

A scenic view of the Vancouver skyline at sunset, with the city's buildings and a marina filled with sailboats reflected in the water. A yellow airplane icon is positioned to the right of the word 'Vancouver'.

Vancouver ITINERARY

FREE VANCOUVER ITINERARY

Vancouver

ITINERARY

ARRIVAL:

DEPARTURE:


EXPLORE STANLEY PARK

Morning

Your Vancouver Itinerary starts at the iconic [Stanley Park](#). Your first stop is the kid-friendly [Vancouver Aquarium](#). Meet rescued sea otters and sea lions.

Midday

Spend at least 2 hours inside the Vancouver Aquarium. Come out and explore playgrounds and totem poles in [Stanley Park](#).

 Lunch at a local eatery~

Afternoon

Take a leisurely stroll along the Vancouver [Seawall](#). This uninterrupted waterfront path stretches for 28 kilometers and looks over [English Bay](#).


Evening

Head to [The Flying Pig](#) in [Yaletown](#) for a hearty dinner. It is ideal for visitors with kids. Visit during the happy hour to enjoy the best deals.

DAY 1

Vancouver Aquarium



 [Book Airport Transfer Options](#)

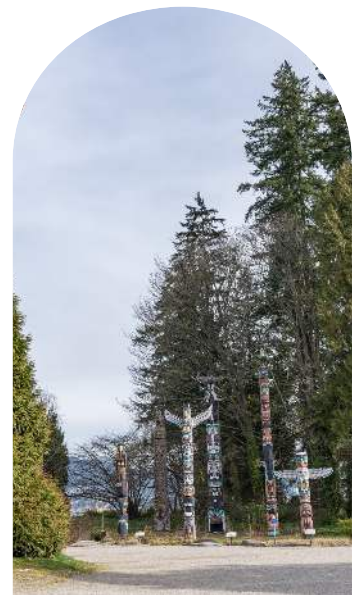


Dinner in Yaletown

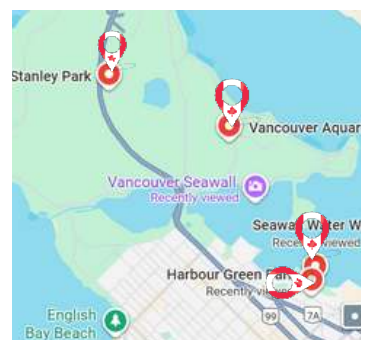
 [Compare Guided Food Tours](#)



Vancouver Seawall



Stanley Park



[Check on Google Map](#)

Tourteller

Compare Tours & Activities in One Place

SCIENCE WORLD & GRANVILLE ISLAND

Morning

Visit the [Science World](#). Check out its interactive exhibits and displays. Engage in hands-on experiences in Living Lab and work your brain to solve riddles in Puzzles & Illusions.

Remaining Day

Spend your midday at [Kids Market](#), an indoor two-story market on [Granville Island](#).

🕒 Afternoon: Take a ferry ride on [False Creek](#). Close your day with a dinner.

DAY 2

Science World



[Compare Prices For Science World Tickets](#)



Granville Island Kids Market

GROUSE MOUNTAIN

Morning

Take a scenic Skyride Gondola ride up the majestic [Grouse Mountain](#). Catch breathtaking views of Vancouver and the surrounding mountains.

[Compare Skyride Tickets in Grouse Mountain](#)

Midday

Stop by Refuge for Endangered Wildlife in [Grouse Mountain](#). Meet the resident Grizzly bears, Grinder and Coola, as well as ambassador owls.

Afternoon

Spend the rest of your day indulging in [Grouse Mountain](#)'s adventures. These include the Lumberjack Show, ziplines, & more.

DAY 3

Skyride



[Check on Google Map](#)



False Creek



Grouse Mountain Refuge

[BOOK YOUR STAY IN VANCOUVER](#)

CAPILANO SUSPENSION BRIDGE PARK

Morning

Experience a world of adventure at [Capilano Suspension Bridge Park](#). Start by crossing the legendary 450-foot-long suspension bridge. Admire the stunning views of green forests below as you walk.

Afternoon

Explore [Capilano Suspension Bridge Park](#)'s adventures. See what the fuss is all about Treetops Adventure and Cliffwalk..

[Compare Capilano Suspension Bridge Park Tickets](#) ✨

Late Afternoon


Have a picnic in the park. Later, visit the [Capilano Salmon Hatchery](#). See how fish develop from eggs to their juvenile stage.

FREE DAY OR OPTIONAL ACTIVITIES

Day

Use this day for any activities missed earlier in your itinerary.

 Shopaholics should visit the lively [Gastown](#), featuring a mix of souvenir shops, decor stores, and indie art galleries.

 Fun lovers should try [Flyover](#), an immersive Canadian adventure. Soar high up in the air above the Vancouver territories on this flying adventure.

[Compare Prices For Flyover Canada Experiences](#) ✨

DAY 4

Capilano Suspension Bridge

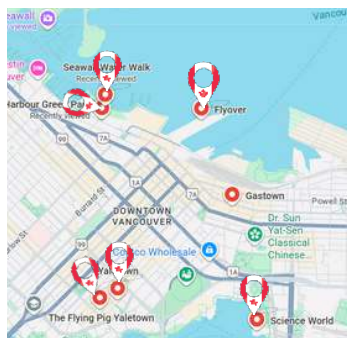


Treetop Adventures



DAY 5

Gastown



[Check on Google Map](#)



Cliffwalk at Capilano Suspension Bridge



Capilano River Hatchery



Flyover Canada

Tourteller

Compare Tours & Activities in One Place

MUSEUMS & KITSILANO BEACH

Morning

Start your morning at the [Museum of Vancouver](#) on Chestnut Street. Explore the museum's historical, cultural, ethnographic, and archaeological artifacts.

