

**GoMedia 2019
British Columbia
Pacific. Authentic. Richmond, BC
Pre-Tour
August 8-11, 2019**

Tour theme: Located on the West Coast of Canada, Richmond is a thriving city mixing Pacific culture and international cuisine, revitalizing wellness or delving into history.

Tour description: Richmond is a thriving city where culture and character converge in a stunning setting. Where the refined mixes with the raw and contrasts are celebrated. It's where Pacific culture and true Canadian coastal experiences yield constant discovery. Whatever you crave – incredible international cuisine, revitalizing wellness activities or captivating relics of the past, it's all here in Richmond, BC.

Physical restrictions and fitness level required: While this adventure is not overly strenuous, participants must be of “fair” physical fitness.

Additional considerations:

- Wi-Fi: Limited internet access on certain legs of the tour
 - There is no Wi-Fi access at the following venues: During transportation (in the van/bus), certain restaurants along the Dumpling Trail, Richmond Night Market, International Buddhist Temple
 - There is limited Wi-Fi access at the following venues: During the Steveston Heritage Experience tour, Richmond Olympic Oval
- Cellular phone service: Yes
- Extensive road travel: No
- Dietary restrictions: Dietary restrictions must be communicated well in advance to Tourism Richmond. Alternative meals will be provided, however, they cannot be guaranteed (please reconsider attending the Dumpling Trail tour if you are gluten free)
- Single accommodation: Included
- Three meals per day are included: Varies, indicated on itinerary
- Travel days (day of arrival) includes: No meals
- Travel days (day of departure) includes: One meal
- Alcoholic beverages: Tour will include one complimentary alcoholic beverage with each evening meal
- Non-alcoholic beverages: Varies, indicated on itinerary
- Transfer to and from airport/train station: Included

Tour itinerary:

Day 1 – Thursday, August 8

All day Arrive at Vancouver International Airport (YVR). Take the complimentary shuttle for your Richmond hotel to transfer to your accommodation.

Overnight Hotel to be confirmed

Day 2 – Friday, August 9

Breakfast Please have a light breakfast at your leisure (in hotel)

Morning We'll explore three stops along the [Dumpling Trail](#) starting at 10:00 am. During this time, we will also have some free time at [Aberdeen Centre](#), one of Canada's largest Asian-themed shopping malls.

Afternoon We'll make our way to the historic fishing village of Steveston, to enjoy the brand new fully-guided [Steveston Heritage Experience](#). You will be led back in time on an interactive walking tour, stopping at four celebrated historic attractions. Along the way, you'll hear eye-opening tales of yesteryear village life, as told by a chatty fisherman who seems to have just stepped from the streets of 1914.

Note: this tour also includes a culinary aspect.

Evening Once the tour concludes, we'll enjoy a fresh seafood dinner in Steveston, hosted by Executive Chef Daryl Nagata at the [Blue Canoe Seafood Restaurant](#). Famous for their three-level seafood tower and unique west coast bites, you'll get a taste of the freshest seafood available on the West coast.

We'll finish the evening with a visit to [Gudrun Tasting Room](#), one of Steveston's best hidden gems. This intimate restaurant can seat up to 40 people in a relaxing and casual environment. Specializing in handcrafted charcuterie, artisan cheese, wine and craft beer, all menu items are made from fresh produce sourced from local farms and markets.

Overnight Hotel to be confirmed

Day 3 – Saturday, August 10

Breakfast Please have a light breakfast at your leisure (in hotel)

Morning Today is all about wellness, and you get to pick one of three exciting activities. Please note: all activities MUST be pre-booked.

Option 1: [Yoga with Bunnies at Sunberry Fitness](#)

We've heard of yoga with kittens and puppies, but what about bunnies? This easy yin/flow yoga class is designed to be bunny friendly and also to encourage bunny-human activity. Feel your stress level drop as you flow into your next warrior pose with these fluffy bunnies at your feet. Cameras are welcome!

Option 2: A guided bike tour with photo stops

The perfect fusion of easy-to-cycle terrain and photo-worthy stops, Richmond is ideal for a leisurely bike ride with your camera. Combining landmark sites, crowd-free trails, breathtaking greenspaces and beautiful water views and sunsets, there's a wide array of selfie and Instagram-ready places to snap here on a fully-guided bike tour along the West Dyke Trail.

Option 3: Try out the [new spin class](#) and tour [The Olympic Experience at the Richmond Olympic Oval](#)

Achieve your fitness goals with the Richmond Olympic Oval's revolutionary RIDE classes. Train with power and precision of elite athletes on the Stage SC3 bikes and StageFlight technology. Once you've completed your session, explore The Olympic Experience and feel the inspiration as you look at Olympic gold medals, interact with rare artifacts and ride the world-class sport simulators.

Afternoon Once you've worked up an appetite during your morning workouts, we'll visit the [International Buddhist Society](#) for a delicious vegetarian lunch. Trust us – you won't miss the meat in these dishes! After lunch, we'll do a complete tour of the Buddhist temple and meet some of the resident monks who live on temple grounds. After this, we'll visit a second breathtaking temple, [Thranqu Monastery](#) located on Richmond's "Highway to Heaven," where over 20 different houses of worship coexist peacefully along the road.

Continuing the theme of wellness, we'll visit a Traditional Chinese Medicine shop to receive demo treatments from TCM doctors and acupuncturists. Full list of treatments to come.

Once we've nourished our bodies and spirits, we'll head back to the hotel for a bit of a break before the evening's final extravaganza.

Evening We're finishing off our tour with a guided tour and taste of the [Richmond Night Market](#). With over 100 food vendors serving international cuisines and unique bites, and a thriving retail market, there's something here for everyone. We'll get drinks, meat skewers, desserts and much more. Once we're finished, we'll retire to the hotel for an overnight stay.

Overnight Hotel to be confirmed

Day 4 – Sunday, August 11

Breakfast Please have a light breakfast at your leisure (in hotel)

Morning Take your hotel's complimentary shuttle to the Vancouver International Airport.

9:25 am Depart Vancouver via WestJet (WS) 608

4:58 pm Arrive Ottawa for GoMedia 2019

List of recommended items media should bring:

- Sun protection