

Pierre is a food critic from Paris and he enjoys the finer things in life, especially when it comes to food.

His Hermes orange walls are a bright, fresh and eclectic sunny oasis at OPUS.

- 1. Get in a spin at Ride Cycle Club to get motivated in the morning, especially as it's only a short walk from the hotel.
- 2. Head to East Vancouver to take a tour of BKH Jerky on Fraser Street the Singapore style spicy meat treat can be found in the mini bar too.
- 3. Take a trip to Main Street and stop for an expertly made coffee at 49th Parallel Coffee Roasters and tuck into a heavenly Lucky's Doughnut at the hipster style cafe.
- 4. Continue your Main Street tour with a stop at Neptoon Records to stock up on vinyl or catch a band playing live in the small store.
- 5. Back in Yaletown grab a bursting burrito for lunch at trendy TacoFino.
- 6. Get outside and borrow the OPUS cruiser bikes for a ride around the Seawall, stopping at Sunset Beach or Stanley Park for some photos.
- 7. Take a taxi to Coal Harbour and head to Chef David Hawksworth's new Nightingale restaurant for a taste of Vancouver's contemporary Canadian food scene. Bring a bunch of friends to try the share plates of proteins, salads and pizza (hey, you did the work out already).

