



SCIENCE in the CITY  
— VANCOUVER —

# AN INSIDER'S GUIDE TO VANCOUVER



BROUGHT TO YOU BY



**Welcome to Vancouver!**  
**We want to help you enjoy**  
**our hometown. This guide is**  
**a collection of some of our**  
**favorite places to eat, drink,**  
**work out, and visit.**

**We hope you enjoy your**  
**stay in our beautiful city!**



#### **ABOUT SCIENCE IN THE CITY**

Science in the City is your source for life science news, events, and jobs happening in the Vancouver area. The Science in the City website and newsletter bring together local scientists in academia, medicine, and industry, facilitating connection and collaboration by helping researchers stay current with Vancouver's latest science news and events. The program has expanded to Seattle and Boston, and we're working on bringing Science in the City to several more scientific communities across the globe in the near future!

To learn more, visit [www.scienceinthecity.com](http://www.scienceinthecity.com).



#### **ABOUT STEMCELL TECHNOLOGIES**

Driven by science and a passion for quality, STEMCELL Technologies is committed to providing high-quality cell culture media, cell isolation products, accessory reagents, and services for life science research. As a global company, STEMCELL has eleven offices globally and provides over 2500 products to more than 70 countries worldwide.

To learn more, visit [www.stemcell.com](http://www.stemcell.com).

## COFFEE

- Caffè Artigiano**  
604-685-5333 | 1101 W. Pender St.  
604-915-7200 | 740 W. Hastings St.  
604-694-7737 | 763 Hornby St.  
604-428-8767 | 150-666 Burrard St.  
604-336-4766 | 302 Davie St.
- JJ Bean**  
604-558-2469 | 353 Burrard St.  
604-254-3724 | 1188 Alberni St.  
604-563-2439 | 1209 Bidwell St.  
604-687-1056 | 740 Hamilton St.  
604-620-3867 | 425 Dunsmuir St.  
604-408-9663 | 146 W. Cordova St.  
604-684-9253 | 402 Davie St.
- Revolver Coffee**  
604-558-4444 | 325 Cambie St.
- Milano Coffee**  
604-681-1500 | 849 Denman St.  
604-558-0999 | 36 Powell St.
- Quantum Coffee**  
604-368-8400 | 455 Granville St.
- Timbertrain Coffee Roasters**  
604-915-9188 | 311 W. Cordova St.
- Elysian Coffee Roasters**  
778-379-1512 | 102-1100 Burrard St.
- Honolulu Coffee**  
778-379-6607 | 888 Nelson St.
- Prado Cafe**  
604-569-1480 | 117 Water St.  
778-379-4315 | 100 W. Hastings St.
- Republica Coffee Roasters**  
604-628-0485 | 321 W. Pender St.
- Buro Coffee**  
604-915-6744 | 579 Robson St.  
604-915-6744 | 356 Water St.  
604-915-6744 | 10 Water St.
- Nemesis Coffee**  
604-566-0302 | 302 W. Hastings St.
- 49th Parallel Coffee**  
604-620-4905 | 689 Thurlow St.
- Bel Café**  
604-673-7000 | 801 W. Georgia St.
- Breka Bakery & Café**  
604-423-3288 | 821 Denman St.  
604-620-8200 | 818 Bute St.  
604-428-8080 | 855 Davie St.

