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# Travel Guide Vancouver

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## Quick view Vancouver - a brief overview

It's not difficult to fall for Vancouver. Famed among other things for its quality of life, its mountain-circled setting and its dining scene, it's a city that regularly has travellers debating the viability of a permanent move. Those that do settle here have much to be smug about, from an endlessly evolving cultural

scene to a close-at-hand natural wonderland that suits everyone from hikers to sailors. It's a genuinely cool city – and, come winter, genuinely cold – and with more bars, stores, cafés and arts venues that you can shake a stick at, it rewards lengthy exploration.



## Canada General Information

### Country overview

Canada is a rich and diverse travel destination. Enjoy outdoor sports such as skiing, canoeing and sailing alongside museums and theater – this enormous country offers a wide range of activities for every taste and interest. The west of Canada is mainly famous for its breathtaking landscapes, while the east is a blend of European charm and North American bustle.

The north is the best place for observing wild animals. If solitude is what you seek, the wide-open spaces are the place for you. Most Canadians live in large cities like Vancouver in the west or Quebec, Montreal or Toronto in the east.

### Geography

Canada covers the northern part of the North American continent, with the exception of Alaska in the northwest, which is a US state. Greenland is off the coast of Canada in the northeast; to the west is the Pacific Ocean, and to the east the Atlantic. In the south, the 48th parallel forms the border with the USA. After Russia, Canada is the largest country in the world by land mass, but it only has 37 million residents.

Most of the middle of the country consists of the breadbasket region of the Laurentian Plateau. The Rocky Mountains are to the west, and to the southeast are the Great Lakes, the Saint Lawrence River and Niagara Falls.

### General knowledge

#### Key facts

Population: 37.06 million (2018 estimate)

Capital: Ottawa

#### Language

English and French are the official languages.

#### Currency

1 Canadian dollar = 100 cents.

Currency abbreviation: C\$, CAD (ISO code). Bank notes come in values of 100, 50, 20, 10, and 5 C\$, and coins have face values of 2 and 1 C\$, and 50, 25, 10, 5 and 1 cent.

#### Electricity

110 V/120 V, 60 Hz. Two-pronged flat plugs. Adapters are required for European plugs.

## Public holidays

National holidays between January 2020 and December 2021 are listed below.

Some provinces of Canada also observe additional holidays.

\* not in all provinces

### 2020

New Year's Day: 1 January 2020  
Good Friday: 10 April 2020  
Victoria Day: 18 May 2020\*  
Canada Day (Republic Day): 1 July 2020  
Labor Day: 7 September 2020  
Thanksgiving Day: 12 October 2020\*  
Remembrance Day: 11 November 2020\*  
Christmas Day: 25 December 2020

### 2021

New Year's Day: 1 January 2021  
Good Friday: 2 April 2021  
Victoria Day: 24 May 2021\*  
Canada Day (Republic Day): 1 July 2021  
Labor Day: 6 September 2021  
Thanksgiving Day: 11 October 2021\*  
Remembrance Day: 11 November 2021\*  
Christmas Day: 25 December 2021

All information subject to change.



## Travel etiquette How to fit in

### Conduct: Dos and don'ts

Canadians shake hands to greet each other. In the French-speaking areas of the country, they sometimes greet each other with a light kiss on each cheek (bises). Typical rules of politeness apply when visiting someone's home. Formal clothing is expected in elegant clubs, restaurants and at the theater.

### Smoking

Smoking is prohibited in public buildings and restaurants. Some places may have designated smoking areas.

### Tipping

Service generally is not included in hotel and restaurant bills. A customary tip is 10 to 15 percent of the total bill (before GST/VAT). Taxi drivers also expect about 15 percent. Baggage porters should be tipped 1 C\$ per piece of luggage, and hotel staff generally expect a tip of 1-2 C\$ per day of your stay when you depart.



## Health Health

**Main emergency number:** 911

### Food & Drink

Tap water is safe to drink and food safety standards are high. If camping in the

backcountry, you should be aware of the risks of giardia, where water in streams or lakes has been contaminated by animal waste. This can cause diarrhoea, vomiting and headaches. Ensure you boil, filter or purify water first; purification tablets are easy to buy in any outdoor equipment store. You should also be aware of the dangers of eating shellfish directly from the sea, which can cause paralytic shellfish poisoning, resulting in illness or death. Check locally before you travel.

