Explore CANADA

SONJA'S AND PAULINE'S TRAVEL GUIDE

3 Months in Victoria
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
Explore Victoria

Things to Do in Victoria

Nature
Mount Tolmie, Mount Douglas
Thetis Lake Regional Park
Cadbora 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
Rathrevor 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
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.
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.
**Explore THE ROCKY MOUNTAINS**
Apr 9th - Apr 16th

**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.

**TIP: ICEFIELDS PARKWAY**

**TIP: BOW VALLEY PARKWAY**

**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

***YVR to YYC***
Flair Airlines

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**Wicked Hostel Calgary**
Samesun Hostel Banff
HI Lake Louise Hostel Alpine Centre
Mount Robson Inn Jasper