

Learning Impact 2007 Meeting Location

The Westin Bayshore, Vancouver

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The Westin Bayshore, Vancouver, offers guests the best of both worlds: the activities and cultural events of Vancouver, as well as a relaxing resort experience. This unique duality is just one of the features that allowed The Westin Bayshore, Vancouver to be named to Condé Nast Traveler's Gold List in 2002. Enjoy views of the coastline, distant mountains, and Stanley Park. Connected to the historic 1,000-acre Stanley Park via its picturesque seawall, you're just moments away from unspoiled nature.

Guests at The Westin Bayshore, Vancouver have the opportunity to connect with nature through various activities. See Canada while fishing or reinvigorate with an ocean-side jog or bicycle ride. When you're done, relax in one of our saunas or try an in-room massage treatment. Be sure to take advantage of the state-of-the-art WestinWORKOUT® Powered by Reebok Gym and our indoor and outdoor pools during your stay.

The Learning Impact events and meetings will take place inside the Westin Bayshore's conference and meeting facilities. To book a room in the same hotel, visit: <http://www.starwoodmeeting.com/StarGroupsWeb/res?id=0610265028&key=82526> The discounted group rate is available until 15 March 2007.

Climate

The average high temperature in Vancouver for the third week of April is 55 °F / 12 °C and average low is 45 °F / 6 °C. Average rainfall / precipitation for the month of April is 2.95 in. / 74.9 mm.

Travel

Vancouver International Airport (YVR) is located just south of the city. There are frequent flights between YVR and many major cities in Canada and the USA. There are also frequent direct flights to/from many cities in Asia and some cities in Europe. It is one of the world airports with terminals designed to accommodate the new Airbus A380, which had a test landing at YVR on 29 November 2006.

One little quirk about travel out of Canada into the USA is that you will clear customs *before* you board the plane, so give yourself some extra time to check-in when you leave Vancouver for U.S. destinations. Note that this also means that duty-free purchases are only available in one shop between the check-in counter and US Customs; and are not available at U.S. bound gate lounges or on the plane since technically you are already in the U.S. This also means that there are direct flights from Vancouver into cities that do not have customs clearance facilities (for example Kona in Hawaii).

The cheapest way from the airport to downtown is public bus. Take bus number 424 to Airport Station and change to the "98 B-Line" bus. The total trip to Burrard Station downtown takes about 40 minutes. The bus into downtown can be crowded, but it does run frequently (about every 8 minutes during peak hours). The fare to downtown is \$3.25 CAN from start of service to 6:30pm weekdays, or \$2.25 CAN after 6:30pm and on weekends - keep hold of your transfer ticket, as it is good for 90 minutes of travel on any public transit, from time of purchase. Bus drivers take exact Canadian coin fare only; bills are not accepted, and there is nowhere to get change once you have left the arrivals terminal, so get them changed first! Translink, the Greater Vancouver Transit Authority, serves all areas of Greater Vancouver, with bus and community shuttle services, an overhead light rail transit system (SkyTrain), ferry to the North Shore from Downtown

(SeaBus) and the West Coast Express Commuter Train. They have a trip planning service to get you from point A to B at a minimal cost. Visit: <http://www.translink.bc.ca/> or call +1 604-953-3333.

There is also the more convenient "YVR Airporter" <http://www.yvrairporter.com/> (1-800-668-3141) which costs \$13 CAN one way or \$20 CAN return, and drops off at major hotels downtown. Unfortunately, the airporter service runs only 8:00am-10:00pm. The public transit option described above runs later than the airporter. A taxi ride downtown will cost about \$25 CAN. All taxis that serve the airport are required to accept credit cards. The taxi ride is under half an hour.



Vancouver has scheduled non-stop, year-round air service to Hong Kong, Taipei, Seoul, Tokyo, Manila, Shanghai, Beijing, Honolulu, Maui, Anchorage, Seattle, Portland, San Francisco, Las Vegas, Palm Springs, San Diego, Salt Lake City, Phoenix, Denver, Dallas, Houston, Chicago, New York, Mexico City, London, Amsterdam, and Frankfurt. Dozens of other cities are served by charter flights on a seasonal basis - Europe in the summer, and Mexico and the Caribbean in the winter.

Air Canada and WestJet have the majority of domestic flights into YVR, but Harmony Airways and seasonally charter airlines Skyservice and Air Transat also fly to Toronto. Air North also competes with Air Canada with a direct flight to Whitehorse, in the Yukon Territory. A variety of smaller regional airlines including but not limited to Pacific Coastal, Central Mountain Air, Hawkair, Helijet, Craig Air, and Orca Airways, fly out of YVR's South Terminal facility. There is also a floatplane dock there, and several small airline have scheduled flights to destinations on Vancouver Island and up the Sunshine Coast as well.

