



SPIRIT
OF THE WEST
ADVENTURES

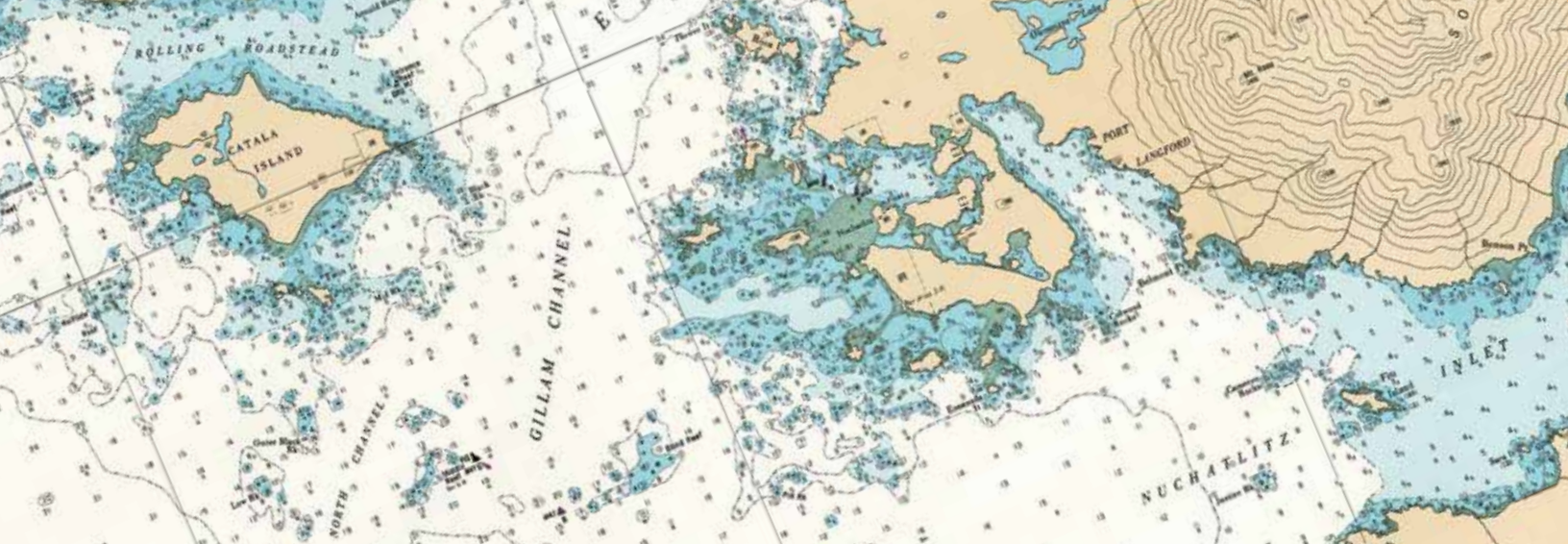
NUCHATLITZ EXPEDITION

BEACHES, SUNSETS AND WEST COAST WAVES

RESERVATION PACKAGE

SPIRIT OF THE WEST ADVENTURES LTD | Box 569, Heriot Bay, British Columbia, V0P 1H0, Canada
Toll free 1 800 307 3982, Overseas 1 250 285 2121, Fax 1 888 389 5736, info@kayakingtours.com





NUCHATLITZ 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 dramatic seascape of the wild northwest coast of Vancouver Island provides the setting for one of the finest sea kayaking destinations in Canada, Nuchatlitz Marine Park. The area is sheltered from the open ocean by small and enchanting islands. This string of islets gives the adventurous kayaker an opportunity to experience the rugged coast while paddling in relatively protected waters.

This remote area is one of the few places where you can escape the crowds. Getting out to the park can be difficult for the solo paddler or independent group as the distance is far and headwinds are often encountered deeper in the fjords. To avoid this long and arduous paddle, Spirit of the West Adventures will transport you by water taxi to and from this prime kayaking destination. Once there we will establish our first night's camp on a secluded beach among old growth forests. Each day we will explore the numerous islands and beaches, marvel at the natural rock formations and reflect on the long and rich west coast First Nations culture.

The Nuchatlitz tour launches from the town of Tahsis on the West Coast of Vancouver Island. The Spirit of

the West van will depart Quadra Island and Campbell River on the morning of the tour and drive the 3 hours to Tahsis. You are welcome to travel in the van with us and we will arrange for your pick up from your accommodation on Quadra Island at the pre-trip meeting.

