

victoria • sidney • sooke • westshore • saltspring island • port angeles

INTERNATIONAL GUIDE. canada



EXPLORE VANCOUVER ISLAND

where to go

where to eat

where to shop

what to see

what to do

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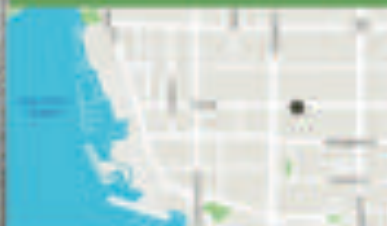
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Woodgrove Centre	590-7463
150 Station St, Duncan	587-1950

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From the Publisher

Dear Valued Visitor to Vancouver Island,

There is so much to see and so much to do and experience. EXPLORE VANCOUVER ISLAND contains information to assist you in decision making about: Where to Go, Where to Shop, What to See, Where to Eat and What to Do.

The merchants, restaurants and attractions presented in this magazine are well known, established, first class operations with solid track records of excellence providing both visitors and locals the very best in top quality products, exceptional customer service, excellent value and complete consumer satisfaction.

From restaurants offering fine dining, family fare or fish 'n chips to city tours, whale watching, golf, shopping, rentals, activities and attractions, it's all right here for you ensuring you enjoy each and every one of your experiences in our beautiful and thriving metropolis.

Please, when you patronize any of the fine quality businesses featured herein, kindly let them know that you saw their message in EXPLORE VANCOUVER ISLAND.

Vancouver Island is blessed with an abundance of parklands, well groomed gardens, salmon streams and a vast range of outdoor adventure opportunities are available to visitors who want to experience Victoria's scenic beauty and charm that is always in season. From sea to sky, with our year round temperate climate, there's a place and a pace for everyone. Now you know why Victoria is rated as one of the Top Ten travel destinations in the world by Conde Nast Magazine. We know you will enjoy your stay on Vancouver Island!

Cecilia

Cecilia Sagaste, Publisher



DIRECT MARKETING GROUP

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- B** Vegetable Samosa, Butter Chicken, Vegetable Vindaloo, Rice & Naan, Dessert. **\$37** plus tax
- C** Chicken Pakora, Butter Chicken, Lamb Curry, Rice & Naan, Dessert. **\$42** plus tax



GLUTEN FREE COMBO

Vegetable Pakora, Dal Makhani, Chicken Vindaloo, Rice, Papadum, Rice Pudding

\$37 plus tax

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The tikka bar

thetikkabar.com

STARTERS

Vegetable Samosa (12) \$4.95	Chicken Pakora	\$10.95
Vegetable Pakora	\$6.95	Tandoori (Chicken Wings)
		\$11.95
Chicken Bhajis	\$8.95	Tandoori Chicken Thighs
		\$12.95

WRAPS AND ROLLS

Chicken Tikka Roll	\$7.95
Lamb Kebab	\$11.95
Veggie Roll	\$7.95

PLATES / BOWLS

Butter Chicken Bowl	Chicken & Naan	\$12.95
Butter Chicken Bowl		\$12.95
Butter Chicken Bowl		\$12.95
Butter Chicken Bowl		\$12.95
Butter Chicken Bowl		\$12.95
Butter Chicken Bowl		\$12.95
Butter Chicken Bowl		\$12.95
Butter Chicken Bowl		\$12.95
Butter Chicken Bowl		\$12.95
Butter Chicken Bowl		\$12.95

WITH CHEESE & BUTTER

Butter Chicken Roll	\$8.95
Butter Chicken Roll	\$8.95

SIDES

Rice	\$3.95
Garlic Naan	\$3.95
Butter Naan	\$3.95
Butter Naan	\$3.95
Butter Naan	\$3.95
Butter Naan	\$3.95
Butter Naan	\$3.95
Butter Naan	\$3.95
Butter Naan	\$3.95
Butter Naan	\$3.95

DESSERTS

Glass Lemon	\$4.95
Mango Lassi	\$4.95
Rice Pudding	\$4.95

DRINKS

Mango Lassi	\$4.95
Soft Drink/Tea	\$1.95
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HAWAII FIVE-0



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VEGGIE



Mushrooms, Onions, Green Peppers,
Black Olives, Artichokes & Tomatoes

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Mounds of Pepperoni

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Extra Cheese \$1.00

Extra Sauce 50¢

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Medium \$18.99

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\$11.99

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\$11.99

Chicken

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\$11.99

Lamb

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\$11.99



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\$10.99



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\$7.99



Burgers

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Cheeseburger

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\$11.99

Chicken

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\$11.49

Veggie

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Dinner: 4:30 pm - 9:30 pm

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Chef's Suggestions

C1 Lemon Fried Crispy Chicken	\$9.95	C11 Ginger n' Onion Beef	\$18.95
C2 Honey Garlic Spare ribs	\$9.95	C12 Tomato n' Beef	\$10.95
C3 Beef n' Broccoli	\$10.95	C13 Shredded Beef in Black Pepper Sauce	\$10.95
C4 BBQ Pork n' Peapods	\$9.95	C14 Ginger n' Pineapple Chicken	\$8.95
C5 Ginger Fried Beef	\$10.95	C15 Pan Fried Potatoes with Onions	\$14.95
C6 Pan Fried Pork Chops in Tangy Orange Sauce	\$10.95	C16 Prawns n' Peapods	\$13.95
C7 Mandarin Pork Chops	\$10.95	C17 Assorted Meat & Seafood n' Tofu	\$12.95
C8 BBQ Duck (Half)	\$14.95	C18 Honey Walnut Prawns	\$14.95
C9 Salt & Pepper Squid	\$11.95		
C10 Spicy Mapo Tofu	\$10.95		

Appetizers

1 Crispy Spring Roll	\$1.75	4 For \$5.95
2 Deep Fried Onion Cake	\$2.95	
3 BBQ Pork	\$2.95	
4 Dry Garlic Spaghetti	\$2.95	
5 Deep Fried Chicken Wings (8)	\$8.95	
6 Honey Garlic Chicken Wings (8)	\$9.95	
7 Pan Fried Potstickers (8)	\$7.95	
8 Deep Fried Wonton	\$5.95	

Soup

9 Wonton Soup	\$2.95	
10 War Wonton	\$13.95	
11 Hot 'N' Sour	\$2.95	
12 Egg with Mushrooms 'N' Peas	\$4.95	
13 Chicken Omelet Corn	\$2.95	

Chicken

14 Ginger Fried Chicken	\$9.95	
15 Chicken with Black Bean Sauce	\$9.95	
16 Breaded Lemon Chicken	\$9.95	
17 Chicken with Cashew Nuts	\$9.95	
18 Chicken with Almonds	\$9.95	
19 Sweet Sour Chicken	\$9.95	
20 Breaded Almond Chicken	\$9.95	
21 Chicken with Vegetable	\$9.95	
22 Ginger Pineapple Chicken	\$9.95	
23 Szechuan Chicken	\$9.95	
24 Curried Chicken	\$9.95	
25 Sesame Seed Chicken	\$9.95	
26 Kung Po Chicken	\$9.95	

Beef

27 Beef with Tomato	\$10.95	
28 Ginger Fried Beef	\$10.95	
29 Beef with Green Onion Ginger	\$10.95	
30 Beef with Black Bean Sauce	\$10.95	
31 Beef Broccoli	\$10.95	
32 Curry Beef	\$10.95	
33 Szechuan Beef	\$10.95	
34 Pineapple Ginger Beef	\$10.95	
35 Beef with Shanghai Bok Choy	\$10.95	

Pork

36 Pork in Chili Sour Sauce	\$9.95	
37 Spaghetti with Sweet & Sour Sauce	\$9.95	
38 Sweet & Sour Lean Pork	\$9.95	
39 BBQ Pork with Vegetables	\$9.95	
40 BBQ Pork with Broccoli	\$9.95	
41 Mandarin Style Pork Chop	\$10.95	
42 Szechuan Pork	\$9.95	
43 Salt & Pepper Pork Chop	\$9.95	

Seafood

44 Prawns with Tomato Sauce	\$12.95	
45 Black Bean Prawns	\$12.95	
46 Prawns with Green Onion	\$14.95	
47 Prawns with Cashew Nuts	\$12.95	
48 Deep Fried Prawns with Sweet & Sour Sauce	\$13.95	
49 Salt & Pepper Prawns	\$13.95	
50 Szechuan Prawns	\$12.95	
51 Curried Prawns	\$12.95	
52 Honey Walnut Prawns	\$14.95	
53 Fish with Black Bean Sauce	\$11.95	
54 Salt & Pepper Squid	\$11.95	
55 Black Bean Sauce Squid	\$10.95	
56 Szechuan Scallops	\$14.95	
57 Black Bean Sauce Scallops	\$14.95	
58 Assorted Seafood & Tofu	\$12.95	

Egg Foo Young

59 Green Peas Mushroom Frying	\$7.95	
60 Egg Foo Young with BBQ Pork	\$9.95	
61 Egg with Shrimp	\$9.95	
62 Eggs with Sliced Beef	\$9.95	
63 Egg Foo Young Special	\$9.95	
64 Egg Foo Young W Chicken	\$8.95	

Chow Mein (Soft)

65 Mushroom Chow Mein	\$7.95	
66 Shrimp Chow Mein	\$8.95	
67 Beef Chow Mein	\$8.95	
68 Chicken or BBQ Pork Chow Mein	\$7.95	
69 Special Chow Mein	\$9.95	
70 Szechuan Spicy Chow Mein	\$7.95	
71 Vegetable Chow Mein	\$7.95	
72 Beef with Tomato Chow Mein	\$8.95	
73 Tomato Chow Mein	\$7.95	

Hong Kong Style Chow Mein (Crispy)

