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ALL YOU NEED TO PLAN YOUR PERFECT TRIP



papalars

# Post P.Bio Launch Road Trip with Saki

**Seattle, Vancouver, 11 Days**

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# Guide Description



**AUTHOR NOTE:** After 2.5 years of hard work on P.Bio, it was finally launched, and then Saki and I jumped in the car and started driving North! We saw some beautiful places in Northern California, Oregon, Washington, Vancouver, the Canadian Rockies, Calgary, Montana, Idaho, Nevada, and back to the California Sierras.

# Itinerary Overview

things to do  
restaurants  
hotels  
nightlife

## Day 3 - Seattle



### White River

This campground lies on the eastern flanks of Mt. Rainier at an elevation of 4,400 feet. It provides access to hiking, fishing and backpacking.



### The Space Needle

Seattle's Iconic Landmark



### SkyCity at the Needle

## Day 4 - Seattle



### Washington State Ferry

Largest ferry system in United States

## Day 6 - Vancouver



### Japanese Tapas Bar (Taka Sushi)

Zen and the Hip Art of Sushi

# Day 3 - Seattle

## QUICK NOTE

**contact:**  
tel: 360-569-2211  
www.nps.gov/mora/

**location:**  
WA 98323

## 1 White River

**DESCRIPTION:** The White River Campground lies in the northeastern corner of the park at an elevation of 4,400 feet. The facility consists of 112 individual campsites available on a first come, first served basis from late June to September. Facilities at the White River Campground include water, flush-type toilets, a trailer dump station, garbage collection and a recycling service. Each site includes a picnic table and fire grate. Park visitors using this site will enjoy miles of hiking trails and close-up views of Emmons Glacier.



White River

**contact:**  
tel: 206/905-2100  
fax: +1 206 905 2107  
http://www.spaceneedle.com

**location:**  
400 Broad St  
Seattle WA 98121

**hours:**  
Sun-Thurs 9am-11pm; Fri-Sat  
9am-midnight

## 2 The Space Needle

**DESCRIPTION:** Built for the 1962 World's Fair, this 605-foot towering structure may also rate as one of the nation's most recognized structures...and one of its most overrated tourist traps.&nbsp; The \$22 adult day-and-night ticket is about as steep as the Needle itself, and one's wait in line will often exceed the time spent at the top.&nbsp; The views are free and just as impressive atop the Columbia Tower nearby on Fifth Avenue.  
© NileGuide



editor

**contact:**  
tel: 800/937-9582  
www.spaceneedle.com

**location:**  
400 Broad St  
Seattle WA 98109

**hours:**  
Mon-Fri 11am-3pm; Sat-Sun  
10am-3pm; Sun-Thurs 5-9pm,  
Fri-Sat 5-10pm

## 3 SkyCity at the Needle

**DESCRIPTION:** Both the restaurant and the prices are sky high at this revolving restaurant, located just below the observation deck at the top of Seattle's famous Space Needle. However, because you don't have to pay extra for the elevator ride if you dine here, the charges start to seem a little bit more in line with those at other Seattle splurge restaurants. Okay, so maybe you can get better food elsewhere, and maybe you can dine with a view at other Seattle restaurants, but you won't get as spectacular a panorama anywhere else. The menu offers some distinctly Northwestern flavor combinations, but still has plenty of familiar fare: Simply prepared steaks and seafood make up the bulk of the offerings, with a couple of vegetarian options thrown in. I recommend coming here for lunch; the menu includes some of the same dishes, prices are considerably more reasonable, and the views, encompassing the city skyline, Mount Rainier, and the Olympic Mountains, are unsurpassed. © Frommer's



Photo courtesy of SkyCity at the Needle

# Day 4 - Seattle

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QUICK NOTE

**contact:**

tel: +1 206 464 6400 / +1 206 515 3400

<http://www.wsdot.wa.gov/ferr>  
ies

**location:**

2901 3rd Avenue  
Seattle WA 98121



## Washington State Ferry

**DESCRIPTION:** The country's largest ferry system would have to be in a city surrounded by water. With twenty terminals, eight routes and over 15 million passengers a year, Washington State Ferries are both practical and fun. If you're considering hopping over to Bainbridge, Bremerton, Mercer or any of Seattle's interesting islands, a peaceful ferry ride is a far cry from sitting on a bridge in traffic.

© NileGuide



wcities

# Day 6 - Vancouver

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QUICK NOTE

**contact:**  
tel: 6047344990  
yujis.ca

**location:**  
2059 West 4th Ave  
Vancouver BC V6J 1N3

## 1 Japanese Tapas Bar (Taka Sushi)

**DESCRIPTION:** Located on Vancouver's West Fourth Avenue in Kitsilano, this cool spot offers finely prepared Japanese cuisine with an emphasis on sushi. The Tuna Sashimi melts in the mouth and the Yam Tempura Roll has gained a cult-like status among regular patrons. It has very elegant, spare, and hip decor. Its look has been called 'Zen Deco', a combination of Zen interpretation and Art Deco design. The establishment is fully licensed. © wcities.com



Photo courtesy of Yuji's

# Seattle Snapshot

## Local Info

If all you know about Seattle is rainy days and the Space Needle, come take a closer look. Seattle (which, incidentally, gets less rainfall per year than New York City) is divided into several neighborhoods, each with their own main strips, nightlife, parks and exciting points of interest. Pick a zone, any zone, and spend the day getting to know the real Seattle.

### Ballard

One of the most popular neighborhoods for those not willing to live "in" the city, Ballard has a personality all its own. Golden Gardens Park is a great place for a walk or bike ride, and there's plenty of drinks and seafood available at restaurants like Bad Albert's Tap & Grill and Ray's Boathouse.

### Capitol Hill

A political-sounding name for what is unmistakably a liberal, life-loving neighborhood. If you've only got a few days in Seattle, you could easily spend an entire day just in Capitol Hill, checking out the Seattle Asian Art Museum, grabbing a latte at one of dozens of cafes, or browsing for books at the Elliot Bay Bookstore's new location.

### Fremont

"Welcome to the Center of the Universe"; this is the sign that greets you in Fremont, and it only gets quirkiest from there. There's the famous Fremont Troll hiding under the Aurora Bridge, as well as a statue of none other than Lenin in the center of the neighborhood. This is the place for the Fremont Oktoberfest (for beer lovers) and Fremont Fair and Solstice Parade (for those who can't get enough of the naked body-paint bike parade). Of course, there's shops, cafes and restaurants galore, each with its own flavor and personality.

### Madison Park

Looking for a relaxing day to take a stroll, see a few sights and find a nice cafe to chat over a cup of coffee? Madison Park has all this and more, with the Madison Park & Beach offering gorgeous views, and the bistro-style menu at Madison Park Café offering classic French food and wine, the perfect end to the day.

### International District

If dim sum, sushi, or bibimbap is what you're craving, head to the International District, east of downtown Seattle. In addition to a selection of various Asian restaurants, take some great family photos under the pagoda at Hing Hay Park, or visit the Wing Luke, a small museum that offers a big peek into the art and culture of Japan and China.

### Kirkland

Kirkland, in a word, is classy. A quick drive across the lake brings you to a selection of trendy cafes, fabulous art galleries, and world class restaurants like Trellis, which features a menu of seasonal, "farm-to-table" meals. Wine enthusiasts will appreciate not only the many wineries, but also Kirkland Uncorked, the neighborhood's annual "Wine, Dine and Design" festival.

### Pike Place Market

The market on any given weekend is buzzing with tourists and locals alike, sampling fresh local produce, checking out the catch of the day, or shopping for the perfect souvenir. Pike Place is the United States' oldest farmer's market, and in addition to groceries boasts a huge variety of restaurants, including the original Starbucks. Piroshky Piroshky is an iconic stop, where visitors line up to purchase delicious sweet and savory Russian piroshkys, and a hot bread bowl of seafood bisque or one of several chowders at Pike Place Chowder is the perfect meal on a chilly, gray day.

### Pioneer Square

As the historic area of Seattle, Pioneer Square is one of the biggest tourist attractions in the city. History lovers will adore the Underground Tour, which leads you beneath the city to the original Seattle. This is also a popular area for nightlife, with options like a drink at Central Saloon or an evening belting out your favorite tunes at 88 Keys Dueling Piano Bar.

### Queen Anne Hill

This is what suburbs are meant to be; at least, for those who don't want to give up the convenience and quirk of the city. Queen Anne manages to be both trendy and understated, from indie bookshops like Queen Anne Books to the hip martini stop Tini Bigs.

### Redmond

Its country location doesn't hide the fact that Redmond is home to huge corporations, including Microsoft and Nintendo, which make this one of the more affluent neighborhoods. Both Marymoor Park and the Lake Sammamish State Park are on the list for cyclists and walkers, and for those more interested in shopping, check out Redmond Town Center.

### Seattle Center

So much more than just the Space Needle; if you're looking for a place to take the kids on a nice day, Seattle Center is the place to be. In addition to famous Seattle events like Bumbershoot and The Bite of Seattle, the center has plenty of restaurants, rides and arcade games for the kids, as well as the Pacific Science Center, Seattle Opera, and Intiman Theater. Museum lovers can't miss Seattle's famous Experience Music Project/Science Fiction Museum & Hall of Fame, which is also the end of the Monorail (which goes straight to Westlake Center).