#### Other Risks

Summer can bring extremely high temperatures, so you should guard against the problems of heat and sunstroke. Wear sunscreen to prevent sunburn, particularly on days when the widely publicised UV rating is high. (Remember that sunburn can be a risk in winter too, especially if you're skiing, when the high altitude and reflection from the snow can be a potent combination.) In winter, on the other hand, temperatures can be bitterly cold and frostbite is a real risk; ensure you wear multiple layers and a hat, and cover your face when outdoors.

Rabies is present in animals. For those at high risk, vaccination before arrival should be considered. If you are bitten, seek medical advice without delay.

If walking in tick-infested woodland and brush areas, you should be aware of the risk of Lyme disease. Ensure you cover bare skin (tucking in all clothes), use insect repellent containing DEET and remove any attached ticks using tweezers. The disease is transmitted from the bites of the western blacklegged tick in British Columbia and the blacklegged or deer tick in other parts of Canada. Since 2010, there has been an increased risk in southern Quebec due to newly discovered populations of ticks carrying the bacterium that causes Lyme disease. The first symptom is usually a circular rash, accompanied by fatigue, chills, fever, headache, muscle and joint pain and swollen lymph nodes. You should seek treatment as soon as possible as symptoms can worsen if left untreated.

#### Contractual physician of Lufthansa

Dr. Karon, Stanley Frank  
505-1160 Burrard Street  
Vancouver B.C. V6Z 2E8  
Canada  
Tel. +1-778-383/848

Please note that Lufthansa accepts no responsibility for the treatment nor will it bear the cost of any treatment.



## Phone calls & Internet

**Country code:** +1

#### Telephone

Public telephones are now rare, but a few of them still exist. They are operated with coins, phone cards or credit cards.

#### Mobile phone

CDMA and GSM (800, 850, and 1900 MHz). Not all European mobile phones will work in Canadian networks. Mobile phone coverage can be spotty outside of densely populated areas. The Canadian mobile phone network is organized regionally. Providers include Bell Canada (bell.ca), Telus (telus.com), and Rogers (rogers.com). Renting mobile phones locally, or doing so online in advance of your trip, is cheap and easy.

#### Internet

There are internet cafés in larger cities, but their numbers are dwindling as more and more cafés and restaurants are offering their guests free Wi-Fi access. Wi-Fi is

often available at popular tourist attractions. A map of free Wi-Fi hot spots is available for Montreal from Zap ([zapwifipublic.ca](http://zapwifipublic.ca)).



## Top 10 sights Top 10 sights in Vancouver

### Vancouver Aquarium

Located in the heart of beautiful Stanley Park, the Vancouver Aquarium is a leader in research and education of marine life and conservation efforts. The aquarium is a self-sustained, non-for-profit facility dedicated to the conservation of aquatic life.

845 Avison Way	Opening times:
V6G 3E2 Vancouver	Daily 1000-1700
Canada	
Tel. +1-604/659 34 74	<a href="http://www.vanaqua.org">www.vanaqua.org</a>

### Beaty Biodiversity Museum

The university's enjoyable biodiversity collection includes Canada's largest blue whale skeleton and all manner of birds, insects, fish and fossils.

2212 Main Mall, University of BC	Opening times:
V6T 1Z4 Vancouver	Tues-Sun 1000-1700
Canada	every third Thursday 1000-2030
Tel. +1-604/827 49 55	<a href="http://www.beatymuseum.ubc.ca">www.beatymuseum.ubc.ca</a>

### Capilano Suspension Bridge Park

A great way of getting a unique view of the region's fabled landscapes, this park offers no less than seven suspended footbridges, granting views 30m (100ft) above the forest floor.

3735 Capilano Road	Opening times:
V7R 4J1 Vancouver	Various
Canada	
Tel. +1-604/985 74 74	<a href="http://www.capbridge.com">www.capbridge.com</a>

### Jimi Hendrix Shrine

Guitar legend Jimi Hendrix's grandmother used to run a snack bar on Main Street in downtown Vancouver. Long after his death, fans would make the pilgrimage to the building, where a Hendrix exhibition had been installed. Now the building is making way for a modern apartment complex. Happily, the exhibition has already found a new temporary home. Once the new building is ready, the exhibition will return to its original spot – with the addition of a Hendrix statue some ten meters tall.

