

Places to Stay and Eat in Vancouver

Name	Accommodation	Location	Price (Cdn)	Notes
The Corkscrew Inn	http://www.corkscrewinn.com/home	2735 West 2nd Avenue,	\$220~300	Recommended by many guides and the Guardian as a top 10 place to stay.
Granville Island Hotel	www.granvilleislandhotel.com	2 min walk	~\$200	Discounts offered to Semperviva students. Past students staying there really loved it, but felt the food was expensive.
910 Beach Ave Hotel	http://www.910beach.com 604-609-5100	910 Beach Ave (Across False Creek)	\$109/night	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	See their website for details	1234 Hornby St Bus or short cab ride or 20 minute walk to studio.	~\$170	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 Howard Johnson Ramada	Howe Granville Granville	~\$150	These three hotels are decent and within walking/water taxi distance to the studio. Check websites
YWCA	https://ywcavan.org/hotel	733 Beatty Street	~\$80	On the cheaper side, but decent.
AirBnB	www.airbnb.ca	Everywhere	\$70 ~ \$150	Look for the "Superhost" badge and a business license in the listing.
BNB	Kitsilano Point Beach BNB www.bbcanada.com/11033.html	1936 McNicoll Ave	\$130~150	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	\$60+	"Clean towels given and breakfast is included but starts at 7.00 am"
Hostel	Pacific Spirit Hostel	University of B.C.	\$60+	Located about 20 minute drive from the studio.
Hostels	Visit https://www.hostelworld.com		\$35+	Will provide many options

Bernie & Diana recommended yogi friendly restaurants:

Name	Website	Location	Price	Notes
Tractor	www.tractorfoods.com	1903 West 4 th Ave.	\$	Fast and close
Sejuiced	www.sejuicedvancouver.com	1958 West 4 th Ave.	\$	Simple bowls and close by
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.
Chau Veggie Express	www.chowatchau.ca	In the Public Market	\$	West end of Granville Island . They also have location at 5052 Victoria Drive
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 street location.
The Naam	www.thenaam.com	2724 West 4 th Ave.	\$\$	All vegetarian. Many yogis love this place.
Aphrodite	www.organiccafe.ca	3605 West 4 th Ave.	\$\$	Best pie anywhere. Ok sandwiches and soup/salad. Across the street from Banyen Books. The pie shop is open 9-9 every day. Café across the street is open 9-3. Better food there than at the pie shop.
Heirloom	www.heirloomrestaurant.ca	1509 West 12 th ave.	\$\$	All vegan and vegetarian. Owner's name is Yogi!
Meet	www.meetonmain.com	1165 Mainland 4288 Main St.	\$\$	Vegetarian, burger and bowl style.
Edible Canada	www.ediblecanada.com	212 – 1551 Johnston Street	\$\$	On Granville Island . Not a lot of veggie options but close and good quality. 15% off for Semperviva YTT students!
Shi Zen Ya	www.shizenya.ca	985 Hornby (downtown)	\$\$	Healthy, all organic Japanese. No MSG, and only brown rice (except in the sushi.)
Rangoli	www.rangoli.ca	1488 W 11 th ave.	\$\$	Good Indian Restaurant (Operated by Vij-see below)
Turf	www.ourturf.com	2041 W 4 th Ave.	\$\$	Good vegan and veggie food
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
West Restaurant	www.westrestaurant.com	2881 Granville street	\$\$\$\$	Best fine dining in Vancouver. Ask for the vegetarian menu.
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. The rules may permit more legal AirBnB rentals but in reality there were loads of illegal ones previously which under the new rules may have disappeared or be subject to unexpected cancellations. Under the new rules the operators of the short-term rental need a licence and need to show that licence number in the listing. If you are booking a place to stay on AirBnB you might want to inquire about the host complying with the city rules.

It may be best to seek out a "Superhost" as well. We have had a few students arrive in Vancouver only to find that their AirBnB was unilaterally cancelled without notice. A superhost would never do that. Look for the superhost badge in the listing of the AirBnB you are considering.

Finally, because AirBnBs are supposed to be licensed business, they should show their business license in their listing. If there is no license number shown, the risk of getting a bad host is higher. 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.