



Explore CANADA



SONJA'S AND PAULINE'S TRAVEL GUIDE

3 Months in Victoria



HEY THERE!



This is us, Sonja and Pauline from Germany.

As part of our studies back home we did our three months internship at the Centre for Global Studies at UVic.

After two years of Covid we took the chance to travel around a lot to see as many things and places around Victoria as possible.

Because we enjoyed our time so much we want to share our experiences with you.

Most of our trips were over weekends, we inserted our exact travel dates so you can estimate how much time you might need.

This booklet combines our favorite things to do and some tips and advice we learned.

Enjoy your time, good things are waiting for you!

Cheers,
Sonja and Pauline

We cut some short videos on our adventures. Watch them here:



Explore VICTORIA

THINGS TO DO IN VICTORIA

Nature

Mount Tolmie, Mount Douglas
Thetis Lake Regional Park
Cadboro Bay, Willows Beach, Spiral Beach
Beacon Hill Park, Uplands Park, Fishermans Wharf
Clover Point, Odgen Point, Cattle Point, Finlayson Point

Activities

Mayfair Mall
Butchart Gardens
Downtown, Oak Bay, James Bay
Royal BC Museum, Miniature World
Cinecenta Cinema on Campus
Zodiac Whale Watching Tour with Prince of Whales

Food

Pagliacci's
Bart & Banker Pub
Royal Spice Fine Indian Cuisine
Willows Galley Fish n Chips
Frankies Diner
Thai Lemongrass Restaurant, Sookjai Thai Kitchen, Bon Sushi





Explore VANCOUVER ISLAND

DAYTRIPS AROUND VICTORIA



Salt Spring Island Market Apr 2nd

Go there by ferry: Swartz Bay to Fulford Harbor
Have a look at the bus schedule on Salt Spring before you go
Market is every Saturday from April to October



East Sooke Regional Park Mar 6th

Rainforest Tours: Guided Aylard Farm Half Day Tour
Or go on your own: Different routes and different lengths
Better be early because of limited parking space



Mystic Beach & China Beach May 18th

Part of the Juan de Fuca Trail
Sometimes there might be closures, check before you go



BC Ferries



Enterprise Car Rental Victoria, Cruise Port Offsite



Explore VANCOUVER ISLAND

WEEKEND TRIP TO NANAIMO

Mar 19th - Mar 20th



Beautiful Spots

Rathtrevor Beach
Cathedral Grove
Hole in the Wall
Goldstream Provincial Park



Activities

Malahat Skywalk
Whippletree Junction
Coombs Village

TIPS

Keep your eyes open when you are on the Malahat Skywalk. You might be lucky to see whales and bald eagles.



Food

Old Town Bakery Ladysmith
Jalapenos Mexican Restaurant Nanaimo
Cuckoo Trattoria and Pizzeria Coombs
Goats on the Roof: Candied Salmon



Departure Bay Motel Nanaimo



Enterprise Car Rental Victoria, Cruise Port Offsite

Explore VANCOUVER ISLAND

WEEKEND TRIP TO TOFINO

Mar 25th - Mar 27th



Beautiful Spots

Chesterman Beach
Cox Bay
Long Beach
Kennedy River

Activities

Tofino Village
Rainforest Trail
Conso Plane Crash Hike
Lighthouse Loop Wild Pacific Trail

Food

Shelter Tofino
Shed Tofino
Chocolate Ice Cream
Tacofino
Cedar Grill Ucluelet

TIPS

When visiting Pacific Rim National Park Reserve each visitor is required to have a valid National Park Entry Pass.

Depending on how long you stay and if you plan on going to more than one Canadian National Park it could be cheaper to buy the 'Discovery Pass'.



Dancing Cedars Private Room via Airbnb



Enterprise Car Rental Victoria, Cruise Port Offsite

Explore VANCOUVER

WEEKEND IN VANCOUVER

Feb 18th - Feb 20th, Apr 17th

Downtown

Gastown
Canada Place
Science World
CF Pacific Centre

Nature

English Bay Beach
Sunset Beach Park
Stanley Park

Food

Cactus Club Café Bentall 5.

TIPS

The easiest way for getting around in Vancouver is by bus, skytrain, or uber/lyft. Especially for the way from downtown to the Tsawwassen Ferry Terminal, uber/lyft is the easiest option.

You should always have the exact amounts, as no change is available on the bus. Usually, paying by credit card is also available on the bus.



Samesun Hostel Vancouver



Holiday Inn Express Airport



Best Western Plus Airport

Explore SEATTLE

WEEKEND IN SEATTLE

Apr 22nd - Apr 25th

Viewpoints

Space Needle
Kerry Park Viewpoint
Colombian Centre 73rd floor

Activities

MoPOP Museum
Gum Wall
Pike Place Market
Alki Beach

Food

Salty's on Alki Beach
Portage Pay Café SLU
Jack's BBQ SLU

TIPS

Even though there are flights, the easiest way to get to Seattle is by ferry, which takes only about 3 hours from downtown to downtown. The 'Clipper Vacations Ferry' runs only mid of April til end of December.

Apply for your ESTA before travelling to Seattle.



HI Hostel Seattle at the American Hotel



FRS Clipper Vacation Ferry

Explore THE ROCKY MOUNTAINS

Apr 9th - Apr 16th



YVR to YYC
Flair Airlines



TIP: ICEFIELDS PARKWAY



TIP: BOW VALLEY PARKWAY



JASPER

2 nights

Jasper Village
Pyramid Island
Old Fort Point Loop
Maligne Lake
Maligne Canyon
Food: Downstream



LAKE LOUISE

2 nights

Lake Louise Loop
Scenic Snowshoe Tour at
Lake Louise Ski Resort



BANFF

2 nights

Banff Village
Lake Minnewanka
Banff Gondola/Sulphur Mountain
Bow Falls Viewpoint
Surprise Corner Viewpoint
Food: Beavertails

TIP

Drive the Scenic Parkways instead of the Highways. On your ride, take your time, there are many beautiful spots and highlights along the Parkways.



CALGARY

1 night



Peace Bridge
Centre Street Bridge
Calgary Tower
Crescent Heights Lookout Point
Mt. Pleasant View Point
Food: Vegan Street Kitchen & Lounge, Alforno Bakery & Café



Wicked Hostel Calgary



Samesun Hostel Banff



HI Lake Louise Hostel Alpine Centre



Mount Robson Inn Jasper