

# Vancouver Community Sprint: A Perfect Week for Out of Towners

Welcome to Vancouver! The Salesforce Nonprofit Community Team is excited to host you for the first Canadian Community Sprint, happening in Vancouver September 10th & 11th, 2025 at [UBC's AMS Nest space](#) (the largest Student Union building in all of Canada).

On a personal note, I'm very excited to welcome you to my home, and in anticipation of many of you choosing to enjoy the splendor of British Columbia before and/or after the Sprint, I wanted to put together a "Perfect Week for Out of Towners" guide to help you get the most out of your time in Vancouver. Let me know if you have any questions, and I'll see you soon! - Cori O'Brien

[A Perfect Week in Vancouver \(at least according to Cori!\)](#)

[Vancouver Quick Facts](#)

[Iconic Sites and Attractions](#)

[Transportation Around Vancouver](#)

[Accommodation Recommendations](#)

[The AMS Nest at UBC](#)



## A Perfect Week in Vancouver (at least according to Cori!)

- **Option 1: Arrive in Vancouver to enjoy the weekend before the Sprint** (September 6th - 12th)

- **Saturday September 6th:** Book a [hotel](#) downtown, and spend a few days enjoying the many tourist sites located all around you before the Sprint. From Canada Place, to Gastown, to Granville Island, to Stanley Park, and more beaches than you can count, you won't run out of amazing places to visit - all within walking distance or a short transit/car ride. You can also enjoy the mountains in North/West Vancouver and their various gondolas, hiking trails, and nature walks. See below for [more detailed information](#) on local tourist attractions.
- **Tuesday September 9th:** Transfer [accommodation](#) to one of the UBC campus hotels or a near-by AirBnB in preparation for the Community Sprint. UBC is about 30 mins by car (surface roads - no highway), or 45 mins by transit (bus only) from downtown, so [commuting](#) in the morning and evening is absolutely possible if preferred.
  - *Note: I'm planning on organizing some type of self-funded tourist attraction for Tuesday, such as a group trip up the gondola to visit Grouse Mountain and take in the views of the Lower Mainland (weather permitting).*
- **Wednesday September 10th - Thursday September 11th:** Community Sprint! We'll be Sprinting from about 9am - 5pm each day, and will host a happy hour dinner on the 10th on the UBC campus.
- **Friday September 12th:** Spend a final day exploring Vancouver/UBC (make sure you visit the Anthropology Museum!) or head home. If you're flying out, UBC is an easy Uber/Lyft/Taxi ride to the YVR airport. [More info on local transit.](#)
- **Option 2: Arrive in Vancouver in time for the Sprint and stay the weekend afterward (September 8th - 14th)**
  - **Monday September 8th or Tuesday September 9th:** Book [accommodation](#) at one of the UBC campus hotels or a near-by AirBnB in preparation for the Community Sprint. If you have someone travelling with you or want to stay Downtown, UBC is about 30 mins by car (surface roads - no highway), or 45 mins by transit (bus only) from downtown, so [commuting](#) in the morning and evening is absolutely possible if preferred.
    - *Note: I'm planning on organizing some type of self-funded tourist attraction for Tuesday, such as a group trip up the gondola to visit Grouse Mountain and take in the views of the Lower Mainland (weather permitting)*
  - **Wednesday September 10th - Thursday September 11th:** Community Sprint! We'll be Sprinting from about 9am - 5pm each day, and will host a happy hour dinner on the 10th on the UBC campus.
  - **Friday September 12th:** Transfer to a [hotel](#) downtown, and spend a few days enjoying the many tourist sites located all around you after the Sprint. From Canada Place, to Gastown, to Granville Island, to Stanley Park, and more beaches than you can count, you won't run out of amazing places to visit - all within walking distance or a short [transit](#)/car ride. You can also enjoy the

mountains in North/West Vancouver and their various gondolas, hiking trails, and nature walks. See below for [more detailed information](#) on local tourist attractions.

