

# 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.

Don't forget your reusable grocery bags as Quadra is plastic bag free. Last request, please also note that engine idling is discouraged in the interests of clean air.



Quadra Island Community Centre

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



Aerial view of spectacular Rebecca Spit

## Ferry Schedules

### Campbell River - Quadra Island

Crossing Time: 10 minutes

<u>Leave Quadra Island</u>		<u>Leave Campbell River</u>	
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

<u>Leave Cortes Island</u>	<u>Leave Quadra Island</u>
† 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.  
Check out the Ferry Cam at QIHA.ca**

**For fare information and schedules for all of  
BC Ferries routes visit [www.bcferries.com](http://www.bcferries.com)**

## For More Information

Pick up a copy of the 2012 Guide to the Discovery Islands for more information about Quadra & surrounding Discovery Islands.



Available at the Quadra Island Tourist Info Booth on Harper Rd. next to the Coastal Community Credit Union.



[www.Quadraisland.ca](http://www.Quadraisland.ca)



Bald Eagle stands guard over Quadra's shores.





## Restaurants & Cafés

- 7 April Point Resort & Spa** 250-285-2222  
Enjoy stunning views as you dine on west coast and continental cuisine in the April Point Dining Room. For something more exotic try the resort's Sushi Bar.  
**www.aprilpoint.com** 1-800-663-7090
- 5 Café Aroma** 250-285-2404  
Espresso Bar/Internet Café. Open 7:30 am to 5:00 pm winter, 6:00 pm summer. Full breakfast, light meals, fresh baking. Aroma beans by the pound. Sunday Benny Platters from 9 am to 1 pm! Sunday crepes, and Panini made to order
- 12 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 weekend.
- 12 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 in the cozy lounge. Open for breakfast, lunch & dinner daily. Dinner reservations recommended.
- 5 Café Kameleon** 250-285-3282  
Awesome atmosphere offering unique healthy meals. Serving breakfast, lunch, and dinner. Licensed patio, free WiFi, veg/vegan and gluten free options available. Dine in or take out.  
**www.cafekameleon.ca**

- 4 The Landing Pub** 250-285-2701  
Large sunny deck - good food - good times. HD BIG screens. Take-out, weekend brunch. Locally owned and operated.
- 10 The Raving Raven** 250-285-2043  
Beachside Grill at Rebecca Spit. Fabulous location adjacent to Quadra Island's jewel. Seafood, Burgers, Salads & Wraps. Dine in or take out. Open Mid May to Labour Day.
- 1 Tsa-Kwa-Luten Lodge** 250-285-2042  
Seaside dining featuring west coast seafood cuisine in a casually elegant atmosphere. Check out our Wednesday Prime Rib.  
**www.capemudgeresort.com** 1-800-665-7745



## Construction

- 13 Quadrate Ventures** 250-285-3583  
Building contractors. Your custom home specialists.  
**www.quadrateventures.com**
- 24 J. Toelle Construction Ltd.** 250-285-3783  
Custom Homes • Renovations • Commercial • Excavating  
**www.jtoelle.com**
- Suddwick Homes** 250 344 8566  
Now servicing the Discovery Islands. Our full service construction company provides for new or renovation construction, commercial or residential. Suddwick specializes in remote location logistics and renewable energy installations. Certified designers and installers of Geothermal, Solar thermal and Solar PV systems. toddwick@telus.net  
**suddwickhomes.ca**



