What’s inside...

MEET THE LOCALS pg 18
HIT THE TRAILS pg 20
COUNT THE CRITTERS TO WIN! pg 7
AND MUCH MORE

TOURISMNANAIMO.COM
Con-cation (noun):

**WORD ORIGIN** a conference + a vacation

1. when you attend an awesome business event and you stay for all the adventure and fun experiences the city has to offer

2. what happens when you book your event at Vancouver Island Conference Centre in Nanaimo, BC

Ask us how you can transform your conference into a con-cation!

1.866.430.6338  viconference.com
It gives me great pleasure to welcome visitors and residents to the traditional territory of the Snuneymuxw First Nation. We are pleased to share the beauty and bounty of the land that our people have called home since time immemorial.

Snuneymuxw First Nation is a vibrant community with a strong culture, traditions and way of life. Part of the Coast Salish People, Snuneymuxw is located on the eastern coast of Vancouver Island, the Gulf Islands, and the Fraser River in the Canadian province of British Columbia. Snuneymuxw territory encompasses one of the most productive and resource rich areas at the heart of the Salish Sea. Snuneymuxw is one of the largest Nations in B.C. with a population of over 1,700 people. Snuneymuxw is a signatory to the pre-confederate Douglas Treaty of 1854 which forms the basis for the Crown - Snuneymuxw relations. Through reconciliation of our treaty relationship, Snuneymuxw First Nation is striving to create opportunities to fulfill our potential as individuals, families, and as a Nation.

An opportunity exists for Indigenous Tourism to lead the way for meaningful reconciliation of our shared history. Snuneymuxw tourism products are interactive ways to learn about the Snuneymuxw culture and our shared history, offer employment opportunities and support local businesses. We hope that visitors and residents take the opportunity to learn more about our shared history, the Snuneymuxw way of life and our shared vision for the future.

We welcome you to our territory, and hope that the special memories you form of Nanaimo and the surrounding lands will last a lifetime.

Erralyn Joseph

Councillor, Snuneymuxw First Nation
President, Petroglyph Development Group
“Beautiful, Charming, Scenic, Hospitable, Harbourside Walkway, Historic, Fun, Something for Everyone, Lucky to Live Here, So much to do, Pioneer Waterfront Plaza We’ll be Back, An Amazing Harbour, A Boating Destination, We LOVE Nanaimo”

Welcome & How to Get Here ........................................ 6
Ask a Local ................................................................. 7
Festival & Event Listings ............................................. 8
Crafting a Farm-Fresh Experience in Nanaimo .............. 10
The Culture of Craft in Nanaimo ............................... 12
How the Saysutshun Raccoon Got His White Coat ......... 14
Experience Saysutshun .............................................. 16
The True Locals of Nanaimo - Wildlife Abounds .......... 18
Getting our Steps in Nanaimo, BC ............................. 20
Mountain Biking in Nanaimo: The Newbie and the Expert 22
A Suggested Itinerary for Wanderers ......................... 24
Life on the Water: Truly a Harbour City ....................... 26
Fish Nanaimo ... But Don’t Tell Anyone ....................... 27
Artistic License in Nanaimo ......................................... 28
A Neighbourhood Guide to Nanaimo ......................... 30
Explore the History of Nanaimo ................................. 34
Activity, Accommodation, Transportation and Restaurant Listings ................................................. 36

Cover photo: Ben Giesbrecht - Sway-A-Lana Lagoon in Maffeo Sutton Park
Table of Contents photo: Mike Anderson

marina.npa.ca  cruise.npa.ca

World-Famous Central Vancouver Island

2019 Nanaimo - Your Guide to the City is published by Tourism Nanaimo in partnership with Primal Communications Ltd.
Tourism Nanaimo
info@tourismnanaimo.com
www.tourismnanaimo.com
Primal Communications Ltd.
www.primalcommunications.com

No part of this publication may be reproduced without consent from the publisher.
Since 1996, the Romper Room has been Vancouver Island’s favourite indoor rock climbing destination for fun, for fitness, and to challenge your mind. Fully equipped with top rope, lead climbing, auto belays, boulder cave, MoonBoard training wall, and training area.

No experience necessary. Drop-ins welcome. Guided sessions available with 24h advanced booking.
Welcome to Nanaimo, traditional and unceded territory of the Snuneymuxw First Nation. Nanaimo is the gateway to Vancouver Island, one of the world’s most beautiful islands located on the great west coast of Canada, in the pacific ocean and province of British Columbia.

This guide to the beautiful city of Nanaimo was written by proud residents, and joyful visitors, who have already discovered the secret. Nanaimo is a coastal paradise offering a unique balance of urban and natural beauty - where street art, First Nations totems and coal mining relics play against a backdrop of rainforest beauty, mountain terrain and beaches.

The secret too is that we are incredibly proud of where we live, and are thrilled that you have chosen to learn more about our harbour city. In these pages we hope to inspire you to ride (or walk) our trails, explore the waterfront (from land and sea), and challenge your perspective by learning more about our unique way of life (past and present).

Hello! My name is Dino and I am one of the friendly faces you will see at the Nanaimo Visitor Centre locations. I help travellers find the best ways to spend their days and nights while in the central Vancouver Island region. I can tell you the little known hot spots, the bucket-list landmarks, and of course the practical information, like how to get from here to there. I am always just an email or phone call away to help you plan your perfect Vancouver Island getaway.

Trained, cheery and helpful staff and volunteer Nanaimo Hospitality Ambassadors are waiting to welcome you. Stop by our Visitor Centre locations at 2450 Northfield Road, and seasonally downtown in the Bastion Museum. You can reach the Visitor Centre by phone at 1-800-663-7337; info@tourismnanaimo.com

How to Get Here:

Planning your transportation to and from Nanaimo is easily tailored to the type of experience you’re looking for on Vancouver Island. Whether you’re flying into the Nanaimo Airport or cruising across on BC Ferries, Nanaimo is an accessible west coast destination.

**Nanaimo Airport** - A busy modern airport with three air carriers connecting Vancouver Island to the world.

**Ferry** - BC Ferries operates direct routes from two Nanaimo ports to the Lower Mainland, Vancouver BC. The BC Ferries connection to Gabriola Island is located downtown Nanaimo.

**Road** - Driving on Vancouver Island is easy and congestion free with most destinations connected by two-lane highways.

**Helijet** - Half of the experience is getting here when you fly direct from Vancouver’s Helipad to Nanaimo’s cruise ship terminal aboard a helicopter.

**Boat** - Boaters can find moorage and many amenities in Nanaimo, making it an ideal stop or ultimate destination in the Salish Sea.

**Float Plane** - Regularly scheduled flights on three air carriers connect Nanaimo to the Sunshine Coast and Nanaimo to Vancouver. Flight time is approximately 20 minutes.
Nanaimo is full of a variety of species and wildlife. Be on the lookout for harbour seals, crabs, whales and the rare white raccoon.

Count them all in this guide and let us know how many you spotted at tourismnanaimo.com/critter-count for a fun reward!
## FESTIVALS & EVENTS

Dates are subject to change. Check for most current schedule at tourismnanaimo.com.

### APRIL

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>4-7</td>
<td>Nanaimo Boat Show</td>
</tr>
<tr>
<td>5-14</td>
<td>Isle of the Arts Festival</td>
</tr>
<tr>
<td>28</td>
<td>A Cappella Plus: An Afternoon of Music</td>
</tr>
<tr>
<td>28</td>
<td>Core Dance Productions</td>
</tr>
</tbody>
</table>

### MAY

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>17-31</td>
<td>Daily noon Canon Firings</td>
</tr>
<tr>
<td>19</td>
<td>Nanaimo Heritage Festival</td>
</tr>
<tr>
<td>25-26</td>
<td>Island Fantasy Ball</td>
</tr>
<tr>
<td>25-26</td>
<td>Hammond Bay Studio Tour</td>
</tr>
</tbody>
</table>

### JUNE

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>1-30</td>
<td>Daily noon Canon Firings</td>
</tr>
<tr>
<td>1-15</td>
<td>Van Isle 360 Yacht Race</td>
</tr>
<tr>
<td>1</td>
<td>Vancouver Island Children’s Book Festival</td>
</tr>
<tr>
<td>4-9</td>
<td>Nanaimo Pride Festival</td>
</tr>
<tr>
<td>8</td>
<td>5K Foam Fest</td>
</tr>
<tr>
<td>20, 27</td>
<td>Commercial Street Night Markets</td>
</tr>
<tr>
<td>21</td>
<td>National Indigenous Persons Day</td>
</tr>
<tr>
<td>21-22</td>
<td>Vancouver Island Chamber Music Festival</td>
</tr>
<tr>
<td>28-30</td>
<td>Nanaimo Yacht Club SIN Regatta</td>
</tr>
</tbody>
</table>

### JULY

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>1-31</td>
<td>Daily noon Canon Firings</td>
</tr>
<tr>
<td>1</td>
<td>Canada Day</td>
</tr>
<tr>
<td>4, 11, 18, 25</td>
<td>Commercial Street Night Markets</td>
</tr>
<tr>
<td>5-7</td>
<td>Dragonboat Festival</td>
</tr>
<tr>
<td>5-7</td>
<td>InFrigInG Dance Festival</td>
</tr>
<tr>
<td>13</td>
<td>Wheel-O-Rama Festival of Wheels</td>
</tr>
<tr>
<td>14</td>
<td>Silly Boat Regatta</td>
</tr>
<tr>
<td>19-21</td>
<td>Marine Festival and World Championship Bathtub Race</td>
</tr>
</tbody>
</table>

### AUGUST

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>1-31</td>
<td>Daily noon Canon Firings</td>
</tr>
<tr>
<td>4, 11, 18, 25</td>
<td>Commercial Street Night Markets</td>
</tr>
<tr>
<td>8-17</td>
<td>Nanaimo Fringe Festival</td>
</tr>
<tr>
<td>10</td>
<td>Symphony by the Sea</td>
</tr>
<tr>
<td>22-25</td>
<td>Nanaimo Blues Festival</td>
</tr>
<tr>
<td>23-25</td>
<td>Vancouver Island Exhibition</td>
</tr>
<tr>
<td>24-25</td>
<td>Red Bull Pump Track World Championship, Qualifier</td>
</tr>
<tr>
<td>Aug 31 - Sept 2</td>
<td>CULTIVATE: Art Festival on Gabriola Island</td>
</tr>
</tbody>
</table>

### SEPTEMBER

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>20-22</td>
<td>Nanaimo International Jazz Festival</td>
</tr>
<tr>
<td>22</td>
<td>Longwoodstock</td>
</tr>
<tr>
<td>28</td>
<td>Wellness Fall Health Expo</td>
</tr>
</tbody>
</table>

Photo: Nancy Shields - Fresh produce at Cedar Farmer's Market
## October

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>3</td>
<td>Nanaimo Business Expo</td>
</tr>
<tr>
<td>12-14</td>
<td>Gabriola Island Thanksgiving Weekend Studio Tour</td>
</tr>
<tr>
<td>18</td>
<td>Bite of Nanaimo</td>
</tr>
<tr>
<td>25</td>
<td>Nanaimo Wine Festival</td>
</tr>
<tr>
<td>26-27</td>
<td>Kippers Meelee Board Game Tournament</td>
</tr>
</tbody>
</table>

## November

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 – 4</td>
<td>Nanaimo Fine Art Show</td>
</tr>
<tr>
<td>13-17</td>
<td>Canadian Cue Sport Association Pool Tournament</td>
</tr>
<tr>
<td>21-24</td>
<td>Kris Kringle Craft Market</td>
</tr>
<tr>
<td>22-24</td>
<td>Cedar Yellow Point Artisans Christmas Tour</td>
</tr>
<tr>
<td>30</td>
<td>A Capella Plus: An Afternoon of Music</td>
</tr>
</tbody>
</table>

## December

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>7-8</td>
<td>Nanaimo Art Walk</td>
</tr>
<tr>
<td>13-15</td>
<td>Vancouver Island Market</td>
</tr>
<tr>
<td>tbd</td>
<td>B. Gallant Homes Gingerbread Village at VICC</td>
</tr>
</tbody>
</table>

## February

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>tbd</td>
<td>Maple Sugar Festival</td>
</tr>
<tr>
<td>tbd</td>
<td>Crafternoon</td>
</tr>
</tbody>
</table>

## Farmer’s Market

**May - Oct**

<table>
<thead>
<tr>
<th>Day</th>
<th>Market Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sundays</td>
<td>Cedar Farmer’s Market</td>
</tr>
<tr>
<td>Wednesdays</td>
<td>Island Roots Market (Year-round)</td>
</tr>
<tr>
<td>Fridays</td>
<td>Downtown Nanaimo Farmer’s Market</td>
</tr>
<tr>
<td>Saturdays</td>
<td>Gabriola Farmers Market</td>
</tr>
</tbody>
</table>
CRAFTING A FARM-FRESH EXPERIENCE IN NANAIMO

By Jordan Dyck

To discover the unique experiences available from the creative craftspeople and businesses of Nanaimo, you need to venture ever-so-slightly off the beaten path, as I did. In doing so, I was pleased to discover wineries that were a 10-minute drive from a shopping mall; a farm within walking distance of an airport; and one of the most delicious lattes I’ve ever had, served from a tiny shop behind a popular supermarket. This is the Nanaimo I needed to discover, filled with farm-fresh ingredients and inspiring conversations with the creative locals I met while travelling through.

An escape from city-life for some, a place to call home for others. With lush rainforests, crashing coastlines, bountiful farmland, and even a slight urban sprawl, Nanaimo has something for everyone.