- **Sunday September 14th:** Head home. If you're flying out, YVR Airport is an easy 20 min Skytrain ride (Canada Line) from downtown, or an easy 30 min Uber/Lyft/Taxi ride. [More info on local transit.](#)

## Vancouver Quick Facts

- **Weather:** September in Vancouver is often noted for having good weather before the rain becomes more frequent in October. While the hottest days are typically gone, you can still expect warm days and enjoy outdoor activities. The average high temperature in September is around 18°C (64°F), with occasional days reaching up to 25°C (77°F). There is a chance of showers, with an average of 14 days of precipitation in September.
- **History and Culture:** Gastown is the oldest area in Vancouver with cobblestone streets. The city is situated on the traditional territories of the Musqueam, Squamish, and Tsleil-Waututh Nations, and the Museum of Anthropology at the University of British Columbia (*where the Sprint is being held*) is a place to learn about Indigenous cultures and history.
- **Getting Around:** Vancouver's core is quite compact and walkable, making it easy to reach attractions downtown and in surrounding neighborhoods like Yaletown, Gastown, and Chinatown by foot. The city has a comprehensive public transportation system including buses, SkyTrains, and ferries linking different regions. Options like the SeaBus connect downtown to North Vancouver and the Aquabus or False Creek Ferries link downtown and Yaletown to False Creek destinations like Granville Island.
- **Nature and Outdoors:** Vancouver is unique for having nature and wilderness right in the city, with mountains a short drive away and temperate rainforest wilderness and beaches steps from downtown. It's considered the number one major city in Canada for hiking. Popular outdoor areas include Stanley Park, Lynn Canyon, Grouse Mountain, and Mount Seymour.
- **Key Attractions/Neighborhoods:** Must-see attractions often include Stanley Park and the Seawall, Granville Island, and Gastown. Other popular spots include Capilano Suspension Bridge, Grouse Mountain, and exploring neighborhoods like the West End and East Van.
- **Food and Drink:** Vancouver is considered a foodie paradise with a vibrant culinary scene reflecting its diverse cultures. Highlights include the Granville Island Public Market with many food merchants, numerous craft breweries particularly in the Mt Pleasant area, and top bars like The Keefer Bar in Chinatown. Vancouverites enjoy going out for brunch.
- **Day Trip Options:** Vancouver serves as a great base for day trips to places like Whistler, Victoria, Squamish, and Bowen Island.
- **Safety:** Vancouver is generally considered a safe destination for tourists, including solo and female travelers. The crime rate is lower than the national average, and major crimes are almost extinct. **The Downtown Eastside (DTES) area is noted as having high rates of drug abuse and crime, and should be avoided.**

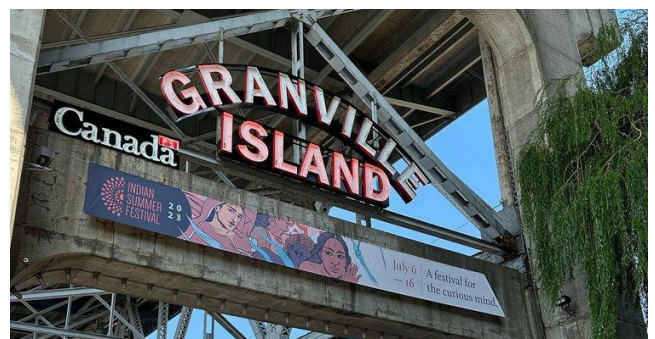
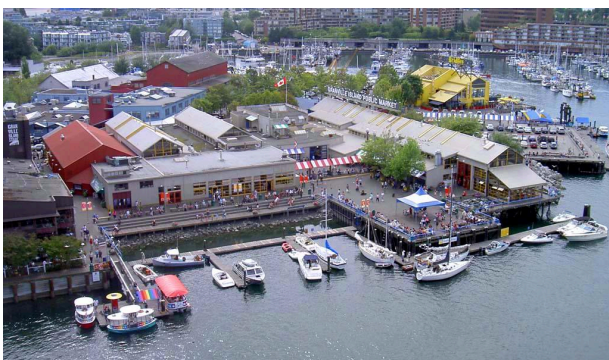


