



# 2-day Vancouver Itinerary



Vancouver



# Vancouver: Nature Meets Urban Adventure

Welcome to Vancouver, Canada's spectacular west coast jewel, where pristine nature embraces urban sophistication. This comprehensive 2-day guide will immerse you in the city's breathtaking landscapes, diverse culture, and vibrant atmosphere.

## Historical Overview

Vancouver has evolved from a frontier logging town to a world-class metropolis. Named after British Captain George Vancouver, the city has grown into a multicultural hub while maintaining strong connections to its indigenous heritage and natural surroundings.

## Iconic Landmarks

- Stanley Park: A 1,000-acre urban oasis with seawall walks and ancient forests
- Capilano Suspension Bridge: A thrilling 450-foot bridge suspended 230 feet above the river
- Gastown Steam Clock: A beloved historic timepiece in Vancouver's oldest neighborhood
- Vancouver Lookout: Offering 360-degree views from atop Harbour Centre Tower

## Cultural Treasures

- Museum of Anthropology: Home to spectacular Indigenous artworks and cultural artifacts
- Dr. Sun Yat-Sen Classical Chinese Garden: The first authentic classical Chinese garden built outside of China
- Vancouver Art Gallery: Western Canada's largest art museum
- Chinatown Storytelling Centre: Celebrating the Chinese-Canadian experience

## Charming Neighborhoods

- Gastown: Historic district known for Victorian architecture and trendy spots
- Granville Island: Cultural hub with public market, theaters, and artisan

shops

- Kitsilano: Beachside community with laid-back atmosphere
- North Vancouver: Gateway to nature and outdoor adventures

### **Vancouver Lifestyle**

- Cuisine: Fresh seafood, farm-to-table dining, and diverse international options
- Outdoor Activities: Hiking, skiing, kayaking, and cycling
- Shopping: From luxury retail on Robson Street to unique finds at public markets

### **Green Spaces**

- Queen Elizabeth Park: Vancouver's horticultural jewel with stunning city views
- VanDusen Botanical Garden: 55 acres of ornamental gardens and native species
- Lynn Canyon Park: Natural forest with free suspension bridge and hiking trails

### **Practical Travel Tips**

- Transportation: Efficient public transit system; consider a Compass Card
- Best Times to Visit: Summer (June-August) for optimal weather; Spring/Fall for fewer crowds
- Weather: Pack layers and rain gear regardless of season
- Safety: Generally very safe; take normal urban precautions

### **2-Day Itinerary Highlights**

Day 1: Stanley Park, Vancouver Aquarium, Gastown, Granville Island Public Market

Day 2: Capilano Suspension Bridge Park, Grouse Mountain, Museum of Anthropology, Dr. Sun Yat-Sen Classical Chinese Garden

This guide presents a curated selection of Vancouver's finest attractions, allowing you to experience the best of the city in two days while maintaining flexibility for your

interests.

Vancouver is where wilderness meets world-class urban amenities. As you explore its pristine parks, sample diverse cuisines, and soak in spectacular mountain and ocean views, you'll discover why this city consistently ranks among the world's most livable places.

Let Vancouver's natural beauty and cultural vibrancy create lasting memories during your visit. Enjoy your adventure in this Pacific Northwest paradise!