### University District

That's a mouthful; locals call it "U-Dub," the neighborhood known for fantastic restaurants, bars, shops, and the beautiful campus of the University of Washington. This is a hip, energetic neighborhood with everything from clubs to farmer's markets, as well as the fabulous University Bookstore. For Apple geeks, University Village houses the only full Apple Store in Seattle.

### Waterfront

Get your quintessential West Coast fix with a stroll along Seattle's Waterfront, with an endless supply of picturesque scenes perfect for capturing a great family photo. In addition to the ferry terminal, where you can head off to Bainbridge or Bremerton Islands, you can also catch a fun water taxi over to West Seattle (much more fun than the long bus ride). Some of Seattle's most well-known restaurants are on the waterfront, including Elliott's Oyster House and Ivar's, and kids and adults alike will have a blast at the Seattle Aquarium.

### West Seattle

Five minutes strolling down the street, sand and ocean on one side and bungalow-

## Seattle Snapshot continued

style houses, burger joints and cafes on the other, you'll swear you were in California instead of Washington. The West Seattle vibe is laid back and a popular place for water sports as well as bikers and joggers. Don't miss Alki Beach, Seattle's most famous beach, where you can lay in the sun with a view of downtown on the other side of the bay.

© NileGuide

### History

Alki Beach wasn't warm and sunny when the Denny Party landed there in the fall of 1851, where they met a few Native American tribes, including the Suquamish and the Snohomish. After a temporary winter stay in West Seattle, the new settlers crossed Elliot Bay to what is now the downtown Seattle area, including Pioneer Square.

At the time, Pioneer Square became known as Skid Row, due to the downward sloping Yesler Way, which runs straight into the Puget Sound and provided loggers with an easy way of transporting lumber. Thanks to the economic boost from the timber industry, Seattle quickly became a rather wealthy city, founding the University of Washington in 1861.

By the late 1880s, the Seattle population was booming; but almost all was lost in the Great Seattle Fire in June of 1889. Despite the destruction of all their wooden buildings, the fire ended up being a blessing in disguise for the town. Within a year, well over 100 new buildings (this time, made of brick) were built on top of the old city, which also solved Seattle's messy and rather smelly plumbing problem. Some parts of Old Seattle are still intact, and can be visited via the Underground Tour.

The oldest continually operated public farmer's market, Pike Place Market opened in 1907, and is today one of the most popular tourist spots in Seattle. In addition to timber, the aerospace industry also helped boost the city's wealth, particularly when Bill Boeing developed the 707 commercial jet and tested his company's plane out in 1916.

One of Seattle's other most famous landmarks, the Space Needle, was built in 1962 for that year's World's Fair, along with the Monorail, which is still the quickest way to get from the Seattle Center to downtown. The Fair brought even more tourists to

Seattle, and the population continued to grow.

As it had with the timber and aerospace industries, Seattle continued to stay on top of modern times when Microsoft started doing business in the city in the 1980s. Seattle was also the birthplace of Starbucks, the original of which can still be visited at Pike Place. In addition to these businesses, other major companies such as Nintendo, Nordstrom, and Immunex call Seattle home for their headquarters.

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### Hotel Insights

Over the past several years, Seattle has become quite a popular tourist destination, especially in the summer when the threat of rain diminishes. Most hotels are located in the downtown area, but visitors can certainly find excellent lodging options in the outlying areas as well.

#### Bellevue and the Eastside

Seattle's sister city across Lake Washington, Bellevue has boomed with the growth of high-tech companies. It's an ideal spot for visitors who don't mind a short commute, although at rush hour crossing the bridge can take up to an hour. Hotels here include the posh Bellevue Club Hotel and the beautifully appointed Hyatt Regency. More moderately priced hotels include Red Lion Bellevue Inn and the Sheraton Bellevue. If you're looking for an even more casual place to stay, try the Bellevue Silver Cloud Inn or the Bellevue Lodge. These centrally located hotels, convenient to business and shopping, are ideal for business travelers visiting Microsoft, US West, Nintendo or any of the other companies filling the ever-expanding business parks in Bellevue, and in Redmond just five minutes to the east.

A few minutes east on the shore of Lake Washington, Kirkland is filled with condominiums, restaurants, art galleries and yachts. Kirkland's impeccable Woodmark Hotel sits right on the water and offers beautiful sunrises.

#### Downtown Business/Shopping Area

Most of the larger hotels are located here in the heart of the action. These are also the city's most expensive hotels. Accommodations for the shopping set

include the Westin, Mayflower Park Hotel and the Fairmont Olympic, all high-quality hotels within easy walking distance of Pacific Place Shopping Center, Westlake Center, Nordstrom and Pike Place Market. Near the Washington State Convention Center, you'll find the Sheraton and the Seattle Hilton. The Hotel Monaco is also nearby.

#### SeaTac

If you don't want to stray far from Seatac Airport, which is about half an hour from downtown, there are plenty of options, as long as you don't mind the sound of airplanes taking off and landing. The Red Lion Hotel Seattle Airport and the Seattle Marriott Sea-Tac Airport are a few among many along the Pacific Highway (US 99) corridor.

#### University District

This part of town is always bustling. College students form the core population of the area, so inexpensive stores and restaurants abound. The hotels here are less expensive than those downtown, and considering the proximity to the city, it's not a bad place to stay. The University Tower Hotel and the University Inn provide comfort at reasonable prices.

#### Waterfront

While the Waterfront is a tourist Mecca, it is not the easiest place to find a hotel, so book early. The Edgewater is perched over the water on a pier, and every window has a view. As a matter of fact, Edgewater is the only waterfront hotel downtown. Located at the south end of downtown in historic Pioneer Square, the Pioneer Square Hotel is also close to the waterfront. And between those two sits The Inn at the Market, a nice hotel located at the frenzied Pike Place Market and only steps from the bustling waterfront.

©

### Restaurants Insights

Seattle is a city growing up. Neighborhoods like the University District, Ballard, Fremont and Capitol Hill attract younger crowds of students and artists with diverse tastes and small budgets. Downtown Seattle and Belltown have become hot spots for new entrepreneurs, high-tech employees and anyone else with extra spending money.

## Seattle Snapshot continued

### Belltown

One of the fastest-growing and trendiest downtown neighborhoods, Belltown is a popular hangout for yuppies. Hip restaurants here include Flying Fish and Shiro's.

### Capitol Hill

This neighborhood is known for the numerous shops and theaters along Broadway Avenue and for the variety of alternative lifestyles it welcomes. Tasty bites include Pagliacci Pizza and the popular Siam on Broadway, which serves excellent Thai food. If you're in the mood for a casual night out or a hangover breakfast, head to Linda's Tavern. Relax at a booth with friends, shoot a game of pool with the regulars or get some fresh air on the patio out back. For a swanky, sultry night, rock the casbah at The Capitol Club. The Mediterranean menu and romantic vibe make it a great date spot. Capitol Hill, known for its close-knit gay community, also has some of the best dance clubs in Seattle. For an all-out, get-down-and-boogie experience go to Neighbours, a primarily gay bar, for dancing into the night. Or try The Baltic Room for top-notch live shows and a stylish crowd. Nearby sits the Comet Tavern where an entertaining mix of people go for beer and pool.

### Fremont/Ballard

Continuing westward, the nightlife seeker enters the quaint districts of Fremont and Ballard. In Fremont, drink a beer at the Dubliner, an authentic Irish pub. If you're in the mood for a mellow evening, sip coffee in the Still Life Coffeehouse, a Seattle classic. West of Fremont in Ballard, Irish pubs and seafood abound. Enjoy Irish brews at Conor Byrne's Pub or Bad Albert's Tap & Grill. For more elegant dining make your way to Shilsole Bay, where good restaurants like Ray's Boathouse line the shores of Puget Sound, offering great views and delicious seafood.

### Midtown and Waterfront

Don't miss downtown dining, but do bring your credit cards because prices are higher here than elsewhere in the city. The Brooklyn offers a happy hour oyster and beer selection. Fine dining establishments on the piers of Elliott Bay include Anthony's Pier 66 & Bell Street Diner, Elliott's Oyster House and The Seattle Crab Company.

For a little less pretense and expense, try Red Robin. Other noteworthy downtown restaurants include Wild Ginger and Dragonfish Asian Café. Pacific Place, an upscale shopping mall, features famous chain restaurants like the Gordon Biersch Brewing Company.

### Pioneer Square

Most of the nightlife in downtown Seattle clusters around the famous Pioneer Square. On weekends, this four-block radius fills up with college students, beer enthusiasts, local band fans, jazz devotees, sports fans and others. By paying a single joint cover charge during the weekend, one can enter any of nine affiliated Pioneer Square bars and clubs including the Central Saloon, one of Seattle's oldest taverns. The Last Supper Club is also a popular spot in the downtown nightlife, offering a trendy New York-style club experience. Showbox, northeast of Pioneer Square, is a large nightclub featuring highly regarded DJs on weekends and nationally-known bands on other nights.

### University District

This is a favorite area for diners and drinkers on smaller budgets. Check out "The Ave" (University Way) for vegetarian restaurants like Flowers, which serves a lovely vegetarian buffet during the day and great mixed drinks at night. The Ave has cuisines for all tastes: Mexican, Indian, Vietnamese, Japanese and Chinese among others. Barhopping on the Ave is popular as well. Join student crowds for beer at the Big Time Brewery then shoot some pool at the College Inn Pub. About six blocks west lies the popular Rainbow Bar & Grill, which features local and national jazz, rock and blues acts.

