

About Quadra

Quadra Island, largest and most populous of the Discovery Islands, lies between Vancouver Island and the mainland coast of British Columbia, off Canada's west coast. It is home to 2,700 year round residents and is a popular destination for visitors from around the world. Campbell River on Vancouver Island is the closest large community (35,000 residents) and port of departure for the scenic 10 minute regular ferry service to Quadra Island.

Quadra's people enjoy a rural lifestyle surrounded by breathtaking coastal scenery and a clean unspoilt environment. The First Nations residents and global migrants together create a harmonious community rich in art and culture. The diversity of people, professions, lifestyles and pastimes is what makes Quadra Island a truly great place to live or visit.

There are three main villages on Quadra Island. Cape Mudge, (Yaculta) home to the Kwakwak'awakw First Nation; Quathiaski Cove, most populous of the three and the island's commercial hub; and Heriot Bay, picturesque gateway to the Discovery Islands & mainland inlets.

Recreation amenities include three public boat launching ramps: Quathiaski Cove, Heriot Bay (fees apply) and Rebecca Spit (no fees), tennis courts, ballpark, an excellent illuminated skateboard park, Provincial, Marine and Regional parks, miles of hiking and biking trails, exquisite sea kayaking and diving. Be sure to stop in at the weekly Farmers' Market every Saturday behind the Quadra Credit Union in Quathiaski Cove from May until Sept.

Please remember to obey fire bans, only dump sewage at designated facilities, use our recycling facilities, do not drive ATV's into parks and please respect all shellfish closures and finfish regulations for your health and conservation. Our waters are unsuited for Personal Water Craft.



Salmonfishing in Discovery Passage



Pole at Ali-wa-qwa-dzas
Cape Mudge Village

Ferry Schedules

Campbell River - Quadra Island

Crossing Time: 10 minutes

Leave Quadra Island		Leave Campbell River	
6:15 am	3:05 pm	6:40 am	3:30 pm
†7:05 am	** 4:00 pm	†7:30 am	4:30 pm
8:00 am	5:00 pm	8:30 am	5:25 pm
9:00 am	5:50 pm	9:30 am	6:15 pm
10:00 am	7:00 pm	**10:30 am	7:30 pm
11:00 am	8:00 pm	11:30 am	8:30 pm
12:00 pm	9:00 pm	12:30 pm	9:30 pm
1:00 pm	10:00 pm	1:30 pm	10:30 pm
2:00 pm	*11:00 pm	2:30 pm	*11:30 pm

Quadra Island - Cortes Island

Crossing Time: 45 minutes

Leave Cortes Island	Leave Quadra Island
† 7:50 am	† 9:05 am
9:50 am	** 11:05 am
11:50 am	1:05 pm
** 1:50 pm	3:05 pm
3:50 pm	5:05 pm
5:50 pm	6:45 pm

* - Fridays and Saturdays only. † - Daily except Sundays.
** - Tuesday sailings are for Dangerous Cargo. No passengers.

Start and end your visit hassle free by taking the ferry off-peak commuter sailings.

For fare information and schedules for all of BC Ferries routes visit www.bcferrries.com or call 1-888-223-3779



For More Information Pick Up A Copy

of the 2008 Guide to the Discovery Islands for more information about Quadra and the surrounding Discovery Islands.

www.discoveryislands.ca

Stop in at the **Quadra Island Tourist Info Booth** on Harper Rd. next to the Quadra Credit Union.