GOAT YOGA, VEGAN BEER, AND KING OYSTER MUSHROOMS

On arrival to Nanaimo by plane, a spot that can’t be missed is Yellow Point Farms. I grabbed a delectable cup of cider then met the farm animals as I toured the property. A not-to-miss experience? Goat yoga. The name says it all, but it’s an “Animal-Assisted Therapy in a natural setting” with the cutest miniature Nigerian goats. Brilliant.

After saying goodbye to the goats, I headed into town, stopping at Regard Coffee Roasters for a to-go cup of delicious joe before we made our way around the city. Vancouver Island Expeditions makes touring Nanaimo easy, with tailored experiences to take your group wherever you want to go. St. Jean’s Cannery is a unique island experience where you can watch fresh salmon come in from the local waters and then be processed for delivery to very happy customers. The staff are pretty great too, and I saw plenty of smiles as I walked through the brightly lit building.

It’s incredible to see the ingredients carefully selected by the local artisans in Nanaimo, such as at Longwood Brewery, where they serve vegan beer (yes – that’s a thing) made from local ingredients from farms around the island. It was remarkably delicious. A more recent addition to Nanaimo’s food scene, Eve Olive, strives to serve locally sourced and organic food using 100% plant-based ingredients. The chef had just picked up some king oyster mushrooms, and I sampled a few before they hit the menus – they were to die for.

All in all, by going a bit off the beaten path, Nanaimo gives you more than a few unique and wonderful experiences that will make your stomach happy and your mind relaxed. You may be tempted to stop by a drive-thru on your way to another island destination, but you’d miss out on the most delicious, unique, creative businesses, and people that inhabit this coastal city. One comes to Vancouver Island to explore, and I encourage you to try something new on your next visit to this diverse coastal city.
“At the markets we sell at in Nanaimo, there are over 200 vendors who participate and you can do your full spectrum of shopping at these markets, so you’re invited to come to the market.”

- Chris
THE CULTURE OF CRAFT IN NANAIMO

BY LEIF BOGWALD

Whether you want to explore the local craft beer scene, sip on small-batch spirits, or drink wine from one of Vancouver Island’s oldest wineries, Nanaimo is the place to taste your heart out. With such a variety of places to choose from, Nanaimo makes it easy to drink like a local.

Ferry, float plane, or vehicle – no matter what method of transportation you take to get to Nanaimo, **White Sails Brewing** (125 Comox Road) is not far away. White Sails focuses on building and celebrating community in their spacious Downtown Nanaimo Taproom. Their award-winning craft beer, full coffee bar and locally sourced menu will have you feeling like a local in no time. If you’re in the mood for more beer, Longwood Brewery and Wolf Brewing are both less than 10 minutes from downtown.

**Wolf Brewing**’s (940 Old Victoria Road) passion lies in striving to produce the best quality beer right in the heart of Vancouver Island. Coming from the ashes of one of Nanaimo’s first breweries, their current taproom offers you the opportunity to taste their new and exciting brews, and then bring some home with you.

Stop by The **Longwood Brewery**’s tasting room and picnic patio at 2046 Boxwood Road where they showcase their commitment to creating an obsessively local product, through a partnership with local farmers to grow and malt quality barley and hops for use in their beer, resulting in the “Terroir of Beer”.

If you’re looking for somewhere to grab a great meal while enjoying local craft beer, the **Longwood Brew Pub** (5775 Turner Road) offers nothing but the best. Their chefs use only the freshest, locally sourced ingredients, and they don’t filter their beer, choosing instead to allow it to retain its vitamins, minerals, nutrients, and natural flavours. You can’t go wrong with a recipe like that!

If you fancy something other than beer, stop at **Chateau Wolff Estate Winery**’s (2534 Maxey Road) tasting room. Their five-acre vineyard boasts some of the oldest vines planted on Vancouver Island, while their approach to wine is focused on growing high-quality grapes that speak for themselves. Tended to organically with minimal intervention, their old-world methods shine right through to the bottle.

**Arbutus Distillery** (1890 Boxwood Road) is Nanaimo’s producer of small-batch spirits and the best cocktail bar around. Everything is brewed, fermented, distilled, and bottled on-site and only 100% BC-grown fermentables are used in their creations. They even go so far as growing many of their own botanicals to make unconventional, truly unique, flavour-forward spirits and cocktails. The creativity of the cocktail list gives you the feel of a big city cocktail bar while keeping the laid-back island vibe.

You don’t have to plan your spirited adventure on your own - **Vancouver Island Expeditions** can happily take care of you. The easy way to really experience the local vibe is to book a Taste of Nanaimo craft beverage, estate winery and culinary tour. Sip by sip and nibble by nibble, they’ll help you explore Nanaimo’s family owned vineyards, breweries, distilleries & local food producers, leaving you wanting to come back for more.
After a day of delicious adult beverages, get your Vancouver Island Expeditions tour guide to take you back to your room at the Hammond Bay Bed and Breakfast. Have a nightcap while watching bald eagles soar above the orcas cruising past the private beach. Snuggle into the comfy queen, pulling the down duvet up to your chin, then drift into sleep to end a fantastic day. Wake up refreshed, reenergized, and ready to enjoy a hearty breakfast in the dining room overlooking Hammond Bay.

This article contains sponsored content.

“You can really occupy a lot of your time traveling from one drink establishment to another. We’ve got pretty much everything here.”

- Harley
Long ago all the animals and birds would gather together and have a year-end feast and a Potlach and share a meal with one another.

If someone liked clams they brought clams to the main table, if someone liked berries they would bring berries, and so on. So everyone’s favourite food was at the same table for one another to share.

Everyone always looked forward to Eagle’s dish because he brought Coho salmon. To all the animals and birds, Coho is like chocolate and it never made it all the way around the table before running out.

One year, Raccoon was talking to his friends Cormorant and the Otter. He said to them, "I wish we could just steal that Coho and keep it for ourselves because most of the time it never makes it all the way around the table."

His friends agreed, so Raccoon says, “Well, all we need is a big distraction.” Cormorant says, “Well I could pretend I’m stretching and while I’m stretching someone can run behind and grab the Coho.”

“How about I stand up on a perch and watch to see when it looks busy,” says Raccoon, “and Otter you run in and grab the Coho while Cormorant is stretching.”

The day of the feast, Cormorant goes to the main table and stands there waiting for Raccoon to say its OK. When Raccoon gives Cormorant the sign, he pretends to stretch and Otter runs in and grabs the Coho and takes off. Just as Otter is at the water line, Eagle swoops down and stops Otter and says “Stop! Why must you steal from our main table? This is the only time of year we share a meal with one another and you are stealing. I must teach you all a lesson. Cormorant, because you tried to trick me with having your wings flared wide open you shall be like this until this day.” Today, whenever Cormorants get wet, they have to leave their wings flared open in order to dry or they will be cold.

Eagle continues, “Otter, once you were a great scout of all the lands now you shall be a great scout of the sea. So now Otters breathe air but live in the ocean.

As each one was getting in trouble Raccoon became more and more afraid of what was going to happen to him because he had planned the whole idea and when Eagle said, “And Raccoon...” Raccoon became so afraid he turned white.

Eagle said, “Raccoon, because you planned the stealing of the Coho this is how you shall live from now on.” The Eagle then cast the white Raccoon out to Saysutshun Island and told him that is where he shall live from now on.

This is why Saysutshun is the only place in the world that has the white raccoons.

Reprinted with permission.
Saysutshun is a Special Place of Natural Wonders with a Rich Cultural History.

Enjoy the beautiful sunrise and calming sounds of the Salish Sea while you camp with your friends, family or large group at the beautiful oceanside campground. Hike or bike on one of the many trails with panoramic views and explore the tidal pools and beaches, forest ecology or one of the many historic sites including Snuneymuxw village sites, sandstone quarries, fish saltery and coal mine sites. Join us on an interpretive walking tour to learn about our shared history and the special significance of Saysutshun.

- 22 kilometers of trails – explore tidal pools, beaches, parklands and historic sites
- Walk-in and group camp sites – with fresh water and hot showers
- Cultural experiences – interpretive walking tours, traditional salmon barbecues and more
- Tasty treats at our Saysutshun Bistro
- Moorage available at docks and buoys for upwards of 50 boats.

Check out our website and plan your trip today! www.newcastleisland.ca

Accessing the beautiful Island of Saysutshun is made possible by ferry service located at Maffeo Sutton Park Dock.
The stories that I refer to come from them, both living and gone, who have taken it upon themselves to do the work that is imperative to continuing our traditional ways of life; preserving what we have so that it can be handed down to future generations. These elders are Albert Wesley, Xalanamut (Mary Rice), Tsa’tass’aya (Jenny Wyse), Kwulasulwut (Dr. Ellen White), Xul’simalt (Gary Manson), and Tsa’tass’aya (Geraldine Manson). Huy ch qu si:em.

Saysutshun is a sacred space that is highly significant to us as Snuneymuxw people. When we think of it, we think of a place of healing, a place of preparation, a place of transformation. We think of home. It is a place of safety. It has borne a wealth of legends and teachings in our oral tradition, ranging from creation stories to familial lore; some still existing within living memory. It is a place where Xeel’s, the Transformer, walked and left his mark. It is a place where we can connect with our ancestors.

The name “Saysutshun” refers specifically to the island’s use as a place of preparation; how our ancestors used it to train, bathe, and prepare themselves physically, mentally, and spiritually. They ran the trails on the island and bathed in the water. Bathing is a sacred act for us, there is a strict process and it can only be done in certain locations; those places carry great spiritual significance. It cleanses us, our bodies, our minds, and our spirits. It is a way for us to tap into the natural energies of the world. It is an act of prayer, we beg the water and the air and the ground beneath our feet to help us, to help those who stand and walk with us, and those who are important to us elsewhere in the world. A person would be required to bathe daily for extended periods of time before ceremonial events or going on a hunt or other such undertakings. To prepare oneself properly as such is crucial to the success of the work being done, and Saysutshun is one of the unique places where that can be achieved.

There are many stories from the days when Xeel’s walked the land and spread teachings, helping those who needed help, changing things into the way they are today. One story tells of a sea monster at Thlap’qwum which looked like a giant skate fish. It lived in the channel between Saysutshun and where Stewart Avenue is today. In a case of forbidden romance, a young couple lived across the channel from each other, but were not allowed to be together. One day, the young man finally decided to swim across the channel to be with his loved one, but the water began to bubble and churn as though it were boiling, and the monster surfaced, swallowing him whole. Through the collective work of the community they managed to spear the monster using a trap of clams to free the person.
who was unharmed. In one version, this is the origin story for the
species of clams and our clam beds in the area, in another version
Xeel’s pulls the monster out of the water and throws it through the
air out into the Salish Sea. Another example talks about Hamatsa
Rock, which is past Kanaka Bay. This rock was once a person. Xeel’s
turned many people into stone, people who misbehaved. It is closely
connected to a similar rock on Tleltxw (Gabriola Island) called
Xuw’t’luqs, who was also turned into stone.

Other stories come from living memory, certain individuals were
sent to Saysutshun for teachings, teachings about healing, about
our traditions and history. This was, and remains to be, a place where
sacred knowledge and teachings are shared.

Uncle Gary told a story of his father and uncle’s experience in
residential school. His uncle died there, as a boy. When that
happened, his grandmother took his father and hid him on
Saysutshun in the old herring saltery. By hiding there, he escaped.
This is a place where, in historical times, we would send our families
when our villages came under attack. But evidently it isn’t only in
historical times that it has had to be used as such. Even as recently
as within the past hundred years we have had to bring our people,
our children, here to protect not only their wellbeing, but their lives.

Saysutshun is a place of protection, and healing too. It offers many
different plants and herbs good for medicine, which our ancestors
would gather. The island itself acts as a breakwater, calming the
inner waters making for safe travel.

It is also a place of transformation, which is, in essence, the nature
of creation itself. The preparation, the healing, the desired outcome
of these practices and the work that is done here is transformation.
A change of state. To continue to move with the flow of time and
step forward within it. To allow ourselves to continue to better
ourselves—which is a fundamental aspect of our traditional
teachings, our snuw’uyulh, to constantly search to better ourselves
as people. When we become stuck, we suffer, we become sick.

Our ancestors lived a life of change and transformation, they
moved with the world, the food that sustained them through the
changing seasons. Though we do not live nomadically as before, it is
important to take part in the world as it changes, to step outside and
experience it; to step outside the city and onto Saysutshun.

These are things which we hold dearly. It is who we are. Our history,
culture, and very beings are intrinsically tied to our territory—our
home—which Saysutshun is a significant part of. When we think
of who we are, we think of these places and what has happened
there. Because of this, it is of utmost importance to us to maintain,
protect, and uphold Saysutshun and what it represents. In doing so,
we can take the teachings that our ancestors left us, the territory
and natural beauty, and share them with future generations, and not
only future generations of Snuneymuxw, but future generations of
the world. By sharing this place with our guests, we not only reaffirm
our traditions, we create a space in which visitors can be educated
about who we are, where we come from, and why this place is so
special to us. A space in which the potential of reconciliation can be
realized through shared experience.

Through the development of our cultural tourism, we work to bring
Saysutshun into the daily lives of the people of Nanaimo, and with
it that realization of reconciliation. We welcome our guests to
come and share the experiences of our ancestors, to experience
Saysutshun as it is meant to be: a place of healing, a place of
preparation, a place of transformation. To bring the beauty and
wealth of nature into their lives; to find spaces of solitude away from
the city, space for contemplation, but also to find shared spaces
where we can meet and be merry, where we can celebrate and spend
time with one another. To experience the healing that these spaces
can provide. To draw upon the transformative change of this place.

Whether you are a new visitor to our territory or an old, we hope
that you will come experience Saysutshun. Walk the paths of our
ancestors, with us.
Meet the Locals of Nanaimo

Wildlife Abounds

With a mild Mediterranean climate, rich and diverse ecosystem, and a west coast mentality of live and let live, it’s no surprise that there’s an abundance of creatures living in and around Nanaimo. Wherever you stop, you’ll see local wildlife peacefully enjoying their habitat.

