



Quadra ISLAND

Amenities

Accommodation		Price Range (High Season)	# of Rooms	Restaurants/ Lounge / Pub	Wheelchair Access	Pets Allowed	Year Round	Description
April Point Resort & Spa 900 April Point Rd. 1-800-663-7090 info@obmg.com ph: 250-286-1102 www.aprilpoint.com		\$99 -\$695	56	yes	no	yes	April- Oct.	Enjoy the intimate setting and beautiful gardens at April Point Resort & Spa. Stay in luxurious suites, private cabins, spacious houses or comfortable rooms all with stunning ocean views.
Discovery Islands Lodge B&B Hostel Surge Narrows Road, Quadra Island coastmnt@island.net ph: 250-285-2823 www.coastmountainexpeditions.com		\$75 -\$140	7	break- fast	no	no	April- Oct.	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.
Dragonfly Suites 636 Cedar Rd. Quadra Is. 1-877-285-2294 www.dragonflysuites.com ph: 250-285-2294		\$135/ night \$800/ week	2	no	no	yes	May to Sept.	Perfect for families and couples this modern self-contained two bedroom vacation rental includes full kitchen and laundry, TV, DVD, wireless internet, private patio and BBQ. 2 night minimum. Also available: our year round suite at Mt Washington!
Firesign Art & Design Studio and B&B 730 Smiths Road, 1-877-285-3390 info@firesignartanddesign.com www.firesignartanddesign.com ph: 250-285-3390		\$95 -\$125	3	break- fast	yes	yes	yes	Enjoy friendly hospitality & quiet privacy on forested acreage, near hiking, beaches and ferry. Ground level guest entrance with common room and kitchenette, wireless Internet, phone, cable TV, painting workshops and gallery. Proud members: BC B&B Innkeepers Guild, Tourism BC approved.
Heriot Bay Inn - island adventure resort 1-888-605-4545 ph: 250-285-3322 Pub ph: 250-285-3539 info@heriotbayinn.com www.heriotbayinn.com		\$109- \$249	14	yes yes yes!	no	yes	yes	Charming seaside hotel, cabins, RV & tent campground with walk on beach. Casual seaside dining, pub & lounge, marina & wireless internet. Whale watching, grizzly expeditions, guided fishing, kayak tours & rentals all departing from Heriot Bay.
Moonlight Shadows B&B 672 Macklin Road ph: 250-285-2422 info@moonlightshadowsbb.ca www.moonlightshadowsbb.ca		\$80- \$140/ night	3 suites	no	no	no	yes	3 suites on peaceful acre, walking distance to all Heriot Bay has to offer. All en suite baths. Full or continental breakfast. Open Year round. Families welcome
Seascape Waterfront Resort 774 Cliff Road 1-888-893-1626 info@seascapewaterfrontresort.com ph: 250-285-3450 www.seascapewaterfrontresort.com		\$95 -\$240	chalets	no	no	yes	yes	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 and kayak rentals. Moorage/water & electricity hookups. Private functions, weddings & retreats available. Will arrange fishing & adventure tours. Every 7th night free.
Steep Island Lodge PO Box 699, Campbell River, BC V9W 6J3 info@steepisland.com ph: 250-830-8179 www.steepisland.com		\$308 to \$352	10	yes	no	no	yes	All-inclusive Private Island Lodge or "a-la-carte day activities, capacity 22, salmon fishing, fly-fishing, eco-tours, kayaking. Reserve Island exclusively with group of 10 or more. Ideal venue for weddings, family reunions and corporate retreats. Dining room open for private cocktail/dinner parties, transportation to lodge included.
Taku Resort toll free 1-877-285-TAKU (8258) ph:250-285-3031 info@takuresort.com www.takuresort.com		\$135 to \$295	14	close	yes	some	yes	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, tennis, kayaking, basketball, bocce and more. The complete Quadra Island vacation experience awaits.
Tsa-Kwa-Luten Lodge & R.V. Park #1 Lighthouse Road toll free 1-800-665-7745 ph: 250-285-2042 info@capemudgeresort.com www.capemudgeresort.com		\$95 -\$380	36	yes	yes	no	Apr to Oct	Oceanfront resort adjacent to historic Cape Mudge lighthouse. A unique retreat designed to renew your soul. Choose from Main Lodge accommodation, beachfront cottages with kitchenettes or full kitchen; fully serviced RV sites within walking distance of the Lodge. Savour west coast seafood cuisine in the casual elegance of our seaside dining room.
Whiskey Point Resort 725 Quathiaski Rd. toll free 1-800-622-5311 ph: 250-285-2201 resort@whiskeypoint.com www.whiskeypoint.com		\$69 -\$149	20	no	no	yes	yes	Overlooking beautiful Quathiaski Cove with harbour views from every room. Hotel-style accommodations offer a variety of room styles, each equipped with a kitchenette. Come enjoy our heated outdoor pool (seasonal), outdoor hot tub, complimentary internet access, and barbecues. Massage and kayaking getaway packages are available. Walking distance to dining and shops.

