







DEAR VISITORS!

One day I overheard a ferry worker say, as he waved a Cortes Island bound car onto the ferry, "Another car for fantasy island."

Pretty funny, I thought. Fantasy Island. I wonder what he means.

Maybe the ferry worker meant the summer fantasy, the way Cortes Island becomes so bright and beautiful that it feels like a utopia of sparkling water and forest-drenched air. You can see a dreamy well-being overtake people who visit here. I've watched a toddler wriggling in a sandy creek down by the sea as he discovered how good it feels to be skin-to-skin with the Earth. I've seen a grandma's tentative steps on a rough forest path turn into confident strides.

Or maybe the ferry worker was referring the fantasies of Cortes residents, how some of us believe that, by solving problems on the scale of our very tiny island, we can make a difference in the larger world. There's plenty of examples: the Cortes Forestry General Partnership embodies the idea that a First Nation and non-native community can work together toward sustainable forestry and value-added jobs; the Linnaea Farm Land Trust specializes in organic food and teaching practical skills for low-impact living; the Friends of Cortes Island Society works to protects lake watersheds and other precious areas from pollution and invasive species; and so on.

My favourite fantasy is the Children's Forest. A group of very hardy kids are 100% determined to enable a community purchase of the land surrounding Carrington Bay, currently owned by Island Timberlands, for millions of dollars. They can tell you a lot about that forest, such as what it's like to sink bare feet into a winter mud puddle and hit a layer of ice or that a record 75 chum salmon came into James Creek last fall. They know a lot about red legged frogs and rough skinned newts. They've spent forest nights waiting to hear nesting marbled murrelets or brown myotis bats. If you hike to Carrington Lagoon (and you should!), you might glimpse one of these young experts leaping barefoot between logs to cross a creek. This might remind you that there are still many unbroken and beautiful things in this world.

Another island fantasy is that we make a difference by withdrawing from some of the craziness of the "outside world." Many of us have adopted a less consumer-oriented definition of the "good life." This simpler life includes pitch dark nights, absolute silence, the Milky Way spread out above, beach fires and neighbours such as ravens, Douglas squirrels and raccoons. It also includes winter storms, power outages, the Free Store, growing food, chopping fire wood, and walking out the front door and into a forest of ninety year old trees just as an eagle flies past. These choices are neither purely altruistic nor easy. It's hard to find well-paid work, year round housing and land that can be bought with local wages. Even so, in the words of one resident, Cortes can seem like one of the best bubbles around.

So welcome to "Fantasy Island." May you enjoy sparkling water and oxygen-rich forests. May you get wet, sandy and tired, and then sleep soundly in quiet darkness. May you enjoy the warmth of our community and support our endeavours. May Cortes Island nourish for you the ideas that the "good life" includes more nature and less impact and that some fantasies, in some form, come true.

Carrie Saxifrage

(You can find Carrie's book The Big Swim – Coming Ashore in a World Adrift at local stores.)

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This Information Book

is on sale and/or on display in several places on Cortes Island:
Participating vacation homes
Natural Food Co-op
Cortes Museum
Cortes Market
Hollyhock
T'ai Li Lodge
Gorge Harbour Marina and Resort
Squirrel Cove General Store
Vancouver Yacht Club
Seattle Yacht Club
and more...
also, in some locations on
Quadra Island and in Campbell River

Print House

Kaskgraphics, Campbell River

Dear Visitors

I hope you find this book useful.

Please consider using services of businesses featured here, thus supporting this publication.

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Annual editions of the Cortes Island Information Book since 2007 See the book on-line at: www.issuu.com/cortesinfobook/docs/cortes island information book

EMERGENCIES

AMBULANCE / First Aid / Rescue
POLICE / RCMP. 911 Non-emergency: Quadra Island 1-250-285-3631 Toll free 1-866-888-0088
FIRE (in-house)
FOREST FIRE 1-800-663-5555 On most cell phones: *5555 Permits (Burn Registration Line): 1-888-797-1717
SEARCH AND RESCUE Emergency Only, 24 hrs
MARINE MAMMALS IN DISTRESS If you see marine mammals in distress on the beach, please call the toll-free reporting hotline, 7 days a week at
POST OFFICES
WHALETOWN VOP 1Z0 – at the Whaletown dock Monday, Wednesday, Friday
MANSONS LANDING VOP 1KO – in Mansons Hall, Beasley Road Monday, Wednesday, Friday
SQUIRREL COVE VOP 1TO – in Squirrel Cove Store Monday–Friday
BANKS – ATMS
The closest bank, Costal Community Credit Union, is located on Quadra Island in Quathiaski Cove, 657 Harper Road
There are three ATMs on the island: • Squirrel Cove Store • Cortes Market in Mansons • Cortes Food Co-op in Mansons

GETTING HERE

There are many ways to get to Cortes Island:

Air to Campbell River or Comox

- Central Mountain Air
- Pacific Coastal Airlines
- Westjet

Floatplane

- Corilair
- Kenmore Air Seaplanes
- Van City Seaplanes

Water Taxi

- Cortes Fishing Adventures
- Discovery Launch Water Taxi
- Lund Water Taxi

Bus (Nanaimo-Campbell River)

- Islandlink
- Greyhound

Local Transport

- Cortes Connection
- Quadra Taxi



While on Cortes, you may not want to use a car. You can bring your bike with you, or get them here, see **Quadra Bikes** or **Dandyhorse Bikes**. Hitchhiking is also acceptable.

From far away – fly to Vancouver, or Comox, or Campbell River.

- -From Comox airport there is an airport shuttle to take you to Campbell River.
- -From Campbell River airport book your ride with **Cortes Connection**, or take a taxi to the ferry terminal, or use airport shuttle.

From Campbell River, Vancouver, or Seattle – you can take a float plane directly to Cortes.

From Campbell River or Lund – you can take a water taxi. See **Discovery Launch Water Taxi**, or **Lund Water Taxi** information in this book.

From Vancouver - take BC ferry to Nanaimo, then drive or bus to Campbell River.

Islandlink is a popular bus connection – book your tickets on-line, www.islandlinkbus.com.

It takes 2 hours to drive or bus from Nanaimo to Campbell River.

From Campbell River to Cortes – take a float plane, water taxi, or BC ferries. Contact Cortes Connection, Lane 8 Delivery Services, or Quadra Taxi to book your local land travel. In peak season, try to avoid the last Cortes connecting ferry, when travelling by car, as the ferry has limited capacity and you risk getting left behind on Quadra Island (during summer the ferry may be full).

In this book you can find contact information for the following transport providers: Cortes Connection, Lane 8 Delivery Services, Corilair, Discovery Launch Water Taxi, Lund Water Taxi, Quadra Bikes and Dandyhorse Bikes.

BC FERRIES

There are two BC Ferries crossings between Campbell River and Cortes Island.

- 10 min (1.8 nautical miles) crossing from Campbell River to Quadra Island, Quathiaski Cove terminal, onboard of Power River Queen (85m long, 68 cars and 400 passengers), and
- 45 min (6.2 nautical miles) crossing from Quadra Island, Heriot Bay terminal to Cortes Island, Whaletown, onboard of Tenaka (47m long, 30 cars, 150 passengers).

When taking BC Ferries from Campbell River to Cortes, you pay for a round trip at Campbell River terminal. Mention Cortes Island as your destination. You will be directed to lane 7. Keep the THRUFARE portion of your ticket to show the ferry attendant at the Cortes ferry.

On Quadra Island, it is 8 km from Quathiaski Cove north to Heriot Bay, take a taxi – call Quadra Taxi, or use your bike. Look for "Cortes Ferry" signs, or just follow the stream of cars from one terminal to the other. There is just enough time allowed for driving from one terminal to the other. And be patient – you are already on island time. If you miss one ferry to Cortes, there is another one soon. If you miss the **last** ferry to Cortes, but there are several cars waiting, chances are the captain of the Cortes ferry will come back to pick you up.

When going back from Cortes to Campbell River, you do not need to show your ticket. On Cortes arrive at least one hour before departure time to claim your space in the line.

If planning your time is important, please check BC Ferries schedule on-line.



BC Ferries-Campbell River-Quadra Island						
Monday to Friday		Saturday & Sunday				
Leave CR	Leave Quadra	Leave CR	Leave Quadra			
6:40 am *	6:20 am *	7:30 am	7:05 am *			
7:30 am *	7:05 am *	8:20 am xS	7:55 am xS			
8:30 am	8:00 am	9:20 am	8:55 am			
9:30 am	9:00 am !!	10:15 am	9:50 am			
10:30 am	10:00 am	11:15 am	10:45 am			
11:30 am	11:00 am	12:15 pm	11:45 pm			
12:30 am	12:00 am	1:15 pm	12:45 pm			
1:30 pm	1:00 pm	2:15 pm	1:45 pm			
2:30 pm	2:05 pm	3:30 pm	3:00 pm			
3:30 pm	3:00 pm	4:30 pm	4:00 pm			
4:30 pm	4:00 pm DC	5:25 pm	5:00 pm			
5:25 pm	5:00 pm	6:15 pm !	5:50 pm			
6:15 pm !	5:50 pm	7:30 pm	7:00 pm			
7:30 pm	7:00 pm	8:30 pm	8:00 pm			
8:30 pm	8:00 pm	9:45 pm	9:15 pm			
9:45 pm	9:15 pm	10:45 FS	10:15 FS			
10:45 pm FS	10:15 pm	! Last connection to Cortes				

BC Ferries-Cortes Island-Quadra Island

Monday to Friday		Saturday & Sunday		
Leave Cortes	Leave Quadra	Leave Cortes	Leave Quadra	
7:50 am *	9:05 am	7:50 am xSu	8:50 am xSu	
9:50 am	11:05 am DC	9:35 am	10:50 am	
11:50 am	1:05 pm	11:35 am	1:05 pm	
1:50 pm DC	3:05 pm	1:50 pm DC	3:05 pm	
3:50 pm	5:05 pm	3:50 pm	5:05 pm	
5:50 pm	6:45 pm	5:50 pm	6:45 pm	
* Except Dec. 25 and Jan. 1 DC Dangerous Cargo-Tuesdays !! Busy, local traffic		FS - Friday and Saturday only xSu - Except Sunday ! Last connection to Cortes		

April I, 2016 - March 31, 2018. Schedule subject to change without notice.

http://www.bcferries.com/schedules/northern/

CORTES WEBSITES

For general information, maps, photos, trip planning, accommodation, dining, excursions, shopping and MORE see CIBATA (Cortes Island Business and Tourism Association) website, **www.ourcortes.com**.

For local news, community bulletin board, picture gallery, island event calendar, lost and found, etc. see Tideline, our local community website, **www.cortesisland.com**.

For history of Cortes and events organized by the Cortes Island Museum & Archives, Misty Isles cruises, and more, see Cortes Island Museum's website, **www.cortesmuseum.com**.

For information on Klahoose, First Nations on Cortes Island, see www.klahoose.org.

TOURIST INFORMATION BOOTH

We are located downtown Mansons Landing in the Cortes Island Museum & Archives, at 957 Beasley Rd. The information booth has maps and brochures, and the host can answer your questions about Cortes Island and its surroundings. Call 250-935-6340 or visit **www.cortesmuseum.com**.

CORTES COMMUNITY RADIO CKTZ FM 89.5

Tune to our island's own radio station to enjoy a wide range of music and spoken word programming, or listen on line at **www.cortesradio.ca**.

LINNAEA FARM

Linnaea Farm is a 316 acre working farm that exists to teach, demonstrate and develop the values and practical skills of ecological land stewardship. Linnaea Farm is host to many educational offerings throughout the year, has a 30 family share CSA (community supported agriculture), and provides fresh vegetables and fruit at Manson's Hall weekly farmers market and the Cortes Natural Food Coop. Linnaea Farm hosts **Dawg Dayz**, an annual disc golf tournament in August, as well as weekly games at the public course. Call/email to organize a tour, take a workshop, stay on the farm, or get a weekly basket of fresh produce. For more information email info@linnaeafarm.org, call 250-935-6747, or check the website **linnaeafarm.org**. See inside the book for workshops organized this summer.

