

“Must stops” in the Olympic city of Vancouver

Travel Spotlight

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VANCOUVER – Olympic fever has hit the city of Vancouver. And why not? The Winter Olympic Games will take place here and in Whistler February 12 to 28, 2010 followed by the Paralympic Winter Games for athletes with disabilities March 12 to 21, 2010. Everywhere you go there is a reminder of this. It is estimated that the games will be attended by 2.3 million people and include 5,000 athletes and officials, 10,000 media and 14,000 volunteers.

Vancouver (www.tourismvancouver.com) is the largest city in the province of British Columbia. It's surrounded by water on three sides and is nestled alongside the Coast Mountain Range. Vancouver is home to spectacular natural scenery and a bustling metropolitan core, and boasts one of the mildest climates in Canada. The Greater Vancouver region is home to more than two million people in 21 municipalities, making it the third largest metropolitan area in Canada.

There is great deal to do here. “Must stops” include magnificent Stanley Park (www.vancouverparks.ca), Island (www.granvilleisland.com), Gastown, Chinatown, Yaletown, the Vancouver Aquarium Marine Centre (www.vanagua.org), Vandusen Botanical Garden (www.vandusengarden.org) and the TELUS World of Science and Science World (www.scienceworld.bc.ca). The latter is simply spectacular. Located at 1455 Quebec Street, it features hundreds of interactive exhibits in five galleries.

Science World's exhibits are designed to engage and entertain a broad spectrum of people, from toddlers to senior citizens. Special exhibits come and go here all of the time. During our visit it was Disney: The Music Behind the Magic. For a mere \$5 extra, you can enjoy an IMAX film in one of the world's largest dome screens and a sensational wrap-around digital sound system. We saw the film *The Alps*, which captures the incredible true story of a mountaineer on a personal journey to make peace with the mountain that killed his father.

In terms of dining recommendations, make sure to include Bridges (www.bridgesrestaurant.com) and the Mill Marine Bistro (www.millbistro.ca) in your planning. Located next to the public market on historic Granville Island, Bridges serves the freshest seafood Vancouver has to offer. Set near the Arts Club Theatre and Maritime Market, Bridges offers magnificent views of Vancouver's waterfront, mountains and city center. Bridges Dining Room, Bar, Bistro and outdoor dining are the quintessential summer experience in Vancouver. Served by public moorage, Aquabus and False Creek Ferries, Bridges is easily reached by the water and has hundreds of free parking stalls for automobile access. It is open daily, from 11 a.m. On the evening my party dined there, we were seated on the patio. Our party shared some appetizers: hot garlic prawns, the tuna duo and the sweet red pepper and spinach dish. We enjoyed their salad and then sampled the crab and halibut cake burger, the fresh halibut fish and chips, their signature smoked wild salmon pizza and their grilled wild BC sockeye salmon. For dessert we left room for the tiramisu, chocolate mousse cake and an ice cream sundae for the delighted child at the table.

As for the Mill, this is among the properties of 34 year old Daniel Frankel, who is already a veteran in the



Bridges Restaurant is a popular spot on beautiful Granville Island.

Vancouver hospitality business. As president, CEO and founder of the Daniel Hospitality Group, he and his management company oversee a growing number of operations, including the Stanley Park Pavilion, Stanley's Parks Bar and Grill, the Prospect Point Lookout Complex in Stanley Park, the Mill Marine Bistro and Bar, the Mill Dock, Delilah's Restaurant and Martini Bar, the Coal Harbour Café & Catering Operations and Danny's Dogs & Shakes. He built the Mill from scratch in 2003. This place truly epitomizes the west coast casual dining scene, smack on the waterfront in Coal Harbour, overlooking the north shore mountains. Try the original Mill nachos, edamame (Japanese soy beans in the pod with rock salt), a big salad, the Lotsa Lox pizza, the BC Salmon Burger and some superb pastas.

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