432 Homer Street	Opening times:
V6B 2V5 Vancouver	Mo – Fr 12:00 – 18:00 Uhr (Jun – Sept)
Kanada	
Tel. +1-604/688 01 12	<a href="http://www.creeksidestudentresidence.com/vancouver_j...">www.creeksidestudentresidence.com/vancouver_j...</a>

### Vancouver Art Gallery

Holding excellent temporary exhibitions alongside a very strong permanent collection, the gallery was established back in 1931 and remains an artistic lynchpin for the city and wider region.

750 Hornby Street  
V6Z 2H7 Vancouver  
Canada  
Tel. +1-604/662 47 19

Opening times:  
Wed-Mon 1000-1700  
Tue 1000-2100

[www.vanartgallery.bc.ca](http://www.vanartgallery.bc.ca)

### Dr. Sun Yat Sen Classical Chinese Garden

Intended as a means to strengthen the relationship between Chinese and Western cultures, this wonderfully serene traditional garden provides soothing respite from the pace of modern life outside its walls.

578 Carrall Street  
V6B 5K2 Vancouver  
Canada  
Tel. +1-604/662 32 07

Opening times:  
Various

[www.vancouverchinesegarden.com](http://www.vancouverchinesegarden.com)

### Bill Reid Gallery of Northwest Coast Art

Dedicated to promoting contemporary Indigenous Art of the Northwest Coast, the gallery is named after a famous carver and sculptor who lived locally.

639 Hornby Street  
V6C 2G3 Vancouver  
Canada  
Tel. +1-604/682 34 55

Opening times:  
The gallery is now closed for renovation

[www.billreidgallery.ca](http://www.billreidgallery.ca)

### UBC Botanical Garden

Affiliated to the university, these deeply attractive gardens also feature the Greenheart Canopy Walkway, taking you well above the forest floor.

6804 SW Marine Drive  
V6T 1Z4 Vancouver  
Canada  
Tel. +01-604/822 42 08

Opening times:  
Various

[www.botanicalgarden.ubc.ca](http://www.botanicalgarden.ubc.ca)

### Telus World of Science

Giving an educational and entertaining look into the wonders of science, this high-tech visitor attraction will appeal to any budding young enthusiasts – and plenty of older ones too.

1455 Quebec Street  
V6A 3Z7 Vancouver  
Canada  
Tel. +1-604/443 75 00

Opening times:  
Mon-Fri 1000-1700  
Sat-Sun 1000-1800

[www.scienceworld.ca](http://www.scienceworld.ca)

### Grouse Mountain

Overlooking the city from up on high, Grouse Mountain offers visitors a variety of activities year round, from skiing, sleigh rides and snowshoeing in winter to lumberjack shows, paragliding and hiking in summer.

6400 Nancy Greene Way  
V7R 4K9 Vancouver  
Canada  
Tel. +1-604/980 93 11

[www.grousemountain.com](http://www.grousemountain.com)



V6E 1C5 Vancouver  
Canada

### Meat & Bread

Nothing fancy about this place and its roast meat sandwiches, but its legions of fans tell their own story.

370 Cambie Street  
V6B 2N3 Vancouver  
Canada

Price: Cheap



### Nightlife Nightlife in Vancouver

From patio bars to brewpubs, blues venues to casinos, and techno clubs to wine lounges, Vancouver has all bases covered. The most notable nightlife neighbourhoods include Yaletown, Gastown and Granville Street.

### Brix and Mortar

This stylish Yaletown bar is near-peerless in Vancouver for its cocktails.

1137 Hamilton Street  
V6B 5P6 Vancouver  
Canada

### Commodore Ballroom

One of the largest and best known of the city's nightclubs, with regular guest DJs.

868 Granville Street  
V6Z 1K3 Vancouver  
Canada

### Yaletown Brewing Co

The city's original brewpub, it's also been voted the best in Canada.

1111 Mainland Street  
V6B 2T9 Vancouver  
Canada

### Fringe Café

What this quirky, well-stocked bar lacks in size it more than makes up for in character. A gem.

3124 West Broadway  
V6K 2H3 Vancouver  
Canada

### The Blarney Stone

Vancouver has a broad array of Irish pubs – this is one of the most popular.