## Iconic Sites and Attractions

- **Explore Stanley Park and Bike the Seawall:** Stanley Park is Vancouver's largest and most beloved urban park, conveniently located in the heart of the city. It's often considered Vancouver's top tourist attraction. The Seawall is an iconic part of the park, and biking it is a highly recommended activity, even for locals. The Stanley Park Seawall loop is about 10 km (6 miles) and takes approximately one hour to bike at a leisurely pace. The Vancouver Seawall actually stretches much further, 28 km (17 mi) in total, from Stanley Park to Kitsilano, making it the world's longest uninterrupted waterfront path. You can walk sections of it to enjoy views of the city. While biking the Stanley Park Seawall is considered the most iconic thing to do, you can also explore the park by walking, though it's very large. Other points of interest in the park include the Totem Poles, Prospect Point, Siwash Rock, and the Vancouver Aquarium. Guided bike tours are an option if you'd like to learn about the city while riding.



- **Visit Granville Island:** No trip to Vancouver is complete without checking out Granville Island. It's a small island near downtown, accessible by boat or car. It's one of Vancouver's most popular tourist attractions, especially for first-time visitors. The **Granville Island Public Market** is a highlight, offering fresh produce, meat, fish, souvenirs, and food stalls for a tasty meal or gourmet ingredients. You can visit for lunch. Beyond the market, you can find shops, street performers, boat tours, the Kid's Markets, and Granville Island Brewing. Granville Island Brewing, founded in 1984, is considered Canada's first microbrewery and offers tours and tastings daily. A popular way to get to Granville Island is by taking the Aquabus ferry from the city center.



- **Go on a Sunset Harbour Dinner Cruise:** A sunset cruise provides spectacular views and is a relaxing way to enjoy dinner, drinks, and the magical Vancouver sunset from the water. One highly recommended experience is a sunset cruise departing near Coal Harbour, heading towards the Lions Gate Bridge and Kitsilano, offering a buffet dinner with local salmon, roast beef, and dessert. September is noted as prime weather for Vancouver's boat tours, including dinner cruises. Expect views of Stanley Park, the Lions Gate Bridge, the Coast Mountains, beaches, and the Vancouver skyline.
- **Ride in a Seaplane:** Riding in a seaplane is described as the most exciting thing one author has done in Vancouver. Seaplanes are an iconic feature of the harbor. A 20-minute Vancouver City scenic flight offers fantastic views of the city and surrounding mountains and can cost around \$187 CAD. Taking off and landing on the water is a unique experience. September, with its potential for consistent sunny skies, is the last chance to fully enjoy this activity before the rainy season.

