



Mike's Perfect Day

New York Doctor Mike is into the outdoors, fitness and the gay scene. Just like him, his cranberry red room is strikingly handsome with flare and warmth; it's the 'Architectural Digest' of hotel rooms.

1. Go hard with an hour's personal training at **Groundwork Athletics**, just a short stroll, or a quick power run, from the hotel.
2. Grab that growler out of the mini bar and take a water taxi to Granville island – fill it up and take a tour of **Granville Island Brewery** to check out the local brews.
3. Stop by **Kaylin & Hobbs NY Pickles** at Granville Island to get a New York taste with a West Coast vibe - pick up some pickles to take home as a memento.
4. Soak up the scene with lunch at **Sandbar** on Granville island, the patio is a sun trap overlooking the harbour
5. Relax with a Mancial at **Skoah Spa** in Yaletown - using locally made products the 45 minute facial includes a powerful cleanse and deep skin exfoliation with a soothing neck and beard treatment, plus a detoxifying foot treatment to get you locker room ready.
6. After working up a hunger, try unusual pizza toppings (tuna sashimi, anyone?) at **Parlour Pizzeria**, just a few blocks from the hotel
7. Chill out with some baller cocktails and light bites at **OPUS Bar**, before heading to bed by taking the elevator home.