216 Carrall Street  
V6B 2J1 Vancouver

Canada



## Calendar of events

### Calendar of events

#### Polar Bear Swim

Since 1920, plucky members of the Vancouver Polar Bear Swim Club have taken to the icy waters of English Bay each year on New Year's Day. The initial dip may have only attracted around 10 swimmers, but today's event sees over 2,000 hardy souls plunge into the bracing sea, many wearing weird and wacky fancy-dress costumes.

**January 1, 2020**

Venue: English Bay

#### Chinese New Year Parade

Chinatown's kaleidoscopic celebration marks the beginning of the Chinese New Year and runs along Pender Street from the Millennium Gate, turning at Gore Street and looping back along Keefer Street. Colourful dance troupes, marching bands, lion dances and martial arts are all part of the festivities, drawing around 50,000 spectators. On the same weekend, a two-day cultural fair is held at Sun Yat-Sen Plaza on Pender Street.

**January 2, 2020**

Venue: Chinatown

#### Dine Out Vancouver Festival

Vancouver's cosmopolitan population is matched by its diverse dining scene and this festival gives foodies a chance to try some of the city's finest gastronomic delights. Over 230 restaurants offer three- (or more) course set-price menus. It's also a chance to sample gourmet experiences not normally available at other times of the year such as culinary and cocktail tours, cooking classes, street markets, and BC beer and wine tastings.

**January 17 - February 2, 2020**

Venue: Various restaurants

#### Vancouver International Marathon

Vancouver's city marathon follows a scenic route from Queen Elizabeth Park, through Pacific Spirit Park and the UBC campus, along the shore of Kitsilano, before crossing into Downtown through the West End, round the Stanley Park seawall and finishing off in Coal Harbour. There's also a half marathon, 8km race and a kids' fun run. The Health, Sports & Lifestyle Expo takes place over the same weekend.

**May 3, 2020**

Venue: City streets and seawall

#### Vancouver International Children's Festival

Crammed with music, theatre, dance, storytelling, puppetry, circus arts and much more, the Vancouver International Children's Festival embodies the buoyant spirit and endless curiosity of children all over the world. First held in 1978 for the young people of Vancouver and the surrounding area, the festival has since grown in popularity. It offers a packed programme of acclaimed Canadian and international professional performers as well as numerous hands-on arts activities ranging from painting and pottery classes to circus training and stilt walking. Each year the

festival welcomes more than 50,000 children, parents and educators to Vancouver's waterfront Vanier Park, providing them with a valuable cultural and educational experience.

**May 25 - 31, 2020**

Venue: Granville Island

### **Bard on the Beach Shakespeare Festival**

In tented pavilions at an evocative waterfront venue, Bard on the Beach Shakespeare Festival is a season of four professionally produced Shakespeare plays performed against a spectacular backdrop of mountains, sea and sky. Throughout the summer, two different plays are presented at each of the Mainstage and the Studio Stage. This is one of Canada's largest professional Shakespeare Festivals and offers a unique theatre experience.

**June 1 - September 26, 2020**

Venue: Vanier Park

### **Vancouver International Jazz Festival**

A dynamic programme of over 300 concerts treats audiences to a thrilling mix of jazz genres in this big hitter on Vancouver's summer calendar. Organised by the Coastal Jazz and Blues Society, the festival draws up to 500,000 concert-goers. Festivities kick off with the Downtown Jazz Opening Weekend, showcase both international and local artists, and wrap up with a weekend of free performances in David Lam Park.

**June 19 - July 1, 2020**

Venue: Various venues

### **Canada Day Celebrations**

Fiercely proud Canadians take to the streets for the annual Canada Day festivities, dressing in red and white and painting their faces with maple leaves to celebrate the country's birthday. Vancouver's main celebrations include a parade, kids' activities, a citizenship ceremony, and live music performances throughout the day. The culmination of the day's events is a dazzling fireworks display in Burrard Inlet.

**July 2020**

Venue: Canada Place

### **Celebration of Light**

Vancouver's biggest event sees three countries compete over three evenings in the world's largest offshore fireworks competition. Up to 400,000 spectators pack the shores of English Bay each night along with over 1,000 boats on the water to watch a glittering display of pyrotechnics.