## Nature and Outdoor Activities

- **Walk Through Lynn Canyon:** For an escape from the city hustle and a taste of nature, Lynn Canyon is highly recommended. It features a gorgeous nature walk and a beautiful suspension bridge. Visitors can wander the forest, peer down from the bridge, and enjoy the serenity. Unlike the more famous Capilano Suspension Bridge, Lynn Canyon is completely free to visit. You could easily spend an entire day here. A local tip is to go early in the morning (before 9 am) to beat the crowds, especially in summer. Public transport can be used to get to Lynn Canyon. While guided tours are available, some feel it's easy enough to get there on your own and a tour is too expensive for this activity.
- **Visit Grouse Mountain:** Grouse Mountain, known as "The Peak of Vancouver," is a popular ski hill but offers year-round activities. You can ride the Skyride (cable car) to the top for views of Vancouver and access to activities like the Wildlife Refuge (Grizzly Bears), Lumber Jack show, ziplining, ropes courses, and restaurants. If you don't want to pay for the Skyride, you can hike the Grouse Grind, a steep trail often called "Mother Nature's Stairmaster". It's a difficult hike, climbing 850 m (2,788 ft) in 2.5 km (1.5 mi). The Grouse Grind ends at the top of Grouse Mountain. Hikers are not allowed to descend via the Grind and must take the gondola down, which has a fee. September is noted as the "last chance" to hike the Grouse Grind. At the top, Altitudes Bistro has a patio with views, and The Observatory Restaurant is an upscale dinner option, but you can also pack a lunch.
- **Walk the Capilano Suspension Bridge:** Located about a 20-minute drive from downtown Vancouver, visiting Capilano Suspension Bridge is another iconic activity. The park allows exploration of forest trails, a treetop walk with hanging bridges, and a glass-floor lookout. While it's a fantastic place, the entrance fee is around \$70 CAD for adults, leading some to recommend Lynn Canyon as a free alternative. Capilano does offer a free shuttle from downtown. Unlike Lynn Canyon, Capilano limits the number of people who can enter, which is good if you're not an early riser. Buying tickets in advance is recommended. A tour combining Capilano and Grouse Mountain with other stops like the Capilano Salmon Hatchery is also available. Grouse Mountain and Capilano are only a 7-minute drive apart, making them easy to combine.



- **Get Out and Go Hiking!** Vancouver is a top city in Canada for hiking, with trails around surrounding mountains like Cypress Mountain, Grouse Mountain, and Mount Seymour. Popular hikes mentioned include Tunnel Bluffs (moderate, 6 km each way, good for sunset), the challenging Grouse Grind (steep, 2.5 km each way), St Mark's Summit (moderate, 11 km return from Cypress Ski Resort), and Mount Seymour (9 km out and back). **Important Safety Note:** Vancouver borders wilderness, and hiking unprepared can be dangerous. It's strongly recommended to take hiking seriously, not rely solely on cellphones, tell someone where you are going and when you expect to be back, and consider guided tours for safety. Some trails are safer and easier to follow than others.
- **Take the SeaBus to Lonsdale Quay** Vancouver's public transit includes the SeaBus, which provides a scenic 12-minute ride across Vancouver Harbour between Waterfront Station downtown and Lonsdale Quay in North Vancouver. It costs a regular bus fare (\$4.65 CAD/trip from Vancouver). Lonsdale Quay Market has shops and restaurants, offering views of the city skyline. You can visit the Shipyards District nearby.
- **Visit Kitsilano:** Kitsilano, known as Kits Beach, is a favorite local beach. It's also a neighborhood with trendy bars, restaurants, and shops. Visiting the beach for sunset is highly recommended, especially in summer, as locals gather there. Other activities in Kitsilano include the waterfront saltwater swimming pool (open May-September), kayaking, biking, the Kits Farmers Market, and the Maritime Museum. You can reach Kits by Uber, bus, or False Creek Ferry. September might still have some beach weather, especially early in the month, but swimming may not be recommended later on.



## City Exploration and Culture

- **Walk Around Gastown:** Gastown is Vancouver's oldest and one of its trendiest neighborhoods, known for cobblestone streets, boutique shops, cafés, and bars. You can spend a few hours exploring. The Steam Clock, a famous landmark that whistles and blows steam every 15 minutes, is a must-see. Gastown is also home to Steamworks Brewpub, known for seasonal beers. For something unique, consider the Lost Souls of Gastown Walking Tour, which explores the neighborhood at night and tells stories of its history. September's weather is great for walking tours.



