

In And Around Vancouver

A little bit of China in Vancouver

<http://vancouverchinatown.ca/>

China town – Pender street from Carrall street to Gore (Main to Gore are the food markets); Strongly recommend that you do not stray down side streets in this area.

This is North America's second biggest Chinatown, after San Francisco's. Mandarin and Cantonese are the mother tongues in 30 per cent of Vancouver homes, which makes Chinese the largest "minority" ethnic group. There are lots of interesting markets with many varieties of fresh and dried seafood and mushrooms.

For Noodles – Hons Wun Tun House on Keefer near Gore

Dr Sun Yat- Sen Classical Garden

www.vancouverchinesegarden.com

The first full size Chinese Classical Garden outside of China. In its 13th season, the Enchanted Evenings series expands to showcase new talent along with your favourite performers from July 14 to September 8. Treat yourself to asian, gypsy jazz, fusion and classical sounds to enliven your spirit . All shows start at 7:30pm and end approx. 8:30pm on Friday nights. Tickets are \$15 non-members and \$12 members. Call 604 662-3207 to reserve advance tickets or purchase them at the door.

Other Vancouver Options

Beach Walk

Jericho Beach /Spanish Banks/Locarno Beach 3km (2 miles) of beach

<http://www.city.vancouver.bc.ca/parks/rec/beaches/index.htm>

<http://www.jericho.ca/webcam/webcam.html>

<http://www.city.vancouver.bc.ca/parks/rec/beaches/locarno.htm>

<http://www.city.vancouver.bc.ca/parks/rec/beaches/spanishbank.htm#speast>

Lunch on the deck of the Jericho Sailing Club (very casual) and enjoy one of the views in Vancouver

For added adventure windsurfing and kayak rentals are available at Jericho Sailing Club

Kits Beach and Kits pool

Walk the Seaside Seawall and watch the beautiful people.

Beach Volleyball, tennis courts, basketball courts.

<http://www.city.vancouver.bc.ca/parks/rec/beaches/kitsb.htm>

Walk to Vanier Park and watch the kites

Have lunch or dinner at the Watermark on Kits Beach.

<http://www.watermarkrestaurant.ca/>

University of British Columbia

Visit the Anthropology Museum <http://www.moa.ubc.ca/>

Wander through the UBC Botanical Gardens and Japanese gardens

<http://www.ubcbotanicalgarden.org/garden/> and <http://www.nitobe.org/>

Hike the trails of Pacific Spirit Park <http://www.greatervancouverparks.com/PacificSpirit.html>

For the adventurous spirit suntan at Wreck beach (nudist beach)

<http://www.wreckbeach.org/main.html>

After all that fresh air, you have eat at the NAAM and find out why we have a reputation for being a city full of peace loving, granola eating, tree huggers all started. A seat on the garden patio is worth waiting for. It will be busy – no reservations.

<http://www.thenaam.com/naam/frame.htm> -

Granville Island

Explore the Arts and Crafts shops at Granville island, visit the market and take a walk along False Creek sea walk or perhaps catch the False Creek sea taxi to Yale town

<http://www.walkvancouver.com/GranvilleIsland/index.html>

<http://www.walkvancouver.com/FalseCreek/index.html>

Follow up with dinner on the Patio at the Sandbar. Go early on a weekend as it is very popular.

<http://www.vancouverdine.com/sandbar/about.html>

or sit on the patio at Bridges Restaurant where you have a choice of pub, wine bar or award winning restaurant and watch the boats sail up and down false creek.

www.bridgesrestaurant.com

Visit Steveston

Over 100 years old, Steveston has evolved into a picturesque working fishing village, home to Canada's largest commercial fishing fleet, home base to more than 600 seiners, gillnetters, trawlers and other vessels that line the docks two, sometimes three, abreast. The village, with its ambient fishing village atmosphere, comes to life each summer, with plenty for visitors to see and do. Heritage sites and parks, fresh seafood, great local restaurants and colourful gift shops and markets all await the lucky visitor.