Look online at:

www.quadraisland.ca

Visitor Radio 88.5 FM
at the Campbell River ferry terminal



Escape • Connect • Discover

2008

Quadra Island

British Columbia • Canada



Your every day stay and play getaway!
www.QuadraIsland.ca

Rebecca Spit

To order additional copies & submit a listing contact:

Discovery Islander Publications

Ph: 250-285-2234 Fx: 250-285-2236

eMail: info@quadraisland.ca

printed on Quadra Island by Castle Printing 250-285-2724
Starfish and crab by William Van Orden. Photos by Philip Stone



Restaurants & Cafés

- 10 Café Aroma** 250-285-2404
Espresso Bar/Internet Café. Open 7:30 am to 6:00 pm winter, 7:30 pm summer. Full breakfast, light meals, fresh baking. Aroma beans by the pound. Sunday brunch: Egg Benny Platters from 9 am to 12 noon!
- 24 Heriot Bay Inn Pub** 250-285-3539
The HBI Pub offers tasty appetizers, lunch & dinner entrees, premium beer, refreshing cocktails & charming locals. A fun and friendly atmosphere with live music every Friday night.
- 24 Herons At Heriot Bay Inn** 250-285-3322
Enjoy delicious west coast cuisine and great service - take in the fantastic view of the bay while you relax on the fabulous patio or sip a cocktail fireside in the cozy lounge. Open for breakfast, lunch & dinner seven days a week. Dinner Jazz Sunday evenings. Dinner reservations recommended.
- 4 Kameleon Food and Funk** 285-2190
Delicious vegetarian food with a great atmosphere - lunch and dinner. Non-smoking patio/ Free wireless Internet/ Dine in or take-out/ Less than a minute from ferry.
www.cafekameleon.ca
- 9 Lovin' Oven II** 250-285-2262
Pizza and fresh baked goods. Also serving breakfast, lunch and pizza.
- 10 Niko's Sushi Bar & Grill** 250-285-2355
Sushi, seafood, steaks & more. Located in Village Square. Fully Licensed. Reservations & takeout available. Patio dining in summer. Closed Monday and Tuesday
- 8 Q-Beans** 250-285-2407
The most lovingly made espresso across the land. Organically grown coffees and great snacks. Kiosks at both Campbell River and Quathiaski Cove ferry terminals open daily.
www.q-beans.ca
- 5 The Landing Pub** 250-285-3713
Good Food, Good Fun, Good People 7 Days a week. Free boat tie-up, Full menu eat in take out, off-sales NO BAD DAYS
- 1 Tsa-Kwa-Luten Lodge's Hama Elas** 250-285-2042
Providing privacy and seclusion within an 1100 acre forest on the southern tip of Quadra Island, Tsa-Kwa-Luten's seaside restaurant offers west coast seafood cuisine and walking trails for your post-dining pleasure.
www.capemudgeresort.com
Toll free: 1-800-665-7745



Fishing boats at Quathiaski Cove



Shopping

- 7 Book Bonanza At-The-Cove** 250-285-3665
"The Book Store For Book Lovers". Thousands of books in all categories. Our specialty is British Columbia Coastal books (including First Nations). Next to Quadra Foods (Cove Centre). Open six days a week and summer Sundays. bookbonanza@telus.net
- 9 Fun Knits Yarn Shop** 250-285-2751
Fun Knits Yarn Shop carries all the latest yarns in all weights. We have patterns and notions. We specialize in sock yarn and have the best selection on Vancouver Island. Our store is cosy and friendly come check it out. Unit 2B 671 Plaza Rd.
www.funknits.com
- 21 Heriot Bay Consignment Shop** 250-285-3217
Open 7 days a week year-round. New & Used - furniture, housewares, tools, tarps, camping, fishing tackle marine supplies and charts.
- 9 Hummingbird Office & Art Supply** 250-285-3334
We can do your faxing, photocopying and save your digital photos to disk. Come in and use our public computer for checking your e-mail. When you get inspired we have pens, paints and paper for. [e-mail qcopies@telus.net](mailto:ecopies@telus.net)
- 4 Quadra Island Builders** 250-285-3221
A complete line of home and garden supplies for all your needs. Fax 866-509-8928 [email: qbs@telus.net](mailto:qbs@telus.net)
Toll free 1-877-585-3221
- 21 Quadra Crafts** 250-285-3721
A browser's delight. Local and ethnic arts and crafts. Pottery, jewellery, books, toys, cards, music, clothing and more!
OPEN 7 days a week 10-5:30. Sun 12-5, July and August 9-6.
- 8 Sidelines on the Boardwalk** 250-285-3299
Shop on the Dock! Original art, thoughtful, fun gifts, Quadra Island outerwear, Staples silks, window prisms, home decor, travel toys... Wild frozen at sea: prawns, halibut, cod, salmon...



