a breathtaking flight across Canada’s most spectacular sights. The motion seating and special effects including wind, scents and mist combine to make you feel as if you truly are flying! The complete FlyOver Canada experience lasts approximately 25 minutes. Your journey begins with *UpLift!*, an inspiring audio-visual pre-show that gets you ready for the flight. Next, you will head to the boarding zone, where our flight guides will prepare you to embark on the Ultimate Flying Ride. The ride takes approximately 8 minutes. You will visit both coasts of Canada, the Canadian North, fly-over Toronto, Vancouver Harbour and many other locations.

Location: Canada Place – 201 – 999 Canada Place, Vancouver

Hours: 10 a.m. to 9 p.m.

Tickets: Adults - \$21.95 or “Fastlane tickets” - \$23.95

***Fastlane tickets allow you to arrive at the attraction at any time during the specified half-hour window, and gain entry to the attraction as soon as the next FastLane spot becomes available.**

Time: - 25 minutes (ride takes 8 minutes only of the 25 minutes). Rides start every 15-20 minutes.

Transportation: Walk or Taxi



Science World

The futuristic sphere-like building of Science World is home to a kid-friendly exploration center that explains phenomena through hands-on exhibits and demonstrations. Themes include water, air, motion, and invention. There is a theater on-site, as well as a massive IMAX screen. Visiting exhibits are often impressive and part of world tours. This building is an unmistakable waterfront landmark in Vancouver and was originally built for Expo 86, a World's Fair.

Location: 1455 Quebec Street, Vancouver

Hours: Friday – 10 am to 5 pm; Saturday & Sunday – 10 am to 6:00 pm

Ticket Prices: Adult - \$25.75 – Senior (65 +) - \$21.00

Transportation: Canada Line to Yaletown Roundhouse & walk to Science World or taxi.



Vancouver Art Gallery

The Vancouver Art Gallery (VAG) is the fifth-largest art gallery in Canada and the largest in Western Canada. The Vancouver Art Gallery was founded in 1931 and had its first home at 1145 West Georgia Street. In 1983 it moved to the Hornby Street location, the former provincial courthouse. It was renovated at a cost of \$20 million by architect Arthur Erickson, which completed his modern three-city-block Robson Square complex. The Gallery connects to the rest of the complex via an underground passage below Robson Street to an outdoor plaza, restaurants, the University of British Columbia's downtown satellite campus, government offices, and the new Law Courts at the southern end. The Gallery has 41,400 square feet of exhibition space and more than 10,000 works in its collection, most notably its Emily Carr collection. It has also amassed a significant collection of photographs. In addition to exhibitions of its own collection, the Gallery regularly hosts touring exhibitions. The Gallery also regularly features a variety of public programs and lectures. The Gallery also has a gift shop, a café, and a library.

Across the street from Fairmont Hotel Vancouver (Georgia & Hornby Streets)

Location: 750 Hornby Street, Vancouver

Hours: 10 a.m. to 5 p.m.

Tickets: Adult - \$24 – Senior (65+) - \$18.00



SeaBus to Lonsdale Quay Market, North Vancouver

The **“SeaBus”** is a passenger only ferry that crosses the Burrard Inlet, connecting downtown Vancouver with the “North Shore”. Each ferry can seat up to 400 passengers at a time, and departs every 15 minutes during the day and every 30 minutes in the evening. There are two terminals: Waterfront in downtown Vancouver, which connects with buses, SkyTrain and West Coast Express; and Lonsdale Quay in North Vancouver, which connects with an extensive network of North Shore buses. Crossing time is 12 minutes.

Lonsdale Quay Market is Vancouver's best view from the North Shore's waterfront Market & shops. With over 80 specialty shops and services, Lonsdale Quay Market and Shops is the premier destination at the gateway to the North Shore. It features a fresh food Market with local products, an international food court, specialty shops featuring local designers, kids’ shops & play area, restaurants & a boutique hotel.

Seabus Hours: 6:16 am to 12:32 am – runs every 15 minutes between noon and 6:46 pm, then every 30 minutes after 6:46 pm

Lonsdale Quay Hours: 9 am to 7 pm

Seabus Location: 601 West Cordova Street, Vancouver

Ticket Price for Seabus: \$4.00 each way or all-day or

1-day Compass Pass Ticket at Vancouver Centre Canada Line Station for - \$9.75 which covers all return fares (Canada Line & Seabus) or walk to Waterfront from hotel



Vancouver Lookout at Harbour Centre

Vancouver Lookout provides a 360 degree view of Vancouver. Guest service - complimentary guided tours with fascinating facts about Vancouver's history, infrastructure, local community, current trends and future expansion. One of the tallest buildings in Vancouver, it is home to 28 Floors of offices and the "Top of Vancouver Revolving Restaurant".