Bigg’s (transient) orca

Bigg’s orcas – the black and white transient killer whales that hunt and visit in the waters of Nanaimo – are the movie stars of the ocean, and local whale-watching groups, such as Vancouver Island Whale Watch, bring you to a safe distance to see them in their natural habitat.

Fun Facts:
1. Significantly larger than Resident orcas
2. Silent hunters - Bigg’s orcas tend to vocalize less frequently

Humpback Whales

When you think of whales, chances are you’re imagining the profile of a humpback whale; its massive form breaching the water or unique tail waving to the world. These gorgeous mammals are a familiar sight in the waters around Nanaimo, where their population is gradually recovering from the commercial whaling activities of the past.

Fun Facts:
1. Each humpback whale’s tale is unique – just like a human fingerprint
2. Humpback whales eat krill, salmon, herring, and other small fish – if you’re lucky, you might see them bubble-net fishing

Wild Creatures

The forests around Nanaimo are filled with all kinds of critters – black-tail deer and squirrels are common sights, and in the evenings, you might stumble across a raccoon banquet. Black bears and cougars tend to avoid humans, but you might find a few in the North Island Wildlife Recovery Centre, 30 minutes north of Nanaimo.

Fun Facts:
1. The front teeth on a squirrel never stop growing
2. Animals you probably won’t see in Nanaimo (nor on Vancouver Island): Grizzly bears, porcupines, skunks, coyotes, moose, Sasquatch.

Steller Sea Lion

If you took the ferry to Nanaimo, you may have already seen – and heard – Steller sea lions barking and basking on the rocky beaches through Active Pass. Whale watching skippers often include a trip to a rookery or two for guests to observe these playful pinnipeds.

Fun Facts:
1. Largest of the eared seals and the largest sea lion
2. Listed as an endangered species in 1997, and removed in 2013 due to a major population comeback

Bald Eagle

Watch for the distinct silhouette of these gorgeous creatures near the Nanaimo River estuary, in craggy trees along Pipers Lagoon, or on a whale watching tour, and visit the Pacific Northwest Raptor Centre to meet and learn about rehabilitating eagles and other local birds of prey.

Fun Facts:
1. Can dive 300 feet and stay underwater for nearly half an hour
2. Pups can swim and dive within hours of being born

Harbour Seal

Darting in and around the docks and wharves in Nanaimo Harbour, the Harbour seal is probably the most commonly seen marine mammal on the west coast. Watch for their big black eyes, puppy-dog face, and chubby bodies whenever you’re near a quiet spot on the water.

Fun Facts:
1. Can dive 300 feet and stay underwater for nearly half an hour
2. Pups can swim and dive within hours of being born

With a mild Mediterranean climate, rich and diverse ecosystem, and a west coast mentality of live and let live, it’s no surprise that there’s an abundance of creatures living in and around Nanaimo. Wherever you stop, you’ll see local wildlife peacefully enjoying their habitat.

Bigg’s (transient) orca

Bigg’s orcas – the black and white transient killer whales that hunt and visit in the waters of Nanaimo – are the movie stars of the ocean, and local whale-watching groups, such as Vancouver Island Whale Watch, bring you to a safe distance to see them in their natural habitat.

Fun Facts:
1. Significantly larger than Resident orcas
2. Silent hunters - Bigg’s orcas tend to vocalize less frequently

Humpback Whales

When you think of whales, chances are you’re imagining the profile of a humpback whale; its massive form breaching the water or unique tail waving to the world. These gorgeous mammals are a familiar sight in the waters around Nanaimo, where their population is gradually recovering from the commercial whaling activities of the past.

Fun Facts:
1. Each humpback whale’s tale is unique – just like a human fingerprint
2. Humpback whales eat krill, salmon, herring, and other small fish – if you’re lucky, you might see them bubble-net fishing

Wild Creatures

The forests around Nanaimo are filled with all kinds of critters – black-tail deer and squirrels are common sights, and in the evenings, you might stumble across a raccoon banquet. Black bears and cougars tend to avoid humans, but you might find a few in the North Island Wildlife Recovery Centre, 30 minutes north of Nanaimo.

Fun Facts:
1. The front teeth on a squirrel never stop growing
2. Animals you probably won’t see in Nanaimo (nor on Vancouver Island): Grizzly bears, porcupines, skunks, coyotes, moose, Sasquatch.

Steller Sea Lion

If you took the ferry to Nanaimo, you may have already seen – and heard – Steller sea lions barking and basking on the rocky beaches through Active Pass. Whale watching skippers often include a trip to a rookery or two for guests to observe these playful pinnipeds.

Fun Facts:
1. Largest of the eared seals and the largest sea lion
2. Listed as an endangered species in 1997, and removed in 2013 due to a major population comeback

Bald Eagle

Watch for the distinct silhouette of these gorgeous creatures near the Nanaimo River estuary, in craggy trees along Pipers Lagoon, or on a whale watching tour, and visit the Pacific Northwest Raptor Centre to meet and learn about rehabilitating eagles and other local birds of prey.

Fun Facts:
1. Can dive 300 feet and stay underwater for nearly half an hour
2. Pups can swim and dive within hours of being born

Harbour Seal

Darting in and around the docks and wharves in Nanaimo Harbour, the Harbour seal is probably the most commonly seen marine mammal on the west coast. Watch for their big black eyes, puppy-dog face, and chubby bodies whenever you’re near a quiet spot on the water.

Fun Facts:
1. Can dive 300 feet and stay underwater for nearly half an hour
2. Pups can swim and dive within hours of being born
WHALE WATCHING in Nanaimo? You bet!

SIGHTINGS GUARANTEED

See photos from our tours on our Instagram account!

@VanIslandWhale

Tours Daily - Book Now

1-250-667-5177

www.vancouverislandwhalewatch.com
HIT THE TRAILS IN NANAIMO, BC:
FITBITS AND FUR-KIDS IN THE HARBOUR CITY

BY JASON FINNERTY

Nestled between the Salish Sea and Mount Benson, Nanaimo is home to some of the Island’s best backcountry hiking, urban exploring, and easy-access nature trails. This past weekend, Peso, my trusty four-legged companion, and I made time to explore some of the paths and trails in the Harbour City.

We started our adventure by going back a few million years to see what life was like before selfies and social media.

1 HUNTING FOR DINOSAURS

With the Fitbit fully charged, we set out at first light to explore Ammonite Falls, just a few minutes outside of downtown Nanaimo. With camera in hand and Peso leashed up, we followed the wide and relatively flat logging road, massive firs and cedars towering above us. At the trail’s end, there’s a bit of a steep section; Peso easily navigated the slope while I used the rope to get down to the riverbed to find the Island’s largest ammonite fossil and hundreds of smaller ones. After a few pics, we headed back to the truck to drive over to our next stop.

2 A DAM FINE HIKE

Colliery Dam Park is a great space year-round – excellent swimming in the summer, peaceful silence in the winter. This morning we met dog walkers, stroller-pushing parents, easy-riding cyclers, and other folks lost in their thoughts as they wandered among the trees. There are tons of trails to explore, where it’s busy enough to feel safe and private enough to feel like you’re getting away from it all.

3 ISLAND HOPPING

After our stroll through the dams, we went downtown to Maffeo-Sutton Park to take the little ferry over to Saysutshun. After we docked we had a quick snack at the Bistro, a burger for me and a few bites of bannock for Peso, then we took the Shoreline Trail: an 8km hike with amazing views of the Nanaimo harbour and the Strait of Georgia. After logging a ton of steps, we jumped on the ferry, grabbed a pizza from Mambo’s, and called it a day.
“I like to explore all the different islands, because they have trails and glorious forests to see but they all have these little bays and secret little gems and so if you’re into exploring you get a lot out of it.”

- Leif

4 HIDDEN BEACHES AND FAIRY DOORS

After a leisurely sleep-in, we went North to find Neck Point Park, with its abundance of trails between the trees and the shores. The flat paths make for easy and enjoyable walking, and I’m not ashamed to say how much I loved discovering the tiny fairy doors. Peso met lots of new friends while actively avoiding the crabs on the beach. We woke too late to catch the sunrise, but Neck Point Park is a great spot to start, when you make the time.

5 MALASPINA GALLERIES

While we were on Saysutshun yesterday, we could see the distant formations of the Malaspina Galleries on the shores of Gabriola Island, so today we jumped on the 20-minute BC Ferry to explore them. We lucked out and it was low tide (we should have checked the tides first) when we got to the beach, so we could see most of the sea-sculpted overhang looming above us. After some Instagram shots at the Galleries, we hiked over to the Gabriola Sands Provincial Park to soak in the sun and enjoy the ocean views. Pups are ok there, but have to be on-leash, and with all the steps, Peso was pretty happy to just sit and sun with me.

URBAN HIKING

We blew away our step goal and decided to take it easy for the rest of the day, jumping back on the ferry then taking an easy stroll along the Harbourfront Walkway to enjoy the shops, the views, and the other people appreciating the sunny Sunday in downtown Nanaimo. A coffee at Javawocky for me and some Pirate Chips shared with Peso, and we were fueled up to explore the art sculptures in the park while making plans for next weekend’s hike – definitely going around Westwood Lake, checking out the rhodos in Bowen Park, and getting more steps on the trails in and around Nanaimo.

#ExploreNanaimo.

Photo: Jordan Dyck - Malaspina Galleries

Photo: Ben Giesbrecht - Neck Point Park

Photo: Ben Giesbrecht - Harbourfront Walkway
The road is where I’m most comfortable on a bike, but my soon-to-be-husband Charles lives for the forest trails. Mountain biking in Ottawa since he was a kid, it’s been his dream to visit the West Coast with a bike. This was the year we made it happen.

Our first day of mountain biking was rocky, but the adventure that ensued would completely change my perspective. After two days in Nanaimo on our bikes, I found myself wishing we could stay longer.
Westwood Lake – First Impressions

After picking up my demo bike from Arrowsmith Bikes, we were ready to go. The first spot we checked was the Westwood Lake Park, a quick drive from Downtown Nanaimo. Around the lake is a crushed stone and gravel loop with a gentle grade and rolling hills. The loop was comfortable to ride on, but the real treat was the amazing mountain biking trails jutting off into the forest.

With a variety of easy-to-challenging climbs and gentle-to-gnarly descents, Westwood was the perfect spot for an advanced mountain biker like Charles to teach a newbie like me. By the time our morning in Westwood was over, we were dirty, happy, and ready to see what else Nanaimo had to offer.

The Saysutshun experience

After a quick lunch, we headed to Maffeo Sutton Park to catch the ferry to Saysutshun, formerly known as Newcastle Island. First inhabited by the Snuneymuxw people, Saysutshun has a rich history: my favourite story involves the island’s infamous white raccoons, which, according to folklore, are white as punishment for a trick they planned during an annual Potlach.

Gentle, sloping paths run the perimeter of the island, and every section has a spectacular view. Whether you’re riding along a small cliff overlooking the distant Rocky Mountains or surrounded by green mossy trees, Saysutshun is a magical island that feels eons away from civilization, even though you can see the city from the shore.

Trails for days

One of the major benefits of staying in Nanaimo to mountain bike is the fact that there are high-quality, challenging trails less than 15 minutes from the city. You don’t need to travel far to get in some spectacular mountain biking, and you can get back just as quickly to enjoy a hot meal and a cold beer at a local brewpub, which is exactly what we did.

The Epic Stevie Smith Bike Park

Back in Ottawa, bike parks are kind of like Bigfoot: an encounter only a few have experienced. We certainly don’t have any that compare to the Stevie Smith Bike Park. Dedicated to the downhill champion, Stevie Smith, who tragically passed away in 2016, this park is a fitting tribute.

Although I was a little nervous (and sore) to try the track, Charles tipped in and had a blast. He pumped into the dips, slid through corners, and got air in all the right places. The Stevie Smith Bike Park offers extreme ease of use if you have the skills, or want to improve them.

When can we come back?

Before our ferry ride to Vancouver for the last part of our trip, we got in a ride at Westwood. We arrived at the ferry a little muddier and sweatier than most of the other passengers, but it didn’t matter. We’re mountain bikers on Vancouver Island.

“Any chance I get you’ll find me out on the trails. With more than 70 trails to choose from ... and everything from black diamond to beginner, there’s something for my every mood.”

- Dana

To learn more about our Mountain Biking Trail, or to access our trail guide, visit RideNanaimo.ca
It might be cliche, but the saying ‘not all who wander are lost’ has always struck a chord for me - some of my best memories and experiences started with me stumbling across a place or space or community, so when I make the time to visit Nanaimo, I always plan to spend a few hours wandering around to find new experiences.

A Great Start
We usually start our wandering in Old City Quarter (Fitzwilliam Street and Wesley Street). It’s much like Canada – a great variety of backgrounds and cultures, working together to provide a fantastic experience. I like to stop and play at least one of the 200+ board games in the Board Game House, while my partner checks out new styles in Bodacious or something vintage from Yours and Mine Consignment. It’s a rare day that we don’t find something cute for the kids at Pumpkin Pie Kids Wear. At A Wee Cupcakery we get the daily special cupcake. This is well-paired with a coffee from Bocca Café, or in our case, a tea from The Bee’s Knees.

Embrace the Arcane
Something supernatural is brewing in Lobelia’s Lair (#8 - 321 Wesley Street), Nanaimo’s centre for new age treasures is another hidden treat in Old City Quarter. We’ll usually stop for a reading to see what the cards have to say about our future, and we’ve been thinking about taking a class at Lobelia’s to learn how to read them ourselves. You never know what you’ll find within the metaphysical riches of crystals, jewellery, candles, herbs, books, and all of the accoutrements to explore your spiritual side.

