

Discover Vancouver

A city of nature, culture, and culinary delights

If you're looking for a city that blends stunning natural beauty with world-class dining, arts and adventure, Vancouver is your perfect destination. Nestled between the Pacific Ocean and the Coast Mountains, this vibrant Canadian city offers something for everyone - from outdoor enthusiasts to food lovers and culture seekers. Whether it's your first visit or your tenth, there's always something new to discover.



Embrace the outdoors

One of Vancouver's biggest draws is its spectacular natural scenery. No matter where you go, you'll find breathtaking views and plenty of ways to enjoy the fresh air.

- ▶ Stanley Park – the crown jewel of Vancouver. Walk or cycle the seawall, explore the lush trails, visit the famous Totem Poles, or relax at one of the beaches.
- ▶ Capilano Suspension Bridge – a must-visit for adventure seekers. Walk across the 137-metre-long bridge that sways above a stunning forested canyon.
- ▶ Grouse Mountain – ride the Skyride gondola for incredible city views, or if you're feeling energetic, take on the Grouse Grind (a challenging but rewarding hike!).
- ▶ Granville Island – stroll through artisan markets, pick up fresh produce and enjoy waterfront views with a coffee in hand.
- ▶ Whale watching – hop on a boat tour from the harbour and spot orcas, humpback whales and other marine life.

Indulge in the food scene

Vancouver is a foodie's paradise, known for its fresh seafood, international cuisine and innovative restaurants. Here's where to eat:

- ▶ Miku – for the best sushi in town, try their famous flame-seared aburi sushi.
- ▶ Tojo's – a legendary Japanese restaurant where the chef invented the famous BC Roll.

- ▶ L'Abattoir – a stylish spot in historic Gastown serving creative West Coast cuisine.
- ▶ St. Lawrence – if you're craving French-Canadian comfort food, this charming bistro is the place to go.
- ▶ Vij's – a must for Indian food lovers. Their lamb popsicles are legendary.
- ▶ Nightingale – contemporary, share-style dishes with a great atmosphere.

Looking for something casual? Grab a Japadog (a uniquely Vancouver-style hot dog with Japanese toppings) or hit up one of the city's many food trucks.

Explore the arts and culture scene

Vancouver has a thriving cultural scene, offering everything from Indigenous art to live theatre and music.

- ▶ Museum of Anthropology – learn about Canada's Indigenous history and marvel at incredible totem poles and artefacts.
- ▶ Vancouver Art Gallery – home to an impressive collection of Canadian and international art.
- ▶ Gastown – wander through this historic district, check out the famous Steam Clock, and visit trendy galleries and boutiques.
- ▶ Theatre and live music – catch a show at The Orpheum, Queen Elizabeth Theatre or a local jazz bar in Yaletown.



Experience Vancouver after dark

The city doesn't slow down when the sun sets. Whether you want a stylish cocktail bar, a lively brewery or a night of live music, there's something for every vibe.

- ▶ The Keefer Bar – a Chinatown favourite with creative cocktails and a moody atmosphere.
- ▶ Fairmont Pacific Rim Lobby Lounge – live music, elegant cocktails, and a chic setting.
- ▶ Granville Street – the city's main nightlife hub, packed with bars and clubs.
- ▶ Breweries in Mount Pleasant – Vancouver has a booming craft beer scene. Stop by places like 33 Acres or Brassneck Brewery.

Your invitation to explore Canada

In September 2025, AMA Queensland invites you to Vancouver for its annual overseas conference. To help you make the most of your Canadian adventure, Orbit World Travel has curated spectacular pre- and post-conference travel options with exclusive bonus inclusions:

- ▶ Luxury Alaska Cruise – explore the breathtaking Alaskan coastline aboard Regent Seven Seas Cruises, with up to \$1,200 USD onboard spending included.
- ▶ Clayoquot Wilderness Lodge – indulge in a luxurious retreat on Vancouver Island, with a \$500 CAD credit towards heli-tours.

- ▶ Rocky Mountains Explorer Tour – join a dedicated AMA Queensland group tour, complete with Fairmont resort stays.
- ▶ Rocky Mountaineer Rail – experience the iconic rail journey through the stunning Banff, Lake Louise and Jasper landscapes.

This is your chance to combine professional development with an unforgettable adventure.



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