Location: 555 West Hastings Street, Vancouver

Hours: 9 am. to 9 pm

Tickets \$16.25 – Seniors - \$13.25

Transportation: Walk/Taxi



Gastown

Vancouver's oldest neighbourhood, Gastown grew from a single tavern founded by John 'Gassy Jack' Deighton back in 1867. Today, the district retains its historic charm and independent spirit. Victorian architecture houses a thriving fashion scene, impeccably curated décor boutiques, one-of-a-kind galleries and some of the best culinary fare in Vancouver. It's a gathering place for stylish locals and an ideal neighbourhood to explore on foot. Gastown lies along the north of the downtown Vancouver peninsula, from Richards Street, east to Main Street and south to Hastings Street.

Gastown is a neighbourhood that seamlessly combines old with new history. As an essential part of Vancouver's history, a visit to Gastown should include a stroll along Water Street, where you'll find a picture-perfect collection of old buildings, cobblestones, the Steam Clock, and vintage lampposts. Continue to the end of Water Street to visit a statue of the man who started it all, Gassy Jack Deighton. Architecture and history buffs can take organized walking tours of the area to further explore. Gastown is home to many of the city's hottest restaurants. From European cuisine with farm-to-table flair, through to Asian-inspired molecular gastronomy and everything in between, With Gastown's combination of traditional souvenir stores and art galleries, as well as lots of independent fashion boutiques and modern gift stores, you'll find plenty of things for both yourself and those you need to buy souvenirs for. The area has some excellent [First Nations art galleries](#) which are worth checking out for unique keepsakes such as silver jewellery, art pieces and carvings.

Location: Waterfront between Granville & Main Sts. | North of Hastings St., Vancouver

Transportation: Walk/Taxi



Vancouver Harbour Tour

Fully narrated 1-hour scenic tour through the Burrard inlet, to many of Vancouver's famous landmarks. Cruise past Stanley Park, the cruise ship terminals, the city skyline, historic Gastown and more.

Departures: 501 Denman Street. 7 days a week from 9:00 a.m. to 5:00 p.m.

Tickets: Adult - \$34.95 – Senior (60 +) - \$28.95

**Transportation – Taxi to Harbour Cruises Marina at 501 Denman Street, Vancouver
604-688-7246**



Capilano Suspension Bridge

The Capilano Suspension Bridge is a simple suspension bridge crossing the Capilano River in the District of North Vancouver, British Columbia, Canada. The current bridge is 140 metres (460 ft) long and 70 metres (230 ft) above the river. It is part of a private facility, with an admission fee, and draws over 800,000 visitors a year.

As well as the bridge and Treetops Adventure, the first venue of its kind in North America, the park also features rain forest ecotours, award-winning gardens, nature trails, North America's largest private collection of First Nations totem poles, period decor and costumes, and exhibits highlighting the park's history and the surrounding temperate rain forest. Guests can also witness a First Nations performance, featuring their traditional Regalia (ceremonial dress), masks, dancing and storytelling. In June 2011, a new attraction called Cliff Walk was added to the park. This adventure is included with the entrance fee.

Location: 3735 Capilano Road, North Vancouver

Hours: 9 a.m to 6 pm

Admission: Adults - \$39.95 – Seniors (65+) - \$36.95

Transportation: Taxi /Vancouver Trolley Tour/Free Shuttle from various locations downtown



Grouse Mountain

Known as both a resort and an attraction, Grouse Mountain is a popular North Vancouver year-round mountain playground. There's no better view of Vancouver's North Shore and the City of Vancouver than the one you'll see from the famous Grouse Mountain Skyride, an aerial tram that ferries visitors up the mountain 365 days a year. Your mountaintop adventure begins as you get off the Skyride, and arrive in the Peak Chalet. You'll find a variety of dining and shopping options, as well as the Theatre in the Sky. Grouse Mountain has an exceptional collection of award-winning dining restaurants high above the City. The Observatory is the crown jewel of the resort's restaurant collection.

Transportation: taxi/car

Location: 6400 Nancy Greene Way, North Vancouver

Skyride : Departs every 15 minutes from 8:45 am to 10:00 p.m.

Skyride "Alpine Experience" Tickets: \$43.95 – Seniors (65+) - \$39.95

Peak Experience (Chair Lift)

Ride 4,100 feet above sea level on the Peak Chairlift. Includes the Alpine Experience.

Available late May-October or later (weather dependent).