Health & Bodywork

- 9 Brenda Dempsey Yoga & Massage** 250-285-3054
Retreats & Classes - Give yourself a treat that will leave you refreshed, energized and focused. Brenda Dempsey hosts multi-day Yoga and meditation retreats on nearby Read Island and in Mexico. On Quadra Island, Brenda offers deep relaxing massage and Yoga and Tai Chi classes in her studio in downtown Quathiaski Cove.
- 7 Quadra Island Medical Clinic** 250-285-3540
Dr Erica Kellerhals - Mondays, Tuesdays, Thursdays & some Saturdays. In the Cove Centre, Quathiaski Cove.
- 7 Rejuvenation through Bodywork** 250-203-2248
Lori Hewitt - located in Q-Cove upstairs from the medical clinic.
- 21 Silver Phoenix T.C.M.** 250-285-2545
Tanya Kuss-Stelmaschuk TCM.D.R.A.C Offering comprehensive, personalized treatment plans and multiple approaches to wellness. Traditional Chinese Medicine can help relieve pain and stress, improve sleep and boost your immune system with a variety of therapeutic techniques including acupuncture and acupressure massage.



Provisions

- 9 Amped on Nutrition** 250-285-3142
Health food store & deli. Made-from-scratch & bursting with flavour: organic vegan deli with gluten free options; alternative groceries; bulk foods and spices; vitamins & supplements; books; beauty aids and more. Q-Cove Plaza
- 9 Quadra Foods** 250-285-3391
Offering you a great selection of Specialty & Organic Foods. Meat department with Smokehouse, full service deli, bakery, grocery, bulk food, produce, natural health and beauty products, liquor agency. Docksider deliveries, boat and camp orders, phone-in orders. Summer hours daily 9 am - 9 pm.
Fax: 250-285-2875
- 21 Heriot Bay Tru-Value Foods** 250-285-2436
Corner of West Road and Heriot Bay Road. Quality groceries, wide selection of organic foods, fresh meats and produce, deli, bakery, bulk foods, video, lottery, post office, wharf delivery service. Open 7 days a week 7am - 9 pm. Government liquor agency. Visa - MC - Amex -Interac and ATM.
Canada Post Office 250-285-2131
Public Fax: 250-285-2430
- 9 Yellow Dog Trading Company** 250-285-2867
Organic & Whole Foods, Baking Supplies. We package the quantity you wish. Dried Fruits, Nuts, Beans, Grains, Flours, Chocolates, Herbs & Spices, Snacks, Coffee, Oils, Located in the Q-Cove plaza. Open 10-5. six days a week.
www.yellowdogtrading.ca



Galleries & Studios

- 11 Barbara Wager Potter** 250 285-3094
Pottery that speaks a delightful language of hand incised pattern, gestural form and brilliant colour. Open weekends 11-5 and by appointment. 142 Quadra Loop.
- 34 Blew It Studio** 250 285-2809
Glass blowing paperweight classes, fusing, Open year round please call ahead! 2105 Redonda Drive in Beautiful Open Bay. [email: iblewitstudio@xplornet.com](mailto:iblewitstudio@xplornet.com)
www.iblewitstudio.com
- 3 Seams Of Cape Mudge** 250-287-1871
Tshirts, hats, bags, vests. Studio #54 Cape Mudge Village. Clothing sales for the whole family. Exclusive unique designs. On site embroidery. Open most days.
www.seamsofcapemudge.com