PUBLIC LIBRARY

Vancouver Island Regional Library Cortes Island Branch is located on 1255 Seaford Road (Linnaea Farm) and is open Tuesday 10–12 am & 1–5 pm, Wednesday 1–4 pm & 5–8 pm, Friday 1–5 pm, and Saturday, 10 am–2 pm. You may find books to read in Mansons Hall and other places, available to borrow on an honour basis (borrow, read, bring back).

FIRE AWARENESS

We are a small island covered with trees and one of our greatest concerns is fire, especially during summer season. We have volunteer fire brigades with fire halls in Mansons Landing and Whaletown.

Please observe the fire ban that is in effect from May 15th on. Call 911 if you see any unattended fires on the island. Thank you for keeping our island safe together with us!

General Fire Safety

- If you are a smoker, when smoking outdoors, dispose of cigarettes and matches properly. Do not toss lit matches or cigarettes out of your car window **ever** use your ashtray.
- To use an outdoor stove or barbeque keep the stove a safe distance away from flammable materials. Make sure briquettes and ashes are cold to the touch before disposing of them.
- To report a forest fire call **1-800-663-5555** or ***5555** from a cell phone.

SHOPPING

You will find enough stores on Cortes to satisfy most of your shopping needs:

MANSONS LANDING

Cortes Market (250-935-6626), "downtown" Mansons

Amazing assortment of groceries, beer and wine, household, hardware and personal care products. Also tea, coffee, espresso, sandwiches, deli items, and more... Lotto centre.

Cortes Museum (250-935-6340), "downtown" Mansons, between Fire Hall and Medical Centre Offers books by local writers and on local topics, postcards, local arts, and it is also a Tourist Information Booth.

Cortes Natural Food Co-op (250-935-8577), "downtown" Mansons

Fresh, organic, local vegetables, local meat and seafood (frozen), bakery products baked on premises, local crafts and more. Also coffee, soup, lunches, pizza nights, etc.

Fairhaven Gardens (250-935-6559), 1188 Bartholomew Rd

Fairhaven Gardens Nursery is open for the season every Friday and Saturday from 10am to 4pm, from leaf burst in April through leaf fall in October. Cortes Island's own nursery, surrounded by beautiful ornamental and food gardens.

Hollyhock Store (250-935-6576), south end of Mansons

Offers large selection of art and craft products, beautiful clothing and interesting books.

Marnie's Books (250-935-0212), "downtown" Mansons, next to Cortes Natural Food Co-op Offers interesting selection of books and local crafts.

Pharmacy, Cortes Health Centre (250-935-0222), "downtown" Mansons

For over the counter medication. You can also drop off your prescription there. Open Wednesday and Friday, 2–4.

SQUIRREL COVE

Cortes Craft Shop Co-op open seasonally (check the ad)

Offers large selection of local arts and crafts. Meet local artists and artisans.

Squirrel Cove Trading Co. Ltd (250-935-6327)

Fresh vegetables, beer and wine, marine and hardware supplies, gas, and more...

WHALETOWN

Gorge Harbor Marina (250-935-6433)

Grocery store, local veggies and seafood, wine & beer, gas.

Whaletown Garden Centre (250-935-6545), 315 Harbour Road

"One-stop, candy shop" for gardeners. Open Thursday through Sunday 11 to 5.

Island Feed (250-204-8513), 410 Sawmill Road

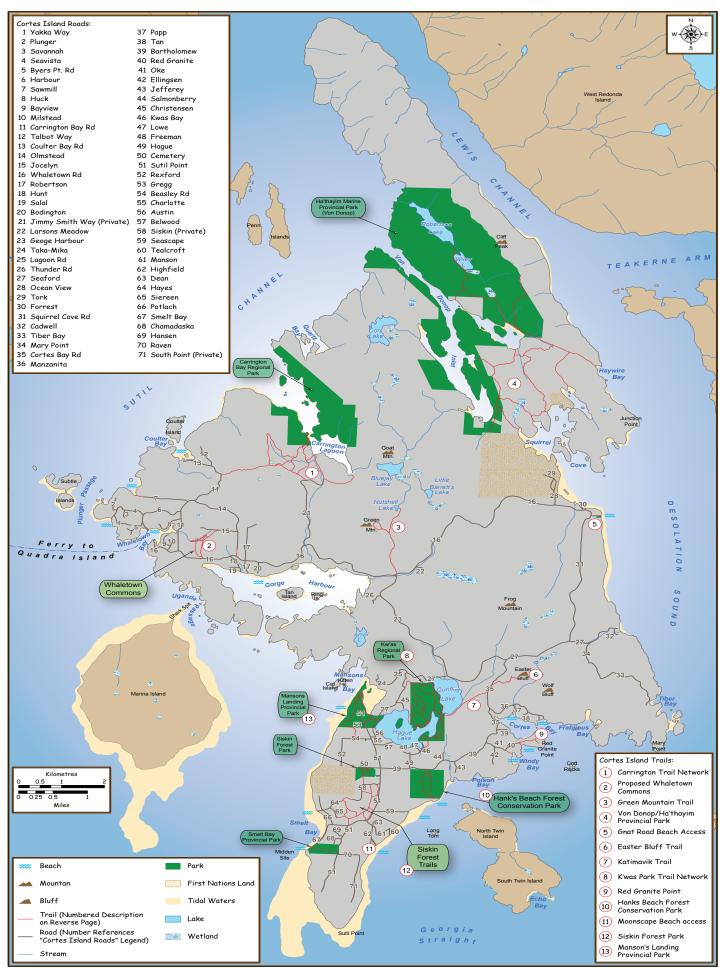
Our own garden produce, also animal feeds from all over British Columbia, made with only the best ingredients available.

FARMERS MARKETS

Mansons: Fridays, Whaletown: Saturdays, Squirrel Cove: Sundays. See **Events** page.

GAS

Diesel and boat gas, also regular gas, are available at the **Gorge Harbour Marina** in Whaletown and at **Squirrel Cove Store** in Squirrel Cove. There is an electric charging station at Hollyhock.



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PROVINCIAL PARKS

Parks of Cortes Island include **Smelt Bay Provincial Park** (the only park with camping facilities), **Mansons Landing Provincial Park**, **Von Donop Marine Provincial Park**, **Hank's Beach**, **Carrington Park**, **Kw'as Park**, and the latest additions, **Whaletown Commons** in Whaletown and **Whale's Rest Park** near the ferry terminal. They offer good trail networks. Trails maps are available at trail heads. Camping is also available in Gorge Harbour Marina Resort and at Hollyhock (check with Hollyhock registration).

WALKS

elders.

The Cortes Island regional parks system is a wonderful and growing network of trails and protected spaces including beach access points, the Siskin Lane trails, Hank's Beach, Carrington Lagoon, Kw'as park, and more. Many small roads lead to private property – stay on trail and respect homeowners' privacy. Keep your dog on leash. But for most trails, leave your dog at home. Some easy trails:

Siskin Lane trails - a network of easy trails thru Siskin forest, suitable also for bike rides.

Smelt Bay beach and trail – long walk along the beach. You can walk from Hank's Beach to Mansons Landing – but this will take you an entire day. Check the tides before you go – and walk at low tide. **School-to-Sea** trail – from Mansons school on Beasley Rd. to Mansons Lagoon. Get an interpretive book for this trail in the Cortes Museum, produced by local children with co-operation of Klahoose

Some more difficult trails:

Kw'as Park trails – ecologically-diverse stands of new and old growth forest with some easy, some more challenging parts. You can include a swim with your hike at Swimmers Rock.

Children's Forest trails, also known as Carrington Trails – is a network of trails leading to the Carrington Lagoon. Park your car on Coulter Bay Rd. and allow for 2 hours, or even a full day of hiking with lunch/picnic at the lagoon.

Green Mountain (240m) and Easter Bluff (180m) – moderately difficult, great views of BC coast. There are many more trails to explore. See Cortes Island Trail Map brochure produced by Friends of Cortes Island with sponsorship by local businesses and available in local stores, containing the map featured on previous page. You can also join Cortes Walking Group – walks start at Mansons Hall parking lot, 9:00 am, every Monday, Wednesday and Friday (post office days).

You can also walk along the ocean shore from Mansons Lagoon, thru Smelt Bay Beach, to Hollyhock Beach, and to Hank's Beach. Choose a day with low tide. Do only portions of this walk at a time.

BEACHES AND BEACH ACCESS POINTS

Hague Lake – sandy, family oriented beach. Park your car at the parking lot on Seaford Road, between motel and Mansons, cross the road paying attention to traffic on the road.

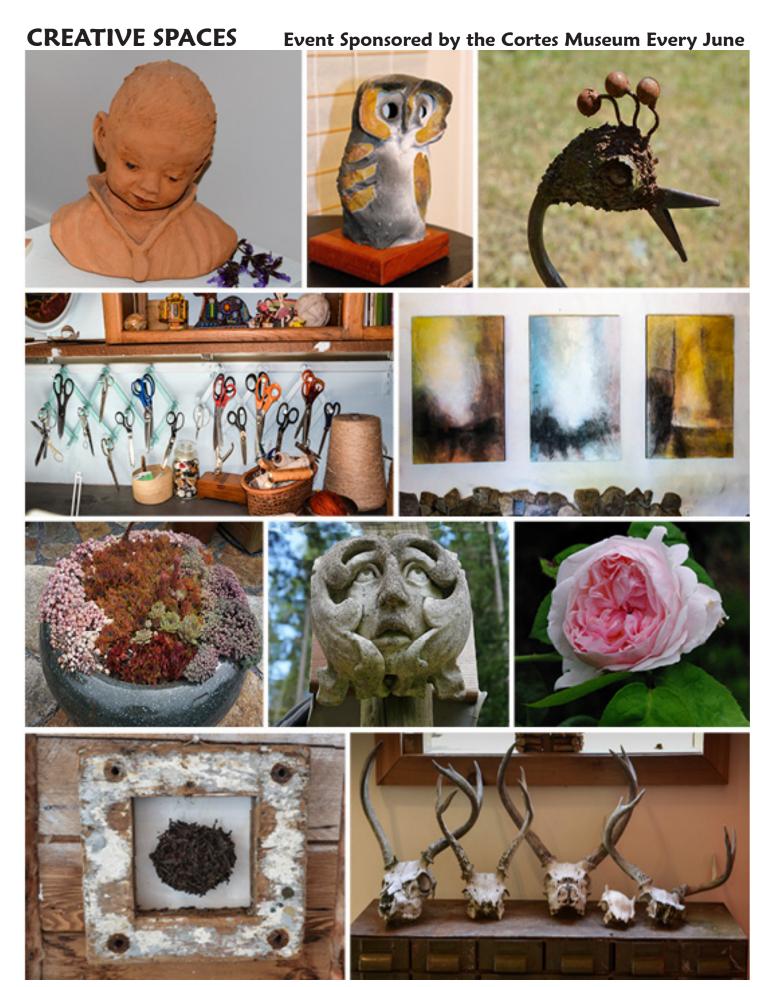
Mansons Lagoon – sandy beach with big tidal differences at the north end of Sutil Point Road.

Hank's Beach and **Brigitte's Beach** – small, but beautiful beaches, accessible on foot or by bike – leave your car in the parking lot at Bartholomew Rd. and walk 20 min through the forest.

Smelt Bay Beach – close to Smelt Bay Provincial Park, with wide sandy beach and Sand Castle Day in August (in 2017 – Sunday, August 6).