## Shopping

- 5 Book Bonanza At-The-Cove** 250-285-3665  
"The Book Store For Book Lovers". Thousands of books in all categories. Our speciality 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
- 5 Hummingbird Office & Art Supply** 250-285-3334  
Busy & bright! Full of paper, pens, paints and toys for all ages. Services include: digital printing, faxing and public computer access. Open Mon-Fri 9-5 and Sat 10-5.  
**www.hummingbirdquadra.com**
- 22 Nuyumbalees Cultural Centre** 250-285-3733  
A fine selection of artwork, prints and carvings from many talented local artists. There are also books, cards, jewelry and clothing for sale in the gift shop. Come in and browse. Open April 28-Sept. 29, 7 days a week 10 AM - 5 PM.
- 5 Polluted Pixie** 250-285-2664  
We're as random and quirky as our name implies! Clothing, accessories, gifts, cards, shoes and locally handmade jewellery. Open Tuesday thru Saturday 10am until 5pm
- 3 Quadra Island Builders** 250-285-3221  
Visit us for your camping, pet, automotive and building supply needs. We stock a variety of items to help with everyday living & building projects email: sales@quadrabuilders.com  
**www.quadrabuilders.com** 1-877-585-3221.
- 12 Sidelines on the Bay** 250-285-33322  
Colourful, whimsical, artful... a collection of treasures awaits. Home and garden decor, jewellery, original art, pottery, art cards, and sparkling surprises. Gift ideas for your friends and yourself! Find us at the Heriot Bay Inn.  
**www.heriotbayinn.com**
- 1 Tsa-Kwa-Luten Lodge** 250-285-2042  
Authentic native arts and crafts including silver jewelry, delicately carved boxes, adult and baby moccasins, leatherwork, authentic native music, matted & framed art prints, art cards, umbrellas and more.  
**www.capemudgeresort.com** 1-800-665-7745



## Health & Bodywork

- 5 Brenda Dempsey Yoga & Massage** 250-285-3054  
Give yourself a treat that will leave you refreshed, energized and focused. Brenda hosts multi-day Yoga and meditation retreats on nearby Read Island and in Mexico. On Quadra, Brenda offers deep relaxing massage and Yoga & Tai Chi classes
- 5 Quadra Island Medical Clinic** 250-285-3540  
Dr Erika Kellerhals & Dr. Keith Graham, open Monday- Friday 10 am - 5 pm. Walk-in every 2nd Saturday 9 am-12 noon. In the Cove Centre, Quathiaski Cove.
- 11 Silver Phoenix Acupuncture & TCM\*** 250-285-2545  
\*Traditional Chinese Medicine can relieve pain and stress, induce relaxation, prevent illness and improve sleep with a variety of therapeutic techniques including acupuncture and acupressure massage. Tanya Kuss-Stelmashuk RAC



## Provisions

- 5 Amped on Nutrition** 250-285-3142  
Health food store / Juice Bar. Organic Vegan and Gluten-Free groceries. Large variety of bulk foods, spices & teas. Vitamins, supplements and superfoods Eat like your life depends on it!  
**www.ampednutrition.com**
- 5 Q-Cove Tru-Value Foods** 250-285-3391  
Offering you a great selection of Specialty & Organic Foods. Fresh meat department, full service deli, bakery, grocery, bulk food, produce, natural health and beauty products, Government liquor agency. Boat and camp orders, phone-in orders. Open 7 days a week.  
**Fax: 250-285-2875**
- 12 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. Government liquor agency. Visa - MC - Amex -Interac and ATM.  
**Public Fax: 250-285-2430**
- 5 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

- 22 The Eagles Nest** 250-287-1871  
Local handmade First Nation art. Unique designs embroidered on shirts, hats, bags etc... #54 Weway Rd. Cape Mudge Village. Open year round.  
**www.seamsofcapemudge.com**
- 14 I Blew It Studio** 250 285-2809  
Glass blowing studio specialising in glass fish, aquaria, plates, vases and much more. Fantastic demonstrations. Please call ahead for class prices & hours.  
iblewitstudio@xplornet.com **www.iblewitstudio.com**



## Marinas - Wharfs

- 4 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
- 23**
- 9 Seascape Waterfront Resort** 250-285-3450  
1000ft of moorage, laundry, water & electrical hookups. We will arrange fishing charters & adventure tours.  
**www.seascapewaterfrontresort.com** 1-888-893-1626



