



THE
Fairmont
HOTEL VANCOUVER

Health & Wellness Event Options

Featuring **LifeStyle Cuisine**  &
LifeStyle Cuisine Plus 

The Vancouver Walking Tour

Experience Vancouver as many of the local and tourists alike...on foot. Choose from one of the organized tours or step out as a group or individual to discover the natural beauty of one of the Worlds' Most Livable Cities. With the hotels central location, there are endless choices right outside the doors.

A favourite recommendation would be Stanley Park. The 1001 acre park is surrounded by a 10km Seawall which also connects from the downtown Convention Centre to Kitsilano Beach, nearly 25kms of a waterfront walkway. The park is also filled with hiking trails surrounded by some of the oldest trees in the area. During your walk, you may get hungry so the Chef will prepare this healthy lunch to fuel you for your return.

Sample Lunch Menu

Dash and Heart Healthy Box Lunch

Spicy Tender Beef on a Whole-Wheat Wrap

Organic Greens with sweet local Peppers


Individual Greek Salad with Olives and Feta

Homemade Granola Bar

Banana


Bottle of Water

Our talented Concierge team can assist you with an organized tour or maps to assist the more adventurous

 Lifestyle Cuisine provides a full range of culinary options that appeal to those wishing to make smarter food choices and satisfy common nutritional needs, including low-carbohydrate, low-fat, Mediterranean and vegetarian diets.

The Fairmont Hotel Vancouver

900 West Georgia Street
Vancouver, BC
Canada V6C2W6

 Lifestyle Cuisine *Plus*, taking our commitment to your well-being even further, offers delicious meals designed around guests' diet-dependent requirements, including the following: Diabetes, Heart disease or high blood pressure, Celiac disease (cannot tolerate gluten) or gastrointestinal disorders, Food allergies or sensitivities; as well as more specialized diets, such as: Vegan, Raw food, and Macrobiotic.

Fairmont
SIGNATURE EVENTS