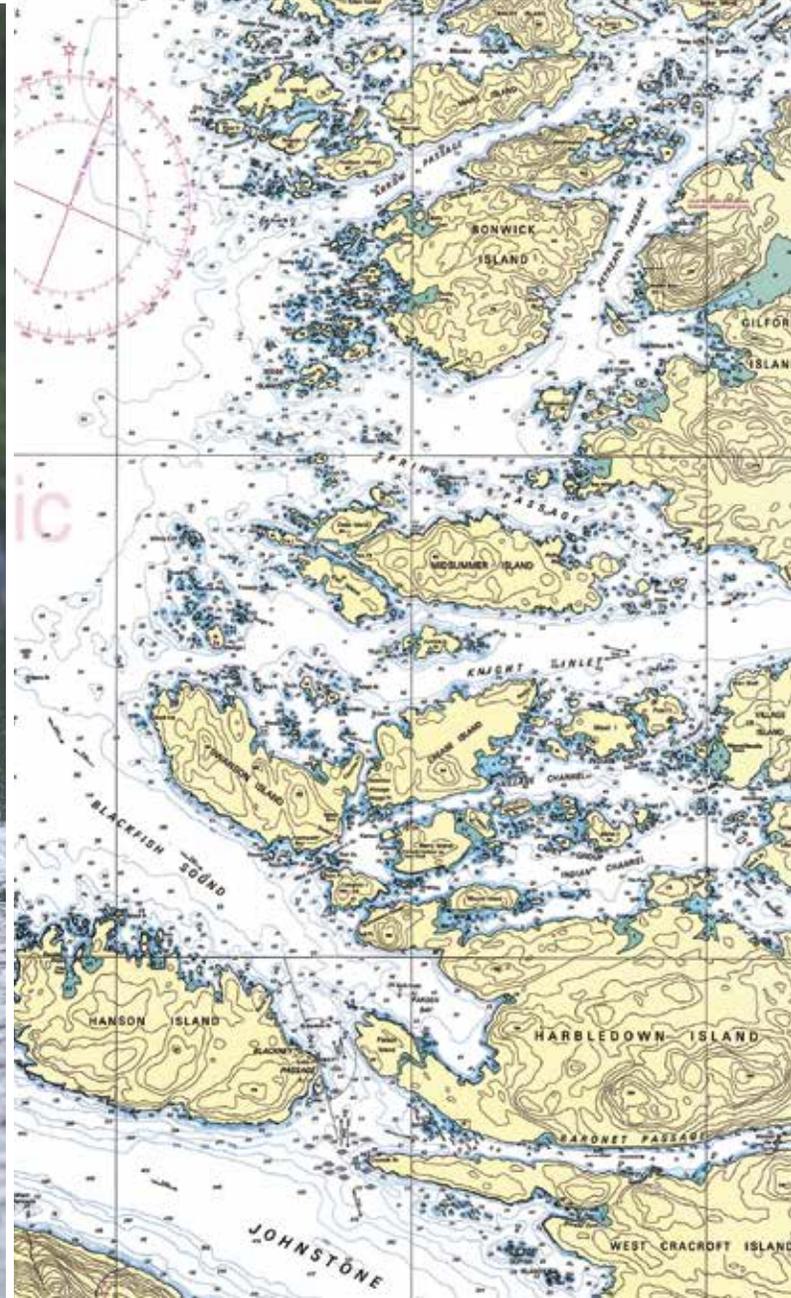




SPIRIT
OF THE WEST
ADVENTURES

JOHNSTONE STRAIT EXPEDITION RESERVATION PACKAGE

SPIRIT OF THE WEST ADVENTURES, Box 569, Heriot Bay, British Columbia, V0P 1H0, Canada
Toll free 1 800 307 3982, Overseas 1 250 285 2121, info@kayakingtours.com





JOHNSTONE STRAIT EXPEDITION

5 NIGHTS / 6 DAYS SEA KAYAK EXPEDITION & WILDERNESS CAMPING

Please read through this package of information to help you to prepare for your tour. Please also remember to return your signed medical information form as soon as possible and read and understand the liability waiver which you will be asked to sign upon arrival. We hope you are getting excited for your adventure!

ITINERARY

The Johnstone Strait Expedition combines the best of two amazing worlds; from the open, wildlife-rich waters of Johnstone Strait to the intricate islands of the Broughton Archipelago, this journey has something for everyone. This is a point-to-point expedition style trip, which means we never have to waste time backtracking. Instead, we spend our days moving from camp to camp, exploring new territory every day. We begin our paddle from a remote lodge set in the Broughton Archipelago off the shores of northern Vancouver Island. From here we journey through the enchanting islands, visiting ancient First Nations sites along the way, before entering Johnstone Strait and the realm of the Killer Whale. Expedition trips run back to back, with every second trip travelling the reverse direction.

The Johnstone Strait Expedition launches from the historic town of Telegraph Cove on the north end of Vancouver Island. The Spirit of the West van will be departing from Quadra Island and Campbell River on the morning of the tour, and drive the 2.5 hours to our launch site in Telegraph Cove. If driving yourself please note that parking will be apx. \$5 per day in Telegraph Cove.

DAY PRIOR

We host a pre-trip meeting at 6:00 pm in the lounge at The Heriot Bay Inn and Herons Restaurant on Quadra

Island. This meeting gives us a chance to answer any questions you may have and for you to meet your guides and fellow kayakers. If you are unable to make this meeting, please call us the day before to confirm the exact departure time and location.

Please note that this trip runs back to back; depending on your start date, you will either start your trip at the Paddler's Inn Eco-lodge or you will end your trip there. The alternative starting point is our beautiful wilderness campsite on Hanson Island, and the itinerary is the same but in reverse. Please contact our office if you would like to determine your direction of travel.

DAY 1

Travel from Quadra Island / Campbell River to Telegraph Cove by vehicle. Here we will enjoy a picnic lunch and a visit to the Killer Whale Interpretive Center, also known as the Bones Project. The Bones Project is an incredible museum displaying the skeletons of many marine mammals found on the BC coast and much more. We will then board our water taxi and journey out to either our Hanson Island Campsite or to the Paddler's Inn Eco-lodge. If time and weather allow we will get out for a short introductory paddle after reviewing kayaking basics and essential safety procedures.

DAY 2

After a hearty camp breakfast we will pack our kayaks and head off to explore, paddling amongst the enchanting islands of the Broughton Archipelago. The Broughton Archipelago is a network of forested islands and protected passageways that offers both scenic paddling as well as intriguing history. Route selection will depend on weather conditions, group preferences and wildlife viewing opportunities. We take our time and travel at a pace dictated by the group. We aim to arrive at our campsite in the late afternoon each day allowing for time for settling in, dinner and then of course watching the sunset before retiring for the night.

