

North Shore

Neighborhood Top Five

1 Grouse Mountain (p181) Skiing or snowboarding the winter powder with the locals or dropping by in summer for a full day of hiking, zip-lining and bear-watching.

2 Capilano Suspension Bridge Park (p181) Inching over a swaying steel-cable bridge in the heart of

the mountains, as your legs turn to jelly.

3 Deep Cove Kayak Centre (p187) Sighing deeply as you slide across the glassy, mountain-shadowed waters in a kayak, seemingly a million miles from any city.

4 Endless Biking (p187) Careening down the North Shore mountain-bike trails on an adrenaline-rush bike tour.

5 Sewell's Marina (p190) Communing with the cavorting orcas, as well as lolling seals and beady-eyed shorebirds, on a face-spraying boat tour.



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, if you're coming here 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

- Fishworks (p183)
- Meat at O'Neill's (p183)
- Burgoo Bistro (p184)
- Artisan Bake Shoppe (p183)
- Salmon House on the Hill (p184)



Best Places to Drink

- Raven (p185)
- Buddha-Full (p185)
- Queen's Cross (p185)



Best Places to Shop

- Shipyards Night Market (p185)
- Lonsdale Quay Public Market (p186)
- Mountain Equipment Co-op (p186)

Explore North Shore

The North Shore comprises North Vancouver and West Vancouver, with most visitors arriving from downtown via the 12-minute SeaBus ferry trip from Waterfront Station. The Lonsdale Quay Public Market (p186) is steps from the dock and the waterfront has been reclaimed from its grungy shipyard past and now sports pleasant shoreline boardwalks. Nearby Lonsdale Ave is North Van's main thoroughfare and is hopping with restaurants and shops.

Hop bus 236 from Lonsdale Quay: it will take you to the region's two main attractions. First is the Capilano Suspension Bridge Park (about 20 minutes from Lonsdale Quay) and next is 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: best to start with Capilano (before it gets too crowded) then continue on to Grouse (where you'll want to take more time). Alternatively, both Grouse and Capilano can be accessed by free summer shuttle buses from downtown Vancouver.

To explore West Vancouver, catch bus 250 from downtown Vancouver. It'll take you through Stanley Park, over the Lions Gate Bridge and then along Marine Dr, which is the heart of West Van. A little further out than North Van, most parks and attractions here are also readily accessible via transit.

Local Life

➤ **Alternative suspension bridge** Capilano is a huge draw for many visitors but locals prefer the smaller, less-crowded 'other bridge' at Lynn Canyon Park (p182). It's also free.

➤ **Cut-price Grouse** If you're fit you can access the attractions atop Grouse Mountain without having to pay the whole pricey gondola fee. The catch? You'll have to do it by hiking the steep, sweat-triggering Grouse Grind (p183). But you'll still have to pay the \$10 gondola fee to get back down.

➤ **Farmers market** Not many North Vancouverites do their regular shopping at Lonsdale Quay Public Market (p186), but they often drop by for the May-to-October farmers market that runs on Saturdays.

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.