



## 1. Nanaimo

Set sail from Nanaimo, on Vancouver Island's east coast. A coal-mining powerhouse between the mid-1800s and mid-1900s, today this Pacific Coast university town is known for its working harbor, two full-service marinas, quaint Old City Quarter lined with independent stores, mountain forest trails, community craft breweries and contemporary art galleries.

## 2. Tribune Bay

Drop the hook in this well-protected bay on Hornby Island's southeast coast. Dubbed "Little Hawaii" for its white sand beach and shallow aquamarine seas, Tribune Bay is one of British Columbia's (BC) warmest saltwater swimming spots. In spring, admire wildflowers carpeting surrounding hillsides and, in summer, pick edible red huckleberries that grow wild.

## 3. Desolation Sound

Situated within the Sunshine Coast's Salish Sea, Desolation Sound is one of the planet's most biodiverse cruising grounds. Take your pick of anchorages and head ashore to hike temperate rain-forest-covered islands and explore the lakes and waterfalls. In Prideaux Haven, pack a picnic of local oysters, crabs and prawns and head to Melanie Cove.

## 4. Sayward

A beloved stop for those navigating Vancouver Island's inside passage, tiny Sayward village is home to a 350-strong welcoming community. Take in views of Mt H'Kusam from Kelsey Bay wharf as you fish for steel-head trout but watch out for bald eagles and sea lions eager to steal your catch. Hike routes looping round the mountain base or bike through thick forests.

## 5. Telegraph Cove

This colorful boardwalk settlement is the gateway to Broughton Archipelago, BC's largest marine park. Telegraph Cove is a prime location to sight humpbacks and orcas. At nearby Cormorant Island's Alert Bay, a unique aboriginal cultural destination, witness an indigenous dance performance and peer up at the world's tallest totem pole before overnighting at Telegraph Cove.

## 6. Sayward

Heading back south, you'll call in at Kelsey Bay once more. In Sayward, walk its scenic waterfront or canoe across calm lakes and riverways. At the Salmon River Wildlife Reserve, keep your eyes peeled for Roosevelt elk, great blue herons and northern pygmy owls. Stroll through the Douglas fir forests of White River Park and the Dalrymple Creek Nature Trail.

## 7. Campbell River

Campbell River is a lively port city rich in indigenous culture, maritime history and wildlife-viewing opportunities. Homalco First Nation guides reveal local legends as they lead tours where you may spot humpbacks, orcas, Pacific white-sided dolphins, Steller sea lions or grizzly bears. Avid anglers know it as the world's salmon capital.

## 8. Comox

Comox is renowned for its natural beauty and laidback marinas but also offers atmospheric pubs, indigenous art galleries and fine wineries. Walk among elm, maple and cedar trees in Filberg Park then head to Goose Spit, where you can view the Beaufort Mountain Range and Comox Glacier. At Fisherman's Wharf, pick up freshly-caught crab for dinner.

## 9. Tribune Bay

With plenty to see beyond Tribune Bay, you won't mind returning to Hornby Island. Follow trails east to take a dip at Whaling Station Bay beach then trek the coastal bluffs of Helliwell Park until you reach St John's Point. Evidence of the isle's hippie past lies in the Hornby Island Co-op, where you'll find craft shops, fair trade fashion and farm-to-fork fare. Meet the artists behind a thriving creative community in their studios.

## 10. Schooner Cove, Nanooche Bay

Dock at Fairwinds Marina, where you can stretch your legs with a round of golf at the nearby 18-hole course overlooking Georgia Strait. Alternatively, you can join a guided kayak tour of the pristine Winchelsea Islands or Mistaken Island, where marine life includes seals, purple sea stars, crimson sea urchins and orange sunflower stars.

## THE BEST ADDRESSES

### *Nanaimo*

#### Nanaimo Art Gallery

Compelling indigenous culture exhibitions

#### White Sails Brewing

Hyperlocal craft beers include coffee-tinged dark ale

#### Gabriel's Gourmet Café

Brunch ingredients sourced from small, sustainable farms

### *Tribune Bay*

#### Flora Islet

Dive St John's Point in search of rare deep sea six-gill shark

#### Hornby Island Co-op

Community initiative includes veggie café, bakery and pottery store

#### The Breeze Restaurant

Rustic lodge restaurant serves Canadian comfort fare

### *Desolation Sound*

#### Pendrell Sound

Swim in the warmest sea north of Mexico

#### Tenedos Bay

Protected anchorage with a trail leading to Unwin Lake

#### Grace Harbour

Hike old logging trails and swim in a freshwater lake

#### Laughing Oyster Restaurant

Yachties congregate at this iconic seafood spot

### *Sayward*

#### Mount H'Kusam

Bill's Trail hike leads to the summit

#### Sayward Futures Society

Visitor information, maps and trailhead directions

#### Al's Room

Cosy glassed space to sip coffee and meet artists

### *Telegraph Cove*

#### The Whale Interpretive Centre

Eye-opening marine mammal skeleton collection

#### Tide Rip Grizzly Tours

Spot black bears and grizzlies on a boat tour

#### The Killer Whale Cafe and Old Saltery Pub

Seafood chowder and other West Coast delights

### *Alert Bay*

#### U'mista Cultural Centre

View sacred regalia of the Kwakwaka'wakw people

#### Culture Shock

Traditional 'Namgis storytelling and cedar weaving

### *Campbell River*

#### Homalco Wildlife & Cultural Tours

First Nation guides lead tours detailing ties to nature

#### Riptide Marine Pu

Crab cakes, Canadian beef burgers and more

#### Beach Fire Brewing Co

Seasonal and small-batch craft beers

#### West Coast Wildflowers

Indigenous jewellery and botanical skincare

### *Comox*

#### I-Hos Gallery

Traditional and contemporary First Nations art

#### 40 Knots Winery

Taste clean ethical wines at a seaside estate

#### Martine's Bistro

Savour halibut with sangria and marina views

### *Schooner Cove, Nanooche Bay*

#### Adventuress Sea Kayaking

Jan Kretz leads tours of islets bursting with wildlife

#### Fairwinds Golf Club

Oceanside course suited to all players