Construction

- 11 J. Toelle Construction Ltd.** 250-285-3783
Residential and commercial building services.
www.jtoelle.com
- 7 M.M. Johnson Ltd.** 250-285-2281
Structural and civil consulting engineers. Fx: 285-2284
- 13 Quadrate Ventures** 250-285-3583
General contractors: custom, residential and commercial
www.quadrateventures.com



Quadra Services

- 10 Discovery Islands Realty Ltd.** 250-285-2800
For any of your Quadra and Cortes Island real estate needs let Nancy, Vicki and Bill (realtors) or Vibeke (assistant) help you make your dreams come true. Office across from the school. Check the latest listings from one of our complete catalogues, or see us on line at: www.discoveryislandsrealty.ca
- 10 Fermentations** 250-285-3822
On premises wine, fruit wine, beer, cider & coolers. Wine making supplies & giftwares.
- 10 Forget-Me-Not Hair Studio** 250-285-2055
Offering friendly, professional, and creative hair care for the entire family. Hair design by Fern James and Bob Cameron.
- Heidi Ridgway - Royal Lepage** 250-285-2217
Resident Quadra realtor servicing all your real estate needs.
www.quadraislandrealestate.com
toll free 1-888-286-1932
- 10 Isletech Auto Service** 250-285-3100
NAPA Auto Care centre, Licensed mechanics, Inspection facility.
- Melary Towing** 250-830-7998
24 hour service, wheel lift equipped. ICBC towing, B.C.A.A. or call 285-3888
- 7 Peoples Drug Mart** 250-285-2275
Prescription pharmacy needs. 9:30-5:30pm Mon-Fri 10-5, Sat.
www.peoplesdrugmart.com
- 13 Quadra Childrens Centre** 250-285-3511
Pre-school, after school and summer program. Visiting families welcome.
www.quadraisland.ca/qcc
- 6 Quadra Credit Union** 250-285-3327
Full service banking and a 24 hr. ATM available at both branches. Quadra branch open 6 days a week. Cortes branch open Mon. - Wed. - Fri. - Sat. Fax (250) 285-2225.
www.quadracu.com
- 8 Quadra Island Harbour Authority** 250-285-3622
Quathiaski Cove Harbour: Moorage, Power hookup, Boat Launch, Pay Parking, Washrooms and Pay Phone. Heriot Bay Harbour: Moorage, Power hookup, Fresh Water, Boat Launch, Pay Parking, Washrooms and Pay Phone ph: 250-285-3555
- 25 Quadra Island Library** 250-285-2216
One of 38 Vancouver Island Regional Library branches. 712 Cramer Road; Open hours: Tues, Fri and Sat: 10am-noon and 1-5 pm Wed: noon-5pm and 6:30-8:30 pm
www.virl.bc.ca
- 10 Quadra Station** 250-285-3222
Gas, propane, car wash, video rental, confectionary, & lottery.
- Quadra Taxi & Tours** 24 hrs 250-205-0505
Sightsee in comfort and visit a variety of artisans, landmarks, and island cultural locations. Relax on a scheduled mini-tour or create your own to suit personal agendas and interests. For bookings and Airport Service call 285-2028.