©

### Nightlife Insights

The entertainment options in a city the size of Seattle are numerous. There are plenty of art museums, theaters and music venues for visitors to explore.

### Art

The patriarchs of the local art scene, the Seattle Art Museum (SAM) and its brother the Seattle Asian Art Museum (SAAM), have been pushing steadily away from exclusively showing antiquities to showcasing more contemporary art.

At SAM, look for rotating modern art shows, and be sure to check out the Native American and African galleries. At SAAM, the vibe is quieter, but spectacular nonetheless.

The contemporary art shows at the Henry Art Gallery at the University of Washington always have an academic background and a flair for challenging conceptions. The Center on Contemporary Art (CoCA) and a host of edgy galleries like James Harris and Greg Kucera, showcase young, impoverished, enthusiastic local talent. Check it all out during the monthly neighborhood Artwalks, during which galleries stay open late and serve wine and cheese. The Pioneer Square area holds its Artwalk on the first Thursday of every month, Capitol Hill follows suit on the first Saturday, Kirkland opens its doors on the second Thursday and Ballard rounds out the cycle on the second Saturday.

### Cinema

Hollywood glitz rules the downtown scene at Pacific Place and the Meridian. Art-house funkiness rules Capitol Hill at the Egyptian Theatre and the Harvard Exit, and over the University District at the Neptune, the Varsity Theatre, the Seven Gables Theatre and the Grand Illusion. Those with various tastes can have fun at the various annual film festivals, where sneak previews of blockbusters play alongside obscure Yugoslavian flicks. The biggest festival is the Seattle International Film Festival, which takes the town over for three weeks in May and June. Also keep a lookout for the Seattle Lesbian and Gay Film Festival.

### Comedy

Admittedly, there are those who think watching nerdy Seattleites try to negotiate downtown with flapping rain ponchos and lattes in recycled, unbleached cups is comedy enough. But if you want something a bit more organized, try Giggles in the University District, where professionals take over the stage on the weekends.

### Dance

Apart from the deservedly renowned Balanchine-school Pacific Northwest Ballet, and the beloved contemporary dance house On The Boards, good dance in Seattle is hard to come by on a regular basis. The best pickings include the University of Washington excellent World Music & Dance Series, which brings top-

## Seattle Snapshot continued

notch groups such as the Paul Taylor Dance Company into town every year.

### Museums

The Frye Art Museum has a pleasant collection of 19th and 20th Century paintings, while the Museum of History and Industry covers the same time period but with its focus on Seattle's history.

The Burke Museum and the Museum of Flight offer glimpses of natural history and Boeing science respectively, with towering artifacts (dinosaurs and airplanes, naturally) at both.

The history of Seattle's ethnic minorities gets a thoughtful, detailed look at the Wing Luke Asian Museum. The Seattle Children's Museum and the Pacific Science Center, both at the Seattle Center, are paradises of activities for kids. Further afield, the Bellevue Art Museum has a good collection of 20th Century art, while the Washington State History Museum is Tacoma's look at the state's history.

### Classical Music

The Seattle Symphony performs in the acoustically crisp Benaroya Hall, which also provides much-needed concert space for the excellent Seattle Men's Chorus and other classical groups. Recent years have also seen the rise of an early-music movement, with several period ensembles garnering acclaim and audiences under the aegis of the Early Music Guild. Churches around town and the Seattle Art Museum often stage lovely chamber music concerts as well.

Okay, so grunge is dead. But that doesn't mean that the local rock scene is dead with it. The scene is just a bit more upbeat, with international groups finding a warmer welcome. Experimental rock groups and other combinations of world, funk and pop music play frequently at the Showbox and the Crocodile Cafe. Jazzmen and blues masters hold down regular gigs at the Tractor Tavern and the Baltic Room. There's also a lively Irish scene in town, with live traditional and modern music at Conor Byrne's, the Owl'n' Thistle and Kells Irish Pub.

### Opera

The Seattle Opera is internationally famous today for its Wagner productions, most notably its four-day Ring cycle. The company was actually founded in the

1960s specifically to present Wagner's warhorses. The opera has broadened its range considerably, from sparkling Mozart to serious Prokofiev.

### Theater

Mainstream houses include the Seattle Repertory Theater, the Intiman, A Contemporary Theater and the Empty Space Theater. These companies put on strong seasons every year, usually comprised of modern classics and premieres. Fringe theater groups, such as the Annex Theater, the Book-It Repertory Theatre and Theater Schmeater provide well-produced, eclectic alternatives. There's also a manic fringe festival in early spring, when dozens of groups materialize out of nowhere to put on shows. In the niche bracket, Seattle Children's Theatre presents extremely professional, creative productions for kids ages 4-14, while the 5th Avenue Theatre brings Broadway musicals to town.

©

## Things to Do Insights

Seattle is a culturally and visually stunning place to visit: from the visual wonder of the Space Needle to the treasures of the Seattle Art Museum, there are many things to see and do.

**Seattle Center** Located downtown is the Seattle Center, built in 1962. It houses numerous tourist attractions including the Pacific Science Center, Paul Allen's Experience Music Project/Science Fiction Museum & Hall of Fame and KeyArena, home of the Seattle Supersonics. Try the clams at the Palace Kitchen. Most visitors come to the Center for Seattle's most famous and most visible landmark, the Space Needle, and all will enjoy the ride on its glass elevators and the panoramic views from the observation deck.

**Westlake Center** The Seattle Center is also at one end of the Monorail, and the tour continues with the 90-second, 1.3-mile ride from the Seattle Center to the Westlake Center, a popular arcade for shoppers. The Brooklyn is an excellent dining option in this area. When you've had your fill, head south to Seattle's historic multi-level Pike Place Market.

**Seattle Art Museum** Stop by the Seattle Art Museum near the Waterfront, and just

a few blocks onward, you'll enter Pioneer Square. If you're with children, or have a taste for kitsch, cap off your walk with the 1.5-hour Underground Tour, which gives a sense of what Seattle life was like before the fire and provides details of the reconstruction process. The Pike Place Market is also located near the Museum. Here you can find something tasty to eat.

**Seattle Waterfront** The views of the surrounding natural beauty from the Seattle Waterfront are spectacular. Take a ferry to Bainbridge Island or visit the Seattle Aquarium and the Odyssey Maritime Discovery Center. You can grab some food to go from one of the many Waterfront restaurants, like Waterfront Seafood Grill, and hang out in the nearby Myrtle Edwards Park.

**Seattle Opera** The Seattle Center Opera House hosts the Seattle Opera, one of the most acclaimed opera companies in the United States. This is also home to the Seattle Symphony, in an excellent acoustic space. Stop for a quick bite at the Pike Street Cafe. Theater buffs will seek out the nationally-recognized A Contemporary Theater (ACT) a few blocks away.

With so much to see and do, visitors usually opt for a tour company to help them see it all. Catch a ride on a dinner train, or choose the more traditional bus or van ride, the choice is yours.

**Bus Tours** Gray Line of Seattle( +1 206 624 5077/ <http://www.graylineofseattle.com/>)

**Van Tours** Show Me Seattle( +1 206 633 2489/ <http://www.showmeseattle.com/>)

**Historical Tours** The Underground Tour( +1 206 682 4646/ <http://www.undergroundtour.com/>)

**Air Tours** Ride the Ducks of Seattle( +1 206 441 3825/ <http://www.ridetheducksofseattle.com/>) Classic Helicopter Corp.( +1 206 767 0515/ <http://www.classichelicoptercorp.com/>)

**Boat Tours** Ride the Ducks of Seattle( +1 206 441 3825/ <http://www.ridetheducksofseattle.com/>) Kenmore Air Seaplanes( +1 425 486 1257/ +1 800 543 9595/ <http://www.kenmoreair.com/>) Argosy Cruises( +1 206 623 1445/ +1 800 642 7816/ <http://www.argosycruises.com/>) American West Steamboat Co.( +1 800 434 1232/ <http://www.columbiarivercruise.com/>)

## Seattle Snapshot continued

**Train Tours** Spirit of Washington Dinner Train( +1 206 227 7245/ +1 800 876 7245/ http://www.spiritofwashingtondinnertrain.com/)

**Wine Tours** Chateau Ste. Michelle( +1 415 3300/ http://www.ste-michelle.com/) Columbia Winery( +1 425 488 2776/ +1 800 488 2347/ http://www.columbiawinery.com/)

**Brewery Tours** Maritime Pacific Brewery( +1 206 782 6181) Redhook Ale Brewery( +1 425 483 3232/ http://www.redhook.com/)

**Adventure Tours** Downstream River Runners Inc.( +1 800 234 4644/ http://www.riverpeople.com/) Brew Hops Tours( +1 206 283 8460)

**Kayaking Tours** Moss Bay Rowing& Kayak Center( +1 206 682 2031/ http://www.mossbay.net/)

**Sports Tours** Big League Tours( +1 866 619 1748/ +1 317 534 2475/ http://www.bigleaguestours.com/)

©

## Travel Tips

### By Air

Seattle-Tacoma International Airport(+1 206 433 5388/http://www.portseattle.org/seatac/) serves the Seattle and Tacoma areas, with flights to destinations in the United States, Europe and East Asia. It is located 1.5 miles off Interstate 5.