**July 25 & 29 - August 1, 2020**

Venue: English Bay

### **Vancouver Pride Parade and Festival**

Attracting a massive 650,000 spectators, Vancouver Pride is a world-renowned celebration of the lesbian, gay, bisexual and transgender community. Beginning at Robson and Thurlow Streets, diverse and dazzling floats travel through the heart of Vancouver's gay neighbourhood along Denman Street, Pacific Street and Beach Avenue. The parade finishes off with a raucous festival at Sunset Beach featuring live music and a local market.

**August 2020**

Venue: West End

### Vancouver International Film Festival

This highly acclaimed cinematic celebration showcases the best of world cinema. Fans are treated to hundreds of movies from around 80 countries in a carefully planned programme which usually includes multiple Canadian and world premieres. There's a particular focus on Canadian film as well as the largest selection of East Asian films outside the region.

**September - October 2020**

Venue: Various cinemas

### Vancouver International Fringe Festival

A late-summer favourite, this diverse festival features over 800 theatrical performances by around 100 artists. Most of BC's largest theatre festival takes place on Granville Island, but a few performers produce BYOV (Bring Your Own Venue) events at various locations throughout the city, which in the past have included a boat, a tree, a fire escape and the back of a bicycle. Shows are chosen by lottery, ensuring a truly eclectic mix of theatre.

**September 10 - 20, 2020**

Venue: Various venues on and around Granville Island

### Vancouver Writers Fest

A celebration of story, this literary festival brings together authors, poets, graphic novelists and spoken word performers from across the globe in a lively programme of panel discussions, readings and interviews. The aim is to 'ignite a passion for books and ideas'.

**October 2020**

Venue: Granville Island



## Hotels Hotels in Vancouver

Whether you're after romance, retro, good value or a business-friendly gleam, Vancouver has the accommodation to suit all tastes and budgets. And if you find yourself with a mountain view, so much the better.

### Rosewood Hotel Georgia

There's classic luxury on offer at this legendary Vancouver property.

801 West Georgia Street  
V6C 1P7 Vancouver  
Canada

Category: Luxurious

### L'Hermitage Hotel

This exclusive hostelry pleases even the most discerning of guests: Centrally located near the Vancouver City Centre SkyTrain station and equipped with every modern convenience and luxury, the hotel also boasts an outdoor heated salt-water lap pool.

788 Richards Street  
V6B 3A4 Vancouver  
Canada

Category: Luxurious



### First Nations avant-garde at the Equinox Gallery

West Coast art has long consisted of far more than traditional carvings, as demonstrated by the interdisciplinary – some vibrantly colored – works of Sonny Assu (born 1975), a member of the Weka'yi First Nation. The acclaimed Equinox Gallery in the east of the city represents First Nations and other Canadian artists.

Website

Open

Tuesday – Saturday: 10 a. m. – 5 p. m.

### Mehr auf GEO.de

<https://www.geo.de/reisen/reiseziele/13734-rtkl-kanada-ein-wochenende-vancouver>



## Outdoor adventures Outdoor adventures in Vancouver



First Light/Getty Images

Wild woods, steep slopes, rough waters: Vancouver, the metropolis on the west coast of Canada, has all of these right on its doorstep. No wonder locals and tourists alike want one thing above all else: to get out into the great outdoors!

### Grouse Mountain: steep slopes on Vancouver's home peak

Admire a glorious, snow-covered mountain panorama as you stroll barefoot along the warm sands of the Pacific shore – in Vancouver, you can do just that! The mountains at the city's back rise well over a thousand meters above sea level. Mount Fromme boasts spectacular bike descents, while neighboring Grouse Mountain is legendary for its truly sweat-inducing climb. The steep path to the summit covers a little less than three kilometers, but along the way, there is a difference in altitude of 900 meters to be overcome. The record time for the climb is 25 minutes, but it takes most hikers one and a half to two hours to reach the top. In winter the Grouse Grind trail is closed, but then the ski and snowboard runs (some of them extremely challenging) of Vancouver's best-known mountain are open to winter sports fans. Another very popular activity is exploring Grouse Mountain on snowshoes along its marked snowshoe trails.