Driving in Vancouver can be confusing since no freeways run into downtown Vancouver, and signage is often confusing. Two main highways run through Greater Vancouver. Highway #1 is the Trans Canada highway which enters the city from the east. Highway 99 runs from the USA/Canada border to Whistler, it is the Canadian extension of the USA's Interstate 5 which starts in San Diego. Highway 99 does not run as a freeway through the city of Vancouver, after the Oak Street bridge HWY99 runs North on Oak street then runs West on Park Drive and finally continues North on Granville street into downtown Vancouver.

If you are driving into Vancouver for the first time it is recommended that you consult a map. Also, Vancouver itself consists of some 23 municipalities, the vast majority which number the streets, so there are multiples of many streets, and many streets change names. For Example Hastings, becomes the Barnet highway, which becomes St John's Street, which turns back into the Barnet highway before turning into the Lougheed highway.

By North American standards, Vancouver has quite a decent public transit system. It is run by a regional transportation authority called TransLink <http://www.translink.bc.ca/> (+1 604-953-3333) and connects the various municipalities in the greater Vancouver area. While most of the major cities of the "lower mainland" area are connected by TransLink, including North Vancouver, Surrey, Langley, Burnaby, and Coquitlam. Transportation is provided by buses, a passenger ferry service called SeaBus and a rapid transit system called SkyTrain, because it is mostly elevated. In addition, three bus rapid transit lines named "B Lines" crisscross the city.

Adult fares cost between \$2.25 to \$4.50 CAN. Fares depend on the time of day and number of transit zones you cross. The ticket is valid for 1.5 hours from the time of purchase and can be used to transfer to any bus, Skytrain or the Seabus during that time. Buses accept coins only and require exact change, but at SkyTrain stations tickets are sold at vending machines that give change and also accept debit and credit cards. Books of 10 prepaid tickets (FareSaver tickets) are

available at a discount from many convenience stores. A daypass, offering unlimited travel for a single day, costs \$8.00 CAN and is available from fare machines at SkyTrain stations. TransLink's website and customer information line both offer complete trip planning. A regional system map is widely available at convenience stores, as are monthly passes which can cost 60-80 dollars CAN, depending on how many zones they cover.

Passengers must present tickets immediately upon entering a TransLink bus. Purchasing tickets for the Skytrain operates on the honor system, with ticket checks occurring at random, often rare times. It is not difficult to ride the Skytrain without paying, especially during rush hour, but those who do so ride at their own risk. Fines if caught can be up to \$150 CAN.

Downtown is very accessible by foot & trolley buses run continually (every few minutes) on Granville St. As such, if you take Skytrain to Granville St. station, practically anything downtown will be at farthest a 20 minute walk. Considering the traffic congestion, biking or walking will likely get you to your destination faster than would driving & parking your car. Be careful parking overnight, as vehicle break-ins are not uncommon.

Sightseeing

Vancouver Art Gallery, 750 Hornby Street, +1 604 662-4719, <http://www.vanartgallery.bc.ca/>. You can see and learn a lot about Emily Carr in the permanent collection, but the rest of the gallery varies in quality depending on what they have been able to attract as special exhibits. Take advantage of admission by donation on Thursday evenings (5pm - 9pm) and sample what is there before paying the full \$12.50 CAN admission.

Science World, 1455 Quebec Street, +1 604 443-7443, <http://scienceworld.bc.ca/>. This science centre is located in the distinctive building from Expo 86 at the end of False Creek. Has a wide range of participatory exhibits. Get off the Skytrain at the Main St/Science World station. The building is a unique shaped building that was constructed for Expo 86. Popular with the young and with those who like science. An *Omnimax* theatre is in this building as well. \$8.50 CAN per person.

Vancouver Public Library, 360 West Georgia Street, +1 604 331-3600, <http://www.vpl.ca/>. The central branch of the City of Vancouver's Public Library is located in an architecturally interesting building. It was chosen in a public design competition and is based on a Roman Colosseum. There are large public spaces around the building and a nice atrium space in the lobby. Most of the internet terminals require a library card (residents only). However, many terminals allow access to selected resources (bus schedules, government pages, etc.) and there are a few that allow wider access to the internet without a library card.

Yaletown and the Vancouver Marina are a beautiful micro-community in the heart of downtown. Take a walk through this area, check out the yuppie side of Vancouver. Hamilton & Mainland Streets are in actuality lanes (or back-alleys) with old loading docks, but have been converted into European-style high-curb streets.