Air Canada( +1 888 247 2262/http://www.aircanada.com) Air France( +1 800 237 2747/http://www.airfrance.com) Alitalia( +1 800 223 5730/http://www.alitalia.com) American Airlines( +1 800 433 7300/http://www.aa.com) British Airways( +1 800 247 9297/http://www.ba.com) Continental( +1 800 523 3273/http://www.flycontinental.com) Delta( +1 800 221 1212 domestic/+1 800 241 4141 international/http://www.delta-air.com) Frontier( +1 800 432 1359/http://www.frontierairlines.com) JetBlue( +1 800 538 2583/http://www.jetblue.com) Midwest Express( +1 800 452 2022/http://www.midwestexpress.com) Lufthansa( +1 800 645 3880/http://www.lufthansa.com) Qantas( +1 800 227 4500/http://www.qantas.com) United( +1 800 241 6522/http://www.ual.com) US Airways( +1 800 428 4322/http://www.usairways.com) US Helicopter( +1 877 262 7676/http://

www.flyush.com) Virgin Atlantic( +1 800 862 8621/http://www.virgin-atlantic.com) Zoom Airlines( +1 866 359 9666/http://www.flyzoom.ca)

### By Car

Approach Seattle from the east by Interstate 90, and from the north and south via Interstate 5.

### Getting Around

#### By Public Transit

The Metro Transit(+1 206 553 3000/ http://transit.metrokc.gov) offers public bus service throughout Seattle and its surrounding communities. A Seattle landmark is the nation's first tunnel for dual-power buses that runs throughout the heart of downtown. The tunnel stops are included in the free ride area of downtown Seattle.

The Seattle Monorail(+1 206 905 2600/ http://www.seattlemonorail.com) provides transportation from downtown to Seattle Center. The monorail runs weekdays from 7:30a-11p and weekends 9a-11p.

#### By Taxi

Farwest Taxi(+1 206 622 1717) Graytop Cab(+1 206 282 8222/http://www.yellowtaxi.net) Orange Cab Company(+1 206 522 8800) STITA Taxi(+1 206 246 9999) Yellow Cab(+1 206 622 6500/ http://www.yellowtaxi.net)

#### By Bike

Take in Seattle from a bike or scooter by renting either at Bikestation Seattle(+1 206 332 9795/http://www.bikestation.org).

#### By Foot

Enjoy Seattle on foot with the several walking tours available including:

Bainbridge Island Downtown Association(+1 206 842 2982/http://www.bainbridgedowntown.org) Market Heritage Tours(+1 206 682 7453 x653/ http://www.pikeplacemarket.org) Seattle Walking Tours(+1 425 885 3173/ http://www.seattlewalkingtours.com) Stroll Seattle(+1 206 736 4336/http://www.strollseattle.com)

#### Traffic Information

To find out city traffic information go to:<http://www.traffic.com>

If traveling overseas, take the safety precaution of registering your trip at<https://travelregistration.state.gov> and for helpful, practical advice about traveling technicalities and safety standards check out:<http://travel.state.gov/>

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## Fun Facts

1. One interesting(and intellectual) fact about Seattle: it's the most literate city in the U.S. We have the most bookstores and libraries per capita, and the most library card-holders to check them out!
2. TheSpace Needle: Iconic landmark, so it must be the most photographed object in the city, right? One random fact a few tour guides like to point out is that it actually comes second – to the giant Pink Elephant car wash sign on Battery Street and Denny Way downtown.
3. Seattle might be the only city that can claim to be built on top of another city. After the Great Fire of 1889, citizens raised the street level and started over – you can tour parts of old Seattle thanks to the city'sUnderground Tour.
4. Why so eager to raise the streets? The Seattle sewers flowed with the tides – in other words, at some point in the day, toilets became more like fountains and the streets were...well, gross. Fun fact: the incredible rebuilding job that followed the fire firmly placed Seattle ahead of Tacoma in the race to become the most industrialized city in the Pacific Northwest. Call it bathroom humor.
5. Next time someone complains about the rain in Seattle, surprise them with this interesting fact: Seattle's annual rainfall is less than that of Houston, Chicago and New York City.
6. Then toss in this fun little tidbit: Folks in Seattle buy the most sunglasses per capita than any other U.S. city.
7. The first female mayor of Seattle, and of any U.S. city, was Bertha Landes, elected 1926. Weird fact: Seattle hasn't had a female mayor since, which is perhaps why Bertha is said to haunt The Harvard Exit Theater in Capitol Hill.
8. Notice a lot of cafes around here? There's probably a glassblowing studio next door. Seattle has the second most glassblowing studios in the world. The first is Murano, an island near Venice, Italy.

## Seattle Snapshot continued

9. When it comes to live music and performances per capita, Seattle is second in the U.S. only to New York City.

10. But we beat'em in ballet- Seattle's Pacific Northwest Ballet has

the highest per capita attendance in the country.

11. Seattle's annual Hempfest is the largest "Legalize It" festival in the country, and is a favorite among Seattle cops due to the general friendly, no-violence atmosphere.

12. Random fact: More folks bike to work here than in any other city in the U.S.- and Seattle was the first city to put cops on bikes, too.

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# Vancouver Snapshot

## Local Info

Vancouver is Canada's third largest city and the only major city that's surrounded by ocean, mountains, sand and farmland. It's unique landscape makes it appealing to travelers with varying interests; whether you're into hiking, sailing, skiing, snowboarding, shopping or swimming, Vancouver has something that will keep everyone entertained. The cultures that embody Vancouver are as diverse as its landscape and can be seen in the many different businesses and neighborhoods around the city.

### Downtown

Downtown Vancouver is home to the Business, Shopping and Nightlife Districts. Although a major city, Vancouver is spread over a relatively small area, which makes getting around the city a breeze. Downtown you can find Robson Street, Vancouver's most famous shopping district. Just off of Robson, you will find high-end boutiques, luxurious hotels and divine restaurants.

Head North of Robson Street and you will find yourself heavily immersed in Vancouver's Business and Financial District. Tall skyscrapers tower the streets and locals dressed in power suits charge down the sidewalks. Mixed amongst the concrete and glass you will find many cafés and perfect spots to stop and have lunch at. Canada Place is on the edge of the Business District, perched on the water and looks out over the water onto North and West Vancouver. Canada Place is home to many conventions and events that attract visitors from far and wide. Nestled at the back of Canada Place is the IMAX Theatre, where the movie list is constantly changing. Canada Place is also the anchor point to many cruise ships and during the summer it's a busy hub as the ships come and go.

### The West End

West of Robson Street is Vancouver's West End. The West End is a colorful neighborhood that's rich in diversity and full of delightful cafés, restaurants and shops. The pink bus stops and Gay Pride flags give this neighborhood charm and a warm welcome to all visitors that stroll through. Davie Street is home to the West End's busy shopping and lively nightlife district. Stroll all the way down

Davie Street and you will find yourself face-to-face with the ocean. English Bay is popular amongst locals for its great view, perfect picnic backdrop and sensational sunsets. Stanley Park, Vancouver's own rainforest surrounded by city, is a short walk, bike or bus ride from the West End. The Seawall runs around the city and provides an easy path to get from English Bay to Stanley Park.

### Gastown

Gastown is just a hop, skip and a jump away from Vancouver's Business District and is the oldest neighborhood in the city. During the summer, when Vancouver's tourism is at its peak, Gastown is buzzing with visitors. There are plenty of art galleries, shops, restaurants and interesting historical facts that draw tourists to this area of town. In the heart of Gastown there is a tribute to Gassy Jack, Vancouver's first settler, and it draws visitors to stand around and gaze at his statue. Gastown is famous for its vocal Gastown Steam Clock and it's not uncommon to see a crowd huddled around the musical timepiece on any given day of the year. Wander down the red cobbled streets, fitted with trendy boutiques and art shops, and admire some of Vancouver's oldest architecture and Victorian street lamps.

### Chinatown

A short walk away from Gastown, and you will find yourself being welcomed by the Vancouver Chinatown Millennium Gate upon entering Chinatown. Vancouver's Chinatown is the second largest in North America, second only to San Francisco's. Rich with culture and many different shops, you will feel as though you have traveled outside of Canada while you wander the foreign streets. While in Chinatown, make sure to stop in at Dr. Sun Yat-Sen Classical Chinese Garden and The Chinese Cultural Centre. Traditional Chinese culture has been transported into Vancouver via these attractions. Dr. Sun Yat-Sen Classical Chinese Garden is ripe with customary Chinese architecture and botany. Chinatown is a great spot to grab some dim sum and pick up a souvenir to take back home.

### Yaletown

Southeast of Robson Street is Yaletown, one of Vancouver's newest and trendiest neighborhoods. Known historically for being the city's warehouse district, it took a turn for change during Expo '86 and has since become a place filled with unique shops, new condos and luxurious restaurants. Perched on the edges of the Seawall, Vancouver's Nightlife District on Granville Street and Robson Street, Yaletown is a central hub to many of Vancouver's neighborhoods. Yaletown is a great place to spend the afternoon shopping and dining on one of the many patios that are scattered in the area.

### False Creek

Across from Yaletown is False Creek, which is a quiet residential area along the water and it's also home of the Olympic Village and Science World. Twelve blocks up from the water and you will find yourself on Broadway Street, which is a bustling street that stretches from East Vancouver to Kitsilano. There are many buses that go along Broadway, which makes it an ideal route to get from one side of the city to another.

