



## Adventures in Nature: Day One

*Surrounded by ocean on one side, and a majestic mountain range on the other, a stay in Vancouver can offer plenty for those looking for a vacation that explores nature and exhilarates with adventure.*

Vancouver's North Shore is home to the Coast Mountains, and it's a terrific place to kick off your adventure. Get an early start and head up to Grouse Mountain on the free shuttle (departing from Canada Place), just a 20 minute drive from downtown. After a spectacular gondola ride to the peak, you'll enjoy Breakfast with the Bears. Home to two orphaned Grizzly bears, Grinder and Coola, you get to participate in their morning feeding and learn about them from one of the mountain's wildlife rangers before sitting down for your own breakfast. Then, get your heart rate going with a zipline adventure, criss-crossing the mountain via five of their lines, zooming over old-growth forest and taking in amazing city views.

Enjoy lunch at one of the restaurants and cafes up on **Grouse Mountain**, then take time to enjoy the lumberjack show, Birds in Motion demonstration, the hiking trails,

or just enjoy the view! When you're ready, head down to **Capilano Suspension Bridge Park**. Along with the main attraction, a swaying 450 ft (135 m) suspension bridge high above the Capilano River, the park is also home to the Cliffwalk, a cantilevered walkway jutting out over the canyon, and a canopy-walk of seven small suspension bridges anchored in the tree tops.

Take the shuttle back to downtown and freshen up before dinner. Tonight, you'll head into Stanley Park for dinner, at **The Teahouse Restaurant** at Ferguson Point— one of the very best places in the city to see the sunset, and is known for its elegant, modern cuisine.



# Adventures in Nature: Day Two

Today, you'll take to the water for a unique view of Vancouver. Starting off at English Bay on the south-west side of Stanley Park, your **Ecomarine Paddlesports Centre** guide will take you on a scenic kayak paddle along the rocky shorelines of the park, while you take in the vistas of the North Shore mountains and the city skyline. Keep your eyes peeled for wildlife - you might spot bald eagles, seals, or even river otters! If you'd rather explore on two-wheels, "The Stanley" tour offered by **Cycle City Tours** will introduce you to Stanley Park via dedicated bike trails and easy sea wall riding, while your guide covers the park's history, biodiversity and many stories.

Continue to enjoy those lovely views of the water and mountains with a casual lunch at **Cactus Club Café** at

English Bay. Once you've recharged, head over to Canada Place for a less strenuous form of adventure – the exhilarating **FlyOver Canada** flight simulation ride, taking you soaring over the entire country! If that still isn't enough, transfer to Horseshoe Bay, north of the city, for **Sewell's Marina's** sea safari nature tour. Don a red survival suit and hop aboard their high-speed, Zodiac-style vessel and cruise the deep fjords of Howe Sound. The area is rich with wildlife, and on your tour, you'll likely spot sea birds, eagles, otters, deer, and lots of seals.

After your tour, walk around the charming village centre of Horseshoe Bay before returning back downtown for a seafood dinner at **Cardero's Restaurant**.



## Accommodation near Stanley Park

- BEST WESTERN PLUS Sands Hotel
- The Westin Bayshore. Vancouver
- Coast Coal Harbour Hotel
- Coast Plaza Hotel & Suites
- The Sylvia Hotel



## Itinerary Add-ons

- Rockwood Adventures - Bowen Island Day Tour
- Taste of the West Coast Package with Harbour Air
- Sea to Sky Gondola & Britannia Mine Museum