Have fish and chips on the dock at Jakes Fish and Chips, stop by the visitors' center for

directions then walk to Garry Point Park. <http://www.steveston.bc.ca/activities.html>

<http://www.britishcolumbia.com/regions/towns/?townID=3919>

For the Fit - The Grouse Grind

North Vancouver's thigh burner, when you get to the top, have lunch at the Altitudes Bistro restaurant and take the Gondola down

<http://hiking.grousemountain.com/grousegrind>

Great West Vancouver Escape

□ Stop by Dunderave village <http://www.dundaravevillage.ca/> and stop at Pane e Formaggio and pick up a picnic style lunch.

□ Then continue to Lighthouse Park in West Vancouver.

<http://www.britishcolumbia.com/parks/?id=485>

□ Follow along the seaside trail, part of a 3-mile (5-km) network of pathways, from the lighthouse to Jackpine Point.

□ Have dinner and enjoy the sunset from the Salmon House on the Hill

<http://www.salmonhouse.com/>

Deep Cove

A short drive from downtown Vancouver brings you to Deep Cove at the base of Mount Seymour. Lots of little shops and restaurants. More about the 'Cove':

<http://www.britishcolumbia.com/regions/towns/?townID=4029> Book ahead if you want to hit the water in a kayak for 2 or 3 hour paddle. <http://www.deepcovekayak.com/>

Additional Ideas in these links:

<http://www.britishcolumbia.com/attractions/>

<http://www.discovervancouver.com/>

<http://www.stanleypark.com/>

<http://www.gastown.org/>

<http://www.granvilleislandmuseums.com/>

<http://www.granvilleisland.bc.ca/>

<http://www.discovervancouver.com/gardens.asp>

<http://www.discovervancouver.com/parks.asp>

<http://www.discovervancouver.com/attractions.asp>

<http://www.discovervancouver.com/museums.asp>

<http://www.discovervancouver.com/shopping.asp>

<http://www.seegastown.com/>

<http://www.seestanleypark.com/>

<http://www.seechinatown.com/>

<http://www.capbridge.com/>

<http://www.grousemountain.com/>

<http://www.vancouver.com/travel/cruises/index.htm>

Beyond Vancouver City

Vancouver Island Experience

Three Nights – Four Days Tofino and Victoria

Tofino sits on a narrow peninsula bordered by Pacific Rim National Park Reserve to the south and the Pacific Ocean to the west, north and east. Tourism has replaced timber and fishing as the mainstay of the local economy. No wonder: Tofino lies in the centre of a United Nations World Biosphere Reserve, an ecologically significant area that supports many uncommon plant and animal species. Its scenery, which includes miles of sandy beaches, stands of massive oldgrowth

cedars and a seascape dotted with verdant islands, is breathtaking by any standard.

Outdoor recreation, such as whale watching, surfing, kayaking and beachcombing, is the be all and end all of a Tofino holiday.

Day 1

Take the Ferry from North Vancouver (Horseshoe Bay) to Nanaimo (Departure Bay)

<http://www.bcferries.com/schedules/>

Drive North to Parksville then West toward Tofino

Take a break at MacMillan (Cathedral Grove) Provincial Park

http://www.env.gov.bc.ca/bcparks/projectgo/parks_pages/victoria/macmillan_cathedral.html

Stroll through the giant Douglas fir trees some are more than 800 years old

Drive to long beach <http://www.longbeachmaps.com/>

The best resorts

- Long Beach Resort www.longbeachlodgeresort.com
- The Wickaninnish Inn www.wickinn.com

Day 2

Walk along Long beach, watch the surfers

Drive to Tofino and stroll around the fishing town. <http://www.my-tofino.com/>

Things to do in Tofino

- Go whale watching , kayaking, surfing
- Walk around town, visit the native Art Galleries
- Eat fish and chips
- Relax

Day 3

Drive to Victoria <http://www.tourismvictoria.com/> (298 Kms or 185 Miles) about 5 hours

<http://www.hellobc.com/en-CA/DrivingDirections/BritishColumbia.htm?sPLID=625&dPLID=651>

take a break in Chemainus – walk around town and look at the murals

<http://www.chemainus.com/>

Things to do in Victoria

- Walk around the parliament Buildings and harbour
 - The Butchart Gardens
 - Horse-drawn Carriages and Tours
 - 12th Annual Victoria Dragon Boat Festival (august 18-20)
 - Afternoon Tea at the Fairmont Empress (book ahead for this)
- <http://www.fairmont.com/FA/en/CDA/Home/Hotels/Facilities/CDRestaurantDetail/0,1130,facility%25255Fcode%253DREST%252B%2526property%25255Fcd%253DEMP%2526property%25255Fseq%253D100128%2526facility%25255Fseq%253D1005035,00.html>