74 Singapore Style Curried Rice Vermicelli	\$11.95	
75 Shanghai Style Noodles	\$11.95	
76 Assorted Meats Seafood Chow Mein	\$13.95	
77 Shredded Chicken with Sprouts Chow Mein	\$11.95	
78 Beef with Vegetable Chow Mein or Chow Fun	\$11.95	
79 BBQ Pork with Vegetable Chow Mein	\$11.95	
80 Beef with Sprouts Chow Fun	\$11.95	
81 Beef in Black Bean Sauce Chow Fun	\$11.95	
82 Seafood Chow Mein	\$13.95	

Fried Rice

83 Shrimp Fried Rice	\$8.95	
84 Chicken Fried Rice	\$7.95	
85 Mushroom Fried Rice	\$6.95	
86 Vegetable Fried Rice	\$6.95	
87 Jade Fountain Fried Rice	\$9.95	
88 Tomato Fried Rice	\$8.95	
89 Szechuan Spicy Fried Rice	\$7.95	
90 BBQ Pork Fried Rice	\$8.95	
91 Beef Fried Rice	\$8.95	
92 Beef & Tomato Fried Rice	\$9.95	
93 Curried Vegetable Fried Rice	\$6.95	
94 Steam Rice	\$2.25	

Vegetarian Dishes

95 Sweet & Sour Tofu	\$8.45	
96 Sweet Sour Stir Fry Mushroom	\$8.45	
97 Assorted Vegetables in Garlic Sauce	\$6.45	
98 Stir Fry Mushroom with Vegetables	\$7.45	
99 Tofu with Chinese Mushroom	\$8.45	
100 Curry Vegetables	\$7.45	
101 Satay Vegetables	\$7.45	
102 Green Peas 'N' Mushroom Egg Foo Young	\$7.95	
103 Szechuan Mixed Vegetables	\$7.45	
104 Mushrooms & Shanghai Bok Choy	\$10.45	

Szechuan Dishes

105 General Tso Chicken	\$9.95	
106 Crispy Ginger Fried Beef	\$10.95	
107 Crispy Ginger Fried Chicken	\$9.95	
108 Salt & Pepper Squids	\$11.95	
109 Satay Beef	\$10.95	
110 Satay Chicken	\$9.95	
111 Satay Seafood	\$12.95	
112 Kung Po Chicken	\$9.95	
113 Kung Po Prawns	\$12.95	
114 Mayo Tofu	\$10.95	
115 Salt & Pepper Pork Loin	\$9.95	
116 Szechuan Prawns	\$12.95	
117 Szechuan Beef	\$10.95	
118 Szechuan Chicken	\$9.95	
119 Lemon Fried Crispy Chicken	\$9.95	

Sweet 'n' Sour

120 Sweet & Sour Lean Pork	\$9.95	
121 Sweet & Sour Pork Ribs	\$9.95	
122 Sweet & Sour Sauce	\$1.95	
123 Sweet & Sour Chicken Balls	\$9.95	
124 Sweet & Sour Prawns (12)	\$13.95	



**103-777 Goldstream Avenue
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www.turmericvictoria.com

Starters

Onion Bhaji
Indian spiced onion rings made with chickpea batter \$7

Samosas (2)
Pastries filled with spiced potato and peas
Chicken Samosas \$7

Garlic Cauliflower
Deep fried cauliflower florets sautéed with a garlic sauce \$9

Mulligatawny Soup
Lentil based soup with rice and choice of chicken or vegetables \$7

Potato and Pea Cakes (2)
Pan fried potato patties dressed with yogurt, mint and tamarind chutney. Served with chick pea masala \$8

Chili Chicken
Sautéed with bell pepper and onions in an Indian Asian sauce \$11
Fish \$13
Prawn \$14

Pakoras
Potato and onion mixture dipped in a chick pea batter and fried \$7
Chicken \$11
Pancake \$11
Fish \$13
Prawn \$14

Tandoori Chicken Wings
Wings marinated in Indian spices and yogurt then grilled in the tandoor oven \$12

Tandoori Sizzlers (Clay Oven)

Marinated in Indian spices and yogurt & grilled to perfection. Served over a bed of vegetables on a sizzling platter.

Panzer Tikka
Indian home-made cheese \$14

Lamb Seekh Kebab
Ground lamb sausage \$15
Tandoori Chicken Tikka
Boneless chicken breast \$16
Tandoori Half Chicken
Mix of chicken leg and breast (bone in) \$16
Tandoori Prawns \$17
Tandoori Fish \$17
Tandoori Lamb Chops \$22



Curry and more...

Finely prepared dishes cooked with authentic Indian spices and herbs. All of our curries are gluten free and can be made with your choice of chicken, lamb, seafood or vegetarian options. Mild, medium or hot.

Vegetable Mix \$13
Chicken \$14
Lamb \$16
Panzer or Tofu \$14
Fish \$16
Prawns \$17

Butter Sauce
Smooth & Velvety sauce made of tomato, butter & cream

Korma
Mild cashew cream curry

Coconut Curry
Mild curry cooked with Indian spices and coconut milk

Vindaloo
Spiced onion curry cooked with tomato, potato and a touch of vinegar

Saagwala
Pureed spinach curry cooked in exotic Indian spices and ginger

Masala Curry
Savory mix of tomato, onions and herbs in a rich sauce

Jalfrezi
Smokey tomato based sauce with onions and green bell peppers

Vegetarian

Healthily & delicious vegetarian dishes. Served mild, medium or hot

Daal Makhani
Lentils slow cooked in Indian spices, herbs, cream, onions, garlic and ginger \$11.5

Daal Tarka
Yellow lentils cooked with onion, tomato and spices \$10.5

Channa Masala
Chick peas and potatoes cooked in a tomato, onion, garlic, ginger and Indian spiced sauce \$11

Cauliflower & Potatoes
Potatoes and cauliflower cooked with onion, fresh ginger & garlic and tomatoes \$12.50

Eggplant Bartha
Oven baked eggplant roasted, peeled and pureed then cooked with onions, tomatoes & spices \$13

Spinach & Potatoes
Pureed spinach based curry cooked with Indian spices and herbs \$11

Peas & Panzer
Peas and Indian cheese cooked in an onion and tomato gravy \$13

Kofta
Potato and cheese dumplings deep fried and served in creamy sauce \$13

Biryani - GF

Basmati rice stir fried with Indian spices and herbs topped with cashews. Served mild, medium or hot

Vegetable \$14
Chicken \$16
Lamb \$18
Prawns \$18

Naan (fresh baked bread)

Whole Wheat Roti \$2

Naan
Flatbread made with white flour and yogurt \$2

Bhatura
Deep fried naan \$3.5

Garlic Naan \$3.5

Onion Kaacha
Stuffed with red onion and spice mixture \$4

Spinach & Panzer Naan
Stuffed with spinach, Indian cheese and spices \$5

Korma Naan
Stuffed with spiced ground lamb \$6

Chicken Naan
Stuffed with spiced ground chicken \$6

Mint or Lacha Parantha
Crispy layered whole wheat bread \$4

Potato Parantha
Layered whole wheat roti stuffed with spiced potato and onion mixture \$4

Kashmiri Naan
Stuffed with sweetened coconut, nuts and rose syrup \$4





Victoria

CULINARY

Dining choices in Victoria BC and the surrounding communities presents a large and varied list of pubs, lounges, family and fine dining restaurants; from tapas to sushi, burgers to oysters. In Victoria you will be spoiled for choice and there is an establishment to suit everyone.

Vancouver Island and the nearby Gulf Islands are a west coast epicurean centre, thanks to the cornucopia of fresh, local, organic produce, seafood, specialty food producers, wineries and micro-brewed ales found here.

Farm markets providing fresh produce, savory baked goods and locally made cheeses.

World-class chefs work in partnership with growers, producers and foragers to create mouthwatering cuisine, making Victoria and surrounding areas a favourite destination for food and wine experiences.

Discover a strong British presence and enjoy an authentic ale, lager or stout in one of the many breweries and brewpubs. Elegant, afternoon tea is a delightful with seasonal fruits, baked pastries and unique teas.

The concentration of wineries, farms and specialty food producers make touring a delight. British Columbia wines are fast becoming some of the top rated wines in the

world, with over 80 wineries and mederies spread far and wide across this beautiful province. Fruit is also grown in abundance, with cherries, and apples, pears and kiwi's growing throughout the interior and the islands.

The province is also home to a cider industry benefits from fruit harvested in the Okanagan and on southern Vancouver Island.

Victoria has always been famous for its neighborhood pubs and traditional British Pub style fare - fresh and crispy fish & chips, steak and kidney pie and of course a great selection of ales.



Authentic Indian Taste



NAMASTE
INDIAN CUISINE

298 Island Highway
Victoria, BC V9B 1G5

250-744-3330

www.namastevictoria.ca



take out special

Single Curry Dish - \$10.99

Rice and Naan included in all dishes

Butter Chicken
Chicken Curry
Lamb Curry
Beef Curry
Goat Curry

special offer

Dinner for One - \$19.99

Non-Vegetarian - Chef choice two meat, one vegetable with rice, naan, and dessert

Vegetarian - \$17.99

Chef choice of three vegetable with rice, naan and dessert

special

CHICKEN TIKKA NAAN ROLL \$6.99
Roll to Go

SEEKH KEBAB NAAN ROLL \$7.99
Roll to Go

CHOLEY BHATURA - \$11.99
Roll to Go

White flour puffed bread deep fried Served with chickpea masala, mix salad

Kids Meal
Kids yummy basket - \$7.99
Butter Chicken Poutine - \$9.99
Masala Fries - \$4.99

dinner for two \$44.99

Soup or veg samosa or veggie pakora,

Chicken Tikka,

Chicken, Lamb, Beef or Goat

Choice of Any One Vegetable,

Rice

Butter Naan

See our full menu online at www.namastevictoria.ca

Some of Victoria's most popular pubs are also microbreweries where house brews are made right on the premises.

