



# Gulf Islands Hiking & Yoga Tour 7 Days

## Summary

### Length

7 days/6 nights, with 5½ days of hiking and private yoga classes daily.

### Dates

Start any date between April 1 - July 31 and September 1 - October 31

In August, start any date except Sunday or Monday

We recommend that you start your trip on a Thursday so that you can enjoy the Ganges Market held every Saturday

### Level

3 to 7 hours hiking each day

The terrain is hilly and there are climbs every day

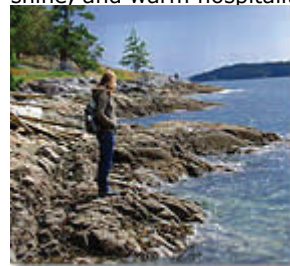
1 to 1h30 yoga private class daily with experience and certified yoga teachers; 30min meditation session. Yoga Classes are adjustable to your own level of experience.

Get away from it all! Journey to a place where lush forests meet the deep blue sea. Sail away to the beauty and tranquility of western Canada's Gulf Islands. Explore four unique islands as you hop from one to the other. Slow down, relax and awaken your body and spirit with daily private yoga classes given by our experienced and certified yoga teachers. Truly unwind and learn asanas (yoga postures), pranayama (breathing techniques) as well as blissful relaxation and meditation practice. Follow peaceful trails and old logging roads to unspoiled coves, where seals and orcas gambol and seabirds wheel overhead and experience the natural wonders that these coastal enclaves have to offer.

## Itinerary

### Day 1

Your tour starts at Fulford Harbour on **Salt Spring Island**, the largest of the Gulf Islands, and famous for its scenery, sunshine, and warm hospitality. It's also a



haven for artists and everywhere you go you'll find galleries and studios. There's time for a short hike into the verdant Fern Valley, which has the lush

feel of tropical a rainforest. Afterwards, enjoy a relaxing 1h30 private hatha yoga class.

Hiking distance: 3km.

### Day 2

Begin your day with an empowering private 1h30 yoga class. Today's walk begins with a transfer to Beaver Point Hall, from where you begin your exploration of the southeast corner of Salt Spring Island. You'll follow well-marked trails to Ruckle Provincial Park, named after the family whose homestead this was in the 19th century. Walk

along the shore to King's Point, with an option to continue to Yeo Point, where you'll enjoy views of the Channel Islands, home to frolicking marine mammals and a colony of cormorants. Continue along the water's edge through the Tsawout Band Reserve. Then return to your accommodation.

Hiking distance: 17 km.

### Day 3

Begin with a transfer by taxi to Ganges; on Saturdays, there is a lively market here. Then take the ferry to Sturdies Bay on the southeast tip of **Galiano Island**. Named for the Spanish sea captain who explored the surrounding waters in 1792, Galiano Island is home to more than 130 species of birds and a haven for naturalists. Enjoy quiet roads and Douglas fir forests. Walk to Bellhouse Provincial Park, where the wind and the sea have carved and pocked the sandstone rocks of the beach. Watch for the many eagles that glide overhead. Relax with a private 30 minutes meditation session with an experienced yoga instructor at the inn. You may want to book a massage or spa treatment at the wonderful Galiano inn & Spa.

Hiking distance: 4 km



## How to get there?

Your tour begins in Salt Spring Island - Fulford Harbour, Day 1 of the tour is the day of arrival.

To reach Salt Spring Island, you can take a ferry from Swartz Bay, Victoria Ferry terminal or From Vancouver Tsawwassen Terminal.

Please visit [www.bcferries.com](http://www.bcferries.com) for Schedules and Fares.

International Airport and is a short taxi ride from the airport. Major airlines fly from Vancouver and Seattle to Victoria International Airport, located north of Victoria - beautiful British Columbia's capital city.

Swartz Bay is located on Vancouver Island, north of the Victoria.

For Americans, you may choose to fly into Seattle and take the high speed catamaran from the harbour in downtown Seattle to Victoria harbour.

## Itinerary

### Day 4

Start the day with a private 1 hour vinyasa yoga class in a garden studio. Today's walk takes you to three great viewpoints. Climb up Mount Galiano where there's a wonderful view of Active Pass and the southern Gulf Islands. Head into Bluffs Park, where you hike amongst cedars and ferns to the top of the bluff, where there are stunning views of Prevost Island and the south face of Mount Galiano. From Galiano Cemetery you'll see seals sunning themselves on their private island.

Hiking distance: 12 km.

### Day 5

Hop onto a private water taxi, which will take you to **South Pender Island** in the morning. Start at the canal that separates the two Pender Islands and climb an old



logging road to the edge of Mount Norman Provincial Park. Walk into Beaumont Provincial Marine Park, then up to

the summit of Mount Norman, from where you can see part of the U.S. San Juan Islands and the Olympic Range in Washington. As you descend, you might be able to see the Vancouver skyline in the distance. Return to the canal, from where you'll be transferred to **Saturna Island** for the night. Stretch your muscles with a private 1 hour yoga class at the Lodge. Hiking distance: 15km



### Day 6

This morning, you'll be taken to the end of Narvaez Road, where the walk begins. Follow old logging roads and goat trails to the

top of Mount Warburton Pike, then descend to the Saturna Winery, in a spectacular setting near the water, and the pebbly beach at Thomson Park. Then head back to your accommodation on Saturna Island. Complete this enriching week of hiking with a private 1 hour uplifting yoga session. Hiking distance: 10 km.

### Day 7

Return to Swartz Bay near Victoria (Vancouver Island), or Vancouver and depart for home or on to your next adventure.



### ***The Price includes:***

- 6 nights hotels
- 5 private yoga classes and 1 meditation class with certified teachers
- All breakfasts and two dinners
- Detailed route instructions and map
- Luggage transfers (We enlist your help getting the luggage onto and off the ferry)
- private water taxi between Galiano Island, south pender Island and Saturna Island
- Ferry fare not included

## Accommodation

### Classic



#### **The Beach House**

Salt Spring Island

Located on the shore of Fulford Harbour in a peaceful rural setting. Enjoy delicious breakfasts with home baking, a waterfront hot tub and private entrances for each room.



#### **Galiano Inn**

Galiano Island

This luxurious oceanfront resort and spa features large guest rooms, each with a breath-taking view, wood burning fireplaces, and a casually elegant décor. The restaurant has been receiving rave reviews for its inspired West Coast cuisine.



#### **Saturna Lodge**

Saturna Island

This elegant yet casual island inn boasts views over Boot Cove. The 7-room property includes extensive gardens and there is an outdoor hot tub to relax in after your day of hiking or biking. The restaurant serves inspired cuisine in a lovely setting.