Tickets: Adults - \$47.95 – Senior (65+) - \$43.95

All Experience tickets include access to the mountain via round-trip Skyride, the Lumberjack Show, Ranger Talks at the Grizzly Bear Habitat, and other summer activities (May long weekend-October long weekend), mountaintop ice-skating, sleigh rides and Peak of Christmas in the winter, year-round movies in our Theatre in the Sky and more

Ultimate Experience

Be thrilled by unbelievable views in the world's only glass viewPOD attached to a working turbine.

Includes Peak Experience. *Drop-in visits available late May-October or later (weather dependent).* Tickets: Adults - \$57.95 – Seniors (65+) - \$53.95 (includes "Peak Experience")



Queen Elizabeth Park & The Bloedel Conservatory

Queen Elizabeth Park is a major draw for floral display enthusiasts and view-seekers, and as a popular backdrop for wedding photos. At 152 metres above sea level, it's the highest point in Vancouver and makes for spectacular views of the park, city, and mountains on the North Shore.

The **Bloedel Conservatory** is a domed lush paradise located in Queen Elizabeth Park atop the City of Vancouver's highest point. More than 200 free-flying exotic birds, 500 exotic plants and flowers thrive within its temperature-controlled environment.

Location: 4600 Cambie Street, Vancouver

Hours: 9 am to 8 pm

Admission: Adults - \$6.75, Seniors (65+) \$4.50

Transportation: easily reached by Canada Line or Taxi



Museum of Anthropology – UBC

MOA, Canada's contemporary museum of world arts and cultures, is a place of extraordinary architectural beauty, provocative programming, and exciting exhibitions. From towering totem poles in the spectacular Great Hall, to the iconic "The Raven and the First Men" sculpture in the Bill Reid Rotunda, to more than 10,000 objects from around the world housed in the new Multiversity Galleries, and cutting-edge temporary exhibitions on display in The Audain Gallery, MOA offers endless opportunities for visitors to discover and learn about their own and other cultures.

**Location: The University of British Columbia,
6393 NW Marin Drive, Vancouver**

Transportation – Taxi

Hours: 10 am -5 pm

Admission: Adults - \$16.75 – Seniors: \$14.50 – Groups: \$14.50



Van Dusen Botanical Garden

VanDusen Botanical Garden is 22 hectares of elegant landscapes with plant species representing ecosystems ranging from the Himalayas to the Mediterranean, from Louisiana swamps to the Pacific Northwest. The Garden's stunning Visitor Centre — with its orchid-inspired design — is one of the city's most iconic buildings, and a model of sustainability

Location: 5251 Oak Street, Vancouver

Hours: 10 am-5 pm

Admission: Adult - \$8.25 – Senior –(65+) \$5.75

Transportation: Taxi



H.R. MacMillan Space Centre (Planetarium)

More than a tourist attraction, the H.R. MacMillan Space Centre is a non-profit community resource that provides a unique learning experience for all. Visitors can learn about space and the night sky through Planetarium shows, live demonstrations, and an interactive exhibit gallery. Next to the Space Centre is the Gordon MacMillan Southam Observatory, open on Friday and Saturday nights.

Location: 1100 Chestnut Street, Vancouver

Hours: 10 am to 5 pm

Showtimes:

Admission: Adult - \$18.00, Senior (55+) \$15.00

Transportation: Taxi



Prince of Whales -Half-Day Whale Watching Adventures

In comfort and style, explore the local waters in search of the majestic wildlife that floods the local waters here. Take advantage of the opportunity to view several different species of whales in the wild as well as an assortment of sea birds and other species of marine wildlife from downtown Vancouver.

Leave at noon from the Westin Bayshore for a 4-5 tour

Location: 1601 Bayshore Drive, Vancouver

Tickets – Adult = \$150.00 – 604-633-6413

Transportation: Taxi

SHOPPING



Robson Street (Robson & Burrard Streets)

With BC Place Stadium at one end, Stanley Park at the other, and the city's best-known shopping precinct in between, Robson Street is a must-stroll for most visitors to Vancouver. One of Vancouver's oldest commercial streets, it was once known as Robsonstrasse for the sheer number of German and European stores that opened up after the Second World War. The international character of the street still exists. Being right in the heart of the downtown core, you'll find yourself walking right alongside locals on their way to the office, sports fans heading to the game, and Asian students lining up outside noodle shops.



Pacific Centre (Georgia & Granville Street)

The comprehensive [Pacific Centre](#) shopping mall sits on Granville Street, with much of the retail action taking place underground. With three department stores (including the exclusive [Holt Renfrew](#) and new [Nordstrom](#)), high-end brands and more, it's a major Vancouver shopping destination, and a great place to pick up a souvenir for the fashion-lover on your list (or maybe yourself!) The rest of the strip includes electronic goods, popular North American brands, and smaller specialty stores.