# Itinerary Preview

2 days

## **DAY** 01

Stanley Park

Vancouver Aquarium

Gastown

Granville Island Public Market

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## **DAY** 02

Capilano Suspension Bridge Park

Grouse Mountain

Museum of Anthropology at UBC

Dr. Sun Yat-Sen Classical Chinese Garden





# **Daily Events**



## Day 1

09:00

### **Stanley Park**

Vancouver, BC V6G 1Z4, Canada

11:00

11:45

### **Vancouver Aquarium**

845 Avison Way, Vancouver, BC V6G 3E2, Canada

13:45

14:30

### **Gastown**

Gastown, Vancouver, BC, Canada

16:30

17:15

### **Granville Island Public Market**

Public Market, 1689 Johnston St, Vancouver, BC V6H 3R9,  
Canada

19:15

# Map for Day 1





## Day 2

09:00

### **Capilano Suspension Bridge Park**

3735 Capilano Rd, North Vancouver, BC V7R 4J1, Canada

11:00

11:45

### **Grouse Mountain**

Grouse Mountain, North Vancouver, BC V7R 4K9, Canada

13:30

14:30

### **Museum of Anthropology at UBC**

6393 NW Marine Dr, Vancouver, BC V6T 1Z2, Canada

16:00

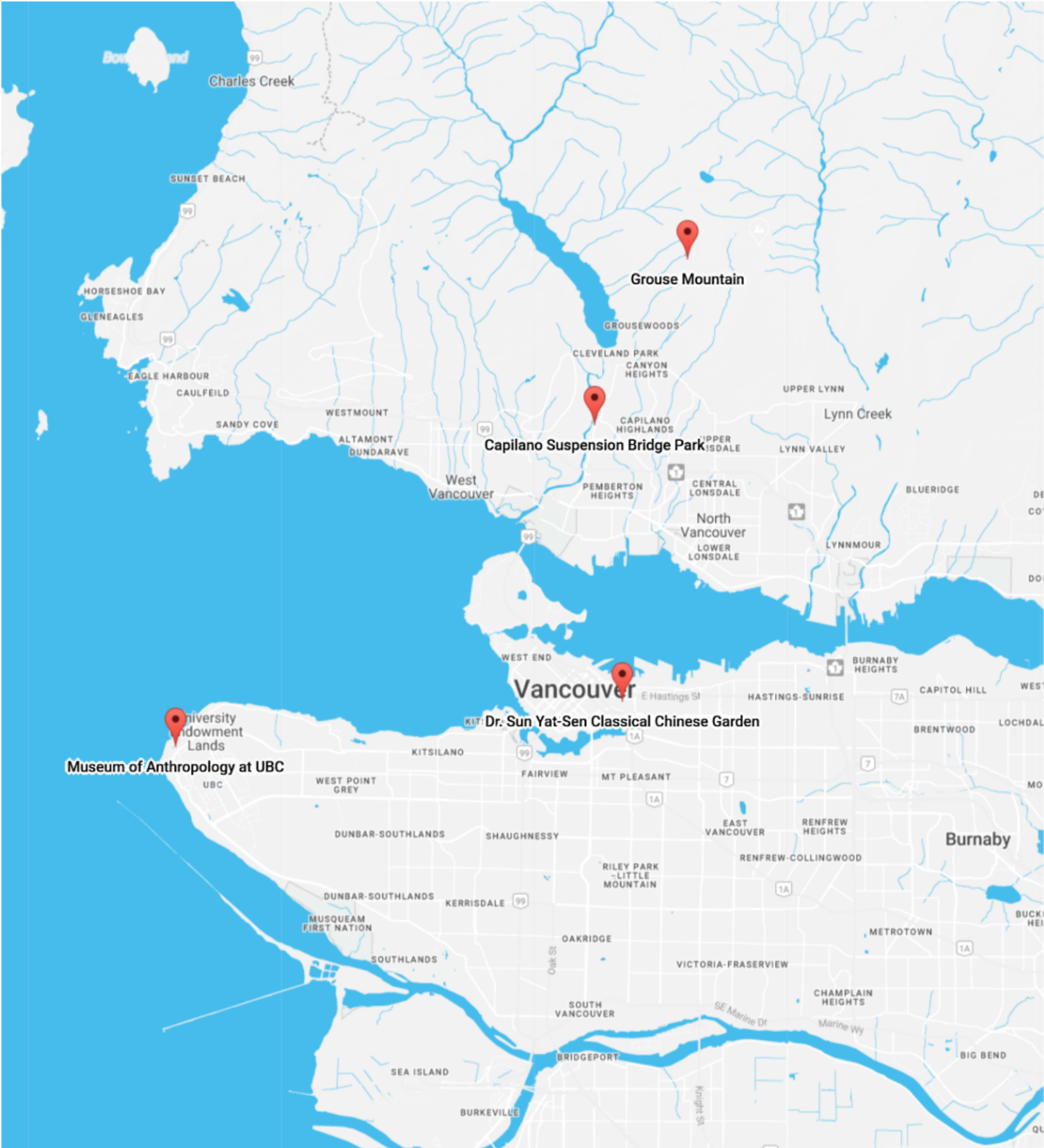
16:45

### **Dr. Sun Yat-Sen Classical Chinese Garden**

578 Carrall St, Vancouver, BC V6B 5K2, Canada

18:00

Map for Day 2





# Spots



## CF Pacific Centre

701 W Georgia St, Vancouver, BC V7Y 1G5, Canada

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### Summary:

Upscale mall since 1971 with premium retailers, designer brands, a food court & underground parking.

