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Population

City: approximately 612.000
Metropolitan area: approximately 2.250.000

Currency

Canadian Dollar (CAD), C\$1 = 100 cents

Opening hours

Banks: 9:30am to 4:30pm Monday-Friday, extended hours including weekends at some locations.
Stores and shops are mostly open from 10:00am to 9:00pm, Monday through Saturday and from 10:00am to 6:00pm on Sundays.

Internet

www.tourismvancouver.com
www.discovervancouver.com
www.city.vancouver.bc.ca

Newspapers

Vancouver Sun
The Province
Ming Pao
The Georgia Straight

Emergency numbers

Fire, Police & Ambulance: 911

Tourist information

Vancouver Tourist Information Centre
Address: Plaza Level, 200 Burrard St., Vancouver
Opening Hours: 8:30am to 6:00pm, 7 days a week
Tel: +1 604 683 2000
www.tourismvancouver.com

VANCOUVER

PUBLISHING DATE: **2012-04-24** | COUNTRY CODE: **CA**

Contents: The City, Do & See, Eating, Cafes, Bars & Nightlife, Shopping, Sleeping, Essential Information, Maps

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Vancouver has been called exciting, dynamic, amazing, vibrant, multicultural and cosmopolitan. Combining the beauty of the Pacific Ocean, the majesty of the Coastal Mountains, and a mild climate makes Vancouver one of the most intriguing cities in the world. It is an outdoor-oriented city, offering health enthusiasts a wide range of sports – remember, Vancouver hosted the 2010 Winter Olympics. Visitors of all ages will find activities to satisfy all expectations of this Canadian treasure.

THE CITY



© JamesZ_Flickr

Stanley Park, the jewel of Vancouver, attracts visitors and residents alike to enjoy the outdoors at its finest. Art museums, live theatre, horse racing or cruising the waters around Vancouver are only a few of the many activities available.

The strength of Vancouver lies in her diverse ethnic groups, each adding to the charm, colour and flavour of the city. While shopping, dining or enjoying the magnificent outdoor activities, one can hear a myriad of languages, all blending into a beautiful sound, though English and Chinese are the most predominant languages. Like many other dynamic cities, neighbourhoods define Vancouver: Gastown, a charming and historic area with cobblestone streets, small shops and intimate restaurants, Kilsilano, a casual and health conscious neighbourhood Chinatown, with its traditional architectural and large open-air markets. And Robson Street is known for its fashionable boutique shopping and one-of-a-kind eateries.

It is no wonder that Vancouver has been named one of the most beautiful and liveable cities in the world.



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DO & SEE



© Daniel

Stanley Park

Stanley Park was the first of its kind in Vancouver and has become one of the most famous sights in the city. Walk, skate or bike the 8.85 km circular Seawall. The 400 hectares of green offers both a peaceful retreat and a buzzing meeting point.

Address: Stanley Park
Phone: +1 604 257 8400
Internet: www.city.vancouver.bc.ca/parks
More Info: Downtown Vancouver

Dr. Sun Yat-Sen Classical Chinese Garden

The impressive entrance gate welcomes visitors into this peaceful and tranquil place. The garden represents an old garden tradition that was popular during the Ming Dynasty. The garden is thought to emulate the rhythms of nature.

Address: 578 Carrall Street
Phone: +1 604 662 3207

Internet: www.vancouverchinesegarden.com
More Info: Closed Mondays from November 1st to April 30th and on December 25th and January 1st.

Gastown Steam Clock

Gastown is the oldest neighbourhood in the city, and every quarter hour, steam pours out the top and whistle chimes can be heard. More than 180 shops, restaurants, clubs and cafés can be found here.

Address: Gastown
Internet: www.gastown.org
More Info: Corner of Cambie & Water Streets.

Vancouver Lookout

Ride to the Observation Deck, 177 meters above the city for a 360 degree view of Vancouver. In order to get up there, you ride in a thrilling glass elevator and once you're up there, you can enjoy guided tours.

Address: Harbour Centre Tower, 555 West Hastings Street
Opening hours: May vary according to season, see website for information
Phone: +1 604 689 0421
Internet: www.vancouverlookout.com

Science World

Science World provide interactive exhibits and unique presentation of the wonders of science and technology for all ages. Pure joy of knowledge is what keeps this business going, as it is operated by a non-profit organization.