Yaletown

(Canada Line/Walk from hotel or Taxi)

Location: Yaletown's borders as "*Homer St. to the west, Beatty St. to the east, Smithe St. to the north and Drake St. to the south,*" leaving a five-block gap on the southeast side. [Wikipedia's](#) Yaletown is bigger, going one block further north (to Robson) and further east and south (to False Creek).

Yaletown offers noteworthy local shopping options, and even window shoppers will love the cool boutiques, friendly service and unique items that the mostly locally-owned stores offer. From fashion to designer homewares, the stores in this neighbourhood are quirky, stylish and a lot of fun – think designer dog clothing, modern bathtubs, and historic hats.

Yaletown's old redbrick warehouses were built to include exterior platforms to allow for easy loading of textiles onto trains to be sent back east. Those same platforms are now repurposed as sunny, urban patios for the perfect brunch and summertime dinners. Yaletown is a great place for a celebratory seafood dinner, a relaxed bistro meal, or a family-friendly feast. There are lots of dining options making it easy to stroll the area first before choosing a restaurant.



South Granville Shopping District

Location: Granville Street & West Broadway Street, Vancouver

(Take Granville Street bus to West Broadway & Granville Street (catch bus at Granville & Georgia Street) or take Taxi)

As befits the neighbourhood's clientele, shopping on South Granville is a high-end experience. This is where many international fashion designers have their Vancouver stores, but standing shoulder-to-shoulder with these iconic brands are local boutiques with exclusive labels and accessories. But the big draw for many is the sheer number of art galleries along this strip. With everything from up-and-coming Vancouver artists, through to big names with global reputations, South Granville is a must-visit for art lovers. This is an excellent place to shop for something to hang on your wall at home.



Oakridge Shopping Centre

Location: Cambie Street & West 41st Avenue

(Take Canada Line from either Waterfront or from Vancouver Centre at Georgia & Granville Streets to West 41st Avenue & Cambie Street – Canada Line drops you right off in front of shopping centre)

Oakridge Centre is a well-established regional mall centrally located in the city of Vancouver, British Columbia. The retail component totals 574,000 sq. ft. and consists of a vibrant mix of convenience shopping and upscale fashion destination tenants.

The centre welcomes some 8.7 million visitors annually and features many limited or exclusive tenants including Crate & Barrel, Apple, MaxMara, Hugo Boss, Harry Rosen, Stuart Weitzman, DKNY, LEGO, Michael Kors and Tiffany & Co.



Metropolis at MetroTown (Burnaby)

Location:

Take Expo Line Skytrain from Burrard & Dunsmuir (Burrard Station) straight to MetroTown Station (\$9.00 day pass)

With nearly 400 stores and services, Metropolis at Metrotown is British Columbia's largest shopping centre. Millions of individual shoppers find what they're looking for and have a great time doing it. It's a destination in itself with must-see attractions like one-of-a-kind events, world-class restaurants and theatres, not to mention great shopping. Hundreds of shops, including clothing boutiques for men and women, electronics, jewellery, home furnishings, and specialty foods, are located on three sprawling levels. You'll also find exciting things happening all around. The Grand Court features unique events year round, and offers the latest box office hits on the big screen with big sound. For quick bites or sit-down meals, the international food court and wide variety of restaurants cater to all tastes and diets.



CF Richmond Centre Shopping Mall

(Take Canada Line to Richmond Brighthouse Station – within easy walking distance to shopping mall from Canada Line stop)

With 200 stores and services, Richmond Centre is one of the Lower Mainland's best shopping experiences. Visit stores like Hugo Boss, Aritzia, Sephora, Michael Kors, Topshop and The Bay.



Aberdeen Centre

(Take Canada Line to Aberdeen Station)

Aberdeen Centre in Richmond, is an award-winning lifestyle and shopping destination with over 160 stores and 380,000 sq ft of the latest fashions, furniture & lifestyle products. Its unique fusion of East meets West shopping, dining, entertainment and services include; seven restaurants, wireless internet access in a 800-seat food court, weekly performances, and state-of-the-art musical fountain shows. Everything you need for an enjoyable day - all in one convenient location.