### Opening Hours:

Monday: 10:00 AM - 7:00 PM  
Tuesday: 10:00 AM - 7:00 PM  
Wednesday: 10:00 AM - 9:00 PM  
Thursday: 10:00 AM - 9:00 PM  
Friday: 10:00 AM - 9:00 PM  
Saturday: 10:00 AM - 9:00 PM  
Sunday: 11:00 AM - 7:00 PM

### Phone:

(604) 688-7235



## Metropolis at Metrotown

4700 Kingsway, Burnaby, BC V5H 4M5, Canada

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### Summary:

Expansive shopping mall with almost 400 stores, restaurants & services, including a movie theater.

### Opening Hours:

Monday: 10:00 AM - 9:00 PM  
Tuesday: 10:00 AM - 9:00 PM  
Wednesday: 10:00 AM - 9:00 PM  
Thursday: 10:00 AM - 9:00 PM  
Friday: 10:00 AM - 9:00 PM  
Saturday: 10:00 AM - 9:00 PM  
Sunday: 11:00 AM - 7:00 PM

### Phone:

(604) 438-4715



## The Improv Centre

1502 Duranleau St, Vancouver, BC V6H 3S4, Canada

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### Summary:

Prominent destination for comedy shows offering competitive improv & workshops for teens & adults.

### Opening Hours:

Monday: Closed  
Tuesday: 6:30 - 9:30 PM  
Wednesday: 6:30 - 9:30 PM  
Thursday: 6:30 - 9:30 PM  
Friday: 6:30 - 11:30 PM  
Saturday: 6:30 - 11:30 PM  
Sunday: 6:30 - 9:30 PM

### Phone:

(604) 738-7013



## Lonsdale Quay Market

123 Carrie Cates Ct, North Vancouver, BC V7M 3K7, Canada

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### Summary:

Sizable, waterfront marketplace with unique retailers, food vendors & cafes, plus a boutique hotel.

### Opening Hours:

Monday: 9:00 AM - 7:00 PM  
Tuesday: 9:00 AM - 7:00 PM  
Wednesday: 9:00 AM - 7:00 PM  
Thursday: 9:00 AM - 7:00 PM  
Friday: 9:00 AM - 7:00 PM  
Saturday: 9:00 AM - 7:00 PM  
Sunday: 9:00 AM - 7:00 PM

### Phone:

(604) 985-6261



## Arts Club Theatre Company

BMO Theatre Centre, 162 W 1st Ave, Vancouver, BC V5Y 0H6, Canada

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### Opening Hours:

Monday: 9:00 AM - 5:00 PM

Tuesday: 9:00 AM - 5:00 PM

Wednesday: 9:00 AM - 5:00 PM

Thursday: 9:00 AM - 5:00 PM

Friday: 9:00 AM - 5:00 PM

Saturday: Closed

Sunday: Closed

### Phone:

(604) 687-1644



## Richmond Night Market

8351 River Rd, Richmond, BC V6X 1Y4, Canada

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### Phone:

(604) 244-8448





## Second Beach

Second Beach, Vancouver, BC, Canada

### Summary:

Sandy beach with a heated outdoor pool, waterside cycle & jogging paths, BBQ spots & sunset views.



## English Bay Beach

Beach Ave, Vancouver, BC V6C 3C1, Canada

### Summary:

Bustling beach with volleyball courts, plus a concession stand & the Cactus Club Cafe for food.