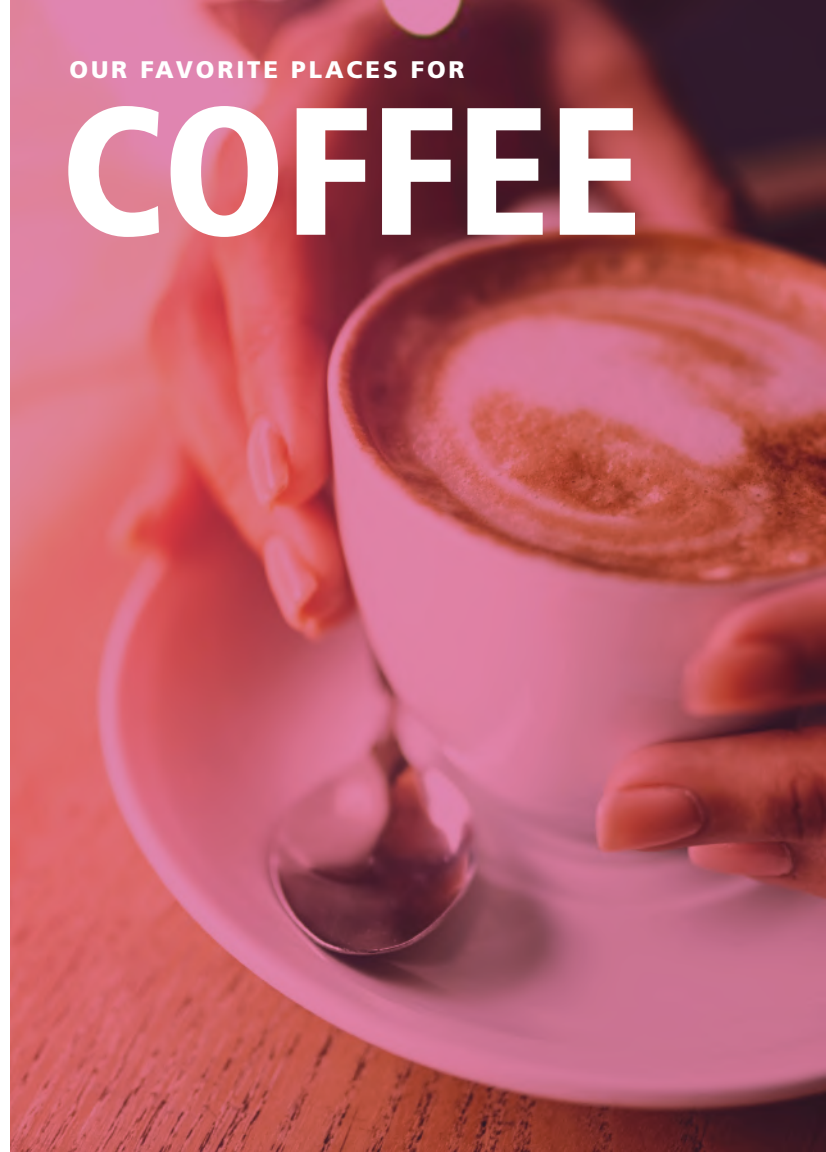


"49th Parallel, Caffè Artigiano, and JJ Bean are all excellent! Coffee is a way of life in Vancouver, so you really can't go wrong picking any of these!"

Dr. Liisa Galea, Professor of Psychology, The University of British Columbia

## OUR FAVORITE PLACES FOR

# COFFEE



OUR FAVORITE PLACES FOR

# BRUNCH & LUNCH

## LUNCH

- 16 **Cactus Club**  
604-620-7410 | 1085 Canada Pl.  
604-682-0933 | 588 Burrard St.  
604-681-2582 | 1790 Beach Ave.  
604-685-8070 | 357 Davie St.  
604-687-3278 | 1136 Robson St.
- 17 **JOEY Restaurants**  
604-915-5639 | 507 Burrard St.  
604-683-5639 | 820 Burrard St.
- 18 **MEAT & BREAD**  
604-556-9003 | 370 Cambie St.  
604-566-9003 | 1033 W. Pender St.  
604-566-9003 | 625 Robson St.
- 19 **Finch's Tea House**  
604-899-4040 | 353 W. Pender St.
- 20 **Nuba**  
604-688-1655 | 207 W. Hastings St.  
604-661-4129 | 508 Davie St.
- 21 **Tacofino**  
604-899-7907 | 15 W. Cordova St.  
778-379-8226 | 1025 Mainland St.  
604-428-8453 | 122-1050 W. Pender St.
- 22 **The Dirty Apron Delicatessen**  
604-879-8588 | 540 Beatty St.
- 23 **Tractor Foods**  
604-343-1195 | 335 Burrard St.  
604-343-2370 | 547 Robson St.
- 24 **MeET Restaurants**  
604-696-1165 | 1165 Mainland St.  
604-696-1111 | 12 Water St.
- 25 **Hubbub Sandwiches**  
604-801-9995 | 420 Robson St.  
604-568-3398 | 859 Hornby St.
- 26 **Andina Brewing Company**  
604-253-2400 | 1507 Powell St.

