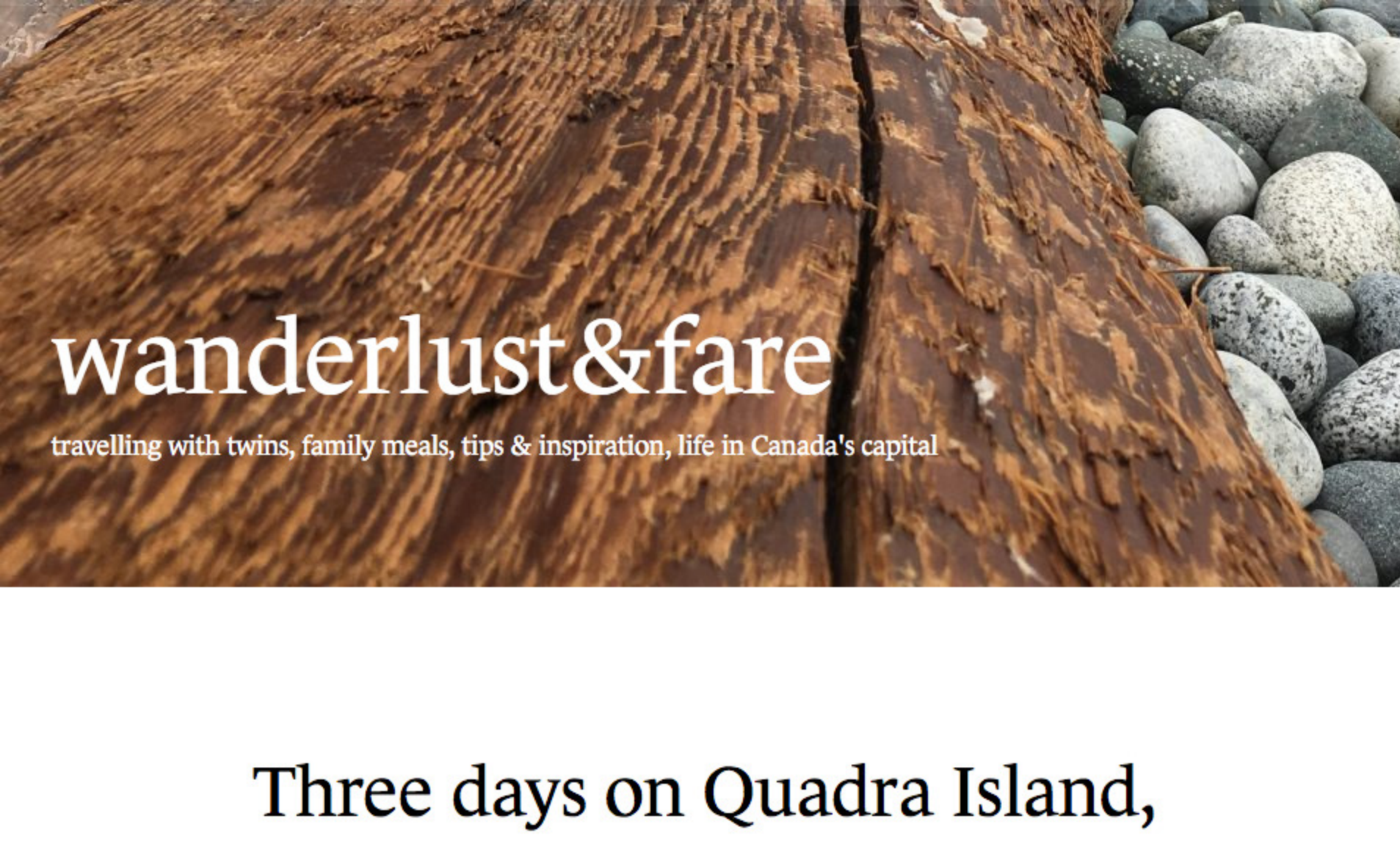


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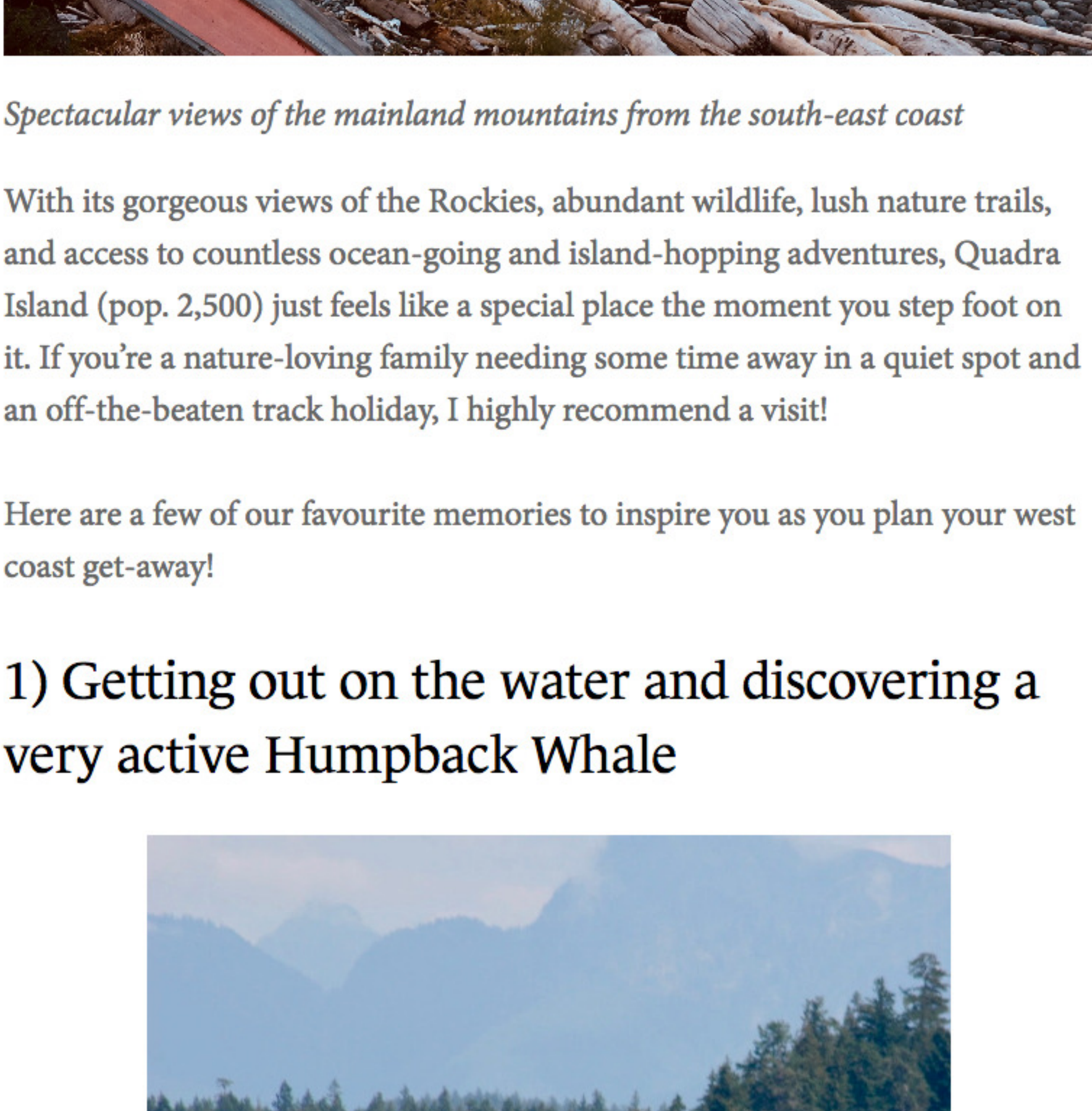
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Three days on Quadra Island, British Columbia

January 28, 2019 Amber Nickerson

Last summer we spent some quality time on beautiful Quadra Island, BC, with our 11-year-old twins. Here I share some of our favourite experiences and things to do with little ones while visiting this special island.