Our beaches can also be accessed via these beach access points:

- **Seascape Road** access at the end of Seascape Road
- Hayes Road access from Potlach Road, at the end of Hayes Road
- Moon Trail access from Highfield Road, close to Hollyhock
- **Gnat Trail** access just past the Squirrel Cove store, towards the Free Store.



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Cortes Island Information Book 2017

EVENTS

Events are usually posted on the bulletin boards at the stores, Manson's Hall, and at the post offices. They are also announced on Tideline: **www.cortesisland.com**, and in the **Cortes Marketer**, the weekly flyer available in the Cortes Market. Events organized by the Cortes Museum or by Friends of Cortes are advertised on their websites: **cortesmuseum.ca**, **friendsofcortes.org**.

Check bulletin boards for exact dates and for additional events, as not all information is available at the time of printing this book.

Farmers Markets

- are regular events with local art&crafts, food, fish... Meet the artists and craft people.

Friday Market (year around) in/around Manson's Hall, 12–3 pm Saturday Market (summer, June–Labour Day) in Gorge Marina Resort, 10 am–1 pm Sunday Market (summer, June–Labour Day) in Squirrel Cove, 12:30 pm–3 pm

Annual events

SeaFest - Oyster Festival – Saturday, May 20, in the Gorge Harbour Marina, Food 11:30 am. Lots of fun, music, delicious food. All welcome! Come early! Free Shuttle from/to the ferry.

Creative Spaces: Gardens, Studios & Workshops Tour – Saturday, June 24, 9:30 am–4:30 pm. Fundraiser for the Cortes Island Museum and an opportunity to visit local homes, studios and gardens.

Cortes Day – Saturday, July 15 (weather permitting). Fun for all! Parade starts at 10:30 am at the corner of Potlach Road and Sutil Point Road. Locals and tourists are welcome to join. From 11:00 am on, all kinds of activities, food and drink at Smelt Bay Provincial Park.

Sand Castle Day – Sunday, August 6, Smelt Bay Provincial Park. Date is chosen for the lowest tide. Lots of fun for kids of all ages! Come and build a structure on the beautiful sand beach at Smelt Bay. Registration at 9:00 am. Bring your tools. Judging between 12:00 noon and 1:00 pm. Prizes!

Old Schoolhouse Art Gallery in Whaletown – Fridays 6–9 pm, Saturdays and Sundays 2–6 pm, from June to August, offers exhibits of local artists. Check bulletin boards for dates and shows.

Daily events at Gorge Harbour Marina Resort

There is always something happening at Gorge Harbour Marina Resort...

- live music 5 nights a week, July and August
- free kids movie night every Thursday, July and August
- Canada Day pancake breakfast
- yoga every morning on the outside patio, \$5 drop in
- massage available 7 days a week by appointment
- and, of course, SeaFest, May Long Weekend

Hollyhock Presenter Evenings – every week in Hollyhock. Look for notices on Tideline and Hollyhock.ca website.

Quadra Island Studio Tour – first weekend of June. Great opportunity to meet creative people and explore Quadra Island. Check http://www.quadraislandarts.com or Quadra Tourist Information Centre for details.

SHELLFISH

Beaches of Cortes Island – Mansons Landing, Squirrel Cove, Smelt Bay – are good places for collecting clams and oysters. Your will need a small, long handled spading fork or shovel for digging in the sand, plus shellfish licence, available on-line http://www.env.gov.bc.ca/bcparks/explore/fishreg.html – look for Tidal Waters Sportfishing License. For taste of local shellfish, without digging, come to the Oyster Festival in Gorge Marina Resort in May, or Hollyhock dinner preceded by oyster barbecue appetizer (call Hollyhock to reserve your space – oyster BBQ appetizers are included with some dinners).

CORTES BODYWORK

There are wonderful yoga and bodywork studios on the island. While on Cortes indulge yourself and take a session or two with local practitioners! See ads in this book, check Calendar on Tideline, or call Hollyhock Store for services offered there.

CHURCH SERVICE

There is an Anglican church service every second Sunday, 2:30 pm, in the Church St. Saviour by the Sea, Cortes Bay. Occasionally, also in the Whaletown church – refer to Cortes Marketer and Tideline.

RECYCLING AND GARBAGE PICKUP

Cortes Recycling Centre is located at 1300 Squirrel Cove Road. Garbage pickup is on Saturday – place your bagged garbage before 9 am in an animal proof container at the beginning of your driveway, or bring it to the Centre – you can then visit our Free Store! Your recyclables (paper, glass, metal, plastic), sorted, will be picked up on the same day. To help with garbage pickup separate it into 4 categories:

- 1. Glass: in a container that can be taken away all glass, including refundables.
- 2. Refundable Items: in a container that can be taken away includes plastic, aluminum, alcohol, pop, juice and water but not milk cartons (milk cartons are Mixed Recyclables).
- 3. Mixed Recyclables: in a container that will be emptied clean, loose and mixed. No soft plastics, styrofoam, glass, or tissue. See **http://recyclinginbc.ca/** for a complete list of acceptable items.
- 4. Landfill: one or two clean, securely tied bags weighing less than 10 kg each.

GATHERING PLACE (250-287-7571)

A family owned business located on Cortes Island, offering tea, spices and other products. The company is committed to organic farming, sustainability and social responsibility. Look for their products in local stores, on-line at www.gatheringplacetrading.com, at Friday Market, or call for info.

CYCLING

Cycling is a great way to explore the islands. Traffic is light and the roads are pleasant, scenic, and mostly paved. However, there are lots of hills and curves, so you will be safest and most comfortable on a bike that is in good repair and has a wide gear range. There are also great opportunities for mountain biking and trail-riding. On Cortes Island, the **Siskin Lane trails** are easy and quite flat, but curvy, while experienced mountain bikers can enjoy the more challenging trails around **Carrington Bay**. Quadra also offers a wide range of trail options, from the serene Community Centre trails to challenging 400 m descents around Mt. Seymour.

On Cortes Island, **Dandy Horse Bikes**, located in Mansons, offers rentals and service. Email: dandyhorse@riseup.net, website www.dandyhorsebikes.ca.

On Quadra Island, **Quadra Island Cycle**, located 250 m south of the Cortes Ferry on Quadra Island, offers repairs, rentals, tours and sales, specializing in electric-assist bikes. Quadra Cycle will drop off bikes at ferry terminals and resorts, and offers free loaner bikes.

Email: info@quadraislandcycle.com, website www.quadraislandcycle.com.

CANOE, KAYAK & FISHING

You can safely canoe and kayak on Hague and Gunflint lakes, also in the protected waters of Mansons Lagoon. Contact your local guided tour providers – **Misty Isles Adventures**, mistyislesadventures.com or **Cortes Fishing Adventures**, cortesfishingadventures.com – for more information or to book a tour.

Marnie's Books

In the heart of
Manson's beside the
Co-op Café & Bakery
and the Cortes Natural
Foods Co-op







Come in for books, games, art & craft supplies and unique upcycled clothing!

HOURS

Noon to 5PM

OPEN

- Summer & December open every day
- Rest of the Year -Wednesday, Friday, Saturday

- **✓** BOOKS
- ✓ ART & CRAFT SUPPLIES
- ✓ GAMES FOR ALL AGES
- ✓ UPCYCLED CLOTHING

Contact

Phone: 250-935-0212

Email: marniesbooks@gmail.com

Location: Manson's Landing

EATING OUT

Cortes has two restaurants, a café, two take-outs... They offer mostly organic food with many items on the menu coming from Cortes produce. Great places to get something to eat & go are also weekend markets in Mansons, Squirrel Cove and Gorge Marina. See below for places to sit down and eat on Cortes, plus some other options...

MANSONS LANDING

Cortes Co-op Café & Bakery (250-935-6505)

Mansons Landing, 800 Sutil Point Road, next to Co-op store, open daily, year-around. Coffee & espresso, locally baked goods, mostly organic ingredients, inside and outside sitting.

Cortes Market (250-935-6626)

Mansons Landing, 809 Sutil Point Road, open year-around. Sandwiches, local baking, outsourced calzones, samosas, sausage rolls and meat pies. Coffee & tea, organic espresso, cappucino and latte.

Market Take-out (250-935-0075)

Mansons Landing, next to Cortes Market, seasonal. Burgers, tea, coffee, ice cream.

Hollyhock (250-935-6576)

Mansons Landing, south end, waterfront, beautiful garden, reservation required, seasonal. Vegetarian and seafood, no liquor license, but you can bring your own wine. Ask about oyster bbg appetizer to complement your dinner (available on certain days only).

WHALETOWN

The Floathouse Restaurant (250-935-6433)

Gorge Harbour Marina, Whaletown, waterfront, liquor license, seasonal, with some winter hours – call for more information, reservations recommended. Great views.

SQUIRREL COVE

Squirrel Cove Take-out

Next to Squirrel Cove Store, seasonal. Affordable fast food menu with a difference: local seafood, gluten free items, burgers of all kinds, kids' favs, and much more!

The Cove Restaurant (250-935-6350)

Close to Squirrel Cove Store, seasonal. Great views, waterfront. Reservations recommended.

QUADRA ISLAND

There are several places to eat-out on Quadra. You will need to leave Cortes early, and come back late afternoon, allowing for a 45 min ferry ride each way. If you have time, it is worth doing, as ferry trip is quite enjoyable. While waiting for the Cortes ferry – take a break in **Heriot Bay Inn**, located close to ferry terminal. You can also leave your car on Cortes, take the Cortes – Quadra ferry and go to Heriot Bay Inn for a meal. Remember – last ferry from Quadra to Cortes is 6:15 pm.

LOCAL PRODUCE

You can get local products, such as Becca's Coffee, frozen salmon, tuna, oyster and salmon cans in the local stores in Mansons (Cortes Market, Food Co-op), Squirrel Cove Trading Company and Gorge Marina Store. Linnaea Farm and weekend markets are good places to get fresh, island vegetables.



HARBOI

1374 Hunt Road 250-935-6433

MARINA - CAMPGROUND - ACCOMMODATIONS - STORE - DINING

Boat Moorage - Marine Gas & Diesel - Full RV Hookups - Newly Renovated Rooms - Tent Camping - Pool Full Service Grocery Store - Excellent Variety - Large Fresh Produce & Meat Section - Local Produce - Liquor Sales Licensed Dining - Wireless Internet - Laundromat - Showers - Propane - Car Gas - Kayak, Boat & Vehicle Rentals



Poathouse restaurant.

Located on Cortes Island's Gorge Harbour Fine dining featuring local seafood

Seasonal Menus ~ Chef's Daily Specials

Reservations Recommended

250-935-6433



The Cortes

MARKET

PUBLISHER OF THE CORTES MARKETER



We offer a full line of groceries, fresh produce, meat, deli, ice, dairy - both regular and organic, when possible.

Health and beauty products, hardware, office services, DVD rentals, and garden supplies. Phone cards are available.

We have a full line liquor store with cold beer and wine.

Our deli has awesome sandwiches made to order. We offer instore baking, outsourced calzones, samosas, sausage rolls and meat pies.

Our organic espresso, cappucino and lattes are made with locally roasted Becca's Beans. We also serve regular coffee and tea.

Keno and 50/50 can be played. We also have a BCLC terminal for 649, Lotto Max, BC49, plus Scratch and Win tickets.

Internet service is available with computers donated by the Cortes Island Wi-Fi Society and we have a hot spot for your own wireless connection.

Cortes Market is the publisher of the Cortes Marketer with Buy and Sell classified, editorials, events and services offered on the island. New editions come out Fridays with all the latest happenings. Pick up your copy at the Market.

We are a home to the Market Take-out offering fish&chips, burgers, ice cream, hot and cold drinks, and more. Ample sitting space available. Call 250-935-0075 for more info, or to place your order.

Located in uptown Mansons Landing. Delivery available on minimum orders.

SUMMER HOURS 7 DAYS A WEEK 9 A.M. TO 9 P.M.