Address: 1455 Quebec Street
Opening hours: Monday to Friday: 10am to 5pm, Weekends & Holidays: 10am to 6pm
Phone: +1 604 443 7440
Internet: www.scienceworld.bc.ca

Capilano Suspension Bridge

Walk the suspension bridge 85 meters above the Capilano River, millions of visitors have sought out adventure here. The bridge was originally built in 1889 and stretches almost 140 meters across.

Address: 3735 Capilano Road
Opening hours: May vary according to season, see website for details
Phone: +1 604 985 74 74

Internet: www.capbridge.com
More Info: North Vancouver

Canada Place

Canada Place is a building that houses the Vancouver Convention Centre, the Pan Pacific Hotel and Vancouver's World Trade Centre. Stroll the Promenade and enjoy live music and picturesque views of the harbour.

Address: 540-999 Canada Place
Phone: +1 604 775 7200
Internet: www.canadaplace.ca

Chinatown

Step through the Millennium Gate for unique entertainment, dining, shopping and history. Chinese immigrants first settled here between 1890-1920, and the community grew from Canton Alley.

Address: Chinatown
Internet: www.vancouver-chinatown.com
More Info: Bounded by Hastings, Keefer, Gore & Taylor Streets

Vancouver Aquarium Marine Science Centre

Vancouver Aquarium Marine Science Centre is home to 60,000 animals and represents 800 species of aquatic life.

"As a self-supporting, non-profit association, the Aquarium is dedicated to effecting the conservation of aquatic life through display and interpretation, education, research and direct action."

Address: 845 Avison Way
Opening hours: 9:30am-5:00pm (may change according to season, see website for details)
Phone: +1 604 659 3400
Internet: www.vanaqua.org

EATING



© Geoff Peters

The multicultural character of Vancouver can easily be seen in the wide range of cuisine – a fusion of many ethnic flavours: African/Indian, Greek/Italian and Mediterranean/French. Chefs are blurring international boundaries and restaurants range from bohemian to ultra chic. Fresh seafood is on almost every menu. Vancouver has refined the art of eating out.

CinCin Ristorante & Bar

This restaurant is reminiscent of an old Italian Villa, keeping a contemporary Italian menu. In case you wish to have some fresh air, you can choose to sit at the al fresco terrace. Inside, however, you'll get to see the open kitchen with wood-fired forno.

Address: 1154 Robson Street
Phone: +1 604 688 7338
Internet: www.cincin.net

Joe Fortes Seafood & Chop House

Joe Fortes Seafood & Chop House is an award winning San Francisco styled seafood grill. Locals and tourists alike appreciate the great service and fresh seafood.

Address: 777 Thurlow Street
Phone: +1 604 669 1940
Internet: www.joefortes.ca
More Info: Corner Robson

Simply Thai

Authentic and trendy Asian Pacific Rim eatery. Watch the chef in the open kitchen and browse the art hanging on the wall. See anything you like? It's for

sale.

Address: 1211 Hamilton St
Phone: +1 604 642 0123
Internet: www.simplythairestaurant.com

Simba's

Simba's Gill offers Eastern African fusion cuisine with many exotic tastes. The restaurant is family-operated and has been around for more than ten years.

Address: 825 Denman Street
Opening hours: Closed Mondays
Phone: +1 604 974 0649
Internet: www.simbasgrill.com

Pink Pearl Chinese Seafood Restaurant

Pink Pearl means Cantonese dining and dim sum. Local produce and westcoast seafood is the focus when composing the menu. Take the chance to enjoy the "wonders of the Orient"!

Address: 1132 East Hastings St
Phone: +1 604 253 4316
Internet: www.pinkpearl.com
More Info: Chinatown

White Tower Restaurant

The White Tower Restaurant was opened in the 70's serving Greek and Italian food. To the present day, you can still come here and experience the European atmosphere and excellent food.

Address: 1359 Robson Street
Phone: +1 604 688 5491
Internet: www.whitetoweronrobson.com

Water Street Café

Water Street Café is located in the historic area of Gastown with all that entails, cobbled streets outside and a nice view of the famous steam clock. The menu holds treats such as fresh baked bread, pasta, seafood and delicious desserts.

Address: 300 Water Street, Gastown
Phone: +1 604 689 2832
Internet: www.waterstreetcafevancouver.ca

CAFES



© Jesús Gorriti

Caffè Artigiano

Caffè Artigiano serves high quality coffee, including Cup of Excellence winners from coffee countries all over the world. Each cup is brewed individually, to ensure a fresh and flavourful coffee. The baristas here take pride in their coffee art, so you can fully expect a tulip or heart on top of your latte or cappuccino.