Gastown is the oldest part of downtown. You will find cobble-paved boulevards and over-priced tourist traps selling every imaginable thing you can print "Vancouver" on. Popular with tourists are the Gastown Steam Clock, promoted as the only active steam clock in the world but in fact an electric clock that pumps steam rather an underwhelming experience; the Gassy Jack sculpture immortalizing the legendary Vancouver pioneer. The area is notorious for aggressive beggars-drug addicts who are quite unsettling.

Sun Yat-Set Garden, 578 Carrall St., +1 604 662-3207, <http://www.vancouverchinesegarden.com/>. A Ming-dynasty style garden located in Chinatown. The gardens combines traditional Chinese buildings, plants, a small lake, and curved footpaths to create the illusion of a very big place within a single block. Tours available

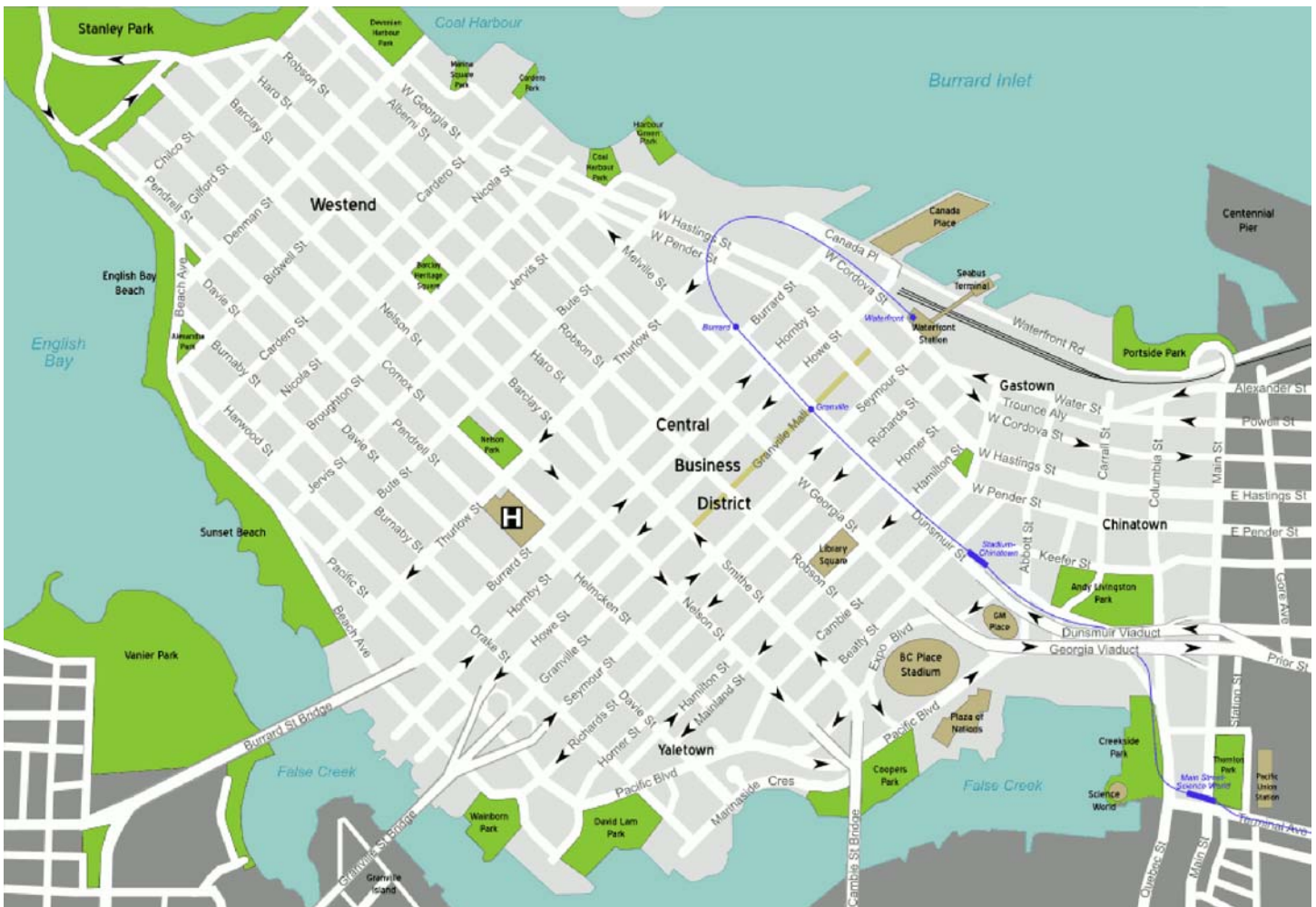
BC Place <http://www.bcplacestadium.com/> and **GM Place** are the homes of the BC Lions CFL football team and Vancouver Canucks NHL hockey team respectively. Both buildings are also home to many conventions/tradeshows and big name concerts, although these days GM Place is preferred for concerts due to its superior acoustics. BC Place has the distinction of being the largest air supported dome in the world, and can pack in 60,000 people. Sadly BC Place has seen better days and is now quite run down dirty and odoriferous the toilets are unimaginably dirty. Both buildings are located off the Georgia Street Viaduct at Pacific Blvd. near the shore of False Creek.