809 Sutil Point Rd. in uptown Mansons Landing (across from Community Hall)

Phone 935-6626 • Public Fax 935-6619 cmarket@twincomm.ca



Interac • VISA • MasterCard • American Express

ATN



WELCOME TO SQUIRREL COVE!

We have many amenities and services for you at Squirrel Cove. *The General Store* has everything from fresh fruit, vegetables, organic and regular meat, dairy and baking, ice-cream cones, chocolate bars, chips and pop, and ice. Our meat is grass fed and we carry many gluten-free products.

We stock charts and maps, fishing gear and licenses, prawn traps and oyster knives. A full hardware store with marine supplies and batteries is on premises.

Fuel available: PROPANE & GAS. **A Gov't. Liquor Store, ATM Machine** and **Post Office** are in the store. Free Wireless Internet Service is accessible.

Our newest addition is **THE FLYING SQUIRELL TAKE OUT.**An affordable fast food menu with difference:
Local seafood, gluten free items, burgers of all kinds, kid's favs, and much more.

Fuel is available on our dock for high tide boat gas and diesel.

We have *Laundromat and Showers* facilities, a high water dock for floatplane or boat tie-up, a boat ramp for launching and a beach for kayaks / canoes to launch.

Overnight parking is available.

The Cove Restaurant: World Class Food, Fantastic View 250-935-6350

Every Sunday, during July and August, there is an *Outdoor Market* for local craftspeople, bakers and farmers to sell their products.

Please come by to visit and enjoy our most spectacular view of Desolation Sound.

We are the store with the awesome view.

If you need something, we probably have it; if we don't, we'll get it for you.

Our friendly staff is always happy to make your visit to Squirrel Cove most enjoyable.

SQUIRREL COVE STORE: 250-935-6327

www.squirrelcove.com squirrelcovetrading@yahoo.com

Summer Hours are 7-9 every day except 9-6 on Sunday.

Fresh · Local · Organic

STORE

The Cortes Natural Food Co-op

is a full-service, member-owned grocery store. You don't have to be a member to shop ~ everyone is welcome!

- Fresh, local & organic produce
 Local crafts & gifts
- Local & organic eggs
- Dairy & cheeses
- Local salmon & tuna
- Organic & local meat
- Bulk foods

- Vitamins & health products
- Body care products, tinctures & remedies
- Household products
- The latest DVDs for rent
- Ice cream, snacks & treats





"Visit the Heart of the Village"
Summer Store Hours: 9AM to 8PM Daily 10AM to 7PM Sunday 250-935-8577

Everyone Welcome

CAFE & BAKERY

The Cortes Natural Food Co-op

is the place to meet friends, enjoy great coffee and tasty treats and pick up freshly baked bread.

- Daily breakfast & lunch specials
 Comfortable seating
- Locally-roasted coffee & espresso drinks
- Gluten-free & special diet options
 Wi-Fi available
- Pizza on Friday evenings

- Fresh bread & baked goods
 Local & organic ingredients
 - indoors & in courtyard
 - Regular summer events

Summer Cafe Hours: 9AM to 3PM Daily 250-935-6505







Gathering Place is our family business on Cortes Island, BC. We live in community and work toward a more sustainable world everyday. We source organic teas, spices, sea salt and dried fruit directly from family farms and co-operatives in Canada and around the world. We meet every one of our partners face to face, shake their hands, and visit their farms so that we can deliver the freshest, tastiest products directly to you from the farmers who grew them. We donate 1% of our sales to local grassroots projects, preserving our forests and oceans, as well as to children in need in India and South Africa.







Thanks for supporting our local, family business! With Gratitude!

Lovena and Ryan Harvey

To purchase our products, shop at Local Stores or go to our website!

SEE YOU AT THE FRIDAY MARKET for JULY and AUGUST!

www.gatheringplacetrading.com
Gathering Place Trading Company
250-287-7571





Canada & BC certified organic by PACS 16-658







(1) 250 204 8513 www.islandfggd.com

Island Feed opened on February 28th of 2015.

The company was founded, in part, because of a childhood dream I had in which I would live on a farm.

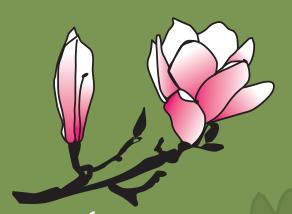
I wanted to raise animals, have a flower and vegetable garden and provide the community with the healthy outcomes of the farm.

Today this dream is a reality. Not only do we have a garden, which every year yields various healthy products, but we also provide animal feeds from all over British Columbia, made with only the best ingredients available. This most of all, because we want our animals to thrive and not to survive.

Our store is located at 410. Sawmill Road, Cortes Island.

For any questions or for more information please visit www.islandfeed.com, email us at islandfeedcortes@gmail.com or call us at 250 204 8513.

NURSERY HOURS Friday & Saturday 10 to 4



Fairhaven GARDENS

nursery, landscaping & design

Local knowledge & supplies for beauty & bounty in all seasons.

Ornamental trees & shrubs, fruit trees & berries, perennials, conifers, broad leaf evergreens, roses, climbers, and deer resistant plants.

Organic soil amendments including straw, peat, manures, seasoils & fish fertilizer.

Open seasonally April thru October.

Laura Ellingsen 250.935.6559

Fairhaven Farm, 1188 Bartholomew Rd, Cortes Island



thirty five years

HOLLYHOCK

1982 - 2017

CANADA'S LIFELONG LEARNING CENTRE CORTES ISLAND & VANCOUVER, BC

www.hollyhock.ca 250-935-6576

Exquisite Meals - Exceptional Bodywork - Cozy Accommodations

Lifelong Learning Programs



SHOP IN OUR STORE

Work by local artists, handcrafted jewelry, excellent books organic clothing, snacks and ice-cream

Schedule your Bodywork Session and Misty Isles Adventure!

Hollyhock exists to inspire, nourish, and support people making the world better



Cortes Island Craft Shop Co-op Squirrel Cove



Opening day Saturday May 20, 2017

Spring: May 20-June 25, weekends 12-4 pm

June 26-June 30, every day 12-4 pm

Summer: July 1-September 3, every day 10-5 pm

Fall: September 4-17, every day 12-4 pm



The **Museum Building** is history itself. It served as the local store next to the dock at Manson's Landing from 1940 until 1995 after the lagoon area was designated as a Provincial Park. The old store building was fitted with wheels, pulled up the hill and installed on a corner of Firehall No. 1 property.

Exhibits showcase the Natural and Social Histories of First Nations and Europeans on Cortes Island and surrounding areas. The Von Donop Shed in the garden stores a variety of logging equipment used in earlier days on Cortes and the "cookie" slice from an old growth Big Tree. New feature exhibits are installed each year. A permanent display of the whole island is being added to and growing every year.

The **Museum Shop** sells books, art cards, CDs, and some local art and handcrafts. In addition, the **Museum's Reading Corner** has many albums of old photographs and stories from early settlers. Come in, relax, and browse.

The Museum sponsors **Special Events** such as "Walks and Talks" and "The Creative Spaces - Gardens, Studios & Workshops" tour in mid-June that are advertised on local bulletin boards, in the weekly Cortes Marketer, and on Museum's website.

Cortes Island Museum & Archives Society

957 Beasley Road Box 422 Mansons Landing BC V0P 1K0

One block up the hill from Manson's Landing Hall Summer Hours: Tuesday to Sunday 10 am to 4 pm Winter Hours: Friday & Saturday 12 noon to 4 pm

Admission by donation.

Phone: 250-935-6340 cimas@twincomm.ca www.cortesmuseum.com

Want to know where the best beaches or hiking trails are?

Where you can camp, or stay?

The Museum hosts a Tourist/Visitor Information Booth with maps, brochures and magazines (available always on the covered porch)

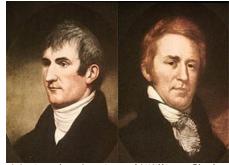
The Museum's **Heritage Garden** preserves pioneer plants. Heritage roses transplanted from old homesteads bloom with other plants such as wisteria, and old-time apple trees. This garden reflects settlement history on Cortes, featuring a range of plants introduced to island gardens before the 1950s. It's a fragrant and colourful place to rest and "set awhile" on benches or at our picnic table.

Come, sail with us on historic cruises. The Museum Society offers exciting **Cruises in Desolation Sound** waters aboard the charter vessel *Misty Isles*, owned by Cortes residents Samantha and Mike Moore. From May to September this 43-foot motor schooner sets out on different one or 2-day adventures into the stunningly beautiful waters surrounding Cortes Island. Skipper and naturalist Mike Moore offers fascinating background details and entertains guests with First Nations legends and tales of early European exploration. For details on these summer trips see local bulletin boards and publications, phone or visit the Museum for details and registration, or visit www.cortesmuseum.com.

MOON SNAILS

The Lewis' Moon Snail (Neverita lewisii) is a beautiful and interesting animal.

The species was named after Meriwether Lewis, who found many at the mouth of the Columbia River during Lewis and Clark Expedition, also known as the Corps of Discovery Expedition, the first American Expedition to cross what is now the western portion of the United States. The expedition was commissioned by President Thomas Jefferson in 1803.



Meriwether Lewis and William Clark



Lewis' Moon Snails are native species found along the Pacific coast, from British Columbia to Baja California, and they are also found off the coast of Japan. The sea surrounding Cortes Island is home to 5 of them, including Lewis', which happens to be the largest member of its family (Naticidae). Its shell, measuring up to 14 cm across, has distinctive globular shape and is creamy-white colour on the outside with brown interior. A brown operculum covers the wide aperture. The animal's body is a soft, smooth, transparent tan or brown-grey colour.

This snail is most commonly found in the silty and sandy intertidal and subtidal areas, to a depth of 50 m. It often

burrows into the sand for protection or to pursue prey. Difficult to imagine, but the large body of this snail can be withdrawn into the shell completely. It appears that a lot of water is expelled during this relatively slow process, which continues until the entire soft body is protected, and the operculum (a kind of trap-door, made from horny material and attached to the back of the snail's foot) closes the shell opening completely.

As the female snail lays her eggs, she mixes them with sand and mucous and forms the pliable mass around her shell. The several thousand eggs per collar (each around one sixth of a millimetre wide) spend only about one week within the egg collar, which explains why they are seldom observed,



even though many collars are littering the sandy intertidal areas. Once the hatched larvae (called Veligers) leave the egg

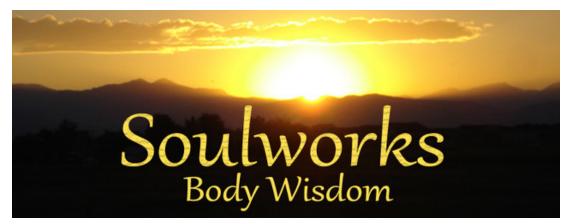
collar, they spend four to five weeks in the plankton, before settling to the ocean bottom. Within a few days they have taken up the typical Moon Snail life style of predation by drilling tiny countersunk holes through the shells of ostracodes (clam-like crustaceans) and tiny clams. The small juveniles of Lewis' Moon Snail probably live subtidally, for their shells are almost never found.

While the snails are not poisonous, they are not commercially harvested. Otters eat them and they are their only predator.

Text based on blog by Christian Gronau.

For articles on Cortes Island Nature written by Christian Gronau see Cortes Island Museum Blog www.cortesmuseum.com/blog





Group Classes and Private Sessions

with certified Kripalu Yoga Instructor & Hanna Somatic Educator

Somatic Yoga – blends somatic movement principles with gentle yoga and other neuromuscular techniques to release persistent muscle tension and increase functional movement. The result is a pain-free body that moves well and ages gracefully.

All body types and levels of experience are welcome. Particularly geared toward those with an interest in alleviating pain, improving range of motion, increasing flexibility and restoring vitality.

