



## EAT LOCAL - FRESH FOOD RESTAURANTS UNIQUE TO NANAIMO

### Top Recommendations

- [Dingy Dock \(floating\) Pub \(Protection Island\)](#)
- [Gabriel's Gourmet Café \(Downtown\)](#)
- [Penny's Palapa \(fishing docks - seasonal\)](#)
- [SimonHolt Restaurant \(North\)](#)
- [The Nest Bistro \(Downtown\)](#)

### Suggestions for a Nice Dinner Out

- [Asteras \(Downtown\)](#)
- [Firehouse Grill \(Downtown\)](#)
- [Lighthouse Bistro & Pub \(Waterfront\)](#)
- [La Stella Trattoria \(Downtown\)](#)
- [Zougla Mediterranean Grill \(Central\)](#)

### Traditional Favourites

- [Alexandra's Bistro \(Central\)](#)
- [Crow & Gate British Pub \(Cedar\)](#)
- [Mahle House \(Cedar\)](#)
- [Minnoz Restaurant & Lounge \(Downtown\)](#)
- [Modern Café \(Downtown\)](#)

### Suggestions for a Casual Time (Pubs & Local Breweries)

- [Longwood Brew Pub \(North\)](#)
- [Old City Station Pub \(Downtown\)](#)
- [Wolf Brewing \(South\)](#)
- [White Sails Brewing \(Downtown\)](#)

### Authentic

- [Delicados \(Mexican - North & South\)](#)
- [Ginas Mexican Cafe \(Downtown\)](#)
- [Huong Lan \(Vietnamese - Central\)](#)
- [Jalapenos Mexican Food \(University\)](#)
- [Kasira Fine Thai Cuisine \(North\)](#)
- [Kim's Korean BBQ \(Central\)](#)
- [Manvirro's Indian Grill \(Central\)](#)
- [Nori Japanese Restaurant \(North\)](#)
- [Saigon Kitchen \(Central/North\)](#)
- [Sukkho Thai \(Downtown\)](#)

### Bakeries, Café's & Vegetarian (Vegan/Gluten free)

- [Bees Knees Café \(Downtown\)](#)
- [The Buzz Coffee House \(Central\)](#)
- [Coco Café \(Cedar\)](#)
- [Eve Olive \(North\)](#)
- [Mon Petit Choux \(Downtown\)](#)
- [Nanaimo Bakery \(Central\)](#)
- [Power House Living Foods \(Downtown & North\)](#)
- [The Vault Café & Live Music \(Downtown\)](#)

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## ENJOY YOURSELF – WALKS & HIKES UNIQUE TO NANAIMO

### Top recommendations:

- **Neck Point Park** – Located off Hammond Bay road, you will see signs. Beautiful walk along ocean, prettiest most popular walk for everyone. Embedded map: <https://goo.gl/maps/QxYeV>
- **Maffeo Sutton Park** – Located downtown, come walk Nanaimo’s waterfront promenade and become a part of our local culture. Look out for the Silly Boat Regatta or Dragon Boat Festival while you are there! Embedded map: <https://goo.gl/maps/OKvFL>
- **Saysutshun - New Castle Island Marine Provincial Park** –5 minute ferry ride from Maffeo Sutton Park. Great for families, bicycling, picnics and camping! Official site: <http://www.newcastleisland.ca/>

### Casual walks (can be made short or long):

- **Pipers Lagoon** – Located off Hammond Bay road, much the same as Neck Point Park. Very pretty along one of Nanaimo’s most beautiful beaches. Embedded map: <https://goo.gl/maps/L38he>
- **Linley Valley (Cottle Lake Park)** – Entrances off Rock City Road or Hammond Bay Road, nice wooded trails around Cottle Lake. Embedded map: <https://goo.gl/maps/Fqz6t>
- **Bowen Park** – Located off Bowen Road, a series of trails along the Millstone River. Don’t forget to stop at the duck pond! Embedded map: <https://goo.gl/maps/IKdhT>
- **Westwood Lake Park** – Located in foothills of Mount Benson, nice well-groomed loop with an off-leash dog are on far side of lake. Embedded map: <https://goo.gl/maps/ihNHY>

### Dog off-leash walks:

- **Cable Bay** – Located off Cedar Road, the best-off leash dog walk to tire out your pup! Continue right when you reach the bottom for a chance to see sea lions or even orcas swimming through Dodd Narrows. Embedded map: <https://goo.gl/maps/0UOQ8>
- **Colliery Dam** – Located off Nanaimo Lakes Road, upper lake parking lot access to off-leash (non-fenced) trails. Lower dam dogs must be leashed. Embedded map: <https://goo.gl/maps/mhpJl>
- **May Richards Bennett Pioneer Park** – North Nanaimo/Lantzville area off Dover road, off leash short trail walk. Some fenced areas, lots of rabbits. Embedded map: <https://goo.gl/maps/rqRH0>

### For the adventurous:

- Others to look up if you want more of a challenge: [Ammonite Falls](#) and [Mount Benson](#).

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