DAY PRIOR

Your guides will go over the logistics of the tour and answer any questions or concerns you may have. This meeting will be held at the Heriot Bay Inn in the lounge on Quadra Island at 6pm the day prior to departure. If you cannot make it to the meeting just be sure to call in the day before departure to confirm your arrival. This is a great chance to make sure you've got everything you need for the tour and to meet your fellow adventurers. The Heriot Bay Inn has one of Quadra Island's best restaurants so you may want to consider eating there after the meeting.

DAY 1

We will pick you up from your accommodation on Quadra Island (if arranged at the pre-trip meeting) or meet in the Heriot Bay Inn parking lot on Quadra Island at 7am. We will pack up the van and head off on our drive picking up those meeting us in Campbell River

before heading onto to Tahsis to meet our watertaxi. If you are unable to meet us on Quadra Island for the pre-trip meeting, please check in with our office by calling the day prior to your tour. This allows us to confirm the exact departure time and location, or to alert you if there are have been any last minute changes. Once we arrive in Tahsis (approx.11:00am), a scenic journey by water taxi takes us out to the west coast paradise of the Nuchatlitz Marine Park. Here we will set up our camp and enjoy the evening's beauty.

DAYS 2 TO 5

After waking up in one of the most beautiful places on earth, we will begin our day with a hearty breakfast before we break camp. On the Nuchatlitz tour there is no set itinerary. Instead, our route will depend on weather conditions and the group's desires. Our days will be spent exploring the picturesque islands, lagoons, sea caves hidden behind cascading waterfalls and beaches. We will also take some time out for beachcombing, or simply lounging and absorbing the magnificent

surroundings. If we are fortunate we will end our day with a famous west coast sunset. Campsites are plentiful and scenically situated on either sand or pebble beaches, grassy knolls or beneath the canopy of ancient rain forests.

DAY 6

This is our last day to enjoy the marine environment of the west coast. After our morning paddle and lunch, our boat transport will take us back to Tahsis.

Our approx. return time to Campbell River is between 6-8pm. however due to the high number of 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 if you would like 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.

TOUR START- DAY ONE

You can meet either in Quadra Island or in Campbell River. If meeting in Campbell River, please call our office to let us know.

QUADRA ISLAND

THE HERIOT BAY INN PARKING LOT | **AT 7:00 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.

CAMPBELL RIVER

IN FRONT OF THE VISITOR CENTER
AT THE TYEE PLAZA | **AT 8:20 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.

TAHSIS

WESTVIEW MARINA | **AT 11:00 AM**

Follow Hwy 28 from Campbell River to Gold River. At Gold River, you will see the Travel Info Centre and a large boot sculpture. At this point, just keep following the road and watch for the signs directing you to Tahsis. About three kilometers past the Travel Info Centre, the "Tree to Sea" drive to Tahsis begins. The road is 63.5 kilometers or approximately 40 miles. You should arrive in Tahsis within 60-90 minutes, depending on road conditions. Coming into Tahsis, look for Westview Marine on your left side. If you hit "downtown," you've gone too far. Parking is available for a nominal fee.



WHAT TO BRING

On the Nuchatlitz Expedition we will be packing everything into our kayaks each day in order to travel to our next campsite. While space is limited, please ensure you bring enough to stay warm and dry. The following is a list of suggested items that should keep you a happy camper. The key is to pack into small compact bags which we will provide. We will also provide some tips and tricks for packing when you arrive.

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, Tevas 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. If you have any further questions or concerns please do not hesitate to call us.

WHAT IS INCLUDED? WHAT DO I NEED TO BRING?

There are no additional costs once on our tour. On our guided tours we supply everything that you will need for kayaking and camping except for a few personal items such as a sleeping bag and rain gear (these can be rented if needed), your clothes and toiletries. We are happy to 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. All other transportation, food, gear, etc, while on trip is included in the cost of the tour. Once the tour begins we provide all meals and non-alcoholic beverages (wide selection of teas, coffee, juices, hot chocolate) from morning snack on day one to lunch on the last day. You are welcome to bring your favourite wine, beer or pop, but this is not included in the tour price. 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.

HOW MUCH KAYAKING EXPERIENCE IS REQUIRED TO JOIN THIS TRIP?

No experience is required for this kayak tour! Our adventure is for everyone. Our trips are designed to cater to all levels of experience and abilities. The majority of people who join our tours are first time kayakers. All that we ask is that you welcome adventure with an open mind and are able to laugh and have fun when encountering the unexpected.