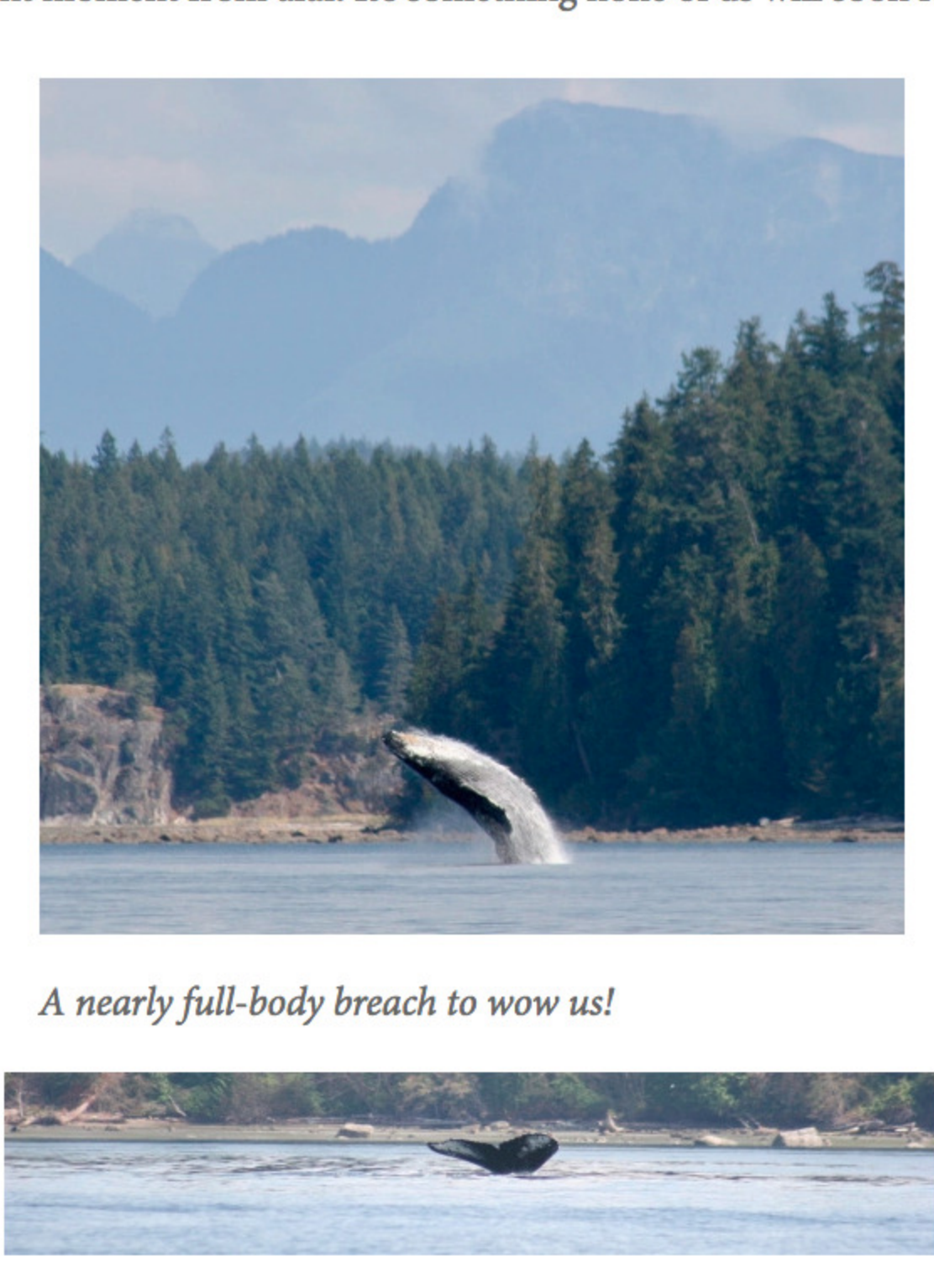


Spectacular views of the mainland mountains from the south-east coast

With its gorgeous views of the Rockies, abundant wildlife, lush nature trails, and access to countless ocean-going and island-hopping adventures, Quadra Island (pop. 2,500) just feels like a special place the moment you step foot on it. If you're a nature-loving family needing some time away in a quiet spot and an off-the-beaten track holiday, I highly recommend a visit!

Here are a few of our favourite memories to inspire you as you plan your west coast get-away!

