ABA BUSINESS LAW
SECTION
SPRING MEETING 2019
VANCOUVER, BC
MARCH 28 - 30
Host Committee
Favourites Guide
Welcome to Vancouver

Our guide to the must-see attractions and the unseen inner-sanctum of Vancouver will make you feel like a local. We hope you enjoy our curated recommendations for dining, bars, activities and ramen joints while in Vancouver based on our experience or that of trusted friends.

Vancouver History
Vancouver was formed in the last half of the 1800s, first as a logging town. Once the Canadian Pacific Railway arrived in 1887, Vancouver gradually turned into a port city. Vancouver is now the third largest port by tonnage in North America. While it was hippies in the 60s and 70s, disco dancing in the 80s, and juice and coffee hipsters in the 90s, a large slice of Vancouver is now driven by global money. Vancouver is safe, has mild weather, and a Canadian politeness and acceptance of different cultures. As a result, people from other countries where there is the potential for disorder have deposited money and family in Vancouver. Our housing costs are very high (by Canadian standards) and we have all the luxury shops and high-end car dealers. In its own quiet Canadian way, Vancouver has evolved into a mini Geneva, a safe place for world money.

Vancouver Geography
Vancouver is a peninsula on the Pacific Ocean. To the North is water (English Bay, Burrard Inlet) and mountains, to the West is the Georgia Straight (the Pacific Ocean protected by a large island to the West, Vancouver Island), to the South, the mighty Fraser River (although by the time it reaches Vancouver it is split into many arms and is placid) and to the East a fertile valley (now half filled with condos) bordered by mountains to the North and the US to the South. To clarify, Vancouver is a city on the mainland of Canada, and Vancouver Island is a very large Island to the west of Vancouver.

Because we are surrounded by water, we have nice sandy beaches and nice parks adjacent to the beaches. The hotel you are staying at is likely near (within a mile of) Stanley Park, a park that is bigger than Central Park in New York. Stanley Park is a peninsula that is surrounded by the sea. If you do nothing else while in Vancouver, walk, run, or bike around Stanley Park (it has a seawall called the “Stanley Park Seawall”). Walking takes a couple of hours, but it is free and it is wonderful. You will definitely feel better afterwards and you will have captured the absolute essence of Vancouver.
Vancouver Weather
From mid-October thru March, we have some rain. Because it rains, Vancouverites are all about outerwear and layering and we pride ourselves on our outerwear collections (read Gortex). Come prepared. In late March the temperatures should be mild and the cherry blossoms out. Our summers are typically sunny and dry (drier than in years past).

Vancouver Essence
Vancouver is one of the most beautiful cities in the world. Vancouverites embrace outdoor activities – running, biking, paddle boarding, wind surfing, kayaking, sailing, skiing, mountain biking (some of the best in the world), hiking, golfing, beach volleyball. If it is raining some Vancouverites take their fitness indoors – yoga, pilates, spin, barre etc.

We also embrace diversity. Our multicultural city includes different religions, cultural groups, Canada’s Indigenous communities, and an active LGBT community.

Neighbourhoods outside of the downtown (Kitsilano, Mount Pleasant, etc.) have five main retail businesses, outerwear/yoga gear, exercise studios, coffee, cold pressed juice and marijuana. Vancouver is home to lululemon, its founder and head office. The signature store is downtown (a 10-minute walk from the convention centre).

On October 17, 2018 recreational use of marijuana became legal in Canada. Before that, Vancouver had approximately 180 illegal weed stores (literally one every few blocks). Cannabis edibles have not yet been approved. With legalization, the illegal shops have been shutting down and are being replaced by legal shops far fewer in number. We do not partake and make no recommendations. Check with weedmaps or the concierge at your hotel. Phone ahead, the retail side is in flux.

Transportation
Vancouver does not have ride hailing services. No Uber, no Lyft. We could explain the politics, but it raises our blood pressure. To add insult to injury there are not enough cabs. On a rainy night in Vancouver it can be difficult to get a cab. You will see visitors trying to hail a cab on the street like they are in New York. Forget about it. You have to go to a hotel where they have a cab line. A restaurant should be able to get you a cab back to your hotel.