Life’s Essentials
For lunch, we’ll wander down to the harbour to stop at Penny’s Palapa (10 Wharf Street), an authentic open-air Mexican floating restaurant, where we usually grab a bowl of Tortilla Soup and share an order of Halibut Tacos and the Chipotle Chicken Quesadilla, with a fresh-squeezed lime margarita to make us feel like we’ve escaped to Cancun. After lunch, we’ll walk to Flying Fish (180 Commercial Street) to find the cookware, chef’s knives, and utensils we need in our own kitchen to try to recreate the tasty treats we just enjoyed (no matter how hard I try, I can never get it quite the same at home). Flying Fish is always a great place for us to find something special for someone special - funny cards, cute statues, custom jewellery, and other secret treasures.

Not Just for Gamers
There’s an entire digital world to explore in VRKade (2-1585 Bowen Road). We accidentally found this space and loved it so much we’ve been back a few times. Personally, I love to take on the zombies and space pirates, but you can do whatever you want. Strap on a headset and dive into Google EarthVR to check out the street you grew up on, visit the Eiffel Tower and thousands of cybernetic destinations, or explore the virtual places and spaces that mean something special to you. VRKade is an immersive experience that is out of this world, yet right here in Nanaimo.

Stay Late, Enjoy More
When we have the chance to shop longer, walk further, and play harder than planned, we stay the night near the harbour at the Best Western Dorchester (70 Church Street). With friendly and attentive service, cozy rooms, and stunning views of the harbour, we can relax and reflect on the day we’ve had, and plan our next visit to Nanaimo.
Discover the OCQ!
Shop, dine and relax at Nanaimo’s destination shopping, business and dining district. Life in the OCQ is hard to resist! Featuring unique products, diverse dining experiences and outstanding services offered by our proud local business owners.

#lifeintheOCQ
www.oldcityquarter.com
Navigating the harbour

Sheltered by the natural breakwaters of the Saysutshun (Newcastle) and Protection Islands, Nanaimo’s calm and gentle harbour appeals to a wide range of boaters and marine enthusiasts. Many ships return year-after-year to this location known as the Harbour City. Moorage facilities are available at several locations just steps from the heart of downtown.

A scenic five-kilometre (three-mile) harbour walkway connects you to everything you could need during your stay in Nanaimo. Within minutes of your dock, the walkway connects to marinas, multiple fuel barges, and two museums – one which showcases the history & heritage of our area, and the other to share Canada’s contribution to peacekeeping efforts around the world. In addition, you’ll find customs services, a chandlery, seasonal farmers and evening street markets, grocery stores, and more. Boaters can also find an eco-barge - featuring electrical services and secured dock facilities for kayaks to superyachts - internet, short-term courtesy ties, haul-out services, and specialized contractors that call on vessels.

Boaters that prefer to be ‘on the hook’ will enjoy some of the best views of Nanaimo in the safe bay between Saysutshun and Protection Islands. The sparkling lights of Nanaimo in the sunset-silhouette of Mount Benson is available nightly to all who choose to enjoy life at sea.

Working Harbour

Although the Nanaimo harbour is a popular attraction for visitors, it’s also a working harbour. Once moored, you’ll see travelers arriving and departing via seaplane on scheduled and sightseeing tours; the activity of commercial fishing boats, cruise and pocket cruise ship arrivals, kayak and marine eco tours, foot passenger and vehicle ferries, and so much more. You’ll want to spend more time exploring everything Nanaimo has to offer. And make sure you stroll the walkway to Maffeo Sutton Park which includes a fishing pier, Playdock playground, ferry access to Saysutshun (Newcastle Island), public art pieces, festivals and events and Swy-a-Lana Lagoon – a man-made saltwater swimming lagoon.

Harbour History

International exploration of the Port of Nanaimo began a few hundred years ago when Spain’s Francisco de Eliza arrived in the late 1700s and mapped what is now the Nanaimo Harbour. Almost a century later, the Hudson’s Bay Company established a post in Nanaimo to claim the rich coal deposits. Mining became a major economic driver for Vancouver Island, leading to the official creation of the town of Nanaimo in 1860.

The 1870s established Nanaimo’s port as a maritime shipping hub for both coal and timber for decades to come. By 1880, a Harbour Master and Collector of Customs were in place to manage access to the port.

The shoreline and amenities may have changed a bit since then, but the warm welcome and gentle waters are still readily available to all who choose to explore Nanaimo’s harbour haven.

Nanaimo’s Harbour Today

Nanaimo’s harbour is still an active and energetic link to the Salish Sea, with fishing boats selling fish, cruise ships coming to port, pleasure cruisers stopping to moor for the weekend, and a marina filled with sailboats, bowriders, cuddies, and dinghies, all regularly used by local mariners.

Marinas

<table>
<thead>
<tr>
<th>Port of Nanaimo</th>
<th>Port of Nanaimo</th>
</tr>
</thead>
<tbody>
<tr>
<td>Visiting Vessel Pier:</td>
<td>marina.npa.ca/en/</td>
</tr>
<tr>
<td>marina.npa.ca/en/</td>
<td>moorage-information/</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Saysutshun (Newcastle) Island:</th>
<th>nanaimomuseum.ca</th>
</tr>
</thead>
<tbody>
<tr>
<td>newcastlemarina.ca</td>
<td>stonesmarina.com</td>
</tr>
<tr>
<td>nanaimoyc.ca</td>
<td>nanaimomuseum.ca</td>
</tr>
</tbody>
</table>

Nautical distance to Nanaimo

<table>
<thead>
<tr>
<th>Distance to Nanaimo</th>
<th>(nwcruising.net/ca-nm_folders/nanaimo.html)</th>
</tr>
</thead>
<tbody>
<tr>
<td>from Sechelt, BC:</td>
<td>20</td>
</tr>
<tr>
<td>Vancouver, BC:</td>
<td>36</td>
</tr>
<tr>
<td>Sidney, BC:</td>
<td>42</td>
</tr>
<tr>
<td>Comox, BC:</td>
<td>52</td>
</tr>
<tr>
<td>Victoria, BC:</td>
<td>66</td>
</tr>
<tr>
<td>Desolation Sound, BC:</td>
<td>69</td>
</tr>
<tr>
<td>Bedwell Harbour</td>
<td>(Pender Island), BC: 40</td>
</tr>
<tr>
<td>Campbell River, BC:</td>
<td>79</td>
</tr>
<tr>
<td>Roche Harbour</td>
<td>(San Juan Island), WA: 47</td>
</tr>
<tr>
<td>Port Angeles, WA:</td>
<td>77</td>
</tr>
<tr>
<td>Seattle, WA:</td>
<td>112</td>
</tr>
</tbody>
</table>

SUNDOWN DIVING

Offering snorkel and scuba diving charters, courses, rentals, service and sales. Serving Nanaimo and area since 1984.

P: 250-753-1880 | E: sundowndiving@shaw.ca | www.sundowndiving.com
FISH NANAIMO ...
BUT DON’T TELL ANYONE
BY JOEL UNICKOW

It’s a good bet that you haven’t considered – or even heard of – the Nanaimo area as a fishing destination. Whether you come by ferry, float plane, or Helijet, you’ll arrive at one of the best, most accessible fishing grounds that Vancouver Island has to offer: Nanaimo, hiding in plain sight.

Certain areas on Vancouver Island, including Gabriola Island and Nanaimo, were formed some 65+ million years ago, mainly by sediment from the volcanic, intrusive, and metamorphic rock of the mainland. And with all that wonderful sediment comes nutrients. Throw in a few million years and you’ve got an ecological paradise. As for a marine environment, it’s an underwater nirvana.

A Pacific Salmon Paradise
Pretty much every year brings another tremendous rod-bending salmon season in Nanaimo, with Chinook, coho, pinks, and Fraser sockeye. Runs past Nanaimo start as early as March, and things tend to heat up in May as several runs intersect and overlap as they make their way to BC and U.S. coastal rivers. Bottom-bouncing the 150-200 depth contours along the North East side of Gabriola is reliably productive, but you’ll find that most of the early season fishing is done just a few miles offshore from Nanaimo.

June offers a great answer to the ‘guy who has everything’ problem: the annual Silva Bay Derby on Father’s Day weekend. Most fishing this time of year is around 130 to 200 ft of depth, which means attentive fishing or lost gear; it’s a good challenge and skill-sharpen. While most Chinook are in the 8- to 15-lb range, you might pull in a mid-20 lb or even a “Tyee” (over 30-lb).

August typically means schools of pink salmon. You might think the season is over after the Labour Day weekend, but it’s not: you can fish for salmon through the mild winter months.

Phenomenal Freshwater Fishing
If you prefer freshwater fishing, the Nanaimo River itself sees fall runs of Chinook (no retention), coho (limited retention area), pink, cutthroat, and even summer rainbow trout in the upper sections above the lakes. One of the easiest places to take a little one for some bobber-and-worm trout is the fishing pier at Diver Lake, just on the southwest side of the Island Hwy, within five minutes of Country Club Center. The Freshwater Fisheries Society of BC stocks Diver Lake with rainbow trout. Long Lake is great too, with a great sandy beach for picnics, quick dips, or kayaking fun. Westwood Lake is outstanding for canoe fishing and has a wonderful hiking trail with an off-leash section on the back side too, so bring your furry friend while you are at it. As an angler visiting the Nanaimo area, the only problem you’ll likely have is not stepping on a fish. Just be sure to always check the regulations and carry a valid fishing license with you at all times.

But for those of us that live here, let’s not let the word get out, OK? Wait, did I just…

Joel Unickow
Publisher, Island Fisherman Magazine

Photo: Ben Giesbrecht - Fishing out in Nanoose Bay

Tourism Nanaimo - lifonthewater.com

islandfishermanmagazine.com SUBSCRIBE TODAY! GET YOUR COPY
USE CODE: N10 FOR A 15% DISCOUNT ON YOUR SUBSCRIPTION

ALSO ONLINE
→ Tides & Weather
→ Upcoming Events
→ Supplier Directory
→ Classifieds
→ Recipes
→ Fishing Reports
→ How To Articles

Vancouver Island’s Premier Fishing Magazine
ARTISTIC LICENSE IN NANAIMO

By Lucien Durey

Nanaimo is increasingly becoming an art destination worthy of regional and international attention. To see firsthand how the city’s cultural scene is hitting its stride, I took a morning ferry from Horseshoe Bay to the Harbour City with an aim to discover Nanaimo’s must-see artworks and galleries. I had day-tripped here before, but this was my first in-depth tour around Nanaimo, exploring the temporary public artworks in Maffeo Sutton Park; the towering Kwakwaka’wakw, Coast Salish, and Nuu-chah-nulth totem poles at VIU’s Aboriginal Gathering Place; and the lively Urban Art Gallery’s Humanity in Community public mural project.

Arriving at the Departure Bay ferry terminal, it’s a quick drive north to local artist Joel Good’s totem structure on the walkway at Departure Bay Beach, formerly the site of St’litlup, the original village of Snuneymuxw First Nation. Good’s carved, red cedar house posts face the ocean, with eagle, raven, wolf and sea serpent imagery, interconnected by a steel frog portal.

Accomplished with the guidance of Good’s father, Master Carver and Cultural Historian William Good, the artwork serves as the entrance to a longhouse, welcoming visitors arriving by sea. From behind, it also serves as a framing device for looking out toward Saysutshun (Newcastle Island Marine Provincial Park). Honouring the history of Coast Salish people and traditional Snuneymuxw territory, the sculpture’s importance here is deeply felt.

With the St’litlup house posts, the Goods have made their skilful mark on Nanaimo’s public art inventory, and they continue to collaborate. Shortly after my visit, a large-scale carving, titled Supernatural Eagle Bringing the Sun Back to the World, was installed above the Nanaimo Art Gallery’s entranceway.

Nanaimo Art Gallery’s staff are experts at providing moments of discovery for every guest—from locals looking for outside inspiration, to visitors in search of local history or insight. Recent exhibitions have presented works by regional, Canadian and international artists, together under one roof, showcasing clear connections through materials or ideas. Dream Islands, for example, was a 2017 group exhibition that took inspiration from the work of late Salt Spring Island-based potter Lari Robson (1942-2012). Spirit Gum, another group exhibition in 2015, was about performers and costumes, and included a miniature version of Jack Harman’s statue of former Nanaimo mayor, Frank Ney – visit the full-sized public sculpture at Swy-a-Lana Lagoon in Maffeo Sutton Park.

Earthlings, Nanaimo Art Gallery’s exhibition at the time of my visit, was composed of ceramic sculptures and works on paper by seven contemporary artists from Kangiqsujuaq/Rankin Inlet, Kinngait/Cape Dorset, Qamani’tu’uq/Baker Lake, and Toronto—including Roger Aksadjuak, Shuviniash Shooona, Pierre Aupilardjuk, Shary Boyle, Jessie Kenalogak, John Kurok, and Leo Napayok. Previously shown in Calgary, Toronto, and Montreal, Nanaimo was the touring exhibition’s sole stop in British Columbia.

As my visit drew to a close, I window shopped at Gallery Merrick on Commercial Street, a new multi-level storefront packed with works from emerging and established Canadian artists. Founded in 2018 by Joe Bembridge, the gallery “aims to provide a platform for artists to flourish and collectors to expand their collections.” A highlight for me was a tiny acrylic gouache painting by Calgary artist, Karen Klassen, but my take-home to Vancouver was a jewel-coloured drinking glass by Ted Jolda from the Nanaimo Art Gallery gift shop—a small memento from a whirlwind tour not soon forgotten.
While art galleries beckon you inside, murals often find you in the streets, and communicate their messages to the masses, rather than to niche audiences. Affixed or painted onto exterior walls, these large-scale and eye-catching oeuvres are widely accessible, and can dramatically impact our everyday, even altering the paths we take from place to place.