### Opening Hours:

Monday: 6:00 AM - 10:00 PM

Tuesday: 6:00 AM - 10:00 PM

Wednesday: 6:00 AM - 10:00 PM

Thursday: 6:00 AM - 10:00 PM

Friday: 6:00 AM - 10:00 PM

Saturday: 6:00 AM - 10:00 PM

Sunday: 6:00 AM - 10:00 PM

### Phone:

(604) 873-7000



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

1695 Whyte Ave, Vancouver, BC V6J 5C3, Canada

**Phone:**

(604) 739-0559

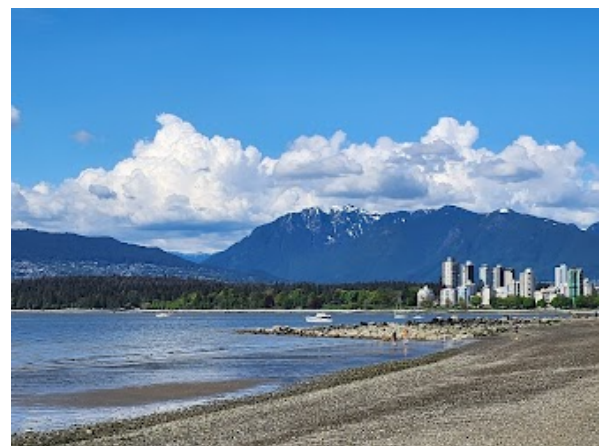


## **Kitsilano Beach**

Kitsilano Beach, Vancouver, BC, Canada

**Summary:**

Popular urban beach offering sandy shores, a playground, volleyball courts & a huge saltwater pool.





## Theatre Under The Stars

610 Pipeline Rd, Vancouver, BC V6G 3E2, Canada

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### Summary:

Amateur & professional actors perform musicals on summer evenings at picnic-friendly Stanley Park.

### Phone:

(604) 734-1917



## Pacific Central Station

1150 Station St, Vancouver, BC V6A 4C7, Canada

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### Summary:

Dating to the 18th century, this train & bus station features a business lounge plus WiFi service.

### Phone:

(888) 842-7245



## The Polygon Gallery

101 Carrie Cates Ct, North Vancouver, BC V7M 3J4, Canada

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### Opening Hours:

Monday: Closed

Tuesday: Closed

Wednesday: 10:00 AM - 5:00 PM

Thursday: 10:00 AM - 9:00 PM

Friday: 10:00 AM - 5:00 PM

Saturday: 10:00 AM - 5:00 PM

Sunday: 10:00 AM - 5:00 PM

### Phone:

(604) 986-1351



## Historic Theatre, The Cultch

1895 Venables St, Vancouver, BC V5L 2H6, Canada

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### Summary:

Contemporary arts theatre & gallery showcasing an array of artists in a historic church building.

### Phone:

(604) 251-1363



## Chinatown Storytelling Centre

168 E Pender St, Vancouver, BC V6A 1T3, Canada

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### Opening Hours:

Monday: 10:00 AM - 5:00 PM  
Tuesday: 10:00 AM - 5:00 PM  
Wednesday: 10:00 AM - 5:00 PM  
Thursday: 10:00 AM - 5:00 PM  
Friday: 10:00 AM - 5:00 PM  
Saturday: 10:00 AM - 5:00 PM  
Sunday: 10:00 AM - 5:00 PM

### Phone:

(604) 225-0055



## Gastown Steam Clock

305 Water St, Vancouver, BC V6B 1B9, Canada

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### Summary:

Built in 1977, this well-known, antique-style clock is powered by steam & whistles to tell the time.

### Opening Hours:

Monday: Open 24 hours  
Tuesday: Open 24 hours  
Wednesday: Open 24 hours  
Thursday: Open 24 hours  
Friday: Open 24 hours  
Saturday: Open 24 hours  
Sunday: Open 24 hours

### Phone:

(604) 873-7000



## Vancouver Lookout

555 W Hastings St, Vancouver, BC V6B 4N6, Canada

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### Summary:

Sightseers ascend this tower in a glass elevator to an observation deck with 360° views of the city.