We have a solid population of cycling enthusiasts. You can pretty much cycle anywhere in our guide on dedicated bike lanes and paths throughout Vancouver. Your hotel likely has bikes you can use – or check out Mobi, Vancouver’s only bike-sharing vendor, or find a rental (most are near the waterfront seawall). Remember to follow the flow of traffic, stay off the sidewalk, obey signs, and wear a helmet.

To get to the airport, you can take a cab or catch the sky train to YVR via the “Canada Line” from Waterfront station. Information and maps for Vancouver’s transit services can be found at translink.ca.

Tipping
Gratuities are not automatically included in the bill at Canadian restaurants. It is customary to tip (except for food courts and take-away) approximately 15–20% on the total bill before tax, 5–10% for poor service, 25% for exceptional service. Many restaurants may charge an automatic 18% or higher gratuity for larger groups, and remember to ask for the check as it is not always automatically brought at the end of the meal.

Have Fun
We make no recommendations as to nightclubs/hardcore nightlife as we don’t want to get you or the ABA in trouble. Vancouver is not really a night club town. While generally very safe, Vancouver does have a rough side. If you want to go the nightlife route, get recommendations from your concierge.
Restaurants within Walking Distance of the Convention Centre

If rain or time deter you from trekking to one of our “Top Restaurant” options below, here are some closer options.

1. **Botanist, 1038 Canada Pl**  
   Second floor of the Fairmont Pacific Rim hotel. A nice room.  
   Make a reservation.

2. **Cactus Club, 1085 Canada Pl**  
   Vancouver’s most popular casual restaurant. Not fine dining, but does the job.  
   Great salads.  
   Make a reservation.

3. **Joey Bentall One, 507 Burrard St**  
   Cousin of the Cactus Club.  
   Make a reservation.

4. **Miku, 200 Granville St #70, Downtown**  
   One of the most consistent high-end (but still accessible) Japanese restaurants in Vancouver.  
   Make a reservation.

5. **Nightingale, 1017 W Hastings St**  
   Owned by one of Vancouver’s best chefs, David Hawksworth. Informal, family style.  
   Make a reservation.

Top 20 Restaurants within 20 Minutes of the Convention Centre

A curated list in alphabetical order.

6. **Acorn, 3995 Main St**  
   A vegetarian gem.  
   Make a reservation.

7. **AnnaLena, 1809 W 1st Ave, Kitsilano**  
   The chef is a star. Modern Canadian cuisine.  
   Make a reservation.

8. **Ask for Luigi, 305 Alexander St, Railtown**  
   A small, charming, home run hitting Italian joint. They do not take reservations, so get there early, or be prepared to wait in line. No reservations.

9. **Bao Bei, 163 Keefer St, Chinatown**  
   A “Chinese Brasserie” with French Shanghainese cooking. Nightly line-ups best endured with a cocktail down the street at the Keefer Bar (see Top 10 Lounges Within 20 minutes of the Convention Centre) – leave your number at Bao Bei, and they will call when your table is ready. No reservations.

10. **Blue Water Café, 1095 Hamilton St, Yaletown**  
    Lauded as the City’s best seafood in the heart of historic Yaletown’s vibrant and hip neighborhood.  
    Make a reservation.

11. **Burdock & Co., 2702 Main St**  
    Modern, affordable, and attractive expressions of BC ingredients. Vegan and vegetarian dishes amidst the meatier options.  
    Make a reservation.
12 Chambar, 568 Beatty St, Gastown

13 Cin Cin, 1154 Robson St, Downtown
Mediterranean/Italian with a wood fired grill. A Vancouver mainstay. > Make a reservation.

14 Cioppino’s, 1133 Hamilton St, Yaletown
Has held the Italian-dining fort down in this city for over 15 years. Outstanding food. > Make a reservation.

15 Hawksworth, 801 W Georgia St, Downtown
David Hawksworth’s restaurant on the ground floor of the Rosewood Hotel Georgia attracts a discerning, well-heeled clientele. Upscale or casual vibe depending on the crowd. High end food and service. > Make a reservation.

16 Homer Street Café, 898 Homer St, Yaletown
The rotisserie chicken is so good at this edge-of-Yaletown spot that it’s an exercise in self-discipline to read around it on the menu. > Make a reservation.

17 Kissa Tanto, 263 E Pender St, Chinatown
This beautiful, jazz-inspired, Italian/Japanese hybrid is the follow-up to Chinatown’s popular Bao Bei (and is very much its equal when it comes to food, cocktails, service and atmosphere). Fills up nightly with bar stools welcoming walk-ins. > Make a reservation.

