

Quadra ISLAND



Simply Paradise!



Travel to Quadra Island

is via Campbell River, located about half-way up the east coast of Vancouver Island.

From Victoria or Nanaimo head north on Highway 19 or 19A or fly to YBL.

Ferry Schedule

Campbell River to Quadra Island

Leave Quathiaski Cove Leave Campbell River

6:15 am	6:35 am
†7:00 am	†7:30 am
7:30 am	†8:00 am
8:00 am	8:30 am
8:30 am	9:00 am
††9:00 am	9:30 am
9:30 am	10:00 am
10:00 am	**10:25 am
10:25 am	10:50 am
10:50 am	11:15 am
11:15 am	12:15 pm
12:15 pm	12:40 pm
12:40 pm	1:05 pm
1:05 pm	1:30 pm
1:30 pm	1:55 pm
1:55 pm	2:25 pm
2:25 pm	3:00 pm
3:00 pm	3:30 pm
3:30 pm	4:00 pm
**4:00 pm	4:30 pm
4:30 pm	5:00 pm
5:00 pm	5:25 pm
***5:25 pm	***5:50 pm
5:50 pm	6:15 pm
7:00 pm	7:30 pm
7:55 pm	8:55 pm
9:20 pm	9:45 pm
10:05 pm	10:30 pm
*11:00 pm	*11:30 pm

† Except Sundays, Dec 25 & Jan 1.

†† Monday and Thursday Sailings Provides Assured Loading for Cortes Island Traffic.

*Fridays & Saturdays Only

** Tuesdays - Dangerous Cargo No passengers or cars.

*** Not on Saturdays

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

Schedules may be subject to change without notice For current fare information schedules & service notices

www.BCFerries.com

www.quadraisland.ca

Welcome to Quadra Island

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 ~3,000 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 is the port of departure for the 10 minute regular ferry service to Quadra Island with BC Ferries.

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

There are three villages on Quadra Island: the Village of Cape Mudge, (Yaculta), which is part of the We Wai Kai Nation and one of fifteen Kwakw'akw' communities in the wider region; Quathiaski Cove, the island's commercial hub; and Heriot Bay, picturesque gateway to the Discovery Islands and mainland inlets.

Services on Quadra include: a gas station (no diesel), marine fuel at the Heriot Bay Inn (including marine diesel), credit union banking, several ATMs, a library, pharmacy, medical clinics, grocery and specialty food stores, hardware, automotive and marine mechanics, a variety of cafés, restaurants, take-out, food-trucks, gift shops, galleries, book store, tour operators, building trades, marine light-station, community and cultural centres, a wide variety of accommodation and much, much more.

Recreation amenities include: public boat launching ramps at: Quathiaski Cove, Heriot Bay, Granite Bay (fees apply), and Rebecca Spit (no fee); tennis courts, ballpark, an illuminated skateboard park, bike jump park, 9-hole golf course, Provincial, Marine and Regional parks, miles of hiking and mountain biking trails, exquisite sea-kayaking, world-class diving, and a superb rock climbing area.

A Farmers' Market is held every Saturday behind the Quadra Credit Union in Quathiaski Cove from May until September 10 am to 2pm, and indoors at the Community Centre from October through April.

Please remember to obey all fire bans! Beach fires are not permitted at any time, this is irrespective of any provincial or other fire restrictions, when it comes to fire safety; don't be 'that guy'.

When planning your ferry travel please avoid peak local-commuter sailings. The best time for large vehicles (tides permitting) is morning sailings before 8 am and evening sailings after 7pm. There is a *recycling* depot in Quathiaski Cove, **please do not leave garbage there** - dispose of your trash responsibly. **Don't forget** reusable grocery bags - Quadra is plastic bag free. Please pick up after your dog & dispose of it responsibly. Please respect all shellfish closures and fin-fish regulations for your health and conservation. **Drive vehicles & boats responsibly**, watch your speed & wake, and keep a lookout for cyclists & paddlers. **Please do not drive ATV's into parks or on hiking/biking trails.**

Lastly: in the interests of clean air please avoid engine idling in parking lots and on the ferry. Please enjoy your visit to our community.

