



Sea Kayaking Adventure Retreat

Training and Touring
Discovery Lodge – Quadra Island, British Columbia

Date	September 25 – October 1, 2020
Tour Cost	\$2,299 (plus 5% GST) or \$2089 for kayak not included (plus 5% GST)
Difficulty	Intermediate ^e
Max Participants	12 ^{ee}

General Description:

This is a sea kayak touring and instructional camp geared towards intermediate and advanced paddlers. **This program is best suited for those who have established intermediate level and above kayak paddling skills, experience and physical conditioning. The intermediate level is required in order to paddle in potential wind, waves, swell and ocean current. Potential conditions will not be appropriate for novice or beginner paddlers with less than 3 years experience.** We will be paddling the waters based out of Discovery Islands Lodge on Quadra Island in the area surrounding Surge Narrows. You will be exposed to moving water and the changing conditions associated with the tides. Refine and expand your paddling knowledge and skills in a truly wild and beautiful ocean environment.

The area around Discovery Islands Lodge provides easy access to uncrowded paradise of clear sheltered ocean, tidal rapids, marine parks, abundant wildlife, spectacular rainforest, and towering mountain vistas. Come, relax and meet fellow paddlers as we explore and challenge (by choice) your paddling skills.

Logistics:

Participants can meet at Discovery Islands Lodge on Quadra Island or be picked up in Comox (Ferry or Airport Terminals) or in Campbell River. The price of the trip includes your pick up and return from Comox or Campbell River (including Ferry) and all kayak related equipment (kayak, pfd, skirt and paddle). If participants are able to and wish to bring their own kayak – we can offer a discount of \$210. See last page for items not included in price.



General Itinerary

Day 1: Quadra Island – Friday, September 25th, 2020

Pickup participants in Comox (Ferry Terminal or Airport or Downtown) or in Campbell River. Please arrange to be in Comox for no later than 3:00 pm on Day 1 and by 4:00 pm in Campbell River. Specific timing to be determined and communicated at a later date. We will also be conducting interviews between participants and coaches to better understand goals and objectives for this camp/retreat.

Lodging: Discovery Islands Lodge

(Meals: D)

Day 2-6: Discovery Islands Lodge

We will combine expert coaching and local guiding around Discovery Island. Programming will be dictated partially by conditions and participant interests. The goal of this trip is to facilitate an instructional camp through on and off water coaching in combination with exploration and touring. We will experience the moving water in its various states in and around Surge Narrows. We will also be keeping our eyes and ears open for marine life and birds that live and transit through these waters. Exit interviews will be conducted on the last night to gain participant feedback and some takeaways for improvement.

Lodging: Discovery Islands Lodge

(Meals: 5B; 5L; 5D)

Day 7: Departure

We say our goodbyes after breakfast. Expect to be back in Campbell River no earlier than Noon and Comox by 1:00 pm.

(Meals: B)

SKILS - <https://www.skils.ca/>
Box 727
Ucluelet, BC V0R 3A0 Canada



Suggested Pack List

Clothing

- Bathing suit (sauna)
- Breathable layers for on water (merino)
- Rashguards
- Pyjamas
- Inside shoes
- Outside shoes
- Toque - should be one in dry bag
- Towel
- Raincoat
- Insulated layer (down, synthetic)
- Sleeping bag

Paddling

- Personal PFDs, paddle and skirts (optional)
- Dry bag with change of clothes - include a warm layer
- Additional dry bags for personal medication, sunscreen, etc.
- Dry suit / wet suit with dry top
- Closed toe shoes for water
- Sunglasses with lanyard
- Sun hat
- Compass
- Gloves
- Helmet

Miscellaneous

- Insect repellent
- Journal
- Personal reading
- Health insurance
- Cash / credit cards
- Toiletries
- Personal medication
- Personal snacks
- Sunscreen

Equipment

- Hydration (recommend bladder)
- Small turtle light
- Watch / alarm
- Bag to load your daily gear
- Ear plugs
- Waterproof map case (large Ziploc will work)
- Non-breakable mug
- Camera - in waterproof holder
- Video camera / Go Pro (optional)

How To Get Here

Comox - <https://discovercomoxvalley.com/discover/visit/getting-here/>

Campbell River - <https://www.campbellriver.travel/getting-here/>

Quadra Island - http://quadraisland.ca/about_quadra_island/travel.html

Additional Information

Discovery Island Lodge has limited capacity. Participants are expected to share accommodations. Depending on the configuration of participant sign ups – a private room surcharge may apply if a participant wishes to have their own room.

TOUR COST INCLUDES

* All Accommodations * Transportation Originating From Trip Start * Select Meals (See Details) * Kayaks
* Paddles and PFDs * Guides

Meals – as indicated in *italics* in the itinerary: B (Breakfast), L (Lunch), D (Dinner)

TOUR COST DOES NOT INCLUDE

* Transportation To Trip Starting Point (Comox, Campbell River or Discovery Islands Lodge) * Personal Snacks * Personal Travel Insurance * Paddling Clothing Including Immersion Gear (Wetsuit / Drysuit)

⊖ Intermediate: This trip is best enjoyed by experienced kayakers. Although much of the paddling will be done in somewhat sheltered or protected waters – we are still exploring a dynamic open water environment.

∞ Maximum participants are related to lodge capacity.