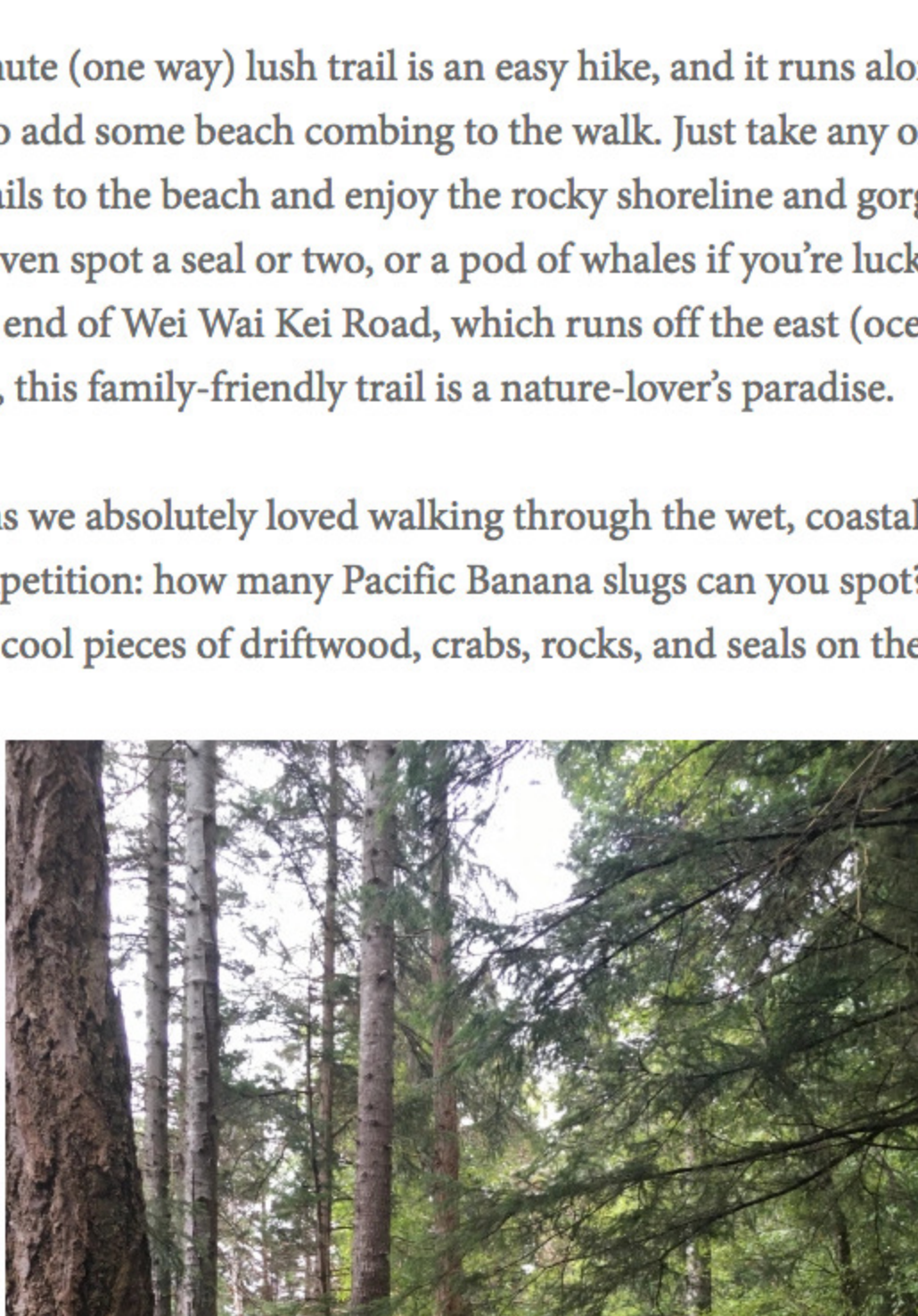
1) Getting out on the water and discovering a very active Humpback Whale



How lucky were we to be able to sit quietly on our boat for 30 minutes and watch this Humpback play?

We did stay with family while on Quadra, so that gave us a bit of an edge when it came to having access to a boat, as well as to two people that could show us all the best inlets and shoreline. Kayak rentals are available on Quadra for adults and children and you can even [book a guided tour](#). The area is world class when it comes to ocean kayaking, so don't miss the chance to get out on the water.

We were just about to head back to [Rebecca Spit Marine Provincial Park](#) after an amazing day on the water that included picnicking on a narrow spit when we heard some splashing in the distance. We sat patiently and THEN... wow! We were all in awe as the whale slapped its pectoral fin, and nearly full-body breached a number of times! We kept our distance and enjoyed this magnificent moment from afar. It's something none of us will soon forget.