DAYS 3 TO 5

There are many options as this area is ripe for exploring. We do usually try to visit the ancient village site of Mamalilaculla, and learn about the Kwakwaka'wakw First Nations people. There are also several other beaches and campsites in the area in which you can see evidence of those who have come before us as well as more current uses of the area by the First Nation's people. We also often visit another coastal treasure, the home of local legend Billy Proctor and

his collection of historical treasures. Spending some time listening to Billy's stories is a great way to get a sense of what life on this coast was like and how it is changing. Each day we will keep our eyes and ears on the lookout for the many marine mammals, including orcas, humpbacks, minke whales, dolphins and porpoises that travel through these waters.

DAY 6

After a morning paddle return to Telegraph Cove via water taxi and transfer back to Campbell River and Quadra Island.

Our approx. return time to Campbell River & Quadra Island is between 5 and 7 pm, however due to the variables with wilderness travel we recommend that you plan to stay in the area for this night to avoid unnecessarily stressful complications should our return be delayed by something out of our control. Please feel free to contact us to discuss your travel plans in more detail.

MEETING LOCATIONS

PRE-TRIP MEETING

THE HERIOT BAY INN ON QUADRA ISLAND
6PM THE EVENING PRIOR TO YOUR TOUR

Once on Quadra Island, follow signs to Heriot Bay and the Cortes Island ferry. This is West Road. Follow all the way to the end; curve left once at the Cortez ferry line up. The Inn and Pub is right on the water at the end of West Road. **PLEASE NOTE:** if you cannot make the pre trip meeting, please call us on the day prior to departure.

CAMPBELL RIVER

IN FRONT OF THE VISITOR CENTER
AT THE TYEE PLAZA

9:20 AM

The Tyee Plaza is considered the centre of Campbell River. If you are traveling north along Hwy 19, continue into downtown Campbell River and turn right shortly after passing through the second set of traffic lights. If you are traveling south on Hwy 19 continue until you see the Plaza on the right hand side, just past McDonalds. There is a Shopper's Drug Mart in this Plaza if you are asking for directions.

TOUR START | DAY ONE

QUADRA ISLAND

THE HERIOT BAY INN PARKING LOT

8:00 AM

Follow West Road all the way to the end; curve left once at the Cortez Ferry line up. The Inn is right on the water.

TELEGRAPH COVE

AT NORTH ISLAND KAYAKS OFFICE (near the boat launch ramp on the right-hand side of the cove.)

BETWEEN 12 PM AND 1 PM

The town of Telegraph Cove is approximately a 2.5 hour drive north of Campbell River on Hwy 19. You will see signs marking the right-hand turn off the highway. Follow this road and the signs for Telegraph Cove for approx. 15 min. There is a fee for parking your vehicle in Telegraph Cove.



PACKING LIST

Sea kayaks are oddly-shaped vessels to pack, so the key is to pack into the small compact bags which we provide. (The video to the right also provides some practical, and humorous, tips and tricks you might appreciate).

Sea kayaks are basically watertight, although small amounts of water may get in through the rudder lines and hatches. In the event of rain or dropping gear in the water we try to keep things as waterproof as possible. We provide you with waterproof storage bags also known as 'dry bags' (these will be given to you at the pre-tour meeting or the following morning if you are unable to attend).

If you prefer to bring your own dry bags, please note the largest bag should not be larger than a sleeping bag or 20 litres; several small bags are best. We will provide one 5 litre, two 10 litre and one 20 litre dry bags for you to pack into. Additional bags may be available depending on space in the kayaks. The 5 litre bag is good for storing small items such as cameras, sunscreen, glasses, etc. The larger ones will be used for storing the rest of your clothing. Please see our suggestions for waterproofing your sleeping bag.

Shoes can generally be packed loose in the kayak. All participants will also pack some of the group gear and food in their kayak. Don't worry, it always looks like an impossible mountain of stuff to fit in the kayaks, but with some perseverance and coaching from your guides we always manage to fit everything.

TEMPERATURES

Please note that our summer temperatures from July until September are generally quite comfortable with temperatures from 18-30 degrees Celsius / 70-85 degrees Fahrenheit. It's not uncommon to find mid day summers hot enough to want to cool off in the ocean! June and later September will have cooler temperatures, and at ANY TIME OF YEAR we can have rain &

wind, with temperatures occasionally as low as 13 C / 55 F. So, we say it is best to come prepared for any type of weather.

PLEASE NOTE WHAT WE PROVIDE

- ALL KAYAKS & SAFETY GEAR
- TENT & SLEEPING PADS
- DRY BAGS
- SMALL CAMP PILLOW

If you have your own gear and would prefer to use it on your tour, please bring it to the pre-trip meeting so that we can make sure it is suitable and meets safety requirements. The following is a list of suggested items to bring along. If you have any concerns or questions about the list, please don't hesitate to contact us.

- ❑ **Sleeping bag** – A 3-season synthetic bag is recommended. Down bags will work but please take extra care to waterproof. If you are uncertain about whether or not you have the appropriate bag just give us a call or check with your local outdoor store. If you do not have a sleeping bag or would prefer not to travel with one, these may be rented for \$25 plus tax. Please reserve in advance. To waterproof your sleeping bag line a compression sack with a heavy duty garbage bag. Press the air out of the bag with your knee and then keep compact with the compression sac which can be purchased at any outdoor shop. This also helps keep your bag small for travel.
- ❑ **Wetshoes** – A pair that can get wet such as sturdy full strapped sandals (such as Keens, Texas or Chacos), neoprene booties, crocs, or rubber boots. Please avoid flip-flops/thongs. Spirit of the West has a wide range of rubber boot sizes (youth – men's size 13) available to borrow free of charge if you don't have your own wet shoes or have limited space in your luggage. There will be an opportunity to try on boots at the pre-trip meeting.