- **Have a Cocktail at The Keefer Bar:** The Keefer Bar in Chinatown is noted as one of North America's best bars, offering unique cocktails. It was voted one of the top 50 bars in North America and top 3 in Canada. Reservations are highly recommended.
- **Check Out the Many Craft Breweries:** Vancouver has a booming craft beer scene with dozens of breweries. Granville Island Brewing offers tours for \$12 CAD, including a tasting flight. Steamworks Brewpub in Gastown is recommended for seasonal beers. The Mt Pleasant area behind Olympic Village is considered the heart of the brewery scene, with many breweries to explore. Port Moody also has breweries near Rocky Point Park. Guided craft beer tours are available, offering behind-the-scenes looks at multiple breweries with transportation included.
- **Visit the Vancouver Aquarium:** Located in Stanley Park, the Vancouver Aquarium has over 65,000 aquatic creatures. It's a conservation project involved in animal rescue, research, and education. They have banned the captivity of dolphins and whales. Admission starts from \$42 CAD when purchased online in advance. Booking tickets in advance is recommended due to busyness.
- **Vancouver City Sightseeing Tour:** If you have limited time, a sightseeing tour can be a great way to see the city's highlights. Recommended tours include driving tours that visit



places like Granville Island, Gastown, Chinatown, and Stanley Park. A specific 5-hour small-group tour with hotel pick-up is mentioned. While you can explore using public transport, a tour provides a local guide and saves planning time. Consider a Hop on Hop Off bus trip, which takes you to major areas like Granville Island, Gastown, Chinatown, and Stanley Park. September is your last chance for these buses before the fall/winter season.

- **Explore Vancouver Chinatown:** Vancouver's Chinatown is the third largest in North America and features historic sites, shops, and restaurants. Attractions include the Chinatown Millennium Gate and Sun Yat-Sen Park (a free alternative to the paid Dr. Sun Yat-Sen Classical Chinese Garden). Recommended restaurants include Phnom Penh, Ramen Butcher, and Sai Woo.



- **Photograph the Murals of East Vancouver:** Explore the street art, particularly in the Mount Pleasant neighborhood on Main Street between 4th and 14th Avenue. An interactive map of murals from the Vancouver Mural Festival is available.