- Thank You, the Quadra Community



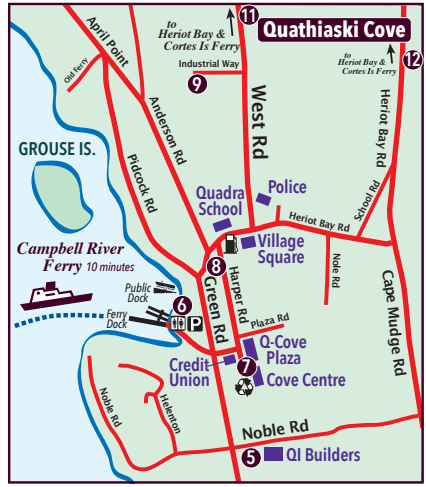
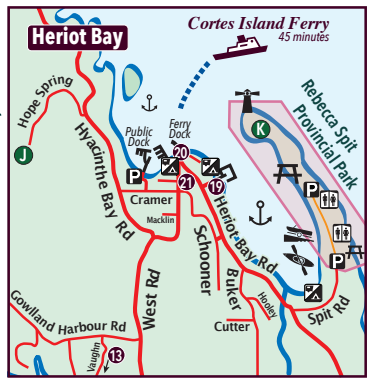
Ah-Wah-qwa'dzas, Cape Mudge Village



Hiking Trails

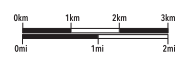
- A Surge Narrows 2-3 hrs
- B Shellalligan Pass 2-4 hrs
- C Newton Lake Trail 2-4 hrs
- D Mt Seymour 3-5 hrs
- E Nugedzi Lake 3-5 hrs
- F Beech's Mountain Trail 3-4 hrs
- G Chinese Mountain Trail 2-3 hrs
- H Maude Island 4-5 hrs
- I Morte Lake Trail 1-3 hrs
- J Heriot Ridge Trail 1-4 hrs
- K Rebecca Spit 1-2 hrs
- L Community Centre Trails 1-2 hrs
- M Haskin Farm Trail 2 hrs
- N Kay Dubois Trail 1-2 hrs
- O Lighthouse Trail 1-2 hrs
- P Blindmans Bluff & Eagle Ridge 1-3 hrs

For more information about Quadra Island hiking and mountain biking trails, and rock climbing look for detailed trails maps and guidebook available locally.



Driving Times

- Q-Cove to Heriot Bay - 10 mins
- Q-Cove to Lighthouse - 10 mins
- Q-Cove to Granite Bay - 35 mins
- Heriot Bay to Village Bay Lake - 20 mins
- Heriot Bay to Granite Bay - 25 mins
- Heriot Bay to Hoskyn Channel Dock - 35 mins



Locations may be approximate

Accommodation

- 20 Heriot Bay Inn & Marina** 250-285-3322
Warm hospitality & beautiful location: a charming historic hotel, self-contained cabins, campground, casual seaside dining, pub, and full service marina all on picturesque Heriot Bay.
www.heriotbayinn.com
- 13 Jade Resort** 250-203-9396
Experience coastal comfort at our unique resort. Embrace chill vibes with chalets offering stunning Gowlland Harbour views, full kitchens, and plush beds.
On-site: kayaks, paddleboards, canoes, e-bikes, Adventure Company, and massages!
774 Cliffe Road
www.jaderesort.ca email: jade.resort.quadra@gmail.com
- 19 Taku Resort and Marina** 250-285-3031
An outstanding oceanfront resort with a perfect blend of laid-back ambiance and luxurious comfort. Our modern suites and beachfront cabins will satisfy all your needs with outstanding views, activities and clean, well appointed rooms.
Marina and camping facilities on site as well.
www.takuresort.com Toll free 1-877-285-8258