Day 4

Return to Vancouver taking the Ferry from Victoria (Swartz Bay) to Vancouver (Tsawwassen)

www.bcferries.com/schedules/mainland/

Salt Spring Island Get Away

Salt Spring Island is known for four things: art, nature, peace and quiet. Art lovers will enjoy the Salt Spring Island Tour, happenings at ArtSpring and the many galleries clustered around the Village of Ganges. Nature lovers can hike, camp, kayak, canoe and view wildlife in the provincial parks and marine parks. Those in need of a little self-care can choose from a wealth of spas, yoga retreats and wellness centres. Other popular activities include cycling, horseback riding, rock climbing, hand gliding, visits to museums and heritage sites, salmon fishing and golf.

When it comes to arts and crafts, Salt Spring is the jewel in the Gulf Islands' crown. Works by resident artists in every conceivable medium are displayed in scores of galleries and studios concentrated at the island's north end. The local calendar is always crowded with exhibitions, concerts and eclectic market days.

Take the Ferry from Vancouver (Tsawwassen) to Salt Spring (long harbour)

<http://www.bcferries.com/schedules/southern/>

make sure you check out the Ferry departure times from Salt Spring when planning stay

Salt Spring Island <http://www.hellobc.com/en-CA/SightsActivitiesEvents/SaltSpringIsland.htm>

or <http://www.saltspringisland.org/>

Things to do

- The self-guided Salt Spring Island Tour showcases the live/work spaces of more than 40 artists and artisans working in a variety of media
- Hike in Mount Maxwell Provincial Park – amazing view of gulf islands from the top
- Soothe your spirit with activities like yoga, massage therapy, reflexology or ayurveda therapy
- Salt Spring's coastline is perfect for paddling. Calm and protected, it's punctuated by scenic inlets, and tiny islands

Places to Stay

- Hastings House (expensive) www.hastingshouse.com
- Salt Spring Forest retreat www.saltspringforestretreat.com/
- Harbour House www.saltspringharbourhouse.com
- Arbutus Point Oceanfront B&B www.arbutuspoint.com/
- Salt Springs Spa Resort www.saltspringspa.com/

There are tons of B&Bs and other accommodations in varying price ranges

Harrison Hot Springs

Drive from Vancouver to Harrison Hot Springs (2 hours East) <http://www.harrison.ca/harrison/>

Stay at Harrison Resort <http://www.harrisonresort.com/>

Things to do

- Walk along the lake – go boating
- Hot Springs and the Healing Springs Spa
- See the Sand Sculptures
- View the beautiful Bridal Veil Falls
- Evening of elegant dining and dancing in the historic Copper Room (reservations required)

White Water Rafting in the Fraser Canyon (1,2 or more days)

<http://www.kumsheen.com/>

Experience might Fraser River and Hells Gate

Recommend the Big Water Rafting Excursion or any trip that includes Hells Gate

Sunshine Coast

<http://www.sunshinecoast.ca/> or HelloBC.com

Get out of town and enjoy a scenic trip up to the Sunshine Coast

Discover the seaside community of [Gibsons Landing](#), the many artisans of [Roberts Creek](#), beach-side community of [Davis Bay](#), the Village of [Sechelt](#), "The land between two waters, the havens of Halfmoon Bay, the magic of [Madeira Park](#). Continue your journey to Ruby Lake then up to [Egmont](#) and the [Skookumchuck Rapids](#).

Tour BC Wineries

<http://www.winebc.com/tourbcwineregions.php>

Winding backcountry roads. Perfect rows of vines. Clear, blue lakes. Quiet tasting rooms where the winery owners still pour the samples. There is no better way to understand the Wines of British Columbia than to visit the places they're made.

There are five main wine regions or DVAs (Designated Viticulture Areas) in British Columbia, each producing a range of grape varieties and wines—the Okanagan Valley, Vancouver Island, the Gulf Islands, the Fraser Valley and the Similkameen Valley

Recommend the Wine Tasting Tour of the Okanagan Valley, starting with Kelowna, Summerland/Peachland.