

Stroll and shop along trendy
Yaletown's Hamilton Street

PHOTO BY KYLE LAW

Walk This Way

We list some of Vancouver's top spots
for walkers, strollers and ramblers of every
variety BY RACHEL DUNLOP, SHERI RADFORD AND

JILL VON SPRECKEN

Spend Your Day

Your arms will get a workout from toting all the loot you're sure to scoop up on these shopping walks. Get your fashion fix on Robson Street (page E4). Block after block of boutiques and high-end shops between Burrard and Jervis Streets make it the perfect stroll for the trendsetter. Set aside a couple of hours to poke around Commercial Drive (page E1). The strip running from 13th Avenue to Venables Street, with its abundance of second-hand clothing, book and record stores, makes for a veritable scavenger hunt

of vintage goodies. Artisans of every stripe populate Granville Island's Public Market (page 18). Gourmet goods and gifts abound, but it'll be a challenge not keeping your purchases for yourself. There's something for everyone on Main Street (page E4). Amble through the collection of independent shops from 7th Avenue to 33rd that have a focus on all things antique, retro or one-of-a-kind. Posh purchases await in upscale Yaletown (page E4). The historic area is full of hip places to snag cool clothes and accessories.—RD

Super Seawall

Grab a picnic lunch, lace up your walking shoes and visit Vancouver's most beloved destination. On a sunny day, walkers, joggers, cyclists and rollerbladers descend in droves on the picturesque seawall, which stretches for 22

km (14 mi) along the waterfront from Canada Place around Stanley Park to False Creek and Kitsilano. Even on a rainy day, the seawall still fills up with folks strolling along, taking in the spectacular views.—SR

Happy Feet

Roam Vancouver in comfort with sturdy yet stylish walking shoes. Treat your tootsies right by letting the experts at New Balance (page 33) or Kintec (page 28) examine your feet and gait to find your perfect pair. Ecco (page 27) and Walk with Ronsons (page 28) also stock fashionable yet functional footwear. Complete your Vancouver walking kit

with some snappy shades and a bonny bumbershoot so you're set for those spontaneous weather changes Vancouver is notorious for. The Umbrella Shop (page 32) can help protect you from the pitter patter of rain drops. The Gallery Store (page 28) and The Bay (page 23) are other good go-to spots for beautiful brollies.—RD

People walking through the flower gardens at Queen Elizabeth Park, Vancouver



Back to Nature

Escape the hustle and bustle of the city with a walk around Stanley Park (page 58), Pacific Spirit Park (page 58) or Queen Elizabeth Park (page 58). To see spectacular plants in bloom, wander through VanDusen Botanical Garden (page 58) or UBC Botanical Garden (page 58). Escape to another time and place in Dr. Sun Yat-Sen Classical Chinese Garden (page 58). Relaxation, guaranteed.—SR

Lead the Way

For an insider's angle on the city, let a local foodie lead your appetite in the right direction. A Wok Around Chinatown (page 74) takes you past specialty shops and through a classical Chinese garden before tucking into dim sum. Or dig into a tour by Off the Eaten Track (page 74), and wander through unique eateries and local haunts. Stroll, sip and savour on the A Plugged-In Tour of Granville Island Market (page 74) that ends with a West Coast buffet and BC wine flight. Hungry for a different type of tour? Stretch your legs and learn about the seedy side of Vancouver's past with Forbidden Vancouver (page 60) and Sins of the City (page 60)

walking tours. From prohibition-era speak-easies to brothels and opium dens, there's no dry history here.—JVS

Tour d'Art

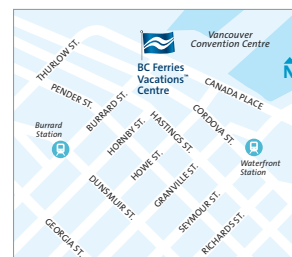
Torn between taking in some culture and seeing the city? Hit the streets for the best of both. Visit "Gallery Row" on South Granville (page 69) for the city's highest concentration of art and antiques galleries. Wander and see everything from First Nations sculpture to contemporary photography. To take your tour of South Granville up a notch, stroll the ArtWalk (Jun. 22; page 67). Find more art downtown (page 68), among some of the city's finest public galleries (page 67). Not to be missed: Bill Reid Gallery of Northwest Coast Art (page 67) and the Vancouver Art Gallery (page 67). To keep it strictly out-of-doors, tour the Vancouver Biennale public art installations. Visit vancouverbiennale.com for a map of the locations. Highlights include "A-mazing Laughter" at the foot of Denman St., and "Engagement" and "WE" at Sunset Beach, all found along Vancouver's most walkable stretch: the seawall.—JVS

