

# ACTIVITIES AND TOURS

Register in advance to secure your spots!  
Space is limited and availability onsite is not guaranteed.  
The per person price is the same for all registrants regardless of age.

Cancellation Policy: To receive a full refund, cancellations of tours and activities must be received by the IADC office in writing on or before **Wednesday, June 5, 2024**.  
Cancellations after this date cannot be refunded unless we are able to fill your spot.

If you have questions regarding registration or to be put on a waitlist for tours and activities that are full, please email Maddie Pangyarihan, Meetings Coordinator, at [mpangyarihan@iadclaw.org](mailto:mpangyarihan@iadclaw.org).

## TOURS AND ACTIVITIES OFFERED BY DAY:

Sunday, July 7	Monday, July 8	Tuesday, July 9	Wednesday, July 10
<ul style="list-style-type: none"> <li>• Morning Run</li> <li>• Morning "Coffee Run" Walk</li> <li>• Vancouver Discovery Tour (\$)</li> <li>• Craft Brewery Tour (\$)</li> <li>• Family Games</li> </ul>	<ul style="list-style-type: none"> <li>• Morning Run</li> <li>• Morning "Coffee Run" Walk</li> <li>• Yoga (\$)</li> <li>• Afternoon Tea Social (\$)</li> <li>• Voyageur Canoeing in Vancouver Harbour (\$)</li> <li>• The Empowerment Collaborative Activity (\$)</li> <li>• Tennis in the Park</li> </ul>	<ul style="list-style-type: none"> <li>• Morning Run</li> <li>• Morning "Coffee Run" Walk</li> <li>• Book Review</li> <li>• Granville Island Market Tasting Tour (\$)</li> <li>• Whale Watching Tour (\$)</li> <li>• Dine-Around (\$)</li> </ul>	<ul style="list-style-type: none"> <li>• Morning Run</li> <li>• Morning "Coffee Run" Walk</li> <li>• Taste of Tai Chi (\$)</li> <li>• Craft Brewery Tour (\$)</li> <li>• Junior Kids Night In (\$)</li> <li>• Senior Kids Dinner (\$)</li> </ul>

### Morning Run and Morning "Coffee Run" Walk

**Sunday, July 7 to Wednesday, July 10, 6:00 a.m. (Runs), 7:30 a.m. (Walks)**

Get your blood pumping, get moving, and get to know fellow attendees at these IADC morning runs and walks. *The Morning Runs and Morning Walks are complimentary for registered attendees and sign-ups are not required. The Walks will go to different nearby coffee shops each morning.*

### Vancouver Discovery Tour

**Sunday, July 7, 1:00 p.m. - 5:00 p.m.**

Highlighting Vancouver's supernatural beauty, this whirlwind adventure tour hits all the right notes. From Stanley Park's 1,000 acres of old-growth rainforest to Canada's largest Chinatown, a knowledgeable guide will share the city's rich history. With stops at storied Gastown and thriving Granville Island, guests will enjoy a dynamic metropolis brimming with diversity set amidst an abundance of natural scenery.

*The registration fee is \$75 USD per person and includes round-trip transportation, guides, and an exclusive charter experience.*





### Craft Brewery Tour

**Sunday, July 7 and Wednesday, July 10, 1:00 p.m. - 4:30 p.m.**

Embark on an afternoon tour of Vancouver's thriving craft brewery scene. While the Pacific Northwest has always had a large brewery industry, there has been a switch recently to a new phenomenon - small, independent craft breweries putting out what is undeniably some of the best product in the world.

Centered around Vancouver's Mount Pleasant neighborhood, historically known as Brewery Creek, guests will meet with the brewmasters or proprietors of the breweries, sample their product, and learn about their craft.

*The registration fee is \$125 USD per person and includes round-trip transportation, a guide, and tastings at three breweries.*

**Important:** The minimum age to participate is 19 years old.

### Family "Olympic" Games

**Sunday, July 7, 2:00 p.m. - 4:00 p.m.**

Join other IADC families in Vancouver, host of the 2010 Winter Olympics, for some friendly competition at the IADC Family "Olympic" Games. All registered attendees are invited to participate in these group games. Come join the fun and may the best team win!