Accommodation

- 20 Belhaven Bed And Breakfast 250-285-3709**
All rooms with private bath and ocean or garden view. Overlooks Rebecca Spit, close to beach, restaurant, shopping, kayak and cycle rentals.
www.belhavenbandb.com
- 30 Bold Point Farmstay B&B Cottage 250-285-2272**
Idyllic farm within walking distance of ocean, lakes and forests. Great paddling and trails. Tasty organic, wild and natural meals. Open year round.
www.farmstay-ca.com
- 32 Discovery Islands Lodge B&B Hostel 250-285-2823**
Stay a little further out! Friendly oceanfront accommodation near wilderness parks, forest trails, Quadra's lakes & sea kayak paradise... Single, double & family rooms. Kitchen facilities. Wood-fired sauna. Spectacular location! Guided marine park tours, canoe & kayak rentals.
www.coastmountainexpeditions.com
- 14 Dragonfly Suites 250-285-2294**
Perfect for families and couples, this modern, self-contained two bedroom vacation rental includes full kitchen and laundry, TV, DVD, wireless internet, private patio & BBQ. 2 night minimum.
www.dragonflysuites.com 1-877-285-2294
- 14 Firesign Art & Design Studio -B&B 250-285-3390**
Sunny, quiet bed & breakfast and art studio/gallery on wooded acreage near hiking trails & beaches. Delicious full breakfasts served with consideration for dietary needs. Separate entrance, kitchenette, living room with cable TV, new beds, cotton sheets. Hosts guest artist workshops, artworks by Nanci Cook. Tourism BC Approved.
www.firesignartanddesign.com
- 17 Frog and Fern Cottage 250-285-2957**
Newly renovated cozy log cottage just minutes walk from Rebecca Spit. Full kitchen, 2 bedrooms - sleeps 5. Patio with BBQ, Children welcome, non-smoking.
www.frogandfern.com
- 35 Gowlland Harbour Resort & Conference Centre**
A stunning waterfront Resort that offers guests an unparalleled experience including sportfishing, conference centre, health/spa facilities, and much more.
www.fishghr.com Toll free 1-888-515-7786
- 24 Heriot Bay Inn & Marina 250-285-3322**
Charming historic hotel, self-contained cabins, RV & tent campground, casual seaside dining, pub & lounge, full service marina, wireless internet, whale watching, grizzly bear tours, guided fishing, kayak, canoe & bike rentals, all on beautiful Heriot Bay.
www.heriotbayinn.com
- 23 Heron Guest House Hostel - B&B 250-285-3876**
In Heriot Bay, private ensuite/hot tub, beach cabin and shared space available. Within walking distance to dock, stores, kayak & bicycle rentals. Beautiful waterfront ocean view, please inquire: linda@gjccable.com
www.quadraisland.ca/heronhouse
- 28 Hyacinthe House 250-285-3714**
Located along the creek right in Hyacinthe Bay, This makes for easy kayak launching. The cabin consists of bathroom, kitchen, large living room with double bed and single bunk and large deck over looking the ocean and creek.
www.hyacinthehouse.com

4 Kaai Accommodation 285-2286

New! Providing guests with comfort at a great rate, our laid-back atmosphere has been described as an "Upscale Backpackers Lodge." Private entrance/ Kitchenette/ in-room TV/ 1 minute from ferry and shopping at 600 Green Rd.
www.kaai.ca toll free 1-877-285-2286

11 Ocean Rest B&B 250-285-3656

New! Ocean Rest Bed and Breakfast is a place of spectacular views, unusual peacefulness, and luxury relaxation. Main house and guest cabin available. Pets stay free. email: info@oceanrest.ca
www.oceanrest.ca

2 On The Beach B&B 250-285-3522

Private, quiet, 300 sq.ft. cottage on the beach, located on the east side of Quadra. Nature and the ocean at your fingertips! Come and enjoy this relaxing environment with pristine views of Cortez Island, the Coast Mountain Range and Mittenatch Island. Small guest house also available. 1018 Topcliff Rd.
www.onthebeachbandb.ca

11 Perfect Romantic Getaway 250-203-3787

New 750 sq. ft cabin - full amenities and great views. Custom decorated, bubble jet tub, full kitchen and bath, large deck, barbeque and close to the beach. Includes complimentary bottles of red & white wine, local coffee and candles. Perfect for you and your special someone - adult orientated. Visit our website for full details or call.
www.greatcabin.ca

20 Quadra Island Harbour House B&B 250-285-2556

Welcome to a spectacular view overlooking Rebecca Spit, lovely gardens, a comfy home, hot tub, hearty breakfast buffet and friendly hospitality. Close to Heriot Bay shops and services.
www.harbourhouse.bc.ca 1-800-435-2556