- ❑ **Camp footwear** – An additional pair of footwear that you plan to keep dry. Runners, trainers or light hikers are great.
- ❑ **Hat** – A sun hat such as a baseball hat or full-brimmed hat as well as a wool or fleece warm hat for evenings or cooler days.
- ❑ **Sunglasses & sunscreen** (stored in a Ziploc bag) – A must for protection from sun and glare off of the water. Safety cords on your glasses are highly recommended.
- ❑ **Bathing suit**
- ❑ **Medication** – If you are bringing medication please ensure that... 1) The name and expiry date of drug is on the container; 2) You have the detailed instructions of your dosage and frequency; 3) It is packed in a water and sunproof container; 4) You bring a full extra dosage of your medication in a separate container to leave with your guide, in case you misplace or lose yours, or are weathered in. If you are flying, please pack all necessary medication in your carry-on luggage. This will help eliminate some stress should your checked bags be misplaced in transit.
- ❑ **Personal items** – Toothbrush, toothpaste, biodegradable soap/shampoo, washcloth, feminine hygiene products, hairbrush, etc.
- ❑ **Mosquito repellent** – Insects are not a significant concern for us in our coastal ecosystem, however for those unused to insects or with particular sensitivities some repellent may come in handy.
- ❑ **Ziploc bags & several large garbage bags** – We will provide you with dry bags, but these come in handy for transporting laundry and/or wet clothing.
- ❑ **Small flashlight or headlamp** – With spare batteries. Headlamps are preferable as they allow for hands free operation
- ❑ **Water bottle** – Bike bottles or Nalgene-style bottles work best.
- ❑ **Camera** – In a waterproof bag or case, or you may use our dry bags.
- ❑ **Gloves (optional)** – Biking gloves work well to protect your hands from blisters. If you are really concerned about cold hands, and are paddling in the spring or fall seasons, you may want to invest in neoprene gloves or pogies.
- ❑ **Beverages** – We supply a wide range of teas and coffee as well as juices. You are welcome to bring along soda pops or alcoholic beverages if you choose to. Please note however that we do expect our guests to consume alcoholic beverages responsibly and strictly enforce a no alcohol on the water policy.
- ❑ **Fishing gear** (optional) – Make sure you have a valid B.C. fishing license. These can be purchased on-line at <http://www.pac.dfo-mpo.gc.ca/fm-gp/rec/licence-permis/index-eng.htm>
- ❑ **Book or journal**
- ❑ **Binoculars** (optional)
- ❑ **Gratuity for your guides** – at your own discretion.

CLOTHING

Clothing should be suitable for the time of year, bearing in mind that it could become cold and wet at any time of year. Layering is the best way to regulate body temperature and maintain warmth. We suggest avoiding cotton (except for those hot days). Cotton has no insulation value when wet. An inner material that wicks moisture from the body and gives a comfortable dry feeling even while wet is the best first layer (Polypropylene, Lycra, Nylon, Polyester). A synthetic material such as fleece or pile makes the best second layer to provide warmth. Wool is also suitable.

- ❑ **Rain jacket & rain pants** – For the unexpected nasty weather. To test your waterproofness – jump



in the shower and see if you stay dry! (we're serious!) (If you would like to rent/hire raingear from us, please reserve in advance of the tour. Tops and bottoms can be rented for \$25 plus tax for the set).

- ❑ **Light windproof jacket** (optional)
- ❑ **Long-sleeved non-cotton shirt** - (synthetic/wool) – 2
- ❑ **Long pants** – 2 pairs of a quick drying, synthetic fabric pants (one for paddling, one for camp) Athletic style pants (running or yoga) are generally appropriate. Jeans are NOT recommended for paddling.
- ❑ **Lightweight long underwear** – 2 pairs, helps to keep you warm at night or as a base layer during the day. We recommend one set for kayaking and one set which is reserved for sleeping and always stays dry.

- ❑ **Sweater** – A warm wool or fleece sweater
- ❑ **T-shirts** – 2
- ❑ **Shorts** – 1 quick dry nylon
- ❑ **Warm socks** – 3 pairs (1 warmer pair for around camp)
- ❑ **Undergarments**

SUGGESTED ADDITIONAL ITEMS FOR COOLER OR WETTER FORECASTS

- ❑ A second warm wool or fleece sweater
- ❑ An extra t-shirt
- ❑ An extra pair of warm pants
- ❑ 1-2 additional pairs of socks

SANITATION IN THE WILDERNESS

The kayak cuts no grooves and leaves no scars, as it travels freely through the waters. However, on land, especially with the increasing number of kayakers venturing into new territory and seeking the un-traveled path, we must respect our surroundings and be aware of our impact on these environmentally sensitive areas. Spirit of the West Adventures makes every effort to ensure we leave our area as we found it, if not better.

Where do we wash? Are there toilets? These are some of the most common concerns but questions not always asked. All of our camping sites are in wilderness settings and therefore are basic and rustic – a true wilderness experience. On our expedition style tours

we use a portable toilet system set up in a private location in conjunction with pit toilets when available. We use salt water for washing as fresh water is limited and reserved for drinking.

Your guide will discuss proper elimination techniques and suggest a suitable private area. Your guide will carry a toiletry bag complete with toilet paper, Ziploc and paper bags as well as hand sanitizer. At the Paddler's Inn there are flush toilets and a hot fresh water shower. If you have any concerns while on tour please do not be shy to ask your guide – they are very used to making sure everyone feels comfortable while in the wilderness.

FREQUENTLY ASKED QUESTIONS

Below is a list of commonly asked questions. Feel free to visit our website, select your tour and find an even more detailed FAQ section. Of course, feel free to contact us with any questions at all, before or during your trip. We are happy to help you find the perfect tour for you and your comfort is very important to us.

What is the minimum age required to join our tours?

We cater to all ages of adventurers. Kids age 5 to 12 are encouraged to join the Family Orca Tours which have been designed with the needs of younger kayakers. For all of our other regularly scheduled tours we prefer a minimum age of 12. If your child is almost 12 or your family has a good deal of experience kayaking and camping we do occasionally make exceptions. We like to assess each case individually. We can also organize private, custom style adventures. Feel free to call us and we would be happy to discuss the options.

What is the average age of our guests?

We have guests from age 5 and up on our family tours and ages 12 to 85 joining our regularly scheduled tours. The average age ranges between age 30 to 65. Each tour and tour date is different, but we usually get a good mix of ages. For those concerned with being in 'their older years' or anyone unsure of which tour fits them best, we welcome you to contact us and we will be happy to help you find the perfect trip.

Are there any single supplement fees if I am travelling on my own?

There are NO single supplements. We encourage solo travelers to join us and often have several solo travelers on each tour. It should be no problem to have your own tent and you will have access to both single and double kayaks.

Can you accommodate food allergies/special diets?

Our food preparation crew are masters at accommodating dietary restrictions. We are able to offer gluten-free, vegetarian, pescatarian, dairy light and vegan menus with prior notice. Other dietary requests may involve additional charges and need to be discussed in advance with our food crew. We are NOT a nut-free facility.

Will I comfortably fit in the kayaks?

If you are over 6ft (182cms) tall, if you are on the more petite side of things, have larger hips or weigh over 250lbs (115 kg) we have certain kayaks that may work best for you. Please give us a call and we can ensure we have the appropriate kayak available for you.

What is included in the tour costs?

We supply everything that you will need for kayaking and camping except for a few personal items such as your clothing, toiletries, sleeping bag and rain gear (**sleeping bags and rain gear can be rented if needed**). We pick you up free of charge from your accommodation on Quadra Island on the

morning the trip starts and we will drop you off there when the tour is finished.