Private Sessions – includes postural and functional assessments, muscle release techniques with Hanna Somatic Education to create a personalized home practice to allow you to resolve issues and take charge of your own health and well-being.

Visit the website to learn more about Somatics and Soulworks Body Wisdom.



ues Contact: Rob Selmanovic
250-202-5363
soulworks@pathcom.com
www.soulworksbodywisdom.com

OCEAN SPRAY

If you visit Cortes Island in spring and early summer, you will notice a beautiful shrub with cascading white flowers. This is ocean spray, a graceful deciduous shrub that grows to 20' in the wild, with pendants of creamy white flowers, whose fragrance improves with age.

This plant is sometimes referred to as "Ironwood," a reference to the incredible strength of the wood.

Historically, the plant has been used by Indigenous peoples for many purposes. Many tribes used the wood and bark for making tools and furniture. Noted for the strength of its wood, it was often used for making digging sticks, spears, arrows, bows, harpoons and nails. The wood, like with many other plants, was often hardened with fire and was then polished using horsetail.

Ocean spray prefers full sun and is found on dry, rocky slopes from southern BC to California and east to Montana.



Holodiscus discolor, commonly known as ocean spray or oceanspray, creambush, or ironwood, is a shrub of western North America.

Hot Yoga

... in Whaletown

Hot Yoga is the safest and fastest way to change your body increasing flexibility, strength and balance.

The yoga studio is heated with high humidity to warm your body and increase circulation. This allows for deep stretching, injury prevention and reduces stress and tension.

The practice is self paced,

beginners are welcome.

We practice every day,

- please call ahead to reserve your space.

Admission is by donation.

Namaste.



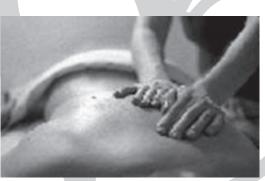
Where: 1416 Robertson Road

Times: Daily *RSV:* 935-6728 By Donation

Holistic Health Arts

& Comprehensive Body Care





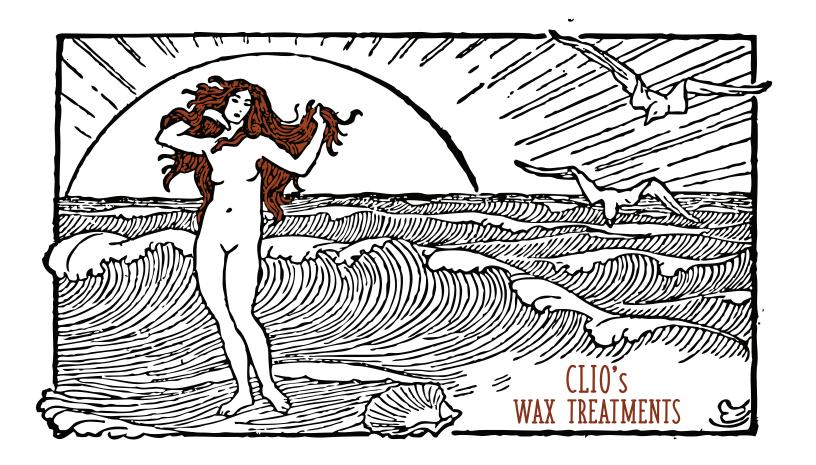
Marvelous Massage • Cranial/Sacral Lymphatic Drainage • Muscle Energy Positional Release • Essential Oils Raindrop Therapy • Reiki • Ozone Steam

cell: 250.203.2643

email: jocelancoty@hotmail.com

BODY CARE: A lifetime interest in Holistic Health prompted Jocelan to pursue deep training in several body disciplines, including Yoga, Reiki, Esalen massage, British Sports Therapy, Cranial/Sacral Therapy, Osteopathic and Lymphatic studies as well as the Science and Application of Essential Oils. All of these practices and more, make up the comprehensive skill set that characterizes her unique approach to compassionate bodywork.

of interesting challenges and opportunities. If you would like to have a deeper understanding of your life path, karmic patterns, significant relationships and the important influences on your year, talk to Jocelan about an indepth card reading.



Trained esthetician offering hot and warm wax treatments for men and women on Cortes Island.

Services include:

* legs * bikini * arms * underarms * back * chest * upper lip *





Please call or email for pricing and to book. 250.202.3219 * CLIOSWAXING@GMAIL.COM





Book a a private session with Gypsy Mama, your Soul Coach.

Visit the market for a spontaneous Divine Reading with Gypsy Mama's natural intuition and years of formal study. Every session is unique. Always guided by angels and often combining modalities. Providing you the opportunity for balancing and increasing your wellness - physically, emotionally, & spiritually.

Personal Healing Programs are available. Individually created to address your specific health concerns through a series of private sessions and classes.

Please wear comfortable clothing, remain scent free and give yourself time/space after sessions to integrate vibrational changes.

Mobile Meetings by appointment

Cortes & Quadra Islands and Fairie Interludes

Spontaneous Sessions @ Friday Cortes Market & Saturday Quadra Market

250-202-8444 (text/voicemail)

gypsymama89_5fm@yahoo.ca

Divine Readings, Wellness Consultations, Sessions & Classes



MISTY ISLES ADVENTURES

Sailing, Kayaking and Hiking

Box 137, Mansons Landing, Cortes Island, B.C., Canada V0P 1K0

www.MistyIslesAdventures.com

(250) 935-6756

mistyis@island.net

Sea Kayaking



Guided Day Trips

Join our naturalist guides as we explore the natural and human history of Cortes Island and the surrounding waters. From sunset paddles to gliding over reefs while the curious seals follow, these trips are a great way to get the feel for kayaking while having a guide there to help you along.

Cost; 3 hours-\$75, 4 hours-\$85, 5 hours-\$94

Bioluminescence Paddles

During the warm months of summer, the plankton which produces bioluminescence proliferates and the fairy dust sparkling that it creates swirls away from our paddles as we kayak under the stars. It makes for a magical evening!

Cost; \$75 per person, 3 hours



Misty Isles Half Day Voyages



Mitlenatch Island or Desolation Sound

Our schooner 'Misty Isles' offers a relaxed and leisurely way to see the area. Sit on the large open decks or help hoist the sails if the wind is right as we voyage to Mitlenatch Island, a large seabird rookery and a wild flower paradise where seals and sealions await. Alternatively, explore Desolation Sound, an area famous for it's scenic beauty, where snow capped mountains soar up from the sea. All trips depart from Cortes Island.

Cost; \$98 per person, 5 hours

Taxes not included in prices. Sea kayak rentals and group charter rates for Misty Isles are also available. Give us a call!



MISTY ISLES ADVENTURES

Sailing, Kayaking and Hiking

Box 137, Mansons Landing, Cortes Island, B.C., Canada V0P 1K0

www.MistyIslesAdventures.com

(250) 935-6756

mistyis@island.net

Sea Kayak Rentals



Guided Trips

3 Hour Guided Trip; \$80 per person 4 Hour Guided Trip; \$85 per person 5 Hour Guided Trip; \$105 pr person The waters around Cortes Island are beautiful to explore by kayak and kayaks are available for rent. However for your own safety, we require that all renters have taken at least an introductory sea kayaking class through Misty Isles Adventures or another sea kayaking company. In addition, at least one member of a kayaking group must have the ability to perform rescues. If you wish to paddle by yourself, you must be able to do a self rescue. Misty Isles Adventures would be happy to arrange the requisite instruction for you or alternatively, we invite you to join us on one of our guided paddles, an excellent way to experience being on the water in a kayak but with the instruction and safety provided by a guide.

Rental Rates

Sea Kayaks	PLASTIC (Single)	COMPOSITE (Single)	PLASTIC (Double)	COMPOSITE (Double)
4 HOURS	\$30	\$35	48	53
8 HOURS	\$40	\$45	\$58	\$68
2-4 DAYS	\$35/ day	\$42/ day	\$53/ day	\$68/ day
EXTRA DAYS	\$30/ day	\$35/ day	\$45/ day	\$55/ day

With a minimum \$40 kayak rental, kayak delivery is free of charge to Mansons Lagoon, Smelt Bay, Hollyhock and Cortes Bay. There is a \$30 pick up or drop off charge to the Gorge, Squirrel Cove and Whaletown areas.

For more information on kayak rentals or to book a kayak, **phone 935-6756** or ask any of our guides. Our schedule fills up quickly so give us as much advance notice as you can.

www.MistyIslesAdventures.com

(250) 935-6756

mistyis@island.net

MISTY ISLES ADVENTURES 2017 SAIL AND KAYAK SCHEDULE www.MistylslesAdventures.com

The waters that surround Cortes Island are in an area of incredible beauty. Throughout the summer, we have scheduled guided kayaking day trips and sails onboard the schooner Misty Isles. These trips are open to everyone and no experience is required.

Guided Afternoon Kayak Paddle—Learn about the joy of paddling a sea kayak with the safety provided by our naturalist guides. Paddling with the seals and eagles, we will also learn about the natural and human history of the area. Conditions permitting, we hope to see the First Nations pictographs at the mouth of the Gorge or explore the extensive reefs south of Smelt Bay. Cost: \$85. Meet on the Hollyhock Garden Deck at 1:30 pm and return by 5:30 pm.

Manson's Lagoon Sunset Paddle—Join our naturalist guides as we paddle from the lagoon into the golden light of the setting sun. Come float with the seals while the eagles watch from above. This is a nice peaceful way to be out on the water under the care of a kayak guide. Cost: \$80. Meet on the Garden Deck at 7:30pm, return back to Hollyhock at about 10:30pm.

Bioluminescence Paddle at Manson's Lagoon—With our guides, we will paddle from the lagoon off into the sunset, then explore the night sky and play in a marvel of nature—bioluminescence. **What is Bioluminescence?** It is the light given off by some of the tiny plankton when you agitate the water with your hand or paddle. Imagine **Fairy Dust** swirling from your finger tips..... Cost: \$80. Meet on the Hollyhock Garden Deck at 7:30 or 8pm and be back around 10:30 or 11pm.

Misty Isles Cruise to Mitlenatch Island—Join us onboard our 43 foot schooner as we voyage to explore Mitlenatch island, the largest seabird nesting rookery in the Strait of Georgia and a wild flower paradise. Cost: \$105. Meet on the Hollyhock Garden Deck at 1:30 pm, return about 6:30.

Misty Isles Cruise to Desolation Sound—With mountains towering overhead and picturesque islands and channels below, the spectacular scenery and warm summer ocean temperatures (very swim-able) make Desolation Sound the premier cruising ground for yachts in the Pacific Northwest. Cost: \$105. Meet on the Hollyhock Garden Deck at 1:30 pm, returning at about 6:30.