Victoria boasts a large selection and varied list of bars and clubs. Most age groups are well covered when it comes to the bar scene in Victoria, from sports bars to local community bars, wine bars and nightclubs. Most bars offer a food service and the standard of 'pub-grub' has increased substantially.

Victoria has undergone a culinary renaissance over the past few decades. International influences have resulted in a marvelous array of dining choices from all over the world - Chinese, French, Italian, South American, Mexican, Greek, Vietnamese, Japanese, East Indian, Westcoast, Korean and Vegetarian.

You'll have plenty of excellent choices to suit both your palate and your pocketbook!



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Food Experiences in Victoria...

While eating every meal at a restaurant while traveling can get tiring, with so many options and different tastes, you'll wish you had more meals in a day to take full advantage of Victoria's top restaurants. Whether you consider yourself a foodie, feel like testing out foreign cuisine, or just enjoy great food, there's the perfect place for a bite in Victoria.

Thanks to Vancouver Island's rich lands, many of Victoria's restaurants use home-sourced supplies in order to create some of the best eats you can find. Canada's diversity also lends a hand to Victoria's food-haven aspects, as there is a restaurant for every desire and palate.

From a quick bowl of ramen, to a full, fine-dining, farm-to-table experience, the city has it all. Victoria has the second highest number of restaurants per capita in all of North America.

You could eat every meal out for your entire stay, never have to go to the same place twice, and still have an entire notebook of restaurants to try next time you come to Victoria.

Besides restaurants, Victoria also offers a great number of food tours, food trucks, quick snack spots and incredible markets. In fact, there are so many farmers markets within the city during the summer,

that you'll likely be within close proximity of at least one no matter where you're staying.

The markets are a fantastic way to explore local life, and dive into some fantastic fresh foods and artisan products.

As the Beer Capital of British Columbia, Victoria offers the perfect accompaniment to any fantastic meal.

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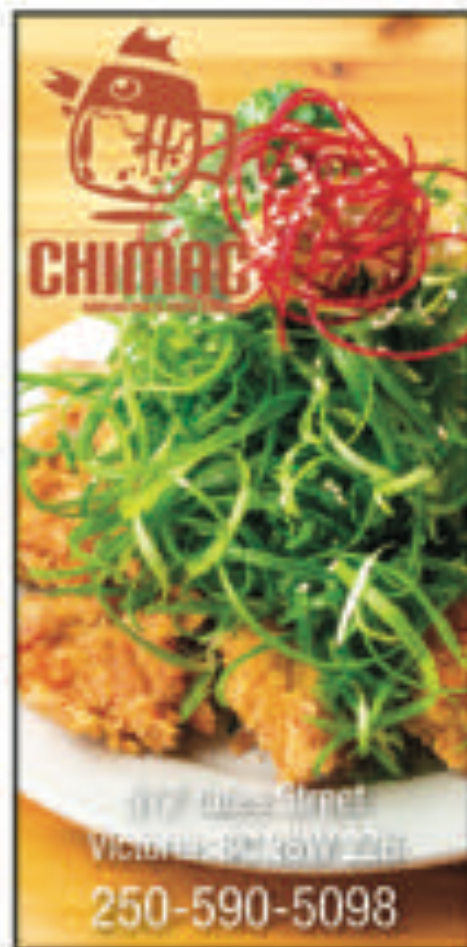
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The Coast Salish History in the Pacific Northwest

Coast Salish peoples include a variety of First Nations living along the Northwest Pacific Coast in British Columbia, western Washington and northwestern Oregon.

Although these nations have their own distinct customs and traditions, and speak various languages and dialects, there are generally strong ethnic and cultural ties between Coast Salish communities.

Coast Salish culture and traditional knowledge survive through oral histories. Although Coast Salish legends vary from nation to nation, they often feature many of the same spiritual figures and tell similar creation stories.

The Coast Salish are well known for their art. House posts and design motifs featuring Northwest Coast animals and spiritual beings are prominent in their art works.



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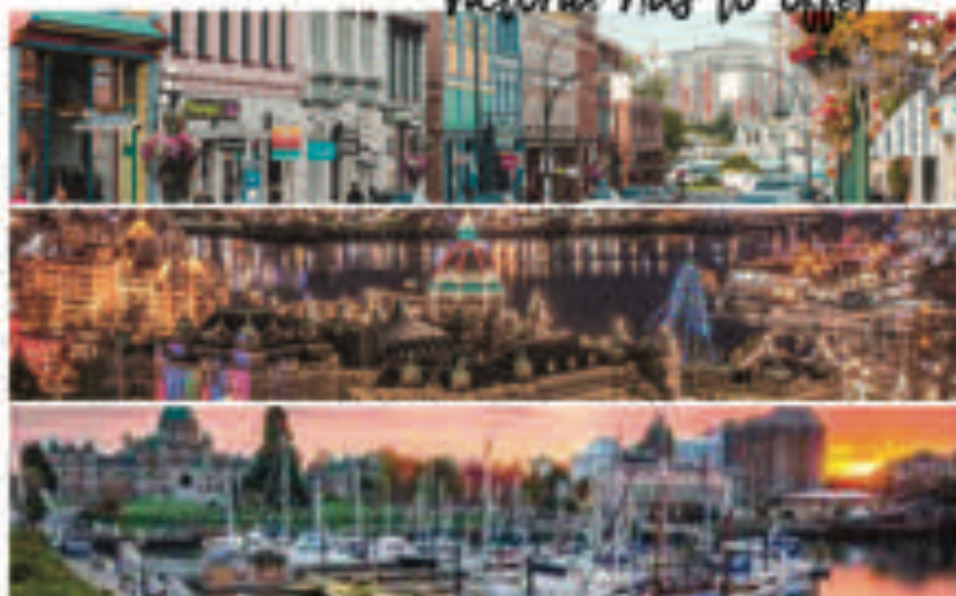


CREATURES
Creatures are generally depicted in a way that exaggerates their identifiable features. Often, the skeletal structure is visible.

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The Inner Harbour

Beautiful is no exaggeration when referring to the postcard-perfect Inner Harbour. It's a historic fishing and shipbuilding area with distinctive architecture rooted in trade dating back to the coastal First Nations. Today, the Harbour a bustling place with cruise ships, recreational boats, ferries, and float planes gliding in and out. It's your starting place for a kayaking or whale-watching excursion, an ideal spot for walking and people or busker watching, and it's within walking distance of the 200-acre, oceanside Beacon Hill Park and the city's historic downtown core.

On the water, sailboats tie up at the wharves, kayakers and canoeists poke into coves and

marinas, and floatplanes come and go as ducks bob in their wake and harbour seals poke above the waves.

When the Empress Hotel was built in 1908, workers filled the swamp, then drove pilings deep into the mud to support the grand hotel.

Fronting on the south side of the harbour are the stone Parliament Buildings, designed by flamboyant Victoria architect Francis Mawson Rattenbury, who also designed the Empress Hotel. Rattenbury scandalized turn-of-the-century Victoria by abandoning his wife for a younger mistress, losing his money and decamping for England, where he was murdered by his wife's lover.

Downtown contains Victoria's largest concentration of souvenir and specialty shops, restaurants that cater to families and sophisticates, pubs, lounges coffee bars and antique and secondhand shops. You can walk from Bastion Square through old alleyways to Market Square, with its buildings arranged around a plaza, to Chinatown.

The first Chinese here came with the Gold Rush in the 1850's and many more arrived to work on the building of the railway in the 1880's. Their opium dens and gambling houses are gone, but streetside vegetable vendors remain and the enticing odours of barbeque pork and ginger-fried beef still waft along Fisgard Street.



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Victoria's Chinatown is a testament to the resiliency of the culture and traditions brought to Canada by Chinese immigrants more than 150 years ago. These days, Chinatown proudly stands out in the downtown landscape of BC's capital. As one gets closer to the Gate of Harmonious Interest, the ornately decorated arch marking the entrance to Chinatown's centre on Fisgard Street, the neighbourhood's presence is revealed: bold colours of lucky red and gold, distinct architecture, and business names written in Chinese on shop windows.

Chinatown started as a crude collection of wooden shacks, built by the Chinese immigrants who travelled with an influx of gold seekers, chasing riches in the Fraser Canyon and beyond to Barkerville. Over the years, word of work on the goldfields drew more immigrants from China, and around 15,000 builders came to work on the construction of the Canadian Pacific Railway – Victoria became the major entry point for Asian immigration to BC. By 1911, Chinatown had a population of more than 3,000.

The neighbourhood's history has a seedy side of gambling and opium dens (in 1883, Victoria was

home to 11 opium shops), distractions catering to a largely male population far from their homes and families. But Chinatown was most importantly a cultural community, one still present today, including a Buddhist temple, the Chinese public school, and community organizations, such as the Chinese Consolidated Benevolent Association, founded in 1909 to protect the rights and safety of Chinese immigrants, which still gather in second floor spaces along Fisgard Street.

Chinatown was designated a National Historic Site in 1995, and these days is home to a vibrant mix of businesses.



Shops selling souvenirs, hip restaurants and narrow alleys home to quirky shops and yoga studios exist alongside the traditions and culture of the Chinese people. These can still be seen in the neighbourhood's special details: look for small shrines in restaurants, Chinese-style architecture on streetlights and a phone booth, and grocery stores stocked with unusual produce such as durian and dragon fruit, and other speciality ingredients for all styles of Asian cooking.

Souvenir hunters can explore the shops lining the lantern-lined pathway of Fan Tan Alley for locally made clothing and bags, or used vinyl records. Unique furniture, clothing and even tattoos can be found in the neighbourhood, too.

Although Chinatown only encompasses a small part of downtown Victoria, it's worth taking a stroll through its colourful streets and narrow alleys. To enhance the experience, join a tour with Chinatown Walks or download the self-guided Mysterious Chinatown tour pamphlet from the City of Victoria. Take in the heritage buildings and delicious food, and experience the resiliency of Chinese traditions so lovingly preserved since the first Chinese immigrants arrived in Canada.