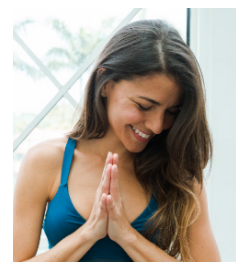
Join us for the FIRST EVER IADC SQUISHMALLOW EXCHANGE in Vancouver. These huggable companions are supersoft plushes bursting with personality and just the right amount of squish. There are more than 1,000 different Squishmallows released in squads like fruits, animals, and characters all with their own unique names and stories. Bring a small-sized Squishmallow to Waddington 30 minutes before Family Games begins to meet other members of the IADC Squishmallow community for an exchange of these adorable collectibles for the kids and the kids at heart.

### Yoga

**Monday, July 8, 9:00 a.m. - 10:00 a.m.**

Explore yoga alignment, breathing, and heightened self-awareness through a full range of poses. Yoga is great for beginners and experienced yogis alike.

*The registration fee is \$20 USD per person and includes yoga equipment and instruction.*



### Afternoon Tea Social

**Monday, July 8, 1:00 p.m. - 2:30 p.m.**

A longstanding tradition at Fairmont Hotel Vancouver, afternoon tea is elevated to an art form. Experience the most distinctive twist on afternoon tea in Vancouver with a summer-themed menu yet to be unveiled. Enjoy delicious pastries and savory creations paired with unique loose-leaf teas.

*The registration fee is \$75 USD per person for a private tea service. Alcoholic beverages are not included in this registration fee but can be ordered a la carte at the participant's expense.*

## Voyageur Canoeing in Vancouver Harbour

**Monday, July 8, 1:00 p.m. - 4:00 p.m.**

Big canoes are a powerful symbol of life as a never-ending adventure involving exploration, challenge, and learning. Guests will step into a replica of an 18th century Voyageur canoe, paddle in hand, and experience the thrill of working in tandem with their fellow paddlers in this guided historical trip along the shorelines of Vancouver. Along the way, guests will learn the history of the local fur trade and the unique marine life of the Northwest Pacific fjords.



*The registration fee is \$165 USD per person and includes round-trip transportation and a guided two-hour canoe trip in Vancouver Harbour.*

Important: Any registrant needs to be able to paddle the canoe. The recommended minimum age to participate is 7 years old.

## The Empowerment Collaborative Activity: Write On: (Re)discovering Your Inner Voice Through Creative Writing

**Monday, July 8, 3:00 p.m. - 4:30 p.m.**

The group will gather to talk about the benefits of creative writing to enhance self-knowledge, self-awareness, and self-confidence including how creative writing can enhance your legal writing skills, improve your mental health, and provide a creative outlet. You will hear from published authors within the IADC community about their personal experiences creating books.

*The registration fee is \$25 USD per person and includes refreshments and a journal to use during the activity and for you to take home.*

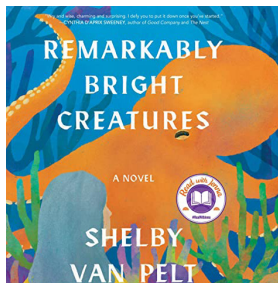
*\*The purpose of The Empowerment Collaborative (TEC) is to provide specialized support through the Diversity, Equity, Inclusion and Belonging Committee to enhance the development of skills, professionalism, and camaraderie of IADC's women members in order to further facilitate their continued personal and professional success. TEC events are open to everyone.*



## Tennis in the Park

**Monday, July 8, Afternoon**

While the IADC is not offering a Tennis Mixer or Tournament at this meeting, there will still be opportunities to play tennis with your fellow IADC attendees. Our Tennis Chairs will be reaching out to all meeting attendees with an invitation to get together at one of the many parks in Vancouver for a casual (or as competitive as you like) afternoon of play. Make sure to bring your racket...*game, set, match!*



## Book Review: *Remarkably Bright Creatures* By Shelby Van Pelt

**Tuesday, July 9, 10:00 a.m. - 11:30 a.m.**

*Remarkably Bright Creatures*, an exploration of friendship, reckoning, and hope, begins after Tova Sullivan's husband died and she began working the night shift at the Sowell Bay Aquarium, mopping floors and tidying up. Keeping busy has always helped her cope, which she's been doing since her eighteen-year-old son, Erik, mysteriously vanished on a boat in Puget Sound more than thirty years ago. Tova becomes acquainted with curmudgeonly Marcellus, a giant Pacific octopus living at the aquarium. Marcellus knows more than anyone can imagine but wouldn't dream of lifting one of his eight arms for his human captors—until he forms a remarkable friendship with Tova. Ever the detective, Marcellus deduces what happened the night Tova's son disappeared. And now Marcellus must use every trick his old invertebrate body can muster to unearth the truth for her before it's too late. Shelby Van Pelt's debut novel is a gentle reminder that sometimes taking a hard look at the past can help uncover a future that once felt impossible.