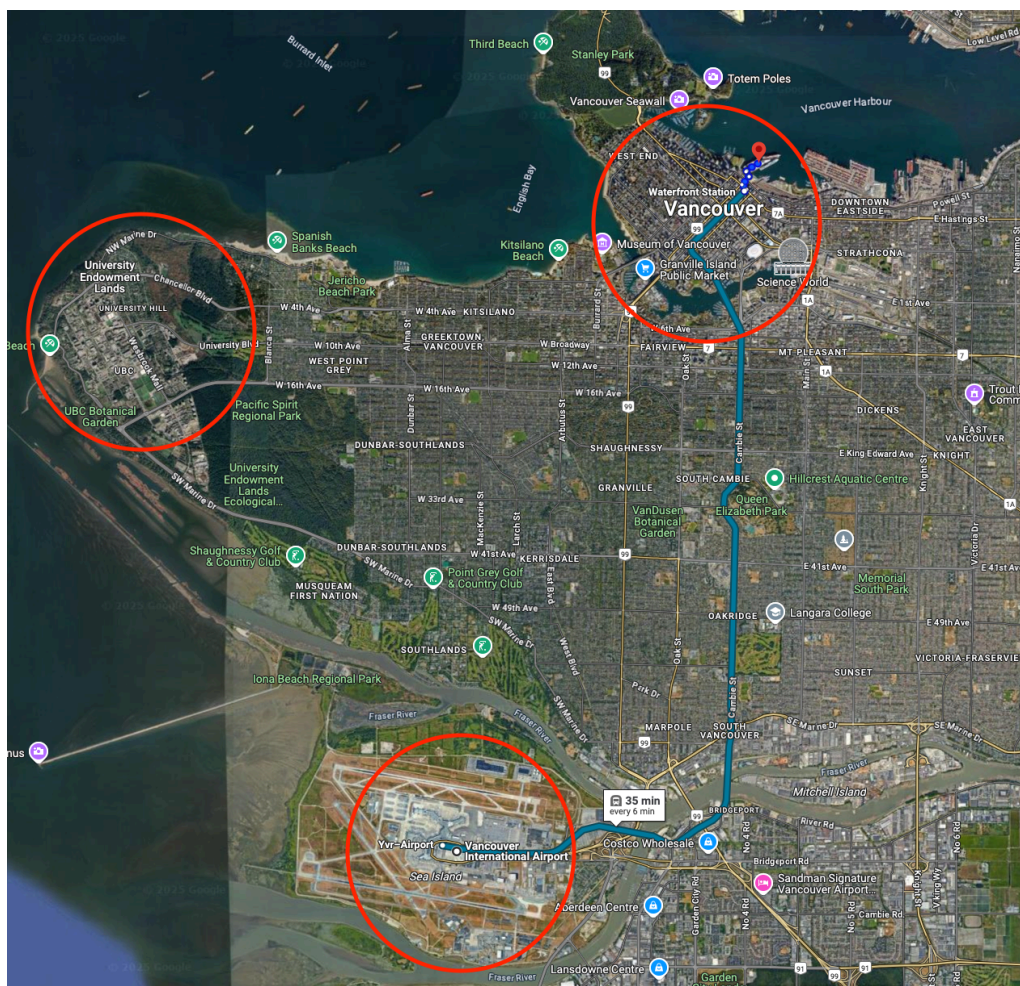


## September 2025 Specific Events (within Sept 6-14)

- **Vancouver Fringe Festival**: The Vancouver Fringe Festival, described as the best arts festival in the city, is scheduled for September 4-14, 2025. Located at Granville Island, it features over 700 performances, offering discounted tickets.
- **The Great Outdoors Comedy Festival**: September 12th - 14th, Vancouver's Stanley Park. Enjoy live comedy in the great outdoors! Don't miss seeing some of today's top comedians with nature's backdrop in cities across North America. Prepare for an evening packed full of side-splitting entertainment from the moment you walk in the gates; with local entertainment, food trucks, cold drinks and other festival surprises along the way.
- **Car Free Day Vancouver**: This series of block parties leaves city streets to pedestrians and cyclists, offering live music, performances, markets, and food stalls. Commercial Drive's day is September 6th, and Main Street is September 14th (both streets are located in East Vancouver *(not to be confused with the Downtown East Side)*).
- **Sporting Events**: The Vancouver Whitecaps (MLS soccer) have a game against Philadelphia on September 13th, 2025. No Hockey and no BC Lions home games.

## Transportation Around Vancouver

Vancouver has several options for getting around between the three areas you'll likely be.



- **Public Transportation:** The [TransLink](#) system includes the SkyTrain (three automated rail lines, including one from the airport), buses (with faster RapidBus and B-Line routes), and the SeaBus ferry. A single trip costs \$3.20 CAD, and a day pass is \$11.50 CAD. Public transit is limited overnight.
- **Aquabus and False Creek Ferries:** These small boats visit locations in the harbor, particularly around False Creek and Granville Island. They are both a transport method and a fun activity.
- **Taxis and Rideshares:** Taxis, Uber, and Lyft are available, good for downtown but potentially pricey for longer distances.
- **Driving:** Renting a car is best for exploring outside downtown or for hiking, but downtown traffic can be busy and parking expensive. Car share services like Modo or Evo are an option for short-term rentals with included parking.
- **Walking and Biking:** Downtown Vancouver is very walkable, and biking is popular with dedicated bike lanes. Bike rentals are available.

## Accommodation Recommendations

Unless your heart is set on staying Downtown during the Sprint, for ease of the commute, I'd recommend booking a hotel option within the UBC campus, or booking an AirBnB near campus (which could be a great way to buddy up with another community member)! You can always stay downtown before and/or after the Sprint as I recommend in my trip itinerary options above.

**AMS Nest address:** 6133 University Blvd, Vancouver, BC V6T 1Z1

On [Campus hotel](#) (less than 10 min walk to the Nest): This is where Cori and Lizzy have booked their hotel.