## BRUNCH

- 27 **Jam Cafe**  
778-379-1992 | 556 Beatty St.
- 28 **Twisted Fork Bistro**  
604-568-0749 | 1147 Granville St.
- 29 **Medina Cafe**  
604-879-3114 | 780 Richards St.
- 30 **OEB Breakfast Co.**  
604-423-3447 | 1137 Marinaside Crs.
- 31 **De Dutch**  
604-647-7530 | 60-1055 Canada Pl.



"For brunch, lunch, or afternoon refreshments, I highly recommend Andina Brewing Company. It's low key, and has great ceviche, tapas and exotic beers. It's a taste of South America in Canada!"

Dr. Kelly McNagy, Professor of Medical Genetics,  
The University of British Columbia



## HIGH-END

- 32 **Hawthorn Restaurant**  
604-673-7000 | 801 W. Georgia St.
- 33 **L'Abbatoir**  
604-568-1701 | 217 Carrall St.
- 34 **Chambar**  
604-879-7119 | 568 Beatty St.

## LOCAL FARE

- 35 **Nightingale**  
604-695-9500 | 1017 W. Hastings St.
- 36 **Tuc Craft Kitchen**  
604-559-8999 | 60 W. Cordova St.
- 37 **The Flying Pig**  
604-559-7968 | 102 Water St.  
604-568-1344 | 1168 Hamilton St.

## SEAFOOD

- 38 **Blue Water Cafe**  
604-688-8078 | 1095 Hamilton St.
- 39 **Rodney's Oyster House**  
604-609-0080 | 1228 Hamilton St.  
604-685-2005 | 52 Powell St.
- 40 **Joe Fortes**  
604-669-1940 | 777 Thurlow St.

## JAPANESE

- 41 **Miku Restaurant**  
604-568-3900 | 70-200 Granville St.
- 42 **Guu Izakaya**  
604-685-8817 | 838 Thurlow St.  
604-685-8678 | 1698 Robson St.  
604-685-8682 | 105-375 Water St.  
604-899-0855 | M101-888 Nelson St.  
604-687-8890 | 1239 Davie St.
- 43 **Hokkaido Ramen Santouka**  
604-681-8121 | 1690 Robson St.

## ITALIAN

- 44 **Ask for Luigi**  
604-428-2544 | 305 Alexander St.
- 45 **Italian Kitchen**  
604-687-2858 | 860 Burrard St.
- 46 **Nook**  
604-568-4554 | 781 Denman St.



"If I was downtown and wanted to go to a restaurant, I would probably choose Chambar. They do an amazing lamb shank!"

Dr. Pamela Hoodless, Professor of Medical Genetics and Director of the Terry Fox Laboratory, The University of British Columbia

## OUR FAVORITE PLACES FOR

# DINNER



OUR FAVORITE PLACES FOR

# DRINKS & TREATS

## BEER

- 47 **Alibi Room**  
604-623-3383 | 157 Alexander St.
- 48 **Steamworks Brew Pub**  
604-689-2739 | 375 Water St.
- 49 **Darby's**  
604-558-4658 | 16 W. Hastings St.
- 50 **Tap and Barrel**  
604-235-9827 | 76-1055 Canada Pl.

## WINE

- 51 **Salt Tasting Room**  
604-633-1912 | 45 Blood Alley Sq.
- 52 **Uva Wine & Cocktail Bar**  
604-632-9560 | 900 Seymour St.
- 53 **TWB The Wine Bar**  
604-681-4144 | 1167 Marinaside Crs.
- 54 **Brix & Mortar**  
604-915-9463 | 1138 Homer St.

## COCKTAILS

- 55 **The Diamond**  
6 Powell St.
- 56 **The Keefer Bar**  
604-688-1961 | 135 Keefer St.
- 57 **Prohibition**  
604-673-7089 | 801 W. Georgia St.
- 58 **Royal Dinette**  
604-974-8077 | 905 Dunsmuir St.