Join our Book Review Chair for what is sure to be not only an interesting conversation but an inspirational one.

*Plan a visit to the Vancouver Aquarium with other Book Review participants to see a giant Pacific octopus in person – they have two!*

## Granville Island Market Tasting Tour

**Tuesday, July 9, 12:30 p.m. - 4:45 p.m.**

A delightful cornucopia of sights and smells, Granville Island Public Market is brimming with fresh produce, meats, cheeses, charcuterie, seafood, and much more. Guests will explore this area with an experienced culinary guide and gain an intimate knowledge of Vancouver's food culture, stopping along the way to sample some of the delights available throughout the market. This foodie adventure focuses on vendors that are unique to BC, including local artisans only found on Granville Island. Find out why this local ecosystem is one of the most bountiful in the world!



*The registration fee is \$225 USD per person and includes round-trip transportation, a guided tour of the market and tastings of regional foods, and leisure time to explore other areas of the island.*

## Whale Watching Tour

**Tuesday, July 9, 2:00 p.m. - 7:30 p.m.**

Experience the majesty of the Salish Sea and its wildlife, from whales surfacing in unison to bald eagles soaring overhead. Explore the Strait of Georgia's and Howe Sound's currents in search of orcas and humpback whales, and listen to our marine mammal experts bring the animals' stories to life on this 3 to 5 hour tour. The quintessential whale watching experience for every adventurer.

*The registration fee is \$175 USD per person and includes a fully guided whale watching tour, a photo package, and complimentary hot cocoa, tea, and coffee.*

Important Details: It is recommended to wear windbreaker jackets, sweaters, long pants, and closed-toe shoes. It's also a good idea to bring sunglasses, sunscreen, a tight-fitting hat, a camera, and binoculars to capture memorable moments. Onboard snacks are available for purchase. There is a water bottle filling station so bring along your reusable water bottle.

## Dine-Around

### Tuesday, July 9, Various Times

The IADC invites attendees to dine together at some of Vancouver's best restaurants. A list of participating restaurants and sign-up sheets will be available after the Opening Session onsite at the IADC Registration Desk. We will also plan to have family-friendly restaurant options as well. Spots will be filled on a first come, first served basis. All costs associated with dinner, as well as transportation to/from the restaurants, will be the attendee's responsibility.

## Taste of Tai Chi

### Wednesday, July 10, 9:30 a.m. - 10:30 a.m.

The ancient martial art of Tai Chi involves a series of gentle movements and stretches that are designed to improve balance and coordination and relieve stress. This is perfect for all ages and fitness levels. This activity takes place outdoors at the nearby *Dr. Sun Yat-Sen Classical Chinese Garden*. Attendees will be responsible for transportation to and from the garden (7 min. drive/20 min. walk). The listed time is for the full 60-minute class.

*The registration fee is \$20 USD per person and includes instruction from a qualified Tai Chi master.*



## Junior Kids Night In at the Fairmont Hotel Vancouver (5-12 Years Old)

### Wednesday, July 10, 6:30 p.m. - 11:00 p.m.

Join other IADC Junior Kids at this evening event onsite at the Fairmont Hotel Vancouver.

*The registration fee is \$125 USD per child and includes chaperones, all activities (i.e. arts and crafts, toys, a giant screen for movie watching), dinner with beverages, and more!*

(PLEASE NOTE: 12-year-olds have the option to register for the Junior Kids event or the Senior Kids event.)

## Senior Kids Dinner at the Fairmont Hotel Vancouver (13-18 Years Old)

### Wednesday, July 10, 6:30 p.m. - 9:00 p.m.

Join other IADC Senior Kids at this evening event onsite at the Fairmont Hotel Vancouver.

*The registration fee is \$125 USD per child and includes chaperones and dinner. All Senior Kids may join their parents at the Gala at 9:00 p.m. for dancing.*

(PLEASE NOTE: 12-year-olds have the option to register for the Junior Kids event or the Senior Kids event.)

## Popular Tours and Sights in Vancouver

The below sights are great for afternoon activities for families or solos!

