



## *2010 Activities Offerings - Details*

**Let us take you on a ...**

### **Guided Kayak Tour**

Join our gentle two hour tour, ideal for those wanting to experience paddling a kayak for the first time. A brief on-shore safety talk and kayak orientation begin this exploration into the abundant shoreline life of South Pender Island.

\$54.00 (2 or more) \$64.00/person (1 person) Duration: Approx. 2 hours

### **Guided Canoe Tour**

The easy way to get family and friends out on the water for a paddle! Big stable canoes allow you to enjoy the sea life that abounds in our waters! 2 hour guided tours or rentals available. Tours for both beginner and experienced paddlers.

\$49.00/person (1 or 2 pp) Duration: Approx. 2 hours

### **Guided Cycle Tour**

Bike to the tip of South Pender and follow our knowledgeable guides on a short hike to the oceanside. Rest for a few moments to enjoy the view of glorious Mt. Baker and take a break with a light snack before the trip home.

\$29.00 /person Duration: Approx. 2 hours

### **Guided Disc Golf Adventure**

Let one of our local guides share their love for one of Pender Island's most unique attractions. Disc golf is played much like traditional golf, except that instead of clubs and golf balls players use "golf discs" and drive them to baskets or poles. Instead of fairways and greens you'll find yourself surrounded by some of the finest hiking trails and rainforest on the island. Suitable for all ages, levels of fitness and competitive spirits – don't leave Pender Island without giving disc golf a "shot"!

\$29/person (2 or more pp) Duration: 2.5 hours (includes transportation)

### **Whale Watching Experience**

Experience the thrill of seeing whales up close and personal in their natural habitat! Our resident killer whales traveling routes are very close to Pender Island and the sea is usually sheltered and smooth. Let our experienced whale watching guide take you on an unforgettable journey!

Adult \$115 Child \$95 Duration: 3 - 4 hours

### **Luxury Yacht Trip**

Saturday Ganges Farmer Market Trips, Saturna Island Winery Cruises, Sunset Cruises, Salt Spring Island tours, Sidney Thursday Night Farmers Market, or charter your own destination! Available May 15<sup>th</sup> – October 15<sup>th</sup>.

\$119/person (based on 5 ppl) Call or visit Activities for scheduling.

### **Guided Paddle & Hike**

This is a beautiful way to experience Pender Island. A leisurely paddle to the base of Mount Norman, and then hike a winding trail up to the top of the mountain where you will experience the gorgeous view of the Gulf Islands, the San Juan Islands and Vancouver Island (moderate difficulty).

\$75.00/person. Duration: Approx. 3-4 hours

### ***Paddle, Hike and Spa***

Includes a picnic lunch and a 1 hour Signature Massage in addition to the Guided Paddle & Hike (described above).

\$230.00 /person or \$449.00/couple

### ***Guided Pender Island Tour***

Take your pick! Choose any three stops out of over 25 local artist galleries, Morning Bay Winery, the Farmer's Market, books stores, gifts shops, the Pender Island Museum or anything else you'd like to see or hear about! (Dependant of time of year and gallery openings).

\$44/person, for 2.5 hour tour (2 person minimum). Additional time/stops available. See Activities for details.

**\*\*Additional Activities available\*\***

**\*\*\* The above activities are best booked 24 hours in advance \*\*\***

### ***Let us rent you...***

A kayak.....	\$20.00/hour
A sit-on-kayak.....	\$15.00/hour
Canoe.....	\$20.00/hour
Bicycles.....	\$10.00/hour

\*Rates for multiple hours on request

### ***Complimentary Activity Equipment & Information:***

- Maps and information on nearby hikes, cycling, kayaking and canoeing.
- Year round heated outdoor pool and hot tub
- Fitness Center
- Athletic Court
- Basketballs, Tennis racquets & balls, a Soccer ball and a Volleyball
- Baseball equipment, Badminton Set
- Disc Golf Discs
- Board Games
- Pool toys, goggles

### **Let us do something special for you...**

#### **AquaFit**

Join us year-round in our heated outdoor pool for a workout with our water-based aerobics class suitable for any level of fitness. An aquatic workout is a great way to improve aerobic fitness, develop strength and burn fat without the impact, making it easier on muscles and joints.

Mondays & Thursdays: 8:30am- 9:30am (summer months); 4:00 – 5:00pm (winter months)

\$5.00 per person

#### **Yoga Classes**

Tame your stress and enjoy life more! Come experience adaptable, healing yoga by balancing breath with movement to improve flexibility and strength. *Suitable for all ages and levels of fitness. Beginners and those with yoga experience welcomed!*

\$15.00/person. Duration: 1.25 hours. Class times vary or available for groups by request. Please contact the Activities Office for more information.

#### **Meditation**

Try our meditation class, offered by our on site “Yoga Flow Active Meditations” facilitator, specifically designed for busy, active westerners. \*Must be booked in advance.

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

#### ***Salt Spring Air Charters*** by arrangement:

- Island Beach Tour
- Safari 40 min
- Salt Spring Tour
- Other charter and scheduled trips also available

Prices and schedules vary. Contact Activities Office for more information.

**Sailing Charters** offered by an experienced local guide for both full and half day trips. All tours include snacks.

**Kids Camp** - a variety of fun and educational programs offered July and August Friday & Saturday evenings 6pm – 8pm. Available by request September through June

\$25/child, includes dinner, minimum 4 children.

#### **Corporate or Group Activities**

Do you have too much to plan for your group event? Our Activities department has a knack for hosting corporate or group teambuilding activities. We can offer you anything from our signature Amazing Race, Pirates of the Cove, or Poetry in Motion, or design activities specifically tailored to your group needs or desires. Contact our Activities Office to start planning today!

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Have something else in mind?

Let our dynamic Activities staff customize your holiday planning!

Contact the Activities department at 250-629-2116, [activities@poetscove.com](mailto:activities@poetscove.com)

or

Come visit us on the lower pool deck!