## TREATS

- 59 **Bella Gelateria**  
604-569-1010 | 1001 W. Cordova St.
- 60 **Cartems Donuts**  
778-708-0996 | 534 W. Pender St.
- 61 **Thierry Chocolates**  
604-608-6870 | 1059 Alberni St.
- 62 **PureBread**  
604-563-8060 | 159 W. Hastings St.
- 63 **Nero Belgian Waffle Bar**  
604-428-9177 | 1002 Seymour St.  
604-839-1239 | 1703 Robson St.



"The Keefer Bar's apothecary-themed decor and menu of 'Remedies and Cures' is a guaranteed scientific crowd pleaser. Bonus: the award-winning cocktails are truly delicious."

Dr. Agatha Jassem, Clinical Assistant Professor of Pathology & Laboratory Medicine, The University of British Columbia

## COMEDY

- 64 **Yuk Yuk's**  
604-696-9857 | 2837 Cambie St.
- 65 **Vancouver Theatre Sports League**  
604-738-7013 | 1502 Duranleau St.

## MUSIC

- 66 **Vancouver Symphony Orchestra**  
604-876-3434 | 601 Smithe St.  
604-876-3434 | 6265 Crescent Rd.
- 67 **Vogue Theatre**  
604-688-1975 | 918 Granville St.
- 68 **The Commodore Ballroom**  
604-739-4550 | 868 Granville St.

## MOVIES

- 69 **Cineplex Scotiabank Theatre**  
604-630-1407 | 900 Burrard St.
- 70 **Cineplex Odeon International Village Cinemas**  
604-806-0799 | 88 W. Pender St.
- 71 **The Cinematheque**  
604-688-8202 | 1131 Howe St.



"Scotiabank theatre is great, especially the D-BOX seats. I love the ability to book in advance and not wait in line, and my kids love the 4D experience!"

Dr. LeAnn Howe, Professor of Biochemistry & Molecular Biology,  
The University of British Columbia

## THEATRE

- 72 **The Arts Club Theatre Company**  
604-687-1644 | 2750 Granville St.  
604-687-1644 | 1585 Johnston St.  
604-687-1644 | 203-162 W. 1st Ave.
- 73 **Rio Theatre**  
604-879-3456 | 1660 E. Broadway

## CASINOS

- 74 **Parq Vancouver**  
604-683-7277 | 39 Smithe St.
- 75 **River Rock Casino Resort**  
604-247-8900 | 8811 River Rd.  
Richmond

OUR FAVORITE PLACES FOR A

# NIGHT OUT



OUR FAVORITE PLACES TO

# EXERCISE

## JOGGING

- 76 **Vancouver Seawall**
- 77 **Stanley Park Trails**
- 78 **Pacific Spirit Park Trails**

## CYCLING

- 79 **Vancouver Seawall**
- 80 **Stanley Park Road Loop**
- 81 **Point Grey Road Loop**

## YOGA

- 82 **YYOGA**  
604-682-3569 | 888 Burrard St.  
604-684-3334 | 280-1050 Homer St.

## SWIMMING

- 83 **Kitsilano Beach Pool**  
604-731-0011 | 2305 Cornwall Ave.  
(Seasonal)
- 84 **Second Beach Pool**  
604-257-8371 | 735 Stanley Park Dr.  
(Seasonal)
- 85 **Vancouver Aquatic Centre**  
604-665-3424 | 1050 Beach Ave.

## ROCK CLIMBING/BOULDERING

- 86 **Cliffhanger Climbing Gym**  
604-874-2400 | 670 Industrial Ave.
- 87 **The Hive Bouldering Gym**  
604-683-4483 | 520 Industrial Ave.

## GYMS

- 88 **Robert Lee YMCA**  
604-689-9622 | 955 Burrard St.
- 89 **City of Vancouver Community Centres**  
604-257-8333 | 870 Denman St.  
604-718-8222 | 480 Broughton St.  
604-713-1800 | 181 Roundhouse Mews



"I love going for long bike rides, and I cycle 20 km to and from work every day; I do my best thinking about science on my bike!"