- **[West Coast Suites:](#)** Described as a premium UBC hotel offering hotel amenities and suites with the comforts of home at an affordable nightly rate. **Remember, prices are shown in Canadian dollars!** It is located at 5961 Student Union Boulevard on the scenic UBC Vancouver campus and is open year-round. Accessible suites are available. There are two types of rooms available, in buildings next door to each other:
  - **West Coast Suite:** Contemporary private one bedroom suite with king bed in bedroom and queen sofa bed in living room. **Sleeps up to four people.** Kitchen equipped with stove top, dishwasher, microwave and bar fridge. Washroom with shower (bathtub on request), complimentary high-speed Wi-Fi, and LCD TV. Suite has air conditioning during the summer months.
  - **Signature Studio:** Premium private studio room with queen bed, fully equipped kitchen with appliances, and washroom with shower (no bathtub). Superior bathroom and kitchenette finishes. Complimentary high-speed Wi-Fi and LCD TV. **Sleeps up to two people (in one bed).** Suite has air conditioning during the summer months.

Local AirBnB or VRBO close to UBC, and outlying areas:

- [AirBnB](#) and [VRBO](#) are great local alternatives to the on-campus hotel. Areas to consider:
  - Alma, Dunbar, Kitsilano, West Point Grey etc.
- **Staying Vancouver Downtown:** There are loads of hotels in Downtown Vancouver, though they can still be pricey in September as it's considered the end of Summer and one of the most popular times to visit Vancouver. If you opt to stay downtown for a portion or all of your stay, avoid the Downtown Eastside (DTES). The main hotel areas are along Granville St, Burrard St, Georgia St., the stadium area near BC Place and Rogers Arena, Robson St., Gastown, and along the waterfront near Canada Place and Coal Harbour (closer to Stanley Park). Some of my faves (and often more reasonably priced) are below, but anything in and around this part of Downtown will be great:
  - [Metropolitan Hotel Vancouver](#)
  - [Hyatt Regency Vancouver](#)
  - [EXchange Hotel Vancouver](#)
- **Staying in Richmond (close to the Airport):** Staying further away in places like Richmond might offer less expensive hotels, but they will be a bit less convenient to get to UBC or downtown.

## The AMS Nest at UBC

We're excited to host the Community Sprint in the Great Hall of the AMS Student Nest building, which is the largest Student Union building in Canada.

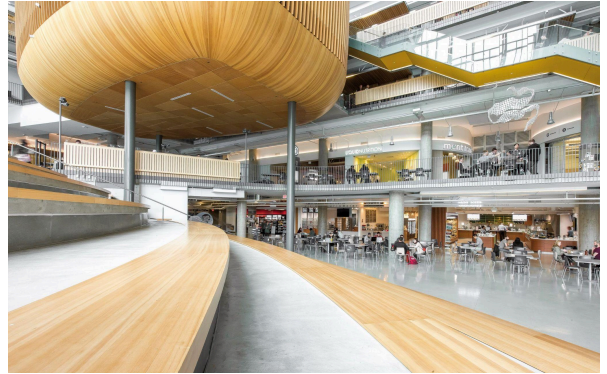
Located at 6133 University Blvd on the UBC Vancouver Campus, the Nest is a 4-floor hub designed specifically for student life, offering 250,000 sq. ft of food options, drink options, study spaces, lounge spaces, clubs, events and more. Replacing the original Student Union Building in 2015, the Nest was designed with a major focus on sustainability, aiming for LEED+ Platinum certification through features like passive air conditioning, greywater recycling, and rainwater collection.

The UBC campus itself is situated on the unceded traditional territories of the xʷməθkʷəy̓əm (Musqueam), Sk̓w̓x̓wú7mesh (Squamish), and səliłwətał (Tsleil-Waututh) Nations, located at the westernmost point of Vancouver and overlooking the Strait of Georgia.

There are nearby hotels, places to eat, and beautiful sites to see such as the not to be missed Rose Garden, and the outstanding Museum of Anthropology (MOA). The MOA is housed in a stunning glass and concrete building designed by Arthur Erickson and holds one of the finest displays of First Nations art globally, including the world's largest collection of works by Haida artist Bill Reid.







See you in Vancouver!