We provide all meals from morning snack on day one to lunch on the last day. Non-alcoholic beverages including a wide variety of teas, coffee, juices, hot chocolate are provided. Alcohol is not provided and you are welcome to bring your favourite wine, beer or pop to enjoy responsibly. There is a grocery and liquor store very close to the location of the pre-trip meeting if you would like to pick up extra beverages on the evening before the tour. There are no additional costs once on our tour unless you wish to purchase souvenirs.

What do I need to bring?

We send you a complete packing list a few weeks prior to your tour to help you prepare. If you would like to see what type of clothing and items we recommend visit **kayakingtours.com/detailed-trip-info/** and select your tour. (Please note the packing lists (**page 4**) between tours varies so choose the correct trip for the most accurate information).

How much kayaking experience is required?

Our adventures are designed to cater to all levels of experience and abilities from first-timer to expert paddler. We have several different styles and lengths of tours so that everyone can find the perfect trip.

If you are new to kayaking and camping check out our base-camping style tours- the Whales and Wilderness Glamping and Johnstone Strait Ultimate tours.

If you are looking for more rustic camping and more paddling check out our expedition style tours; the Johnstone Strait Expedition, Orca Lite, Nuchatlitz, Desolation Sound or Great Bear Rainforest Tours.

Do I need to be in great shape for this trip?

The majority of our adventures are not considered to be overly strenuous or physically demanding and therefore do not require a high level of fitness. Each tour is slightly different in its demands so if you are concerned, please do contact us. As a general rule, you need to be capable of a few hours of moderate exercise each day and be comfortable with the uneven ground of a wilderness environment. Please keep in mind that good general health will go a long way towards the enjoyment of your tour. Most important though is an adventurous spirit.

How much paddling do we do each day?

Paddling time will vary depending on the trip, our destination, weather conditions and the group's abilities and desires. Generally, we travel between 4-6 hours a day on our expedition tours, not including breaks and lunch. We set a pace which is manageable and enjoyable for all.

How stable are the kayaks? What is the likelihood of flipping over?

The kayaks we use are stable and designed for comfort. Your guides will give you thorough instruction on how to safely use

and enjoy the kayaks and what to do in case of a capsize. For those concerned about capsizing, the double kayaks are slightly more stable than the singles and we have a variety of both singles and doubles on every trip. The likelihood of a capsize is minimal and if it does happen your well-trained guides will be there before you know it to help.

What happens if my kayak flips over?

In the rare event of a capsize, all of our guides are trained in rescue procedures in order to quickly and efficiently get you back in your boat. At this point, we will take you to the nearest shoreline to change into some warm clothing and carry on with our journey when you are ready. While we are out on the water, it is of the utmost importance that the group stays together for safety.

If the weather turns bad? Will I be comfy and warm?

Our weather in the Pacific Northwest is generally pleasant from May through until September. In the Johnstone Strait & Broughton Archipelago area, the weather will generally be cooler than what you may see on the forecast for Campbell River – sometimes by as much as 10 degrees. Fog is very common on summer mornings, however, this nearly always clears at midday. Although it is uncommon, it can rain in the summer, be prepared for any type of weather and you will stay comfortable. Layering is the key. It allows you to put on or take off layers while on the water if you need to. If you are very concerned about the weather then we recommend our base-camping style tours as these campsites have covered eating and lounge areas as well as dry tents to come home to at the end of every day. On our expedition style tours we carry tarps but we are a little more at the mercy of mother nature in these more rustic style campsites.

What sort of wildlife might we see?

The diversity and abundance of wildlife in the Pacific Northwest is one of our great privileges. From the rich marine life of colourful plants and invertebrates, seabirds, shorebirds, waterfowl, mink, otter, seals, sea lions, dolphins, and whales, to the land animals of deer, raccoons, cougars, wolves, and bears, we are bound to see something.

For those with an eye for eagles take note that they are most prominent in the earlier months before the salmon migration in the late summer/early fall.

For those keen to see humpback whales- you are in luck. The population of humpbacks in our area is doing well and we are fortunate to often see these whales any time of the year. If Orcas are your main priority then we recommend traveling between mid-July and mid-September. While it is possible to see orcas outside of these times, we see them with the greatest abundance and frequency during this peak period.

Please just remember that wildlife is just that wild and we cannot control sightings. That said the whales are the icing on the cake in this stunning, rich and diverse area.

Where is the best place to see orcas/killer whales?

On our tours to Johnstone Strait and Blackfish Sound, which includes the Whales and Wilderness Glamping Tour, the Johnstone Strait Ultimate, Family Orca Tour and Orca

Lite tours, we stand a high chance of seeing whales, especially between mid-July and mid-September.

Understandably we cannot guarantee what nature will dictate, but we can tell you that this area has one of the highest concentrations of Killer Whales on earth and this is where they spend their summer holiday. Some trips view the whales from the kayaks, some while traveling on our water taxi or from our campsites on the shore and some see all of the above.

How close to we paddle to whales & other wildlife?

We do our very best to provide awesome sightings of whales but all the while ensuring that we do not disrupt the natural behaviour of all the wildlife we encounter. We abide by the Canadian whale watching regulations which means we do **not approach killer whales (orcas) any closer than 200 meters (656 ft) and all other cetaceans no closer than 100 meters (328 ft).**

To learn more about how we do our best to minimize our impacts on whales check out nimmsa.org the North Island Marine Mammal Stewardship Association. Your trip fees help to fund whale research and conservation efforts through the NIMMSA fund which Spirit of the West Contributes too.

What is the camp setup like?

All of our campsites are in wilderness settings, and shelter is provided by the tents and tarps we carry with us. We seek out sites with beautiful surroundings and those that offer solitude; these are all undeveloped and may be clearings in the forest or space on the beach. There may be times (on occasion) when we are camping next to another group of kayakers. Campsite choice will be based on weather conditions, route choice and group size and preference.

Our first or last night (depending on which direction your tour travels) will be spent at Paddler's Inn, a rustic floating kayak lodge deep in the Broughton Archipelago.

Where do we wash and are there toilets?

There is very little fresh water to be found. Therefore, seawater is your best bet for washing up. **Please use biodegradable, environmentally friendly soap brands.** Toilet facilities are not common in most wilderness settings, although some areas may have pit toilets. We also carry a portable toilet system. Your guide will generally designate an area that works for ensuring your privacy. We are very accustomed to making sure all of our guests feel comfortable and informed – please feel free to ask us any questions you might have, before or during your tour.

Where can I leave my luggage I won't need on trip?

If you are staying on Quadra Island, many of the B&Bs offer free luggage storage. Alternatively, guests staying on either Quadra Island or in Campbell River have the option of storing excess luggage at our office.

What is the industry standart for tipping my guides?