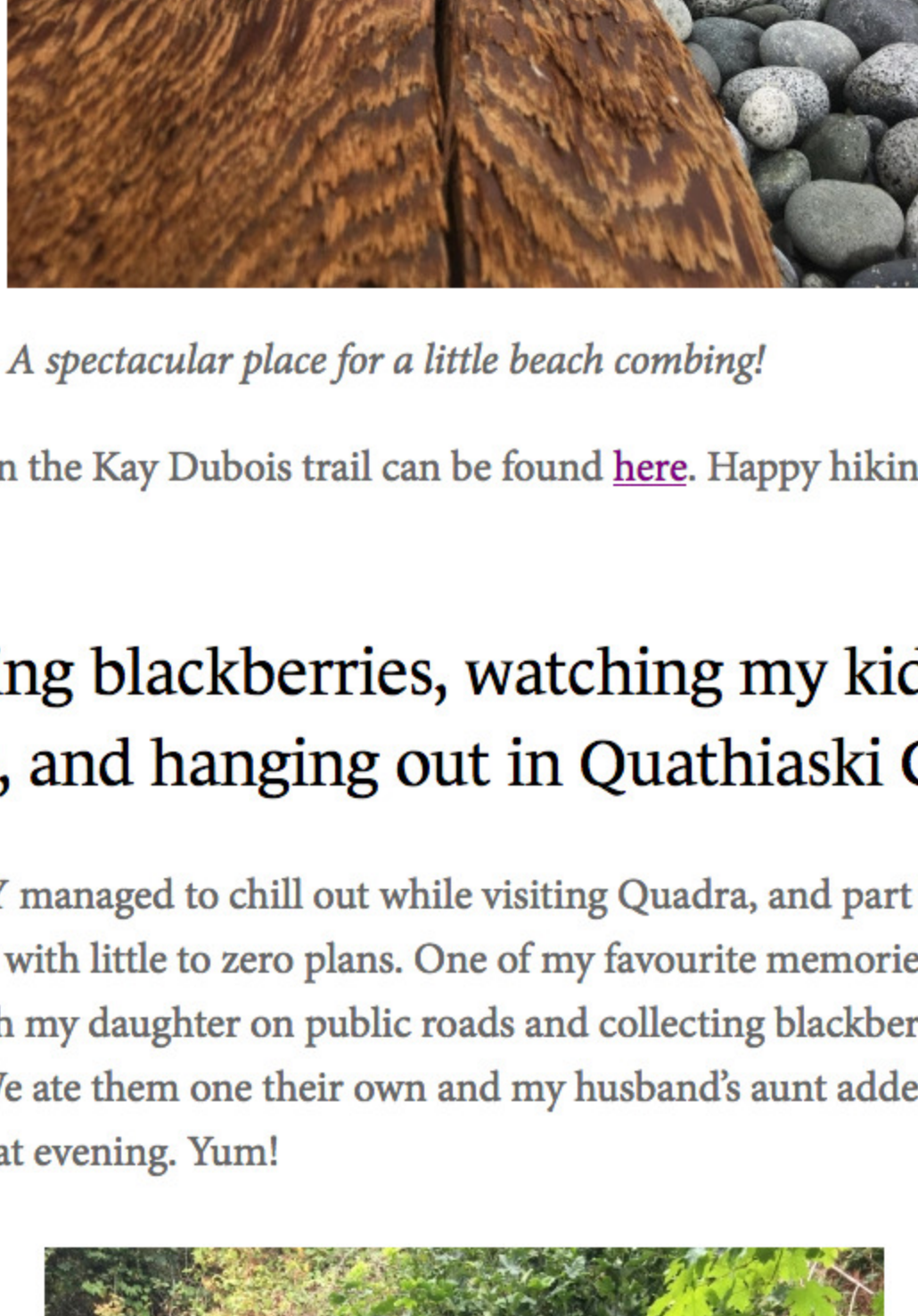


A nearly full-body breach to wow us!



One last look at this beauty's tale.

