



Adventure

GUIDE

Inspiring location.
Invigorating experiences.



RELAIS &
CHATEAUX

WELCOME TO Sonora

While you are here, we invite you to enjoy our many amenities: explore this magnificent island, try something new and venture further into the splendor and beauty of this part of the world.

We have designed a series of adventures that will excite your senses, sate your curiosity, invigorate your body and relax your mind. Let this guide help you design your perfect adventure, and please speak to our resort staff to create a customized activity itinerary.

We are here to ensure you have the most memorable of experiences.

Kaitlin Ross
GENERAL MANAGER

BOOKING

Our Guest Services team are ready to assist you in selecting activities.

To inquire, dial '0' on any resort phone, or visit the Innes Conference Centre between 9:00am and 6:00pm.

Please note:

- Activities are scheduled based on optimal tides and other environmental patterns.
- We reserve the right to make changes to activity itineraries or cancellations in extenuating circumstances, including inclement weather.
- Advanced booking is highly recommended. The remote nature of the resort limits our ability for spontaneous scaling and rearranging for activities.
- While many activities are shared with other guests, we can arrange your adventure to be exclusive to you or your party at an additional charge, if you let us know beforehand.
- As per our terms and conditions, activities are non-refundable.

MEETING LOCATION FOR ACTIVITIES

Meet us at the Gear Room 15 minutes prior to the activity start time. We'll be there to equip you with outdoor weather gear, food and beverage for your tour (as applicable) and ensure you embark smoothly.

The Gear Room is located below the dining room veranda, next to the pool (see the Resort Map on **page 40**).

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Fishing & Marine Tours

Is fishing your passion? Sonora Resort is your ultimate destination. We take pride in practicing and sharing the true BC-style of sport fishing.

Sonora promotes and encourages catch-and-release fishing where we only take what we need during our saltwater salmon trips.

With our experienced guides, sophisticated gear, and fleet of Grady-White fishing vessels*, you'll have everything you need for a successful outing. First-timer? Not to worry, we're here to show you the ropes, and the reels.



SALMON

Fishing

Protected from Pacific swells with snowy peaks on all sides, the calm passages surrounding Sonora offer an unparalleled West Coast fishing experience. Your experienced guide will be delighted to show you this spectacular oasis revered by reputation and immortalized by countless tales.

All five of the main Pacific salmon varieties swim the waters around Sonora. Chinook salmon are the star attractions, Pink, Sockeye, Coho and Chum salmon also pass through our waters. While fishing opportunities change throughout the season, it's not uncommon to catch different species of salmon in one day at certain times of the season.

SALMON FISHING AT A GLANCE	
Season	May 1 – October 15
Age Suitability	Everyone
Mobility Considerations	Guests must be able to comfortably board and exit the vessel
Duration	Full day (8 Hour) and Half Day (4-5 Hour) trips available
What to Bring	A valid Tidal Fishing License, sunscreen, sunglasses, a hat, camera and a warm sweater *License provided at the resort.
What is Provided	Covered boat with Guide, Fishing gear, personal flotation device and weather gear, snacks and refreshments. Filleting, vacuum packing, and packaging fish for transport is included
Food and Beverage	Guests are encouraged to refill their reusable Sonora water bottles and pack a box lunch from the Snack Shack 15 minutes prior to the activity start time should this activity be booked over lunch





THE SONORA FISHING FLEET

Boat Size	Boats in Fleet	Maximum Fishing Capacity
25ft (7.6m) Grady White	6	3
28ft (8.5m) Grady White	1	4
30ft (9.1m) Grady White	1	5
36ft (11m) Grady White	1	6
Local Contract Guides	As required	3

All vessels have a private marine washroom

Due to local tidal conditions, we are limiting operations to a maximum of two rods at a time, regardless of the chartered vessel size.

*Saltwater fishing charters at Sonora Resort use both our own fleet of Grady Whites, operated by our in-house fishing guides, as well as highly experienced, local contract guides, who operate their own vessels. All contract guide boats are 22ft or larger, cruiser-style vessels, equipped with a private marine washroom, protection from the elements and a comfortable layout for fishing.