If you would like to express your appreciation through a gratuity, such recognition would be enthusiastically received. The industry standard for tipping is approx. 10% per person of the trip cost. All tips received will be collected and disbursed amongst your guides & basecrew by the trip leader.



ACCOMMODATIONS

WHILE ON TOUR

We provide high quality expedition style tents. Generally campsites can fit enough tents to accommodate the solo and double tent preferences of the group. We will do our best to match you up with a suitable partner if necessary. Rooms at the Paddler's Inn may be shared.

BEFORE AND AFTER TOUR

We encourage all of our guests to stay on Quadra Island where you can get acquainted with Spirit of the West Adventures and the Quadra Island lifestyle, as well as join our pre-trip meeting. If you are unable to make it to Quadra Island we have plenty of suggestions below for places to stay in Campbell River. For up to date information and new accommodation options visit Quadra Island's website at www.quadraisland.ca

QUADRA ISLAND ACCOMMODATIONS

HARBOUR HOUSE B&B & CHIPPERFIELD HOLLOW B&B

Your hosts at these bed and breakfasts provide you with a complete package and quality service. Both are ideally situated near our meeting place, and are also a great place to get to know your fellow paddlers as the majority of our guests stay in one of these 2 locations. Both beautiful west coast homes offer the best of Quadra Island, a great view at Harbour House and a peaceful forest setting at Chipperfield Hollow. They are also within walking distance of Rebecca Spit Provincial Park, stores, a restaurant, and pub. Hearty and healthy breakfasts are included.

Directions: If you are not driving we recommend reserving a taxi once in Campbell River and you know which ferry you will be on. The taxi will meet you when

you walk off of the ferry. The Quadra Island taxi number is 1 250 205 0505. If you are driving, follow these directions: once on Quadra Island follow signs to Heriot Bay and the Cortes Island ferry. Just before entering Heriot Bay you will see Macklin Road on the left; turn here to arrive at Chipperfield Hollow B&B about 100m down. Once in Heriot Bay, turn right on Schooner Road at the fire hall. If you have gone too far you will be on the ferry to Cortes Island. Drive along Schooner for approx. 1/2 km to Quadra Island Harbour House at 1462 Schooner Rd.

HARBOUR HOUSE (Susan)

Local & Overseas 1 250 285 2556
harbourhouse@gicable.com | harbourhouse.bc.ca

CHIPPERFIELD HOLLOW B&B (Robin & Michael)

Local & Overseas 1 250 285 2422
chipperfield@gicable.com | chipperfieldhollow.com

THERE IS ALSO...

HERIOT BAY INN

Our local pub, restaurant and location of our pre-tour meeting. Convenient location, but please note some rooms can be noisy as they are located over the pub. Toll-free 1 888 605 4545 | 250 285 3322
info@heriotbayinn.com | heriotbayinn.com

OTTER HOUSE

Wonderful beachfront location, walking distance to shops, restaurant and pre-tour meeting. Gracious hosts. 2 night minimum stay. Local & Overseas 1 250 285 3939
info@otterhouse.ca | otterhouse.ca



TAKU RESORT

Oceanside resort has charming self-contained A-frame cabins or terrace view rooms. Camping also available. Hot tub, tennis, basketball, bocci ball and barbecue. There is generally a 2 night minimum, however exceptions are sometimes made.

Toll Free 1 877 285 8258 | Overseas 1 250 285 3031
info@takuresort.com | takuresort.com

QUADRA ISLAND LODGE B&B

Beautiful boutique style lodge for comfortable, affordable accommodation close to the ferry and shopping (each a 5-minute walk) in Quathiaski Cove. B&B with kitchen and barbecue to use if wanted. Single, double and dorm bed rooms with full four piece bathrooms on each level. Beautiful wrap-around deck facing Quadra's forest.

Local & Overseas 1 250 285 2187
dale@quadraislandlodge.ca | quadraislandlodge.ca

QUADRA ISLAND CAMPING

CAMPING | WE WAI KAI CAMPSITE

Spectacular setting and location. Situated at the edge of Rebecca Spit Provincial Park this oceanside campground has sites along the ocean or in the mature forest. Showers and hook-ups. 15-20-minute walk to stores and the pre-trip meeting location.

Local & Overseas 1 250 285 3111
campsite@wewaikai.com
wewaikai.com/wwkcampsite/

CAMPBELL RIVER ACCOMMODATIONS

COMFORT INN & SUITES

The newest one in Campbell River. Overlooking the Discovery Passage ocean channel.

Toll Free 1 844 914 5117 | Overseas 1 250 914 5117
reservations@comfortinncampbellriver.com
comfortinncampbellriver.com

COAST DISCOVERY INN

Located directly across from Quadra Island Ferry and shares a parking lot with the Campbell River Visitor Information Center.

Toll Free 1 800 716 6199 | Overseas + 800 800 26278
Local 1 250 287 7155
coasthotels.com

THE ANCHOR INN

Oceanview, 15 minute walk from downtown Campbell River. Indoor pool and hot tub. Fun theme suites.

Toll Free 1 800 663 7227 | Overseas 1 250 286 1131
hotel@anchorinn.ca | anchorinn.ca

TRAVELODGE

Good value, clean, friendly place located along the highway with ocean view. Indoor pool and hot tub. Driving distance to downtown Campbell River.

Toll Free 1 866 929 6622 | Overseas 1 250 286 6622
travelodge.ca/property/travelodge-campbell-river

CAMPBELL RIVER CAMPING

ELK FALLS PROVINCIAL PARK AND CAMPGROUND

Nestled in beautiful forest along the Quinsam River. Walking trails, small playground, dry and flush toilets.
1 800 689 9025 | env.gov.bc.ca/bcparks

THUNDERBIRD RV PARK

Convenient location across from ocean. 10-minute walk from downtown Campbell River.

Local and Overseas 1 250 286 3344
tbirdrvpark@shaw.ca | thunderbirdrvpark.com



GETTING HERE

While off the beaten path, it is worth the extra effort to reach our corner of paradise. Below is some detailed information on how to get to us. You can also visit our website or contact us for more suggestions.

SPIRIT OF THE WEST ADVENTURES is located on **QUADRA ISLAND**, B.C. Canada. To get to Quadra Island, you will need to get to Vancouver Island first. To meet us for your tour, you will need to get to Quadra Island or Campbell River. We can pick you up from your accommodation on Quadra Island the morning the trip starts (arranged at pre-tour meeting).