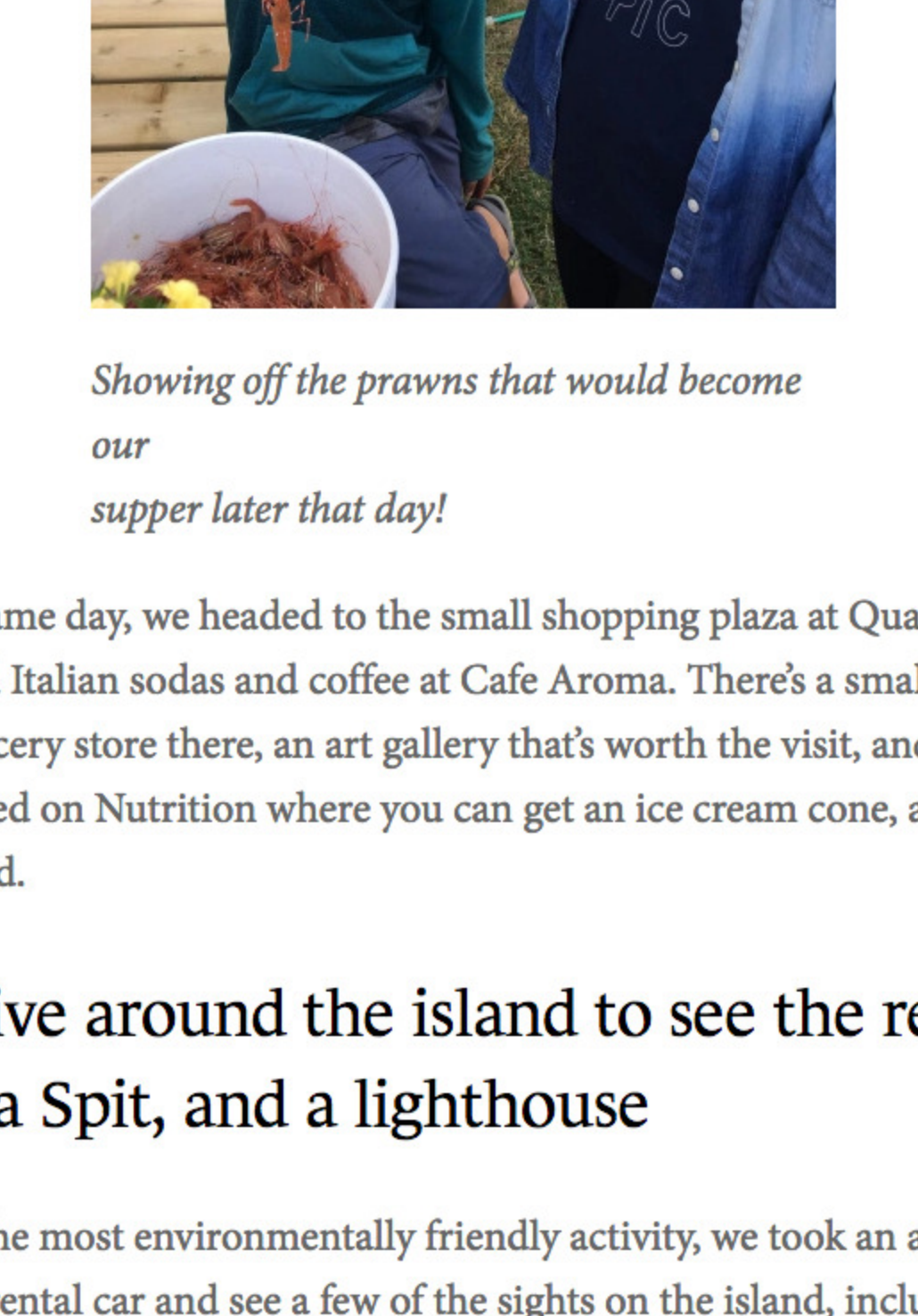
2) Discovering who can find the biggest slug on the Kay Dubois Trail



Our adventurer showing off one of the Pacific Banana Slugs we discovered.

This 45-minute (one way) lush trail is an easy hike, and it runs along the coast so it's easy to add some beach combing to the walk. Just take any one of the little side trails to the beach and enjoy the rocky shoreline and gorgeous views. You might even spot a seal or two, or a pod of whales if you're lucky. Located at the south end of Wei Wai Kei Road, which runs off the east (ocean) end of Smith Road, this family-friendly trail is a nature-lover's paradise.

As Ontarians we absolutely loved walking through the wet, coastal forest (family competition: how many Pacific Banana slugs can you spot?) and then discovering cool pieces of driftwood, crabs, rocks, and seals on the beach.



A quintessential family walk through the lush greenery.