Stanley Park

With 1,000 acres of mostly forested land at the western tip of downtown this is one of North America's largest urban parks [6], and quite literally an oasis of wilderness in the middle of the city. The park is surrounded in its entirety by a 9km paved path called the seawall; a great place for rollerblading, cycling, jogging or just taking a pleasant walk. There is also hundreds of kilometers of inland trails crisscrossing the park in every direction. Stanley Park park attracts over 8 million visitors per year.

The park includes both heavily forested natural areas, manicured gardens and totem poles. As tall and old as the trees appear, it is interesting to know that much of them are second-growth, as the area was heavily logged from 1860-1880. There is a free bus that shuttles visitors around the loop to the different parts of the park. The bus operates in the summer, every 12-15 minutes. It takes 45 minutes to do the full loop. There are stops near all of the major attractions including:

- **Vancouver Aquarium**, <http://www.vanaqua.org/>. Located in Stanley Park near its eastern edge. Open 10am to 5:30pm with extended hours in the summer. Be sure to visit the Amazon River section for some truly unusual and extraordinary animals. Bring \$15.95 CAN for each adult and \$11.95 CAN for each senior/student/youth.
- **Children's Farmyard and Miniature Railway**, +1 604 257-8531. Young children always like to see and pet farm animals and who doesn't like to ride a miniature railway. At Christmas there is a very popular light display for the miniature railway. Adult \$5 CAN, less for seniors, children and youth (*Slightly higher during special events*).
- **Second Beach Pool** A very large heated outdoor swimming pool. Adult \$4.40, Children \$2.25 CAN (*Family entry at child rate*). Alternatively you could swim at the beach or use the spray park near Lumberman's arch for no charge. There are lifeguards at both Second Beach and Third Beach.
- **Prospect Point**. At the north tip of Stanley Park, Prospect Point affords stunning views of the **Lions Gate Bridge** and **First Narrows**. There is a concession and bathrooms here, and sometimes you may spot a large contingent of **Racoons** begging for food. Please don't feed them.



- **Beaches.** *Second* and *Third* beaches are spaced along the western part of the seawall in Stanley Park.
- **Nine O'clock Gun.** Originally used by mariners to set their chronometers. But for World War II this gun has marked 9:00pm every night since 1894.

Trivia: Every single one of Stanley Park's grey squirrels was descended from eight pairs given to Vancouver as a gift from New York City in 1909.

Architecture

While Vancouver may not be famous for its architecture, the City Center is home to some unique buildings both new and old.

- **One Wall Centre,** Voted the worlds best new skyscraper in 2001 by Emporis.
- **Christ Church Cathedral,** 690 Burrard Street. Vancouver's oldest surviving church was completed in 1889. Often in the shadow of its neighbor, the 23 story **Cathedral Place,** you should visit in the afternoon to see the sun shining through the stained glass windows.
- **Marine Building,** 355 Burrard Street. This 22 story Art Deco office tower was completed in 1930. Because of the great depression, only four floors were occupied for the first several years. Note the attention to detail on both the exterior, and in the lobby.
- **Hotel Vancouver,** 900 West Georgia. The third such hotel in this spot, the Hotel Vancouver was built over 11 years and completed in 1939. As with all Canadian Pacific hotels in Canada, the chateau style is truly impressive. The hotel's first guests were King George and Queen Elizabeth. Bring binoculars for a close up view of the building's many gargoyles.
- **Robson Square,** 800 Block Robson Street. Designed by Vancouver *wunderkind* Arthur Erikson (also famous for the **Museum of Anthropology** and **Simon Fraser University**) this building which houses Vancouver's Provincial and Supreme Courts was completed in 1979 allowing the **Vancouver Art Gallery** to take over its former digs across the road. This organic building featuring flowing water and greenery allows you to literally walk all over it.
- **Canada Place,** 999 Canada Place. Built for Expo 86 as Canada's exhibit, today the building serves as a cruise ship terminal and convention center, and is also the site of an IMAX theater and the luxurious **Pan Pacific Hotel.** Walk around the unique sailed structure and take in views of the building itself, **Coal Harbour,** and the North Shore.
- **Library Square,** 350 West Georgia. Designed by Moshe Safdie (who also designed the **National Gallery** in Ottawa), this building houses perhaps the most modern and attractive public library in North America. Constructed as a 'square within a circle', this building is reminiscent of a modern Roman Colosseum. Completed in 1995.