Welcome to Fan Tan Alley—the narrowest street in the country and a side door to Canada's oldest Chinatown!

Comprised of more than a dozen locally owned shops, offering a diverse and exciting shopping experience. Here you can find organic treats, homemade ice cream, matcha teas and gifts. You'll discover vintage records, specialty umbrellas and canes, and stylish clothing ranging from yoga wear to comfortable imports.

Accessorize with silver and locally made jewellery.
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Victoria is home to Canada's first brewpub and some of British Columbia's most popular breweries. Visionary trailblazers nurtured craft beer here alongside the local food movement, and today BC's capital city is home to some of the country's best restaurants and breweries. Sip, savour, experience and explore everything Victoria has to offer.

Beer has been brewed in Victoria longer than anywhere else in British Columbia, dating back to 1858 when Victoria Brewing was founded by a German man who came north from San Francisco during the Fraser Canyon Gold Rush. William Steinberger quickly realized that rather than panning for gold he would brew liquid gold for the thirsty hordes of prospectors.

Apart from the Prohibition years (1916-1920) brewing was a constant in Victoria until 1982 when the Labatt plant was demolished. But the city was "dry" for just a couple of years until Canada's first brewpub, Spinnakers, opened in 1984. Swans Brewpub opened in 1989, and

several breweries followed, opening every few years. Today, 13 separate breweries operate in the Greater Victoria area, each with its own unique style and approach, along with several excellent tap houses and numerous restaurants that offer strong beer menus.



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Vancouver Island and the near by Gulf Islands provide an abundance of local and organic foods, fresh produce, savory baked goods and locally made cheeses.

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Fresh greens and herbs, fruits and berries, cheese, poultry, lamb, ostrich and fallow deer are just a few of the products to be found.

Stay over night at a bed and breakfast on a working farm, go hiking with llamas or visit one of our many out door markets and try our artisan culinary treats.

British Columbia wines are fast becoming some of the top rated wines in the world with over 80 wineries and meaderies spread far and wide across our beautiful Province.

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Things to Do in Victoria

There are more than enough things to do with kids in Victoria to keep the little ones engaged—and maybe even spark the interest of a few adults. Come explore!

1 Explore Beacon Hill Park

Younger children will love the year-round playground and duck ponds, as well as discovering what's around the next corner in the various lush gardens. Among the other things to do with kids: a seasonal water park, 18-hole putting green and the Beacon Hill Children's Farm (a local favourite).

2 Visit the Bug Zoo

It may sound creepy and crawly, but the Victoria Bug Zoo is a fascinating place that tends to win kids over with its live displays of giant walkingsticks, praying mantids and glow-in-the-dark scorpions. Knowledgeable entomologists are on hand to answer any questions, making this spot educational as well as fun.

3 British Columbia's premiere museum is a must!

There is particular emphasis on things to do with kids at this Victoria landmark. There's the Old Town, the Ocean Station, the First Peoples Gallery and activities planned throughout the year. Special kids' guide sheets to help get children more excited about the museum's bats, sharks, circus artefacts and more!

Go to a movie at the National Geographic IMAX Theatre. The cinema screens stunning IMAX features as well as Hollywood blockbusters.

4 Zipline through the forest

Thrills await kids at Adrenaline Adventure Tours, a zipline adventure near Sooke on the region's West Coast. After an ATV ride to the top of the course, kids





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and adults then speed through the air on any of the eight ziplines that criss-cross the 100+ acres of park. There are also two suspension bridges and plenty of scenic views for family photos.

5 Explore the sea while on land
The Maritime Museum of BC is the kind of place where kids don't even realize they're learning. This popular exhibit of seafaring artefacts plays on kids' sense of wonder about the ocean and exposes them to underwater diving gear, adventure tales of the high seas and extensive models of beautiful ships.

6 See the city from the water
Hop aboard a Victoria Harbour Ferry for a look at the city from a different perspective. Options range from short hops to a full 45-minute tour of the Upper Harbour and Gorge Waterway.

7 Hit the mini-links
The whole family will love a friendly game of mini golf at Blenkinsop Valley Adventure Golf Centre in Saanich (about 15 minutes from downtown). Their fantastic mini-golf course features an impressive castle and fountain, and will challenge kids of all ages. For adults, there's an adjacent two-tier driving range with pro-shop.

8 Satisfy the need for speed
At Western Speedway, families can take in thrilling auto races from April through October (with monthly races through the winter). The venue also lets amateurs get the feel for speedway racing through its Victoria Karting program.



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9 Oldest West Coast Lighthouse
The Fort Rodd Hill historic site allows visitors to see the 100-year-old coastal gun batteries and camouflaged searchlight emplacements that were instrumental to the defence of Canada and British Empire. Canada's oldest West Coast lighthouse (the Figard Lighthouse) is on the same site. Take a picnic and make a day of exploring the meadows, beaches and stunning ocean views.

10 Explore the tide pools and go skimboarding
Kids will love Witty's Lagoon, just west of Victoria. Older children enjoy the ideal skimboarding conditions while the younger set can build sandcastles and explore the tide pools. Just check the tide table before heading out.

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Victoria is sheltered by mountains and influenced by the warm North Pacific current - creating the mildest climate in the whole of Canada. Parks and gardens in this pretty city are festooned with foliage and flowers throughout the year. Only the narrow Juan de Fuca Strait separates this (the largest island on North America's Pacific coast) from the USA's Olympic Peninsula with its often snow-covered peaks.



SIGHTSEEING

Charm? Victoria's got it in spades. Historical Cook Street Village, with its European feel, eclectic stores, coffee houses, gourmet grocers, clothing boutiques, Brit-style pubs, and creative eateries, is a good example. You'll also want to shop Johnson Street, with its handsome heritage buildings and overflowing flower baskets, and Canada's oldest Chinatown. While you're at it, rent and ride bikes. Victoria is a fantastic cycling city.

Tour the famous Butchart Gardens, discover Craigdarroch Castle, and feel the pulse of Canada's oldest Chinatown. Or escape to the water with world-class whale watching, kayaking, fishing and sailing. There's no shortage of ways to make your Victoria visit truly unforgettable.

Experience Victoria's iconic sights in style—aboard GrayLine's open top double-decker buses! The Hop-On Hop-Off CitySights tour allows you to explore at your own pace, with 15 stops at all the major attractions and a new stop just outside the Cruise Ship Terminal.




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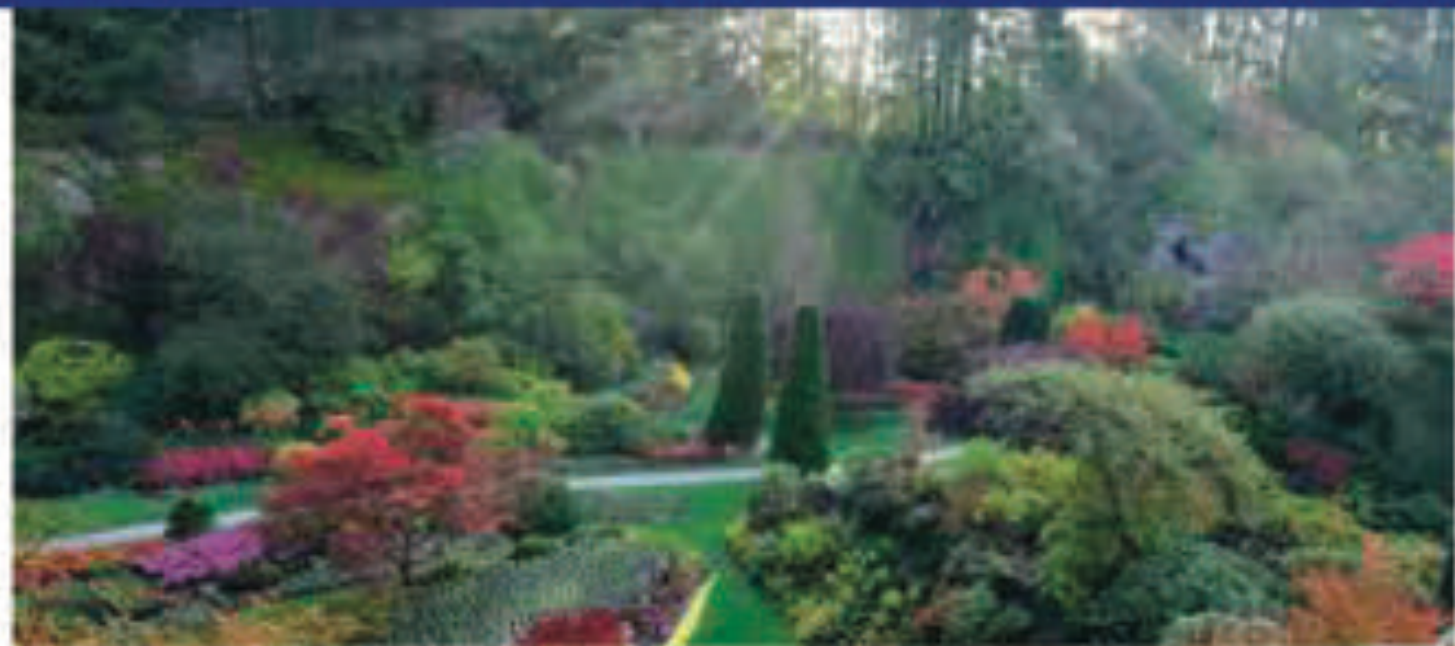
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Shopping in Victoria

Shopping in Victoria is an exciting experience where you can find any item from any part of the world with great ease. Browse for handmade gifts, local Aboriginal art or designs by fashion trendsetters. Victoria's relaxed pace, urban layout, and network of side streets and alleyways encourage strolling, so it can be easily explored (and shopped!)