Dr. Leonard Foster, Professor of Biochemistry and Molecular Biology, The University of British Columbia



## HALF-DAY VISIT

### Science World

604-443-7440 | 1455 Quebec St.

### Vancouver Aquarium

604-659-3474 | 845 Avison Way

### Bloedel Conservatory

604-257-8584 | 4600 Cambie St.

### Lynn Canyon Park & Suspension Bridge

604-990-3755 | 3690 Park Rd.

North Vancouver

### Capilano Suspension Bridge

604-985-7474 | 3735 Capilano Rd.

### Stanley Park

Northwestern edge of downtown Vancouver

### Granville Island

At the South end of the Granville St. bridge

### UBC Botanical Garden

604-822-4208 | 6804 SW Marine Dr.

### Reifel Migratory Bird Sanctuary

604-946-6980 | 5191 Robertson Rd.

Delta

### Museum of Anthropology

604-822-5087 | 6393 NW Marine Dr.

### Queen Elizabeth Park

604-873-7000 | 4600 Cambie St.

### Vancouver Art Gallery

604-662-4700 | 750 Hornby St.

### Museum of Vancouver

604-736-4431 | 1100 Chestnut St.

### VanDusen Botanical Garden

604-257-8335 | 5251 Oak St.

### English Bay

At the west end of downtown Vancouver

### Gastown

Located at the northwest end of the downtown eastside

### Lonsdale Quay

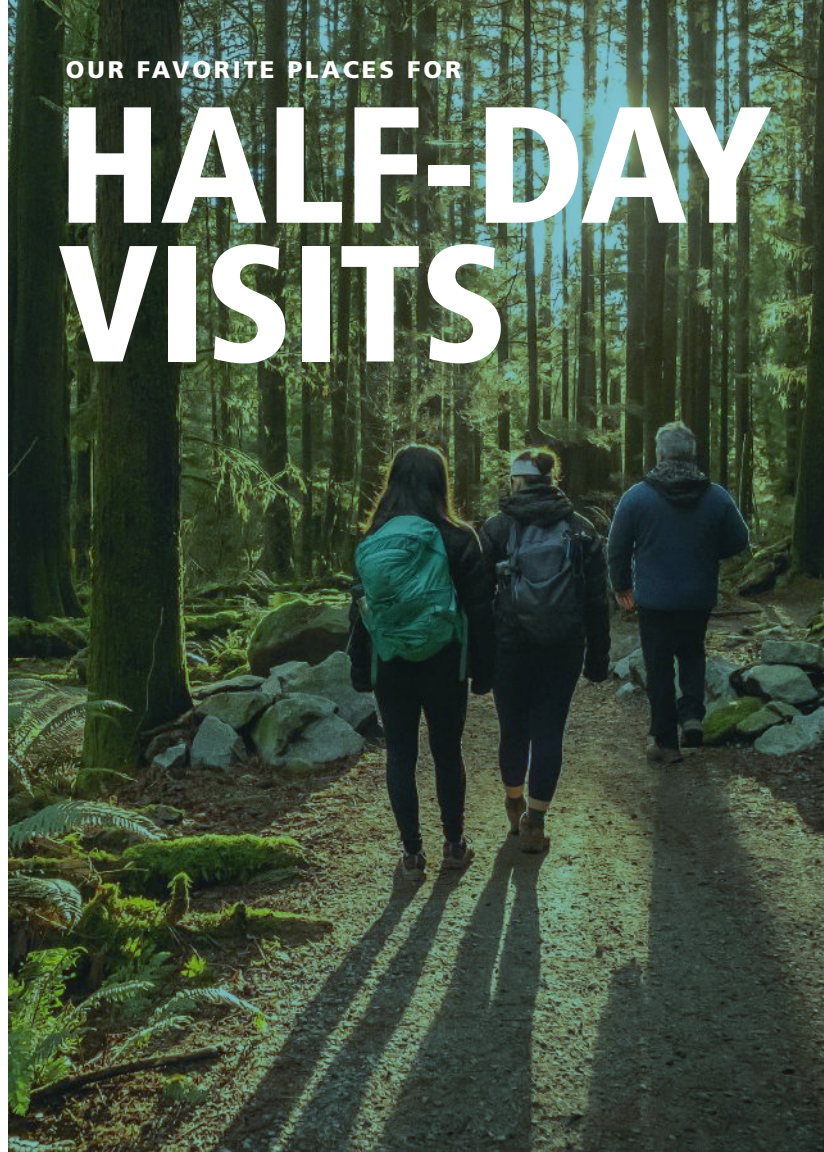
A short SeaBus ride away from downtown Vancouver