VANCOUVER ISLAND is accessed from mainland British Columbia and Washington State in the U.S. by ferry service or flights. If you are driving from Seattle, allow the full day to get to our area. Vancouver and its two ferry terminals are approximately 3 hours drive from Seattle. From Vancouver, ferries go to Victoria or Nanaimo. If you are traveling from south of Vancouver take the Tsawwassen–Nanaimo route (closest to Vancouver airport). If you are coming through Vancouver take the Horseshoe Bay–Nanaimo route. Travelers from the USA can also take ferries from Anacortes, Port Angeles and the Seattle area to Victoria on the south end of the island. If you are travelling by car, please note that the ferries can get quite congested during the summer months, so we advise you to get an early start or make a reservation.

Victoria is 165 miles (265km) south of Campbell River. Campbell River is approximately a 4-hour drive on Highway 19 from Victoria, and 2 hrs from Nanaimo with 95 miles (153 km).

CAMPBELL RIVER is centrally located on the east coast of Vancouver Island. Campbell River Regional Airport (YBL) is approximately 40 minutes from Vancouver by air and 1.5 hours from Lake Union (Seattle) by air.

QUADRA ISLAND is a 10 minute ferry ride from Campbell River. Please check the information under **FERRY SERVICES** on page 13.

TRAVEL DETAILS FOR QUADRA ISLAND

For the Johnstone Strait Expedition you can begin in Campbell River, Telegraph Cove or from Quadra Island. If your travel plans allow we recommend that you come to Quadra Island as you can then attend the pre-trip meeting in order to make sure you have everything you need for the trip and get all your questions answered. Quadra Island is home to a vibrant little community, full of artisans, stunning scenery and is a great location for all types of outdoor adventures including biking, hiking, walking and of course kayaking. Parking is most secure for your vehicle and free of charge on Quadra Island.

For those arriving late and without time to relax or explore, Campbell River may work best for you.

CAMPBELL RIVER AIRPORTER (BUS)

This bus meets all commercial flights and can take you to any location in Campbell River. Price starting at \$20/person with discounts for two or more people.

Reservations are not necessary.

crairportshuttle@gmail.com, Toll Free 1 855 787 8294, Overseas 1 250 914 1010 or 1011

CAMPBELL RIVER TAXI SERVICE

If you need to be transported while in Campbell River. For example, you may need a taxi from your hotel to the tour starting point on the morning of the tour.

Campbell River Cabs: Local & Overseas 1 250 287 8294,
Bee Line Taxi: Local & Overseas 1 250 287 8383

QUADRA ISLAND TAXI

Call anytime. If there's no answer be sure to leave a message since reception isn't guaranteed everywhere on the island. If you're coming with the ferry and need a ride from the Quadra ferry terminal to your accommodation, call them once on the ferry. A phone booth is located just off the ferry ramp and takes 50 cents to place a call.

Local & Overseas 1 250 205 0505

AIR TRAVEL

FROM VANCOUVER TO QUADRA

PACIFIC COASTAL AIR flies from Vancouver to Campbell River, Comox and Port Hardy.

Toll Free 1 800 663-2872, Overseas 1 604 273-8666, reserve@pacificcoastal.com, pacificcoastal.com

CENTRAL MOUNTAIN AIR flies from Vancouver to Campbell River. They have the latest flight departing Campbell River for Vancouver if you must make it back to Vancouver the day your trip returns.

Toll Free 1 888 865 8585, Overseas 1 250 877 5000, reservations@flycma.com, flycma.com

AIR CANADA offer flights from Vancouver to Comox, Nanaimo, and Victoria.

1 800 247 2262 (in Canada), 1 800 776 3000 (in US)
Overseas 1 514 393 3333, aircanada.com

FROM CALGARY OR EDMONTON

WESTJET flies between Calgary or Edmonton and Comox (a town 45 minutes south of Campbell River). If flying into Comox we have an additional information page on options for traveling north, please contact our office for this information.

Toll Free 1 888 937 8538 (US & Canada),
Overseas 1 403 444 2446, westjet.com

FROM VICTORIA OR VANCOUVER

PACIFIC COASTAL AIR flies from Victoria to Campbell River **via Vancouver only**

Toll Free 1 800 663 2872, Overseas 1 604 273-8666, reserve@pacificcoastal.com, pacific-coastal.com

AIR CANADA offers flights from Victoria to Campbell River **via Vancouver only**

1 800 247 2262 (in Canada), 1 800 776 3000 (in US),
Overseas 1 514 393 3333, aircanada.com

FROM SEATTLE

SAN JUAN AIRLINES departs from Seattle and surrounding areas and arrives in Campbell River.

Toll Free 1 800 874 4434

info@sanjuanairlines.com, sanjuanairlines.com

KENMORE AIR offers floatplane flights from Seattle to Campbell River or Heriot Bay (on Quadra Island).

1 800 435 9524, kenmoreair.com

NORTHWEST SEAPLANES services Campbell River and Quadra Island by seaplane, flights depart from Renton, Washington near Seattle.

1 800 690 0086, Overseas 1 425 277 1590,
nwseaplanes.com

FERRY SERVICE

BC FERRIES

Provides year-round vehicle & walk-on ferry service for routes between Vancouver and Vancouver Island (Victoria and Nanaimo) as well as between Campbell River, Quadra Island and Cortes Island.

Visit bcferries.com for current schedule information.
1 888 223 3779, Overseas 1 250 386 3431,
customerservice@bcferries.com. bcferries.com

FERRIES FROM VANCOUVER TO VANCOUVER ISLAND

FERRIES FROM VANCOUVER TO NANAIMO

2 options either 1) Horseshoe Bay Terminal (North of Vancouver) to Departure Bay (north end of Nanaimo), sailing time approx. 1 hr and 40 min or 2) Tsawwassen (south of Vancouver, closest to Vancouver International Airport) to Duke Point (south end of Nanaimo), sailing time approx. 2 hrs

FERRY FROM VANCOUVER TO VICTORIA

Tsawwassen (south of Vancouver) to Swartz Bay (near Victoria) Sailing time approx. 1 hr and 35 min.

FERRY FROM VANCOUVER ISLAND TO QUADRA ISLAND

No reservations possible for this route, runs almost hourly. Approx. \$9.50 per person and \$25 per vehicle. Sailing time approx. 10 minutes

FERRIES FROM THE USA

BLACK BALL FERRY (COHO), PORT ANGELES, WA TO VICTORIA, BC

Car and walk-on ferry, Toll Free 1 888 993 3779, Overseas 1 250 386 2202 cohoferry.com

WASHINGTON STATE FERRY, ANACORTES, WA TO VICTORIA (SIDNEY) BC

Daily vehicle and passenger ferry. Sailing approx. 3 hrs. Toll Free 1 888 808 7977, Overseas 1 250 464 6400 wsinfo@wsdot.wa.gov, wsdot.wa.gov/ferries

VICTORIA CLIPPER, SEATTLE, WA TO VICTORIA, BC

Daily walk-on service, passengers only
Toll Free 1 800 888 2535, Overseas 1 250 382 8100
victoriaclipper.com

CAR RENTALS

BUDGET CAR RENTAL

Toll Free 1 800 299 3199 (Canada)
1 800 527 0700 (USA). budget.ca

NATIONAL TILDEN

Toll Free 1 800 222 9058. nationalcar.ca

RENT A WRECK/ PRACTI CAR (Campbell River only)

Toll Free 1 800 327 0116. Overseas 1 250 287 8353
rentawreck.ca



 SPIRIT OF THE WEST
ADVENTURES

PHOTO AND VIDEO CONTEST

Upload your favourite photo or video on kayakingtours.com/photocontest and **WIN A \$1000 CREDIT** towards a Spirit of the West Adventures tour of your choice. Share your shots with #kayakrealmofwhales and #spiritofthewestadventures on Facebook & Instagram. Good luck!

