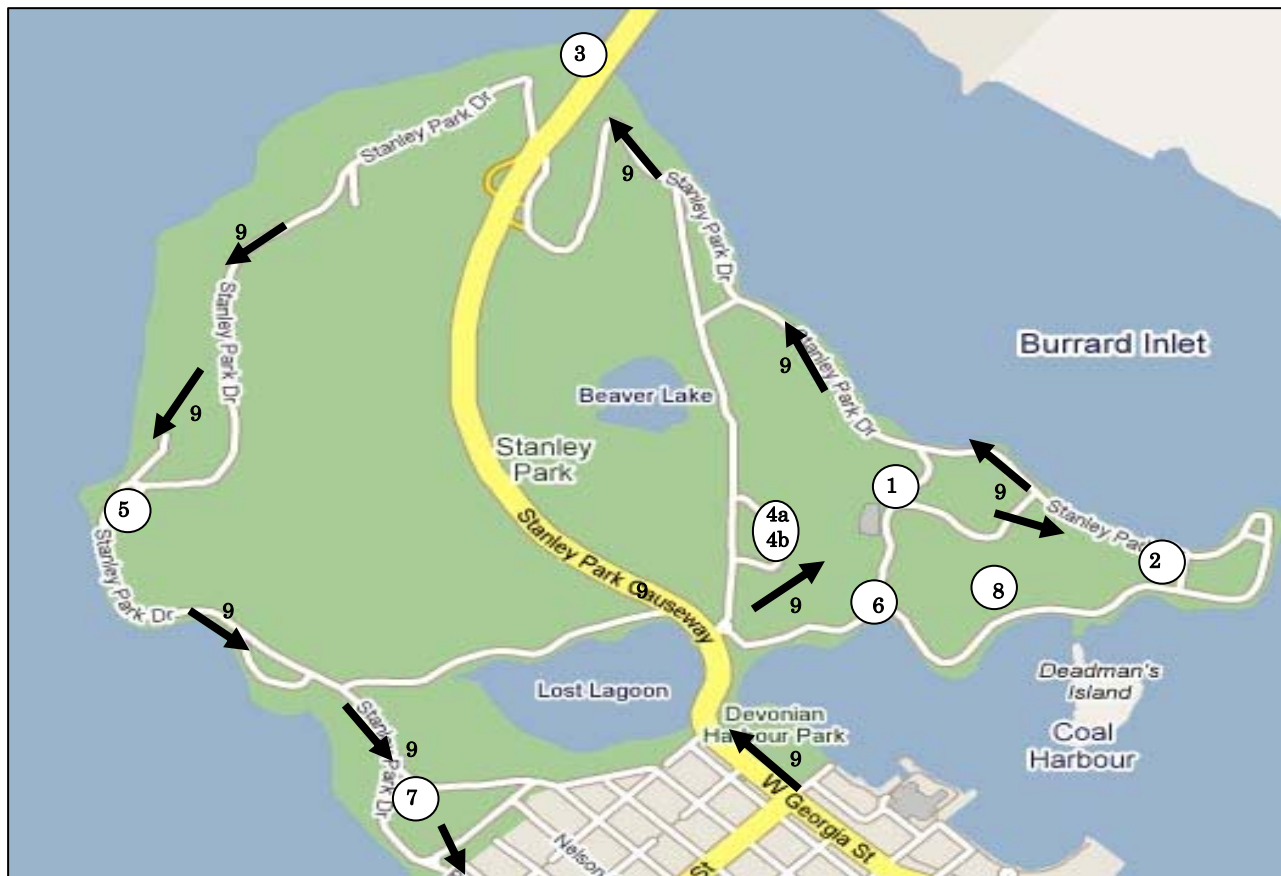


# Recommended Attractions



- 1) Vancouver Aquarium
- 2) Brockton Totem Pole Visitor Centre & Legends of the Moon
- 3) Prospect Point Restaurant
- 4a) Stanley Park Pavilion
- 4b) Stanley's Park Bar & Grill
- 5) Sequoia Grill
- 6) Stanley Park Horse-Drawn Tours
- 7) Fish House
- 8) Brockton Clubhouse
- 9) Vancouver Trolley Company \* Arrows show Stanley Park Route
- 10) Vancouver Rowing Club

**1) The Vancouver Aquarium:** The Vancouver Aquarium, located in world famous Stanley Park is Vancouver's most popular attraction, drawing in 1 million visitors annually. Home to more than 70,000 fascinating creatures from the Arctic to the Amazon. Daily beluga whale, dolphin and sea otter shows are at Canada's largest award winning aquarium. Don't miss the Aquarium's newest gallery, Frogs Forever. Open everyday in June 9:00am to 5:00pm. For more info, visit: [www.vanaqua.org](http://www.vanaqua.org).