DO I NEED TO BE IN GREAT SHAPE FOR THIS TRIP?

Our adventures are not considered to be overly strenuous or physically demanding, and we do not require a high level of fitness. We just ask that you are capa-

ble of a few hours of moderate exercise each day and are comfortable walking on the uneven surfaces you'll encounter at camps and beaches. Keep in mind that good general health will go a long way if we happen to encounter some strong winds or time restrictions. Most important is an adventurous spirit.

ARE THERE ANY AGE REQUIREMENTS?

Spirit of the West Adventures caters to all ages of adventurers. Although we do prefer a minimum of 12 years for our multi-day tours, we like to assess each case individually. Those concerned with being in 'their older years' are welcomed to contact us to discuss their physical abilities.

HOW MUCH PADDLING IS GENERALLY DONE IN A DAY?

Paddling time will vary depending on our destination and the group's abilities and desires. Generally we travel between 3-5 hours a day.



HOW STABLE ARE THE KAYAKS? WHAT IS THE LIKELIHOOD OF FLIPPING OVER?

The kayaks we use on our tours are stable and designed for comfort. For those a little concerned, the double kayaks are slightly more stable than the singles. The likelihood of a capsizing is minimal, and generally only occurs in an uncommon situation.

WHAT HAPPENS IF MY KAYAK FLIPS OVER?

If for some reason your kayak flips over, all of our guides have ample practice time on the water with rescue procedures, in order to quickly and efficiently get you back in your boat. At this point we will take you to the nearest shore to change into some warm cozy clothing and carry on with our journey. While we are out on the water, it is of the utmost importance that the group sticks together in the event of capsizing or change of route plan.

WHAT IF THE WEATHER TURNS BAD? WILL I BE COMFORTABLE AND WARM?

Our weather in the Pacific Northwest is generally pleasant from May through until the end of September. The temperature will vary slightly depending on which area you visit. In the Nuchatlitz area we generally experience milder temperatures than in Johnstone Strait. Fog is common in the summer on the outer coast, and may come and go through the day. Although it is uncommon, it can rain in the summer. A good rule of thumb is to be prepared for any type of weather and you will stay comfortable. Layering is the key, and it allows you to put on or take off layers while on the water if you need to.



WHAT SORT OF WILDLIFE MIGHT WE SEE ON THE TOUR?

The diversity and abundance of wildlife in the Pacific Northwest is one of our privileges. With river runoff from the mountains, ocean currents, tiderips, eddies and upwelling these waters are among the most productive on earth. In the sea this includes the rich marine life of colourful plants and invertebrates, seabirds, shorebirds, waterfowl, mink, sea and river otters, seals, sea lions, dolphins, and (if we are lucky) whales. There are also land animals including deer, raccoons, cougars, wolves and bears. 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.

WHAT IS THE CAMP SET UP LIKE?

All of our campsites are in wilderness settings. We seek out sites with beautiful surroundings and those that offer solitude. There may be times (on occasion) when we are camping next to another group of kayakers. Where possible we choose camps near freshwater streams. The campsites in the Nuchatlitz are varied in kind but not in natural, spectacular beauty. From wide, sandy beaches to grassy knolls, each site will be a new experience.

WHERE DO WE WASH? ARE THERE TOILETS?

Fresh water is limited in this area, so seawater is your best bet for washing up. Please use biodegradable, environmentally friendly soap brands. We carry a portable toilet system and your guide will generally designate an area or system that works for ensuring your privacy. We are very accustomed to making sure all of our guests feel as comfortable and informed as possible in this regard - please feel free to ask us any questions you might have, before or during your tour.

WHERE CAN I LEAVE LUGGAGE THAT I WON'T NEED ON TRIP?

If you are staying on Quadra Island, many of the B&Bs offer free luggage storage - simply check with your host. Alternatively, guests staying on Quadra Island have the option of storing excess luggage at our office. Please ensure that your luggage is clearly labelled with your name, tour and trip date, and leave it with us on the first day of your tour for return to our office.

WHERE CAN I LEAVE MY VEHICLE WHILE ON TOUR?

Free parking will be available for your vehicle while on tour with us. Many of the accommodations on Quadra Island also have free parking included with your stay. Parking is also available in Tahsis for a daily fee. Parking details will be discussed further at the pre-trip meeting.