Other Things To Do

- **English Bay.** The beach right in the west end. A popular place to watch the sunset. Probably the best place to see the *festival of lights*.
- **Vancouver Opera** offers world-class performances from some of the world's best composers. Check out their website <http://www.vanopera.bc.ca/>.
- **Vancouver Symphony Orchestra** is a great night out at reasonable prices. <http://www.vancouversymphony.ca/>
- **Pro Sports** The Vancouver Canucks are Vancouver's NHL club <http://www.canucks.com/>. The season runs from October into the spring. The games are played at GM place, it will be difficult and expensive to get tickets since all games sell out. BC Lions play in Canada's most elite football league the CFL <http://www.bclions.com/>. The Vancouver Whitecaps play professional soccer, but it is amateur compared to European leagues. Vancouver also has several minor league teams such as the Vancouver Giants of the WHL and the Vancouver Canadian's of single A baseball.
- **Geogad Mobile Tours.** Geogad has two free MP3 walking tours of Vancouver that can be downloaded directly from the website <http://www.geogad.com/>. The tour can be uploaded to any MP3 device and works best on MP3 players that can display the tour photos and maps. One tour covers the downtown Vancouver and Gastown while the second focuses on Chinatown, Yaletown and Granville Island. These tours cover much of the interesting architecture and must-see sights in Vancouver's city center. Either tour is a great way to relax and explore Vancouver at your own pace.
- **Spokes Bicycle Rentals** offers bike rentals and guided bike tours from a fantastic location on the doorstep of Stanley Park. \$4.72 CAN/hr, \$14.16 CAN/6 hrs, weekly and monthly rates also available. Various styles of bikes for adults and children, plus helmets and locks. 1798 West Georgia Street, right on the corner at Denman, Vancouver V6G 2V7. tel +1 504-688-5141. web <http://www.vancouverbikerental.com/> email: info@spokesbicyclerentals.com.

- **Vancouver Lookout! Harbour Centre Tower**, <http://www.vancouverlookout.com/>. has a fantastic 360-degree view of cosmopolitan and Greater Vancouver, the majestic North Shore Mountains.
- **The Capilano Suspension Bridge**, <http://www.capbridge.com/>. The 136 metres long bridge crosses the Capilano river 70 metres above the river. In addition to the bridge there is also a large park, rainforest ecotours, North America's largest private collection of First Nations story poles and the Treetops Adventure which is a series of bridges that link between trees as high as 30 metres above the forest floor.
- **The Lynn Valley Suspension Bridge**, <http://www.gvrd.bc.ca/parks/LynnHeadwaters.htm>. Also on the The North Shore, the Lynn Valley Bridge is similar to the Capilano Bridge, only free of charge, with fewer people and with several lovely trails.
- **Grouse Mountain**, <http://www.grousemountain.com/>. Take the skyride to Grouse Mountain, for breathtaking views of the city from the North Shore. This is truly the peak of Vancouver.

Shopping

- **Robson Street** downtown is the main high end shopping district. Shop listings can be found at <http://www.robsonstreet.net/>
- **Yaletown** is the newest Urban Residential area of Vancouver. Rather yuppie, you will find many beauty shops and self-improvement facilities (such as cosmetic dentistry and plastic surgery). Start your tour at Davie & Hamilton, walk along Mainland St, Pacific, Homer and finish at the spectacular Marinaside Crescent. This was formerly a warehouse district that is now a high end residential area with many upscale and mid-range stores. As an illustration of the neighbourhood's character, one cosmetic surgery office has valet parking in front.
- **Gastown** is the area along Cordova street east of the Seabus terminal. This is a tourist area that has numerous souvenir shops. Some of the shops have nice first nations carvings. If you want a snow globe of Canada Place or a "My grandma went to Vancouver..." t-shirt this is the place to get it.
- **Chinatown** is centered on Pender Street around Main. This is the second largest Chinatown in North America. Many Chinese import shops here.
- **Chinatown Night Market** 100 & 200 Block Keefer Street, F-Su in the summer 6:30pm-11:00pm. Styled after Asian marketplaces these very popular nights have all kinds of stuff for sale. Watch out for the cheap imitation knock-offs that are commonly available.
- **Pacific Centre** has more than 150 shops, restaurants and services if you want to walk in an underground shopping center. The shopping center begins at Sears on the north end at Robson Street, and stretches all the way to Pender Street. There are many floors in the mall depending on where you are, and notable merchants include Holt Renfrew, Harry Rosen, Sport Chek, Old Navy, Gap, and is connected to the Bay (at Georgia and Granville streets), and Vancouver Centre (a small mall mainly consisting of a lotto center, London Drugs, and a food court underneath Scotia Bank).