## Quadra Services

- 5 Bill Bradshaw Royal LePage Advance** 250-285-3293  
202 Cove Centre, above the medical clinic in Q. cove. Stop by and pick up a catalogue of all the current listings. Quadra Island... it's not just a location, it's a lifestyle ... are you ready for Island Time?  
**www.quadrarealestate.ca** 1-877-735-3293
- 5 Coastal Community Credit Union** 250-285-3327  
Full service banking and a 24 hr. ATM available at both branches. Quadra branch open 5 days a week. Cortes branch open Mon. - Wed. - Fri. only. Fax (250) 285-2225.  
**www.cccu.ca**
- 6 Discovery Islands Realty Ltd.** 250-285-2800  
For any of your Quadra and Cortes Island real estate needs let Nancy and Vicki (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 on line: **www.discoveryislandsrealty.ca**
- 6 Fermentations** 250-285-3822  
On premise wine, fruit wine, beer, cider and wine-based cocktail making. Wine & Beer kits and supplies for home brewing. Wine & party related giftware. ferment@telus.net
- Heidi Ridgway Royal LePage Advance** 250-285-2217  
Resident Quadra realtor servicing all your real estate needs.  
**www.quadraislandrealestate.com** 1-888-286-1932
- 6 Isle Tech 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 250-285-3888
- 5 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 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 fax: 250-285-3331.



## Tours & Attractions



## Accommodation

- 7 April Point Resort & Spa** 250-285-2222  
Enjoy guided fishing, wildlife adventure tours, whale watching trips, kayaks, bikes, scooters and the Aveda Spa at April Point.  
[www.aprilpoint.com](http://www.aprilpoint.com) 1-800-663-7090
- 15 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](http://www.coastmountainexpeditions.com)
- 12 Island Adventure Centre** 250-285-3322  
Orca whale watching, grizzly bear expeditions, guided salmon fishing, tidal rapids & wildlife tours, kayak tours & rentals. Boat options! Covered, or Zodiac, both with onboard washrooms. Find us at the Heriot Bay Inn!  
[info@islandadventurecentre.com](mailto:info@islandadventurecentre.com)  
[www.islandadventurecentre.com](http://www.islandadventurecentre.com)
- 11 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.quadraislandcycle.com](http://www.quadraislandcycle.com)
- 22 Nuyumbalees Cultural Centre** 250-285-3733  
Experience the sacred potlatch and regalia collection of the Kwakwaka'wakw people. A fascinating journey that forms a link between the past present and future. Open April 28-Sept. 29, 10 am - 5 pm. [www.nuyumbalees.com](http://www.nuyumbalees.com)
- 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](http://www.quadrarec.bc.ca)
- 11 Quadra Island Kayaks** 250-285-3400  
Join Quadra's local experts for your play time on the ocean! Sea kayaking tours, lessons and rentals from our waterfront location in Heriot Bay. We offer full day paddles (10-4), two half day paddles: morning (9-12) or afternoon (2-5) and sunset paddles (6-9, times may vary). Free ferry pickup, no experience necessary, yummy food provided on all tours. Coffee & smoothie bar.  
[www.quadraislandkayaks.com](http://www.quadraislandkayaks.com) 1-877-475-8687
- 2 SouthEnd Farm & Vineyard** 250-285-2257  
Handcrafted wines made from locally grown grapes. True Quadra island terror.  
[www.southend.ca](http://www.southend.ca)
- 11 Sutil Charters** 250-285-3689/830-7406  
Fishing charters, water taxi, sightseeing, wildlife viewing. Year round. [info@sutilcharter.com](mailto:info@sutilcharter.com)  
[www.sutilcharters.com](http://www.sutilcharters.com)

