

Places to Stay and Eat in Vancouver

Name	Accommodation	Location	Price (Cdn)	Notes
Granville Island Hotel	www.granvilleislandhotel.com	Onsite	~\$450	Discounts (10% - 15%) offered to students. Past students staying there really loved it, but felt the food was expensive.
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	From a former student: It is about 200 feet from the Hornby Aquabus. I was able to leave my apartment at 6:25 am, walk to the waterfront, board an Aquabus at 6:30-6:35 am, and be at Granville Island 3 minutes later, walking and arriving to the studio by 6:45 am.
Residence Inn by Marriott	www.marriott.com/en-us/hotels/yvrdr-residence-inn-vancouver-downtown/overview/	1234 Hornby St Bus or short cab ride or 20 minute walk to venue.	~\$326	Past student comment: It had a kitchen; grabbed food at the market on the island and go home and cook. Breakfast was included, but we had to leave for the island before it was served. Because they set it out for us early, they let us go down and take our breakfast in containers and take it with us. The room was clean and spacious, free wifi, pool. Great 24-hour bakery across the street, for those inclined.
Other Hotels	Holiday Inn Days Inn Ramada Sandman	Broadway Pender Granville St Georgia	~\$290	These four hotels are decent and within walking/water taxi distance to the venue. Check websites
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.
BNB	Kitsilano Point Beach BNB www.bbcanada.com/11033.html	1936 McNicoll Ave	\$150	Well rated BNB, about 20 minute walk. \$25 for 2 nd person.
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 20-minute drive from the studio.
Hostels	Visit https://www.hostelworld.com		\$51+	Will provide many options

Bernie & Diana recommended yogi friendly restaurants:

Name	Website	Location	Price	Notes
Tractor	www.tractorfoods.com	1903 West 4 th Ave. + many other locations	\$	Fast and close
Whole Foods		2 locations: * 510 W 8 th Ave * 2285 W 4 th Ave	\$	Have food bar and take out foods. Organic offerings. Location on West 4 th is closer but smaller. Location on West 8 th is big.
Off the Track	www.tracksbistro.ca	1363 Railspur Ave	\$	On Granville Island , good vegetarian offerings
Chick Pea	www.ilovechickpea.ca	4298 Main Street	\$	Mediterranean dishes
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 St. location.
The Naam	www.thenaam.com	2724 West 4 th 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.
Meet	https://eatmeet.ca	1165 Mainland 4288 Main St. and in Gastown	\$\$	Vegetarian, burger, fries, bowls and more.,
Alimentaria Mexicana	https://alimentariamexicana.com/	1596 Johnston Street	\$\$	On Granville Island . Not a lot of veggie option, spicy, but close by and good quality.
Shizen Ya	https://shizenya.ca/	985 Hornby (downtown) 160 - 1333 W Broadway	\$\$	Healthy, all organic Japanese. No MSG, and only brown rice (except in the sushi.)
Turf	www.ourturf.com/pages/eat	2041 W 4 th Ave.	\$\$	Good vegan and veggie food for take-out or delivery,
Delara	www.delararestaurant.ca	2272 West 4 th Ave	\$\$\$	Modern Persian cuisine. Affordable fresh and flavorful, recommended by the Michelin Guide.
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. Close to Granville Island
The Acorn	www.theacornrestaurant.ca	3995 Main St.	\$\$\$	Award-winning vegetable-forward locavore dining and bar. Best and most creative. Michelin recommended.
Yugo	www.restaurantyugo.com	4265 Main St.	\$\$\$	Fine fusion: flavors of Japan and merge them with the sophistication of French cuisine
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.

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.