Eating

The different parts of the City Centre have diverse characteristics. The central business district has, as you would expect, a high number of coffee shops and lunch places, the West End has a wide variety of restaurants, Yaletown has a number of high end restaurants and Chinatown has many Chinese restaurants.

Budget

- **Thai Away Home**, 1206 Davie St., +1 604 682-8424. Open daily from noon to 9:30pm. This *small* restaurants serve up good Thai food in a casual atmosphere. True to the name, you can eat-in (if you can find a seat) or take the food home and warm it up there. The price is certainly right, ranging from \$5.00 to \$7.50 for lunch and just slightly more for dinner.
- **Moonpennies**, 456 Howe Street, 899-1271. Simple food and great coffee in a friendly atmosphere. \$6-\$8.
- **Capers Community Market**, 1675 Robson St., +1 604 687-5288. Open Mon-Sat 8am-10pm Sun 8am-9pm Self service take away or eat in. A great place for vegetarians and vegans. Food is charged by weight.
- **Vancouver Community College Cafeteria**, Dunsmuir and Hamilton (*located on the second floor*), Weekdays Breakfast & Lunch. The cafeteria is run by the culinary arts program so you get gourmet food at cafeteria prices. Usually have a large sea-food selection. Don't miss the Asian Food program which has a separate service area. As you would expect from students the quality can vary. However, it is hard to complain when you get a fancy meal for less than \$8.

- **Pita Wrap Cafe**, 565 Dunsmuir St., M-Sa 7am-7pm. The usual Falafels, Souvlakis, Shawermas and greek plates, but very well executed. \$5-\$8.
- **Kintaro Ramen** 788 Denman St., +1 604 682-7568. Authentic Japanese Ramen shop. Often it's crowded and there's a lineup but it moves fast. Close to Stanley Park and the bike/roller-blade rental shops on the end of Denman St.
- **Ezogiku Noodle Cafe**, 2 locations on Robson St. One near the north end (1329 Robson St., +1 604 683-6111) and the other closer to the Vancouver library and GM Place (270 Robson St, +1 604 685-9466). The speciality here is the Sapporo miso ramen (\$6.55), a Japanese noodle soup flavored with *miso* paste and served with a heap of veggies on top; add in \$2.20 for a serve of *gyoza* dumplings on the side. The servings are large, with a hearty broth and an authentic abundance of ingredients. Vegetarian soups and broths available.
- **Hon's Wun-Tun House** on Robson, 1339 Robson Street, +1-604-685-0871 (fax: +1-604-685-0885), http://www.shin-nova.com/hons_on_robson/. Sunday-Thursday 11am-11pm; Fridays and Saturdays 11am-midnight. Famous for potstickers (pork, chicken, beef, or vegetarian), but has an array of cheap but excellent Chinese food; incl. dim sum, bbq and desserts ranging from \$4 to \$8. There is a separate kitchen for vegetarian dishes. Lunch special for less than \$32 (incl. tax and tip) that feeds 4 people: congee (rice porridge), 2 side dishes, 1 rice or noodles...Robson location only. Located on north side of Robson between Jervis Street and Broughton Street. More locations in Chinatown, New Westminster, and Richmond. \$4-\$8.

