

North Shore

NORTH VANCOUVER | WEST VANCOUVER

Neighborhood Top Five

- ① Inching gingerly, with ever-increasing jelly legs, over the **Capilano Suspension Bridge** (p179), especially early or late in the day when few others are around.
- ② Skiing or snowboarding at **Grouse Mountain** (p185), particularly on a floodlit winter evening.
- ③ Sliding across the glassy, mountain-shadowed waters of **Deep Cove** (p186) in a kayak.
- ④ Careening down the North Shore mountain-bike trails on an **Endless Biking** (p186) tour.
- ⑤ Stuffing your face with a bulging Skookum Chief burger at **Tomahawk Restaurant** (p181).



For more detail of this area see Map p284 ➔

Lonely Planet's Top Tip

Buy a transit day pass (adult/child \$9.75/7.50), which includes travel by SeaBus, when coming from downtown. You'll be able to hit Lonsdale Quay Public Market, Capilano Suspension Bridge and Grouse Mountain without having to think about making the next bus before your ticket expires.



Best Places to Eat

- Tomahawk Restaurant (p181)
- Fraiche (p182)
- Artisan Bake Shoppe (p181)
- Savary Island Pie Company (p182)
- Salmon House on the Hill (p183)

For reviews, see p181 ➡



Best Places to Drink

- Raven (p183)
- Cafe for Contemporary Art (p183)
- Buddha-Full (p183)

For reviews, see p183 ➡



Best Places to Shop

- Lonsdale Quay Public Market (p184)
- Mountain Equipment Co-op (p184)
- Shipyards Night Market (p184)

For reviews, see p184 ➡

Explore North Shore

The North Shore area comprises North Vancouver and West Vancouver. Most visitors arrive here from downtown via the SeaBus ferry from Waterfront Station. You'll have an easy couple of hours of on-foot exploration straight off the boat: the Lonsdale Quay Public Market is just a few steps from the dock, and the waterfront on the market's eastern side has been reclaimed from its grungy shipyard past and now sports pleasant shoreline boardwalks. You'll also be well situated at the bottom of Lonsdale Ave, North Van's main thoroughfare. The avenue has loads of restaurants for when you get peckish: there are several at the waterfront end and more as you head up towards the mountains. Keep in mind this street is quite steep.

Once you're done with the market and Lower Lonsdale, hop on a bus from Lonsdale Quay. The 236 will take you to (and from) the region's two main attractions: the Capilano Suspension Bridge (about 20 minutes from the Quay) and Grouse Mountain (10 minutes further along). Grouse is the end of the line, so don't worry about getting off at the right stop. You can do both these attractions in one day: start with Capilano (before it gets too crowded) then continue on to Grouse (which you'll want to take more time for). Alternatively, both Grouse and Capilano can be accessed by free summer shuttle buses from downtown Vancouver.

For exploring West Vancouver, your best bet is catching bus 250 from downtown. It'll take you along Marine Dr, which is right in the heart of the area.

Skiers can take the good-value Cypress and Seymour shuttle buses from Lonsdale Quay during the season.

Local Life

➤ **Alternative suspension bridge** Capilano is great but the locals prefer the less-crowded Lynn Canyon Park (p179) as a gratis alternative.

➤ **Cut-price Grouse** If you're fit, hike the Grouse Grind (p179) and you'll be able to enjoy all the attractions up top as if you paid the regular Skyride fee. You'll have to pay \$10 to get back down, though.

➤ **Farmers market** Few North Vancouverites do their regular shopping at Lonsdale Quay Public Market (p184), but many drop by for its May to October farmers market.

Getting There & Away

➤ **SeaBus** From downtown's Waterfront Station, it takes just 12 minutes to reach Lonsdale Quay on the transit network's ferry service.

➤ **Bus** Lonsdale Quay has a bus terminal where services depart for North and West Vancouver. Bus 236 is key: it runs to both Capilano and Grouse Mountain.