### Steveston

Southwest edge of Richmond

## OUR FAVORITE PLACES FOR

# HALF-DAY VISITS



"I love Steveston! The Cannery museum is amazing, and there is a lovely walk around Garry Point where you can observe nature, the ocean, and the mountains."

Dr. Brett Finlay, Professor of Microbiology & Immunology,  
The University of British Columbia

OUR FAVORITE PLACES FOR

# ONE DAY VISITS



## ONE-DAY VISIT

### Fort Langley

Visit the 150-year-old Hudson Bay Company trading post and watch costumed interpreters demonstrate the pioneer way of life. Shop at the farmer's market, and eat local fare at one of the many neighbourhood restaurants.

### Grouse Mountain

Ride the gondola or sweat up the Grind to enjoy top-of-the mountain activities. Visit the resident grizzly bears, view the city from the wind turbine viewing pod, or watch the Lumberjack Show.

### Bowen Island

Explore food, art, and culture, and discover local treasures at Artisan Square. Hike the Killarney Lake Trail and admire the lily pad-spotted water, or head to Dormant Point for gorgeous views of the BC coastline.

### Deep Cove

Explore Quarry Rock and Cates Park, or head to the Deep Cove Canoe and Kayak Centre and take to the water. Stop at Honey Doughnuts & Goodies for one of their delicious must-have treats.

## OVERNIGHT VISIT

### Whistler

Thrill your inner adrenaline junkie with seasonal activities, including skiing, ATVing, white water rafting, and more. Relive the excitement of the 2010 Olympic Games with exhilarating experiences and tours.

### Victoria

Walk along the causeway in the Inner Harbour and enjoy live buskers and local artists. Visit the Royal BC Museum, internationally-recognized Butchart Gardens, or go on a whale watching tour.

### Salt Spring Island

Taste the local culinary treats or buy unique, locally crafted gifts at the Village Market in Ganges. Go on a tasting tour and visit the local wineries and artisan cheese farms.

### Harrison Hot Springs

Kick off your sandals and enjoy the Potash and Sulphur hot springs, revered as the "healing place" by local Sts'ailes First Nations for thousands of years.



"Victoria is a lovely place to visit for a weekend trip! It's a beautiful city with many attractions within walking distance to the city centre, including museums, sunny pub patios, and shopping."

Dr. Xiaoyan Jiang, Professor of Medical Genetics,  
The University of British Columbia

