



10 KM
OR
6 MILES

LITTLE MOUNTAIN TO WATERFRONT SHOPPING RIDE IN VANCOUVER

HIGHLIGHTS

- A** REFIND 4609 Main St
- B** ARTS OFF MAIN 216 East 28th Ave
- C** RED CAT RECORDS 4332 Main St
- D** FRONT & COMPANY 3772 Main St
- E** BAREFOOT CONTESSA 3715 Main St
- F** UMEBOSHI FOOTWEAR INC 3638 Main St
- G** GRANVILLE ISLAND TOY COMPANY 3298 Main St
- H** BIRD ON WIRE CREATIONS 2535 Main St
- I** MUCH & LITTLE 2541 Main St
- J** 8TH + MAIN 2403 Main St
- K** NICOLE BRIDGER DESIGNS 14 Water St
- L** JOHN FLUEVOG SHOES GASTOWN 65 Water St
- M** ROWAN SKY 334 West Cordova St

EXTRAS

- 1** QUEEN ELIZABETH PARK
- 2** MEET ON MAIN 4288 Main St
- 3** ROCKY MOUNTAIN FLATBREAD 4186 Main St
- 4** CHOCOLATERIE DE LA NOUVELLE FRANCE 198 East 21st Ave
- 5** 49TH PARALLEL COFFEE & LUCKY'S DONUTS 2902 Main St
- 6** THE FOUNDATION 2301 Main St
- 7** MILANO ESPRESSO LOUNGE 36 Powell St
- 8** TACOFINO GASTOWN 5 West Cordova St

KEY

- TRAIL / PROTECTED LANE
- BIKE LANE / NEIGHBORWAY
- SHOPPING
- FOOD
- PARK
- COFFEE
- DESSERT

INSPIRING TWO-WHEELED TOURISM IN CITIES
ACROSS NORTH AMERICA



HIGHLIGHTS

- A** **REFIND** - A trip down Main Street would not be complete without a stop in local antique shops. ReFind is great for finding funky, unique pieces, with a heavy focus on retro styles. M-Tu 12-5pm / W-Su 12-7pm
- B** **ARTS OFF MAIN** - If you're on the hunt for some unique art, then make a stop at this local artist-run gallery. Find some truly "Vancouver" pieces, and help support the local art scene. \$-\$\$\$ W-Su 11:30-5:30
- C** **RED CAT RECORDS** - Are you a vinyl junkie? Look no further than Red Cat Records. A staple in Little Mountain, the staff are friendly, knowledgeable, and the selection is amazing. We never walk away empty handed! M-Th 11am-7pm / F-Sa 11am-8pm / Su 11am-6pm
- D** **FRONT & COMPANY** - If you love thrift and vintage shopping, the a stop at Front and Company must be included in your Vancouver shopping trip. A long-time favourite for local fashionistas, known for some of the best second hand shopping in town. \$-\$\$ 11am-6:30pm
- E** **BAREFOOT CONTESSA** - One of my favourite local shops, Barefoot Contessa is full of pretty, frilly frocks for girly girls everywhere. They even include a small section for little girls! \$\$ M-Th 10am-6pm / F-Sa 10am-7pm / Su 11am-6pm
- F** **UMEBOSHI FOOTWEAR INC** - Shoes, glorious shoes! Umeboshi has been a mainstay for handcrafted, quality goods for nearly two decades. Worth a gander for the shoe fanatic in you! \$\$\$ M-Th 11am-6pm / F 11am-7pm / Sa 11am-6pm / Su 12-5:30pm
- G** **GRANVILLE ISLAND TOY COMPANY** - Your little ones will be in heaven in this Vancouver institution. With something for kids of all ages. Granville Island Toy Company carries some of the best games and toys around. It's also Santa's favourite store when picking up toys for our kids! \$-\$\$ M-Th 10am-6pm / F 10am-9pm / Sa-Su 10am-6pm
- H** **BIRD ON WIRE CREATIONS** - Bird on a Wire has been supporting local artists and empowering creative communities since 2010. They sell art and handcrafted gifts, decor, jewelry and much more! \$\$ M-Sa 10am-6pm / Su 12-5pm
- I** **MUCH & LITTLE** - Looking for a one stop location for local Vancouver Fashion and Accessories? Look no further than Much and Little. Including handcrafted items from global fair trade artisans, this little gem is a must. \$\$ M-Sa 11am-6pm / Su 12-5pm
- J** **8TH + MAIN** - Located at the start of all the great shopping on Main Street, 8th & Main focuses on unique apparel and accessories for both men and women while keeping a down to earth vibe. \$\$ M-Sa 10am-9pm / Su 10am-7pm
- K** **NICOLE BRIDGER DESIGNS** - Vancouver is home to some amazing creative and talented designers. One such is Nicole Bridger, eco-fashion designer and fell grad of Melissa's 2003 class from Ryerson University. Her beautiful designs show of a woman's femininity, and no closet is complete without one Nicole Bridger piece! \$\$-\$\$\$ M-F 11am-7pm / Sa 10am-6pm / Su 11am-6 pm
- L** **JOHN FLUEVOG SHOES GASTOWN** - No Gastown shopping trip is complete without a stop in the flagship John Fluevog location. The designs may not be for all, but here you can find truly some of the most unique shoes around! \$\$\$ M-W 10am-7pm / Th-F 10am-8pm / Sa 10am-7pm / Su 12-6pm
- M** **ROWAN SKY** - Truly a hidden gem, Rowan Sky carries a wide variety of amazing shoes for men and women. Well worth a stop - just try not to fall in love with every pair! \$\$ M-Sa 11am-7pm / Su 12-6pm