RIVER Fly Fishing

British Columbia's coastline offers a bounty of trout and salmon-bearing river systems, accessible by boat from Sonora Resort. Your experienced freshwater guide will take you to remote boat-access only river runs in the heart of the stunning Philips River valley. Home to bears, cougars, wolves and eagles, you may not be the only curious spectator.

Fishing opportunities change throughout the season, with different species available at certain times of the year. Please note that all fly-fishing experiences are catch and release. Fly fishing trips generally depart early in the morning to hit the river when the fish are most active, before the midday heat, and are subject to favorable river conditions.

Fly-fishing experience is not necessary, but fly-casting does require a degree of practice and skill. We recommend a fly-fishing lesson at our trout ponds for beginners prior to this activity. See page 31 for more details.



RIVER FLY FISHING AT A GLANCE

Season	May 1 – October 15
Age Suitability	Minimum Age: 12 years
Mobility Considerations	Guests must be able to comfortably board and exit the vessel, walk for an extended period on rocky and uneven riverbanks, board and exit a jet boat on the river bank and wade up to knee-deep in moving water.
Duration	8 hours (6 hours Fishing, plus travel time)
What to Bring	A valid Freshwater Fishing License, sunscreen, sunglasses, a hat and camera; dress in warm socks and comfortable pants under your waders. <i>*License provided at booking or at arrival if pre-booked</i>
What is Provided	Fishing gear, waders, wading boots, wading belt, gravel guards, personal flotation jacket or collar, refreshments and a box lunch. <i>*Dry bags, weather gear available in Gear Room</i>
Food and Beverage	Guests are encouraged to refill their reusable Sonora water bottles and pack a box lunch from the Snack Shack 15 minutes prior to the activity start time.

Boat Cruises

THE BAY CRUISE

DURATION: 1 OR 2 HOURS (GUEST BOOKED)

A relaxing cruise through the Gillard Islands and across the Yuculta Rapids to the small community of Big Bay at Stuart Island, and a tour around Sonora's neighbourhood. A variety of sea birds, seals and other wildlife can often be spotted amongst the Gillard Islands close to Sonora Resort.

THE BUTE INLET CRUISE

DURATION: 3 TO 5 HOURS (GUEST BOOKED)

Bute Inlet is one of the largest fjords of the BC coast, home to 5000 - 9000ft tall mountain peaks, cascading waterfalls, and turquoise blue waters. Waterfalls are best viewed May through late June depending on the snowpack. Bears, eagles, a variety of sea birds, and small mammals can be seen along the shoreline, with many opportunities for wildlife and landscape photography.

DESOLATION SOUND AND TOBA INLET CRUISE

DURATION: 6 TO 8 HOURS (GUEST BOOKED)

Toba Inlet's narrowness and steep valley walls are reminiscent of a Norwegian fjord. A longer trip down Waddington Channel takes you to one of the most popular cruising destinations in the Pacific Northwest, Desolation Sound Marine Park. Stop in at historic Refuge Cove or explore the hidden coves and anchorages throughout these northern gulf islands.

BOAT CRUISES AT A GLANCE

Season	May 1 – October 15
Age Suitability	Everyone
Mobility Considerations	Guests must be able to comfortably board and exit the vessel.
Duration	As booked by the guest for each unique charter cruise.
What to Bring	Sunscreen, sunglasses, a hat and camera.
What is Provided	Binoculars, personal flotation device, snacks and refreshments. <i>*Weather gear available in Gear Room</i>
Food and Beverage	Guests are encouraged to refill their reusable Sonora water bottles and pack a box lunch from the Snack Shack 15mins prior to the activity start time should this activity be booked over lunch.

Tide to Table

EXPEDITION

Head out on the water early in the morning and drop your prawn and crab traps in strategic locations in the local fjords and waterways surrounding Sonora island.

Explore the Discovery Islands, searching for whales, bears or fish – this experience can be custom tailored to suit the interests of your group.

Try jigging for a lingcod, trolling for salmon, searching for wildlife to photograph, or cruising to a nearby destination you're keen to check out.

Once you've experienced the best that our coast has to offer, retrieve your traps on the way back to Sonora. If you've had a successful fishing day on the water, our chefs will prepare your local catch as a seafood feast dinner for you the following day.