Cafés & Restaurants

- 7 Aroma Cove Cafe & Bakehouse** 250-285-2404
Open daily 7:30am - 3:00pm
Espresso, Breakfast, Bakery, Licensed
www.cafearomaquadra.ca
- 6 Covesea Seafood Eatery** 250-285-2611
Fish & Chips, Fish Tacos and other delectable Seafood Items. Located next to the Ferry terminal in Quathiaski Cove. All our Fish and Seafood is locally sourced and sustainably fished. Take out or sit on our deck overlooking the Q-Cove Harbour.
Call for easy order and pick up.
- 20 Heriot Bay Inn Pub** 250-285-3539
The friendly HBI Pub offers tasty pub food, premium beer & refreshing cocktails. Open year 'round, serving fun-loving locals & visitors for over 100 years.
- 20 Herons at Heriot Bay Inn** 250-285-3322
Enjoy casual seaside dining, creative coastal flavours & lovely views from the patio or sip a cocktail in the Fireside Lounge. Reservations highly recommended.
www.heriotbayinn.com
- 7 Kameleon Food and Drink** 250-285-3282
Awesome atmosphere offering unique healthy meals. Licensed patio, free WiFi, veg/vegan and gluten free options available. Dine in or take out.
www.kameleonfoodanddrink.ca

Construction

- 9 J. Toelle Construction Ltd.** 250-285-3783
Building your vision. Serving the Discovery Islands & Vancouver Island since 1980.
Custom Homes • Renovations • Commercial
www.jtoelle.com
- 11 Quadrate Ventures** 250-285-3583
Building contractors. Your custom home specialists.
www.quadrateventures.ca

Galleries & Gifts

- 21 Copper Coast Gallery** 250-285-2834
Experience the art and creations of over 75 West Coast artists in a magical gallery/gift shop setting! Treasures from around the world for your home decor. A feast for the eye... Sustenance for the heart.
7 days a week
www.coppercoastgalleryandgifts.com
- 7 Inspirations on Quadra** 250-285-3334
Gift Shop and Print Shop (photos, photocopying, business cards, rack cards), Services (faxing, scanning, emailing, laminating, binding), camera cards, flash drives, art supplies, writing supplies, school supplies, journals, greeting cards, children's toys and more!
Find us on Facebook!
- 2 James Pottery** 250-285-3101
Martha and Gordon James welcome you to their Studio and Gallery located in a heritage farmhouse on the south end. Open year-round, James Pottery produces a full range of functional, decorative and sculptural work in stoneware, porcelain and earthenware.
Drop by or call ahead. 120 Joyce Rd.
www.jamespottery.com
- 7 Sacred Pulse** 778-338-8101
Gift shop with items locally made and from further afield - including jewellery, gemstones, clothes, candles, t-shirts, wind chimes, cards, magnets and more. Come and browse.
Find us on facebook.com/sacredpulse
- 20 Tidelines Gifts & Apparel** 250-285-3322
Locally made items, Heriot Bay Inn clothing, memorabilia and much more. This West Coast boutique style shop has something for everyone.
www.heriotbayinn.com/shop-hbi

Professional Services

- 8 Isle Tech Auto Service** 250-285-3100
Licensed mechanics, Inspection facility, computer diagnostics, brakes, exhaust, wheel alignments.
- Heidi Ridgway** Royal Lepage Advance 250-202-2217
Celebrating 28 years of real estate excellence! Quadra Island's Most Experienced Resident REALTOR® A member of CREA since 1995!
www.quadraislandrealestate.com 1-888-286-1932
- 11 Quadra Childrens Centre** 250-285-3511
Pre-school, after school and summer programs.
www.quadrachildrenscentre.com
- 7 Quadra Island Real Estate Team** 250-285-3293
Visit Bill and Sarah at our Quadra Island office. Pick up a catalogue of all listings and discuss questions you have about the local market!
202 - 654 Harper Rd Quathiaski Cove email: billbradshaw@royallepage.ca
www.quadrarealestate.ca
- 7 Quadra Notary** 1-855-204-6277 (toll-free)
Notary Public able to help you with your legal matters: Wills, powers of attorney, notarising documents, property transactions, general advice and more.
Please call or email info@quadranotary.ca
- QuadraRealty.ca** 250-285-2141
CLIENT FOCUSED. RESULTS DRIVEN.
Roman Krzaczek REALTOR®
- Renée Stone REALTOR™** 250-203-8652
Are you looking for your dream home or planning to sell?
Call me today to view any local listings to make your next move smooth & worry-free.
www.quadraislandhomes.ca

