



## In House Activities Offerings Year Round

**Yoga** by arrangement subject to availability of local certified teacher

**Aquafit** - \$5/person in our heated pool! Fun and great overall fitness, easy on the joints. **8:30 am – 9:30am Mon & Thurs**

**Swim Passes:** Discount passes available. 12 for \$50 (\$4.17/swim), Seniors \$40 (\$3.33/swim) Child \$30 (\$2.50/swim)

**Guided Paddles: Kayak** - \$54.00/person 2+ (\$64.00 for 1) Duration: Approx 2 hours. **Canoe** - \$49/person 2+ (\$59 for 1)

Our experienced guides will bring you on an ocean adventure. Tours for beginners and experienced paddlers.

**Guided Hike** - Tour \$29/person 2hr (group discounts available)

**Guided Paddle & Hike** - \$75.00/person Duration: Approx. 3-4 hours

This is a beautiful way to experience Pender Island. Leisurely paddle to the base of Mount Norman, and then take a winding trail up to the top (Moderate difficulty). At the top you will have gorgeous views of the Gulf Islands, the San Juan Islands and Vancouver Island.

**Paddle Hike And Spa** - picnic lunch and 1hour **Signature Massage** addition to **Guided Paddle & Hike**  
\$230.00/person \$449.00/couple

**Guided Cycle** - \$29.00/person Duration: Approx: 1.5-2 hours

**Bike & Hike to Brooks Point** - \$29.00

**Bike & Breakfast** - \$39.00

Let our guide take you to Pender's most loved parks, ocean views and beaches.

**Corporate Teambuilding Events** - Let our staff create the perfect experience for your group (see additional sheet for more information)

## Rentals

Kayak \$20.00/hour

Sit-on-Kayaks \$15.00/hour

Canoe \$20.00/hour

Bicycles \$10.00/hour 4 hour and 8 hour rates on request

Courtesy Van \$45/half day \$85 full day \$.50/km fuel charge

### **We also have:**

Maps and information on nearby hikes, cycling, kayaking and canoeing.  
Year round heated outdoor pool and hot spa pool  
Basketballs, Tennis racquets & balls, Soccer ball, Volleyball  
Baseball equipment, Badminton Set  
Disc Golf Discs  
Board Games

### **Out Source Tours and Activities**

**Meditation** - \$15.00/person (minimum group of 2) Duration: Approx 1.5 hours.

Try our meditation class, offered by our on site "Yoga Flow Active Meditations" facilitator, specifically designed for busy, active westerners.

**Whale Watching** with Emerald Sea Adventures. Adult \$115 Child \$85

**Boat Cruises** - Pender Islands Eco Tour, Sunset, Salt Spring Island, Sydney Market, Ganges Market, Saturna Island Winery, and many more!

**Salt Spring Air Charters** by arrangement: (examples) - Island Beach Tour, 40 min Safari, Salt Spring Tour

**Fishing Charters** - price upon request

**Tseycum Tours** - Let First Nations guides take you on a traditional paddle or medicinal plant walk

### **Additional Summer Activities: May - Oct 2010**

**Kids Camp** - a variety of fun and educational programs every evening throughout July and August

**Pender Island Adventure Tours** - Morning Bay Winery, Hope Bay, Artists' Galleries, Farmers, Market, Museum

**Parks Canada Interpretive Programs** - open to all at nearby Beaumont Marine Park

**Have something else in mind?** The dynamic Activities staff will customize your experience at Poets Cove.

\* a cancellation policy of 24 hrs applies to all tours, if cancelled after that point tour will be charged in full

\*\* tours and rentals subject to weather

**Poets Cove Activities Centre**, located seaside by the lower pool.

9801 Spalding Avenue

250-629-2116

activities@poetscove.com

concierge@poetscove.com