### Grouse Mountain

[www.grousemountain.com](http://www.grousemountain.com)

This is a short drive from downtown Vancouver but a must-see for kids! Visit the Grizzly Bear Refuge, Birds in Motion Show, Park Ranger Talks, a Lumberjack Show, or nature walks. This is all after taking North America's largest aerial tramway system 2,800 feet up to the peak of the mountain.



Admission prices vary by age and there are family tickets available.

There is a \*free\* round-trip shuttle that leaves from Canada Place (15 min. walk from the hotel) that takes you directly to Grouse Mountain. The shuttle runs daily from 9:00 a.m. - 6:00 p.m. and departs approximately every 30 minutes. *Note: You need to show your tickets to Grouse Mountain to board the shuttle.*

### The Grouse Grind®

For avid hikers, the [The Grouse Grind®](#) is a 2.5-kilometer trail up the face of Grouse Mountain, commonly referred to as "Mother Nature's Stairmaster."

*\*You will need to purchase a ticket to take the Skyride down the mountain as downhill hiking is not permitted.*



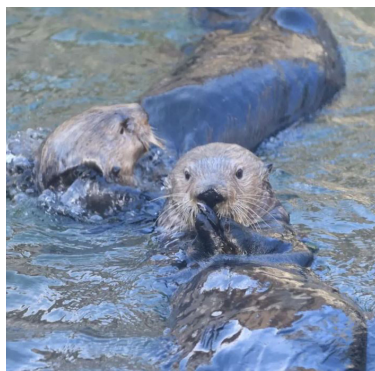
### Capilano Suspension Bridge Park

[www.capbridge.com](http://www.capbridge.com)

Discover a world of stunning natural beauty, fascinating history, and family-friendly activities. Cross the legendary suspension bridge, walk through a rainforest canopy, experience an adrenaline-pumping walk above the canyon with Cliffwalk, and so much more! There's a reason Capilano Suspension Bridge Park is one of BC's most popular attractions.

This park is great for kids and adults alike. Admission prices vary by age.

There is a \*free\* round-trip shuttle that leaves from Canada Place (15 min. walk from the hotel) that takes you directly to Capilano Suspension Bridge Park. The shuttle runs daily from 9:00 a.m. - 6:00 p.m. and departs approximately every 30 minutes. *Note: You need to show your tickets to Capilano Suspension Bridge Park to board the shuttle.*



## The Vancouver Aquarium

[www.vanaqua.org](http://www.vanaqua.org)

The Vancouver Aquarium is located within Stanley Park and is one of Vancouver's top tourist attractions and is the site of so many great childhood memories.

The 58,000 animals here get to live in 166 displays at Canada's first Coastal America Learning Center, which is a sought-after designation by the US Environmental Protection Agency.

With more than 30 exhibits ranging from the Tropics to the Arctic, a full-sensory experience awaits you. *Read our Book Review selection and come visit Vancouver's own giant Pacific octopus!*

## Stanley Park

[www.vancouver.ca/parks-recreation-culture/stanley-park.aspx](http://www.vancouver.ca/parks-recreation-culture/stanley-park.aspx)

Visit Vancouver's first, largest, and most beloved urban park! Stanley Park is a magnificent green oasis in the midst of the urban landscape of Vancouver. Explore the 400-hectare natural West Coast rainforest and enjoy scenic views of water, mountains, sky, and majestic trees along Stanley Park's famous Seawall. Discover kilometers of trails, beautiful beaches, local wildlife, great eats, natural, cultural, and historical landmarks, along with many other adventures. The park offers a wide range of unforgettable experiences for all ages and interests.

Vancouver parks are open from 6:00 a.m. to 10:00 p.m. unless otherwise posted, and access to washrooms is available from dawn until dusk.

## The Seawall

Vancouver has the world's longest uninterrupted waterfront path. The 28 km Seaside Greenway is an uninterrupted pathway, including the Stanley Park Seawall, that extends from the Vancouver Convention Centre to Spanish Banks Park. Perfect for a walk, cycle, or jog, it is the most popular recreational spot in the city. The Seawall is divided into two clearly marked sections - one for walkers and joggers and one for cyclists and inline skaters.

## More Things to Check Out:

- [Vancouver Art Gallery](#)
- [Gastown District](#)
- [Chinatown](#)
- [Granville Island](#)
- [Vancouver City Hop-On-Hop-Off Tour](#)
- [Victoria and the Butchart Gardens](#)
- [Dr. Sun Yat-Sen Classical Chinese Garden](#)
- [VanDusen Botanical Garden](#)