Quadra Island Vacation Rentals 250-285-3927

Enjoy Quadra Island from the comfort of your own rental home. Romantic getaways, family vacations, holidays with friends. Properties vary from cosy, forested cottages to oceanfront homes with hot tubs. Weekly rentals in summer; shorter 3 night stays available in the offseason.
www.quadraislandvacationrentals.com Toll Free 1-888-785-3927

26 Running Bear Lodge & Retreat 250-285-2336

Facing Heriot Bay, our retreat offers comfortable & private self contained accommodations, friendly BC hospitality and a lovely garden setting. Amenities include: outdoor hot tub, pet friendly suite, cable TV, wireless internet, mountain bikes, local phone in suite, business services, laundry & housekeeping.
www.runningbearlodge.com Toll free 1-877-287-7721

16 Seascap Waterfront Resort 250-285-3450

If our cabins were any closer to the water they would be houseboats! Amazing views & sunsets of Gowlland Harbour. Free use of kayaks with stay. Powerboat, bike & ocean kayak rentals. Moorage (1000 ft inc. laundry, water & electrical hookups. We will arrange fishing charters & adventure tours. Every 7th night free. Private functions, retreats & workshops.
www.seascapwaterfrontresort.com Toll free 1-888-893-1626



Tours & Attractions

32 Coast Mountain Expeditions Kayaking 250-285-2823

Marine park kayak tours - Guided daytrips & multi-day expeditions depart from Discovery Islands Lodge near Surge Narrows. Kayak lodge getaways, wilderness expeditions, tidal rapids paddling. Lessons, canoe and kayak rentals. Quality adventures guaranteed - since 1987.
www.coastmountainexpeditions.com

24 Island Adventure Centre 250-285-2008

Orca whale watching, grizzly bear expeditions, guided salmon fishing, tidal rapids & wildlife tours, kayak day tours & rentals, bike rentals. Boat options! Comfortable covered, or Zodiac, both with onboard washrooms. Find us at the Heriot Bay Inn! Free shuttle from most island locations. info@islandadventurecentre.com
www.islandadventurecentre.com

22 Island Cycle 250-285-3627

Bike Rentals, Sales & Tours. Island Electric Bike Specialists. Bike Drop-off and pick-up service at the ferry and resorts. "Different Spokes for Different Folks"
www.quadraisland.ca/islandcycle

13 Quadra Community Centre 250-285-3243

Quadra Community Centre is administered by the Quadra Recreation Society offering a wide variety of programs and workshops for all ages throughout the year. Facilities include: hall, meeting rooms, skatepark, ballfields, trails, horseriding ring, tennis courts and children's playground.
www.quadrarec.bc.ca

22 Quadra Island Kayaks 250-285-3627

Kayaking tours, rentals and lessons with Quadra's kayaking specialists. Full day, half day, sunset tours from our waterfront location in Heriot Bay. Free pick-up. No experience required. We may see eagles, killer whales, seals and sea lions.
www.quadraislandkayaks.com Toll free 1-800-307-3982

22 Quadra Island Tours 250-285-3627

Welcome aboard 'Tenzing' a 26' Open cruiser. Family Oriented Marine Tours, Lake Kayaking & Canoeing Tours & Rentals. Our Specialty - Asian Dim Sum and Prawn Cruises 'Special Experiences for the Whole Family'
www.quadraislandtours.ca

26 Running Bear Lodge & Retreat 250-285-2336

We are your wilderness specialists. It is our goal to connect you to the spirit of the wilderness and the power and beauty of Mother Nature. Our grizzly and eco-adventures are the real thing on the wilds of the Kakweiken River off Knight Inlet. Our Quadra guesthouse is a doorway to adventure.
www.runningbearlodge.com 1-877-287-7721

21 Sutil Charters 250-285-3689/830-7406

Fishing charters, water taxi, sightseeing, wildlife viewing. Year round. info@sutilcharter.com
www.sutilcharters.com