18 L’Abattoir, 217 Carrall St, Gastown
A modern, stylish, formality-free den of French-inspired West Coast fine dining in the heart of casual Gastown. A good weekend brunch option. > Make a reservation.

19 La Quercia, 3689 W 4th Ave
A bit of a hike, but the Northern Italian food is dream-like. > Make a reservation.

20 The Mackenzie Room, 415 Powell St, Railtown
A small, artful, seasonally-minded restaurant with incredible food. May serve organ meats. Off the beaten path, in the slightly rough Downtown East Side. > Make a reservation.

21 Miku, 200 Granville St #70, Downtown
One of the most consistent high-end (but still accessible) Japanese restaurants in Vancouver. The unconventional focus is on flame-seared (“aburi”) sushi. > Make a reservation.

22 Osteria Savio Volpe, 615 Kingsway
Well worth the journey, this casual, sexy, Italian-themed restaurant is the best-looking eatery to open on the East Side in many years. Aim for any of the pastas (made in house daily), or the chicken or steaks off the wood fired grill. > Make a reservation.

23 St. Lawrence, 269 Powell St, Railtown
Critically acclaimed. Based on staples from Quebec (think rabbit, hearty tourtière, terrines, etc.). Somewhat rough neighbourhood. May serve organ meats. > Make a reservation.

24 Vij’s, 3106 Cambie St, Mt Pleasant
Innovative twists on traditional Indian food. Nightly line-ups (go early) and no reservations policy. No reservations.

25 Wildebeest, 120 W Hastings St, Gastown
Informal, high standards. Roasted bone marrow, chicken gravy poutine, bison carpaccio, pappardelle in smoked quail ragù, addictive smoked castelvetrano olives. > Make a reservation.
Top 5 Ramen, Korean joints

Vancouver has many foreign students that attend English language schools. Young people from Asia, Europe and South America enliven our city, and one result is an area close to the Convention Centre with exceptional Ramen and Korean food. The Ramen joints always have a line-up.

25 Gyoza Bar, 622 W Pender St
Find classic gyoza and ramen or try more creative items such as the Korean Spiced Pork Rib Bao Board and the Lettuce Wrapped Crispy Chicken Taco. > Make a reservation.

27 Marutama Ramen, 780 Bidwell St
Marutama Ramen's chicken broth, homemade noodles, Cha-Shu and Ajitama(egg) are all made onsite daily. No reservations.

28 Ramen Danbo, 1333 Robson St
Tonkotsu ramen crafted in the Kyushu Hakata style – customize your ramen and select delicious toppings to create your own unique bowl. No reservations.

29 Sura Korean Royal Cuisine, 1518 Robson St
An award-winning restaurant specializing in Korean Royal Cuisine. No reservations.

30 Zabu Chicken, 1635 Robson St
Zabu showcases authentic Korean style fried chicken. No reservations.

Top 10 Lounges/Bars within 20 Minutes of the Convention Centre

1 Alibi Room, 157 Alexander St, Gastown
25 taps and 3 beer engines pour beers only available at the Alibi Room. This self-described “Modern Tavern” in a 100 year old heritage building has trains trundling by within a few feet of the windows. > Make a reservation.

2 The Diamond, 6 Powell St, Gastown
Climb the creaky stairs to this Gastown favourite and you’ll be greeted by one of the best cocktail bars in the city. > Make a reservation.

3 Grapes & Soda, 1541 W 6th Ave, South Granville
A seasonal cocktail menu that marries unique ingredients with classic cocktail technique. No reservations.

4 Prohibition, 801 West Georgia St, Downtown
Tucked beneath the Rosewood Hotel Georgia, Prohibition is a sexy, dimly lit space clad in leather, velvet and dark wood. > Make a reservation.

5 The Irish Heather, 210 Carrall St, Gastown
This neighborhood institution is a throwback to old-fashioned, hard-drinking pubs—whiskey-lovers should check out the on-site Whiskey Shebeen for the largest selection of whiskies in Vancouver. > Make a reservation.
6 The Keefer Bar, 135 Keefer St, Chinatown
Chinatown’s Keefer Bar is a destination for cocktail lovers. A Chinese apothecary-inspired space. No reservations.