When Alyssa Glassford and Lauren Semple founded Humanity in Community, a non-profit foundation, their primary aim was to reconnect communities with urban spaces that have fallen derelict. They approached the owner of a building awaiting eventual demolition in downtown Nanaimo with the idea to transform the structure’s exterior—which fronts Terminal Avenue, Commercial Street and Wallace Street—into a huge blank canvas, ready for paint. Now coined Urban Art Gallery, the project features murals by a roster of local artists, who were selected through an open call, alongside creative contributions by the duo themselves.

Importantly, in addition to brightening public spaces, murals and public artworks also give visibility to their makers, providing new ways of envisioning the individuals who comprise our communities. One of the first murals to grace the walls of Urban Art Gallery consisted of large colourful letters spelling the word “pride”, just ahead of Nanaimo Pride Week.

If you blinked, you may have missed another dozen or so murals that have been added to the site since June. Varying greatly in stylistic approach, the collection is spontaneous and lively, featuring lighthearted motifs from citrus fruits, to a space kitten, to giant bees. The awareness of its forthcoming demolition lends the Urban Art Gallery a certain immediacy and a freedom for experimentation. With its eclectic array of imagery, it’s easy to appreciate the project’s spirited gestures as resulting from here and now.
**NANAIMO’S NEIGHBOURHOODS**

**Welcome to Nanaimo**

The city of Nanaimo and our neighbours, the district of Lantzville in the north and the rural area known as Cedar in the south, have a little something to offer everyone. Just across the water on short ferry rides are the beautiful gulf islands of Gabriola, and smaller islands of Saysutshun (Newcastle Island) and Protection Island.

Nanaimo is located on traditional and unceded territory of the Snuneymuxw First Nation. The Coast Salish peoples found prosperity and enjoyment of the lands that border the Salish Sea on Vancouver Island’s central east coast long before European settlement.

Each area of Nanaimo provides a different flavour of culture and life on Central Vancouver Island, from the quiet beaches and busy amenities gathered in the north, to the rich history of Departure Bay, to the urban vibe of the downtown core and to the rural beauty of south Nanaimo.

No one knows a neighbourhood better than it’s own, so we asked a few locals to talk about their stomping grounds. Get a feel for the character of each area, and find a list of places to rest your head once you tire of a day’s exploration.

1 **NORTH NANAIMO**

Written by Karen, Resident

My neighborhood features one of the best kept secrets on Vancouver Island, and it is best enjoyed with a delicious cappuccino. The best in Nanaimo, in my opinion, is from Riso’s in Lantzville. With your cup in hand, descend the many robust stairs fitted into the cliffsided and find yourself along the ocean’s shore on Blueback Beach.

Come when the tide is out and you can walk for kilometres along the shore, and spot the tiny crabs borrowing in the wet sand. Just a little ways along the shoreline, you’ll find the “Dog beach” (at the end of Invermere Road) where you can let Fido run wild.

Depending on your cravings, you can find many places in the North to refuse post-beach stroll. A few of my favourites include Longwood Brew Pub (nothing beats a burger and a pint of their own beer), Simon Holt (best truffle fries), Milano’s (for cheesy gooey pasta) or Rawmbas (when you need something healthy, fast and light). Nanaimo’s North End also features Vancouver Island’s largest shopping mall, Woodgrove Centre.

**Stay the night:** Best Western Northgate, The Grand Hotel, Hammond Bay Oceanside B&B, Inn on Long Lake, Lakeview Homes

---

2 **DEPARTURE BAY**

Written by Dino, Resident

In her hit song, Departure Bay, Diana Krall – Nanaimo’s famous jazz singer and songwriter – embodies the beauty of this majestic place and the memories Departure Bay beholds within her lyrics.

Apart from its breathtaking beauty, Departure Bay offers a plethora of activities, such as strolling along beautiful trails, rejuvenating in the ocean waters and admiring stunning seascape views. A short hike gets you to the summit of Sugarloaf Mountain Park, where you can enjoy the 360-degree view of sky, mountains and ocean, feeling the soft breeze of salt air on your skin. If you are looking for something more rigorous and adventurous, try kayaking, paddle boarding or deep-sea diving.

Or stimulate all your senses with a refreshing ocean swim and warming up under the heat of the sun while lying on the soft bed of sand at Departure Bay Beach and Pipers Lagoon Park. Renowned for its outstanding beach-front and forested trails, Neck Point Park connects you with a diverse range of wildlife—many of which include birds, whales, sea lions, seals and other marine life. Neck Point Park’s fairy doors, set majestically along a lushly forested trail, seem to instill a sense of wonderment and excitement in everyone!

To find something unique and local, head to Island-ish, a family-owned seaside gift shop, just a few steps up from Departure Bay Beach. You will be sure to find something authentic and hand-made—a perfect personal memento for yourself or gift for that special someone!

One of our favorite family activities is exploring the beach side, searching for the perfect rocks to skip, and following up with a screaming-fun time at the local spray park. We always end with a sweet, delicious treat at Nanaimo’s newest beachfront hot spot, Drip Coffee Social.

This local neighborhood is unassuming to the eye; however, it is proven to be anything but ordinary, like the Nanaimo’s Championship Bathub Races – get out and enjoy this extraordinary place as there are memories to be made in Departure Bay!

**Stay the night:** Buccaneer Inn, Departure Bay Motel, Lakeview Homes

---

3 **DOWNTOWN NANAIMO**

Written by Darsey, Resident

What I love about my neighbourhood is that there is a great mix of outdoor adventure, arts and culture and boutique shopping.

You can take a short ferry ride over to Saysutshun, also known as Newcastle Island, and discover the beauty and cultural significance of the Island. Hike or bike one of the many trails featuring panoramic views, or explore historic sites including Snuneymuxw village sites and sandstone quarries.

Downtown Nanaimo also has a thriving arts scene and a visit wouldn’t be complete without a stop at the outdoor Urban Art Gallery or Gallery Merrick, an art gallery featuring many up and coming Canadian artists.

Want to pick up a souvenir for yourself or a loved one? There are plenty of boutique shopping options downtown, especially in the Old City Quarter and on Commercial.

A few of my favourites are Blue Poppy (a great mix of décor, gifts and clothing featuring local, handmade and fair trade artists), Quintessential (for women’s clothing and accessories), and Windowseat Books (a booklover’s dream!).

For dining options, you might want to take part in an iconic Nanaimo experience by taking a ferry to Protection Island and eating at the
Dinghy Dock Pub, Canada’s only registered floating pub. I love to treat myself to a Greek feast at Astera’s Greek Taverna in the Old City Quarter and typically enjoy sushi on a weekly basis at Nana Sushi. For you beer lovers, visit White Sails Brewing and sample a flight while noshing on some snacks from their local food partners.

Stay the night: Castaway Motel, Colonial Motel, Coast Bastion Hotel, Buccaneer Inn, Bluebird Motel, Best Western Dorchester, Travelodge Nanaimo, Waterfront Suites & Marina, The Marinaside Resort, Ramada Inn Nanaimo

THE UNIQUE CHARACTER OF THE WATERFRONT
By John Winter

For am ambling stroll along the ocean, Nanaimo’s waterfront is often heralded as a lesser known gem. Unlike other boardwalk areas in Vancouver Island, this one is never jam packed, even at the height of the season. This part of the city has maintained the art of the slow stroll, a self-paced journey with stops at shops, restaurants, historical monuments and more. If you’re starting from downtown, make sure to kick things off near the Bastion, looping down to docks and then heading up towards Maffeo Sutton Park.

For a waterfront dining experience, stop at Troller’s Fish & Chips – a floating restaurant full of flavours and home to Nanaimo’s freshest fish and chips, or grab a tasty taco combo from Penny’s Palapa, an open-air floating Mexican restaurant right in the harbour. These seasonal staples are open in the warmer months, and locals flock to get their fix on opening weekend.

As you continue north, before you cross over the bridge at Maffeo Sutton, head east down to the crabbing pier. Catch a look at what locals are fishing for, then continue on to view some of the public art, which is always on rotation.

Brannen Lake RV Park and Campsite
Nestled in the trees, not far from the urban amenities of Nanaimo but worlds away from the hustle and bustle of daily life, is a campers’ paradise. Located on the shores of Brannen Lake, with swimming and boating opportunities, Brannen Lake RV Park and Campsite offers vacationers an ideal convenient, affordable and comfortable home for their tent or RV.

Five Star Trip Advisor Review
Awesome stay
This was our final campsite of our RV holiday. Having stayed at sites in Banff and BC which were very good...we loved Brannen lake the best. The lake was brilliant and the staff couldn’t have been nicer or more helpful.

Continues to page 32
Gabriola Island

Written by Nadia, Resident

My neighbourhood is the Isle of the Arts and only a short and scenic ferry ride from Nanaimo. When the sun is shining and the weather is warm, I pack healthy snacks from my favourite store, Nature Spirit Earth Market, and set out on my e-bike for the Gabriola loop, stopping at farm stands and artist studios along the way.

I love the thrill of racing down the massive Brinkedg Hill and I always make a pit stop at Drumbe Provincial Park for spectacular views and crisp ocean air. Experiencing “the tunnel”, an amazing stretch of road with an epic canopy of leaves that nearly envelope the road, with the sun filtering through the trees and the fresh air on your face, is better than any experience money can buy in my opinion!

If I’m feeling like a dip in the ocean, I head down Barrett Road to the “Whalebone” area and make the short trek to Sandwell Provincial Park where the driftwood and pebble beach flanked by marshlands, arbutus trees, and giant sandstone rocks is the best place to lounge away an afternoon.

Locally made snacks and the best pot of tea on the island are enjoyed at The Hive, where you can admire the latest exhibit and shop an eclectic mix of goods. When hunger hits, I eat at The Kitchen (scrumptious local fare with delightful ambiance), Robert’s Place (down to earth cooking that fills your belly and your heart), or Woodfire (dinner service with an authentic wood-fire oven for the best pizza).

Mad Rona’s is the best place for good conversation and fresh roasted coffee. You can grab a pint and watch the sunset at The Surf Pub or The Skol, but not before you cool down with a jump off Malaspina Galleries when the tide is high!


South Nanaimo, Cedar & Yellow Point

Written by Melissa, Resident

If you want to experience Nanaimo’s charm, seasoned with a sprinkle of countryHospitality, make time in your travels toventure a little south. Start by taking in the sunrise at Chase River Estuary Park; the morning sun glistening off the ocean to the soundtrack of songbirds and estuary inhabitants will start your day off on the right foot.

After you’ve worked up an appetite, pop into Hearthstone Bakery for some road trip snacks (their Nanaimo Bars and sausage rolls are amazing), then head further south via Cedar Rd to COCO Café, an award-winning community social enterprise, for a delicious, from scratch breakfast; I recommend the “Breakfast in a Bowl” paired with a London Fog, or if I’m feeling “lunchy” the grilled Chicken & Brie sandwich.

With a full tummy, make your way into Yellow Point. If you are traveling on a Sunday, be sure to peruse the Cedar Farmers Market, located on the property of the Crow & Gate Pub (which makes for an excellent lunch or dinner stop – I love the Scotch Egg Pub Plate, with the egg warmed on the grill).

Continue on to Wildwood to experience the natural wonders of the temperate rainforest with a guided forest bathing or foraging tour in a 77-acre ecosystem nestled along the shores of Quennell Lake, spanning the traditional territories of both the Snuneymuxw and Stz’uminus Nations.

Move from forest to farm by immersing yourself in a hands-on experience at Yellow Point Farms, a self-sustaining, working farmstead where you’ll get up close and personal with a variety of animals (the nigerian dwarf goats and babydoll sheep are the sweetest!), and learn about all-natural growing methods while tasting the difference as you sample their seasonal harvest.

If you are feeling adventurous, get your adrenaline rush on by rounding out your South Nanaimo visit in the company of some of the friendliest staff I’ve ever encountered; take the leap (while attached to a bungee cord) off of the 150ft bridge at WildPlay Nanaimo. Not a fan of heights but still up for an adventure? Make dinner reservations for Wednesday “Adventure Night” at the Mahle House for a five-course, Chef’s choice menu, featuring an ever changing collection of dishes showcasing local, seasonal offerings.

Stay the night: Diplomat Motel, Days Inn Nanaimo, Harbour Light Motel, Value Lodge Motel, Mountainaire Campground and RV Park, Living Forest Oceanside Campground and RV Park

This article contains sponsored content.

Jingle Pot/ Westwood Lake, Mount Benson and Duomount

Written by Dan, Resident

Just minutes from downtown Nanaimo and Vancouver Island University, our neighbourhood is also your gateway to the wonderful lakes, trails and forested areas that Nanaimo has to offer.

Whether it is hanging out on the beaches at Westwood Lake on a hot summer day or paddling around on one of the paddle boards that Westwood Lake Campground rents, Westwood Lake is your summer time go to beach spot. Connected to Westwood Park is the Morell Nature Sanctuary. Accessed off of Nanaimo Lakes Road this is the perfect spot to go if you are looking for a quiet place to walk amongst the forest.

Piccadilly Bistro, located on the shores of Westwood lake, is my favourite go to eatery. The Bistro and its large outdoor patio overlook Westwood Lake and the food is amazing. If you are looking for something that will offer up more of a pub environment the Jingle Pot Pub is just down the hill.

For something a little more adventurous and strenuous, hike up to the summit of Mount Benson Regional Park. The trail head is accessed from Witchcraft Lake. Be sure to wear the appropriate footwear and to take water with you as this is a hike up a mountain. The 360 views from the top are well worth the effort you will have put in to get there. Be sure to download the Trailforks APP on your mobile device before setting off.

