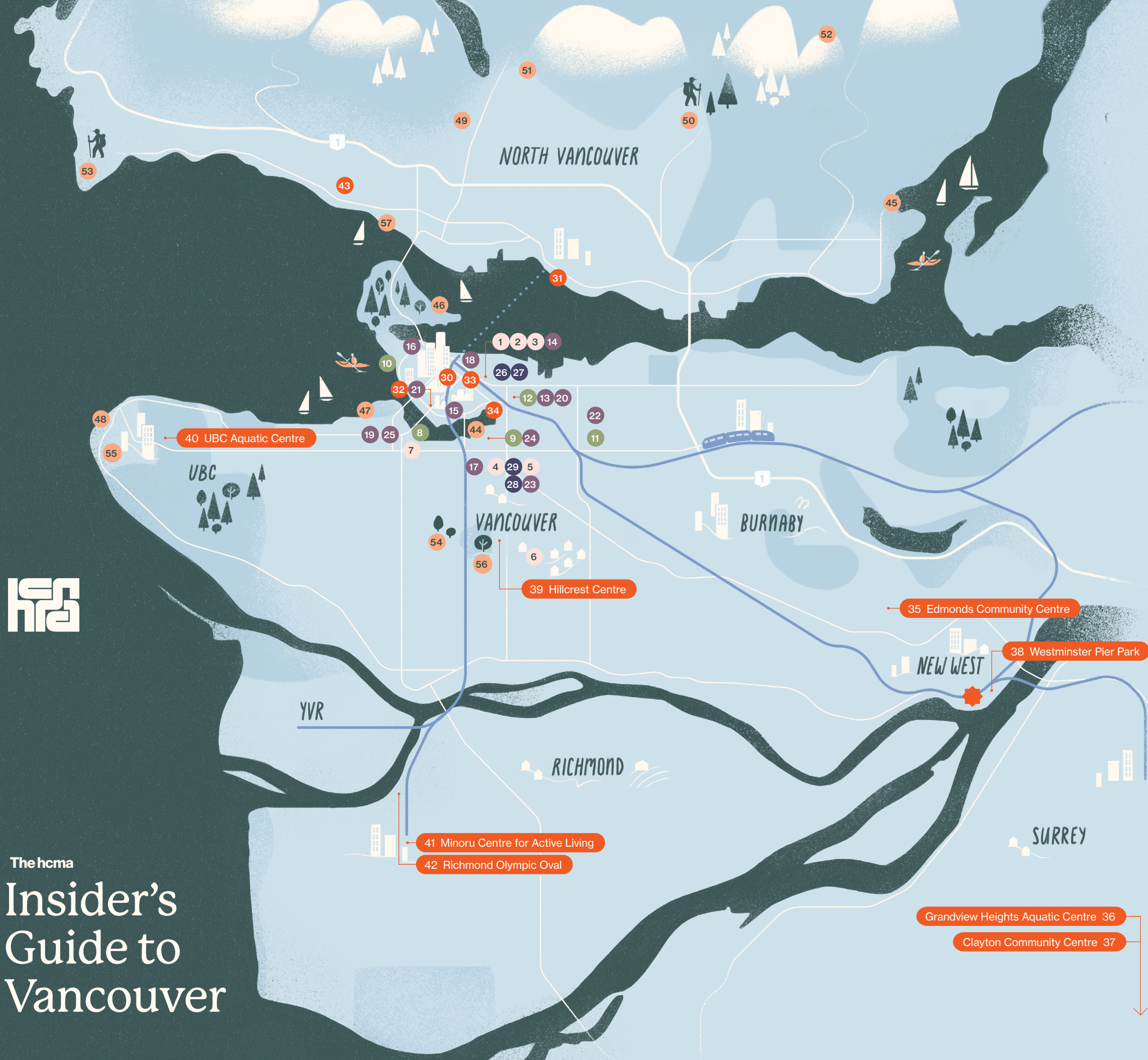




The hcma
Insider's
Guide to
Vancouver



For the early riser

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- 4 Federal Store
- 5 Oh Carolina
- 6 Marché St. George
- 7 Mon Pitou Bistro & Bakery

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- 39 Hillcrest Centre
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- 41 Minoru Centre for Active Living
- 42 Richmond Olympic Oval
- 43 West Vancouver Community and Aquatic Centre

For the active

- 44 Kayak False Creek
- 45 Kayak Deep Cove
- 46 Stanley Park Seawall
- 47 Kitsilano Beach
- 48 Wreck Beach
- 49 Capilano Suspension Bridge
- 50 Lynn Canyon Park
- 51 Grouse Grind
- 52 Dog Mountain
- 53 Lighthouse Park
- 54 VanDusen
- 55 UBC Botanical Garden
- 56 Queen Elizabeth Park
- 57 Ambleside sea walk

For getting around

- Skytrain
- Seabus
- ★ Anvil Centre

A collection of our tried and tested favourites



For the early riser

- 1 **Revolver:** When you like your coffee black.
- 2 **Nemesis:** With three vibey locations, you're spoilt for choice. Our picks? **The Shipyards** outpost in North Vancouver is a hop-skip-and-jump from Waterfront Station by Seabus and should be paired with a visit to **Polygon Gallery**. Or hit up The Great Northern Way café, which features a sculptural pavilion – right next to the **Emily Carr University of Art + Design**.
- 3 **Birds & the Beets:** Great coffee, even better lunch. Bonus – this spot transforms into Juice Bar in the evenings, serving natural wines.
- 4 **Federal Store**, (5) **Oh Carolina**, and (6) **Marché St George**. Quaint and cozy pocket cafes.
- 7 **Mon Pitou Bistro & Bakery:** In the mood for brunch with your coffee? You've come to the right place.