7 The Lobby Lounge & Raw Bar (Fairmont Pacific Rim), 1038 Canada Pl
A particular favourite of the Editor, especially on Thursday, Friday and Saturday nights. Music and perhaps a little dancing in the aisles. Make a reservation.

8 The Narrow Lounge, 1898 Main St
Main Street’s hipster staple with a cool, “in-the-know” concept. You know the place is open by the red light above the door. Small, quaint and a great drink list full of craft beers. No reservations.

9 The Shameful Tiki Room, 4362 Main St
No other bar in the city is completely dedicated to art of tiki cocktails and this place does it exceptionally well. It’s easy to miss with its blacked-out windows but worth a visit if you can find it. Make a reservation.

10 UVA Wine Bar, 900 Seymour St, Downtown
An alternative to the typical pick-up bar and one of Vancouver’s go-to spots for getting drinks with friends or someone special. No reservations.

Top Vancouver Breweries
Vancouver has a hip craft brewery scene. Take a taxi to Powell Street for a self-guided walking tour of breweries #2-6 below.

1 Postmark Brewing, 55 Dunlevy Ave
Postmark operates from the historic (nearly a century-old) warehouse, the Settlement Building, in Railtown, exclusively filling up the beer taps in Belgard Kitchen, the comfort food restaurant it shares the building with.

2 Callister Brewing, 1338 Franklin St
Callister is Canada’s first collaborative brewery, sharing their brewing space with other brewers and producing a unique brewery experience with 12 taps (3 cask) and craft sodas.

3 Powell Brewery, 1357 Powell St
This small outfit’s phenomenal ‘Old Jalopy’ Pale Ale was recognized as Canada’s best beer at the Canadian Brewing Awards.

4 Andina Brewing, 1507 Powell St
A bright and colourful Colombia-inspired brewery in a 112-year-old factory/warehouse. Andina is home to some interesting coffee-infused beers and plenty of delicious ceviche.

5 Doan’s Craft Brewing, 1830 Powell St
You won’t find a constantly rotating spate of 20 beers on tap, but what you will find on most days is their delicious Altbier, Kolsh and Rye Stout (which is essential drinking on cold, wet Vancouver nights).

6 Storm Brewing, 310 Commercial Dr
This chaotic, ramshackle little brewery played a big role in introducing Vancouver to a world beyond fizzy, industrial lagers. Note that it does not have a tasting room per se, but you can go into a room and taste beer.
Top Things to See/Do for Locals in Vancouver

1. **Stanley Park Seawall**
   Bigger than New York’s Central Park, an easy walk from the Convention Centre, and surrounded by ocean views. Rent a bike or walk the seawall – best free activity in Vancouver.

2. **Whistler Blackcomb Ski Resort, 4545 Blackcomb Way, Whistler**
   One of the best skiing destinations in North America is only 90 miles away, with two mountains, over 200 trails with 37 lifts, 5 terrain parks, and more than 8100 acres of skiable area. March is considered “Powder Month” due to the abundance of snow seen on average. Even if you don’t ski, the pedestrian-only village, with its spas, galleries, shops, and restaurants, is worth the journey. Shuttle from Vancouver - visit the website or speak to your concierge.

3. **Rennie Gallery, 51 E Pender St**
   You may notice that downtown Vancouver has a lot of condo towers. Since 1990 Bob Rennie has been the condo marketing king (not the developer, the sales guy — he is known as Vancouver’s “Condo King”). He pioneered pre-sales, offshore marketing and promotion centres. He also spent a lot of time and money building an incredible contemporary art collection. Mr. Rennie bought the oldest building in Vancouver’s Chinatown (yes, that is what we call it). He then hired a very good architect and spent $10 million rebuilding the inside into an art gallery for his collection. It is by reservation only, and you have to reserve well in advance. This is a high end vanity project that works.

4. **Whale Watching Tour, 1516 Duranleau St, Granville Island**
   Suit up in marine survival gear and take a high-speed zodiac to watch whales and other sea creatures in the wild. Good fun.

5. **Grouse Mountain, 6400 Nancy Greene Way, North Vancouver**
   Grouse Mountain offers seasonal (weather dependent) hiking, zip lining, paragliding, skiing, snowboarding, and snowshoeing. Ride the gondola to the top for panoramic views, and sit at the window of one of several dining venues. If the Grouse Grind is open and you are fit — do it.