Mid-range

- **The Mansion**, 1523 Davie St., +1 604 689-4334, <http://www.macgrillbc.com/vancouver/index.html>. Italian-styled restaurant in an historic manor house. Owned by USA's 'Romano's Macaroni Grill' chain of restaurants. Meals range from \$10 to \$20 CAD per person. Opens at noon; closing time varies.
- **Elbow Room**, 560 Davie St. (at Seymour St), +1 604 685-3628, <http://theelbowroomcafe.com/>. "Food and Service is our name and Abuse is our game (so have some fun)" A restaurant that is famous for abusing its customers. Expect to line up to get in on weekends. Open for breakfast and lunch.
- **Wild Rice**, 117 W. Pender St. (between Abbot and Beatty Streets), +1 604 642-2882, <http://www.wildricevancouver.com/>. Wild Rice has a fresh, very tasty reinterpretation of Chinese cuisine, with pan-Asian and North American influences mixed in, set in a sleek black decor. Small plates \$6-10, entrees \$13-25, desserts \$7. Fine teas \$3-7. Dinner for two \$45-50 without wine. Located in Chinatown near the Queen Elizabeth Theatre and BC Place, on the north side of a bleak Pender Street block. Lunch Mo-Fr 11:30-16:00h. Dinner Su-Th until 24:00h, Fr-Sa until 01:00h.
- **The Irish Heather**, 217 Carrall St. (*at the east end of Gastown*), +1 604 688-9779, <http://www.irishheather.com/>. Seven days a week, noon-midnight. Nice atmosphere, excellent pheasant, and apparently the only place in Vancouver that serves real Guinness. About \$10 for lunch or \$15 for supper (not including drinks).
- **Earls On Top**, 1185 Robson Street. Part of the nation chain of restaurants, Earls offers a moderate selection of contemporary foods ranging from steak and chicken to seafood and pizza. More hip and happening than most of the chains outlets this isn't the place for a quiet meal. Good service and food make this a popular spot.
- **Stephos Souvlaki Taverna**, 1124 Davie St, tel. +1 604 604-683-2555. A Greek restaurant in downtown Vancouver, famous for long lines of customers waiting for a table, hungry for Stepho's abundant and delicious platters of Greek favourites. Almost all the dishes on the menu are under \$10.
- **Maria's Taverna**, 1037 Denman St, +1-604 681-8500. Delicious Greek food, including a vegetarian souvlaki platter. The seating spills out onto the sidewalk, which is a treat in warm weather. There's another Maria's at 2324 W 4th Ave in Kitsilano.
- **Umberto's** is a chain of restaurants throughout Vancouver, most of which are upscale joints serving west-coast variations of Italian classics.
- **Caffè Artigiano*** Excellent coffee shop featuring "latte art," but it's still great. Great espresso.
- **La Bretagne**, "The Original Creperie", 795 Jervis St (just downhill to the north of Robson), +1 604 688-5989. A wide selection of both savoury crepes (with vegetables) and sweet crepes (with cream, fruits, and sugar), plus breakfast offerings and sandwiches. Try the organic buckwheat flour, which gives the crepe the rich dark brown colour of farm bread. A lot of choices for a light lunch or dinner, or mid-afternoon snack. Crepes \$6-8, a full lunch \$8-15.

Splurge

- **Elixir**, 350 Davie Street. +1 604-642-0557. M-Sa 6:30 AM-2:00AM, Su 6:30AM-Midnight. <http://www.elixirvancouver.ca/>. Charming French brasserie inside the stylish Opus Hotel. Chef Don Letendre's menu is authentic French country cuisine with a modern panache. Roasted sable fish, braise du jour, bacon wrapped petit tenderloin, roasted veal chop and warm sticky toffee pudding are but a few bistro highlights.

- **Hy's Encore**, 637 Hornby Street, (604) +1 604 683-7671. The most amazing service in Vancouver. This steak house is some fifty years old. Charcoal steaks are the house specialty, although the service is even better. The servers do an incredible job and the food is excellent.
- **Joe Forte's Seafood & Chop House**, 777 Thurlow St., (604) +1 604 669-1940. Open daily for Lunch and Dinner; reservations strongly recommended. Usually mentioned amongst the top 5 restaurants in Vancouver, here you will find great food and great service. In the lavishly decorated open space, you may even catch a glimpse of a movie celebrity as you savour the oysters that are a specialty here. With glamour comes a price; expect to spend about \$70/person for a complete dinner.
- **Le Gavroche**, 1616 Alberni St., (604) +1 604 685-3924, <http://www.legavroche.com/>. Open daily for Dinner; reservations required. The romantic and intimate setting in an old Victorian house will heighten your senses and put you in the right mood for French cuisine with a West Coast twist. The beautiful view of the mountains is no less impressive than the great food and service you will get here. Be prepared to spend \$70/person or more for a memorable experience.
- **Parkside**, 1906 Haro St., (604) +1 604 683-6912, <http://www.parksiderestaurant.ca/>. Open daily for Dinner; French with a touch of Pacific north-west. Some of the best food in Vancouver, in an intimate and pleasant setting. \$50 and up including tax+tip.