If you are looking to do something more geared to a two wheeled adventure head to Dumont Recreational Bike Park. Whether it is a technical downhill rip that you are looking for or a more leisurely XC ride, you can find it here. Be sure to pick up one of the free Mountain Bike Maps at one of our bike shops.

Stay the night: Westwood Lake Campgrounds, Vancouver Island University Residences, Brannen Lake RV Park and Campsite
GABRIOLA ISLAND
Just 22 minutes by ferry from downtown Nanaimo. Come for a visit. Explore. Find yourself. **Get to know us.**

Natural Beauty Vibrant Community

Not just a summer thing, this island amazes year round!

Fall/winter events, workshops, and offbeat experiences await you.

Makers, creators, growers, and innovators, all sharing their skills and knowledge.

**Get to know us. Get to know Gabriola.**

Learn more at: [www.gabriolaisland.org](http://www.gabriolaisland.org)  
or call: 250-247-9332  |  toll-free: 1-888-284-9332
Did you know?

The earliest matching recipe to the present Nanaimo Bar goes to the Nanaimo Regional General Hospital’s Women’s Auxiliary’s 1952 Cookbook.

EXPLORE THE HISTORY OF NANAIMO WITH A WALKING TOUR

The early days of modern Nanaimo, a bustling trading post of the 19th century known then as Colville, are marked by a rich variety of opportunities, communities, and personalities. While all of these have certainly flavoured our city over the decade, the roots of the area span thousands of years, as the traditional territory of the Snuneymuxw First Nation. That blend of history, ancient traditions and new culture, is what makes Nanaimo so intriguing to explore. The largest spanning lore of them all, the Nanaimo Bar, holds a special place in residents’ hearts, and today you can treat yourself to a tour of the neighbourhoods, noshing on the sweet treat, learning about our history and how the Harbour City has grown into an oceanside destination.

Start your tour at the bronze bust of Coal Tyee, outside of the Mark Bate Memorial Tree Plaza, next to the Lighthouse Bistro and Pub on the downtown waterfront.

Coal Tyee

When Snuneymuxw First Nation Chief Ki-et-sa-kuna visited Victoria in 1849, he noticed the blacksmith burning black stones and mentioned the abundance of them near his home in the Nanaimo area. Members of the Hudson’s Bay Company asked him to bring some back on his next visit. He returned to Victoria with a canoe filled with high-quality coal, which led to the discovery of what has been called the most valuable coal deposit on the Pacific coast of North America.

The Beacon of Vancouver Island

Next stop on this tour is the Bastion, Nanaimo’s most recognizable landmark and the last remaining wooden Hudson’s Bay Company bastion. While bastions were typically used in the fur trade, this bastion stood as the sentinel at the heart of the coal mining industry. History buffs will find the story of the Bastion intriguing, while fans of construction techniques from bygone eras will love the attention to detail and obvious quality that was put into this building when it was constructed in 1853-54. The majority of the timbers and structural components are original, despite being moved twice in its 165 years.

The Bastion is open daily from May long weekend through Labour Day, with a cannon-firing ceremony daily at noon.

On This Spot Historical Walking Tour App

While you stroll the streets of Nanaimo, make sure to add a virtual layer to your walk. Learn what the city looked like in the late 1800s and early 1900s, using the On This Spot app (available for free on iOS and Android devices). The guided walking tour winds through the city, comparing the photos from the past with today’s landscapes. onthisspot.ca

Nanaimo Museum

The history and heritage of Nanaimo are on display in the Nanaimo Museum, located downtown in the Port of Nanaimo Centre building (100 Museum Way). Discovery backpacks are available for children, providing interactive exercises and puzzles that educate through entertainment – you can even create and take home a rubbing of a local petroglyph.

The Snuneymuxw exhibit in the museum offers an interactive journey to learn about the tools and utensils used in a traditional longhouse by the early Snuneymuxw First Nation.

“Breathtaking... history that leaves you wanting more the moment you walk out the door. This museum is a precious gem in a warren of streets. As you pass through into the building itself, you walk back into the History of Naniamo, the harbour, the mining exhibit which is so real you could almost hear the voices of the men themselves.. you leave feeling uplifted and humbled at the same time.”

- Posted by croatianbriar, Trip Advisor
Vancouver Island Military Museum

In the Vancouver Island Military Museum, located a few steps away from the Nanaimo Museum, you can learn about local and Vancouver Island contributions to major world conflicts, including the founding of the first Canadian Ranger patrol, at the time known as the Pacific Coast Militia Rangers, as well as Canada’s Aboriginal Veterans and the essential role played by Canadian women in the armed forces. With an impressive collection of medals, artifacts, and stories, this museum is a hub to better understand our military history both locally and globally.

Haunted Nanaimo

Don’t wait for Halloween to explore the supernatural side of Nanaimo; there have been plenty of strange things that go bump in the night within the city limits, and while many can be attributed to a likely cause, some seem to defy traditional logic. You didn’t hear it from us, but one hotel is even rumoured to have a permanent – yet transparent – guest that haunts a room, and the Bastion is no stranger to eerie activities.

For more information, pick up the deliciously scary book “The Haunting of Vancouver Island,” available at a friendly neighbourhood bookstore like Window Seat Books in the Old City Quarter. It’s conveniently located near coffee shops galore so you can enjoy a cappuccino and a Nanaimo Bar as you delve into our scary history.

There’s nothing boring about the history of Nanaimo, and there are plenty of ways to enjoy it.

First Nation Totems

Throughout the city, there’s an assortment of totem poles carved by local First Peoples to share their stories, commemorate important events, and welcome guests to Nanaimo.

At Departure Bay Beach, you can see a pair of totem poles joined by a steel frog, atop a former Snuneymuxw village and overlooking the ocean to greet visitors to our community. This artwork is by Joel Good, along with the guidance of his father Master Carver and Cultural Historian William Good. While the Departure Bay totem poles can be spotted from the ferry, they are best enjoyed up close, from the shores of the beach.

“Standing at the base, I stretched my eyes upward, scanning the grooves and crevasses intricately detailed. With each stroke, a family’s history is brought to life through carved wood, ancient lore and symbols, built to carry on from generation to generation. They’re all different, depending on the carver and the family, the location and the wood. I’ve set out today to explore our city’s totem poles: Monumental and historically fascinating. We are so fortunate to have a few exemplary totems to visit, all incredible examples of the community artists.”

- Hannah

• When you visit Saysutshun, a massive pole greets you before you even set foot on the island.

• On the Nanaimo campus of Vancouver Island University, visit Shq’apthut to find three majestic totems carved by Kwakwaka’wakw, Coast Salish, and Nuu-chah-nulth artists.

• Near the duck pond in Bowen Park you can find four totem poles going back to earth: respecting local traditions, the retired poles were laid down and are now slowly decaying to return to the earth.

Photo: Mike Anderson

What to see at Vancouver Island Military Museum?

Absolutely amazing curation of Canada’s historical past in regards to all military involvement including peacekeeping and the RCMP. Our guide Brian was extremely knowledgeable and a terrific storyteller. He captivated us the whole time and after almost two hours, we needed longer to see and learn all there was offered. We discovered so much of what Vancouver Island and local residents did to affect the outcome of past conflicts. This is a must visit.

- Chris
How to Get Here

**BC Ferries Vacations**
1010 Canada Place, Vancouver BC V6C 0B9
vacations@bfcerries.com
1-888-223-3779 ext. 3
www.bcferriesvacations.com

**BC Ferries Vacations** offers unique travel packages including ferry and accommodation to destinations throughout BC.

**Harbour Air**
Unit 1A - 90 Front Street, Nanaimo, BC V9R 5H7
reservations@harbourair.com
250-714-0900 or 1-800-665-0212 (Toll Free)
www.harbourair.com

**Seair Seaplanes**
366 First Avenue, Victoria BC V8W 1R5
nanaimo@seairseaplanes.com | 250-753-1115
www.seairseaplanes.com

Enjoy travel specials & exclusive deals with Seair Seaplanes.

**Nanaimo Airport**
3350 Spitfire Way, Cassidy, BC V0R 1H0
250-924-2157
www.nanaimoairport.com

The Nanaimo Airport is renowned for its modern design and seamless operations, making it a convenient hub for both business and leisure travel.

**National Car Rental**
1602 Northfield Road, Nanaimo, BC V9S 3A7
250-758-3509
www.nationalcar.com | www.drivenational.ca


**Seair Seaplanes**
1956 Zorkin Road, Nanaimo, BC V9R 5T9
nanaimo@seairseaplanes.com | 250-753-1115
www.seairseaplanes.com

Seair Seaplanes operates up to 12 daily scheduled flights from Downtown Vancouver Harbour to Nanaimo (Departure Bay) and up to 12 daily scheduled flights from Richmond (YVR) to Nanaimo (Departure Bay), with free parking in Nanaimo and Richmond.

What to Do

**Adventures Wild Heart Sea Kayak Tours**
1560 Brebber Road, Nanaimo, BC V9X 1P4
info@kayakbc.com
250-722-2683 or 1-877-722-3683 (toll free)
www.kayakbc.com

Explore the beautiful waters around Nanaimo with Adventures Wild Heart Sea Kayak Tours, offering sea kayaking tours for all skill levels.

**Artzi Stuff**
2 Church Street, Nanaimo, BC V9R 5H4
artzistuff@gmail.com | 250-716-8989
artzistuff.jmdn.com

A gallery/ gift shop selling only the finest locally made art, craft and jewelry.

**BC Ferries Vacations**
1010 Canada Place, Vancouver BC V6C 0B9
vacations@bcferries.com
1-888-223-3779 ext. 3
www.bcferriesvacations.com

BC Ferries Vacations offers unique travel packages, including ferry and accommodation to destinations throughout BC.

**BC Marine Trails**
3285 Roper Road, Ladysmith, BC V9G1C4
info@bcmarinetrail.org | 250-323-3586
www.bcmarinetrail.org

To build, protect and promote a public network of marine trails allowing recreational navigation of the BC coastline.

**Beban Park Golf Course & Driving Range**
2280 Bowen Road, Nanaimo, BC V9T 3K7
info@bebanparkgolf.ca | 250-756-0108
www.bebanparkgolf.ca

11 hole pitch & putt golf course with full length driving range. Club rentals available. Golf lessons available with CPGA professionals.

**Beadicious Nanaimo**
3096 Wesley Street, Nanaimo, BC V9R 2T5
askbeadicious@gmail.com | 250-754-1799
www.beadicious.ca

Beadicious provides you with beautiful and luxurious fashions in sizes 10 to a curvy 24! Perfect fit, flattering styles and oh-so-comfy fabrics.

**Canadian Craft Tours**
100 Front Street, Nanaimo
info@canadiancrafttours.ca | 778-320-3409
www.canadiancrafttours.ca

Passionate, local, BC company offering private and public brewery and winery tours daily!

**Coastal Limo & Tour Co**
2257 Belwood Road, Nanaimo, BC V9R 7C1
costallimo@shaw.ca | 250-741-4420
www.costallimo.ca

Transportation company offering chauffeured personalized services in our limousine bus or touring van.

**Coastal Watercraft Rentals**
1840 Stewart Avenue, Nanaimo, BC V9S 4E1
mark.mules@gmail.com | 250-667-8231
www.coastalwatercraftrental.com

Seadoo rentals in Nanaimo, located right beside Bremhin Boat Launch on the Gas and Go dock.

**Cottonwood Golf Course**
1975 Haslam Road, Nanaimo, BC V9X 1T1
rc@cottongolfgolfcourse.com | 250-245-6075
www.cottongolfgolfcourse.com

Full length 18 hole golf course, with fully licensed restaurant and patio.

**Crimson Coast Dance Society**
CIBC Nanaimo Arts Centre #5 - 150 Commercial Street, Nanaimo, BC V9R 5G6
admin@crimsoncoast.org | 250-716-3230
www.crimsoncoastdance.org

CCDS develops and supports contemporary dance creations, productions, and performances in central Vancouver Island.

**Cymbal Wear**
1190 Suzanne Avenue, Gabriola Island, BC V0R 1X3
hello@cymbalwear.com | 250-247-7450
www.cymbalwear.com

Jewelry handmade from re-purposed Drum Cymbals, all original.

**Festival Nanaimo**
60 Wharf Street, Nanaimo, BC V9R 5L9
publicity@festivalnanaimo.com | 250-754-0177
www.festivalnanaimo.com

Festival Nanaimo is a multi-dimensional community festival taking place in Nanaimo throughout the month of March.

**FIT2Dance**
2380 Glen Eagle Crescent, Nanaimo, BC V9T 1R7
fit2dance.ca@gmail.com | 250-619-6720
www.FIT2Dance.ca

Providing Nanaimo based Social Dance Events and Learning Opportunities for dancers both new and seasoned.

**Flying Fish**
1810 Commercial Street, Nanaimo, BC V9R 0G
info@flyingfishnanaimo.com | 250-751-2104
www.flyingfishnanaimo.com

6400 square feet of WOW! Fabulous furniture, kitchenware, home décor and much more. Cooking, Living & Giving.

**Gabriola Arts Council**
476 North Road, Gabriola Island, BC V9R 1X0
info@artsgabriola.ca | 250-247-7409
www.artsgabriola.ca

Helping artists and the arts flourish on Gabriola Island, in a culture of creativity.

**Gabriola Studio Tour**
476 North Road, Gabriola Island, BC V0R 1X0
info@artsgabriola.ca | 250-247-7409
www.studiotour.artsgabriola.ca

Visit over 60 studios on Gabriola, the Isle of the Arts. Thanksgiving weekend.

**Glassworks & Anvil Art**
940 Tansy Road, Gabriola Island, BC
rylandr@Gmail.com | 250-247-9642

Unique stained glass, fused & sandblasted panels. Lamps, boxes, sculpture complete my fascination with glass.