Restaurants & Cafés		Licensed	Year Round	Description
April Point Resort & Marina 900 April Point Road 1-800-663-7090 info@obmg.com ph: 250-285-2222 www.aprilpoint.com		yes	no	Take in the stunning views of Discovery Passage you dine on west coast and continental cuisine in the April Point Dining Room. For something more exotic, try the resort's Sushi Bar.
Cafe Aroma ph: 250-285-2404		no	yes	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!
Hérons at the Heriot Bay Inn toll free 1-888-605-4545 ph: 250-285-3322 info@heriotbayinn.com www.heriotbayinn.com		yes	no	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. Dinner-Music Sunday evenings. Dinner reservations recommended.
HBI Pub ph: 250-285-3539		yes	yes	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.
Niko's Sushi Bar & Grill ph: 250-285-2355		yes	yes	Sushi, seafood, steaks & more. Located in Village Square. Fully Licensed. Reservations & takeout available. Patio dining in summer. Closed Tuesday and Wednesday.
Tsa-Kwa-Luten Lodge's Hama Elas Dining Room #1 Lighthouse Road, toll free 1-800-665-7745 ph: 250-285-2042 info@capemudgeresort.com www.capemudgeresort.com		yes	Apr to Oct	Savour seaside dining in a casually elegant setting with spectacular ocean and mountain views. Specialising in west coast seafood cuisine. A locals' favourite is Wednesday night Prime Rib. Every Friday night features Seafood Platter and Jazz pianist accompaniment. Open for breakfast and lunch. Reservations recommended for dinner.

Adventure Tours & Attractions	Year Round	Day Trips	Ext. or Multi-Day	Weekly Instruction	Description
	no	yes	no	yes	
April Point Resort & Spa 900 April Point Rd. 1-800-663-7090 ph: 250-286-1102 info@obmg.com www.aprilpoint.com	no	yes	no	yes	Paddle Gowlland Harbour by kayak, reel in a salmon on a fishing trip, feel the wind on a wildlife adventure tour, spot whales breaching on a whale watching tour or relax and be pampered at the Aveda Spa. Enjoy it all at April Point Resort and Spa.
Coast Mountain Expeditions Kayaking Surge Narrows, Quadra Island ph: 250-285-2823 coastmntn@island.net www.CoastMountainExpeditions.com	no	yes	yes	yes	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 & kayak rentals. Quality adventures guaranteed - since 1987.
Island Adventure Centre located at the Heriot Bay Inn, Quadra Island ph: 250-285-2007 info@islandadventurecentre.com www.islandadventurecentre.com	no	yes	no	yes	Orca Whale Watching, Grizzly Bear Expeditions, Tidal Rapids & Wildlife Tours, Salmon Fishing Charters, Kayak Day Tours & rentals departing from Heriot Bay. Tour boats have onboard washrooms, free shuttle available. Find us at the Heriot Bay Inn.
Island Cycle bicycle@gicable.com ph: 250-285-3627 www.quadraisland.ca/islandcycle	yes	yes	no	yes	Bike sales - New & Used. Accessories, Tours & Rentals. Bike rentals also at Whiskey Point Resort and Heriot Bay Inn. Free pick-up & drop-off at the Quadra-Campbell River ferry.
Quadra Island Kayaks at the Yak Shack, Heriot Bay 1-877-475-8687 ph: 250-285-3400 info@quadraislandkayaks.com www.quadraislandkayaks.com	yes	yes	yes	yes	Sea kayaking tours, rentals and lessons with Quadra's kayaking specialists. Full day, half day, sunset and introductory paddles from our waterfront location in beautiful Heriot Bay. Free pick-up. No experience required.
Sutil Charters cell: 250-830-7406 ph: 250-285-3689 info@sutilcharters.com www.sutilcharters.com	yes	yes	call	call	Fishing charters, water taxi, sightseeing, wildlife viewing. Year round.

