



# The Salish Sea and Island Adventures



**DURATION** 7 Nights / 8 Days  
**DATES** May to October, Daily  
**ROUTE** Vancouver | Victoria | Campbell River / Quadra Island | Sechelt | Vancouver

Celebrate the Coast Salish and Kwakwaka'wakw people on this memorable route that takes you by ferry from Vancouver to Victoria and beautiful Vancouver Island. Another sailing takes you from Comox to the Inside Passage and Powell River on the Sunshine Coast. Feel like you've stepped into a world from another time as rainforests and mountains haunt the shoreline of coastal British Columbia. Let the area's First Nations immerse you in their ancient and living culture. Visit interpretive centres and sample traditional foods, watch a First Nations carver create a totem pole, and purchase original Aboriginal art from the many art galleries along the way. Taste the distinctive flavours of regional indigenous cuisine, explore a pristine beach, go whale or bear-watching, or paddle a canoe along the ocean shores with a knowledgeable First Nations guide.

## SUGGESTED ITINERARY

### Day 1-2 Vancouver Exploring

Vancouver is one of the world's most beautiful cities, rich with culture, nature and world-class shopping, dining and hotels. It is also home to the Coast Salish peoples including the Tsleil-waututh, Musqueam and Squamish Nations. While visiting Vancouver, explore Aboriginal culture at the **Klahowya Village in Stanley Park** and discover First Nations treasures at the **Bill Reid Gallery of Northwest Coast Art**. **Takaya Tours** on the north shore of Vancouver invites

visitors to take a glimpse into the Coast Salish culture through traditional ocean-going canoe and kayak excursions. In the evening, enjoy First Nations cuisine at the **Salmon n' Bannock** restaurant.

### Day 3 Vancouver | Victoria

Travel from Vancouver to Victoria on BC Ferries, on a scenic ferry ride through the Gulf Islands. Take the remainder of the day to explore the city. A visit to the Royal British Columbia Museum is a must. The museum's First Peoples Gallery is a permanent exhibition and gives visitors dramatic glimpses of First

Nations cultures before and after the arrival of Europeans.

### Day 4 Victoria | Sidney Exploring

Explore the nearby harbour town of Sidney. In Sidney, **Sea Quest Adventures & Aboriginal Tours** welcomes visitors to their traditional territory to discover the rich cultural history of the Coast Salish people on whale-watching and cultural interpretive tours.

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## Day 5 Victoria | Campbell River / Quadra Island

From Victoria, travel north up the east coast of Vancouver Island to the community of Duncan. Visit the **Quw'utsun' Cultural and Conference Centre**, where you will enjoy an authentic First Nations experience, including interpretive tours, salmon barbeques, displays and live demonstrations, and traditional dance performances. From Duncan continue to Campbell River. A short car ferry ride will bring you to quaint Quadra Island, the home of **Tsa-Kwa-Luten Lodge, the Oceanfront at Cape Mudge**. The lodge features Pacific Coast Kwagiulth architecture as well as traditional and contemporary Aboriginal art.

## Day 6 Quadra Island Exploring

While on Quadra Island you can explore the **Nuyumbalees Cultural Centre** or

partake in wildlife-viewing tours with **Aboriginal Journeys**. Whale-watching and bear-viewing tours are interwoven with insights into local First Nations history and culture. In the evening enjoy West Coast seafood cuisine at the resort.

## Day 7 Quadra Island | Courtenay | Sechelt

Travel south to the town of Courtenay and stop at the **I-HOS Gallery**. This K'ómoks First Nation-owned gallery features traditional and contemporary Northwest Coast works of art and more. From Comox, travel aboard BC Ferries crossing the Inside Passage to Powell River, on the mainland of BC in a region known as the Sunshine Coast. The coast has stunning mountain scenery, dense forests, quaint coves and fjord-like inlets. From Powell River you will drive south to Saltery Bay, where you connect to the rest of the

Sunshine Coast via a car ferry across Jervis Inlet. Sechelt is situated in the middle of the Sechelt Peninsula and lies within the traditional territory of the Shíshálh (Sechelt) First Nation.

## Day 8 Sechelt Exploring | Vancouver

In the morning experience an enriching excursion with **Talaysay Tours**, who offers kayaking, seagoing canoe and hiking tours. First Nations guides share the history, legends and stories of the Shíshálh people with their guests. Guests can also rent kayaks from Talaysay Tours and explore the waters of the Sunshine Coast on their own. From Sechelt you will have a short drive south to the village of Gibsons. Sail on BC Ferries to Horseshoe Bay, situated in West Vancouver. From here, drive 30 minutes to downtown Vancouver or 2 hours north along the scenic Sea to Sky Highway to Whistler.

## TRIP OVERVIEW

Day	City	Activities	Hotel Suggestions	km / Day
1	Arrive in Vancouver	Klahowya Village in Stanley Park (Jun - Sep) Bill Reid Gallery of Northwest Coast Art Salmon' n Bannock Restaurant	Coast Coal Harbour Hotel	N/A
2	Vancouver Exploring	Khot-La-Cha Art Gallery & Gift Shop Traditional canoe / kayak tours with Takaya Tours	Coast Coal Harbour Hotel	N/A
3	Vancouver to Victoria	Royal British Columbia Museum	Abigail's Hotel	70 km / 1.30 hr Ferry
4	Victoria / Sidney Exploring	Whale-watching with Sea Quest Adventures & Aboriginal Tours - Sidney	Abigail's Hotel	52 km
5	Victoria via Duncan to Quadra Island	Quw'utsun' Cultural & Conference Centre -Duncan	Tsa-Kwa-Luten, the Oceanfront Resort at Cape Mudge	267 km
6	Quadra Island Exploring	Nuyumbalees Cultural Centre - Quadra Island Whale-watching or bear-viewing tours with Aboriginal Journeys - Campbell River	Tsa-Kwa-Luten, the Oceanfront Resort at Cape Mudge	N/A
7	Quadra Island to Sechelt (Sunshine Coast)	I-HOS Gallery -Comox	Local B&B or lodge	142 km plus 2 Ferry Sailings
8	Sechelt to Vancouver	First Nations Paddle with Talaysay Tours		50 km / 40 min Ferry
	Tour ends in Vancouver			