



Put a Spring in Your Step, Vancouver Style

by Gia Borja

Tour A (Friday 02 June-9:00AM – 4:00PM). For those attendees at the 2023 UELAC Hybrid Conference & AGM, be sure to read up on Vancouver City.

With links to Nova Scotia's Black Loyalist History, professional wrestler, and actor Dwayne "The Rock" Johnson sings the city's praises, saying, "***it's one of my favourite cities in the world.***"

There's nothing quite like Vancouver in the spring. With the sun making a longer appearance each day, the breeze a little gentler, and...



Credit: Destination Vancouver

Vancouver is much more than a gateway city, it's a destination on its own. Whether it's exploring the city and its unique neighbourhoods, climbing mountaintops, getting out on the waters of the Pacific, or dining in style, visitors can fill their days with endless adventures.

As one of North America's most walkable cities, it's easy to get around on two feet and find yourself wandering through our cosmopolitan city. One of the best ways to discover the city is by following the 28 km seawall that stretches all around the city. Choose a section on foot or explore on wheels and visit attractions like **Stanley Park**, **Granville Island** and Kitsilano Beach. As a city known for mountains, the seawall is mostly flat, making it an easy ride or walk for all abilities and ages.



For those keen to visit the local mountains – head over to the North Shore and find yourself in complete tranquility in a forest full of Douglas firs and hemlocks. An attraction in itself, the Seabus takes you across and over to the Shipyards, a new and bustling neighbourhood that also acts as a transportation hub to get you closer to nature at [Capilano Suspension Bridge](#), [Grouse Mountain](#) and [Cypress Mountain](#).

Aside from breathtaking views, thrilling activities like the Cliffwalk, ziplines and a coaster ride await mountain goers at the top.

Down on the water, the calmness of the Burrard Inlet allows visitors to take part in urban water activities that gets you closer to wildlife while taking in spectacular views of the city skyline. See False Creek from a different point of view by kayaking, paddleboarding, or canoeing alongside superyachts, and admire Lions Gate Bridge from below by zodiac and swim beside harbour seals and otters from rentals and tours with [Vancouver Water Adventures](#).

After a fill of thrill, enjoy some sashimi caught fresh off the coasts of Vancouver. Did we say we're known to have the best sushi outside of Japan? From modest mom and pop shops to Michelin starred, the city has that and everything in between.

Source: Destination Vancouver