



## Kayak Expeditions for 2010

### Total Salt Spring Experience

*Kayak / Yoga/ Massage/ Nutritious Wholesome Vegetarian Foods*

Kayak through the Gulf Islands viewing the spectacular bounty of intertidal life, marine mammals and bird life. You'll enjoy two daily sessions of Yoga with Kayak guide and Yoga instructor Mikaela Heydemann. Our group will enjoy an evening paddle with the moonlight and watching the magical phosphorescence dance off the blades of your paddle. You have the opportunity to enjoy a relaxing massage in the message tent and tantalize your taste buds with a vegetarian feast. This healthy weekend is bound to get you motivated to continue on with this lifestyle. Two certified Kayak guides make this a Gulf Island experience you won't soon forget. We camp on several of the Gulf Island Marine Park sites like Prevost Island, Wallace and Dionisio. The route is dependent on the weather but we have many options with the abundance of parks within close proximity.

*Options for B&B stay prior to the Expedition & a Stroke and Rescue Clinic in the afternoon prior to the trip – additional costs.*

*Evening Massages available but not included in the price.*

**All inclusive with food, Yoga sessions and gear just bring your own sleeping bag and personal clothing.**

**May 28<sup>th</sup> - 31<sup>st</sup> Under the Full Moon      \$825/person + taxes**

**June 26<sup>th</sup> - 28<sup>th</sup> Howling at the Full Moon    \$625/person + taxes**

**July 8<sup>th</sup> - 10<sup>th</sup> Summer at Last!                \$625/person + taxes**

### **Kayaking 300 & 400**

Learn the fundamentals of Kayaking so you can confidently organize and lead your own expeditions with friends and family. This course will be instructed by a Level 3 certified guide through the Sea Kayak Guide Alliance of B.C. You will learn various kayak rescues and strokes along with the fundamentals of

Kayaking. Your newly acquired skills will allow you to navigate using charts and compass and calculate tides and currents so you always moving with the flow. The course is fun, educational and utilizes the outdoors as the best classroom possible. You still have the chance to view abundant amounts of marine and intertidal life as your guides offer their knowledge of show how this wildlife interacts with the ecosystem surrounding us.

To further this newly acquired passion of paddling the next step is Kayaking 400. Here the intermediate paddler learns the finer points of Navigation, Route finding, judgment and leadership plus weather interpretation. Your highly trained guides will reinforce your strokes and rescue skills plus work on camp craft and low impact camping techniques. The guides will mentor your skills in a safe and nurturing environment. It is recommended to take Kayaking 300 initially but with previous kayaking experience and a love of the outdoors one can step into this program.

Options for B&B stay the night prior to your session –extra fees apply.

**July 2<sup>nd</sup> - 5<sup>th</sup> Kayaking 300 \$825/person + taxes**

**Aug. 27<sup>th</sup> - 30<sup>th</sup> Kayaking 400 \$825/person + taxes**

### **Northern Gulf Island Expedition “The pocket book saver”**

This expedition allows participants to be creative with their own meals. Each paddler is given a few meals to prepare for the rest of the group. It’s always a fabulous experience as we get to taste the rewards of so many budding chiefs. All gear and equipment is provided for you but meals are co-operatively shared with assistance being offered by your guides. The guides help make your paddling day enjoyable, interesting and educational as they point our wildlife, marine mammals and intertidal life along our route. The Northern Gulf islands Expedition allows participants to see ancient Native midden sites and view some of the Gulf Island’s largest seal pull out locations. There is always a chance to see “J” or “K” Pod-- our local Orcas but you will regularly be treated to an abundance of marine and bird life in this area with opportunity to view porpoise, seals, sea lions, river otter, mink, bald eagles, falcons, osprey... We’ll stop at Wallace Island, Dionisio Marine Park and Blackberry Point on Valdez Island. We are shuttled to our take off point on Salt Spring and picked up on our last day at Southey Point on the northern most tip of Salt Spring.

*Options for B&B stays the night prior and Stoke and Rescue clinics – extra fees apply.*

**July 20<sup>th</sup> - 23<sup>rd</sup> \$625/person + taxes**

**Aug. 23<sup>rd</sup> - 26<sup>th</sup> \$625/person + taxes**

### **Equinox Expedition** “Yak Round Salt Spring Island”

The expedition is for those intermediate & advanced paddlers who want to kayak a bit further each day. This program will attempt to circumnavigate Salt Spring Island camping at various marine parks that fringe the coastline. This is an all inclusive trip were you just bring your personal gear and a positive attitude. Island Escapades provides all the gear, food and knowledgeable guides. We'll plan the agenda so the current and tides are in our favour and point out the wildlife hot spots as they pilot the group round Salt Spring. Guides are always happy to teach you the skills they are utilizing to implement the trip.

This paddle will leave from Fulford harbour and land back at our beach in Ganges four days later! Celebrate the Equinox and enjoy the Harvest Full Moon on this fun filled adventure packed challenge. Please come with your personal gear packed and ready to launch on day 1 as our agenda is action packed. We paddle out at 9:00 am to catch the tide on the first day!

*Options for B&B stays the night prior to the expedition & the night of our return- extra costs apply*

**Sept. 23<sup>rd</sup> - 26<sup>th</sup> \$825/person +taxes**

### **Womens only “Kayaking” Weekend**

Enjoy a pleasant stress free, testosterone free weekend. This is a fabulous way to escape the worries of parenthood or the stress of city life. You will be spoiled by great gourmet camp cooking, abundant intertidal and marine life, and pampered by your guides. You'll start out at Hudson's point load your kayaks and head to Dionisio Park at the North end of Galiano. Enjoy the rugged west coast terrain and beautiful sandstone formations and beaches that will make you think you're in Mexico! The following day we'll head to Blackberry Point and enjoy the white shell beaches and secret treasures of Blackberry Point on Valdez. We return via Southey Point on the northern tip of Salt Spring. There will be some time for Yoga and relaxation on this special retreat weekend.

*Options for B&B stays the night prior to the expedition and the night after- extra charges apply  
Clinic available the afternoon prior to the expedition- extra charges apply*

**June 11<sup>th</sup> - 13<sup>th</sup> \$625/person + taxes**

**Sept. 17<sup>th</sup> - 19<sup>th</sup> \$625/person + taxes**