

# Can-do Canada

In Vancouver, natural beauty and city style go hand in hand – so visitors can savour the very best of both worlds



**Explore your wild side**  
Kayak down False Creek, main and below; spot grizzly bears at Grouse Mountain

Canada is famed for its natural wonders, eclectic characters and unfailing politeness – but there's a lot more to it than moose and Mounties, lumberjacks and maple syrup. Vancouver, the country's third largest city, is the ideal spot to explore all it has to offer.

This is one of the few places in the world where you can go skiing and whale watching, visit a museum, take a culinary tour and, cocktail in hand, watch the sun setting behind the Pacific Ocean – all on the same day.

Perched on British Columbia's west coast, the city is known for its cosmopolitan living, offering even the most seasoned traveller a fresh experience – thanks to its outstanding food, cultural attractions and art scene.

Vancouver's location on the cusp of the North Shore mountains, cradled by rainforest and on the shores of the Pacific, means that those with a taste for adventure can find uncommon beauty off the beaten track. Travellers arrive filled with expectation – and leave feeling inspired and rejuvenated.

The mild weather of spring and autumn makes these the best times for nature lovers to explore Vancouver's outdoor attractions.

In April, soft pink blossom abounds and the city's 40,000 cherry trees are celebrated in an annual festival including music and cultural events and cycle rides.

More than 7,000 black bears live almost on the city's doorstep. Book a bear-watching tour and you can see them playing and eating in their natural habitat.

Lovers of watersports can add paddling and kayaking along the waterfront to their itinerary and, in spring, the surrounding mountains still hold snow for skiers. Grouse



Mountain, just a 20-minute drive from downtown Vancouver, is great for this and home to the Skyride cable car, which offers unprecedented views as you travel up the mountain.

September and October see the city clothed in autumnal colours, ideal for long walks. Harbour tours are a great way to breathe in some fresh sea air and admire the city and

North Shore mountains from the water – and whale watching trips are in full swing between spring and autumn, allowing travellers to glimpse humpbacks and orcas, sea lions and bald eagles in the wild.

If you prefer to do your sightseeing on dry land, follow the 28km seawall that runs through Stanley Park and beyond. Jog, walk or cycle – it's a brilliant way to see the city.

## Cruise into adventure

Vancouver is becoming an increasingly popular base for travellers planning or returning from cruises to Alaska.

It's the perfect departure spot for itineraries taking you through the picturesque Inside Passage, the network of sea channels that weave through the islands and along the west coast of British Columbia.

Either side of your cruise, you can enjoy a taste of the city's diverse food scene, culture and shopping, or continue your outdoor adventures by exploring the natural wonders of the surrounding areas.

Whatever kind of holiday you are looking for, Vancouver is a fantastic addition to any cruiser's itinerary.



Autumn could also be the perfect time to explore the city's cultural side, including the Museum of Anthropology, the Maritime Museum and the VanDusen Botanical Garden.

On culinary tours you can sample the distinct flavours of different neighbourhoods. Or head for Granville Island Public Market, with its fresh fish, cheeses and seasonal produce, washed down with wine from British Columbia's Okanagan Valley.

A city offering so much variety has something for everyone – and, thanks to the legendary Canadian friendliness, everyone is welcome.

## WHERE LUXURY AND WILDERNESS MEET

A luxury wilderness experience is the ultimate choice for travellers keen to experience the wild side of Vancouver. Choose a getaway that allows you to embrace adventure in grand style



### Sonora Resort Canada

is a pristine spot where you can enjoy their eco-friendly adventures, then relax in the Island Currents Spa. Food is served with sea views, and features fresh west coast ingredients like salmon and fresh crab, while the wine cellar is well stocked.



### Great Bear Lodge

offers animal-lovers the ideal base to view some of British Columbia's large bear population on a guided excursion. A floating hotel set in the Great Bear Rainforest, this is great for eco-conscious wanderers.



### Rocky Mountaineer

is a luxury train that takes in the Canadian Rockies in style, via high peaks and remote vistas. Glass-domed coaches and outdoor viewing platforms allow for panoramic views. Packages include breakfast, lunch, snacks and drinks.



### West Coast Wilderness Lodge

opens for the season in May. Overlooking the Sunshine Coast, it's a beacon for travellers wanting to make the most of the waters – from fjord tours and kayaking to jetskiing and trips to the Skookumchuck Rapids.

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