Address: 853 West Broadway
Phone: +1 604 875 6966
Internet: www.caffeartigiano.com

Elbow Room Café

The Elbow Room was originally started in the eighties and they're still going strong. The menu is stuffed with delicious dishes such as burrito's, omelettes, pancakes, quesedillas and sandwiches.

Address: 560 Davie Street
Phone: +1 604 685 3628
Internet: www.theelbowroomcafe.com

Trees Organic Coffee & Roasting House

As the name implies, the only coffee you'll find here is 100 % organic fair trade. This means that you can enjoy your latte with a clean conscience, and while you're at it, why not indulge in one of their ever so popular cheese cake? Flavours on hand are for example mocha, blueberry, chocolate and cherry.

Address: 450 Granville Street
Phone: +1 604 684 5022

Internet: www.treescoffee.com

Terra Breads

Terra Breads makes true artisan bread, which means the bread is crafter, rather than mass produced. The bread is baked in stone-hearth ovens which gives a mouth watering result.

Address: 107-35 West 5th Avenue
Phone: +1 604 736 1884
Internet: www.terrabreads.com

Mink Chocolate Café

Mink chocolate café is heaven for every chocolate lover, all year round you can indulge in hot and cold beverages. "Thick, rich, ultra- luxurious".

"Nine out of every ten persons say they love chocolate.
The tenth lies"

-Anthelme Brillat-Savarin

Address: 863 West Hastings Street
Phone: +1 604 633 2451
Internet: www.minkchocolates.com

BARS & NIGHTLIFE



© Andrew Budreski

From the flamboyant and outrageous to the laid-back and quiet, bars/pubs offer Vancouver residents and visitors alike a wide array of choices. The legal drinking age in Vancouver is 19 years old. However, many up-scale establishments require a 21-23 age limit.

Nightlife in Vancouver has something to offer everyone from dance clubs to Irish Pubs. Busy Granville Street on a Saturday night is electrifying, while Gastown and Yaletown have more than their share of hip, trendy spots.

Kino Café & Flamenco Bar

The sound of gypsy guitars fill the air in this coffee house that also hosts Flamenco performances from local artists. Sit down, have some tapas and if you're right on time - enjoy the show. Mondays and Tuesdays means other types of performances, like stand up comedy.

Address: 3456 Cambie Street
Phone: +1 604 875 1998
Internet: www.kinocafe.ca

Railway Club

Music from rock-a-billy to jazz, punk to swing.

Three distinct rooms make up the second floor space at the corner of Seymour and Dunsmuir Streets. The first, an intimate room when you first enter, hosts music seven nights a week.

The corner room, set back from the front by the long bar is somewhat quieter and close to the dart boards. Here, lunches are served from 12 noon to 2 pm Tuesday through Friday. Dinners and appys are available 5 pm to 10 pm Tuesday through Saturday nights.

Finally, the back room, smaller than the first two rooms, houses a grand old early American Brunswick Bar. It makes a perfect setting for quiet conversation. This room is a pure treasure in the heart of Vancouver

If you do happen to drop by in the evening, it's likely that you'll be greeted by our doorman, Stan, who has been noted in Rolling Stone Magazine as one of the best doormen on the West Coast. (See, even our doormen are famous!)

There are a ton of new things happening at The Rail all the time. Check out the calendar to find out what's happening!

Looking for somewhere to hold your next birthday party, meetup, record release or corporate jam session? The backroom is available for private bookings. For details e-mail Amelia at amelia@therailwayclub.com.

Address: 579 Dunsmuir Street
Phone: +1 604 681 1625
Internet: www.therailwayclub.com

Caprice Nightclub

This dance club pumps out house music to a crowd that loves it. Mentioned crowd is in their early twenties, or younger, so if you're looking for sophistication and glamour, this is not the place for you.

Address: 965-967 Granville St
Phone: +1 604 685 3288
Internet: www.capricenightclub.com

Shine Night Club

Shine is a popular hot spot in Vancouver thanks to an amazing sound system, a trendy location in Gastown

and the choice of the club or lounge area once you get inside. Several well renowned DJ's have played here and added to the hype.