To include your business next year

Contact Discovery Islands Publishing: news@discoveryislands.ca

Tours, Attractions & Recreation

- 21 Bayside Gym**
A bright and clean 24/7 gym in Heriot Bay with a mix of new strength and cardio equipment. Sign up online and drop in today! \$10/day, \$31.50/week, \$63/month (taxes included, no fees or contracts)
www.baysidegym.ca baysidegymquadra@gmail.com
- 20 Embrace Mobile Sauna Co.** @embracemobilesauna
Wood-fired heat on the shore of the Salish Sea
~ Drop-in and Private Sessions available.
www.embracesauna.ca embracesauna@gmail.com
- 12 Quadra Island Golf** 250-285-2811
We offer a distinctively different golfing experience with broad ocean and mountain vistas. No matter what your skill level your round will be an enjoyable challenge and a pleasant surprise. Complimentary shuttle service to and from ferry and Quadra resorts. New Clubhouse and Mini-Golf facilities opening in 2024!
www.quadragolf.com email: quadraislandgolfclub@gmail.com
- 19 Quadra Island Kayaks** 250-285-3400
Join Quadra's local experts for your play time on the ocean! Sea kayaking Day tours and rentals from our waterfront location in Heriot Bay. We offer full day paddles (10-4), 3hr paddles: morning (9-12) or afternoon (2-5) and sunset paddles (6-9, times may vary). No experience necessary.
www.quadraislandkayaks.com Toll free 1-877-475-8687
- 6 Wild Waterways Adventures** 250-201-5496
- CR** We are a unique carbon neutral Adventure Tourism company based off of Quadra Island & Campbell River in British Columbia, Canada. The Discovery Islands are immersed in one of the most unique and thriving ecosystems on the planet. Exploring with us you will deep dive into Mother Nature's natural processes.
www.wildwaterways.com email: info@wildwaterways.com

Groceries & Supplies

- 7 Amped On Nutrition** 250-285-3142
Quadra Island's Health Food Store with thoughtfully curated organic grocery and gourmet items, vitamins, supplements, conscious body care products and delicious vegan deli take-out. Hours: Tues to Fri 10am - 5pm, Sat 9:30am-4:30pm.
673 Plaza Rd, Q-Cove AmpedOnNutrition.ca
- 7 Book Bonanza At-The-Cove** 250-285-3665
Visit your coastal bookstore with thousands of books for all ages and interests. "The best stocked section of Vancouver Island - Gulf Islands and BC books ever!"
- Nanaimo Living Magazine. Over 40 years book selling experience. Open 7 days a week.
email: bookbonanza@telus.net
- 7 Cove Pharmacy** 250-285-2275
Prescription pharmacy needs. Health and beauty products, souvenirs and gift-wares.
Store hours: Monday-Friday 9:30 - 5:30pm, Closed holidays, Saturdays 10 - 3:30pm
672 Plaza Rd, Q-Cove email: Covepharmacy@pharmachoice.ca
- 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. Government liquor agency.
Visa - MC - Amex - Interac and ATM. Public Fax: 250-285-2430
- 7 Island Pantry**
A planet-friendly grocery store with local farmed meats, eggs and organic vegetables as well as bulk pantry staples.
Open: Tues-Fri 9-5:30 & Sat 10-4.
Ice Cream Window Open: June-ish to Sept-ish, Tues-Sat 11-4-ish
- 7 Q-Cove Tru-Value Foods** 250-285-3391
Offering you a great selection of Groceries and Organic Foods. Fresh meat department, full service deli, bakery, grocery, produce, health care products, ATM, Cold beer and wine along with a fully stocked liquor department. Phone-in orders available.
Open 7 days a week. Fax: 250-285-2875
- 5 Quadra Island Builders** 250-285-3221
Serving the Discovery Islands since 1975. We have a complete line of building products, housewares, hardware and gardening supplies. We also stock a variety of camping and pet supplies. Closed Sundays.
www.quadrabuilders.com email: sales@quadrabuilders.com

A short, scenic sailing

across Discovery Passage
brings you to beautiful Quadra Island,
where views of snow-capped mountains,
emerald green rainforest, beaches,
craggy shorelines and a
warm welcome await.



The Discovery Islands are part of the unceded traditional territory of the We Wai Kai, Wei Wai Kum, Homalco, Klahoose and Kwiahah First Nations.