Whether you're window shopping or out for a marathon shopping spree, Victoria offers everything from quaint shops and local food markets, to unique boutiques, local independent retailers and full shopping centres.

Victoria has many shopping districts. Here are a few for you to check out...

ANTIQUE ROW

Upper Fort St. is known for its many antique stores and auction houses, Fort Street now offers clothing boutiques, cafés, and a couple yoga studios, modernizing the area. Despite the trendy changes however, antique row still delivers what the name promises: find rare

china, silverware and furniture, or simply peruse the oddities of the over-stuffed shops; sandwiched between trendy boutiques, these dusty stores are reminiscent of an older Victoria.

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MARKET SQUARE



MARKET SQUARE

Built in the late 1800s when Victoria was enjoying tremendous growth, Market Square was teeming with sailors seeking adventure and fortune. The Square was home to bustling hotels, saloons, and shops that outfitted gold prospectors on their way to the Klondike. Market Square was a hub of lively activity, offering a bold contrast to Victoria's image as a "quaint bit of Old England".

Market Square offers a wonderful shopping experience! Browse through unique, local boutiques in heritage brick-and-beam buildings that surround an open air courtyard – a great place to take a break and enjoy lunch, dinner, coffee or snack.

If you're looking for local boutiques that offer one-of-a-kind merchandise, you've come to the right place. You'll find the latest fashion trends; home accessories; locally made

jewelry; fun gift ideas and more. There's a variety of tasty restaurants – authentic Belgian waffles, a vegetarian buffet, Neapolitan pizzeria, curries, Mexican, Indonesian, coffee shop and craft beer eatery.

Market Square is regularly used for live music concerts and includes benches, picnic tables, and deep stairs to sit on.

One of downtown Victoria's oldest landmarks, Market Square, is an easy 5-10 minute walk from the Inner Harbour. A "must see" for visitors on vacation; a regular stop for locals enjoying some of the best shopping and dining in the city!



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GOVERNMENT STREET

Running along the Inner Harbour and straight through the core of downtown Victoria, Government Street is a fantastic place to enjoy shopping, while taking in Victoria's distinct architecture.

You can find souvenirs, specialty craft and art stores, premium candy and sweet shops on popular tourist-filled Government Street. The Bay Center shopping mall, located between Government and Douglas, features a variety of clothing, accessory, and shoe stores, Canadian passport office, food court, and salons.

You're sure to find the perfect souvenir (and something for yourself) at Artina's Jewellery, which offers the world's largest selection of Canadian hand-crafted jewellery. Keep an eye out for nearby Cowichan Trading and Sasquatch Trading Ltd., where you can find authentic Indigenous arts, crafts, jewellery, and moccasins.

Treat yourself to a stop at Chocolats Favoris for a chocolate dipped ice cream cone that will blow your mind.



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LOWER JOHNSON (LOJO)

Spending time on Lower Johnson Street is a quintessential Victoria experience. Boutique shops, restaurants, yoga stores and fitness studios, a bakery and hair salons - all terminating with a great view of Victoria's waterfront and the Johnson Street Bridge.

All buildings on Lower Johnson are brick and masonry heritage buildings from the 1890's to 1920's. The street has become a brilliant patchwork of brightly painted buildings interspersed with handsome brick facades. Pink, lime green, and aqua blue with heritage awnings. People on the streets have a truly unique Victoria experience.

The charm of days gone by, complemented with some of the hottest styles of today.

Lower Johnson has rapidly gentrified over the past 30 years from its humble beginning to one of the most trendy and upbeat streets in the city. The former hotels and saloons have given away to a myriad of boutique shops and restaurants. However, the buildings that once housed the colorful history of Lower Johnson remain largely intact. The heritage buildings have been refurbished for contemporary commercial uses. However, the street maintains its "main-street" feel of human scale buildings. Lower Johnson is pedestrian friendly and a bike lane is

being added in 2016. Bike parking is available and a midblock crosswalk makes it easy for shoppers to move back and forth across the street.

Lower Johnson is safe for pedestrians and cyclists. The street is also the gateway into Market Square, which is an internal courtyard with ample amenities for all ages, including food and seating areas.



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Canadian Forces Base Esquimalt (CFB Esquimalt) is Canada's Pacific Coast naval base and home port to Maritime Forces Pacific and Joint Task Force Pacific Headquarters.

The base occupies approximately 41 square kilometres (10,000 acres) at the southern tip of Vancouver Island on the Strait of Juan de Fuca, in and around the municipality of Esquimalt, British Columbia, adjacent to the western limit of the provincial capital, Victoria.

CFB Esquimalt comprises facilities including Naden (formerly HMCS Naden), Her Majesty's Canadian (HMC) Dockyard Esquimalt, Fleet Maintenance Facility - Cape Breton (FMF-CB), a Fire Fighting and Damage Control School, the Naval Officer Training Centre (NOTC Venture), and extensive housing including 716 personnel married quarters located at nine sites such as Belmont Park, Work Point, and Royal Roads.

The present dockyard and drydock, known as Her Majesty's Canadian (HMC) Dockyard Esquimalt, dates to the Royal Navy's Esquimalt

Royal Navy Dockyard (1842-1905) and was the Royal Navy's Pacific Station until 1911. Today it serves as the Canadian Naval Headquarters in the Pacific.

Due to their significance in Canadian naval history, four sites at CFB Esquimalt (the dockyard, the former Royal Navy Hospital, the Veterans' Cemetery and the Cole Island Magazine) have been designated the Esquimalt Naval Sites National Historic Site of Canada.





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- Victoria Day Parade: May Long Weekend

JUNE

- Victoria International Cycling Festival: June
- Jumpship: mountainbiking showcase event - Inner Harbour

JULY

- Victoria International Buskers Festival: Mid July, Various Locations
- Festival Mexicano: Mid July, various locations

AUGUST

- Victoria Symphony Splash: Early August, Inner Harbour
- Dragon Boat Festival: mid-August, Inner Harbour
- Victoria Classic Boat Festival: Late August - early September, Inner Harbour

SEPTEMBER

- Victoria Fringe Festival: Early September, Various Locations
- Victoria International Chalk Festival: Mid September, Douglas St.

OCTOBER

- Ghosts of Victoria Festival: around Halloween, Various Haunted Locations

NOVEMBER/DECEMBER

- Island Farms Santa Light Parade: Late November, Government St.
- Festival of Trees: Late November - December, The Empress



The Parliament Buildings were designed by flamboyant Victoria architect Francis Rattenbury



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Be sure to see Hatley Park National Historic Site, a beautifully preserved Edwardian estate complete with an ivy-draped manor house, seaside lawns and formal gardens. Visitors can even walk in the steps of a super hero, as Hatley Castle was featured as Xavier's School for Gifted Youngsters in the popular X-Men films and in television series including Smallville and Arrow.

Nearby, check out the century-old gun batteries and commanding sea views at Fort Rodd Hill and Fisgard Lighthouse National Historic Sites. This park-like setting hosts an historic coastal artillery fort and Canada's oldest West Coast lighthouse.

More military history and modern might are on display at the Naval & Military Museum at Canadian Forces Base Esquimalt.

Cycle along the famous Galloping Goose Regional Trail, which winds through a whopping 55 picturesque kilometres (34 miles) of the WestShore communities. Then stop for a cold pint of fresh, local craft beer or a hearty ploughman's lunch at a neighbourhood pub—you've earned it!

In the Langford area, notable natural features include three prominent lakes (Langford Lake, Glen Lake and Florence Lake), as well as Mount Finlayson, Mount Wells and Goldstream Provincial Park.

SEE OUR
MENU
PAGE 11

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CLIMATE

With arguably the best climate in Canada, Victoria is placed at the northernmost limits of the cool, dry-summer subtropical zone. This gives us a cool summer climate (rarely over 30° C) and very limited time below 0° C in the winter. Plus, we get considerably less rain than our neighbors in Seattle and Vancouver. As an added bonus, this climate lends itself well to growing and enjoying delicious local produce and fruit.

LEISURE

From walks along the incredible inner harbour to kayaking on the ocean, exploring Canada's oldest Chinatown to seeking ghosts in Craigdarroch Castle, bicycling along the 60km Galloping Goose trail to hiking up Mount Douglas, or having afternoon tea at the Fairmont Empress Hotel to sipping cocktails in a fancy lounge - there is something for everyone to enjoy in Victoria.

ACADEMICS

With a progressive public school system, including French immersion programs, several top-notch private schools, and excellent post-secondary choices, Victoria has excellent options for all levels of academia.

CULTURE

Victoria is full of art galleries, the biggest and most popular being the Victorian-era mansion that houses the Art Gallery of Greater Victoria. There is also an abundance of street music and summer festivals. Whether you like rock concerts, symphonies, ballets, or independent theatre productions, you'll be able to find something to entertain you in Victoria.

EMPLOYMENT

Victoria boasts a stable economy with jobs related to tourism, government and related support jobs, health care, plus a booming tech sector. CFB Esquimalt also offers opportunities for military and industries that support and supply the military.

QUALITY OF LIFE

Victorians know how to slow down and enjoy life. We wave thanks to drivers for stopping at crosswalks, happily give tourists directions and advice to maximize their enjoyment, say thanks to the bus driver, and make time to go relax at the beach, stroll along the breakwater, or hike around a lake. In short, we love being here and it simply makes up happier and more relaxed than "Mainlanders."



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Named for its early inhabitants, the T'Sou-ke First Nation, Sooke was a thriving settlement of the Coast Salish Indians. The name T'Sou-ke is said to derive from a stickleback fish found at the mouth of the Sooke River. For hundreds of years the T'Sou-ke First Nation lived undisturbed off the land, until in 1790 Spanish explorer Manuel Quimper "discovered" this coastal hidden treasure.

Sooke's popularity as a scenic tourist destination has existed for generations. Well-known destinations in Sooke, such as Whiffin Spit Park, the Sooke Potholes Regional Park attract visitors both locally and from around the world.