### South Granville

South Granville is smack in the middle of False Creek and Kitsilano. Granville Street extends itself from Downtown all the way out to Richmond, a suburb of Vancouver. South Granville has many great stores, restaurants, antique shops and art galleries. Take a wander down to Granville Island and you will be at one of Vancouver's best attractions that stirs both locals and visitors together. Public transportation makes it a breeze to quickly get from Downtown Vancouver to South Granville or Granville Island.

### Kitsilano

Just past the South Granville area you will find yourself in Kitsilano. "Kits", as locals refer to it, is home to Vancouver's most popular beaches and depending on how secluded you want to be, there's a beach to suit whatever your preference may be. Kits Beach is usually packed with both young and old people that spend the day playing volleyball, swimming, sun tanning and picnicking. Further into Kitsilano there are some less busy beaches; Jericho and Spanish Banks are fantastic spots

## Vancouver Snapshot continued

where you won't feel overwhelmed by crowds. Wreck Beach is well known amongst liberal sunbathers and clothing is optional at this beach. With two main shopping streets, West Broadway and 4th Avenue, you will be spoiled for choice when it comes to stores, restaurants and spas. 4th Avenue is just a short walk from the beach, which makes it both convenient and easy to access.

### North Vancouver & West Vancouver

Locals usually give directions that indicate North, South, West and East and an easy way to figure out where North is, is to look for the mountains. North of Downtown Vancouver is North Vancouver and West Vancouver, or as locals call them, "North Van" and "West Van". North and West Van are both lovely residential and commercial areas. Taking a trip up the mountain to go hiking or skiing is a breeze when you're on this side of town. Cypress Mountain and Grouse Mountain are a short drive away, and a very scenic one at that. Some of the best hikes and biking trails are in North Vancouver. Capilano Suspension Bridge and Lynn Canyon are both popular choices amongst locals and tourists when they want to get their heart rate up and enjoy some fresh air. Lonsdale Quay is like North Van's Granville Island. It's a busy market filled with many different counters that range from fresh fish, creamy cheeses and tasty baked treats. If you're going to Whistler, you can take the Sea-to-Sky Highway from West Vancouver up to Whistler.

### East Vancouver

East Vancouver is one of the city's older neighborhoods that is quickly gaining popularity amongst young families and attracting all types of crowds with their hip stores and diverse variation of restaurants and bars. Commercial Street is always hopping with people because there's something for everyone there. Vancouver's own "Little Italy" is on Commercial and there are plenty of stores and cafés to get a fix for something your Italian Mamma would make you. The PNE has been around in East Van for years and still has its original roller coaster. There are a number of new and old rides that create an exhilarating afternoon for kids, or the kid in you.

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## History

This young city was once a wild, densely forested and mountainous coastal area inhabited only by First Nations people and wildlife. Many events have combined to transform the once wild setting into the thriving cultural and business center it is today. Yet the city retains its natural beauty, now set around a diverse urban core. And to think it all began with a couple of explorers who recognized the bountiful resources and spectacular potential of the area.

When British explorer Captain James Cook first arrived here in 1778, the natives in Nootka Sound mistook the captain and his raggedy crew for a boatful of strange, transformed salmon. It's no wonder, really; the First Nations had lived undisturbed for thousands of years. The region's temperate climate, coastal location and excellent food supply made it an ideal place for natives to subsist comfortably for most of the year. Many, including the Musqueam, Kwakwaka'wakw and Squamish lived and thrived along the shorelines of Burrard Inlet. But then the white European settlers came and claimed the land as their own, altering years of relatively peaceful living.

The city's transformation began with explorers seeking the Northwest Passage, a sea route through northern America. In 1791, Spanish explorer Jose Maria Narvaez came through the waters but decided not to go ashore. In June of the following year, two more explorers showed up. England's Captain George Vancouver led his ship, the sloop H.M.S. Discovery, into Burrard Inlet and later went on to chart the area's waters. He exchanged information with Spanish explorer Dionisio Alcalá Galiano, who showed Captain Vancouver maps he had already made of the area.

Though the British controlled the area, it wasn't until 1808 that they sent Simon Fraser to set up trading posts in the region. The fur trade, which was followed by gold rush mania, would forever alter the region.

Settlers thrived on fish, lumber, fur and farming. In 1858, gold was discovered on the Fraser River and, within weeks, nearly 30,000 Americans had flocked to the area in search of bounty. Fearing a takeover by the Americans, the British declared the mainland a British colony, thereby keeping the prosperity under its control. In 1859,

New Westminster (once called Sapperton because British sappers were stationed there) was incorporated and declared the capital of the province.

Meanwhile, a talkative gentleman named John Deighton pulled his canoe into Burrard Inlet and decided to capitalize on the area's industry. The village he founded was eventually named Gastown after him, the name derived from his loquacious nickname: "Gassy Jack." Deighton opened up a successful saloon, serving hundreds of thirsty mill workers and prospectors in the budding town. Gastown began to fill up with small shops and services. Deighton was more than just a notorious saloon owner, though. Some historians say he was the founding father of Vancouver because he had faith in its potential before anyone else did.

As the population grew, people moved outward to settle in areas now known as Burnaby and Delta. The first newspaper went to the presses in 1861, and the first hospital was built the following year. In 1865, the first telegraph lines reached here, and the first message to travel along its wires announced the assassination of U.S. President Abraham Lincoln. Other urban staples appeared including a rudimentary postal system and a stagecoach line for transportation. Extensive logging soon cleared the area.

Canada was confederated in 1867, and the sweeping effects of this change were felt almost immediately in Vancouver. One of the pivotal moments in the history of the city was the extension of the Canadian Pacific Railway in 1884. The railroad now reached clear across the country and brought thousands of people to the area to do business and settle. Rapid development began, and the population grew from 400 to 13,000 in four years.

In 1886, the city of Vancouver—population 1,000—was officially incorporated. Two months later, the Great Fire of 1886, driven by strong winds, destroyed virtually the entire downtown area in just 20 minutes. That same day, after the smoke had cleared, with just half-a-dozen buildings left standing, the citizens of Vancouver began to rebuild. Buildings erected that year still stand today. One of the most significant changes brought by the fire was the transformation of the town's military reserve into the now famous Stanley Park,

## Vancouver Snapshot continued

the city's oasis. The opening of the Panama Canal, which facilitated travel, imports and exports to and from Europe, spurred growth of the city's port, located in one of the world's finest natural, year-round harbors.

By 1928, the Lower Mainland's population had reached more than 150,000. Many memorable mayors governed the growing city; these included Gerry McGreer. McGreer was an enthusiastic politician who came into office in the 1930s with election guns blazing. He promised to eradicate gambling, white slavery, corruption and other issues important to the city's wealthy residents. He promised the impossible, but he did succeed in building the Art Deco Vancouver City Hall in 1936.

Like everywhere else, the Great Depression took a toll on the city. Some growth, however, did occur in the 1930s, including the creation of the Vancouver Art Gallery and opening of a steel plant in Burnaby.

World War Two pulled the city out of its economic lull: shipyards, factories, parts exporting and real estate boomed. Human rights also got a positive injection when East Indian and Chinese-Canadian citizens finally got the provincial vote in 1947. Japanese-Canadians and First Nations people, however, had to wait until 1949 for the same right.

The 1950s was an era of rapid growth and prosperity, including the extensive development of suburban Vancouver. The population rose to 800,000 by 1961. The 1960s saw many additions to the city's physical and cultural portfolio: the B.C. Lions won the Canadian Football League's Grey Cup, the Vancouver Canucks debuted in the National Hockey League, and Simon Fraser University, the Second Narrows Bridge, 401 Freeway, and the world-class Whistler Ski Resort were built.

This young cosmopolitan city has a brief but exciting history. Many weird and wonderful events have shaped its urban personality, from the local raiding of the biggest LSD factory in the world to our newfound reputation as "Hollywood North." The city has become the third largest in the country, with an international reputation as one of the best places in the world to live and visit.

©

### Hotel Insights

Most accommodation in Vancouver was designed with the discerning visitor in mind. There is a variety of lodgings available, from economical to the luxurious, from modern to historical, and from quiet beachside locations to those at the bustling city core. If cost is of no real concern, downtown has many world-class luxury and business hotels. There are also more modest but comfortable hotels, motels, and bed and breakfasts situated throughout the city that offer inexpensive and moderately priced rooms.

### Downtown

Major shops, services, restaurants and attractions are located in the heart of downtown, so it's no surprise that larger hotel chains and landmark hotels call it home. Among them is the Fairmont Hotel Vancouver, where Queen Elizabeth billets when visiting the coast. It is one of the city's oldest and most striking landmarks, and its green copper chateau-style roof towers above the city skyline. Across the street is the Grand Old Lady of Georgia Street, the Crowne Plaza Hotel Georgia. The 12-storey heritage building has occupied the corner of Howe and West Georgia streets since 1927.

Business travelers will find staying at the Hyatt Regency and the Four Seasons convenient. Along with modern amenities and superior rooms, both have business facilities and are located beside shopping centres.

For water and mountain views, there are two world-famous choices, both situated at Canada Place. They are the Fairmont Waterfront, voted the country's top business hotel, and the world-famous Pan Pacific, luxuriously appointed. And if it is more refinement you're looking for, the Sutton Place Hotel is the place to be. With lavish accommodations styled after European homes, it's one of most elegant hotels in the city. Newer additions to the downtown hotel set include the Sheraton Wall Centre, Westin Grand Vancouver, and Lord Stanley Suites on the Park.