**Go-Fish-Charters**
1311 Harrison Way, Gabriola Island, BC V0R 1X2
info@go-fish-charters.com | 250-247-9291
www.go-fish-charters.com

Fishing for Salmon, Cod, Prawns and Crabs or just sightseeing in the Gabriola-Gabriola area.

**Invictus Charters**
1890 Zorkin Road, Nanaimo, BC V9X 1P1
invictuscharters@shaw.ca
250-667-3474 or 250-722-7201
www.invictuscharters.com

The only government certified fishing, crabbing, prawning, and sightseeing company off Nanaimo - open all year.

**Island Roots Farmers’ Market**
October to May: Pleasant Valley Hall May to October: Beban Park
islandroots.manager@gmail.com | 250-816-5211
www.islandrootsmarket.com

Year round Farmers’ Market - locally grown, baked, or made. Winter - Pleasant Valley Hall. Summer Beban Park.

**Island School of Building Arts**
3199 Coast Road, Gabriola Island, BC V0R 1X0
info@isba.ca | 250-247-8922
www.isba.ca

For 22 years, ISBA has been teaching the craft of log and timber building on spectacular Gabriola Island.

**Island-ish**
4-1420 Wingrove Street, Nanaimo, BC V9S 3L7
islandish@shaw.ca | 250-585-1420
www.island-ish.com

We are a beach boutique at Departure Bay Beach featuring coastal clothing, local artisans gifts and decor and island made Country Chic furniture paint.

**Island Marine Adventures**
1000 Stewart Avenue, Nanaimo, BC V9S 4C9
islandmarinereadventures@gmail.com | 250-714-5303
www.IslandMarineAdventures.com

C thwart/ Zodiac/Hovercraft: Cruising,Sailing,Rides,Tours, Customized Adventures, Specialized Events.

**lobelia’s Lair**
8-321 Wesley Street, Nanaimo, BC V9R 2T5
lobeliaslair@gmail.com | 250-753-5440
www.lobeliaslair.com

A magical shoppe including local/ fair trade creations, crystals, books, incense, readings, jewelry and more!

250.729.8225 • 5775 Turner Rd, Nanaimo
WWW.LONGWOODBREWPUB.COM

Complete with an international airport, ferry terminal, world-class venues and an endless variety of activities, Nanaimo is the perfect destination for your next business or sport event. Contact Tourism Nanaimo for service in planning your event.

tourismnanaimo.com
250.754.3212  www.lighthousebistro.ca
On the waterfront off Church St. and Front St.

We have taken on a whole new vibe!
A Fresh Local Look, New Menus, Live Entertainment, And the Freshest Seafood in Nanaimo!

FRESH, SUSTAINABLE & LOCAL
250.754.3212 www.lighthousebistro.ca
On the waterfront off Church St. and Front St.

Cold Front Gelato

FRESH GELATO MADE FROM SCRATCH DAILY, USING LOCAL, FRESH, & PREMIUM INGREDIENTS

306-60 COMMERCIAL ST, NANAIMO
(250) 591-7719

Be the Host With the Most

Complete with an international airport, ferry terminal, world-class venues and an endless variety of activities, Nanaimo is the perfect destination for your next business or sport event. Contact Tourism Nanaimo for service in planning your event.

tourismnanaimo.com
Loyal Nanaimo Bathtub Society
373 Franklin Street, Nanaimo, BC V9R 2X5
Mail@bathtubbing.com | 250-753-7223
www.bathtubbing.com
Over 50 years of Marine Festival, Bathtub Racing & Bathtub Weekend in Nanaimo.

Make Cheese with Paula
2125 North Road, Gabriola Island, BC V0R 1X7
paula@makecheesewithpaula.ca | 250-247-8635
www.makecheesewithpaula.ca
Learn how easy it is to make cheese with Paula! Paula demystifies the science and process of making your own delicious cheeses.

Nanaimo Art Gallery
150 Commercial Street, Nanaimo, BC V9R 5G6
info@nanaimoartgallery.ca | 250-754-1750
www.nanaimoartgallery.ca
Nanaimo Art Gallery enhances the cultural environment of Vancouver Island, through exhibitions, education, and outreach.

Nanaimo Arts Council
78 Wharf Street, Nanaimo, BC V9R 5G6
nanaimoarts councillors@gmail.com | 250-729-3947
www.nanaimo.ca
A gallery promoting local artists and artwork from our region.

Nanaimo Dive Outfitters
103-2205 Northfield Road, Nanaimo, BC V9S 3C3
info@nanaimodiveoutfitters.ca | 250-756-1863
www.divenanaimo.ca
Full service scuba diving, snorkelling, charters, and tours.

Nanaimo Dragon Boat Festival
10 Camos Road, Nanaimo, BC V9R 3H7
board@nanaimodragonboat.ca | 250-751-2854
www.nanaimodragonboat.org
The Nanaimo Dragon Boat Festival Society is a dedicated group of individuals who work year-round to present paddlers and spectators alike with the best event possible.

Nanaimo Museum
100 Museum Way, Nanaimo, BC V9R 5J8
info@nanaimomuseum.ca | 250-753-1821
www.nanaimomuseum.ca
Through engaging exhibits, discover the people, cultures, industries and events that shaped Nanaimo’s history through engaging exhibits.

Nanaimo North Town Centre
147-4750 Rutherford Road, Nanaimo, BC V9T 4K6
guestservices@nanaimonnorth.com | 250-758-8111
www.nanaimonnorth.com
North Nanaimo’s destination hub for shopping and lifestyle featuring Galaxy Cinemas, Fit4Less, Mark’s and more!

Nanaimo Port Authority
104 Front Street, Nanaimo, BC V9R 5H7
info@npa.ca | 250-753-4146
www.npa.ca
Vancouver Island’s Cargo and Marine Transportation Centre.

Nanaimo Yacht Club
400 Newcastle Avenue, Nanaimo, BC V9S 4J1
nyc@naiyamoc.ca | 250-754-7011
www.naiyamoc.ca
We welcome yacht club member boaters to visit from yacht clubs worldwide.

Nanaimo Yacht Club Sailing School
400 Newcastle Avenue, Nanaimo, BC V9S 4J1
sailing@naiyamoc.ca | 250-754-7011
www.naisailingschool.com
Not for profit kids and youth dinghy sailing and an Adult International Yacht Training School.

Newfoundland to Nanaimo
118-90 Front Street, Nanaimo, BC V9R 5K7
2n2bnc@gmail.com | 250-753-9900
Offering a selection of locally made gifts and special treasures from across Canada for 25 years.

Nicholas May, Pen & Ink Artist
181 Cross Bow Drive, Nanaimo, BC V9T 1L2
nicholasmay.ca | 250-739-4327
www.nicholasmay.ca
Prints & original pen & ink drawings. Available for commissions. I have experience in tattoo design, album covers, show posters, and smaller graphic design projects.

Old City Quarter
418 Fitzwilliam Street, Nanaimo, BC V9R 3A7
info@oldcityquarter.com | 250-754-8787
www.oldcityquarter.com
Home to an eclectic group of businesses including specialty shops, boutiques, restaurants, community service providers and professionals.

Outdoor Urban Art Gallery
Corner of Commercial Street and Terminal Avenue in downtown Nanaimo
Info@humanityinart.com | 778-269-0831
www.humanityinart.com
With a full city block of local murals & a free wall, the outdoor Urban Art Gallery is a free must-see.

Port Theatre
125 Front Street, Nanaimo, BC V9R 6Z4
info@porttheatre.com | 250-754-8550
www.porttheatre.com
Nanaimo’s downtown 800-seat theatre on the waterfront offers a broad range of cultural events.

Ramble On
Rambleonnanaimo@gmail.com | 250-802-8869
www.Rambleonnanaimo.com
Ramble On MTB shuttle provides mountain bike shuttles to Downton Mountain trails.

Ravenskill Orchards
1240 Coats Drive, Gabriola Island, BC V0R 1X4
keith@ravenskillorchards.ca | 250-325-1111
www.ravenskill.com
Ravenskill Orchards produces fresh apples and juice seasonally and Gabbies alcoholic craft cider year round.

Romper Room Indoor Rock Climbing Centre
4385B Boban Drive, Nanaimo, BC V9T 5V9
jonathan@climbromperroom.com | 250-751-ROCK (7625)
www.climbromperroom.com
Vancouver Island’s Favorite Indoor Rock Climbing Facility. Located in Nanaimo BC, we have fantastic programs for everyone in your family!

S.O.U.P. Cowork
38 Victoria Crescent, Nanaimo, BC V9R 5B8
connect@soupcowork.com | 250-824-1100
www.soupcowork.com
A collaborative and innovative co-working community in the heart of downtown Nanaimo offering the right mix of ingredients and opportunities to grow the positive impact of your business within and beyond the community. Ideal for freelancers, entrepreneurs, tech innovators, small to medium businesses and artists.

Saysutshun (Newcastle Island)
49.1899° N, 123.9363° W
nccmanager@pod-d.gc.ca | 250-741-0158
www.newcastlesland.ca
Traditionally known as Saysutshun by the Snuneymuxw people, this family-friendly marine provincial park is located within Nanaimo’s Harbour.

Silva Bay Marina Repairs Ltd
3383 South Road, Gabriola Island, BC V0R 1X7
admin@silvabayshipyard.com | 250-247-9800
www.silvabayshipyard.com
Marine and small engine service, repair, and preventative maintenance including cathodic protection.

Silver Bee Studios
1969 Clamshell Drive, Gabriola Island, BC V0R 1X1
Bee@silverbeeshipyard.com | 250-802-8084
www.silverbee.ca
Reflecting your nature: Gabriola’s natural beauty celebrated in uniquely elegant silver jewellery and mixed media.

Silver Blue Charters
210 Decourcy Drive, Gabriola Island, BC, V9R 1X6
bob@silverbluecharters.com | 250-247-8807 or 250-755-6150
www.silverbluecharters.com
Very friendly, productive, experienced, certified Captain offers great year round fishing on beautiful Gabriola Island.

Silva Bay Marine Repairs Ltd
900 Colleen Road, Gabriola Island, BC V0R 1X3
gwen@gwenspinks.com | 250-247-9756
www.GwenSpins.com
Large acrylic on canvas: richly layered contemporary & evocative abstracted landscapes, animals & hearts in a wide range of sizes.

Splitsville Nanaimo
171 Calder Road, Nanaimo, BC V9R 6J2
splitsville.ca | 250-754-2442
www.splitsville.ca
Unique sculpture and mixed media captured in island landscapes, and the half-told stories of objects washed up on the shore.

The Board Game House
487 Berry Point Road, Gabriola Island, BC V0R 1X1
straw.chris@gmail.com | 250-616-7568
christrsawphotography.com
I explore the beauty of weathered surfaces, island landscapes, and the half-told stories of objects washed up on the shore.

The Vijnana Yoga Centre
125 James Way, Gabriola Island, BC V0R 1X1
info@VijnanaYoga.com | 250-618-2804
www.VijnanaYoga.ca
The Vijnana Yoga Centre offers weekly classes as well as in-depth immersion courses for continuing education in the art of living and practicing yoga. All teachers are certified at the 800 hour level.

Tied Up & Dyed
633 Wildwood Crescent, Gabriola Island, BC V0R 1X4
tiedupanddyed@gmail.com | 250-247-9803
www.tiedupanddyed.com
The very best in west coast tie dye clothing, fabric and tapestries. Our shop is open year round.

Tracks Outdoor Adventures Inc
2130 Akenhead Road, Nanaimo, BC V9X 1T9
walken@shaw.ca | 250-754-8732
www.tracksoutdooradventures.com
Since 2001 personable, authentic tour experiences on Vancouver Island, based in beautiful Nanaimo, BC. Offering cruise line shore excursions, pre & post conference tours, and private group tours to all locations on Vancouver Island. History and culture, wine and agri-tourism, wildlife and nature tours.

Vancouver Island Coach Lines
3-1970 Island Diesel Way, Nanaimo, BC V9S 3C3
sales@vicoachlines.com | 250-754-2545
www.vicoachlines.com
Locally owned and operated Charter bus company.
FIND YOUR HAPPY PLACE

Let Vancouver Island Coach Lines Take You to Your Next Destination

- Luxury Coach Travel
- Reliable
- Convenient

VICOACHLINES.COM
“Nanaimo allows me to do my passions through Accessibility. Just the way it’s laid out, within 10 or 15 minutes, I can basically be from my house and doing something that I am truly passionate about.”

- Miranda
Welcome to the Waterfront Suites & Marina!
Nanaimo’s New, Premiere Marina

Relax and enjoy our state-of-the-art facility offering the best moorage right where you want to be, in the heart of the Gulf Islands. With slips available up to 80 feet, we will accommodate your boat and crew with world class service and amenities.

- Guest rooms with private balconies and gorgeous views of the marina
- Centrally located in the heart of Nanaimo along Newcastle Channel
- Brand new docks constructed of marine-grade aluminium
- 30 and 50 Amp Metered Power and Water service
- Comfortable, economical accommodations
- Annual and Transient Moorage available
- Waterfront Club Concierge Service
- Marina Lounge for Moorage clients
- Washroom and Shower Facilities
- Laundry Facilities

ANNUAL & TRANSIENT MOORAGE AVAILABLE NOW!

Waterfront Club Concierge Service Includes:
- Security Monitoring of your boat
- Food and Beverage Provisioning
- Transportation to and from Marina from major Nanaimo travel hubs
- Weekly email updates on your boat status and marina interests

1000 Stewart Avenue, Nanaimo, BC V9S 4C9 | 250-753-7111 | www.waterfrontnanaimo.com | marina@waterfrontnanaimo.com
Coast Bastion Hotel

Situated in the heart of charming downtown Nanaimo, the Coast Bastion Hotel is a full service property with 179 well-appointed guest rooms with views, harbour view restaurant, impressive 10,000 sq.ft. of conference space, fitness center, spa & more. Enjoy the serenity of the west coast while staying at the Coast Bastion Hotel.

