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## Itinerary\* – 10 Days/9 Nights – Grasshopper FC - August 2010 – Vancouver, Canada

Updated 12/31/09

### Vancouver, British Columbia

Thu-Sun, Aug 6-15, 2010

Day 1	Fri, Aug 6	Arrival, Hotel Check-In, Orientation/Free-Time
Depart from Boston Logan Airport (BOS) Arrive at Vancouver International Airport (YVR) Transfer to Point Grey area (University of British Columbia) (30 min) Check-in at hotel (UBC Totem Park Residence) <b>Free-Time</b> (relax, explore surroundings, etc.) Dinner (out-of-pocket) Overnight at hotel		
Day 2	Sat, Aug 7	Training #1, Option to Attend Pro Match
Breakfast at hotel (included meal) Transfer to training facility (walking distance) <b>Training Session #1</b> (at high-quality facility at UBC) Lunch (out-of-pocket) Transfer to Swangard Stadium in Burnaby (5-15 min) <b>Option to Attend Pro Match</b> (Vancouver Whitecaps) Dinner (out-of-pocket) Overnight at hotel		
Day 3	Sun, Aug 8	Vancouver City Tour, Match #1
Breakfast at hotel (included meal) <b>Vancouver City Tour</b> (bus/walking city tour, including various downtown Vancouver points of interest) Lunch (out-of-pocket) Transfer to Vancouver area facility (10-30 min) <b>Friendship Match #1</b> (v. local club teams) Dinner (out-of-pocket) Overnight at hotel		
Day 4	Mon, Aug 9	Training #2, Whitecaps Tour, Free-Time
Breakfast at hotel (included meal) Transfer to training facility (walking distance) <b>Training Session #2</b> (at high-quality facility at UBC) (with Pro Trainers from Whitecaps) <b>Whitecaps Tour</b> (behind-the-scenes club visit at Vancouver Whitecaps) Lunch (out-of-pocket) <b>Free-Time</b> (relax, explore, shopping, hiking, etc.) Dinner (out-of-pocket) Overnight at hotel		
Day 5	Tue, Aug 10	Option to Attend Pro Training, Match #2
Breakfast at hotel (included meal) <b>Option to Attend Pro Training</b> (Vancouver Whitecaps Men's and/or Women's first teams) Lunch (out-of-pocket) Transfer to Vancouver area facility (10-30 min) <b>Friendship Match #2</b> (v. local club teams)		



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Dinner (out-of-pocket)		
Overnight at hotel		
<b>Day 6</b>	<b>Wed, Aug 11</b>	<b>North Shore Tour</b>
Breakfast at hotel (included meal)		
<b>North Shore Tour</b> (visit to Capilano River Regional Park, including Capilano Suspension Bridge)		
Lunch (out-of-pocket)		
<b>North Shore Tour</b> (visit to Grouse Mountain with spectacular views of the mountains, ocean, islands, etc.)		
Dinner (out-of-pocket)		
Overnight at hotel		
<b>Day 7</b>	<b>Thu, Aug 12</b>	<b>Training #3, Free-Time</b>
Breakfast at hotel (included meal)		
Transfer to training facility (walking distance)		
<b>Training Session #3</b> (at high-quality facility at UBC)		
Lunch (out-of-pocket)		
<b>Free-Time</b> (relax, explore, shopping, hiking, etc.)		
Dinner (out-of-pocket)		
Overnight at hotel		
<b>Day 8</b>	<b>Fri, Aug 13</b>	<b>Free-Time, Match #3</b>
Breakfast at hotel (included meal)		
<b>Free-Time</b> (relax, explore, shopping, hiking, etc.)		
Lunch (out-of-pocket)		
<b>Friendship Match #3</b> (v. local club teams)		
Dinner (out-of-pocket)		
Overnight at hotel		
<b>Day 9</b>	<b>Sat, Aug 14</b>	<b>Free-Time (Options for Formal &amp; Informal Day Tours)</b>
Breakfast at hotel (included meal)		
<b>Free-Time</b> (Option: Formal Tour to Victoria or Whistler Mountain) (approx. \$CAN 150)		
<b>Free-Time</b> (Option: Informal Day Visit to Bowen Island off of North Shore – ferry ride, hiking, lunch, etc.)		
Lunch (out-of-pocket)		
<b>Free-Time</b> (cont'd)		
Dinner (out-of-pocket)		
Overnight at hotel		
<b>Day 10</b>	<b>Sun, Aug 15</b>	<b>Departure, Return Home</b>
Breakfast at hotel (included meal)		
Transfer to Vancouver Airport (30min)		
Depart from Vancouver International Airport (YVR) to Boston		
Arrive in Boston Logan Airport (BOS)		





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### Maps – Vancouver, Victoria, Point Grey (UBC), Burnaby, North Shore, Bowen Island