FOR MORE INFORMATION OR TO REGISTER CALL THE HOLLYHOCK STORE (250) 935-6576 OR MISTY ISLES ADVENTURES (250) 935-6756, www.MistylslesAdventures.com

AFTERNOON	SUNSET	BIOLUM	MISTY ISLES	MISTY ISLES
PADDLES	PADDLES	PADDLES	MITLENATCH	DESOLATION
Fri, May 26	Thurs, May 11	Sat, July 22	Fri, May 12	Fri, July 14
Mon, June 5	Mon, May 15	Thurs, July 27	Tue, May 16	Wed, July 19
Fri, June 9	Sat, May 20	Sat, July 30	Mon, May 22	Sun, July 23
Wed, June 14	Thurs, May 25	Mon, July 31	Wed, May 31	Sun, Aug 6
Sun, June 18	Mon, May 29	Sat, Aug 5	Mon, June 5	Fri, Aug 11
Wed, June 21	Sat, June 3	Thurs, Aug 10	Fri, June 9	Wed, Aug 16
Mon, June 26	Thurs, June 8	Mon, Aug 14	Wed, June 14	Sun, Aug 20
Fri, June 30	Tue, June 13	Sat, Aug 19	Wed, June 21	Wed, Aug 30

AFTERNOON	SUNSET	BIOLUM	MISTY ISLES	MISTY ISLES
PADDLES	PADDLES	PADDLES	MITLENATCH	DESOLATION
Fri, June 30	Tue, June 13	Sat, Aug 19	Wed, June 21	Fri, Sept 8
Wed, July 5	Sat, June 17	Thurs, Aug 24	Mon, June 26	Tue, Sept 12
Mon, July 10	Tue, June 20	Sat, Aug 27	Fri, June 30	Wed, Sept 20
Fri, July 14	Sat, June 24	Mon, Aug 28	Wed, July 5	Mon, Sept 25
Wed, July 19	Thurs, June 29	Sat, Sep 2		Fri, Sept 29
Sun, July 23	Mon, July 3	Thurs, Sept 7		
Fri, July 28	Sat, July 8	Mon, Sept 11		
Tue, Aug 1	Thurs, July 13			
Sun, Aug 6	Mon, July 17			
Fri, Aug 11		1 22 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2	050111 51251201	
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Wed, Aug 16

Sun, Aug 20

Fri, Aug 25

Wed, Aug 30 Mon, Sept 4

Fri, Sept 8 Tue, Sept 12 Wed, Sept 20

Mon, Sept 25 Fri, Sept 29

Mon, Sept 26 Tue, Oct 3 Fri, Oct

ADDITIONAL SPECIAL EVENTS!

The Cortes Island Museum and *Misty Isles Adventures* team up to offer these spectacular natural and human history tours!!

Twin Islands have long had a sense of mystigue about them and are locally known as a place fit for royalty. During the 1930s an American industrialist with contracts in Japan, bought the islands to live out World War II in seclusion. He went to work building a 9-bedroom lodge, stables, orchards and gardens, creating his personal retreat. In the late 1950s Margrav Maximillian Von Baden of Baden Baden, Germany, purchased Twin Islands as a summer retreat for his family. His famous relation, Queen Elizabeth, has stayed on Twin Islands twice. And now the current owners have invited Misty Isles Adventures and the Cortes Museum to bring guests to spend the night and explore the forests, gardens, orchards and the extensive off-grid systems that, up until now, have been out of sight to the public. Guests will sleep in the cozy bedrooms of the historic lodge built of logs harvested on the islands. Meals will feature fresh produce grown in the self sufficient gardens of Twin Islands.

- May 13/14—Mitlenatch and Twin Islands, great nature trip and overnight on Twin Island. Stay in the lodge where Queen Elizabeth slept and explore the gardens, paths and off grid systems of this remote island. \$400 covers all meals and accommodations.
- > June 10—The flowers are in bloom as the sea-lions growl on Mitlenatch! Mating gulls and nesting cormorants—this island is a happening place! \$130.
- > June 18—Departing from Cortes Bay, Misty Isles will cruise through Desolation Sound enroute to Dinner at the Laughing Oyster Restaurant, Bring Pad for Father's Pay, one of the longest days of the year! Cost is \$95. Guests pay for their meal at the restaurant,
- July 13/14/15—A three-day kayak exploration of Twin Island and the surrounding area. Views of the Desolation Sound mountains. sandy beaches, granite cliffs and abundant wildlife make this a great place to paddle and our guides will make the natural and human history come alive with their stories. Sleep in Twin Island lodge, a place fit for royalty. \$720 covers all meals and accommodations.
- > July 20/21—Lund, Refuge Cove and Twin Islands with historian Jeanette Taylor, Misty Isles departs from Cortes Bay and heads directly to Lund's Nancy's Bakery for lunch while Jeanette tells us historical tales of the area. After lunch we'll head through Thulin Pass and into Desolation Sound for a swing by Galley Bay for more settler stories and perhaps a swim. Then on to a stop at Refuge Cove for a poke around the shops and even more stories. We'll finish off the day at Twin Islands for dinner and then walks to explore the islands the next morning. \$400 covers accommodations and all meals except lunch at Nancy's Bakery. <NEW THIS YEAR>
- > July 26—The tides are right this day for Misty Isles to navigate the famous tidal rapids of Surge Narrows and Hole-In-the-Wall as we circumnavigate Maurelle Island. With its narrow channels and backdrop of mountains, this is a beautiful area to explore. 🔄 30.
- August 22—Come see what makes this area the premier cruising ground for yachters in the whole Pacific Northwest. Set against a backdrop of soaring mountains and warm waters, Captain Mike tells stories of the First Nations people, explorers and pioneers. \$130.
- August 28/29—Departing Whaletown Misty Isles will head north to catch the ebb tide through Beazley Pass and the Okisollo Rapids into Johnstone Strait. Passing Chatham Point, we'll head into Mayne Passage between the Thurlow Islands to our overnight destination at Blind Channel Resort. In this remote and beautiful location, the Cedar Post Restaurant is well known in the yachting community for it's fine dining experience. We will sleep ashore in the comfortable cabins at the resort. The next day, Misty Isles will ride the morning flood tide through the Dent and Arran Rapids and return to Whaletown. Dolphin, porpoise and whales frequent the tidal rapid areas! \$365 covers all meals and accommodations except for supper at the Cedar Post Restaurant. < NEW THIS YEAR>
- > Sept 9—Come and see what makes this area the premier cruising ground for yachters in the whole Pacific Northwest. Set against a backdrop of soaring mountains and warm waters, Captain Mike tells stories of the First Nations people, explorers and pioneers. 🔄 30.

Prices include tax. Call the Museum at (250) 936-6340 or email at cimas@twincomm.ca to register.

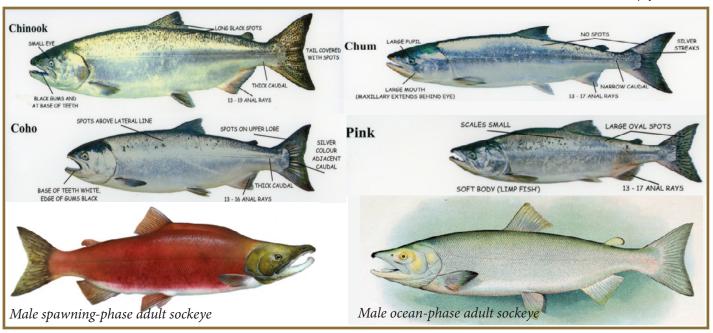


PACIFIC SALMON POTPOURRI

Salmon belong to the Salmonidae family. Most are anadromous – living in salt water, but born and spawning in fresh water [a catadromous fish does the opposite – live in fresh water and enter salt water to spawn – e.g. eel]. However, populations of several species are restricted to fresh water – like the kokanee – through their lives. Salmon characteristic features are: full extent side line, mid back short fin, big and well teethed mouth, soft, fleshy fin (adipose fin), small cycloidal scales, small black or black and red spots on the upper body, and widened part of the gut serving as a stomach.

The term "salmon" comes from the Latin salmo, which in turn may have originated from salire, meaning "to leap". The nine commercially important species of salmon occur in two genera. The genus Salmo contains the Atlantic salmon, found in the north Atlantic, as well as many species commonly named trout. The genus Oncorhynchus contains eight species which occur naturally only in the North Pacific. As a group, these are known as Pacific salmon. Chinook salmon have been introduced in New Zealand and in Patagonia. Coho, freshwater sockeye, and Atlantic salmon have been established in Patagonia as well.

Salmon is the iconic West Coast fish. For thousands of years, salmon has been a provider of life, an indicator of prosperity and a staple food source for First Nations peoples of the Northwest Coast. It is depicted in their art: in woodcarvings, paintings, jewellery, sculptures and on drums. The subject of many legends, it is, in short, revered. In nature, salmon provide food for our bears, our eagles and other wildlife – it is vital to the balance of land and sea. Their dead bodies nourish forests. (1)



Salmon divergence: the British Columbia salmon fossils provide evidence that the divergence

between Pacific and Atlantic salmon had not yet occurred 40 million years ago. Both the fossil record and analysis of mitochondrial DNA suggest the divergence occurred by 10 to 20 million years ago. This independent evidence from DNA analysis and the fossil record rejects the glacial theory of salmon divergence.



Atlantic salmon (salmo salar)

The tail of a salmon is extremely flexible and powerful. The salmon is able to travel up to 20,000 kilometres in the ocean and achieve speeds of 50 km per hour. It can jump more than four metres to climb waterfalls and obstacles in the water. (2)

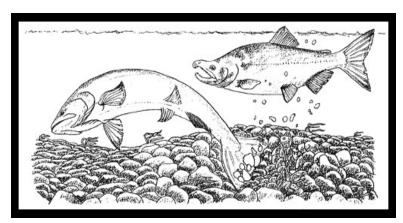
Salmon are unique in being anadromous. Salmon are considered the classic example of an anadromous fish (beginning life in fresh water, migrating to the ocean and returning to fresh water

to reproduce). Migration to the ocean allows these fish to grow a lot larger than would be possible in fresh water because the ocean has so much more food. Larger fish can dominate reproductive areas and lay more eggs than smaller fish resulting in evolutionary advantages for the long migrations of the salmon.

Generally, female salmon are larger than males. The largest salmon are the Atlantic salmon and the chinook; the smallest is the pink salmon weighing approximately 1.5 kg [3 lb] at maturity. (2)

The scientific species names of the North Pacific salmon were taken from the notes of an early naturalist, George Steller, about 1740. He was one of the first to write about the North Pacific salmon. He wrote about the natural history of the Kamchatka Peninsula in Russia. In his notes he referred to each of the five North Pacific salmon species by the names that the native peoples (the Koryak) used. Later these names were translated, Latinized and used as species names. (3)

Spawning: The female will select a site that has the right gravel substrate in both size and composition. There must also be good water quality, including dissolved oxygen content and water temperature. The female utilizes her tail and body to dig a nest (redd) in the gravel. She will excavate a depression up to 40-50 cm deep, preferably in a riffle area where water will flow through the redd and provide oxygen to the eggs and carry off waste products. When the redd is completed, the female will lay her pea sized eggs into the depression while a male fertilizes them by covering them



Female salmon digging a redd (nest) with her tail, while the male hangs around ready to fertilize the nest.

with a milky substance (milt), that contains the sperm. The female then covers the eggs when she digs a new redd upstream of the first nest. The gravel dislodged during the creation of this new nest moves downstream to create the cover for the previous nest. This process continues until up to several thousand eggs have been laid. The eggs stay in the nest all winter and hatch in the spring. Pacific salmon die after spawning, however steelhead can live to spawn again. The decomposing bodies for these dead fish provide nutrients to the stream for the production of food material for both aquatic and terrestrial animals. (4)

Outmigration: When they are ready to migrate, salmon begin their dangerous trip to the ocean, encountering predators, dams, and other obstacles along the way. For protection, they swim at night and hide during the day.

In the spring, during the season of freshets, the young salmon and steelhead move downstream to the sea. They are called fingerlings during this phase of their lives, and are up to 10 cm long. For several weeks or months, the young salmon and steelhead stay in saltwater estuaries and bays where the river meets the ocean. They undergo a special process called smoltification (and are called smolts), in which their bodies change in many ways to tolerate living in salt water. Salt is very dehydrating, so their bodies must become able to drink the saltwater and get rid of the excess salts through special salt cells in the gills and mouth lining, and through changes in the kidneys. There is plenty of food in the estuary, and the salmon double or even triple their weight. Estuaries are the zones where fresh and saltwater mix. As a result there is a wealth of nutrients that support large populations of microscopic organisms. The peak of plankton production occurs during the time when salmon and steelhead juveniles migrate through this area.