[Compare Museum of Vancouver Tours & Tickets](#) ✨

Midday

Visit Vancouver's popular urban beach, [Kitsilano Beach](#). Work on your tan on the beach's sandy shores, swim in its saltwater outdoor pool, or play a round of volleyball in its courts.

💡 Tip: Book a whale watching adventure.

[Discover Whale Watching Adventures](#) ✨

Afternoon

Finally visit the [Bloedel Conservatory](#), a glass-domed aviary in [Queen Elizabeth Park](#). Check out over 200 exotic birds and 500 unique plants inside the conservatory. Experience a serene moment as you wander.

Evening

Enjoy a farewell dinner in [Vancouver's Downtown](#) or the West End.

☀️ Take a leave from [Vancouver](#) the following day.

DAY 5

Step-Wise Itinerary



Museum of Vancouver



Vancouver



Kitsilano Beach



Bloedel Conservatory



DISCOVER MORE CANADA TRAVEL TIPS

- [Things to Do in Vancouver](#)
- [Things to Do in Toronto: The Biggest Canadian City](#)
- [Toronto Itinerary: A Friendly Guide to Newcomers](#)

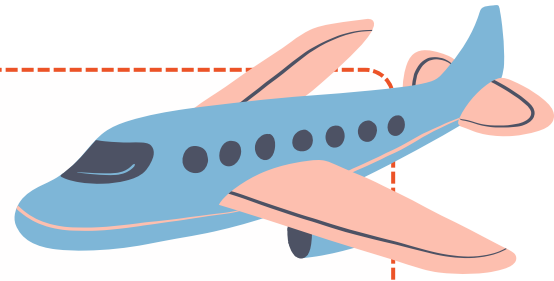


[CUSTOMIZE YOUR ADVENTURE](#)

Tourteller

[Compare Tours & Activities in One Place](#)

Travel Check List



IMPORTANT DOCUMENT

- Passport
- Identification
- Travel Tickets
- Visa / ETA
- Money : Cash / Credit
- Travel Insurance
- Important contacts
- Travel guide / Maps
- Hotel Reservation



TOILETRIES

- Soap / Body Wash
- Shampoo
- Toothpaste
- Toothbrush / Floss
- Towel
- Sunscreen
- Deodorant
- Makeup
- Hair Care



ELECTRONICS

- Camera
- Charger
- Powerbank
- Universal Adapter
- Headphones
- Voltage Converter



HYGIENE SUPPLIES

- Wet wipes
- Facial Masks
- Hand Sanitizer
- Tissue
- Feminine Products



CLOTHING

- Sweaters / Hoodies
- Jeans
- Long-sleeved Shirts
- Scarf / Gloves
- Sneakers / Boots
- Rain Gear



Emergencies

IN THE EVENT OF AN EMERGENCY, PLEASE CONTACT THE RELEVANT DEPARTMENT LISTED BELOW

- Emergencies: 911 (for the immediate police, fire, or medical emergencies)
- Vancouver Police Department: 604-717-3321 (for non-emergency)
- General Enquiries: 311
- TTY Service: 711

HOSPITALS WITH INTERNATIONAL CLINICS IN VANCOUVER

Vancouver General Hospital

- Address: Jim Pattison Pavilion, 899 W 12th Ave, Vancouver, BC V5Z 1N1, Canada
- Tel: +1 604-875-4111
- Website: <https://www.vch.ca/en/location/vancouver-general-hospital>
- Hours: 24 hours
- Transportation: Drive, take a bus or a sky train, or walk to reach Vancouver General Hospital at 899 West 12th Avenue.

St. Paul's Hospital

- Address: 1081 Burrard St, Vancouver, BC V6Z 1Y6, Canada
- Tel: +1 604-806-9090
- Website: <https://www.providencehealthcare.org/en/locations/st-pauls-hospital>
- Hours: 24 hours
- Transportation: St. Paul's Hospital is accessible by bus routes serving the Downtown Area. Take a bus from there.

Mount Saint Joseph Hospital

- Address: 3080 Prince Edward St, Vancouver, BC V5T 3N4, Canada
- Tel: +1 604-874-1141
- Hours: 8 AM - 8 PM
- Website: <http://www.providencehealthcare.org/hospitals-residences/mount-saint-joseph-hospital>
- Transportation: Take Bus No. 19 or 3 to reach Mount Saint Joseph Hospital, located at 3080 Prince Edward Street.

UBC Hospital

- Address: 2211 Wesbrook Mall, Vancouver, BC V6T 1Z3, Canada
- Tel: +1 604-822-7121
- Website: <https://www.vch.ca/en/location/ubc-hospital>
- Hours: 8 AM - 8 PM
- Transportation: Take the 99 B-Line or R4 Rapid Bus to the University of British Columbia campus, where the UBC Hospital is located.



Tourteller

Compare Tours & Activities in One Place