

## Places to Stay and Eat in Vancouver

Name	Accommodation	Location	Price (Cdn)	Notes
Century Plaza Hotel	<a href="https://www.century-plaza.com/">https://www.century-plaza.com/</a>	1015 Burrard Street	\$350 +	Closest hotel to our host studio, YYoga Downtown
GEC Granville Suites	<a href="https://www.hotelsone.com/vancouver-hotels-ca/grand-park-hotel-suites-downtown-vancouver-ascend-hotel-collection.html">https://www.hotelsone.com/vancouver-hotels-ca/grand-park-hotel-suites-downtown-vancouver-ascend-hotel-collection.html</a>	718 Drake St. And more hotels on this link	\$500 +	Some rooms have kitchenette and they have extended stay rates available. Used to be Best Western.
Residence Inn by Marriott	<a href="http://www.marriott.com/en-us/hotels/yvrdr-residence-inn-vancouver-downtown/overview/">www.marriott.com/en-us/hotels/yvrdr-residence-inn-vancouver-downtown/overview/</a>	1234 Hornby St	\$450 +	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	<a href="https://wedgewoodhotel.com/">https://wedgewoodhotel.com/</a>	845 Hornby Street	\$600 +	A boutique 5-star offering close to the studio
Other Hotels	Holiday Inn Days Inn Ramada Sandman	Broadway Pender Granville St Georgia	\$350 +	These four hotels are decent and within walking/water taxi distance to the venue. Check websites
YWCA	<a href="https://ywcavan.org/hotel">https://ywcavan.org/hotel</a>	733 Beatty Street	~\$250	Not as cheap as they used to be, but decent.
AirBnB	<a href="http://www.airbnb.ca">www.airbnb.ca</a>	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 <a href="http://www.bbcanada.com/11033.html">www.bbcanada.com/11033.html</a>	1936 McNicoll Ave	\$150	Well rated BNB, about 20 minute walk. \$25 for 2 <sup>nd</sup> person.
Hostel	HI - Vancouver Downtown <a href="https://www.hihostels.com/hostels/hj-vancouver-downtown">https://www.hihostels.com/hostels/hj-vancouver-downtown</a>	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 <a href="https://www.hostelworld.com">https://www.hostelworld.com</a>		\$51+	Will provide many options

## Bernie & Diana recommended yogi friendly restaurants:

Name	Website	Location	Price	Notes
Tractor	<a href="http://www.tractorfoods.com">www.tractorfoods.com</a>	547 Robson St	\$	Fast, reasonable prices and fairly close. Two locations to choose from depending upon where you are staying.
IGA Deli Bar	<a href="https://www.igastoresbc.com/">https://www.igastoresbc.com/</a>	909 Burrard at Smythe St.		This is a grocery store with take-out, prepared food. The big advantage is: it's quick, affordable and really close by.
Whole Foods		1675 Robson	\$	Has food bar and take out foods.
Yaletown	This is a district close by with lots of options	Between Drake and Nelson on Mainland & Hamilton	\$\$+	Wander along these few blocks: something will attract your attention. It is about a 15-minute walk from the host YYOGA studio
Chick Pea	<a href="http://www.ilovechickpea.ca">www.ilovechickpea.ca</a>	4298 Main Street	\$	Mediterranean dishes
East is East	<a href="http://www.eastiseast.ca">www.eastiseast.ca</a>	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	<a href="http://www.thenaam.com">www.thenaam.com</a>	2724 West 4th Ave.	\$\$	All vegetarian. Many yogis love this place.
Aphrodite	<a href="http://www.organiccafe.ca">www.organiccafe.ca</a>	3598 and 3605 West 4 <sup>th</sup> 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	<a href="https://eatmeet.ca">https://eatmeet.ca</a>	1165 Mainland 4288 Main St. and in Gastown	\$\$	Vegetarian, burger, fries, bowls and more.,
Shizen Ya	<a href="https://shizenya.ca/">https://shizenya.ca/</a>	985 Hornby (downtown)	\$\$	Healthy, all organic Japanese. No MSG, and only brown rice. Close to the studio.
Turf	<a href="http://www.ourturf.com/pages/eat">www.ourturf.com/pages/eat</a>	2041 W 4th Ave.	\$\$	Good vegan and veggie food for take-out or delivery,
Delara	<a href="http://www.delararestaurant.ca">www.delararestaurant.ca</a>	2272 West 4 <sup>th</sup> Ave	\$\$\$	Modern Persian cuisine. Affordable fresh and flavorful, recommended by the Michelin Guide.
Salmon & Bannock	<a href="http://www.salmonandbannock.net">www.salmonandbannock.net</a>	7-1128 West Broadway	\$\$\$	Only First Nations restaurant in Vancouver. Should make reservations, but worth it. (Tell them "Bernie sent us.")
Tojo's	<a href="http://www.tojos.com">www.tojos.com</a>	1133 W Broadway	\$\$\$	Expensive Japanese. Tojo invented the California Roll!
Vij's	<a href="http://www.vijs.ca">www.vijs.ca</a>	3106 Cambie St.	\$\$\$	Best Indian restaurant in the city.
Farmer's Apprentice	<a href="http://www.farmersapprentice.ca">www.farmersapprentice.ca</a>	1535 W 6 <sup>th</sup> Ave.	\$\$\$\$	Great award-winning locally sourced dishes. Make a reservation – months in advance if you can. Close to Granville Island
The Acorn	<a href="http://www.theacornrestaurant.ca">www.theacornrestaurant.ca</a>	3995 Main St.	\$\$\$	Award-winning vegetable-forward locavore dining and bar. Best and most creative. Michelin recommended.
Yugo	<a href="http://www.restaurantyugo.com">www.restaurantyugo.com</a>	4265 Main St.	\$\$\$	Fine fusion: flavors of Japan and merge them with the sophistication of French cuisine
Banyen Books	<a href="http://www.banyen.com">www.banyen.com</a>	3608 West 4 <sup>th</sup> 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.