11 Bastion Street, Nanaimo
www.coasthotels.com | 1.877.282.6337

The Days Inn Nanaimo

The Days Inn Nanaimo offers 79 guest rooms, an on-site Ricky’s All Day Grill, an Indoor Pool, Hot Tub and friendly staff. Pet friendly rooms and an accessible room are available on request. 100% Non-Smoking. Close to BC Ferry Terminals, Nanaimo Airport, historic downtown Nanaimo and the popular Waterfront.

809 Island Hwy. South, Nanaimo
P: 250.754.8171
www.daysinnnanaimo.com

Best Western Dorchester Hotel

Located in the heart of downtown Nanaimo across from Inner Harbour front Walkway, steps away from Port Theatre, Vancouver Island Conference Centre, Nanaimo Museum, Art Gallery, Bastion, as well as some of the City’s best shopping and entertainment, the waterfront playground, and the Nanaimo Casino.

70 Church Street, Nanaimo
250.754.6835 | 1.800.661.2449
www.dorchesternanaimo.com

Buccaneer Inn


1577 Stewart Avenue, Nanaimo
P: 250.753.1246 | TF: 1.877.282.6337
www.BuccaneerInn.com | @BuccaneerInn

Dorchester Hotel

Located in the heart of downtown Nanaimo across from Inner Harbour front Walkway, steps away from Port Theatre, Vancouver Island Conference Centre, Nanaimo Museum, Art Gallery, Bastion, as well as some of the City’s best shopping and entertainment, the waterfront playground, and the Nanaimo Casino.

70 Church Street, Nanaimo
250.754.6835 | 1.800.661.2449
www.dorchesternanaimo.com
Family Camping at its Best!
Offering over 120 unique & spacious sites, private sandy beach, walking trails through mature trees, fully stocked convenience store and wifi.

4220 Biggs Road, Nanaimo | 250.756.0404
www.brannenlake.com

---

Lakeview Homes
- Luxurious, immaculate and spacious, short-term accommodations
- Including lakefront and beautiful view homes & suites
- Our rentals are economical, extremely comfortable, well maintained, fully furnished and equipped
- Providing all the comforts of your own home
- Including all utilities, highspeed internet & WiFi, full service cable & telephone
- Serving local residents for interim housing as well as Vancouver Island visitors & tourists alike!

www.lakeviewrentalhomes.com

admin@lakeviewrentalhomes.com | 250-756-4244 or 1-877-756-4244

---

Value Lodge
ECONOMY MOTEL

Get away from the Rat race of the mainland and come relax and enjoy Island time. We have recently just upgraded our bathrooms and our floors to vinyl plank. Value Lodge motel is centrally located just walking distance from the downtown core. By car we are 10 minutes from Departure Bay ferry terminal and 15 minutes away from Duke Point ferry terminal.

736 Nicol Street, Nanaimo
250-754-2328 | valuelodgenanaimo.com

---

stay with us this summer.

From May to August Vancouver Island University offers comfortable, affordable and convenient accommodation for visitors to Nanaimo.

Close to transportation hubs and sports facilities, we offer suites, apartments and dorms with kitchens and living space.

All rooms include WIFI, parking, come well equipped with linens, towels and include a continental breakfast

residences.viu.ca/content/summer-accommodations

250.740.6640 • 1.844.740.6640
4 University Crescent, Nanaimo, BC

---

Vancouver Island University residences
WHERE TO STAY

AnnArthur Guest House
59 Howard Avenue, Nanaimo, BC V9R 3P9
waynegunter@gmail.com | 250-802-7994
www.annarthurgyighthouse.com
2BR guest house with kitchen, living room & patio. Book as 1 or 2BRs. Private suite w/ bedroom, bath, kit, LR, patio and view or bedroom & bathroom.

Best Western Dorchester Hotel
70 Church Street, Nanaimo, BC V9R 5H4
info@dorchesterananaimo.com | 250-754-6825
www.dorchesterananaimo.com
The Best Western Dorchester Hotel is conveniently located right downtown near the bustling Nanaimo Harbour, offering excellent views, professional service, immaculate rooms and extensive hotel features for your enjoyment.

Bethlehem Centre
2371 Arbot Road, Nanaimo, BC V9R 6S9
info@bethlehemcentre.com | 250-754-3254
www.bethlehemcentre.com
Your sacred space for retreats and conferences, nestled in a mountainside forest on Westwood Lake.

Bev & Sandy’s Place B&B
2734 Camcrest Drive, Nanaimo, BC V9T 4W4
bevsandy@shaw.ca
250-758-4983 or cell 250-616-2636
bevsandy@shaw.ca
www.bevandsandysplace.com
You will be the only guests. Private entrance. Queen size bed. Includes a cold breakfast.

Brannen Lake RV Park & Campsite
4220 Biggs Road, Nanaimo, BC V9T 5P9
brannenlake@shaw.ca | 250-756-0404
www.brannenlake.com
Wooded and sunny RV sites, tenting, private sandy beach with dock perfect for swimming & fishing.

Buccaneer Inn
1577 Stewart Avenue, Nanaimo, BC V9S 4E3
sleepwell@buccaneerin.com | 250-753-1246
www.buccaneerin.com
Enjoy our legendary hospitality, comfy accommodation and wide range of amenities. We’re your home away from home on Vancouver Island.

Coast Bastion Hotel
11 Bastion Street, Nanaimo, BC V9R 6E4
cbifrontdesk@coasthotels.com | 250-753-6601
www.coasthotels.com/hotels/bc/nanaimo/coast-bastion-hotel/
The Coast Bastion Hotel is located in the charming heart of downtown, near the ferry terminal and within walking distance to the seawall walkway, restaurants, bars and boutiques of all kinds. But with our spectacular ocean views, it may be tough to tear yourself away from your room!

Colonial Motel
950 Terminal Avenue N, Nanaimo, BC V9S 4K4
motelnanaimo@shaw.ca | 250-754-4415
www.motelnanaimo.ca
Very clean, comfortable accommodation services, very convenient location near downtown and Departure Bay ferry.

Days Inn Nanaimo
809 Island Hwy S, Nanaimo, BC V9R 6N6
info@nanaimohotel.com | 1-877-754-8171
www.daysinnnanaimo.ca
79 room hotel featuring an indoor pool and on-site Ricky’s All Day Grill. Pet friendly rooms available.

Descanso Bay Regional Park
595 Taylor Bay Road, Gabriola Island, BC V9R 1X1
descansobaypark@gmail.com | 250-247-8255
www.descansobaypark.com
Oceanfront campground on Gabriola with kayak rentals and more! Close to ferry and Village.

Hammond Bay Oceanside B&B
3804 Hammond Bay Rd, Nanaimo, BC V9T 1G3
hammondbaybb@shaw.ca | 250-751-1409
www.hammondbaybb.com
Beachfront location between Pipers Lagoon and Neck Point Park with stunning views and private entrances.

Hammond Bay Beachfront Motel
200 Nicol Street, Nanaimo, BC V9R 4T2
harbourlightmotel@shaw.ca | 250-716-5898
www.harbourlightmotel.com
Located in Central Nanaimo on Vancouver Island, Harbour Light Motel is a 10 minute walk from the Great Canadian Casino. It features the on-site MGM Restaurant, which serves American cuisine.
Free Wi-Fi, cable TV and free local calls are included with every room at Harbour Light Motel. They are equipped with a refrigerator, microwave and furnished with a desk.
The Nanaimo Museum is 900 m from Harbour Light Motel. The Port Theatre is 1 km away. We speak your language!

Hummingbird Lodge Bed & Breakfast
1597 Starbuck Lane, Gabriola Island, BC V9R 1K5
hummingbirdlodgebb@gmail.com | 250-247-9300
www.hummingbirdlodgebb.com
West coast rustic luxury only moments away from the ocean. Facing a wooded hillside, our three rooms each include a full ensuite, a private furnished deck, and skylights in a 16 ft. vaulted ceiling. Large guest lounge, hot tub. Gourmet style breakfast.

Inn on Long Lake
4700 North Island Highway, Nanaimo, BC V9T 1W6
Reservations@innonalonglake.com | 250-758-1144
www.innonalonglake.com
Your Lakeside Resort in the City! All lakefront rooms. Continental Breakfast included.

Kiwi Cove Lodge
5130 Brenton Page Road, Ladysmith, BC V9G 1L6
info@kiwicovelodge.com
250-245-8051 or 1-866-303-5494 (Toll free)
www.kiwicovelodge.com
Peaceful accommodation on waterfront acreage with a kiwi farm right outside your door. 12 rooms plus a cottage. Located near Nanaimo Airport.

La Belle Vie Wellness and B&B
3300 South Road, Gabriola Island, BC V0R 1X7
velsen@telus.net | 250-247-8808
www.labellevestudio.com
Visit our B&B on beautiful Gabriola Island B.C., hobby farm setting by beaches and parks.

Living Forest Oceanside Campground
6 Maki Road, Nanaimo, BC V9R 6N7
reservations@livingforest.com | 250-755-1755
www.livingforest.com
53 acres of forested waterfront with over 300 spacious sites and premium facilities.

MG M Seashore B and B
4950 Filling Crescent, Nanaimo, BC V9V1H9
mgmbandb@shaw.ca | 250-619-7571
www.mgmbandb.com
Oceanfront, Luxury Bed and Breakfast in North Nanaimo. Check out Tripadvisor.

Mountaineer Campground and RV Park
1092 Spruston Rd Nanaimo, BC V9X 1R2
register@mountainairervpark.com | 250-245-1169
www.mountaineirervpark.com
Quiet campground in the forest. Great full service sites, river swimming, special events and family fun.

Nanaimo Ocean View Guesthouse
3757 Sundown Dr Nanaimo, BC V9T 4H5
oceanviewbnb@gmail.com | 250-585-0891
www.nanaimooceanviewbnb.com
A clean, quiet, comfortable accommodation with fantastic sea view in a peaceful community in the Hammond Bay area.

Page’s Resort Group
3350 Coast Road, Gabriola, BC V0R 1X7
mail@pagesresort.com | 250-247-8931
www.pagesresortgroup.com
This beautiful resort property offers cottages, suites, a campground, marina and meeting space. Offering mountain bike and kayak rentals and a bookstore featuring local authors.

Painted Turtle Guesthouse
121 Bastion St Nanaimo, BC V9R 3AZ
stay@paintedturtle.ca | 250-753-4432
www.paintedturtle.ca
The Painted Turtle Guesthouse offers visitors to Nanaimo a unique and memorable accommodation like no other.

“I like to use Nanaimo as a base for my expeditions because it has a little something for everyone.”
- David Gogo, Bluesman
Hammond Bay Oceanside B&B

Beachfront location, North Nanaimo near Pipers Lagoon and Neck Point Park. Choose from two comfortable rooms - both are oceanside with private entrances, bathrooms and patios. Kitchen facilities, fireplaces and wifi available.
3804 Hammond Bay Rd, Nanaimo
P: 250.751.1409
www.hammondbaybb.com

Living Forest Oceanside Campground & RV Park

Minutes to everything, but in a world of its own!

Oceanside Campground & RV Park - 300+ sites 53 acres - 250.755.1755

Waterfront Inn & Suites

1000 Stewart Avenue Nanaimo, BC V9S 4C9
info@waterfrontnanaimo.com | 250-753-7111
www.waterfrontnanaimo.com

The Waterfront Inn and Suites and Marina offers residence-style accommodation for guests visiting Nanaimo for business, university studies or pleasure. The new Marina is now open and accepting moorage!

Westwood Lake RV, Camping & Cabins

380 Westwood Rd, Nanaimo, BC V9R 6S5
westwoodlake@shaw.ca | 250-753-3922
www.westwoodlakecampgrounds.com

We Don't Stop Playing, we have something for everyone here. Nanaimo’s best kept secret. Only steps away from Westwood Lake. Come check us out! We are only steps away from Westwood Lake where there is plenty of hiking and biking trails, great fishing, and swimming and behind the lake is wilderness. Close to all amenities, including BC ferries, downtown, golfing, aquatic centre, arenas, tennis club, pub, restaurants, shopping, bowling alley, and close to bus route.

WurHere B&B

3200 Coast Road Gabriola, BC V0R 1X7
wurehere@shaw.ca | 250-247-7345
www.WurHereBandBGabriola.com

2 individual self-contained suites each with private entrance and covered private deck. Breakfast delivered to your door every morning.
Come, catch your breath on Vancouver Island

Fly Nanaimo

Your affordable gateway to Nanaimo, Tofino, Duncan, Parksville, Qualicum Beach, and everything Vancouver Island has to offer!

learn more flyto.nanaimoairport.com

STAY ON THE WATER

Located on beautiful Gabriola Island, Page’s Resort Group welcomes you to secluded seaside cottages and suites, pristine grounds surrounded by forests and ocean views, a full service marina, and Island moments to remember.

Plan your escape today!
Visit pagesresortgroup.com or call 250-247-8931.

Page’s Resort Group

Oceanfront Cottages & Suites • Camping • Kayak & Bike Rentals • Li’l Market • Meeting Space
an experience above all others

Travel made easy, the West Coast way.

Hop aboard the fastest and most direct connection to downtown Nanaimo. Save hours between Nanaimo, Vancouver or Sechelt with our 25+ daily direct flights, or take in all of the sights on a scenic tour. You won’t believe how easy, fast and enjoyable flying on floats can be!

SCHEDULED FLIGHTS
SCENIC TOURS
PRIVATE FLIGHTS

On the waterfront in downtown Nanaimo
harbourair.com | 250.714.0900 | 1.800.665.0212 |
Your Lakeside Resort in the City!

Meeting space for 5-45 people!