Local Favorites

- **Samurai Sushi**, located in downtown on Davie Street, and also at 43rd and Cambie is well known for having huge portions for small prices. It also has fresher sushi than some more expensive places. The downtown location on Davie Street is open until midnight. The Cambie Street location is only open until 9:00pm, but is slightly cheaper and much easier to park at. During meal times, it can be very difficult to get a seat. In the summer, it can be nice to get take out and walk down to a park area (English Bay for the downtown location, ~20min walk westward, downhill; local park 1 block east of Cambie location ~5min). Be sure to try their toro (fatty tuna), and salmon sushi/sashimi. Stay away from their tuna sushi/sashimi because it tends to be too frozen.
- **Ba Le**, a vietnamese sandwich shop located at Kingsway and Fraser is rather out of the way for most tourists but it regularly wins local awards for sandwiches and boasts delicious vietnamese subs (including a vegetarian one) for less than \$3. In fact, in this area you'll find lots of small Chinese/Vietnamese restaurants where a good lunch will cost you less than \$6 in the area (Kingsway between Fraser Street & Knight Street).
- **Fritz Frie House**, a french frie shop on Davie near Granville in downtown, boasts what is arguably the best poutine in town. The curds are imported from Quebec. The garlic lover's mayo is fantastic too. Cleverly located next to the local Fitness World. \$5 for a medium. Open until the wee hours in the morning, frequented by night clubbers. Regularly wins local awards for fries.
- **Kam's Singaporean Cuisine** on Davie Street just west of Burrard. This is a favourite and often there is a line-up. If you go, try to say hi to the manager - he's quite a character. Cut out a 2 for 1 coupon in every weekly edition of the West Ender or the Georgia Straight.
- **Hon's on Robson** is a favourite for quick, cheap, Chinese eats. There tends to be long line ups, and the food is a little on the greasy side, but you definitely get your money's worth. Also located in Chinatown (near Keefer and Main), and Richmond.
- **Moxies Bar and Grill** gives great tasting food from a variety of cuisines with a focus on grilled food such as steak. Great tasting food for a good price when compared to other restaurants in Vancouver. Located on Robson's street and is opposite the Earls restaurant
- For coffee, there are probably more Starbucks per capita in Vancouver than anywhere else. On Robson and Thurlow, you will be able to find two Starbucks kitty-corner to one another. Starbucks is the most dominate of the three found in Vancouver the others Caffe Artigiano and Blenz are found throughout downtown. For independent chains try Mario's on Dunsmuir and Howe they have a unique feel and a slower pace than other coffee shops.
- You should certainly try the cheesecake at the Trees Organic Café on Granville. It's also advertised as the best cheesecake in town and it certainly holds its promises. So don't hesitate and drop in for a good cup of coffee and "Vancouver style" New York Cheese Cake!
- And for the best ever ice-cream experience, visit **La Casa Gelato**. It's a little off the beaten path, but the over 200 flavours will reward you! 1033 Venables. Follow the Viaduct east out of downtown, and keep going straight. You will pass some old style homes on your left, and a park on your right. The place is located near the train tracks. Plenty of street parking, but take care where you park at night.

Drinking

There are many nightclubs in the City Centre area. Most of them are located in Vancouver's Entertainment District along Granville Street from Robson Street to the Granville Street Bridge.

- **Caprice**, One of the more exclusive clubs in Vancouver.
- **The Cellar/Doollins**, Doollins is a very popular Irish pub with a night club called the Cellar below.
- **Commodore Ballroom**, 868 Granville St. This is a large venue frequent location for live concerts. Has a large famous 'sprung' dance floor. Capacity is 900 people. Most nights tickets are required to get in.
- **Opus Bar**, 350 Davie Street. +1 604-642-0557. <http://www.opusbar.ca/>. Painfully 'hip' bar/lounge inside the much-hyped Opus Hotel in Yaletown. Beyond the fashionable clientele and contemporary décor there's tapas, cocktails and an extensive list of imported and domestic wines and spirits. Signature small plates include 'O' Dim Sum, mer-guez corn dog and shish kebob, and Yuzu-spiced Garlic Wings.
- **Roxy's**, 932 Granville Street, the house band Dr. Strangelove covers some of the best of the recent 'classic rock' and dance music.
- **Richard's on Richard's**, The best spot for great up and coming bands.

There are dozens of clubs and bars along Granville street in downtown Vancouver. To see a full list of clubs and whats going on check the Vancouver section of <http://www.clubzone.com/> or <http://www.clubvibes.com/> or <http://www.granvillestreet.com/> or <http://www.downtownvancouver.com/>

Near Vancouver

A good spot to move on to from Vancouver is British Columbia's capital Victoria, on Vancouver Island. Vancouver is also quite close to Seattle and a bit further off are the excellent destinations of Jasper and Banff in the famed Jasper National Park and Banff National Park on the BC-Alberta border.

For those who enjoy outdoor activities, a trek up the Sea to Sky corridor is essential. Squamish has branded itself the "Outdoor Recreation Capital of Canada" and with an incredible amount of quality rock climbing, mountain biking, white water rafting, hiking, kayaking, horseback riding, fishing, golf, walking trails and more, it certainly deserves the title. Squamish is about half way between Vancouver and Whistler. Whistler (2 hours drive from Vancouver) is mandatory. In the winter, enjoy some of the best Skiing in North America, and in the summer try some authentic mountain biking.