The small, harbour-side town is a quintessential diamond in the rough. Nestled among towering, rugged rainforests and unspoiled

beaches of the dramatic, windswept Pacific Ocean coastline, Sooke offers visitors and residents an authentic west coast experience.

The Sooke Region Museum proudly preserves the town's colourful history. Open year-round, the museum sits on more than two hectares and

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houses authentic historical displays that depict 19th century pioneer lifestyles, celebrate the culture of the local indigenous people and recount stories about the renowned northwest passage that facilitated Spanish exploration in the 18th century.

The area's popularity has increased as a base for visiting the wilderness parks of Vancouver Island's southwest coast — the West Coast Trail and the Juan de Fuca Provincial Park which includes the now highly popular Juan de Fuca Marine Trail.

Sooke is famous for its beaches just on the outskirts of its neighboring communities such as Shirley and Jordan River. These beaches include Sandcut, French Beach, Fishboat Bay, China Beach and Mystic Beach.

Back country recreation, or off-road recreation brings a constant stream of 4X4s, quads, ATVs, dirt bikes, and home built

off-highway vehicles through Sooke as people search out back country access. Hundreds of kilometres of logging roads thread through the hills north of Sooke, enabling access to several community lakes and small reservoirs. Two large reservoirs, Bear Creek and Diversion, are popular destinations north and west of Sooke.

The Galloping Goose Regional Trail, part of the Trans-Canada Trail, runs through Sooke and is a popular cycling route to Victoria.

The vibrant arts community enjoys the annual Sooke Fine Arts Festival which features the adjudicated art of local and regional artists. Sooke is known for its wealth of painters, writers, sculptors, potters, fabric artists, jewellery crafters, and more. The Sooke Community Arts Council plays a large role in fostering art in the region. The Sooke Harbour House art gallery is a



main display opportunity for many local artisans.

Sooke is located at the end of the 40-minute drive along scenic Highway 14, a scenic coastline route winding 74 km (45 miles), with white sand beaches, provincial parks and kilometres of rainforest.





Stroll down Beacon Avenue all the way to the harbour and experience the extraordinary. Live outdoor music events, fantastic festivals, street fairs are all a part of this beautiful seaside city. Experience what Sidney has to offer!

As the Gateway to Vancouver Island, Sidney enjoys a thriving arts and culture community that celebrates local artists and local crafts. From the seaside sculpture walk, to the beautiful totems that welcome visitors at the Mary Winspear Centre, to the lovely art in our galleries, community art centre and local cafés, there is truly something for everyone.

Every Sunday during the summer, in the acoustically perfect bandstand at water's edge, Sidney offers free

outdoor concerts. Jazz, blues, pop, country and rock: every week the Town celebrates the magic of its Summer Sounds series. What could be better than enjoying great music under clear blue skies, with a view of Mount Baker and the San Juan Islands in the background, ice cream in hand! Summer perfection!

Outdoor adventure is our specialty—just about year 'round. Whether you enjoy kayaking, whale watching,

bike riding, fishing, crabbing, boating or simply walking at the water's edge, Sidney has it all. With our mild weather, Sidney is an ideal destination throughout the year. During the summer, Sidney also has a terrific water park for kids, right alongside basketball and tennis courts.

You can also hop a ferry to Sidney Spit, minutes from downtown Sidney – offering a unique opportunity for bird watching, picnicking & hiking.

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Salt Spring Island is the largest (70 square miles or 180 square kilometres), most populated (10,500) and, some might say most popular, of the Southern Gulf Islands. Written up in the New York Times as "one of the prettiest artist towns in North America" a visit here will help you find out why they think so...

Salt Spring Island is located between Vancouver Island and the British Columbia Mainland in the Salish Sea alongside its neighbouring islands of Galiano, Pender, Saturna, Mayne and Prevost. With the convenience of 3 ferry crossings and great proximity to Victoria and the Cowichan Valley, this island getaway is easier to get to than most people think. Your ride on BC Ferries – or a flight on an amazing float plane into Ganges Harbour – is the great start to your adventure!

Accommodations on Salt Spring Island range from resorts to quaint cabins, luxurious Bed & Breakfasts to motels and hotels including the 5 star Hastings House Hotel, rated as the one of the world's most romantic hotels in 2014. We also have great camping and yurts for the more adventurous and young-at-heart travelers.

Artists, farmers, chefs, mechanics, romantics, writers, retirees and dreamers have been drawn to its shores and have recognized it as one of the world's best places to visit, work and play. If you are seeking a life away from it all without giving up the conveniences of urban living, a move to Salt Spring might be for you!

Offering a wide range of experiences, from horizon gazing to challenging hikes, lake and ocean exploration, arts and culinary adventures along with health and wellness retreats – there is something on Salt Spring for everyone.



Cowichan takes its name from Quw'utsun', an Indigenous word that means 'The Warm Land'.

Cowichan is located in Canada's only maritime Mediterranean climatic zone and is home to the warmest year-round temperatures in the country. For decades now, Cowichan has been producing amazing artisanal food and drink from the region's burgeoning farms, wineries, cideries and distilleries. Yet, the food and drink are just the tip of the proverbial iceberg!

The Cowichan Valley has always been known for its laid-back culture, Coast Salish roots, and proximity to the great outdoors. What visitors might not expect is that Cowichan is also home to many well-known and emerging artists, from potters, painters, sculptors and performers to

Indigenous artists who often focus on storytelling through traditional mediums.

From concerts and festivals to outdoor fun, like biking, hiking, fishing, kayaking and more, Cowichan features a myriad of things to do all year round.

39 days (from June 28th to August 5th) are taken up with free to the public musical treats in a music festival atmosphere in downtown Duncan. The festival is the longest of its kind in the world.

The Cowichan Valley is home to a number of excellent craft breweries and distilleries, one of which is also Canada's first estate cidery.



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What originally made the Cowichan Valley a prolific agricultural region now defines the terroir of an increasingly acclaimed wine region. Since the first commercial vineyard was planted here in the 1970s, the region has exploded with a plethora of vintners who craft their wines with traditional vinifera grapes such as Pinot Noir, Pinot Gris, Gewürztraminer and Ortega, along with other varietals. Other potables you may discover here include berry, port style and sparkling wines and exquisite balsamic vinegar.

Like the environment which inspires much of the art created within British Columbia, artists in the Cowichan Valley exemplify a quiet confidence and natural ease.

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Nanaimo's outdoor playground is unparalleled. Located in the heart of Vancouver Island, this harbour city opens the door on 360 degrees of adventure: paddle the calm waters of the lakes around Nanaimo, then set your nautical compass for Newcastle Island (Seymour), traditional land of the Snuneymuxw First Nation. Stand tall after climbing 1,000 meters to the peak of Mount Benson, and feel the immensity of the full circle view. The thrill-seeking travellers surmount heart-pounding challenges with adventure courses, bungee jumping and zip-lining through the tree-tops.

Nanaimo is famous for its love of quirky fun, which truly kicked off in 1967 when a former mayor of Nanaimo famously donned a pirate costume, raised his sword and launched Nanaimo's first



The origins of the Nanaimo Bar, a triple layer sticky sweet pastry, are open to considerable debate. One account says that they became popular early in the 20th century when British families sent them to their loved ones working in the coal mines.

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annual Bathub Race. "Tubbers" and visitors from around the world have been coming to Nanaimo for more than 40 years to take part in this now world famous festival and race.

It's the many options from sea to sky that attract visitors to Nanaimo, where pedals push you over trails and the soles of your boots take you down to the base of rainforest waterfalls.

When you're ready to feel the ocean air, set sail from Nanaimo's harbour—one of Vancouver Island's most industrious and beautiful ports—on a catamaran, fishing boat or hovercraft. It's just one of the ways to catch a glimpse of Nanaimo's locals—the wildlife of British Columbia who call the Salish Sea home.

Did you know that Nanaimo was originally established as a Hudson's Bay Company trading hub? A daily cannon firing ceremony, featuring 19th century cannons that were part of the original defenses – accompanied by bagpipes – on the waterfront at 12 noon, May thru September.

Sample Nanaimo's culture, history and unique way of life – play hard, relax well and enjoy beauty in 360 degrees.



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No matter when you visit, Parksville/Qualicum is bound to offer something of interest. There are over 140 annual events and festivals in the Parksville and Qualicum Beach region alone, including traditional favourites with long histories like the Brant Wildlife Festival, Fathers' Day Show n Shine, and the Coombs Fair as well as one of North America's most widely-recognized and popular events, the Parksville Beach Festival. Equally unique and entertaining are weekends dedicated to farmers' markets and food & wine, volleyball, childrens' entertainment, mountain biking, music and uplifting Christmas craft events.

A discovery-filled vacation waits for you in Parksville/Qualicum Beach... amazing sandy beaches, picture postcard views, world-class biking and hiking trails, salt-tinged ocean air, and the small-town charm of the communities.

Rath Trevor Beach in Parksville is one of the province's most popular family destinations and is home to many resorts and a Provincial Park. The attractions include 5 kilometers of ocean beachfront, forest (with a circular, oceanfront trail) and parkland. At low tide, the ocean recedes almost a kilometer back from Rath Trevor's shoreline. While you are exploring the park make sure you visit the Rath Trevor Beach Nature House. This interpretive centre is a hub for environmental education featuring camps and events.



*Qualicum and Parksville
have been named Canada's best
family-friendly beach destination by
Better Homes and Gardens magazine.*





A prized fishing and water sports destination, Port Alberni is in the heart of Vancouver Island. You'll find a variety of outdoor activities, including hiking, fishing and boating, as well as other outdoor adventures such as windsurfing, zip lining, mountain climbing, mountain biking and more.

There's so much to do and explore... One of the most striking features is the Alberni Inlet, a long narrow arm of the ocean that travels inland from Barkley Sound, excellent for both freshwater and saltwater fishing. North of Port Alberni is Stamp River, with incredible Chinook and steelhead fishing. In late summer, over half a million salmon spawn near the Stamp River Hatchery, making it a favourite for local black bears (and bear watching!).