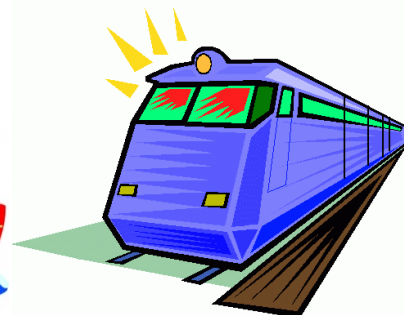


Park Royal Shopping Centre, West Vancouver ("North Shore")

**Location: 2002 Park Royal South, West Vancouver
(Taxi)**

Park Royal Shopping Centre is located in West Vancouver and offers a unique shopping experience with a combination of indoor and open-air shopping. Park Royal is the second largest shopping centre in Metro Vancouver. It has been recently newly expanded and updated. There are now over 280 unique shops, restaurants and services in the North-Mall, South-Mall and Park Royal Village.

The Village at Park Royal is a truly unique neighborhood experience that is part of the Park Royal Shopping Centre. The Village is an open-air destination for foodies, fashionistas and everyone in-between. The Village is an open-air, pedestrian-friendly shopping environment with a diverse mix of retailers as well as coffee-shops and restaurants.



TRANSPORTATION INFORMATION FOR VANCOUVER

BUS - \$2.75 cash – one-way

SKYTRAIN, CANADA LINE & SEABUS – best option is to purchase a Compass ticket which is \$9.75 per day

*Note the Compass Ticket enables one to travel on buses, the Skytrain, Canada Line and the SeaBus during the day. It expires at 4 a.m. every day.

*Compass Tickets may be purchased at vending machines located at any Skytrain station, Canada Line Station or London Drugs. The closest London Drugs in downtown Vancouver is located at Georgia & Granville Street.

AQUA BUS (False Creek)

Location: Foot of Davie Street by the water where the boats are moored (Marinaside)

Mini-Cruise – 25 min. cruise around False Creek – leaves every 15 minutes – Adults - \$8.00 –Seniors - \$4.00

Day Pass – Adult - \$15.00 – Seniors - \$13.00 – good to buy if you are going to more than one location in False Creek

Individual Fares to Granville Island: Adults: \$4.50 - \$7.50 return – Seniors: \$2.50 - \$5.00 Return

VANCOUVER TROLLEY COMPANY TOURS – 604-801-5515

Vancouver Trolley Company – Hop-on, Hop-off Bus & Trolley Tours

The Hop-on, Hop-off bus stops at 24 locations and the Hop-on, Hop-off trolley stops at 36 points of interest.

Tickets may be purchased at the Fairmont Hotel Vancouver, the Hyatt Regency Hotel or at either downtown bus stops. Payment can be made by Visa, Mastercard, American Express or cash. Buses depart every twenty minutes.

TOURS:

1. City Attractions Bus Tour – Stanley Park, Chinatown, Granville Island & more. \$45 Adult, \$42 Senior
Catch the Vancouver Trolley at either the Hyatt Hotel (Burrard & Dunsmuir) or Howe Street & Georgia (bus stop is on the west side of Howe Street by the Vancouver Art Gallery).
2. Capilano Suspension Bridge & Grouse Mountain. Includes admission to Capilano Suspension Bridge & Grouse Mountain Gondola. Adults - \$137.30, Seniors - \$101.50. You can catch the Capilano Suspension Bridge shuttle bus at the Hyatt Hotel. To get to Grouse Mountain, take the Capilano Suspension Bridge shuttle and get off at Capilano Suspension Bridge to take the public bus to Grouse Mountain.

DOWNTOWN TAXIS

Yellow Cab – 604-681-1111/604-681-3311 – you can catch a cab in the driveway at the Fairmont Hotel Vancouver

Black-Top & Checkers' Cabs – 604-731-1111

McLure's Cabs – 604-683-3333

BIKE RENTALS – Downtown Vancouver

Spokes Bicycle Rentals - located at 1798 West Georgia Street, corner of Denman Street at the entrance to Stanley Park.

Rental Rates – 1 hour - \$7.62, 2-hours-\$15.24 – 3-6 hours - \$22.86 – All day - \$30.48

Hours – 8 am to 8:30 pm – 604-688-5141

Cycle City Tours & Bike Rentals -1 block from Fairmont Hotel Vancouver 648 Hornby Street, Vancouver

Rental Rates – 1 hour - \$8.50 – 5-hours - \$25.50 – Full Day - \$34.00

Hours: 9 am to 8 pm – 604-618-8626

MIND BODY HEART AND SOUL

NASAP 2017 CONFERENCE

MAY 18 – 21, 2017

Vancouver, BC Canada

ATTRACTIONS

DOWNTOWN

VANCOUVER

Mind Body Heart & Soul

NASAP 2017 Conference

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OUTSIDE OF

DOWNTOWN VANCOUVER