Full contest rules on kayakingtours.com/photocontest. Closes on October 1st and the grand prize winner of the photo & video category will be announced on October 15th on social media, per newsletter & via email.



BUS SERVICE

FROM VANCOUVER TO CAMPBELL RIVER

VANCOUVER AIRPORT (YVR) There are many options for getting to and from the Vancouver Airport and various destinations in the region. We recommend checking out the airports official page which shows all your options. yvr.ca/en/getting-to-from-yvr.aspx

VANCOUVER ISLAND CONNECTOR by Tofino Bus Buses depart downtown (Vancouver Bus Depot, Pacific Central Station, 1150 Station Street). Approx. \$55 CAD one-way. Takes approx. 6 hours. The Vancouver Island Connector/Tofino Bus station in Campbell River (Bus Depot: 509 13th Avenue) is a short walk to the Quadra Island Ferry terminal about 2 blocks away. 1 866 986 3466, viconnector.com

ISLANDLINK BUS SERVICES

Islandlink Bus offers its services to and from various destinations on Vancouver Island. Visit their website for up-to-date schedules and booking information. Islandlink drops passengers off at the Campbell River Community Center at 401 11Avenue. This is a 10-minute walk to the Quadra Island ferry terminal. From here you can walk onto the Quadra ferry. Bus approx: \$40 CAD one-way. No phone available, islandlinkbus.com

FROM VICTORIA TO CAMPBELL RIVER

VANCOUVER ISLAND CONNECTOR by Tofino Bus Buses depart from multiple locations downtown Victoria approx. \$65 CAD one-way. Takes approx. 5 hours. The Vancouver Island Connector/Tofino Bus station in Campbell River (Bus Depot: 509 13th Avenue) is a short walk to the Quadra Island Ferry terminal about 3 blocks away. 1 866 986 3466, viconnector.com

ISLANDLINK BUS SERVICES

Islandlink Bus offers its services to and from various destinations on Vancouver Island. Visit their website for up-to-date schedules and booking information. Islandlink drops passengers off in front of at the Campbell River Community Center at 401 11Avenue. This is a 10-minute walk to the Quadra Island ferry terminal. From here you can walk onto the Quadra ferry. Bus approx: \$50-60 CAD. No phone available, islandlink-bus.com

FROM SEATTLE TO VANCOUVER

BOLT BUS

Quick and efficient service between downtown Seattle and downtown Vancouver (main bus terminal only). Free Wifi on board. Toll Free 1 877 265 8287 boltbus.com

QUICK SHUTTLE SERVICE

Provides transportation between various locations in Seattle and Bellingham and various points in Vancouver, including airports and city centres. Hotel drop offs available. Toll Free 1 800 665 2122 | Overseas 1 604 940 4428 rez@quickcoach.com | quickcoach.com

US GREYHOUND

Service between downtown Seattle and downtown Vancouver. Toll Free 1 800 231 2222, Overseas 1 214 849 8100, greyhound.com

BELLINGHAM AIRPORTER SERVICE

Service between Seattle Airport and Anacortes Ferry (to Victoria). Toll Free 1 866 235 5247, Overseas 1 360 380 8800, shuttle@airporter.com, airporter.com



TOUR TERMS & CONDITIONS

RESERVING YOUR TRIP

Reserving your adventure with Spirit of the West Adventures is simple. Just call 1-800-307-3982 to speak with one of our friendly and helpful office crew, e-mail your request to info@kayakingtours.com or reserve your trip on the web through our online reservation request system.

If you're not sure if a particular trip is right for you or you're looking for more information, let us know and we would be happy to answer your questions or put you in touch with a past guest who has experienced the trip before.

To reserve space on our tours we ask for a deposit as well as a completed reservation form submitted online, over the phone or by fax. We require a deposit of 25% per person.

PAYMENT SCHEDULE

A deposit to reserve your space on a tour is due at time of booking. The balance of your trip cost is due 90 days prior to departure. For your convenience, with your authorization, we automatically charge your credit card when the balance is due unless otherwise arranged. Payment can be made by cheque, money order, Visa or MasterCard; any processing charges or fees are your responsibility.

PRICING

All pricing for Canadian-based tours is listed and charged in Canadian dollars. All tours that take place outside of Canada are listed and charged in US dollars. Any foreign currency pricing is only approximate. Spirit of the West Adventures Ltd. charges in the listed currency and it is your credit card company or bank who determines your exchange rate on the day your transaction takes place. Pricing is subject to change.

For all Canadian tours there is an additional 5% tax called the GST (Goods and Services Tax). Tours that take place outside of Canada are not taxed. Non-tour add-ons such as equipment rentals or merchandise must be charged both 5% GST and 7% PST (Provincial Sales Tax).

CANCELLATION POLICY

If you find it necessary to cancel your tour, please let us know as soon as possible. No refunds are given once tours have departed. Spirit of the West Adventures Ltd. is not responsible for any additional costs that may arise in the event of a trip alteration or delay caused by circumstances beyond our control. To avoid confusion we require written notice of cancellation, by email, fax or standard mail. The following fees will apply to cancellations and are calculated as of the date we receive your written cancellation notice.

CANADIAN TOURS

If you must cancel your tour, your refund is as follows:

- Earlier than 90 days before trip – If we have not had to turn customers away, full amount is refunded less a \$100 administration fee. If we have had to turn customers away, the deposit is retained.

- 89-30 days before trip – 50% of total tour price is refunded.
- Later than 30 days before trip – No refund will be given, unless we can find someone to fill your space. In this case, only the deposit is retained.

INTERNATIONAL TOURS

If you must cancel your tour, your refund is as follows:

- Earlier than 90 days before trip – deposit is refunded less a \$250 administration fee and the guest is responsible for any costs incurred for cancelling any additional tours or travel arrangements. If we have had to turn customers away, the entire deposit is retained.
- 90-60 days before trip – 50% of total tour price is refunded.
- Less than 60 days before trip – No refund will be given, unless we can find someone to fill your space. If we can fill your space, only the deposit is retained.