# LEGEND

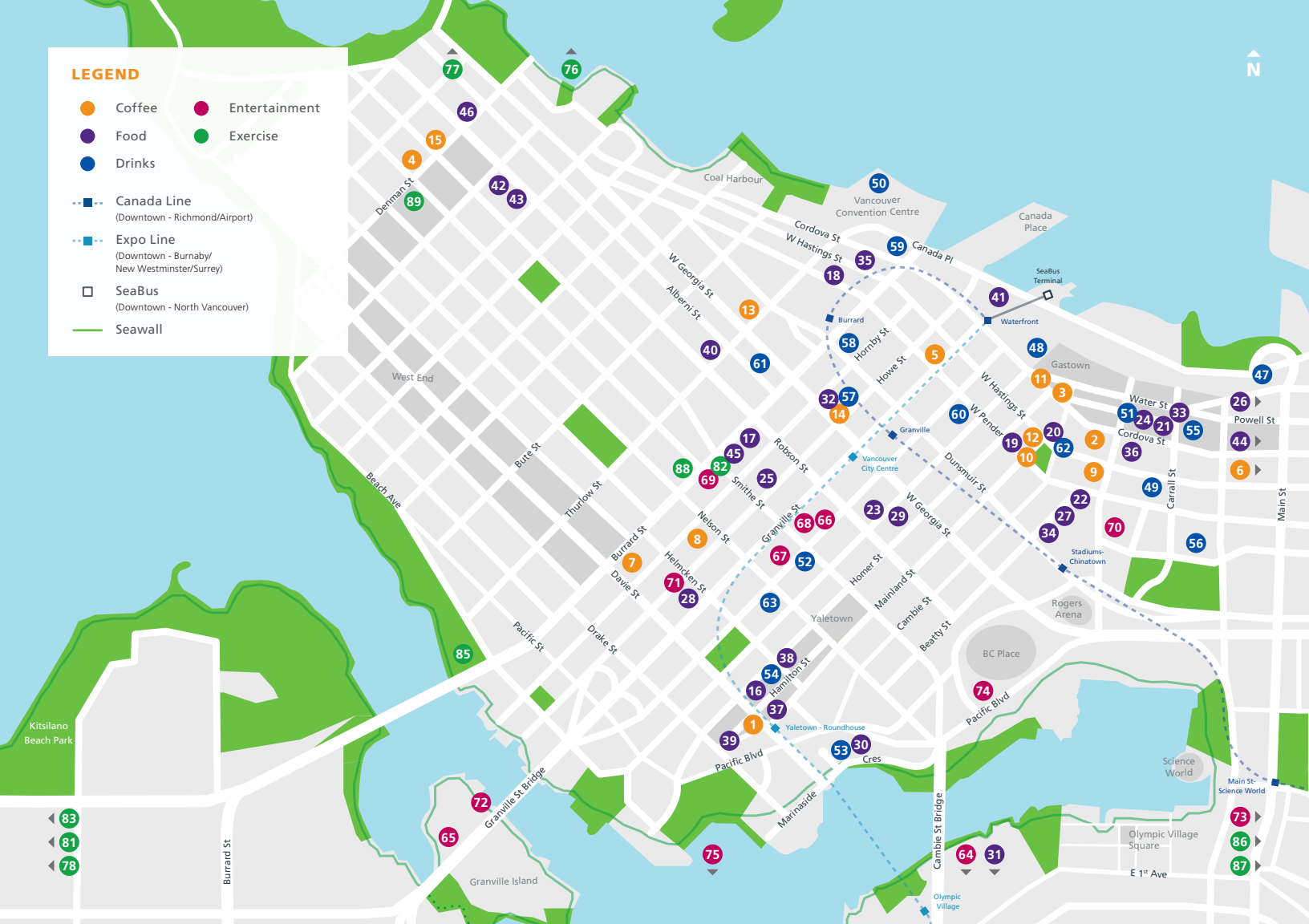
- Coffee
- Food
- Drinks
- Entertainment
- Exercise

Canada Line  
(Downtown - Richmond/Airport)

Expo Line  
(Downtown - Burnaby/  
New Westminister/Surrey)

SeaBus  
(Downtown - North Vancouver)

Seawall



## TRANSIT SCHEDULES

### Translink (buses, SkyTrain, and SeaBus)

[www.translink.ca](http://www.translink.ca)

### BC Ferries schedule

[www.bcferries.com/schedules](http://www.bcferries.com/schedules)

### Aquabus

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

## CAR SHARING

### ShareNow

[www.share-now.com](http://www.share-now.com)

### Evo

[www.evo.ca](http://www.evo.ca)

### Zipcar

[www.zipcar.ca](http://www.zipcar.ca)

### Modo

[www.modo.coop](http://www.modo.coop)

## TAXIS

### Vancouver Taxi

604-871-1111

### Yellow Cab

604-681-1111

### Black Top & Checker Cabs

604-731-1111

### MacLures Cabs

604-683-6666

## BIKE RENTALS

### Spokes Bicycle Rentals

604-688-5141 | 1798 W. Georgia St.

### English Bay Bike Rentals

604-568-8490 | 1754 Davie St.

### Mobi Bike Share

778-655-1800

Bike stations located throughout Vancouver

## USEFUL LINKS

### Tourism Vancouver

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

### City of Vancouver

[www.vancouver.ca](http://www.vancouver.ca)

### BCPassport

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





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