Address: 364 Water Street, Gastown
Phone: +1 604 408 4321
Internet: www.shinenightclub.com

Cellar Jazz Club

This is Vancouver's pride when it comes to jazz venues. Located in an actual cellar, the atmosphere is cozy and very jazzy! This is the place for grand music experiences and memorable social gatherings.

Address: 3611 West Broadway
Phone: +1 604 738 1959
Internet: www.cellarjazz.com

SHOPPING



© ItzaFineDay

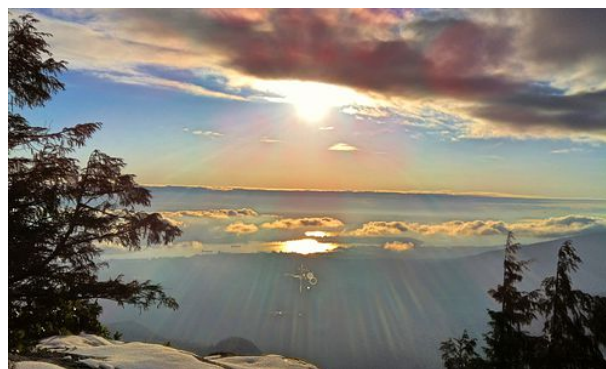
The casual shopper will enjoy a stroll along Robson Street with its unique boutiques, coffeehouses and restaurants. Public Market, 1610 Street, offers fresh produce and seafood specialty shops of all types occupy the multi-level complex and the food court serves ethnic cuisine and snacks. Granville Island is one of Vancouver's shopping hotspots and the hub of epicurean delight. The Public Market overflows with fresh vegetables, fruits and exotic herbs and spices. Art and handcrafted items, custom built kayaks, wooden musical instruments, blown glass, leather goods, and one-of-a-kind toys are a small sampling of items for sale.

The more serious shopper will appreciate the concentration of shops at Pacific Centre, located

downtown Vancouver, boasting over 165 shops or Lonsdale Quay Market & Shops in North Vancouver, the multi-level marketplace on the waterfront, with 90 shops, services and restaurants.

Two special finds in Vancouver are Ice Wines, a type of dessert wine produced from frozen grapes, and Cuban Cigars. Both are readily available for sale in most tourist areas.

SLEEPING



© Kyle Pearce

Vancouver means beautiful views pretty much wherever you stay. Hotels are located right by the Pacific Ocean and the coastal mountains which make for a fantastic backdrop.

L'Hermitage Hotel

L'Hermitage Hotel is a luxury boutique hotel located in the downtown area right in the middle of Vancouver's shopping and entertainment district. There is a total of sixty 100% smoke-free rooms here, all of them decorated in a wonderfully cosmopolitan manner.

Address: 788 Richards Street
Phone: +1 778 327 4100
Internet: www.lhermitagevancouver.com

Fairmont Pacific Rim

Fairmont Pacific Rim is a 5-star hotel situated in the historic port and financial district of Vancouver. Within the walls of the hotel, you can dine at the restaurant, hang out in the café or be entertained at the Lobby Lounge that stouts live entertainment six nights a week.

Address: 1038 Canada Place
Phone: 1 800 257 7544
Internet: www.fairmont.com/pacificrim

Buchan Hotel

The Buchan hotel is 100% non smoking with economical prices to cater to the budget aware traveller. It is located one block away from beautiful Stanley Park in a quiet area.

Address: 1906 Haro Street
Phone: 1 800 668 6654
Internet: www.buchanhotel.com

Carmana Plaza

Carmana Plaza is located in downtown Vancouver which means easy access to more than 50 restaurants, shopping and entertainment. The hotel features a fitness room, 24 hour on-site laundry room and complimentary wireless highspeed Internet access.

Address: 1128 Alberni Street
Phone: +1 604 683 1399
Internet: www.carmanaplaza.com

Opus Hotel

The OPUS in Vancouver is a super trendy and luxurious hotel that will stun you with vibrant colours and an intricate design. There are spa bathrooms with heated floors and in-room v2 iPads, to mention only a few special touches.

Address: 322 Davie Street
Phone: +1 866 642 6787
Internet: www.opushotel.com

ESSENTIAL INFORMATION



© Alex Toulemonde

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Exchange Office

There are more fun things to do on your holiday than look for exchange offices or ATMs. Exchange your currency before you leave and get time to do things that you really want. At Forex Bank you can always buy foreign currency free of charge, at hours that suits you. For more info about Forex Bank visit our website or click:

<http://www.forex.se/sv/Om-FOREX/Bankbutiker/>

Airport

Vancouver International Airport (YVR) is located 16 km/10 miles from downtown Vancouver.