Port Alberni is named for Captain Don Pedro de Alberni, a Spanish officer who commanded For San Miguel at Nootka Sound for Vancouver Island's west coast from 1790 to 1792.

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Long Beach is the largest and longest beach in the Pacific Rim National Park Reserve on the west coast of Vancouver Island. It is located on Wickaninnish Bay between Tofino and Ucluelet and is adjoined by campgrounds and picnic areas.

The Tofino-Ucluelet highway parallels the entirety of the beach. The beach's consistent surf, exposed to the open Pacific Ocean, established it as one of the earliest and most popular surfing locations in British Columbia.

Long Beach features rocky 'islands' in the mid-tidal zone of the beach that are accessible only at low tide; when the tide is high, these islands are surrounded by water.



Each year 25,000 grey whales and hundreds of thousands shorebirds visit Clayoquot Sound along with nearly one million humans.

TOFINO

Come discover Vancouver Island's hidden 'off the beaten path' gem. Ucluelet has been named one of BC's top ten small towns and offers an endless range of outdoor activities. Affectionately known as Ukee, the town is friendly, and welcoming.

On the remote west coast of Vancouver Island, within the traditional territory of the Tla-o-qui-aht First Nations, sits the village of Tofino. Nestled in the heart of the Clayoquot Sound UNESCO Biosphere Reserve, Tofino is a prime destination for year-round surfing, beach time, exploring the outdoors.

Tofino is small, committed community, who's history is one of protecting and holding ourselves accountable to the surrounding natural and cultural environment.



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UCLUELET

Come discover the pristine coastline, temperate rainforest and secluded beaches nestled along the Wild Pacific Trail. A laid back fishing village perched on the westerly edge of Canada surrounded by the Pacific Rim National Park Reserve.

Ucluelet streets are lined with appealing restaurants, B&Bs, and artisan shops; while the surrounding area offers wonderful opportunities for wildlife-viewing, hiking, biking, kayaking, surfing and more. Ucluelet is a great base for taking on all that the West Coast has to offer.

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Ucluelet is a great base for taking on all that the West Coast has to offer. The surrounding area offers wonderful opportunities for wildlife-viewing, hiking, biking, kayaking, surfing and more.

Method Marine Supply

180 Main Street, Tofino

(250) 725-1251

www.methodmarine.ca

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Method Marine helps you to be prepared for all conditions on the rugged West Coast. Method Marine supplies not only quality marine fuel and hardware, but also tools and advanced fishing gear, boating gear, propellers, wake gear and sea lifts, industrial tank gear, gloves, boots, tools and other equipment you need to do the job right. Our team professionals bring method to the business of working, living and adventuring in incredible conditions. With a well-stocked store and access to all major suppliers, Method Marine is your one-stop shop for the equipment and supplies you need to get out there.

South Coast, B.C. & P.N.I.



Tofino was named in 1792 after Don Vincente Tofino, a Spanish Hydrographer that accompanied the Galiano and Valdez expeditions.



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website: www.tofinofishingandtrading.ca



Tofino Fishing & Trading is an established, locally owned retailer with a rich assortment of outdoor gear, clothing and equipment to maintain your adventure on Vancouver Island's West Coast. Explore in style and comfort with trusted brands like Marmot, North Pole, Snow Drags, Woodchuck, Royal Robbins, Earthlink, Teton, Kari, Haiden, Larchmont and Pura. Browse for quality accessories including dry packs, Golden Leather belts, Mountain watches, Larchmont hats and Columbia regalia. Live your moment in comfort with the confidence offered by quality brands at Tofino Fishing & Trading.
Cordell Gault, J. R. W. V.



Stunning beaches, temperate rainforests, wildlife viewing & storm watching are just a few of the awe-inspiring experiences when hiking the trails in Tofino and Ucluelet on the west coast of Vancouver Island.

Storm Light Outfitters

380 Main Street

Tofino

606-0846

(250) 729-2342

www.stormlightoutfitters.ca



Storm Light Outfitters, a locally owned and operated business, offers outdoor enthusiasts quality, competitively priced, brand name equipment and clothing—everything you need to live, work and play with confidence on the magnificent West Coast. Whether your adventure involves wood-burning lake people will help you find the gear you need to succeed: outdoor gear, clothing and footwear; camping equipment and tents; waders and dive gear; and outdoor and casual clothing. Choose from brand names like Helly Hansen, Outdoor Research, L.L. Bean, Eberle, Timberland and the impeccable selection of Columbia Sportswear on the West Coast. All the gear you need for our here. Storm Light Outfitters is the trusted outfitter for Vancouver Island's West Coast.

Credit Cards & GST/HST



The terrain around Ucluelet is home to deer, black bear, cougar, otters, minks, squirrels, bald eagles and more than 200 species of shore birds.

Live *your* West Coast moment with confidence



4th & Campbell Street
TofinoFishingandTrading.ca



380 Main Street
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MAXIMIZE YOUR ADVENTURE

Located along the western coast of Vancouver Island, Pacific Rim National Park is a scenic nature reserve of rugged Pacific Ocean coast and temperate rainforests.





The First Nations who first settled the Comox Valley knew there was something special about this place. Game was readily available and the forest was like a banquet of wild berries, mushrooms and other foraged plants. And like that old expression goes; when the tide goes out, the table is set. When the first settlers arrived, they too discovered fertile sun-dappled valleys that could yield fields of corn, hay and a cornucopia of vegetables and fruits, rivers running red with salmon and an ebbing tide that revealed a bounty of oysters and clams. Some things never change. Or rather, they just get better. Today in the Comox Valley farm-to-fork and dock to dish aren't just catchphrases, they're a reality.

Food Fresh from the Farm

The region's eateries and chefs boast unparalleled access to locally produced fruits and vegetables, cheeses, yogurts, meats and seafood from more than 400 farms; many listed in the Comox Valley Growers Guide. These items influence daily fresh sheets to showcase the best West Coast food ingredients from the region. When paired with local wines, beers, & spirits, the Comox Valley offers an extraordinary food culture.

Seafood Bounty

The surrounding pristine ocean waters produce the most shellfish in BC, the most oysters in Canada and incredible catch-of-the-day fish including salmon and halibut that arrive daily into the Comox Harbour. Restaurants and their diners



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are the beneficiaries of all this fresh-off-the-boat bounty, from buck-a-shuck oysters to seafood pizzas, from smoked octopus to Thai coconut curry mussels, or a legendary bowl of seafood chowder.

Year-Round Farmers' Market

One of the few year-round markets in Canada and legendary on the coast, the Comox Valley Farmers' Market boasts an incredible array of organic fruits and veggies, surf and turf delights, award-winning cheeses, fresh-made pasta and baked goods, wines, ciders & spirits.

Explore the Comox Valley

The Comox Valley is a place that inspires creativity, tempts the taste buds, soothes the soul and fires the imagination of adventurers and outdoor enthusiasts. Situated halfway up the east coast of Vancouver Island, this community of 65,000 faces the sea and embraces the mountains, has the charm of a small town but with a touch of urban sophistication and taste. The Comox Valley is comprised of three diverse and unique communities, the City of Courtenay, Town of Comox, Village of Cumberland & the surrounding rural farm areas.

From full on adventure to blissful relaxation, you'll find four seasons of fun in the Comox Valley. Carve down an alpine ski run with an ocean view, Nordic ski through an ancient forest, scuba dive in crystal clear water, mountain bike or hike along a river, paddle kilometres of shoreline and tee off at one of many scenic golf courses.

You'll also find time and space for relaxation and pampering. Enjoy a day of arts and culture at museums, galleries, and artists' studios, curl up on the beach with a favourite book, tour the local wineries and distilleries or sample what's on tap at a few craft breweries. Browse boutique shops, enjoy a cappuccino at a sidewalk cafe and book a much deserved spa treatment.

Festivals throughout the year celebrate everything from music and shellfish, to fine art and aviation. And with more than 400 farmers and food producers in the region, Comox Valley's diverse selection of restaurants exemplify the farm to fork and tide to table culinary tradition with menus featuring the freshest of seasonally local ingredients. The Comox Valley offers four seasons of fantastic experiences.



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Nestled on the east coast of central Vancouver Island, and long known as the "Salmon Capital of the World" and more recently as an adventure and eco-tourism hub, Campbell River is a natural destination choice, in more ways than one.

Capture the spirit of Campbell River with a stroll in the sea breezes on Discovery Pier and you might see a salmon, eagle, or whale. Take in views of Discovery Passage, Quadra Island and, in the distance, the rugged Coast Mountain range of mainland British Columbia. Explore trails along Campbell River's namesake, a designated British Columbia Heritage River. Restore your soul amidst streams and lakes in forests kept green by the mild Pacific Coast climate.

Salmon Fishing in Campbell River

We are also your gateway to Strathcona Park, the Discovery Islands, and remote north and west Vancouver Island. In these renowned wilderness destinations, you'll find a world of mountains, coastlines, and islands just waiting to be explored.

Our communities offer a wide range of visitor services, so make this the year to discover the nature and spirit of Campbell River.

Salmon: Our Heritage... Our Legacy

For thousands of years, from the time of First Nations' villages to the arrival of European explorers and eventually permanent settlement, the rhythm of life in this region has flowed with the movement of the salmon. Our salmon and the waters they travel are an intrinsic part of our heritage and they're our legacy too. One that we invite you to share in.

In this setting, you're not just watching the drama unfold; you're part of it! As the sun rises over British Columbia's coastal mountain ranges, the coastline of Discovery Passage comes to life. Just a short ferry ride across the water, Quadra and neighbouring islands awaken under a blanket of firs and cedars. Cape Mudge lighthouse blinks warnings to seafaring passers-by. When slack tide approaches, yachts, fish boats, tugs, freighters, and enormous Alaska-bound cruise ships line up to navigate Seymour Narrows' tricky waters. In Campbell River, you can enjoy this constantly changing panorama from our seaside walkways, restaurants and accommodations.