### Opening Hours:

Monday: 10:00 AM - 6:00 PM  
Tuesday: 10:00 AM - 6:00 PM  
Wednesday: 10:00 AM - 6:00 PM  
Thursday: 10:00 AM - 6:00 PM  
Friday: 10:00 AM - 6:00 PM  
Saturday: 10:00 AM - 6:00 PM  
Sunday: 10:00 AM - 6:00 PM

### Phone:

(604) 689-0421



## Roedde House Museum

1415 Barclay St, Vancouver, BC V6G 1J6, Canada

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### Summary:

This restored, late-Victorian home with tours depicts life at the turn of the 19th century.

### Opening Hours:

Monday: Closed  
Tuesday: Closed  
Wednesday: 1:00 - 4:00 PM  
Thursday: 1:00 - 4:00 PM  
Friday: 1:00 - 4:00 PM  
Saturday: Closed  
Sunday: 1:00 - 4:00 PM

### Phone:

(604) 684-7040





## VanDusen Botanical Garden

5251 Oak St, Vancouver, BC V6M 4H1, Canada

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### Summary:

Space with ever-changing greenery, flowers & art installations plus fine dining & a casual cafe.

### Opening Hours:

Monday: 10:00 AM - 2:00 PM  
Tuesday: 10:00 AM - 2:00 PM  
Wednesday: 10:00 AM - 2:00 PM  
Thursday: 10:00 AM - 2:00 PM  
Friday: 10:00 AM - 2:00 PM  
Saturday: 10:00 AM - 2:00 PM  
Sunday: 10:00 AM - 2:00 PM

### Phone:

(604) 257-8463



## Orpheum

601 Smithe St, Vancouver, BC V6B 3L4, Canada

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### Summary:

Elegant 1927 theatre that's home to the Vancouver Symphony, plus classical & choral performances.

### Opening Hours:

Monday: 8:00 AM - 5:00 PM  
Tuesday: 8:00 AM - 5:00 PM  
Wednesday: 8:00 AM - 5:00 PM  
Thursday: 8:00 AM - 5:00 PM  
Friday: 8:00 AM - 5:00 PM  
Saturday: 8:00 AM - 5:00 PM  
Sunday: 8:00 AM - 5:00 PM

### Phone:

(604) 665-3035



## Queen Elizabeth Park

Vancouver, BC V5Y, Canada

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### Summary:

Urban landmark on a hill featuring manicured gardens, a conservatory, sculptures & sports courts.

### Opening Hours:

Monday: 6:00 AM - 10:00 PM  
Tuesday: 6:00 AM - 10:00 PM  
Wednesday: 6:00 AM - 10:00 PM  
Thursday: 6:00 AM - 10:00 PM  
Friday: 6:00 AM - 10:00 PM  
Saturday: 6:00 AM - 10:00 PM  
Sunday: 6:00 AM - 10:00 PM

### Phone:

(604) 873-7000



## Beaty Biodiversity Museum

Vancouver Campus, 2212 Main Mall, Vancouver, BC V6T 1Z4, Canada

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### Summary:

Natural history exhibits with over 2 million specimens, plus Canada's largest blue whale skeleton.

### Opening Hours:

Monday: Closed  
Tuesday: 10:00 AM - 5:00 PM  
Wednesday: 10:00 AM - 5:00 PM  
Thursday: 10:00 AM - 5:00 PM  
Friday: 10:00 AM - 5:00 PM  
Saturday: 10:00 AM - 5:00 PM  
Sunday: 10:00 AM - 5:00 PM

### Phone:

(604) 827-4955



## Cleveland Dam

Cleveland Dam, North Vancouver, BC V7R, Canada

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### Summary:

Long-running dam with a 200-ft. spillway & hatchery in a verdant setting with trails & vistas.

### Opening Hours:

Monday: 7:00 AM - 5:00 PM

Tuesday: 7:00 AM - 5:00 PM

Wednesday: 7:00 AM - 5:00 PM

Thursday: 7:00 AM - 5:00 PM

Friday: 7:00 AM - 5:00 PM

Saturday: 7:00 AM - 5:00 PM

Sunday: 7:00 AM - 5:00 PM

### Phone:

(604) 432-6200



## Olympic Experience at Richmond Olympic Oval

6111 River Rd, Richmond, BC V7C 0A2, Canada

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### Opening Hours:

Monday: Closed

Tuesday: Closed

Wednesday: Closed

Thursday: 10:00 AM - 5:00 PM

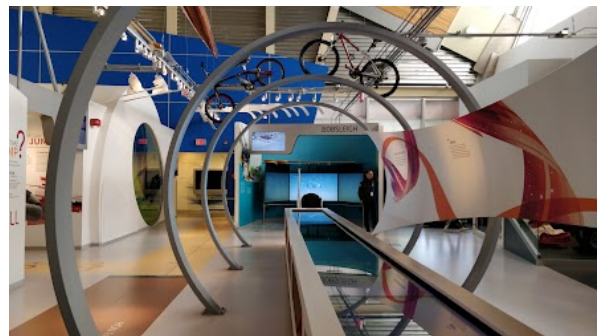
Friday: 10:00 AM - 5:00 PM

Saturday: 10:00 AM - 5:00 PM

Sunday: 10:00 AM - 5:00 PM

### Phone:

(778) 296-1400





## Capilano Suspension Bridge Park

3735 Capilano Rd, North Vancouver, BC V7R 4J1, Canada

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### Summary:

Built in 1889, this 137m-long treetop bridge offers scenic views of the forest below.

### Opening Hours:

Monday: 11:00 AM - 9:00 PM

Tuesday: 11:00 AM - 9:00 PM

Wednesday: 11:00 AM - 9:00 PM

Thursday: 11:00 AM - 9:00 PM

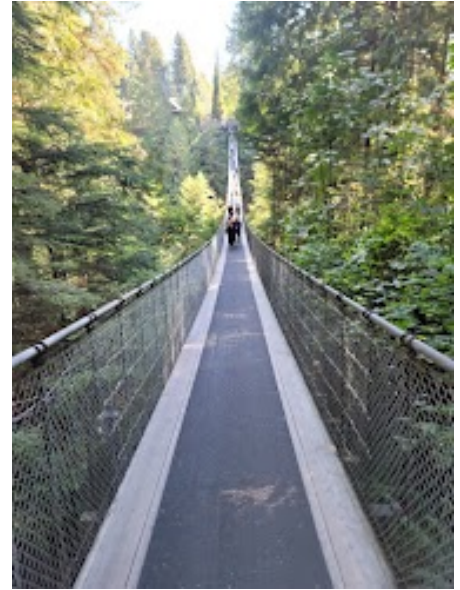
Friday: 11:00 AM - 9:00 PM

Saturday: 11:00 AM - 9:00 PM

Sunday: 11:00 AM - 9:00 PM

### Phone:

(604) 985-7474



## Lynn Canyon Suspension Bridge

3663 Park Rd, North Vancouver, BC V7J 3K2, Canada

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### Summary:

Scenic canyon with a suspension bridge in a 617-acre forest with hiking trails & swimming holes.

### Opening Hours:

Monday: 7:00 AM - 6:00 PM

Tuesday: 7:00 AM - 6:00 PM

Wednesday: 7:00 AM - 6:00 PM

Thursday: 7:00 AM - 6:00 PM

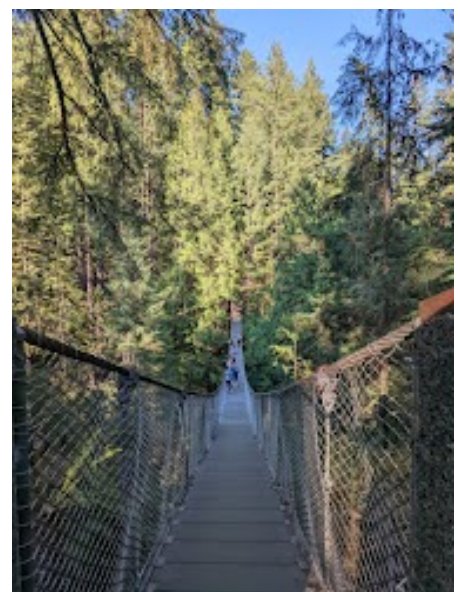
Friday: 7:00 AM - 6:00 PM

Saturday: 7:00 AM - 6:00 PM

Sunday: 7:00 AM - 6:00 PM

### Phone:

(604) 990-3755





## Gastown

Gastown, Vancouver, BC, Canada



## Museum of Anthropology at UBC

6393 NW Marine Dr, Vancouver, BC V6T 1Z2, Canada

### Summary:

Large Arthur Erickson–designed museum at UBC devoted to cultural artifacts from around the world.