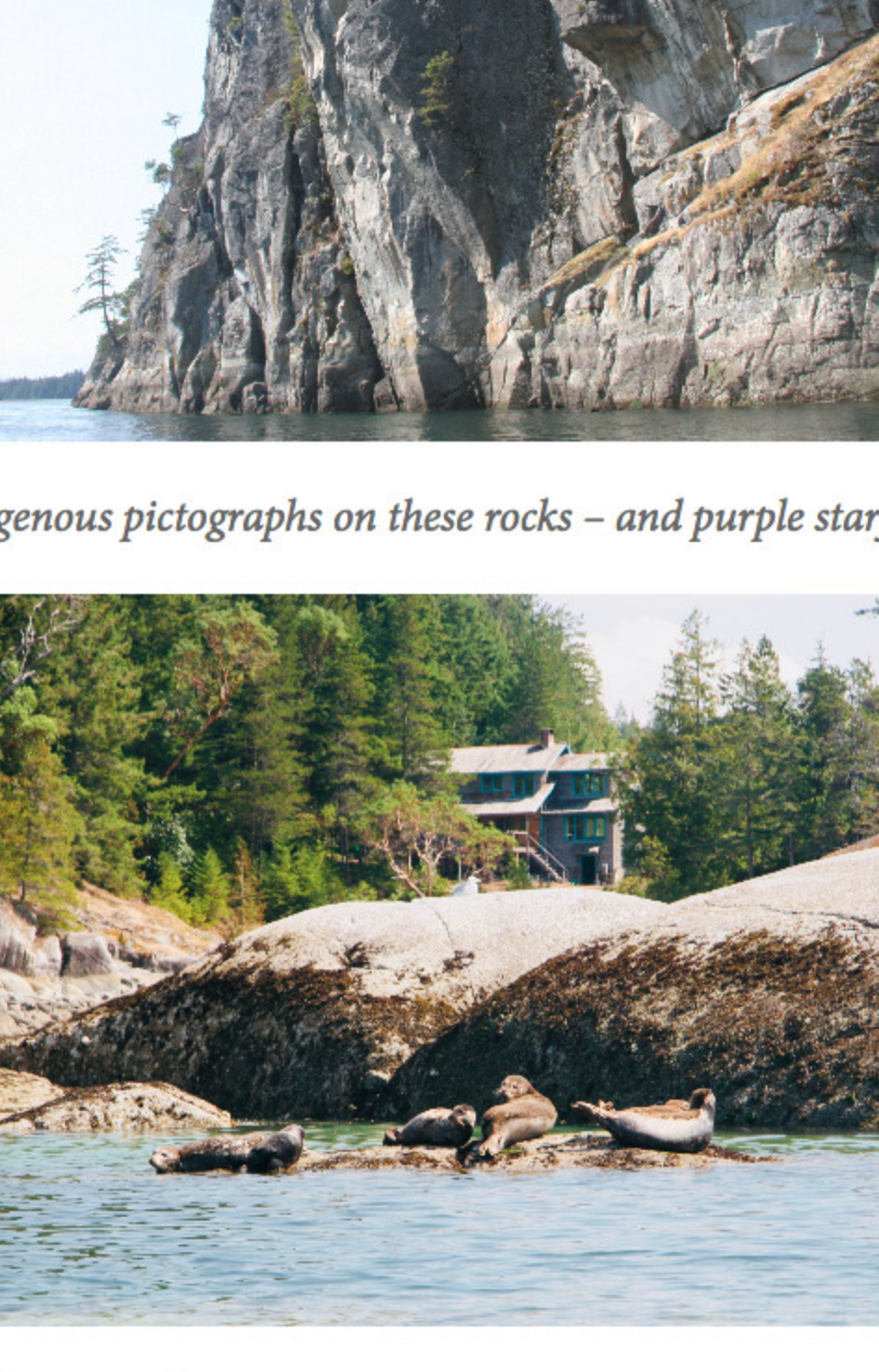


A spectacular place for a little beach combing!

More info on the Kay Dubois trail can be found [here](#). Happy hiking and beach combing

