



HERITAGE OF WELLBEING

Find balance and restoration in every corner of nature-rich **Vancouver**.

VANCOUVER is a bustling metropolis, but wellness is deeply ingrained in its culture. The city's proximity to nature, situated between the majestic Coast Mountains and the glistening Pacific, inspires well-being in every sense of the word. Through movement, stillness, and nourishment, there are countless ways to restore, recharge, and find balance in this jewel of the West.

Experience the therapeutic power of nature with guided forest bathing—a custom that involves walking in the woods while mindfully engaging with your surroundings. Wander through Vancouver's ancient, moss-kissed trees and feel your mind quiet as you tune into the gentle whispers of the forest.

For a more active way to take in the scenery, cycle along the **Stanley Park Seawall**, the world's longest uninterrupted waterfront path. It extends from the Vancouver Convention Centre to Spanish Banks Park, passing important monuments including Girl in a Wetsuit and the SS Empress of Japan Figurehead. Vancouver is also a hub for yoga enthusiasts who practice outdoors in picturesque spots like Kitsilano Beach and Stanley Park.

Wellness often includes a touch of indulgence, and Vancouver's spas provide the perfect amount of gratification. At **Fairmont Spa** in the Fairmont Pacific Rim, treatments inspired by West Coast nature include a mineral bath, dry cedar sauna, and a steam room overlooking the city skyline. **Fairmont Waterfront's** exclusive Health Club is an ideal spot to unwind, while **CHI, The Spa at Shangri-La**, draws on traditional Asian healing practices.

Water lovers can paddleboard along **False Creek**, or join a sunset paddle and watch as the sun fades beneath the Granville Street bridge. Feel the invigorating benefits of a cold plunge at **English Bay**, a favorite local spot with stunning views of Lion's Gate Bridge and Stanley Park.

If you're up for a challenge, hike the **Grouse Grind**, a legendary trail leading to breathtaking alpine views. Refuel with locally sourced cuisine at one of Vancouver's many farm-to-table restaurants. **Fable Kitchen** is located on trendy 4th Avenue, while **Five Sails** serves seafood caught off the coast—along with views of the magnificent North Shore ski hills. — CASANDRA KARPIAK

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From top: Kayaking in Vancouver's Coal Harbour; a farm-fresh meal at Fable Kitchen; forest bathing in the city's Pacific Spirit Regional Park.