### Opening Hours:

Monday: Closed

Tuesday: 10:00 AM - 5:00 PM

Wednesday: 10:00 AM - 5:00 PM

Thursday: 10:00 AM - 9:00 PM

Friday: 10:00 AM - 5:00 PM

Saturday: 10:00 AM - 5:00 PM

Sunday: 10:00 AM - 5:00 PM

### Phone:

(604) 827-5932



## Vancouver Maritime Museum

1905 Ogden Ave, Vancouver, BC V6J 1A3, Canada

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### Summary:

Museum charting the story of Pacific & Arctic waterways, with exhibits & an Arctic exploration ship.

### Opening Hours:

Monday: Closed

Tuesday: 10:00 AM - 5:00 PM

Wednesday: 10:00 AM - 5:00 PM

Thursday: 10:00 AM - 5:00 PM

Friday: 10:00 AM - 5:00 PM

Saturday: 10:00 AM - 5:00 PM

Sunday: 10:00 AM - 5:00 PM

### Phone:

(604) 257-8300



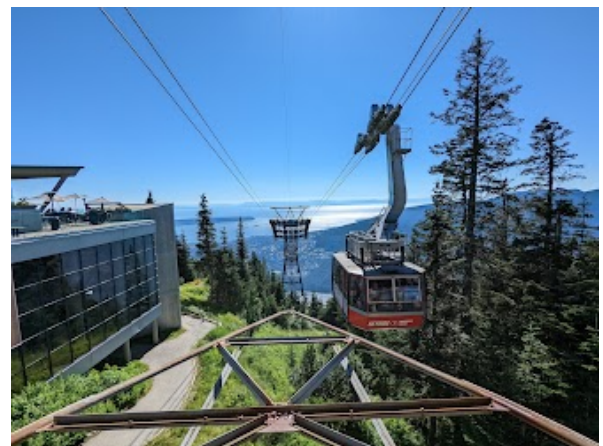
## Grouse Mountain

Grouse Mountain, North Vancouver, BC V7R 4K9, Canada

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### Summary:

Known for its eponymous ski resort, this 4,039-foot peak also features summer hiking & sports.



## Burnaby Village Museum

6501 Deer Lake Ave, Burnaby, BC V5G 3T6, Canada

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### Summary:

Period costumed townsfolk & a carousel are highlights of this living museum of a 1920s village.

### Opening Hours:

Monday: Closed  
Tuesday: 1:00 - 5:30 PM  
Wednesday: 1:00 - 5:30 PM  
Thursday: 1:00 - 5:30 PM  
Friday: 1:00 - 5:30 PM  
Saturday: 1:00 - 9:00 PM  
Sunday: 1:00 - 9:00 PM

### Phone:

(604) 297-4565



## Vancouver Art Gallery

750 Hornby St, Vancouver, BC V6Z 2H7, Canada

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### Summary:

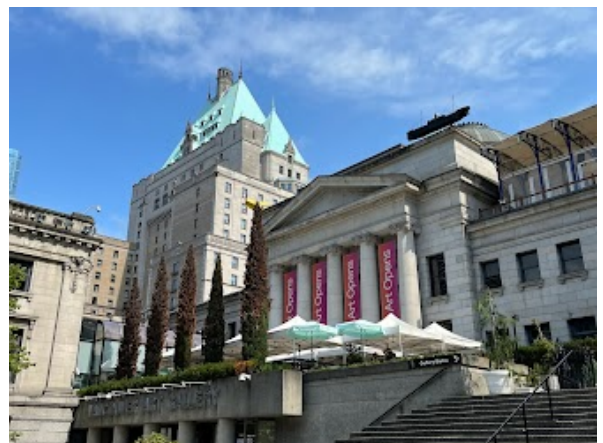
Gallery known for its touring exhibits, work by local artists (like Emily Carr) & photo collection.