The length of time spent in the estuary varies by species. Some species such as the pink salmon appear to pass through the estuary rapidly while chinook salmon may spend months in the estuary. (4)

Choosing salmon: While remembering that a good frozen fish is even better than the 'fresh' one, here are some good tips to save you disappointment:

When choosing (buying) a salmon, one should assess its freshness by checking the following:

- salmon should never smell 'fishy', but fresh and mild "like an ocean breeze"
- eyes should be clear, and not cloudy
- fresh whole fish should have bright red gills
- the flesh should look moist rather than dried out
- · avoid fish with browned spots on the belly or around the edges of the fillets
- no instances where the skin has started browning and curling up
- no separation of flakes from each other at the cut edges of the fish meat (no 'gaping')
- flesh should display vibrant colours from deep shades of red to vibrant coral to bright pink as bright hues mean fresh fish, and pale fish is the enemy
- flesh should spring back when pressed, and release no fluid. (5)

How to clean and prepare salmon:

- it is not necessary to scale or skin a salmon, but you will need to fin and gut it
- avoid washing the salmon until you're ready to cook it because water breaks down the flesh, resulting in a loss of flavour
- refrigerate or freeze until cooking time, then quickly dip in cold salted water and immediately pat dry.

What to expect when you buy different varieties of salmon that are commercially available (king/chinook, sockeye, coho, pink, chum):

- **Chinook (king):** The favorite of many. Expect rich, buttery flavor and a higher price than any other variety. Think of king as the Cadillac of salmon.
- **Sockeye:** Expect flesh with a deep, red colour, and don't worry if the skin is light gray chances are those varieties are just from extremely cold glacial waters. The best sockeye are from sources like the Copper River, Alaska, or Fraser River, Canada, where the salmon have a long "run" to make and, as a result, must gorge themselves in advance for fuel, creating fish with plenty of rich, delicious fat.
- **Coho:** They're widely available and freeze well. One thing to note: if you have access to extremely fresh fish, you'll want to avoid coho at the very beginning of the season (the first week of July), since they need a bit more time to bulk up than other varieties.
- **Pink:** Very mild in flavor and very fragile. Pink is at optimal quality the day it's caught. It doesn't freeze well or age well. As a result, a retailer rarely sells pink in its retail case. You'll find plenty of wild pink sold in cans, though and they're delicious in salmon cakes or on the barbeque.
- Chum: You might see this also labeled as Dogfish or "Keta." Chum salmon breed at the mouth of the rivers and streams and are lower in fat, making them great candidates for smoking. Typically, though, Chum is harvested for its roe. But, if you happen to come upon chum from the Yukon River or Johnstone Strait, you should jump at the chance to buy them, as they're meatier and great for grilled and smoked preparations. (5)

Cutthroat trout are salmonids, and are classified in the same genus as Pacific salmon (chinook, chum, coho, pink, sockeye) as well as steelhead trout. (Some other trout varieties such as the bull, brook and lake trout are actually char.) Cutthroat trout are beautiful, sleek fish with greenish-blue backs, silvery sides, and abundant spots. They are named for the two signature



A big cutthroat caught in Hague Lake in mid-September, 2012. [photo Jurek]

orange-red slashes under the lower jaw. There are several subspecies of cutthroat trout; the one found in our lakes here (Hague and Gunflint Lakes) is resident endemic, confined to live in the lakes after the retreat of glacier some 10,000 years ago. To preserve this ancient line of trout, the Hague and Gunflint Lakes are not stocked with a more modern day trout.

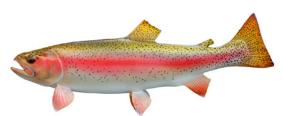
Trout need healthy freshwater environment – clear water, abundant oxygen, plenty of shade from shore vegetation, hiding spaces (e.g. fallen logs, reeds, and shrubs), clean gravel, sufficient nutrients and healthy insect populations.

Our resident cutthroats are usually no more than 20 cm in length, whereas their anadromous (returning to freshwater to spawn) variety are larger, up to 50 cm and 2.5 kg [5 lb]. They also spawn much later, i.e. in late winter to early spring (and not in late summer/autumn, as the sea-runs do). Resident cutthroats eat insects, crustaceans, and small fish. In turn, great blue herons and kingfishers feed on juvenile cutthroats.

Resident cutthroats are excellent indicators of the health of the environment. (6)

Steelhead Salmon, Rainbow Trout (Oncorhynchus mykiss)

Steelhead were at one time considered a trout species but have been discovered by biologists to be more closely related to Pacific salmon than other trout.



60 cm [23"] Rainbow Trout.



When in the sea the body is mainly silvery with a blue back. At spawning time, a band of red colour develops along each side of the body.

The fresh water variant of steelhead is known as rainbow trout. Unlike most other Pacific salmon, some steelhead individuals live to spawn more than once.

Steelhead trout can be found from southern California to the Alaska panhandle, with major spawning grounds centred between Oregon and northern BC in coastal rivers and streams as well as tributaries to major river systems.

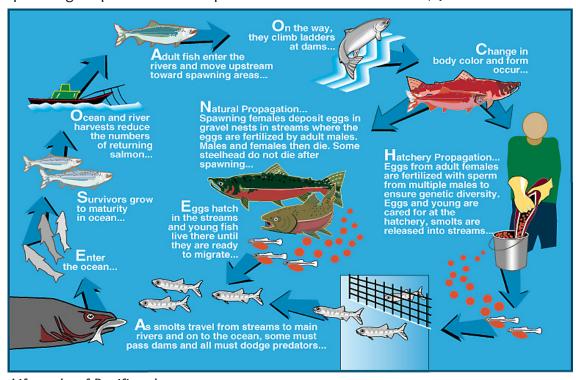
Steelhead live up to nine years and spend between one and three years in freshwater before smolting and entering the ocean. After spawning, many adult steelhead return to the sea and some (up to 20 per cent, mostly females) return to freshwater after recuperation to spawn a second time – unlike other Pacific salmon which die after their first and only spawning. Some individuals can spawn many times and those that repeat spawn are referred to as "kelts". (7)

Kokanee (Landlocked Sockeye Salmon)

Kokanee is a word from the Okanagan First Nation language referring to land-locked lake populations of sockeye salmon (Oncorhynchus nerka).

As the glacier retreated from this area ten to twelve thousand years ago, large lakes of meltwater formed at the terminus and vigourous rivers flowed from them to the ocean. The rivers provided a path for sockeye salmon to move from the Pacific Ocean into the lakes; these salmon were the ancestors of the kokanee. With the passing of the glaciers, the lakes shrank to their present size, and river levels fell with the result that the path to the ocean often became impassible. This was the case for the newly landlocked salmon of Kootenay Lake, which adapted to their new life as kokanee. For those (the many) who are neither fishermen nor divers, the best time to see the kokanee is from mid-August through September for that is when they crowd local creeks of Kootenay Lake while spawning. And although non-spawning kokanee have bright silver sides and a dark grey or blue back,

the spawning kokanee turn crimson with a green to black head. The males develop long jaws, hooked snouts, large teeth, and a slight hump behind their heads. The spawning females retain their non-spawning shape and are not quite as colourful as the males. (8)

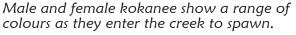


Life cycle of Pacific salmon

Kokanee are much smaller than the anadromous variety and are rarely over 35 cm (14 in) long. In the Okanagan Lake and many others, there are two kinds of kokanee populations – one spawns in streams and the other near lake shores. Landlocked populations occur also in the Yukon Territory and British Columbia in Canada, as well as in a number of US

states. In North Carolina, in Nantahala Lake, there are also kokanee salmon. The fish, which is native to western North America, was stocked in Nantahala Lake in the mid-1960s by the NC Wildlife Resources Commission in an attempt to establish the species as a forage fish for other predator fishes in the lake. This stock has remained and become a favourite target for anglers.







Salmon sashimi



Steelhead salmon fish tattoo

Researched by Jerzy (Jurek) Trzesicki from Wikipedia and the following sources:

- (1) Savouring Salmon: A Guide To This West Coast Fish an article by Mike Wicks, and more.
- (2) http://www.themeunits.com/salmon info.pdf
- (3) http://www.marinebio.net/marinescience/05nekton/saspdiv.htm
- (4) http://wdfw.wa.gov/conservation/habitat/spawningbed protection/lifecycle.html
- (5) http://www.epicurious.com/ingredients/how-to-buy-salmon-at-the-grocery-store-article
- (6) https://www.crd.bc.ca/education/our-environment/wildlife-plants/marine-species/cutthroat-trout
- (7) http://www.pac.dfo-mpo.gc.ca/fm-gp/species-especes/salmon-saumon/facts-infos/steel-arc-eng.html
- (8) http://kootenay-lake.ca/waterworld/fish/

and information from the Cortes Island Museum collected for Salmon Exhibit in 2003 - Celebrating Wild Salmon

FRIENDS OF CORTES ISLAND | FOCI



Friends of Cortes Island Society (FOCI) is a charitable organization that has operated on Cortes for over 25 years. We promote awareness and support for the environment by undertaking stewardship activities and providing educational programs.

OUR WORK

Marine Stewardship – Sub-tidal surveys, foreshore monitoring, habitat restoration

Love the Lakes – water quality monitoring of Hague and Gunflint Lakes, community education

Stream Stewardship – monitoring salmon populations and stream restoration

Environmental event and activities – walks, talks and workshops

Cortes Island School Garden – sustainability education and garden program

Parks and Trails – we look after Kw'as and Carrington Parks and 4 beach access trails

Species at Risk – Citizen science projects



Summer Events Program 2017

Join our exciting summer events program. There's something for everyone - from Gumbooting the Lagoon and exploring local parks, to green theatre and nature photography.

Booking required - all events will be posted on the FOCI website and Tideline.



LOVE THE LAKES

Hague and Gunflint lakes are one of the highlights of many people's visits to Cortes – whether it is swimming in their tranquil waters, taking a hike around the lakeshore, or just sitting and enjoying their natural beauty.

In the spring 2014 the lakes suffered a series of significant algae blooms, further smaller blooms occurred in 2015 and 2016. Algae blooms can be harmful to lakes because they deplete oxygen. Repeated blooms can cause a lake to become low in oxygen, swampy and unhealthy for humans and wildlife.

Friends of Cortes Island Society's (FOCI) Love the Lakes Stewardship project aims to protect and enhance the lakes by gaining a better understanding of what is happening; taking practical action; and raising awareness in the community. It includes a long-term water quality monitoring program led by community volunteers.

What you can do to help

Algae blooms are caused by too many nutrients entering the lakes. Our actions around the lakes can greatly affect water quality. To ensure they stay healthy for the future we need everyone to love the lakes and do their bit to help. Here are our top tips.

- Check your septic septic systems that are not properly maintained can cause
 wastewater to seep into the lakes. We recommend that you check your system
 annually, maintain it regularly and upgrade as necessary. To have your tank pumped,
 contact: All Clear Septic Services at 250 285-3561
- Go phosphate free please use only phosphate free soaps and detergents, they are readily available at the island's stores
- Garden with care avoid inorganic fertilizers, which typically contain nitrates, and ensure organic manures are well composted before using on your garden
- **Preserve the shore** it is a vital wildlife habitat, and helps filter unwanted nutrients. Please don't cut it back. Plant a buffer of native vegetation or leave a strip to go wild.
- **Go easy on the water** reduce your water flow by using low-flow showerheads, faucets and toilets; limit flushing; use washing machines and dishwashers sparingly.
- Volunteer join our lake volunteers to take part in our monitoring program
- Make a donation your contribution will help cover the costs of lab analysis, community
 education and practical action. Donate online at www.friendsofcortes.org or mail
 cheques to Box 278, Mansons Landing, BC VOP 1KO

Love the lakes 2017 activities Keep watch for our Love the Lakes summer workshops and activities. Join us to learn about the lakes and what you can do help. Activities will be advertised on Tideline and the FOCI website - www.friendsofcortes.org

Algal Blooms and You: Some algal blooms can be toxic and all blooms should be treated with caution. We do not recommend you wade or swim in water containing visible blooms or allow your pets to access affected water. Most blooms are short-lived, and an affected area will likely be safe again in a number of days or a week or two. Please photograph and report any algae blooms to FOCI at: friendsofcortes@gmail.com or 250 935-0087





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TRANSPORTATION

TAXI: There is no taxi service on Cortes Island.

