



Chef Chris Whittaker serves up a bison burger with cheddar, bacon, caramelized onions and pickles, at Timber

## Coastal Canadiana

With its logging-themed decor—complete with Swedish saws and welcoming stuffed beaver at the door—Timber (page 67) offers a tongue-in-cheek salute to BC's lumber industry, with a slice of retro on the plate. Casual choices include mushroom poutine, a substantial bison burger, chilli-and-maple-glazed chicken wings, fish 'n' chips, and elk tourtière, all perfect for pairing with an array of good local brews and wines.—*Tim Pawsey*



## ON CANVAS

The True North Strong and Free finds form in brilliant brushstrokes at the Vancouver Art Gallery's *Embracing Canada: Landscapes From Krieghoff to the Group of Seven* (to Jan. 24; page 45). See the painterly lens on Canada's great outdoors shift over time—from vast and impenetrable to a fierce point of pride—in a vibrant palette of works by Robert Clow Todd ("Corbeau at Montmorency Falls," pictured), Emily Carr and others. Now that's painting a pretty picture.—*Jill Von Sprecken*

TIMBER PHOTO BY KK LAW



## Clever for Carry-On

Breeze through airport security with a trio of ingenious toiletries, none of which counts as liquids in carry-on luggage. Shampure dry shampoo from Aveda (page 50) revives hair with a non-aerosol powder mist that absorbs excess oil and leaves your coif smelling fresh and clean. Toothy Tabs from Lush (page 50) replace toothpaste: simply bite into a tab, then brush your teeth with a wet toothbrush. Also from Lush, massage bars that use essential butters and oils to help deliver a moisturizing, de-stressing massage.—*Sheri Radford*



## Oooooommmmm

"I am a superhero." "I am healthy, I am wealthy, I am love." "Rise and shine on." "Breathe in love." "You are awesome." You'll be ready for downward-facing dog, mountain pose or (our favourite) savasana in no time with a yoga mat from Affirmats. Each eco-friendly, biodegradable mat is embroidered with an affirmation designed to provide inspiration during a long, sweaty yoga class—and afterwards. Available at Semperviva Yoga (page 53) or online at [www.affirmats.com](http://www.affirmats.com).

—*Sheri Radford*



Executive chef Curtis Demyon crafts dishes such as herb-roasted chicken

## NEWCOMER

Village Bistro (page 67) might be new in town, but the menu is full of familiar comfort food favourites—with a Canadiana kick. Dishes like chicken wings with maple, garlic and bacon are worth the sticky fingers, while blue cheese makes the beef shortrib a memorable meal. Local beer and inspired cocktails complement the from-scratch fare, for a winning combo that'll have folks putting down roots.—*Jill Von Sprecken*



Lisa Haley decants wine at L'Abattoir

## 5 WINE-SAVVY ROOMS

Vancouver boasts a vibrant wine culture, with many restaurants offering a plethora of choices by the glass and often a range of wines on tap.

- 1 L'Abattoir (page 67): Inspired picks from wine director Lisa Haley pair perfectly with the French-inclined West Coast fare, all served in a Gastown heritage setting.
- 2 Hawksworth (page 67): Boasting the most sommeliers in town, this cutting-edge West Coast restaurant has a stand-alone, glass-enclosed wine room in the midst of the action.
- 3 Siena (page 61): This casual neighbourhood spot sports a small but well-chosen list of Mediterranean drops, with special Monday-night deals.
- 4 Cactus Club Cafe (page 66): Sommelier Sebastien Le Goff runs an evolving program that marches in tune with renowned chef Rob Feenie's cuisine.
- 5 Cibo (page 64): This Italian-inclined restaurant holds regular tastings and wine dinners, with particular emphasis on regions such as Valpolicella, Tuscany and Sicily.

—Tim Pawsey

## Flights of Fancy

Jetsetters and armchair travellers alike find fascinating information in two recent additions to Lonely Planet's



extensive line of guidebooks. Aimed at kids, *The Travel Book* (\$27.50) kick-starts wanderlust by showing youngsters just how wonderful the world is. Two hundred countries are featured, and each gets its own page filled with photos, illustrations, amazing facts



and quirky info. *Best In Travel 2016* (\$19.99) outlines the hottest trends, coolest destinations and best travel experiences for the coming year. Start your next adventure at a local bookstore (page 50).

—Sheri Radford

L'ABATTOIR PHOTO BY KK LAW

## WATCH IT

Is it time for a change? Local company Tense searches the world for the finest natural materials, pairing these with watch movements from Japan to make eco-friendly, handcrafted wooden watches. Select your new conversation-starter of a timepiece at The Original Paper-Ya (page 54) or much&little (page 53), or online at [www.tensewatch.com](http://www.tensewatch.com).—Sheri Radford



## Spiritual Journey

Take a trip into another world—no passport required—at the Museum of Anthropology's *(In)visible: The Spiritual World of Taiwan Through Contemporary Art* (to Apr. 3; page 45). Ghosts, spirits and deities reign supreme in Taiwan, a tiny island nation with a fascinating history. For millennia, trade and colonialism have contributed to the complex spiritual landscape, which encompasses Buddhism, Taoism, Confucianism and animism, to name just a few. Now, seven artists explore the otherworldly through art, such as Li Jiun-Yang's "Miao" (pictured), an installation piece that resembles a Buddhist temple. Certainly a worthy addition to any itinerary.—Jill Von Sprecken

## RAISING THE BAR

The city's longest-running steakhouse never sported a true bar—until now. Once reserved for private events only, the second-floor space above the venerable main room of Hy's (page 67) has been tastefully refurbished to include a full bar as well as a panelled lounge beyond sliding doors, which can be closed for privacy as needed. On the menu: cocktail classics with modern flair and highlights from the group's 60-year history, such as prawn cocktails, Dungeness crab cakes and cheese toast.—Tim Pawsey

HY'S PHOTO BY KK LAW



Wash down a jumbo prawn cocktail and smoked bacon sliders with (from L-R) an Old Fashioned, a Gin Fizz and a (still being mixed) Manhattan