IF I WOULD LIKE TO TIP THE GUIDES, WHAT IS THE INDUSTRY STANDARD?

If you would like to express your appreciation to the guides 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.

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 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 meeting location.

Local & Overseas 1 250 285 3111

campsite@wewaikai.com | wewaikai.com/campsite

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

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 & Overseas 1 250 286 3344

tbirdrvpark@shaw.ca | thunderbirdrvpark.com

TAHSIS ACCOMMODATIONS

NOOTKA GOLD B&B

Chef owned and operated bed and breakfast with full furnished self-contained 2 bedroom guest suite, plus and additional 2 bedrooms in main house.

Local & Overseas 1 250 934 7979 | nootkagold.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 our Nuchatlitz tour, you will need to get to Quadra Island, Campbell River or Tahsis. 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 Ultimate tour you can begin in Campbell River 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

This bus meets all flights and can take you to any location in Campbell River for approximately \$15. Reservations are not necessary.

Toll Free 1 855 787 8294 | Overseas 1 250 914 1010
287taxi.ca (can reserve in advance on-line)

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 tour.
Local & Overseas 1 250 287 8294 (TAXI) | 287taxi.ca



AIR TRAVEL

FROM VANCOUVER

PACIFIC COASTAL AIR flies from Vancouver to Campbell River or 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 or Comox. 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 or Seattle to Campbell River, 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

HELIJET HELICOPTER service offers scenic journeys to the Victoria Harbour and the Campbell river area.

Toll Free 1 800 665 4354 | Overseas 1 604 273 4688
helijet.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

TRANSFER FROM CAMPBELL RIVER AIRPORT TO QUADRA ISLAND FERRY

THE CAMPBELL RIVER AIRPORTER is a shuttle that meets all flights and take you to any location in Campbell River for approx. \$15 per person. 1 250 914 1010.

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.

FERRIES FROM VANCOUVER TO VANCOUVER ISLAND

2 options either 1) Horseshoe Bay Terminal (North of Vancouver) to Departure Bay (north end of Nanaimo), sailing time approx. 1 hr and 35 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 CAMPBELL RIVER 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 mins

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

FERRIES FROM THE USA

BLACK BALL FERRY (COHO FERRY) - PORT ANGELES, WA TO VICTORIA, B.C. Car and walk-on ferry runs year round except for a brief mid-winter maintenance.

Toll Free 1 888 993 3779 | Overseas 1 250 386 2202
cohoferry.com

WASHINGTON STATE FERRY - ANACORTES, WA TO VICTORIA (SIDNEY) B.C.

Daily, year round vehicle and passenger ferry. Sailing time 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, B.C.

Daily, year-round 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 | www.nationalcar.ca

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PHOTO & VIDEO CONTEST 2019



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Upload your favourite photo and/or video of your trip with us on KAYAKINGTOURS.COM/CONTEST-2019 and win \$1000 credit towards a Spirit of the West Adventures tour of your choice. Share your shots with [#KAYAKREALMOFWHALES](https://www.facebook.com/KAYAKREALMOFWHALES) on Facebook & Instagram. The more likes you receive the greater chance you have to win - good luck! All info under kayakingtours.com/contest-2019.



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

GREYHOUND BUS (Vancouver to Campbell River)
Buses depart downtown Vancouver approx. \$50 CAD one-way. Takes approx. 6 hours. The Greyhound station in Campbell River is a short walk to the Quadra Island Ferry terminal about 2 blocks away.
1 800 661 8747 | greyhound.ca

ISLANDLINK BUS SERVICES

Provides bus service between Departure Bay, Nanaimo on Vancouver Island (where the Horseshoe Bay ferry from Vancouver docks) and Campbell River. Visit their website for up-to-date schedules and booking information. Islandlink drops passengers off at the Tye plaza, across the road from the Campbell River-Quadra ferry terminal. From here you can walk onto the Quadra ferry. Approx: \$37.00.

No phone available | islandlinkbus.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

FROM VICTORIA TO CAMPBELL RIVER

ISLANDLINK BUS SERVICES

Provides shuttle bus service between a number of Vancouver Island destinations and Campbell River, including Victoria, Nanaimo, Tofino and Courtenay/Comox. Visit their website for up-to-date schedules and booking information. Bus Service drop offs are walking distances to the Quadra Island Ferry Terminal in Campbell River.

No phone available | islandlinkbus.com

GREYHOUND BUS (Victoria to Campbell River)

1 800 661-8747 | greyhound.ca



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 LTD

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