EXTRAS

- 2** **MEET ON MAIN** - As vegetarians, we're always looking for great places for a casual bite. Meet on Main offers vegan and gluten free cuisine, but with a casual vibe. Unpretentious food and a easy going place to chow down. \$-\$\$ M-Th 11am-11pm / F-Sa 11-12am / Su 11am-10pm
- 3** **ROCKY MOUNTAIN FLATBREAD** - Looking for a kid-friendly place for lunch? Rocky Mountain Flatbread caters to families, offering play space for the kids, and pizza for little hands. \$-\$\$ M-Th 11am-9pm / F 11am-10pm / Sa 10am-10pm / Su 10am-9pm
- 4** **CHOCOLATERIE DE LA NOUVELLE FRANCE** - Great hidden gem! Artisan Chocolate Shop featuring: French Chocolates & Confections, Hot & Chilled Chocolate Drinks, Waffles & Gelato, Gifts & Favors. Try the authentic hot chocolate for the most divine cocoa ever! \$ W-M 11am-6pm (closed Tu)
- 5** **49TH PARALLEL** - Shopping is hard work! Refuel with some Caffeine at Forty Ninth Parallel, and while you're add it, grab a tasty artisan doughnut from Lucky Doughnuts, available inside! \$ M-Sa 7am-10pm / Su 7:30am-9pm
- 6** **THE FOUNDATION** - Tasty vegetarian food mixed with loud hip hop and young hipsters. Sounds rough, but the food is so good, and kids are most definitely welcome! Get the nachos! \$ Sa-W 12pm-1am / Th-F 12pm-2am
- 7** **MILANO ESPRESSO LOUNGE** - We love coffee here on the West Coast. Milano never disappoints, with italian roasting processes and award winning espresso. M-F 7am-9pm / Sa-Su 8am-9pm
- 8** **TACOFINO GASTOWN** - Originally from the island, Tacofino feature Californian Baja-style nosh. Made with fresh ingredients, it is quickly becoming a favourite in Vancouver. \$-\$\$ Su-W 11am-10pm / Th-Sa 11-12am

ABOUT THE CURATOR



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Melissa and Chris are co-owners of Modacity, a multi-service consultancy, focused on inspiring healthier, happier, simpler forms of urban mobility through words, photography and film. They live in East Vancouver with their two children, Coralie and Etienne, where they spend most days riding around on their fleet of city bikes enjoying all the beauty, coffee (and craft beer) Vancouver has to offer.