For the curious

- 8 **Granville Island:** Industrial area turned tourist mainstay, for good reason. Wander the market, duck into the shops, tip the buskers, and brave the queue for Lee's Donuts (trust us).
- 9 **Brewery/mural crawl in Mount Pleasant:** *bcailetrail.ca* lays out all the best brews, while *vanmuralfest.ca* is your guide to the biggest art in the city.
- 10 Sunset at **Sunset (Beach):** Have your nightcap at the Sylvia Hotel bar – nostalgic, unpretentious, and great for people watching.
- 11 Hit **Commercial Drive:** Eclectic mix of shops, cafes, and restaurants. Check out **Found and Freed** for rustic antiques and **Attic Treasures** for Danish and mid-century modern finds.
- 12 **Centre A Gallery:** Contemporary Asian art gallery and library.

For the foodie

- 13 **Phnom Penh:** City-famous chicken wings, in the heart of Vancouver's historic Chinatown district.
- 14 **Tacofino:** the recipe for the city's best fish tacos originates from Tofino, Canada's unofficial surf capital – so you know they're legit.
- 15 Do try **Do Chay:** Serving vegan/vegetarian Vietnamese in Yaletown.
- 16 **Tavola:** Our go-to neighborhood Italian joint.
- 17 **Vij's:** Hollywood actor and BC local, Ryan Reynolds, rates it the best Indian restaurant in the city. We concur.
- 18 **Miku:** Sushi done right.
- 19 **Maenam:** Refined Thai cuisine by celebrated Chef, Angus An.
- 20 **Kissa Tanto:** New kid on the block, serving up Italian-Japanese fusion dishes.
- 21 **Autostrada Vancouver House:** Mouthwatering Italian fare, served with a side of iconic architecture alla Bjarke Ingels Group.
- 22 **Oca Pastificio:** Heavenly handcrafted pasta. Need we say more?
- 23 **Savio Volpe:** Viva la convivialità! Tuck in with friends and strangers at this modern-styled Italian osteria.

For the sweet tooth

- 24 Who has the best ice cream? **Earnest Ice Cream** or (25) **Rain or Shine**? There's only one way to decide ... try both!

For the charge card

- 26 **Inform Interiors:** Luxe home design.
- 27 **Old Faithful Shop:** Curated household essentials, built to last.
- 28 Your next design book will be found at **Vancouver Special**.
- 29 **Much & Little:** Sweet and cheerful gift shop.

For the archi-tourist

- 30 **Robson Square:** This vibrant public plaza – designed by Arthur Erickson and Cornelia Oberlander – is Vancouver's undisputed beating heart.
- 31 **Polygon Gallery:** Go for the art and views, stay for the contemplative architecture.
- 32 **Vancouver House:** A tricky triangular site proved no obstacle for BIG's gravity-defying tower.
- 33 **Alley Oop* and Ackery's Alley*:** With a little vision (and a lot of paint) these once-neglected laneways have become magnets for public connection.
- 34 **Concord Pacific Pop-up Park*:** No park? No problem. This pop-up park transformed 3.5 acres of asphalt into a fun haven for local residents.
- 35 **Edmonds Community Centre*:** Multi-generational, multi-cultural, multi-service.
- 36 **Grandview Heights Aquatic Centre*:** Finding beauty and function in the unconventional, underneath the world's longest timber catenary roof.
- 37 **Clayton Community Centre*:** North America's first Passive House certified community centre is a lesson in community-inspired design.
- 38 **Westminster Pier Park*:** Hit the boardwalk and take in the Mighty Fraser – this 2.5km waterfront park is cleverly built on land and river with 3,600 pilings.
- 39 **Hillcrest Centre*:** Lasting legacy – from the 2010 Olympic curling venue to Vancouver's best-loved recreation hub.
- 40 **University of British Columbia (UBC) Aquatic Centre*:** A delicate balance of elite-level training and competitions, and daily community use.
- 41 **Minoru Centre for Active Living*:** Recreation for wellness, at every stage of life – and why not take a dip in Canada's largest hot tub while you're there?
- 42 **Richmond Olympic Oval*:** Its iconic WoodWave roof is a sight to behold – you may need a neck massage after.
- 43 **West Vancouver Community and Aquatic Centre*:** The Atrium is the social, breathing heart of West Vancouver. Grab a coffee from the cafe and simply hang out.

For the active

- 44 Kayak **False Creek** or (45) **Deep Cove**.
- 46 Take a quintessential stroll around the **Stanley Park Seawall** – all the way to Granville Island or (47) **Kitsilano Beach**.
- 48 Bare all with a sunbathe and skinny dip at **Wreck Beach**.
- 49 Test your mettle at the **Capilano Suspension Bridge** – or, if you're in the mood for hiking trails, its humbler complement at (50) **Lynn Canyon Park**.
- 51 Tackle the **Grouse Grind** and earn a local badge of honour – but we won't tell if you opt to take the cable car up instead!
- 52 Hike **Mount Seymour's Dog Mountain**. The reward? Jaw-dropping views of the city.
- 53 Picnic among old growth giants at **Lighthouse Park**.
- 54 Stop and smell the roses at **VanDusen** and (55) **UBC botanical gardens**, or (56) **Queen Elizabeth Park**.
- 57 Keep an eye out for sea otters and bald eagles on the picture-perfect **Ambleside to Dundarave** sea walk in West Vancouver.

* IAKS award winners