

# WalkFest Vancouver 2023 - Itinerary

Walk Central - 1601 Bayshore Drive, Vancouver on a boat behind the Bayshore Inn

## Friday Sept 22

9:00 am - 2:00 pm - Registration & all walks available. Complimentary beverages

1:30 pm - Guided Walk - 5k & 11k. Stanley Park "The Crown Jewel"

2:00 - Walk Central closes

Evening on your own to explore Vancouver

## Saturday Sept 23

8:00 am - 1:30 pm - All walks available

9:30 am - Guided walk - North Shore 6k & 11k. Bring cash/credit card for Seabus

1:30 pm - Guided Walk - Canuck City 7k & 10k; or Self Guided Walk - Lions Gate Bridge 10k

2:00 - Walk Central closes

5:00 pm - 9:00 pm - Harbour Cruise & Dinner. Cruise departs at 6:00 pm, sharp. Or dinner on your own



## Walk Descriptions

1. **Stanley Park "The Crown Jewel"** - 5k & 11k. 1A. Visit the world-famous Stanley Park and explore the sights from the Seawall. This is one of the best ways to see the Vancouver city skyline and the North Shore mountains along the water. In addition to the panoramic views, you may see wildlife, including marine wildlife.
2. **North Shore** - 6k, 2A & 11k 2B. Walk Coal Harbour and enjoy a ride on board the Seabus from downtown waterfront across Burrard Inlet to Lonsdale Quay. While on the North Shore walk along parts of the Spirit Trail. Explore Lonsdale Quay before returning to Vancouver on the Seabus. Bring cash or credit card for the Seabus.
3. **Canuck City** - 7k & 10k 2A. Enjoy downtown Vancouver including Canada Place and the historical areas of Gastown, Chinatown, Sun Yat-Sen Garden and heritage homes in the West End.
4. **Seaside Greenway Linear Walk** - 5k, 7k 2A, 11k 2B. Walk along parts of the 28km long Seaside Greenway to Granville Island and check out the market. Take in the breathtaking views and iconic landmarks as you walk the Seaside Greenway. Return via public transit **or carry on with the afternoon Waterfront Paradise walk from Granville Island.**

## Sunday Sept 24

8:00 am - 2:00 pm - All walks available

9:30 am - Guided walk - Seaside Greenway **Linear Walk** 5k, 7k & 11k

1:30 pm - Guided Walk - Waterfront Paradise **Linear Walk** 5k, 10k. **Start point Granville Island**

2:00 - Walk Central closes

Evening - Make dinner plans with your friends & explore Vancouver

## Contacts

**Medical Emergency** - 911

**First Aid** - available at Walk Central

**Logistics** -

Doug & Nancy -  
778-233-6524

Sharon - 604-740-5335

**Volunteer Coordinator** -

Rebecca - 604-315-7279

## Walking Shoes & Apparel

Running Room



1514 Robson Street Vancouver

[www.runningroom.com](http://www.runningroom.com)

Identify yourself as a WalkFest participant and receive a 15% discount

5. **Waterfront Paradise Linear Walk** - 5k & 10k 2B. An amazing walk starting at the waterfront deck behind Granville Island Public Market. We'll meet beside the Aquabus Dock behind food court. Walking primarily along the waterfront enjoy the impressive beaches and forested trails. This is a linear walk so you'll take public transit back to your start point or home.

## Optional Self Guided Walks

1. **Lions Gate Bridge** - 10k 3B. Walk through majestic old growth forests in Stanley Park, known for its west coast rainforest. Then cross the famous 84 year old Lions Gate Bridge which offers more spectacular views of the North Shore, West Vancouver, Burrard Inlet and the Gulf Islands. Visit Beaver Lake.
2. **The Best of Stanley Park Trails** - 10k 2B. See Stanley Park on trails inside the park featuring old growth forests. Marvel at breathtaking views of Vancouver harbour, the city skyline, and the North Shore Mountains. We'll pass many landmarks and attractions. Look for the old Polar Bear Den, Aquarium, Brockton Oval, Totem Poles, Prospect Point and so much more.
3. **Stanley Park Beaver Lake** - 5k, 2B. Walk the Seawall to inside trails passing the Lord Stanley statue and onto the beautiful Rose Garden. Our journey takes us to Beaver Lake through a ravine and under a stone archway to the seawall. Turning back inside Stanley Park, check out the Killer Whale by Canada's renowned contemporary Haida artist then journey back to the seawall to return.

## Nearby Eateries

<b>The Lift</b>	<b>Showcase</b>	<b>Victoria Chinese</b>
<b>Carderos</b>	<b>Miku</b>	<b>Chop Steakhouse &amp; Bar</b>
<b>Banana Leaf</b>	<b>NOX</b>	<b>Sura Korean Royal</b>
<b>Tap &amp; Barrel</b>	<b>Yasma</b>	<b>Zakkushi on Denman</b>
<b>Mahoney's Tavern</b>	<b>H Tasting Lounge</b>	<b>Tableau Bar Bistro</b>