Budget conscious travelers who wish to stay downtown have a choice of many establishments with affordable rates. The Kingston is said to be the best low-cost hotel in town. In the heart of the theatre and club scene are the Barclay, Parkhill

and Days Inn Vancouver Downtown. For the most inexpensive lodging downtown, there are two international youth hostels. The Jolly Taxpayer Hotel is also a popular choice among budget travelers.

### West End

This densely populated area is still downtown, but located west of Burrard Street in the direction of Stanley Park, stretching between English Bay and Coal Harbour. It offers apartment-style accommodations and homey bed and breakfasts steps from the beach, Stanley Park and other attractions. The West End is teeming with diverse restaurants, bars, lounges, nightclubs and shops.

The Pacific Palisades Robson Street location can't be beat, especially when you're in town to shop. But if it's a room with views of Stanley Park and the North Shore mountains that you're after, the Westin Bayshore and new Meridian at 910 Beach are ideal choices. Also within short walking distance of the park is the elegant Buchan Hotel.

One of the most notable hotels on this side of town, however, is the eight story Sylvia Hotel with its ivy-covered brick walls. It's the first high-rise to be built in the West End and the first to operate a cocktail bar in Vancouver.

### False Creek and West Side

This uptown area across the water from downtown has many inexpensive hotels that offer value and well-kept rooms. Only a short walk from the city core, you can enjoy the relative serenity of the area while still remaining close to the action. The Granville Island Hotel, for instance, is nestled on the market and restaurant-sprinkled island, with water views and great rooms. Other hotels in the vicinity are the Holiday Inn, Ramada, and Plaza 500 Hotel.

The West Side, especially Kitsilano, has many world-class bed and breakfasts close to beaches that stretch for miles into Point Grey. Kitsilano in particular is laid-back, comfortable and filled with shops, theatres and restaurants. Some special B&Bs in the area are Johnson Heritage House B&B, Maple Beach B&B, and the Walnut House B&B.

### North Shore

## Vancouver Snapshot continued

Once you cross Burrard Inlet via the Lions Gate Bridge or SeaBus from Vancouver, you reach the green splendor of the North Shore. It's near Grouse Mountain, Cypress and Mount Seymour ski areas, Capilano Suspension Bridge, Lonsdale Quay and many notable boutiques in North and West Vancouver.

At the foot of the North Shore mountains, you will find motels like the Ramada Vancouver-Northshore and Canyon Court Motel. Some bed and breakfasts set in forested areas include A Lynn Canyon House Bed & Breakfast and the Capilano Canyon Guest House. Other options are the panoramic city views and unique shopping possibilities of the Lonsdale Quay Hotel, located right beside the Lonsdale Quay Market.

### Richmond/Airport

If you wish to stay near the airport or simply want to visit the city of Richmond, there are several accommodation choices. The Fairmont Vancouver Airport Hotel is nearest to the airport, located just steps away from the main terminal. If you want to experience the different things Richmond has to offer, however, stop at the Radisson President Hotel. It is close to a popular Chinese supermarket, adjacent to a Buddhist Temple and minutes from shopping centres. Other places to stay include Sandman Hotel Vancouver Airport, and Holiday Inn Airport.

©

### Restaurants Insights

Vancouver is a food lovers playground and it's not surprising when you look at the products chefs have at their disposal on a daily basis. We're completely spoiled for choice when it comes to choosing a place to go out and eat. Whether you're in the mood for something quick off a street food cart, a gourmet nine course meal, a different culture's cuisine or a comforting bowl of soup, you will definitely find it in Vancouver. There are restaurants to suit all budgets and if you do your research, you can find some great deals, depending on the day.

The Fraser Valley is known for its dairy products and beautiful local meat and it's very common to see local ingredients on many menus around town. Pair this with

the Pacific Ocean that cuddles Vancouver's shores and you've got some of the best and most fresh seafood at your lips.

### Downtown

There's an abundant amount of great restaurants in Vancouver's downtown core and if you're in the area for lunch, take advantage of the street food scene and grab a pulled pork sandwich from The Re-Up BBQ, or a flavorful Korean inspired taco from Cartel Taco's stand. Or, if the sun is out, join the many locals that flock to the Vancouver Art Gallery's cafe. It's the best patio in the city. If you're looking for a lovely dinner to impress your dinner guest, take them to MARKET by Jean Georges inside the Shangri-La Hotel and have your taste-buds wowed. The downtown can get quite busy during the week day lunch rush, but on the weekends, things generally tend to get a little less busy due to the fact that most people aren't working in their offices in the area.

### West End

Neighboring English Bay, the West End is the closest area to the beach and is Vancouver's gay and lesbian community. This family friendly place is full of all ages, genders and people and the diverse restaurant options are reflective of this. There are many cafes and spots to grab a quick bite, or sit outside on the sidewalk and watch the world go by. There are also a number of sports bars in the area and Scores is one of the best in the area. The Pumpjack is a well known gay bar that is never quiet and people are always having a good time in there. Mis Trucos is a delightful tapas restaurant right on Davie Street that's the perfect spot to go with friends, or take a date. If you're feeling like some Latin flavors, Lolita's is a must-go. They serve up some of the best tacos in town and their guacamole is delicious! If you like sangria, you will love the massive glass they serve up there, your choice of red or white. Denman Street is the West End's other main strip and you will find many sushi, noodle, izakaya, Greek and Italian restaurants. Some solid choices to go to on Denman for Japanese food are Kingyo for Izakaya (Japanese tapas) and Legendary Noodles and Kintaro for ramen. If you're in the mood for Italian, Nook and Adesso Bistro are two very great choices. The beauty about this area is that you can grab

something to go and take it down to English Bay and enjoy it on the beach.

### Yaletown

After Expo 86, Yaletown started to make a name for itself in Vancouver. Now, it's full of boutiques, cafes and restaurants that the many condo-living dwellers flock to because it's right in their neighborhood. A classic spot that has been around for a long time is the Blue Water Cafe and it's definitely one of the most indulgent restaurants in the area. The dishes are beautiful and the atmosphere is what a fine dining restaurant should be; rich woods, fabulous service, clean lines and class. They also have a delicious sushi selection that can be paired with one of the many wines on their extensive wine list. Cioppino's Mediterranean Grill and Enoteca is another Vancouver staple that always receives high praise. Chef Pino has a huge amount of talent and puts his heart into his food and you will taste it in each bite. It is fine dining, so make sure to bring a stocked wallet. If you're craving sushi, you have a few options in the area. Bistro Sakana, Juno, Honjin House and Ki-Isu and solid choices for what's in the area and the price points aren't anything crazy. For a quick bite to go, or a leisurely lunch on their outdoor patio, Sciué is a yummy spot to go to for their pizza, coffee, sandwiches and pastas. They serve Roman style pizza, which is thin and you pay by the weight and choose the size of the slice you would like. Another budget friendly restaurant is Salsa Agave and they became so popular amongst people craving Mexican food that they had to open up a second location a few doors down. If you're in the mood for some freshly shucked oysters, Rodney's is always a happening place and offers a wide range of oysters to suit your fancy, along with a full menu of other tasty eats.

### Gastown

Rich in history, plentiful in old cobble stone streets and charming architecture, this area is quickly becoming the hot spot in Vancouver. New restaurants pop up on what seems like a weekly basis, making it difficult to choose where to go. If you like traditional pizza that they would serve in Naples, Nicli Antica is the best place to go for that. For something a little more high end, L'abattoir is in an old jail and they create a masterpiece when they serve each dish. Beer lovers will thoroughly enjoy

## Vancouver Snapshot continued

the Alibi Room's selection of beers, and stomachs will appreciate their food and price point. If you're in the area for lunch, make sure to visit Meat & Bread and dive in to one of their very juicy sandwiches. Gastown gets incredibly busy on the weekend, so make sure to get yourself a reservation at a restaurant, otherwise you may find yourself walking from place-to-place, trying to find somewhere with a minimal wait.

### Chinatown

The second largest in North America, this diverse neighborhood has all sorts of Dim Sum restaurants and traditional bakeries and shops selling BBQ duck. If you don't feel like going out to a restaurant, shop around and grab some goodies to bring home and enjoy. If you don't mind going to a whole in the wall, Phnom Penh Restaurant is one of the best Vietnamese restaurants in Vancouver and praised by foodies. The Keefer Bar and Bao Bei are stylish watering and eating holes that attract a hip crowd that are in the mood for sumptuous food and cool cocktails.

### Granville Island

In the 1970s Granville Island was developed into a one-stop shop where locals and visitors could go and grab anything from fresh fish off of the boat, to freshly baked bread and sweets, while picking up fruit and veg to complete any meal. Today, it's a bustling market that has almost everything you can think of to make the most simple, or gourmet dinner. Oysters and mussels on your mind? No problem, there are a number of different vendors to get some from. A stinky cheese and a wide array of charcuterie? They've got you covered. Fresh flowers to bring your host? Don't fret, get them there too! If you're not into cooking, the Food Hall has Mexican, pizza, Indian, sushi, fresh salads, gourmet sandwiches, warm soups, burgers and even pot pies to fill your gullet. Bridges and The Sandbar have fantastic patios if you've got time on your hands for a sit down meal.