To get from Cortes to Quadra Island or Campbell River by car you can use the local bus Cortes Connection from Cortes, or Quadra Taxi on Quadra Island.

Cortes Connection: 250-935-6911 **Quadra Taxi and Tours:** 1-250-205-0505

For transportation on water, or just for fun – use water taxi:

Discovery Launch Water Taxi: 250-287-7577 – between Cortes and Campbell River.

And why not explore more, while you are here – use Lund Water Taxi to go to Laughing Oyster

Restaurant in Lund and have adventure at the same time:

Lund Water Taxi: 1-604-483-9749

Wonderful way to come to or leave Cortes is to take **floatplane!**

Corilair offers 3 flights per day between Campbell River and Cortes from May through September. During the winter there are mid day flights on Mondays, Wednesdays and Fridays.

Need to bring large items to Cortes? Call Lane 8 Delivery Services or Cortes Connection.

GAS: Diesel and boat gas, also regular gas, are available at the **Gorge Harbour Marina** in Whaletown and at **Squirrel Cove Store**. Electric cars can be charged at Hollyhock.

CAR AND BIKE REPAIRS

There are no car repair shops on the island. For emergency repairs call Richard@250-204-6567, located in Mansons. For bicycle repairs, rentals and sales, or... if you forgot your bike helmet – call Andrew of **Dandyhorse**@250-935-6647 or 250-857-3570, located in Mansons, or **Island Cycles@**250-285-3627 on Quadra Island, close to Heriot Bay.



TWINCOMM COMMUNICATIONS

Twincomm is a locally-based internet service provider (ISP) on Cortes Island and serves approximately 300 Cortes customers in the communities of Manson's Landing, Squirrel Cove and Whaletown. Founded in 1999 and named after Twin Islands (south-east of Cortes), Twincomm employs two full-time and two part-time employees along with three casual positions.

Internet services are delivered by a broadband wireless network from internet connections in Campbell River (Vancouver Island), Lund (Mainland) and Manson's Landing. Twincomms' over 550 customers range from Cortes Island, west to Quadra Island, east to Lund, and as far south as Texada Island. We continue to provide competitive internet experiences for residents and visitors of island and rural communities, such as beautiful Cortes Island. Feel free to contact us for your internet needs.

/by Twincomm/

WI-FI AND CELL PHONE RECEPTION

There is limited/spotty cell phone reception and wireless internet access on Cortes Island. For example, while there is cell phone reception near the landing at the Whaletown Ferry Terminal, there is no cell phone reception just up the hill from this landing. Other sites with cell phone reception can be found in the vicinity of Gorge Harbour Marina and "downtown" Mansons Landing, as well as in many areas near the ocean (i.e., at Mansons Lagoon, Hank's Beach, Smelt Bay, Squirrel Cove, Hollyhock parking lot, etc.).

Wireless internet is available at Mansons Hall, the Cortes Natural Food Co-op, the Squirrel Cove General Store, and Cortes Market, among other local stores. Some stores may charge a small usage fee for wireless internet access.

Cortes Connection

250-935-6911 www.cortesconnection.com



Same-day Passenger and Freight Service to Campbell River and Return.

Call in for Freight Orders in CR until 2:30 P.M.

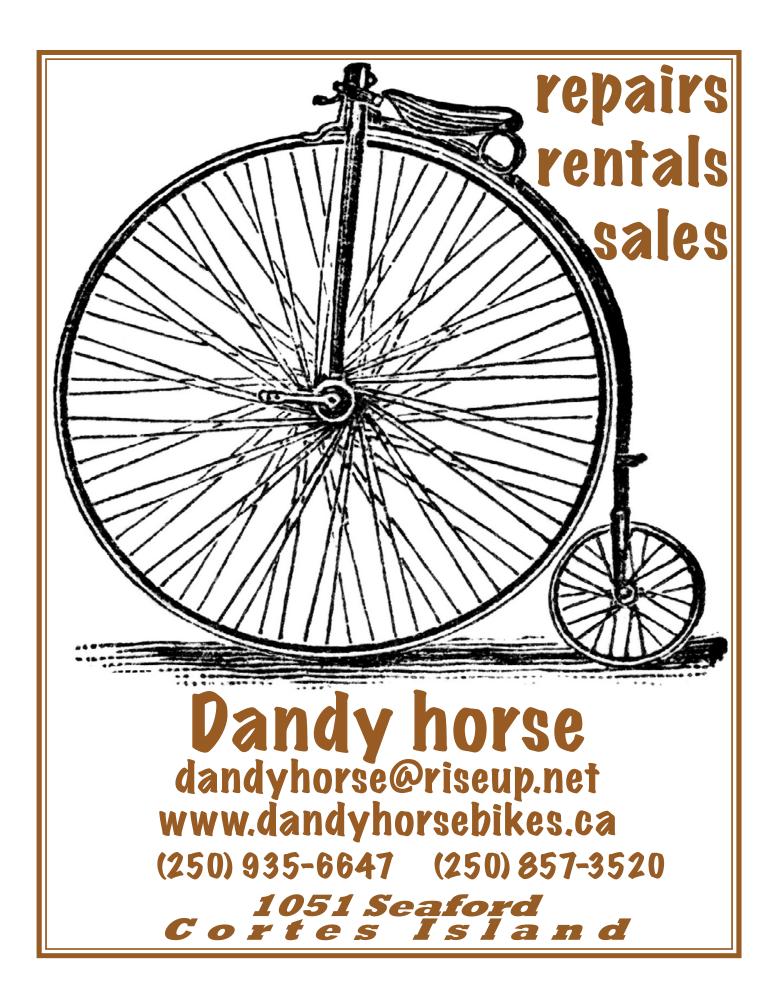
SUMMER: MONDAY THROUGH FRIDAY

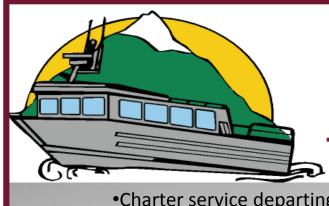
Winter: Monday, Wednesday, Friday only.

Depart Mansons Hall	8:50 A.M
Arrive Whaletown Ferry	9:30 A.M.
Arrive Campbell River	11:15 A.M
Campbell River Hospital	11:30 A.M
Shoppers Drug, Tyee Plaza	4:00 P.M
Load onto Ferry	4:15 P.M
Arrive Whaletown	5:50 P.M
Arrive South Cortes	6:30 P.M









DISCOVERY LAUNCH WATER TAXI 250-287-7577

- Charter service departing Campbell River and Cortes Island
- •Shared trips as low as \$30 per person to and from Mansons
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 - •Discovery Launch operates all year round
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discoverylaunch.com

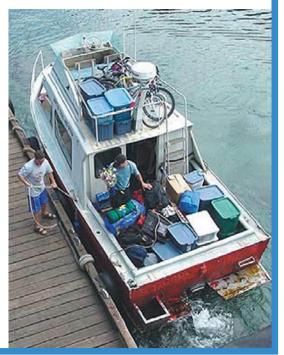


Charters available from Lund, to and from Cortes Bay, Squirrel Cove, Desolation Sound and other coastal destinations.

Operating year round.

Please phone for reservations, daily from 8 a.m. to 8 p.m. (winter hours 8-6)

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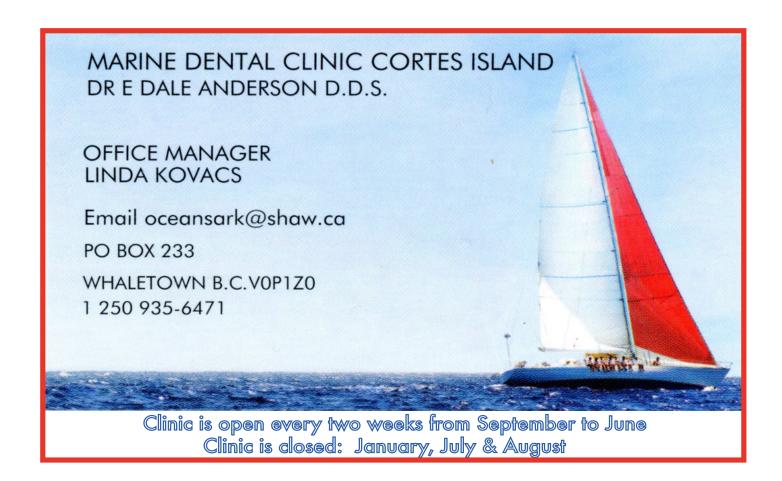


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or call... PHONE 1-250-285-2201 TOLL FREE 1-800-622-5311

EMAIL resort@whiskeypoint.com



CORTES ISLAND BUSINESS AND TOURISM ASSOCIATION



CIBATA is a community organization and registered BC Society formed to support and initiate activities that contribute to sustainable business, tourism and holistic community development on Cortes Island. We are also active members of the Discovery Islands Chamber of Commerce.

We represent a variety of businesses, shops, restaurants, grocery stores, marinas, rental accommodations, eco-tourism providers, and other services that cater to residents and visitors.

We encourage those who are inspired and drawn to this very special place to support our efforts by taking an active role in our organization through society membership, volunteer service or financial donation.

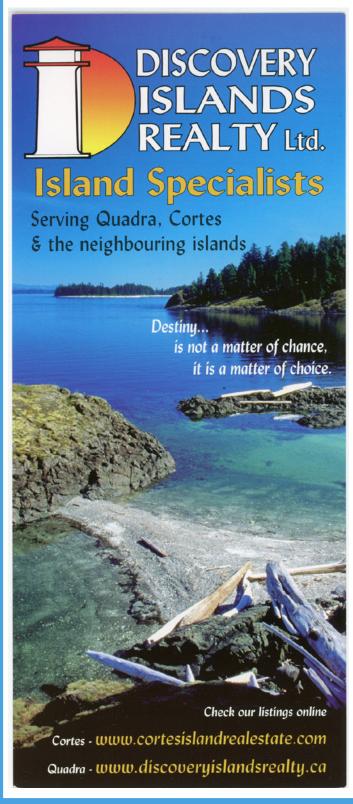
For general information, maps, photos, trip planning, accommodations, dining, excursions, shopping and MORE, plus a schedule of events and festivals, check out

Cortes Island Business and Tourism Association at:

www.ourcortes.com

www.facebook.com/visitcortesisland

or the Information Booth at the Cortes Island Museum in Mansons Landing (250-935-6340).



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Past Issues (Collect Them All)















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Your business can be included in next year edition. Contact Grazyna (Gina) Trzesicka for more information. cortesinfobook@gmail.com 250-935-0080 **BOX 221 Mansons Landing BC V0P 1K0**

WOLVES ON CORTES

There are wolves on Cortes. We need to follow some rules to keep us, and wolves, safe:

- 1. Never feed wolves.
- 2. Do not feed deer or raccoons.
- 3. Keep yourself safe. HAZE wolves, wave your arms to make yourself look bigger, shout loudly and use noisemakers.
- 4. Keep your pets safe. Dogs must be leashed when walked. Do not leave pet food outside. Do not take your dog when walking in natural areas frequented by wolves - Carrington Bay, Von Donop Inlet, Hank's Beach, Marina Island, etc.
- 5. Practice good animal husbandry. All livestock must be secured by sturdy fence.

As a community, work together and CONSISTENTLY follow these guidelines!

Report routine wolf sightings to the FOCI office at 250-935-0087.

Report wolf encounters of concern to the Conservation Officer at 1-877-952-7277.



Experience Cortes Island