**2) Brockton Totem Pole Visitor Centre & Legends of the Moon:** Nestled amongst the trees facing the pristine water in Brockton Cove are several remarkable totem poles. The near-century old native artwork that has inspired many of Emily Carr's paintings. For more information visit: <http://www.city.vancouver.bc.ca/parks/parks/stanley/landmarks.htm>.



**3) Prospect Point Cafe, Restaurant & Gift Shop:** Prospect Point is a very popular attraction in Stanley Park to take in stunning views of the North Shore Mountains, Lions Gate Bridge and the Burrard Inlet. The restaurant offers wild salmon prepared in many varieties. Every visitor to the park must savour a world famous Prospect Point Ice Cream cone - a Vancouver tradition. The Gift Shop (original Stanley Park Trading Post) sells park gifts and souvenirs along with official 2010 Olympic Gear. Enjoy the breathtaking panorama from the highest point in Stanley Park. For details, please visit [www.prospectpoint.ca](http://www.prospectpoint.ca).



**4a) Stanley Park Pavilion:** Situated in the middle of the famous Stanley Park Rose Gardens is the oldest and most celebrated heritage building and one of Vancouver's most celebrated architectural landmarks. This is the ideal place for a calming stroll in the park, an elaborate banquet, or a beer on the verandah.

**4b) Stanley's Park Bar & Grill:** Stanley Park's newest and most exciting addition, a rustic bar and grill located at the Stanley Park Pavilion, serves great comfort food made from fresh, seasonal ingredients. It offers a spacious 200-seat patio and a rustic park bar featuring a wide selection of BC draft beers and BC VQA wines, along with other international favorites. One of Vancouver's hidden treasures that's been rejuvenated and brought back to its original glory. For details, please visit [www.stanleysbar.ca](http://www.stanleysbar.ca).



**5) Sequoia Grill:** With towering trees in its backyard and the ocean at its front door, the Sequoia Grill at the Teahouse sits at water's edge on Stanley Park's Ferguson Point. Fresh local ingredients and cross-cultural cuisine create a contemporary dining experience with a difference, accompanied by the longest sunsets in the city. Visit [www.sequoiagrill.com](http://www.sequoiagrill.com) for details.



**6) Stanley Park Horse-Drawn Tours:** Relax to the gentle clip-clop of the horses' hooves on one-hour, fully-narrated tours featuring Stanley Park's most popular attractions. Departs every 30 minutes, daily, March 15th – October 31st from the Horse-Drawn Tour kiosk, beside the Info Booth on Park Drive, just off the Georgia St. entrance to Stanley Park. Visit [www.stanleypark.com](http://www.stanleypark.com) or call 604-681-5115 for more details.



**7) Fish House:** The historic Fish House sits amongst the gardens and forests of Stanley Park. Enjoy west coast fare and seafood in one of their unique dining rooms, patios, or oyster bar. Stop by on Saturdays and Sundays, from 11am to 3pm to savour their flavourful signature brunch dishes.



**8) Brockton Pavilion:** First built in 1927 and strategically located between the rugby and cricket fields, the Brockton Pavilion received a major restoration in 1984 when both groups joined forces to save this early landmark. Today it is the centre of club activities and it's also available for limited public rentals, call 604-681-0640 for more information.



**9) Vancouver Trolley Company:** Enjoy the best of Vancouver on the turn-of-the century style Trolleys. This 24 stop, hop-on, hop-off sightseeing tour features live commentary with Vancouver's major attractions, famous parks, shopping areas and fine restaurants.



**10) The Vancouver Rowing Club:** A non-profit, multi-sport, amateur athletic club centrally located in the heart of Vancouver. With an unbeatable view of Coal Harbour, you can often catch the crews training at Vancouver's oldest private club.



Visit [www.triathlonvancouver.com](http://www.triathlonvancouver.com) for:  
route maps, training sites, athlete guides and much more.