### Kitsilano

Vancouver's other beach-side neighborhood is Kits, as locals refer to it and you can find just about any kind of food on this side of the Burrard Bridge as well. ReFuel is not quite fine dining in the sense that it's not pretentious, but you will

be eating a meal that has been skillfully crafted, using only the best ingredients. Vij's and Rangoli serve some of the best Indian food you will definitely have in Vancouver, if not North America. Bishop's has been around for a long time in Vancouver and it's a go-to spot for people that are looking for fine dining in the Kits area. The BiBo is a relatively new kid on the block and has already built a name for themselves, with their blistering hot fresh pizzas and pastas that would make any Italian mamma cry.

### East Vancouver

Commercial Drive, Main Street and Hastings all have a number of places to eat that range from the hip, the dive, the family friendly and the oh-so-good-it-hurts category. Havanas on Commercial serves Latin flavors that bring crowds in non-stop. Commercial used to be Little Italy and there are still traces of that in the many cafes and gelato shops in the area. Burgoo Bistro on Main Street has a fantastic patio that's perfect for a nice day. The comfort food, soups and sandwiches never fail to satisfy a craving or two. Nuba has been popping up all around Vancouver and they have a location inside the Waldorf hotel, and there your taste-buds will be treated right to some flavorful Lebanese food. Cheese lovers will love Au Petit Chavignol because that's the main ingredient on their menu. They have everything from fondue, raclette, gooey sandwiches, mac and cheese to elegant cheese and meat platters.

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### Nightlife Insights

Vancouver offers everything from fine arts, cinema, literary readings, theatre and many spectator sports. The arts and entertainment weekly the Georgia Straight, and the Thursday and Friday editions of the Vancouver Sun and Province provide extensive listings of the city's events and venues.

### Music

Bryan Adams, Sarah McLachlan, k.d. lang, Bif Naked, 54-40 and Diana Krall. These are just some of the big-name artists who began their music careers here. They have made it so big that you rarely see them perform locally anymore. When they do, you will find them at large venues like B.C. Place, General Motors Place, the Vogue,

Orpheum Theatre or Queen Elizabeth Theatre.

Vancouver's music scene is diverse. The Chan Centre for the Performing Arts at the University of British Columbia and the Orpheum Theatre, home of the Vancouver Symphony Orchestra, are great venues for classical music performances. For jazz, blues and fusion, the best bets are the Cellar Restaurant & Jazz Club, Rossini's, the Roxy, Blue Note Jazz Bistro, Starfish Room and the Yale.

For punk, indie and other aural alternatives, smaller venues like the Commodore Ballroom and the Railway Club are probably your best bets to catch local and international talent in intimate settings. Of course, nothing's more intimate than an in-store performance at Red Cat Records.

For electronica, house and slyly spinning DJs, Sonar, the Sugar Refinery and Nevermind are some of the places to go.

### Cinemas

Several first-run movie theatres are within a few blocks of each other downtown. Across the bridge, the newer Fifth Avenue Cinemas show popular art and alternative films to grateful West Side crowds. For independent, art, foreign and experimental films, check out the diverse listings at the Ridge, and the Pacific Cinematheque.

Vancouver also has two large-screen theatres: the Alcan Omnimax Theatre at Science World and the CN IMAX at Canada Place.

Mega-screen movie theatres have been popping up over the last few years, and there are more than a few in and around the city, like Cinemark Tinseltown.

### Theatres

From classic Broadway hits to innovative productions, rich and varied theatrical activity has always been a part of the city's entertainment scene. The 2,929-seat Queen Elizabeth Theatre is the city's largest. It's perfect for seeing touring musicals, international opera and modern dance. Next door to the QE is the more intimate Vancouver Playhouse, a 668-seat auditorium that stages plays, concerts, chamber music and modern dance.

Other theatre and concert venues include the Arts Club Theatre, the refurbished Stanley Theatre, Orpheum, Firehall Arts

## Vancouver Snapshot continued

Centre, Presentation House Gallery and the Vancouver East Cultural Centre.

### Comedy

For seriously funny stuff, try Yuk Yuk's. It has theatre-style seating, a full-dinner menu and stand-up comics from the city and around the world. The Arts Club Theatre on Granville Island is another venue for interactive fun. It's home to the Theatre Sports "improv" group.

### Sports

Vancouver offers a medley of sports events. From September to May, the NHL's Vancouver Canucks plays the coolest game on earth in General Motors Place.

June kicks off the pre-season games of the Canadian Football League. You can catch the B.C. Lions in action from July to late October at B.C. Place.

### Festivals

Some acclaimed international festivals that provide year-round fun and entertainment include the Vancouver International Film Festival, Vancouver Fringe Festival, Vancouver International Children's Festival, International Jazz Festival, Comedy Festival, Folk Music Festival, and New Music Festival. They occur all over the city and offer locals and visitors a chance to mingle.

©

## Things to Do Insights

Vancouver is a city of adventure. Tours, whether professionally-guided or a personal adventure, give visitors the chance to take advantage of the city's vitality and experience the area's natural beauty. The biggest problem is deciding how you're going to take in all there is to see.

### Tour One: Vancouver On Foot

For a glance into the city's past, try the free Historic Walking Tours of Gastown. Set in the city's birthplace, the daily tour highlights the area's many attractions and shopping, restaurants and bars. Visit the Steam Clock, shop at The Landing, and get a picture taken with the statue of the area's founder, Gassy Jack. You'll stroll through streets named Blood Alley and Gaoler's Mews, the city's first jail cell.

There is much to discover by walking through the streets of Vancouver. The

Architectural Institute of B.C. (AIBC) provides a variety of tours in the summer months. The free tours show Vancouver's history through the city's architecture. Visit highlights like Canada Place, Robson Square, Cathedral Place, and Strathcona.

You can stroll through Burnaby Village Museum, saunter through the exhibits in the Canadian Craft Museum, enjoy a sample of micro-brewed beer in the Granville Island Brewery, and learn about West Coast First Nations culture at the Museum of Anthropology.

Another guided walking tour follows the history of the Chinese-Canadian community in Chinatown. Many tour companies offer tours that take you through one of North America's largest Chinatowns. You'll see Dr. Sun Yat Sen Classical Chinese Gardens, the Chinese Cultural Centre Museum and the bustling street markets.

If you would rather explore Vancouver at your own pace, then pay a visit to the Vancouver Tourist Information Centres. One of the city's best features is its close proximity to natural wonders. For guided hikes through some of its closest attractions, such as Lighthouse Park, Horseshoe Bay and Bowen Island, check out Rockwood Adventures. They have an extensive selection of walking tours.

### Tour Two: Nature

For bus tours, there are several companies in the city, including Gray Lines and Pacific Coach Lines. If you're looking for a smaller mini-van tour, then try Cityscape or Blue Mountain Tours. Many offer multilingual, narrated tours that can be customized.

With the fresh air and views, it's easy to get caught up in the city's healthy vibe. Velocity Cycle Tours takes you on guided cycle tours of the city and surrounding area. You'll spend time in and around Granville Island, Vanier Park and Grouse Mountain.

There are also several options for those looking for unusual excursions. At Stanley Park, Horse Drawn Tours take passengers on an old-world wagon ride through the 1000-acre park. For something less equestrian, the Vancouver Trolley Company takes passengers on a turn-of-the-century trolley ride to view the city's sites along various avenues and thoroughfares. You can see the city at your own pace, getting on or off at any of the 16 stops to visit attractions.

For a minivan customized tour, try Captain Billy's Magical Tours. Or see the city in style with Fridge's Early Motion Tours, who not only personalize their excursions, but do it all in a 1930s Ford Model A. To learn more about West Coast First Nations, several tour companies, including West Coast City and Nature Sightseeing and Detours Excursions B.C. have special day trips that highlight the heritage, history, art, and importance of B.C.'s native cultures.

For an extravagant and romantic tour, B.C. Rail's Pacific Starlight Dinner Train runs from spring to autumn. A restored dining car provides gourmet cuisine and views as it glides through North Vancouver, Howe Sound, and Porteau Cove. Another opulent B.C. Rail excursion offers a combination voyage. Take the luxury steam locomotive Royal Hudson Steam Train to Squamish, passing along the coastline past West Vancouver and Horseshoe Bay. Once at Squamish, cruise home to Vancouver on the Harbour Cruises "Britannia."

Often referred to as the "Hollywood of the North," Vancouver is the third largest film and TV shooting centre in North America, after L.A. and New York. The popular "X-Files" was shot here for years. Hence the idolatrous X-Tours, which, among other special experiences, offers limousine tours of spots where X-scenes and memorable film moments took place.

### Tour Three: By Water

Touring Vancouver by water can be adventurous and is one of the best ways to see the area. Although the more daring can charter their own boats at places like Cooper Boating, companies like Harbour Cruises offer guided sightseeing cruises that let passengers view the city from Burrard Inlet, Howe Sound, Vancouver's harbour and English Bay.

B.C. Ferries can take you to the city's surrounding islands for great day trips, and the convenient SeaBus enables you to travel quickly to and from the downtown waterfront and the North Shore. Starline Boating Tours offer seasonal trips throughout the area. You can take a tour of the historic fishing village of Steveston, hop aboard the sea lion cruises in the spring, marvel on a killer whale watching expedition or relax on the Pitt Lake cruise.

There are also several wilderness sightseeing tours that use Vancouver as

## Vancouver Snapshot continued

a launching point. Paddlewheeler River Adventures and LotusLand Tours provide water excursions that offer insight into the spectacular scenery and history of British Columbia.