### Opening Hours:

Monday: 10:00 AM - 5:00 PM  
Tuesday: Closed  
Wednesday: 10:00 AM - 5:00 PM  
Thursday: 10:00 AM - 8:00 PM  
Friday: 10:00 AM - 8:00 PM  
Saturday: 10:00 AM - 5:00 PM  
Sunday: 10:00 AM - 5:00 PM

### Phone:

(604) 662-4700



## Science World

1455 Quebec St, Vancouver, BC V6A 3Z7, Canada

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### Summary:

Interactive science displays & films for kids from toddlers to early teens, inside a geodesic dome.

### Opening Hours:

Monday: 10:00 AM - 5:00 PM  
Tuesday: 10:00 AM - 5:00 PM  
Wednesday: 10:00 AM - 5:00 PM  
Thursday: 10:00 AM - 5:00 PM  
Friday: 10:00 AM - 5:00 PM  
Saturday: 10:00 AM - 5:00 PM  
Sunday: 10:00 AM - 5:00 PM

### Phone:

(604) 443-7440



## BC Sports Hall of Fame and Museum

Gate A of BC Place, Vancouver, BC V6B 4Y8, Canada

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### Summary:

Interactive exhibits & a hall of fame for BC's celebrated athletes, teams & national heroes.

### Opening Hours:

Monday: Closed  
Tuesday: Closed  
Wednesday: 10:00 AM - 5:00 PM  
Thursday: 10:00 AM - 5:00 PM  
Friday: 10:00 AM - 5:00 PM  
Saturday: 10:00 AM - 5:00 PM  
Sunday: 10:00 AM - 5:00 PM

### Phone:

(604) 687-5520





## Vancouver Aquarium

845 Avison Way, Vancouver, BC V6G 3E2, Canada

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### Summary:

Popular kid-friendly attraction showcases local & exotic aquatic life with a focus on conservation.

### Opening Hours:

Monday: 10:00 AM - 5:00 PM  
Tuesday: 10:00 AM - 5:00 PM  
Wednesday: 10:00 AM - 5:00 PM  
Thursday: 10:00 AM - 5:00 PM  
Friday: 10:00 AM - 5:00 PM  
Saturday: 10:00 AM - 5:00 PM  
Sunday: 10:00 AM - 5:00 PM

### Phone:

(778) 655-9554



## Dr. Sun Yat-Sen Classical Chinese Garden

578 Carrall St, Vancouver, BC V6B 5K2, Canada

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### Summary:

Water, plants & rocks are arranged according to Taoist principles to create a serene space.

### Opening Hours:

Monday: Closed  
Tuesday: Closed  
Wednesday: 9:30 AM - 4:00 PM  
Thursday: 9:30 AM - 4:00 PM  
Friday: 9:30 AM - 4:00 PM  
Saturday: 9:30 AM - 4:00 PM  
Sunday: 9:30 AM - 4:00 PM

### Phone:

(604) 662-3207



## Granville Island Public Market

Public Market, 1689 Johnston St, Vancouver, BC V6H 3R9, Canada

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### Summary:

Popular indoor market with restaurants, bars & cafes, plus gourmet food stalls & artisan boutiques.

### Opening Hours:

Monday: 9:00 AM - 6:00 PM

Tuesday: 9:00 AM - 6:00 PM

Wednesday: 9:00 AM - 6:00 PM

Thursday: 9:00 AM - 6:00 PM

Friday: 9:00 AM - 6:00 PM

Saturday: 9:00 AM - 6:00 PM

Sunday: 9:00 AM - 6:00 PM

### Phone:

(604) 666-6655



## Stanley Park

Vancouver, BC V6G 1Z4, Canada

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### Summary:

Vancouver's largest urban park has beaches, trails & family attractions, plus a picturesque seawall.

### Opening Hours:

Monday: 9:00 AM - 5:00 PM

Tuesday: 9:00 AM - 5:00 PM

Wednesday: 9:00 AM - 5:00 PM

Thursday: 9:00 AM - 5:00 PM

Friday: 9:00 AM - 5:00 PM

Saturday: 9:00 AM - 5:00 PM

Sunday: 9:00 AM - 5:00 PM

### Phone:

(604) 681-6728

