Three walking tours in the heart of Vancouver

By Fred Michmershuizen, Dental Tribune

Vancouver is a great city to explore. For attendees who might want to get outside and do a little walking, there are plenty of options. Here are three.

**False Creek**

In 1859, a British surveyor discovered that a centuries-old fishing settlement he was interested in did not connect to Vancouver’s inner harbor. He was so disappointed with his discovery he dismissed the area as a “false creek.” Today, that area is lined with restaurants and waterfront condominiums on the downtown/Yaletown side and the markets, marinas and shops of Granville Island on the other.

Begin at the Main Street SkyTrain station to take a look at the area’s last remaining industrial waterfront along First Avenue. Pass beneath the Cambie Street Bridge and into another world of parkland, seawall footpaths, marinas and enclaves of charming houses and apartments.

Take a short walk to Granville Island and its famous public market, or hop a ferry across the creek to explore the other side of False Creek, known as Yaletown.

**Yaletown**

Yaletown was previously known as a warehouse district without much to draw people in, other than business. But during the dot-com boom of the late ’90s, Yaletown began to be transformed into the hub of emerging high tech companies. The area quickly became the place to work, live and eat, with restaurants, coffee shops, nightclubs and condos developing at an intense rate. Now Yaletown is a bustling community with amenities, activities and sights.

Start at Mainland or Hamilton and take a moment to grab lunch or coffee from the many establishments in the area. Continuing down Davie, you soon come across the seawall. Originally, Stanley Park’s Seawall ended at the Burrard Bridge, but now it continues through Yaletown to Main Street/Science World.

Turning right at the end of Davie takes you for a walk along the water to Science World — or the “Golf Ball” as locals call it — and, past that, all the way to Granville Island, if you desire a long walk.

**Stanley Park**

Stanley Park is truly a walker’s paradise right in the heart of the city. It’s one of the largest urban parks in North America, with 1,000 acres of woodlands, gardens, flowers, trails, lakes, beaches and wildlife.

Circumnavigate the park via the seawall (a brisk, two-hour walk) or take the road less traveled around Lost Lagoon or Beaver Lake to view the resident geese, swans and raccoons. Stanley Park is home to the Vancouver Aquarium as well as a children’s farmyard, tennis courts, pitch and putt golf course.

(Source: Tourism Vancouver)