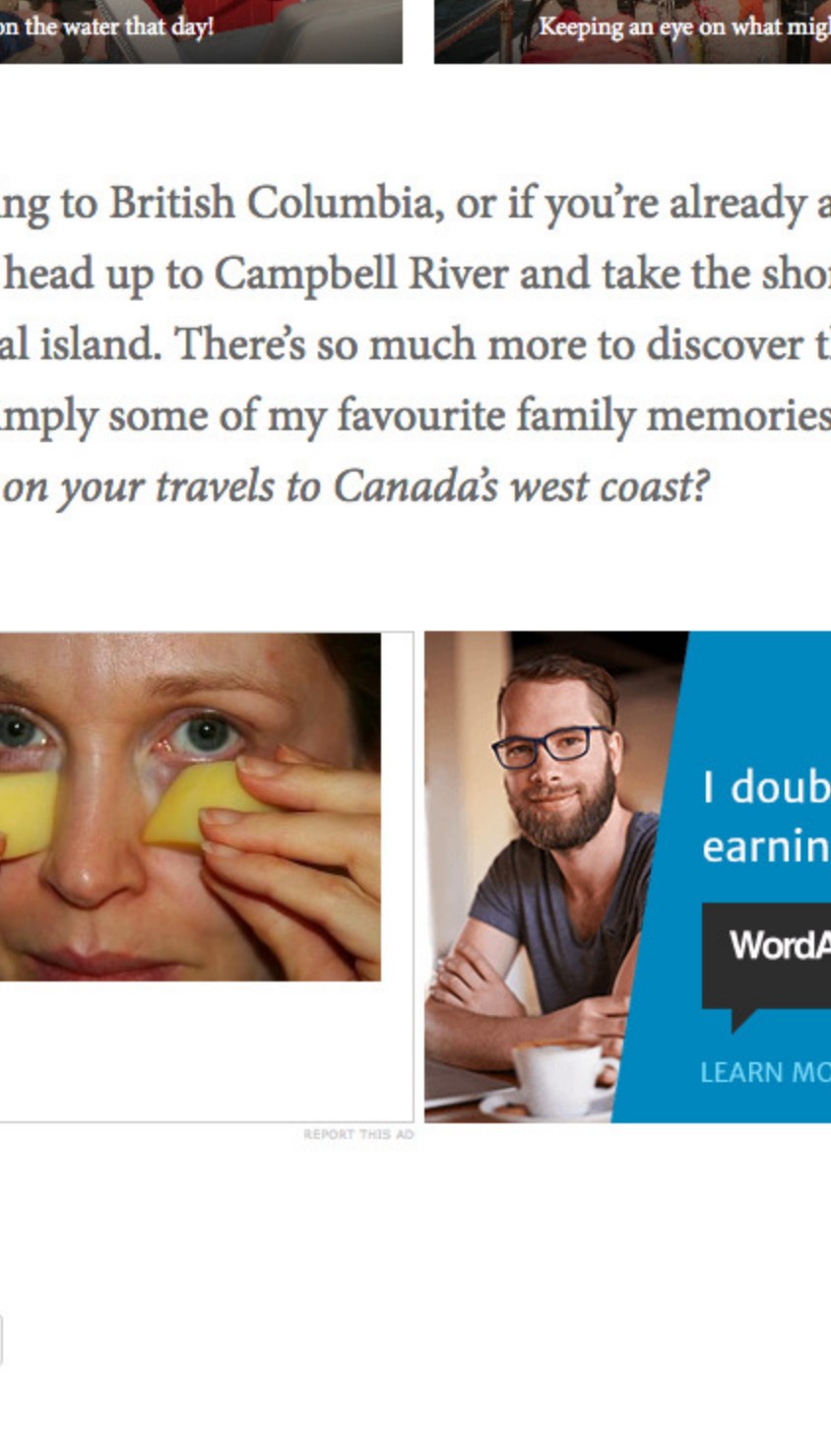
3) Picking blackberries, watching my kids clean prawns, and hanging out in Quathiaski Cove

We REALLY managed to chill out while visiting Quadra, and part of that was having days with little to zero plans. One of my favourite memories was walking with my daughter on public roads and collecting blackberries – so delicious! We ate them one their own and my husband's aunt added them to her salad that evening. Yum!



A favourite memory with my girl – picking blackberries on the side of the road.

My husband's uncle went out on his boat and brought in his catch of prawns, and then proceeded to show my suburbanite kids how to clean them.



Showing off the prawns that would become our supper later that day!

Later that same day, we headed to the small shopping plaza at Quathiaski Cove and enjoyed Italian sodas and coffee at Cafe Aroma. There's a small, well-stocked grocery store there, an art gallery that's worth the visit, and a shop called Amped on Nutrition where you can get an ice cream cone, all on Harper Road.

4) A drive around the island to see the resorts, Rebecca Spit, and a lighthouse

While not the most environmentally friendly activity, we took an afternoon to hop in our rental car and see a few of the sights on the island, including re-visiting the place where we launched our boat: Rebecca Spit Marine Provincial Park.

First stop was [April Point Resort and Spa](#) where we walked around the property and enjoyed the views from the large patio area. [The Cape Mudge Lighthouse](#) was our next stop. It's a quick walk from the parking area along the rocky beach to this 40-foot tall lighthouse built in 1898. Campbell River is visible across the water here, and it's worth stopping and exploring this piece of the island.

Always something to see in the water! A quick stop at April Point.

Beautiful day to discover the area around the Cape Mudge Lighthouse.

[Rebecca Spit](#) is one of the most visited and famous spots on the island. It's a perfect place for a picnic, a walk, and to launch your boat or kayak. It was the perfect end to another relaxing day on Quadra.

5) Seeing seals, Indigenous pictographs, and purple starfish on nearby islands

Yet another memorable experience on the water heading to Whaletown and other little inlets along island coastlines.

6) Watching my kids learn to fish for salmon with their great uncle

So if you're heading to British Columbia, or if you're already a west coaster and have never been, head up to Campbell River and take the short ferry crossing over to this special island. There's so much more to discover than I've outlined here. These are simply some of my favourite family memories. What memories stand out for you on your travels to Canada's west coast?

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