Taxi from the airport will cost around C\$25.00. The Airporter Bus to central Vancouver costs C\$21.00 for round trip (C\$ 13.50 one-way). There is a variety of rental cars located just outside the terminal on the ground floor.

Address: 3211 Grant McConachie Way, Richmond
Phone: +1 604 207 7077
Internet: www.yvr.ca

Public transport

In Vancouver, private vehicles are the most popular mode of transportation. Mass transit include local bus, Skytrain and Seabus. Translink Day Pass is C\$9.00 adult and C\$7.00 child, and can be used on local buses, Skytrain and the SeaBus.

Purchase at Seabus Station, Skytrain Station, Safeway Grocery Stores and 7/11 Stores. Also available at Vancouver Tourisinfo Centre. Allows unlimited rides all day. Individual rides C\$2.50 to C\$5.00.

The best way to see for example Stanley Park is by bicycle. Bayshore Bike Rentals rents bikes for C\$16.80 for a 4-hour period (including helmet). Web: www.bayshorebikerentals.com

Internet: www.translink.bc.ca

Taxi

Yellow Cabs
Phone: +1 604 681 1111

Vancouver Taxi
Phone: +1 604 871 1111

Black Top Cabs
Phone: +1 604 731 1111

MacLure's Cabs
Phone: +1 604 683 6666

Pharmacy

Shopper's Drug Mart

Address: 1125 Davie Street
Phone: +1 604 669 2424

Dentist

Vancouver Centre Dental Clinic

Address: 650 W. Georgia Street
Phone: +1 604 682 1601
Internet: www.vancouverdentalclinic.com

Telephone

Country code: +1

Area code: 604

Electricity

110 V / 60 Hz



1st Avenue West	A4 D4	Dunsmuir Street	D2	Manitoba Street	D4
2nd Avenue West	A4 D4	Dunsmuir Viaduct	D2 D3	Marinaside Street	C3 C4
3rd Avenue West	A4 D4	Duranleau Street	A4	Mariner Walk	A4
4th Avenue West	A4 D4	Expo Boulevard	D2 D3	Melville Street	C1
Abbott Street	D2	Fir Street	A4	Millbank	C4
Alberni Street	B1	Fountain Way	A4 B4	Nelson Street	B1 C3
Aquarius Mews	C3	Georgia Street	B1 C1 C2 D2	Nicola Street	A1 A2 B1
Barclay Street	B1	Georgia Viaduct	D3	Old Bridge Street	A4 B4
Beach Avenue	A1 A2 A3	Granville Bridge	B4	Pacific Boulevard	C3 D3
Beatty Street	D3	Granville Mall	C2	Pacific Street	B3
Bidwell Street	A1	Granville Street	A4 C2 C3	Park Walk	A4 B4
Broughton Street	A1 A2 B1	Hamilton Street	C3 D2	Pender Street West	C1 D2
Burnaby Street	B2	Haro Street	B1	Pendrell Street	A1
Burrard Street	A3 B2 C1	Harwood Street	A2 B2	Pennyfarthing Drive	A4
Bute Street	A2 B1 B2	Hastings Street West	C1 D1 D2	Pine Street	A4
Cambie Bridge	D4	Helmcken Street	B2 C3	Richards Street	C3 D2
Cambie Street	C3 D2 D3 D4	Homer Mews	B4	Robson Street	B1 C2
Cardero Street	A1 A2 B1	Homer Street	C3 D2	Seymour Street	C2 C3
Cartwright Street	B4	Hornby Street	B3 C1	Smithe Street	C2 C3
Coal Harour Road	C1	Howe Street	C2	Spyglass Place	D4
Columbia Street	D4	Ironwork Passage	B4	Terry Fox Way	D3
Commodore Road	C4 D4	Island Park Walk	A4	Thurlow Street	B2 C1
Comox Street	B1 B2	Jervis Street	A2 B1	Trounce Alley	D2
Cordova Street West	D1	Johnston Street	B4	Victory Square	D2
Creekside Drive	A4	Keefer Street	D2	Water Street	D2
Davie Street	A1 B3 C3	Lamey's Mill Road	A4	Waterfront Road	D1
Denman Street	A1	Mainland Street	C3	Whyte Avenue	A3
Drake Street	B3				