6400 Nancy Greene Way  
North Vancouver, BC V7R 4K9  
Canada  
Tel. +1/604-980 93 11

[www.grousemountain.com/](http://www.grousemountain.com/)

### Wilderness with skyscrapers: Stanley Park

Directly bordering high-rise downtown Vancouver, it is larger than New York's Central Park and – unlike most urban green areas – a genuine wilderness: Vancouver's Stanley Park with its gnarled, centuries-old maple trees. Eagles circle above their crowns, while the occasional raccoon and coyote rustles through the undergrowth. Located on a peninsula extending out into the Pacific, the park is encircled by the Seawall, a coastal promenade popular with joggers and inline skaters. Beach volleyball is played on several public bathing beaches, and there are public tennis courts and a pitch-and-putt golf course on the park's perimeter.

Borders to the northwest on downtown Vancouver  
 Vancouver  
 Vancouver  
 Canada  
 Tel. +1/604-873 70 00 (Vancouver city hotline)

[www.tourismvancouver.com/activities/stanley-...](http://www.tourismvancouver.com/activities/stanley-...)

### Shopping at Canada's biggest outdoor store

Unspoiled forests, rugged mountains, rough waters: Vancouver really isn't short of challenging destinations for adventure lovers. But even for day trips, having the proper equipment is important: Set off without and you could soon find yourself regretting it! In Vancouver, the place to stock up on all the gear for shorter and longer expeditions into the wilds is giant outdoor store MEC. Sleeping bag, snowshoes, thermals, kayak or mountain bike – MEC has everything it takes to put a gleam in an eager adventurer's eye. In the unlikely event that you don't find what you need here, simply take a few steps around the corner to MEC's neighboring outdoor specialists, which include a shop specializing in the iconic Swedish brand Fjällräven.

130 West Broadway  
 Vancouver, V5Y 1P3  
 Canada  
 Tel. +1/604-872 78 58

[www.mec.ca/en/](http://www.mec.ca/en/)

### Treetop trails: Capilano Suspension Bridge Park

A narrow suspension bridge spans the steep gorge where, 70 meters below, you can hear the rush of the Capilano River. The Capilano Suspension Bridge is one of Vancouver's best-known outdoor attractions. The same applies to the neighboring Cliffwalk, a semicircular series of walkways, bridges and platforms protruding from a granite rock face and on a level with the treetops. Thanks to an entire network of other platforms and bridges, you can enjoy a squirrel's perspective of the forest. Next door, an exhibition of totem poles gives visitors an insight into the time when only the Canadian First Nations inhabited the area – the tradition of these gigantic sculptures is said to have originated in this region.

3735 Capilano Road  
 V7R 4J1 Vancouver  
 Canada  
 Tel. +1-604/985 74 74

[www.capbridge.com/](http://www.capbridge.com/)

### Paths across the water: kayak tours

Many parts of Vancouver are located right on the coast and have long beaches and coastal promenades so conditions could not be better for exploring the area by kayak, canoe or stand-up paddleboard. Fantastic beaches, hidden coves and offshore islands all provided by a number of operators all year round. If you only want to venture out onto the water for an hour or two, then False Creek is the ideal

place to paddle the waves against the high-rise downtown backdrop. An affordable alternative for visitors who prefer a sea trip that requires no personal exertion is the roughly ten-minute ride on the Seabus ferry, which shuttles back and forth across the fjord between downtown and north Vancouver from 6 am daily.

Kayak and stand-up paddleboard rentals and tours  
[www.ecomarine.com/](http://www.ecomarine.com/)  
Various locations, including Granville Island in the center of town and a little further out on Jericho Beach  
Canada  
Tel. +1/604-689 75 75

### **Whistler: Excursion to the winter sports Mecca**

Out of the way there! The bobsleighs racing down the Olympic track in Whistler reach speeds of up to 125 kilometers per hour. Here, bob beginners can even snag a ride down the ice channel with experienced pilots. For winter sports fans wishing to try out as biathletes, it's worth making the 90-minute drive to Whistler, where beginner courses are available. At the 2010 Winter Olympics, the famous resort was the venue for several disciplines, and both professional and hobby athletes love its breathtaking ski and snowboard. In summer, Whistler beckons with mountain biking, rafting and zip lining, as well as relaxation on hiking trails and the golf course.

Roughly 90 mins (by car) north of Vancouver  
[www.whistler.com/](http://www.whistler.com/)  
Canada  
Tel. +1/800-944 78 53 (Tourism Whistler)