

## Sightseeing by Bike

Looking for a fitness staycation? Here are 3 bike tours you can take so you can get fit and sightsee Vancouver at the same time. If you're feeling ambitious, you can combine these tours for a long-distance, endurance-building ride!

### Stanley Park

The quintessential seawall bike ride! It's 10km, flat, and close to rental places, making it perfect for beginners. There are also bike trails that go through the inside of the park, so you can hit up some of the attractions not visible from the water. Note that it's a one-way bike path with a 15kph speed limit.

**What to see:** Keep your eyes peeled for the plaques along the route, which offer insight on Vancouver's history through Stanley Park's view!



### Sunset Beach – False Creek – Kitsilano Beach

Pedal along this seaside route to see Vancouver's beaches and urban waterfront areas. Start at Sunset Beach and continue along the path, which circles False Creek, leading you into the city. End the ride at Kitsilano Beach, where you can go for a dip, play some volleyball, or just relax and enjoy a nice sunset view.

**What to see:** Museums—Science World, Vancouver Maritime Museum, & the planetarium! Also Granville Island, which is known for its array of dining options, waterfront patios and the famous Granville Island Public Market.



### Central Valley Greenway

This popular 24 km route connects Vancouver with Burnaby and New Westminster, leading cyclists through both metropolitan neighbourhoods and scenic, natural areas. It begins at Science World and curves down through Commercial Drive, continuing along through Burnaby along Still Creek. The path leads to New Westminster, where you can stop at one of the many outdoor cafes or browse fresh produce and locally made goods from River Market at Westminster Quay.



**What to see:** Wildlife (like beavers!) at Burnaby Lake. Stop along the way to see funky, unique neighborhoods and shopping districts (like the Drive).

**Source:** "SPOTLIGHT." *5 Great Vancouver Bike Rides*. Web. 28 June 2015.

**Images (top to bottom):** <http://bikecoop.ca/2015/05/favourite-rides-stanley-park/>  
[http://www.tourbytransit.com/vancouver/things-to-do/false\\_creek\\_walking\\_tour](http://www.tourbytransit.com/vancouver/things-to-do/false_creek_walking_tour)  
<http://vancouver.ca/streets-transportation/central-valley.aspx>