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Approachable, innovative, visionary, futuristic... this is how the Campbell River Golf and Country Club is being described since it opened in August of 2018. As Jason Deegan of Golf Advisor, says "If golf is to be more inclusive - which is the future of the game - it will need more facilities like Campbell River."

Formerly the Sequoia Spring Golf Course, under new ownership, every hole was remodeled in 2017/18. Mature trees were kept, but otherwise, the 18-hole, 6,141 yard course is completely new. Golfers are raving about it.

"Reviews have all been about the amazing condition of the course," says Kyle Stoudt, Head Professional. "The fairways are pure and lush and the greens are smooth and fast with enough undulation to make any 'routine' two-putt a challenge."

Looking at the yardage, you may think it will be an easy round. "Although we may have a few hundred less yards than some traditional golf courses, we still require accurate tee shots and approaches," he says. "The bunkers have been placed to penalize errant shots, and our greens are set up so you have to be on the correct level with the pin or face a difficult putt."



The signature hole is the 17th. "The double dog-leg, par five stretches out over 610 yards from the back tees and has a creek crossing the fairway about the right area you would typically lay up to with your second shot," says Stoudt. "You must decide whether you want to take the risk and try to get close to the green or lay back and have a long approach from behind the creek, all while weaving your way down the tree-lined fairway."

Innovation goes beyond the exceptional on-course experience, this is a destination, leading a new era in golf using technology and world-class facilities to attract new golfers.

The Velocity Lounge and Driving Range is a highlight, where you enjoy a fun-first experience in a casual group setting, order food and drinks, and hit golf balls late into the night using Toptracer technology.

"We have already seen the game introduced to hundreds of 'non-golfers' and it has led to increased interest in learning more about the game."

"With Mount Washington only 45 minutes away, we are one of the only places you can ski and golf in the same day during the winter," he says. "We are lucky to be in such an amazing spot with so much to do."

Velocity

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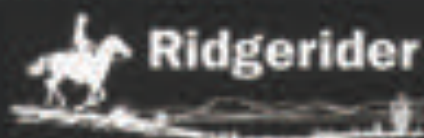
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Homebound salmon travel through Discovery Passage on their final journey to the spawning grounds. The salmon's life cycle of hatching, feeding in the river, traveling to the ocean and eventually returning to its birth river, attracts and sustains a wide variety of wildlife: bears, eagles, whales, otters, ravens and others. It's also spawned a centuries-old culture unique to the Pacific Northwest.

Visit for tours, day trips, workshops, cultural events and family activities focusing on specific species of wildlife: bears and other land animals; bald eagles and other birds of flight; and marine animals, including the salmon and whales that slip through Discovery Passage.

Campbell River's salmon keep time with the ebb and flow of the tides and the seasons. Every autumn, when salmon head upstream to spawn, eagles, bears, and other wildlife join in their quest for survival. At times like these are these wonders of the wild in such close contact with each other. At a distance, you too can be there, whether walking amidst the falling maple leaves at Quinsam River Hatchery, or-for an unforgettable thrill-snorkeling with the salmon.



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No matter what the season, witness the life cycle of Campbell River's magnificent salmon. Just visit a local waterway, such as Haig-Brown Kingfisher Creek, that hosts salmon enhancement and stewardship programs. With legacy projects like these, sport fishing continues to attract visitors to the region. Best of all, you don't even need a boat—just cast your line off Discovery Pier and perhaps you'll hook the big one! Or challenge the odds, and go home a member of the famous Tyee Club, a Campbell River tradition since 1925, a true test of angling skill.

Campbell River is also your gateway to outdoor recreation and eco-touring. For summertime seclusion, or winter snow activities, venture into Strathcona Provincial Park, where the mountains draw climbers, heli-skiers,

and other enthusiasts from around the world. Continue into remote reaches of north or west Vancouver Island. Head offshore to the Discovery Islands region for whale watching, kayaking, and other unparalleled wilderness opportunities.

So come and discover Campbell River, and feel the rhythms of an oceanside community, where salmon are our heritage and our cherished legacy.

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Port Angeles is a city in and the county seat of Clallam County, Washington, United States. With a population of 19,038 as of the 2010 census, it is the largest city in the county. The population was estimated at 19,448 in 2015 by the Office of Financial Management.

The harbor was dubbed Puerto de Nuestra Señora de los Ángeles (Port of Our Lady of the Angels) by Spanish explorer Francisco de Eliza in 1791.

By the mid-19th century, after settlement by English speakers from the United States, the name was shortened and partially anglicized to its current form, Port Angeles Harbor.

It is the birthplace of football hall of famer John Elway and residents include writers and artists. The city is served by William R. Fairchild International Airport.

Ferry service is provided with daily sailings across the Strait of Juan de Fuca to Victoria, British Columbia, Canada on the M/V Coho.

About Port Angeles

The Port of Port Angeles is the closest and deepest water port in the United States to the Pacific Rim. Established in 1923, the Port manages several marine facilities, marinas, two airports and some commercial & industrial properties.

There's a lot to talk about when it comes to Port Angeles. Probably one of the biggest claims to fame is that the City of Port Angeles is the main entrance to the Olympic National Park as well as being the largest city on the Olympic Peninsula. Port Angeles is the outdoor capital of the Pacific Northwest with a hoppin' downtown filled with exquisite restaurants, coffee shops & chic shops.

A stroll along City Pier in downtown Port Angeles, provides fantastic views of this best small town's major attractions. To the north is the Strait of Juan de Fuca, where massive ships float by carrying lumber and cargo while smaller vessels bring fresh-caught crabs to the docks and kayakers paddle around a sandy beach.

Looking south offers a glimpse of the snowcapped mountains in Olympic National Park, a pristine playground for hikers, bikers and skiers.

Highly ranked natural amenities are just part of the equation that landed Port Angeles on this list. Low food costs, low crime and high community involvement help make the city one of the nation's best places to live.

That's especially the case for crab lovers. The Dungeness crab, which is harvested by local fishermen, is the main attraction during the city's annual Crabfest, where steam from large kettles of boiling crab carries the smell of buttery seafood through the streets of downtown.

Crab makes its way onto many local menus, including fried rice at Sabai Thai Cuisine, on panini melts at Toga's Soup House and as an add-on to just about any burger or sandwich.

Sculptures, murals and other artwork found downtown help tie modern-day Port Angeles to its past as an outpost in the Pacific Northwest, a logging town and home for Native Americans. The downtown area overlooks the bay and is filled with cafes, galleries, gift shops, bookstores and restaurants.

The Olympic Discovery Trail, a 28-mile pathway winding along the waterfront and through rural farmland, connects Port Angeles with the neighboring town of Sequim. Community and business leaders support initiatives to protect the environment, including energy conservation. Nippon Paper Industries, one of the largest employers in Port Angeles, recently completed a facility that provides 20 megawatts of renewable energy.

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Tofino	(YTF)



VANCOUVER

Driving Times for the Oceanside (19A) and North Island Routes

VICTORIA TO:

SIDNEY	34 min
SOOKE	34 min
BONCAN	33 min
NANAIMO	1 hr 20 min
PORT ALBERNI	1 hr 30 min
COLLETT	4 hr 20 min
TOFENO	4 hr 20 min
PARKSVILLE	1 hr 40 min
COMOX VALLEY	1 hr 40 min
CAMPBELL RIVER	2 hr
GOLD RIVER	1 hr 27 min
SEALIS	4 hr
PORT HARRY	7 hr



DISTANCE CHART

Distance Chart
in Kilometres - 1 km = .6 miles approx.

Distance Chart

in Kilometres • 1 km = .6 miles approx.

214	CAMPBELL RIVER																							
213	181	CHILMARK																						
201	41	146	COMOX VALLEY																					
238	204	13	131	BONCAN																				
237	41	281	134	214	GOLD RIVER																			
228	282	472	324	483	238	WOLSEED																		
224	218	113	243	104	400	371	JORDAN RIVER																	
202	176	17	131	28	244	457	134	LADYSMITH																
212	224	43	182	38	217	500	134	11	LAKE COWICHAN															
179	132	37	106	31	243	425	107	23	73	NANAIMO														
143	117	74	71	67	206	299	192	84	109	34	PARKSVILLE													
75	121	120	304	733	242	402	305	157	137	81	38	PORT ALBERNI												
495	248	439	295	432	187	47	528	434	475	402	344	406	PORT ALICE											
484	238	428	382	441	174	50	507	413	444	391	333	389	33	PORT HARRY										
443	176	389	332	445	137	88	308	374	425	322	314	334	34	41	PORT MERRILL									
373	349	132	304	143	448	400	34	173	173	196	230	380	597	540	147	PORT BERNARD								
140	107	84	47	47	197	588	303	49	108	47	31	43	335	544	389	341	QUALICUM BEACH							
210	284	94	128	80	373	544	88	108	118	128	147	213	333	322	142	137	170	SIDNEY						
401	274	88	134	75	378	544	31	103	103	124	147	218	327	317	478	38	172	17	SOOKE					
403	137	147	397	304	94	394	444	323	383	389	274	308	233	382	389	304	262	401	234	TAMMIS				
373	373	143	358	324	243	554	242	378	374	384	171	323	331	518	471	441	344	327	331	421	TORINO			
191	248	218	288	231	338	329	307	383	233	180	144	94	444	485	444	374	141	311	304	434	42	WILLOWBY		
290	244	70	219	44	323	544	44	88	94	113	147	193	312	502	443	167	138	26	37	421	214	210	VICTORIA	
443	174	387	341	434	123	170	308	373	422	349	313	347	134	134	87	343	383	480	471	201	444	444	444	SEALIS



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