

How to get to the Holiday Inn from the Vancouver Airport:

Coming from the airport you have the option to either take a taxi or you can use the Vancouver transit system via the 'Canada Line' skytrain towards Waterfront (downtown). The transit route is better in price and very scenic, so we recommend it!

Here are the instructions of how to arrive at the Holiday Inn hotel by transit:

Coming from the airport, you can take the 'Canada Line' skytrain towards Waterfront (downtown). You will exit at the Waterfront station. Please note that it will be a 3-zone fare from Vancouver airport (Richmond) to North Vancouver. This ticket will cover the train and buses you will take.

Once you arrive at the Waterfront station, follow the signs to the seabus. The seabus will take you on a 15 minute seabus ride to the seabus terminal in North Vancouver located in the Lonsdale Quay complex. From here follow the signs to the Lonsdale Quay transit bus depot and take the [#239 Phibbs Exchange/Capilano University bus](#). Please stay on the bus until you arrive at the Holiday Inn (700 Old Lilloet Road).

Here are some helpful websites you may like to have handy when you travel to North Vancouver:

The Holiday Inn's website: <http://www.hinorthvancouver.com/>

A website showing the bus station at Lonsdale Quay:

http://www.coastmountainbus.com/resources/pdf_docs/maps/lonsdale.pdf

More information regarding the seabus:

<http://tripplanning.translink.bc.ca/hiwire?.a=ScheduleLookupSearch&LineName=998&LineAbbr=998>

How to get to the Prime Vitality School of Colon Hydrotherapy from the Vancouver Airport:

The Prime Vitality School's address is:

157 Riverside Drive (West)

Suite # 6

North Vancouver, BC, V7H 1T6

Again you have the option to take a taxi or take transit. Follow the same route described above, until you arrive at the Phibbs Exchange bus depot (one station before the Holiday Inn bus stop). Exit the bus and take the [212 Deep Cove Bus](#) for [one stop only](#), to Amherst Ave. Here are the walking instructions to the School Clinic:

Back track the Bus route for a few steps walking West on Dollarton Hwy. past Tim Horton's take out restaurant.

The traffic light there is Riverside Drive (West). Cross the Road, you will have the Blueridge Cove Animal Hospital in front of you, turn left there. Walk half a block until you come to a driveway to your right, marked with Mini Storage and other businesses. Take that driveway which takes you to an open parking lot beside the river. There, when you look to your right you will see a blue and white building. Prime Vitality is the middle business on the ground floor marked: Unit #6 – 157 Riverside Drive.

How to get to the Prime Vitality School of Colon Hydrotherapy from the Holiday Inn:

The Prime Vitality School's address is:
157 Riverside Drive (West)
Suite # 6
North Vancouver, BC, V7H 1T6

Outside of the Holiday Inn, you can take the #239 Phibbs Exchange bus to the Phibbs Exchange bus depot. Take the 212 Deep Cove Bus for one stop only, to Amherst Ave. Here are the walking instructions to the School Clinic: Back track the Bus route for a few steps walking West on Dollarton Hwy. past Tim Horton's take out restaurant. The traffic light there is Riverside Drive (West). Cross the Road, you will have the Blueridge Cove Animal Hospital in front of you, turn left there. Walk half a block until you come to a driveway to your right, marked with Mini Storage and other businesses. Take that driveway which takes you to an open parking lot beside the river. There, when you look to your right you will see a blue and white building. Prime Vitality is the middle business on the ground floor marked: Unit #6 – 157 Riverside Drive.