Marinas & Wharfs	Full Dock	Service/Repair	Boat Launch	Description
	yes	no	no	
Heriot Bay Inn - island adventure resort toll free 1-888-605-4545 ph: 250-285-3322 info@heriotbayinn.com www.heriotbayinn.com	yes	no	no	Nestled in Heriot Bay, convenient departure point for Desolation Sound & Discovery Islands. Gas, diesel, propane, cable, wireless internet, showers, Laundromat. Casual seaside dining in Herons, plus lounge & pub. Fishing tackle, and charts; walking distance to full provisions.
Quadra Island Harbour Authority PO Box 162 Quathiaski Cove BC V0P 1N0 Heriot Bay ph: 250-285-3555 Q Cove ph: 250-285-3622	no	call	yes	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.
Taku Resort and Marina toll free 1-877-285-TAKU (8258) VHF 66A info@takuresort.com www.takuresort.com ph: 250-285-3031	no	call	yes	Guest moorage available on 1000' of new dock. 30/50amp power & water. Our excellent moorage facilities include the resort's amenities including showers and coin laundry. Provisions at the Quadra Island Market, are only a five-minute stroll away.

Services/Shopping	Hours	Description
	appointment or Tues-Thurs. Yoga classes.	
Brenda Dempsey Yoga Retreats, Classes & Massage PO Box 406 Q. Cove, ph: 250-285-3540 cell: 250-203-1575 email: brenda_dempsey@hotmail.com www.brendadempsey.com	appointment or Tues-Thurs. Yoga 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 Bali and Mexico. On Quadra Island, Brenda offers deep relaxing massage and teaches Yoga and Tai Chi classes in her studio in downtown Quathiaski Cove
Discovery Islander 701 Cape Mudge Road, ph: 250-285-2234 fax: 250-285-2236 email: news@discoveryislands.ca www.discoveryislander.ca	10-4pm Mon-Thurs	Community news and events, serving Quadra Island, Cortes Island and the Outer Discovery Islands. Also publishers of this Guide to the Discovery Islands. Freelance graphic design for ads, brochures, catalogues and web sites.
Jeannie Schweitzer Fitness in the Vitalis Centre, Q Cove ph: 250-285-3505 jeannie@gicable.com www.jeannieschweitzer.com	Call for your appointment!	Thriving Health and Wellness is the healthy balance between your body, mind and spirit. Jeannie Schweitzer offers regular fitness classes and training, Jin Shin Do ® Acupressure and Massage Therapy.
Firesign Art & Design Studio and B&B 730 Smiths Road, 1-877-285-339 ph: 250-285-3390 info@firesignartanddesign.com www.firesignartanddesign.com	Call first or when the sign says "open"	Visit Firesign Studio to see original art by Nanci Cook, a large selection of imported amber and silver jewellery, Norwex Enviro Products. Painting workshops and retreats - call if you want to paint out!
Quadra Credit Union Telebanking 250-286-4728 ph: 250-285-3327 Fax 250-285-2225. www.quadracu.com	see description at right	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.
Quadra Island Taxi & Tours 601 Heriot Bay Rd, ph: 250-205-0505 TaxiGdmother@msn.com	24 Hr service	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. 24-hour Taxi available: 205-0505