

Places to Stay in Vancouver

Name	Accommodation	Location	Price (Cdn)	Notes
Century Plaza Hotel	https://www.century-plaza.com/	1015 Burrard street	~\$300	Closest hotel to our host studio, YYoga Downtown
GEC Granville Suites	https://www.gecgranvillesuites.ca/	718 Drake St.	~\$200	Some rooms have kitchenette and they have extended stay rates available. Used to be Best Western.
910 Beach Ave Hotel	http://www.910beach.com 604-609-5100	910 Beach Ave (Across False Creek)	~\$229	Previous students have enjoyed staying here
Residence Inn by Marriott	www.marriott.com/en-us/hotels/yvrdr-residence-inn-vancouver-downtown/overview/	1234 Hornby St	~\$326	Past student comment: It had a kitchen. Breakfast was included. The room was clean and spacious, free wifi, pool. Great 24-hour bakery across the street, for those inclined.
Wedgewood Hotel	https://www.wedgewoodhotel.com/	845 Hornby Street	\$300~\$400 +	A boutique 5-star offering close to the studio
YWCA	https://ywcavan.org/hotel	733 Beatty Street	~\$250	Not as cheap as they used to be, but decent.
AirBnB	www.airbnb.ca	Everywhere but can be more pricey closer to our venue and downtown	\$100~\$350	Look for the "Superhost" badge and a business license in the listing. See note below.
Samesun hostel	https://samesun.com/vancouver-hostel/	1018 Granville street	\$100~\$200	Depending upon whether you share a room or not, the rates can be quite cheap. Accommodation is from double occupancy to a dorm room with 4, 6 or 8 people.
Hostel	HI - Vancouver Downtown https://www.hihostels.com/hostels/hi-vancouver-downtown	1114 Burnaby St, Vancouver	\$75+	"Clean towels given, and breakfast is included but starts at 7.00 am"
Hostel	Pacific Spirit Hostel	University of B.C.	\$80+	Located about 25-minute drive from the studio.
Hostels	Visit https://www.hostelworld.com		\$51+	Will provide many options

Places to Eat in Vancouver

Name	Website	Location	Price	Notes
IGA Deli bar	http://www.igastoresbc.com	909 Burrard at the corner of Smythe	\$	This is a grocery store with take out, prepared food. The big advantage are: it's quick, cheap and really close by
Tractor	www.tractorfoods.com	547 Robson street and 335 Burrard Steet.	\$	Fast, reasonable prices and fairly close. Two locations to choose from depending upon where you are staying.
Whole Foods	https://www.wholefoodsmarket.com/stores/robson	3 locations: * 1675 Robson * 510 W 8 th * 2285 W 4 th	\$	Have food bar and take out foods. Organic offerings. Neither are close, but the location on Robson street is nearest but smallest. Location on West 8 th is big.
Chau Veggie Express	www.chowatchau.ca	In the Public Market at Granville Island	\$	West end of Granville Island which is a lovely tourist destination. You can get there via a wa taxi from downtown
Chick Pea	www.ilovechickpea.ca	4298 Main Street	\$	Mediterranean dishes. Nice, cheap but not close.
East is East	www.eastiseast.ca	2 locations: * 3035 W Broadway & * 4433 Main Street	\$\$	Authentic Afghan, great chai and lassis. Vegetarian offerings. Try to visit at least once! A favourite yogi hangout. Music most nights at the Main street location.
The Naam	www.thenaam.com	2724 West 4th Ave.	\$\$	All vegetarian. Many yogis love this place.
Aphrodite	www.organiccafe.ca	3598 and 3605 West 4 th Ave.	\$\$	Best pie anywhere. Across the street from Banyen Books. The pie shop is open 10-5 every day. Café across the street is open 9-3 with full menu, more choice of food there than at the pie shop.
Yaletown	This is a district in Vancouver with lots of options	Between Drake and Nelson along Mainland and Hamilton	\$\$+	Wander along these few blocks: something will attract your attention. It is about a 15 minute walk from the host YYOGA studio
Meet	https://eatmeet.ca	1165 Mainland 4288 Main St. And in Gastown	\$\$	Located in Yaletown. Vegetarian, burger, fries, bowls and more.
Shizen Ya	https://shizenya.ca/	985 Hornby	\$\$	Healthy, all organic Japanese. No MSG, and only brown rice
Turf	www.ourturf.com/pages/eat	2041 W 4th Ave.	\$\$	Good vegan and veggie food for take-out or delivery,
Salmon & Bannock	www.salmonandbannock.net	7-1128 West Broadway	\$\$\$	Only First Nations restaurant in Vancouver. Should make reservations, but worth it. (Tell them "Bernie sent us.")
Tojo's	www.tojos.com	1133 W Broadway	\$\$\$	Expensive Japanese. Tojo invented the California Roll!
Vij's	www.vijs.ca	3106 Cambie St.	\$\$\$	Best Indian restaurant in the city.
Farmer's Apprentice	www.farmersapprentice.ca	1535 W 6 th Ave.	\$\$\$\$	Great award-winning locally sourced dishes. Make a reservation – months in advance if you can.
Banyen Books	www.banyen.com	3608 West 4 th Ave	Book store and more.	Not a restaurant but a "must visit" for yogis. Across the street from Aphrodite's Pie Shop

Regarding AirBnBs

In April 2018 rules came into force in Vancouver for short-term rentals like AirBnB. If you are booking a place to stay on AirBnB you might want to inquire about the host complying with the city rules and also look for red flags.

The short-term rental must be the principal residence of the host, have the approval of the strata, if applicable, and if the space is rented to the host, the landlord must approve.

Under the new rules the host/operator of the short-term rental needs a licence and needs to show that licence number in the listing. If there is no license number shown, the risk of booking an illegal rental is higher.

It may be best to seek out a “super host”. We have had a few students arrive in Vancouver only to find that their AirBnB was unilaterally cancelled without notice. A super host would be less likely do that. Look for the super host badge in the listing of the AirBnB you are considering.

AirBnBs can be a great way to stay in a city, but please do your due diligence as there have been many bad experiences as well as some great ones.