6. **Museum of Anthropology, 6393 NW Marine Dr, UBC**
   Worth the journey to UBC’s campus, the museum offers renowned exhibitions of world arts and cultures. Particularly of note are the cultural displays of the First Nations of the Pacific Northwest.

Top Tourist Attractions in Vancouver

You can catch a hop-on hop-off trolley or double decker bus to visit Vancouver’s attractions including Gastown, Chinatown, Robson Street, Stanley Park, English Bay, Granville Island and Yaletown.

7. **Helicopter or Seaplane Harbour Tours**
   Depart from downtown on a scenic tour of Vancouver from the sky, or tour another nearby destination, including local glacier peaks and alpine lakes, Indian Arm, Bowen Island, Sechelt, or Whistler.

8. **Visit Victoria by Helijet**
   Take a 30-minute helicopter flight to Victoria, the historic capital city of British Columbia, for a day-trip or overnighter (we recommend the Oswego or the Magnolia hotels). Take in the charming British-colonial ambience of Victoria’s inner harbor, and visit the Parliament buildings and the Royal BC Museum.
Capilano Suspension Bridge, 3735 Capilano Bridge, North Vancouver
Visit the suspension bridge, hanging 450 feet across and 230 feet above Capilano River. Stroll the Cliffwalk, along the granite cliff sides of the canyon, and tour the treetops on a series of seven elevated suspension bridges, to view our spectacular rainforest and old growth Douglas firs. Wear your Gortex.

Sea to Sky Gondola, 36800 BC-99, Squamish
Take a 10 minute gondola ride for a spectacular view as you rise from the water’s edge to Summit Lodge and the Sky Pilot Suspension Bridge.

Granville Island Market, 1669 Johnston St
An eclectic mix of local vendors, artists, street performers, and eateries. Enjoy views of False Creek while people-watching or shopping for local goods such as arts and crafts, handmade soaps and chocolates, fresh pasta and seafood, bakery goods and gourmet cheeses.

Gastown Food Tour, 318 Homer St
Immerse yourself in the food culture and history of Vancouver’s cobblestoned Gastown. Try local craft beer, first-rate homemade Italian tortellini, beer battered fish, Carolina-style BBQ, delightfully stuffed Bao, organic ice cream, creamy cheesecake, pure maple syrup treats, and luscious handmade chocolates.

Vancouver Art Gallery, 750 Hornby St
Works by renowned Canadian Modernist painter Emily Carr and more than a century’s worth of Canadian and international art. Shop the gift store, or refuel in the Gallery Café with one of Vancouver’s best outdoor patios.

Vancouver Aquarium, 845 Avison Way
Learn more about BC’s marine life in a full sensory experience. Exhibits range from the Tropics to the Arctic – don’t miss the sea lion and dolphin training shows.

Flyover Canada, 845 Avison Way
Hang suspended before a 20-metre spherical screen and experience the sights and sounds of Canada, during your 8-minute flight from the east to west.

Top Places for Fitness
If you want more than the hotel gym, see our recommendations for fitness joints below. In addition to the below, the ABA has partnered with Gowling WLG LLP to create a Business Law Health Club for the attendees of the Business Law Section Meeting. Start your day with a guided scenic run or walk through Vancouver, and receive a complimentary water bottle.

1 CrossFit 604, 124 E Cordova St
Protect yourself at all times (not from the neighbourhood, but the exercises). $25 weekly drop-in fee.

2 Orange Theory, 66-1055 Canada Pl
Don’t expect routine gym workouts. Fitness classes led by a personal trainer.

3 RIDE Cycle Club, 881 Hamilton St
A hipster spin studio. $26 drop-in fee.
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<th>Location</th>
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<tr>
<td>4</td>
<td><strong>The Bar Method, #201-837 Beatty St</strong></td>
<td>Get your ballet exercises on. $28 drop-in fee.</td>
<td>20 mins</td>
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<td>5</td>
<td><strong>YWCA, 535 Hornby St</strong></td>
<td>25 meter ozonated pool, good fitness studios and lots of classes. $17 drop-in fee.</td>
<td>8 mins</td>
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<tr>
<td>6</td>
<td><strong>YYOGA, 888 Burrard St</strong></td>
<td>12+ styles of yoga from stretchy to sweaty, heated and non-heated, for all levels. $24 drop-in fee.</td>
<td>15 mins</td>
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