We highly recommend that all guests purchase trip cancellation and interruption insurance. Trip cancellation and interruption insurance is mandatory for all international tours. Spirit of the West Adventures Ltd. is not responsible for ensuring the appropriate level or amount of coverage is purchased. Please contact your travel insurance provider to ensure you have appropriate coverage for your entire trip.

Spirit of the West Adventures Ltd. reserves the right to cancel any trip prior to departure for any reason whatsoever, including insufficient bookings, safety threats including natural disasters, political instability, terrorism or logistical problems that may impede trip operations.

If we have to cancel a tour due to insufficient bookings you may choose between an alternate trip or a full refund. We will inform participants of cancellations due to insufficient bookings no later than 60 days prior to the tour. If the alternate trip chosen is of a lower value than the originally booked then you are entitled to a refund of the difference. If the alternate tour chosen is of a higher value then you will pay the difference in price.

If a tour has to be cancelled due to circumstances beyond our control, e.g. political instability, natural disasters, labour strikes etc, there will be no refund from Spirit of the West Adventures Ltd. Please contact your travel insurance provider for details on how to start a claim.

Spirit of the West Adventures Ltd. is not responsible for expenses incurred by trip participants in preparing for a cancelled trip (for example non-refundable advance purchase plane tickets, visa fees, inoculations, equipment etc. or for any additional arrangements for other travel plans associated with this tour.) Spirit of the West will make every reasonable effort to contact you as soon as it appears that a trip may be cancelled.

TRIP PREPARATION

Once you've made your choice and sent in your deposit, we'll send you a detailed document that includes everything that you will need to prepare

for your tour including an itinerary, packing list, transportation options, directions, meeting times and frequently asked questions. For international tour destinations, we include information about issues such as passports, visas, immunizations and currency exchange. All you need to bring is your passport, a sense of adventure, your clothing and personal items.

Let us know if you're planning a birthday or anniversary trip. We'll pack a surprise! If you have special dietary considerations, please let us know in advance and we'll make all the accommodations necessary if you're vegetarian, vegan or have food allergies. Please note we are not a peanut or nut free facility. On international tours the availability of ingredients or restaurant kitchens outside of our control may limit the type of dietary accommodation we are able to offer.

MEDICAL AND RISK ACKNOWLEDGEMENT/ LIABILITY RELEASE FORMS

Each participant is required to fully fill out the medical form and liability release form. Spirit of the West Adventures Ltd. must receive medical forms at least 30 days prior to tour departure. Please read and understand the liability waiver upon registration. You will be asked to sign the liability waiver on your arrival and before tour departure.

GUEST RESPONSIBILITY

Although no previous kayaking experience is required on our tours, as with any adventure there is always an element of risk. While our trips are not considered to be strenuous or physically demanding, and we do not require a high level of fitness, good general physical condition is necessary. If you have any physical limitations or concerns please let us know. As we are not qualified to evaluate your level of fitness we ask that you (possibly along with your doctor) determine whether or not you are able to join one of our adventures. If you have any special medical conditions, we encourage you to check with your doctor before you reserve your trip. Please also note that all of our tours take place in remote areas and evacuations can take a great deal of time and can be expensive. Persons with various disabilities are welcome on Spirit of the West tours, pending a discussion of any special needs and requirements.

You must also acknowledge that travel with Spirit of the West Adventures Ltd. requires a degree of flexibility and understanding that the trip's route, itinerary, accommodation and modes of transport are subject to change without prior notice due to local circumstances. While traveling with Spirit of the West Adventures Ltd. you agree to accept the authority of the leader at all times. You need to be aware that group travel may involve compromise to accommodate the diverse desires and abilities of group members. We ask that you welcome your adventure with an open mind and be able to laugh and have fun when encountering the unexpected. Spirit of the West Adventures Ltd. is dedicated to providing safe, environmentally sensitive, well-organized, fun-filled adventures.

PASSPORTS AND VISAS

You must carry a valid passport and/or necessary documentation and have obtained the appropriate visas when travelling with Spirit of the West Adventures Ltd. Please ensure your passport is valid for 6 months beyond the duration of your trip. It is your responsibility to ensure that you are in pos-

session of the correct visas for your travels. Spirit of the West Adventures Ltd. does not accept responsibility if you are refused entry to a country because you lack the correct documentation or the authorities deem you unsuitable for entry.

ACCOMMODATIONS ON TOUR

Spirit of the West Adventures Ltd. will do our best to make you comfortable and feel at home on your tour.

Canadian Tours: Keep in mind that our sea kayaking tours are a true wilderness experience that can involve camping in established and non-established sites with minimal facilities and rustic surroundings. This is all part of what we call an adventure! Tenting and lodging is generally based on double occupancy, however if you are traveling alone we do our best to provide you with your own tent or a suitable tent partner.

International Tours: Hotels in the Bahamas are NOT included in tour costs. Hotels in Chile are included in the tour price and are based on double occupancy. There is a \$200 single supplement for Chile tours if you require your own hotel room. Single accommodation on the Mothership in Chile is NOT possible. All tenting is also based on double occupancy, however if you are travelling alone we do our best to provide you with your own tent or a suitable tent partner.

TIPPING

Gratuities are always appreciated. If you feel the guides & crew have done an exceptional job, tipping is a great way to show your appreciation. We also appreciate other expressions of thanks including cards, letters etc.

STORAGE OF PERSONAL AND FINANCIAL INFORMATION

Due to the nature of our services, it is necessary to collect and store a certain amount of personal and financial information. By providing us with your address, personal and financial information, you consent to the storage of this information for a period of time deemed appropriate by Spirit of the West Adventures Ltd. Personal information includes, but is not limited to, your first name, last name, phone number, email address and billing address. Financial information includes, but is not limited to, your card account number, card expiration date and cardholder name.

PRIVACY POLICY

Spirit of the West Adventures Ltd. occasionally sends out an e-newsletter and updates that we think you'll want to hear about. We will NEVER to sell or share your email address with any third party company (unless it is for the purpose of coordinating trip logistics, for example booking airline tickets). You can unsubscribe at any time by emailing or clicking on the links in newsletters. For more information please feel free to call us at 1-800-307-3982 or email us at info@kayakingtours.com.

PHOTOGRAPHIC RELEASE

Spirit of the West Adventures Ltd, reserves the right to take photographic or film records of any of its tours. Trip members should be aware that Spirit of the West Adventures Ltd. may use these photos or film for promotional and or commercial purposes without remuneration to the trip participants.

SPIRIT OF THE WEST ADVENTURES

Box 569, Heriot Bay, British Columbia, V0P 1H0, Canada
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info@kayakingtours.com, kayakingtours.com