- 7 April Point Resort & Spa** 250-285-2222  
Enjoy the intimate setting and beautiful gardens at the resort. Stay in suites, private cabins, spacious houses and comfortable rooms all with ocean views.  
[www.aprilpoint.com](http://www.aprilpoint.com) 1-800-663-7090
- 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](http://www.farmstay-ca.com)
- 18 Chipperfield Hollow B&B** 250-285-2422  
Charming bed and breakfast in peaceful heriot Bay. Close to Marina, dining, pub, grocery/deli and Rebecca Spit Provincial Park. [chipperfield@gicable.com](mailto:chipperfield@gicable.com)  
[www.chipperfieldhollow.com](http://www.chipperfieldhollow.com)
- 15 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](http://www.coastmountainexpeditions.com)
- 16 Gowlland Harbour Resort** [ghrcabins@gmail.com](mailto:ghrcabins@gmail.com)  
Enjoy a stay at our stunning waterfront property in a private self-contained cabin or luxury lodge B&B.  
Guest boat moorage and RV parking available. Protected harbour perfect for kayaking!  
[www.gowllandharbour.com](http://www.gowllandharbour.com) 604-541-4639
- 12 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 rentals, all on beautiful Heriot Bay.  
[www.heriotbayinn.com](http://www.heriotbayinn.com)
- 21 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@gicable.com](mailto:linda@gicable.com)  
[www.quadraisland.ca/heronhouse](http://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 queen bed and large deck over looking the ocean and creek.  
[www.hyacinthehouse.com](http://www.hyacinthehouse.com)

- 17 On The Beach** 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 Miltlenatch Island. Small guest house also available. 1018 Topcliff Rd.  
[www.onthebeachbandb.ca](http://www.onthebeachbandb.ca)
- 20 Quadra Island Harbour House B&B** 250-285-2556  
Welcome! Enjoy the spectacular ocean view, hot tub, lovely gardens, comfy family home, friendly hospitality. Walk to Heriot Bay Village, Rebecca Spit, restaurants, kayak and bike rentals. Healthy, delicious breakfast buffet.  
[www.harbourhouse.bc.ca](http://www.harbourhouse.bc.ca) 1-800-435-2556
- 9 Seascape 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. 1-888-893-1626  
[www.seascapewaterfrontresort.com](http://www.seascapewaterfrontresort.com)
- 8 Steep Island Lodge** 250-830-8179  
Private Island Lodge, all-inclusive fishing/adventure packages, day trips, eco-tours, kayaking, water taxi service. Beautiful private cabins, capacity 22, reserve lodge for cocktail/dinner parties. Ideal for weddings, family reunions, corporate retreats.  
[www.steepisland.com](http://www.steepisland.com)

- 11 Taku Resort** 250-285-3031  
A magnificent seaside resort with a perfect blend of laidback ambience and luxurious comfort. Fully equipped suites, cabins and beach house boast spectacular views of Rebecca Spit. Moorage and camping facilities also available. On-site, find tennis, kayaking, basketball, bocce and more. The complete Quadra Island vacation experience awaits. [info@takuresort.com](mailto:info@takuresort.com)  
[www.takuresort.com](http://www.takuresort.com) 1-877-285-TAKU (8258)
- 1 Tsa-Kwa-Luten Lodge & RV Park** 250-285-2042  
Unique oceanfront resort designed to renew your soul. Spectacular views of Discovery Passage from every Main Lodge guest room, beach-front cottage or seaside RV site.  
[www.capemudgeresort.com](http://www.capemudgeresort.com) 1-800-665-7745
- 10 We Wai Kai Campsite** 250-285-3111  
Perfect family camping, 24 hr. attendant, safe beach, 145 sites including 9 full hookups, store services, running water, flush toilets, garbage pick-up, showers, laundromat, sani-dump, fish freezing when available. Inquire for trailer rental availability. [www.wkccampsite.ca](http://www.wkccampsite.ca)
- 4 Whiskey Point Resort** 250-285-2201  
Overlooking beautiful Quathiaski Cove with harbour views from every room. Enjoy our outdoor heated pool (seasonal), hot tub, kitchenettes and barbecues, all within walking distance to shops and dining.  
[www.whiskeypoint.com](http://www.whiskeypoint.com) 1-800-662-5311



Nuyumbalees Cultural Centre