### Tour Four: By Air

Vancouver by air is a spectacle that every visitor should experience. There are a number of reliable air tour providers in the region. Although more extravagant than a ground-bound tour, air charters offer unforgettable bird's-eye views. Harbour Air has a fleet of seaplanes that provide quick city tours, as well as outings into secluded wilderness areas.

Vancouver Helicopter Tours also offers panoramic air trips over the city and surrounding mountains and valleys. They have a nighttime flight, the Grouse Heli-Picnic, where you can fly up to Grouse Mountain and dine while overlooking the city.

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## Travel Tips

### Getting There

#### By Air

Situated nine miles south of downtown, the Vancouver International Airport (YVR) (+1 604 276 6500/ <http://www.yvr.ca>) ushers in more than 15 million passengers a year. Amenities include numerous restaurants and shops, a spa, dry cleaners, a kid's play area and even a dentist. The following major airlines all touchdown upon its runways:

Aero Mexico (+1 800 237 6639/ <http://www.aeromexico.com>) Air Canada (+1 800 776 3000/ <http://www.aircanada.ca>) Air China (+1 800 227 5118/ <http://www.china-airlines.com>) Air New Zealand (+1 800 663 5494/ <http://www.airnz.com>) Alaskan Airlines (+1 800 252 7522/ <http://www.alaskaair.com>) Aloha Airlines (+1 800 367 5250/ <http://www.alohaairlines.com>) American Airline (+1 800 433 7300/ <http://www.aa.com>) British Airways (+1 800 247 9297/ <http://www.british-airways.com>) Continental (+1 800 525 0280/ <http://www.continental.com>) Delta (+1 800 221 1212/ <http://www.delta.com>) El Al (+1 800 223 6700/ <http://www.elal.co.il>) Japan Airlines (+1 800 525 3663/ <http://www.japanair.com>) Korean Air (+1 800 438 5000/ <http://www.koreanair.com>)

Lufthansa (+1 800 645 3880/ <http://www.lufthansa.com>) Northwest (+1 800 225 2525/ <http://www.nwa.com>) Qantas (+1 604 279 6611/ <http://www.qantas.com>) Scandinavian Airlines (+1 800 221 2350/ <http://www.scandinavian.net>) Singapore Airlines (+1 800 742 3333/ <http://www.singaporeair.com>) United (+1 800 241 6522/ <http://www.ual.com>) US Airways (+1 800 428 4322/ <http://www.usairways.com>) Zoom Airlines (+1 866 359 9666/ <http://www.flyzoom.ca>)

Helijet International provides service between Vancouver and Victoria. They also offer charter services from their Vancouver Airport base. (+1 604 273 4688/ <http://helijet.com/>)

The Vancouver Airporter Service (+1 800 668 3141) stands as the most popular form of ground transportation into downtown. Buses exit every 15 minutes from 6:30a-9:15p, and every 30 minutes from 9:15p-midnight. It services all major downtown hotels. One-way tickets cost around USD12.

More than 400 metered taxis service the airport. Rides into downtown take 25 minutes and average USD25. They can be found outside of the domestic and international terminals and operate around the clock. Some of the more noted cab companies include:

Black Top & Checker Cabs Ltd (+1 604 731 1111) Bonny's Taxi (+1 604 435 6655) Yellow Cab Company (+1 604 681 1111)

#### Rental Car Companies

Alamo (+1 800 327 9633/ <http://www.alamo.com>) Avis (+1 800 831 2847/ <http://www.avis.com>) Budget (+1 800 527 0700/ <http://www.budget.com>) Hertz (+1 800 654 3131/ <http://www.hertz.com>) National (+1 800 227 7368/ <http://www.nationalcar.com>) Thrifty (+1 800 367 2277/ <http://www.thrifty.com>)

Another attractive ground transportation option is Zipcar, which operates in certain cities in Canada and the U.S. This new breed of rental car allows you to rent on an hourly basis rather than a daily basis. Be sure to register online before your trip. Zipcar (+1 866 404 7227/ <http://www.zipcar.com>)

#### By Train

Via Rail (+1 888 842 7245/ <http://www.viarail.ca>) chugs into Pacific Central Station at 1150 Station Street three times a week. It services the eastern half of Canada starting in Toronto. Its scenic wander through the Canadian Rockies makes it extremely popular with tourists. Amtrak (+1 800 872 7245/ <http://www.amtrak.com>) also huffs into Pacific Central Station, but from the south, beginning in Eugene, Oregon. BC Rail (+1 604 631 3500/ <http://www.bcrail.com>) operates from northern Vancouver's train station at 1311 West First Street. It services northern British Columbia and includes stops in Whistler, Lillooet, and Squamish.

#### By Bus

Pacific Central Station also serves as Vancouver's main bus station. Greyhound (+1 800 661 8747/ <http://www.greyhound.ca>) arrives from all points north, south, east and west. Pacific Coach Lines (+1 800 661 1725/ <http://www.pacificcoach.com>) confines its routes to the surrounding Vancouver area with daily service from Victoria, on Vancouver Island, every two hours.

#### By Boat

The port of Vancouver, managed by the Vancouver Port Authority (+1 604 665 9000/ <http://www.portvancouver.com>), ushers in more than one million cruise ship passengers a year through the Canada Place and Ballantyne Terminals. Waiting taxis are easy to find upon disembarking.

#### By Car

Highway 1, or better known as the Trans-Canada Highway, winds east out of the Canadian Rockies. Interstate 5 from the United States turns into Highway 99 at the border and snakes into Vancouver from the south and north. A drive from Seattle takes about three hours. Calgary, to the east, with good weather takes 11.5 hours.

#### Getting Around

##### By Train

TransLink, The Greater Vancouver Transportation Authority (+1 604 953 3333/ <http://www.translink.bc.ca>), eases the need for a car. SkyTrain features 27 miles of tracks that service the area in an east/west direction. Both lines, the Expo and the Millennium, offer stops that are serviced every five minutes. This represents the

## Vancouver Snapshot continued

fastest way for maneuvering through downtown. One-way fares are USD2.

In August 2009, the Canada Line opened up 16 new stations in Vancouver and Richmond. The 19 km of track has nine stations in Vancouver, four in Richmond and also goes directly to Vancouver's International Airport, YVR.

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

### By Bus

Translink buses maze through downtown and the surrounding suburbs. Transfers are interchangeable with SkyTrain and the SeaBus. One-way fares cost USD2 and USD4 for rides to the suburbs.

### By Ferry

SeaBus, another TransLink subsidiary, provides passenger-only ferry service across the Burrard Inlet. The 15-minute ride links downtown Vancouver with the North Shore and costs USD2. Bikes are allowed on board.

BC Ferries(+1 888 223 3779/ <http://www.bcferries.com>) connects Vancouver with 46 surrounding ports via 25 routes. Its boats service Vancouver Island, the Sunshine Coast, the Southern and Northern Gulf Islands, and the Saanich Inlet. One-way passenger fares are USD6.15 and cars are charged USD23.

### By Taxi

Taxis can be found at all hotels and are rather easy to hail in downtown. Some of the more prominent companies include:

Black Top& Checker Cabs(+1 604 731 1111) Bonny's Taxi(+1 604 435 6655) Royal City Taxi(+1 604 521 6666) Vancouver

Taxi(+1 604 255 5111) Yellow Cab Company(+1 604 681 1111)

Even though no major highways slice through downtown it is still fairly easy to negotiate and rewards drivers with ample parking. However, take every measure to avoid driving during morning(7a-9a) and afternoon(3p-6p) rush hours. Especially avoid the North Shore Bridges, the Massey Tunnel, and Highway 1 through Coquitlam and Surrey.

### By Bike

Vancouver enjoys legendary status for being extremely bike friendly. It features 19 bikeways, including scenic passages along the seawall and through Stanley Park. Routes are designated with green signs every other block. Keep in mind that helmets are mandatory. Spokes Bike Rentals(+1 604 688 5141/ <http://www.vancouverbikerental.com>) and Bayshore Bicycle& Rollerblade Skate Rentals(+1 604 688 2453/ <http://www.bayshorerentals.ca>) provide convenient rental service for downtown riders.

Downtown is conveniently compact, making it conducive for walking.

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## Fun Facts

1. We're a very multicultural city; 35% of Vancouver's population are foreign born.
2. Vancouver is very walkable and 1 in 5 people walk to work. That's on par with New York City!
3. When you come to Vancouver, you may be surprised by how many high rise condo

buildings there are and that's because our city is 65% residential.

4. The Lions Gate Bridge connects downtown Vancouver to the North and West shore and it was built by the Guinness family.

5. The Guinness family were quite busy and when they weren't building bridges, they were starting the development of British Properties. It's located in West Vancouver and today it's one of the most expensive and chic neighbourhood to live in.

6. Victoria and Vancouver have the most mild in climate in Canada.

7. In North America, Vancouver has the second largest Chinatown.

8. Because we're right on the ocean, Vancouver has the second largest Port in North America. You can be sure that no matter what the day is, you will always see large cargo ships sitting in English Bay.

9. Drivers may not think this is a fun fact, but there are no freeways that run through downtown Vancouver. And, there likely will never be one.

10. It's said that Jimi Hendrix spent time in Vancouver's Strathcona neighborhood because he grandparents lived there.

11. Here's a random fact, around 1910 our city was paved with wooden bricks.

12. Greenpeace, one of the world's most well known environmental groups, was started in Vancouver.

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