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Doggone Fun

To guarantee that Rover and Spot are dog-tired at the end of the day, take them to Stanley Park (page 58) for a walk around its 8.8-km (5.5-mi) stretch of seawall. Another favourite spot for our furry friends to frolic is Pacific Spirit Park (page 58), near the University of British Columbia. In Vancouver, pooch pals must be leashed except in designated off-leash areas (see Map 1 or visit www.vancouver.ca/parks). And doggie-do is a doggie-don't: scoop the poop or face a fine.—SR 

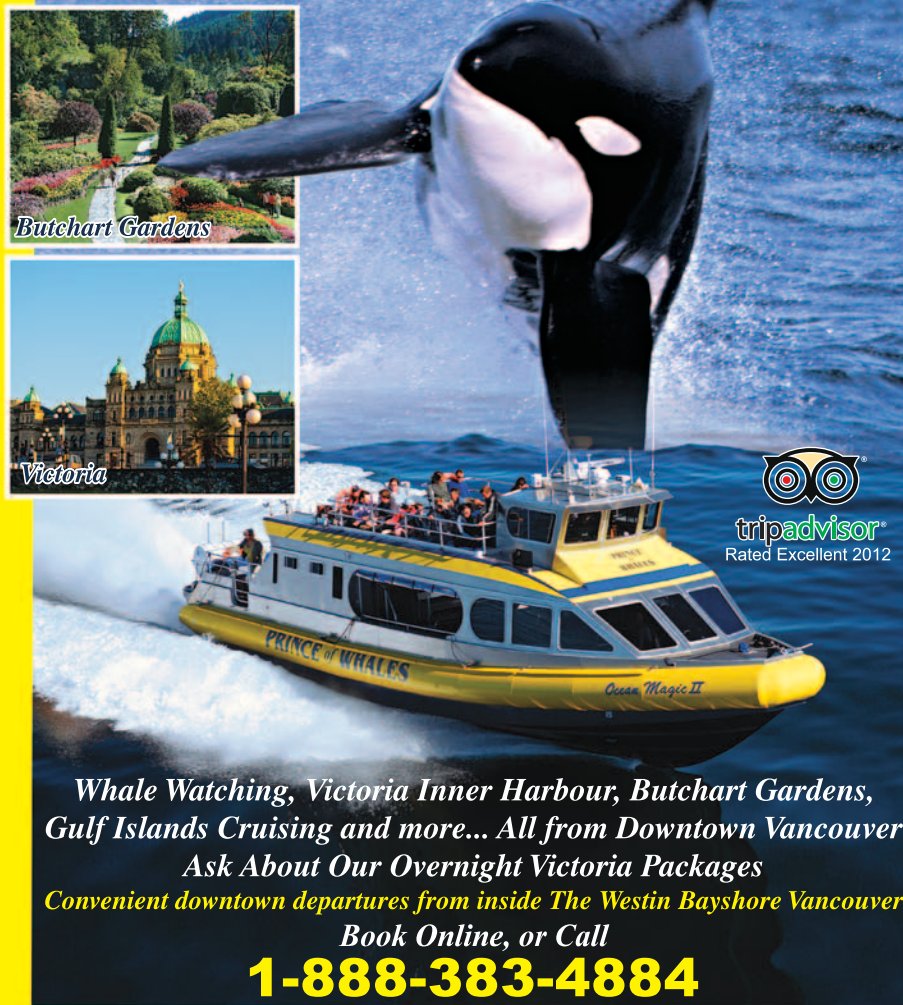
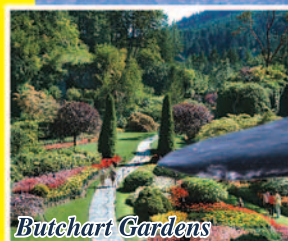
A romp in the sand on Jericho Beach, Vancouver

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