TIDE TO TABLE EXPEDITION AT A GLANCE

Season	May 1 – October 15
Age Suitability	Everyone
Mobility Considerations	Guests must be able to comfortably board and exit the vessel.
Duration	8 hours, departing at 7:00am or 8:00am
What to Bring	A valid Tidal Fishing License, sunscreen, sunglasses, a hat and camera. <i>*License provided at the resort</i>
What is Provided	Binoculars, personal flotation device, boxed lunch snacks and refreshments. <i>*Weather gear available in Gear Room</i>
Food and Beverage	Guests are encouraged to refill their reusable Sonora water bottles and pack a box lunch from the Snack Shack 15mins prior to the activity start time.





Helicopter Fly Fishing

Enjoy a thrilling helicopter ride through BC's coastal mountain range over towering mountain peaks and alpine meadows.

Your helicopter pilot will take you to some of the most remote and pristine rivers and lakes in the Pacific Northwest.

Fishing opportunities change throughout the season, with different species available at certain times of the year. Please note that all fly-fishing experiences are catch and release.

Heli Fly Fishing tours are guided by weather, visibility and river level conditions which will determine which river systems and lakes you visit during your trip.

Fly-fishing experience is not necessary, but fly-casting does require a degree of practice and skill.

We recommend a fly-fishing lesson at our trout ponds for beginners prior to this activity. See page 33 for more details.

HELICOPTER FLY FISHING AT A GLANCE

Season	May 1 – October 15
Age Suitability	Minimum Age: 12 years
Mobility Considerations	Guests must be able to comfortably board and exit the aircraft and walk for an extended period on rocky and uneven riverbanks.
Duration	Full day (8-Hour) and Half Day (4-5 Hour) trips available.
What to Bring	A valid Freshwater Fishing License, sunscreen, sunglasses, a hat and camera; dress in warm socks and comfortable pants under your waders. <i>*License provided at the resort.</i>
What is Provided	Fishing gear, waders, wading boots, wading belt, gravel guards, refreshments and snacks. <i>*Dry bags, weather gear available in Gear Room.</i>
Food and Beverage	Guests are encouraged to refill their reusable Sonora water bottles and pack a box lunch from the Snack Shack 15 mins prior to the activity start time should this activity be booked over lunch.

Wilderness Tours

The Abundant, untouched wilderness of British Columbia provides a picturesque backdrop to Sonora Resort and begs to be explored. Escape on a wilderness tour and find yourself immersed in the grandeur of the natural world. These ecological tours support and encourage the protection of nature, wildlife and local communities.





Eco - Adventure

TOURS

Embark on a thrilling wildlife viewing experience in the pristine wilderness of the Pacific Northwest, up close and from the water. Our open-air 28ft zodiac style boat zips around the Discovery Islands for exceptional views of marine wildlife and rugged coastline as our wilderness guide offers informative narration through our headset system.

Your knowledgeable wilderness guide will customize each tour to maximize wildlife viewing opportunities and experience our incredible local tidal rapids. We schedule our tours to coincide with tidal conditions when wildlife is most active.

Typically, an abundance of wildlife is seen on this tour; however, it is not possible to guarantee particular animal sightings in a natural habitat.

TOUR LENGTH	ADVENTURE
1 & 2 Hour Tours	<p>Experience the local tidal rapids and cruise around the Gillard Islands to watch eagles and sea birds swoop to pluck fish from swirling whirlpools on the 1-hour tour.</p> <p>Search further afield to observe Steller sea lions basking in the sun, Dall's porpoises feeding and Pacific white-sided dolphins frolicking on the 2-hour tour.</p> <p>On occasion, we're treated to views of whales on these tours, but if it's large marine mammals you seek, the Eco Expedition Tour is sure to delight!</p>
4 Hour Eco Expedition	<p>The ultimate Eco Expedition in search of big marine mammals in their natural habitat. Cruise to Johnstone Strait or to the Strait of Georgia in search of Orca and Humpback whales, Steller sea lions and other incredible wildlife.</p> <p>When whales are present, pause and listen to the hydrophone to bring the underwater experience alive. Midway through the tour, we'll stop at a neighbouring island for a rest break to stretch your legs and use the facilities.</p>

ECO-ADVENTURE TOURS AT A GLANCE	
Season	May 1 – October 15
Age Suitability	Minimum Age: 6 years
Mobility Considerations	Guests must be able to comfortably board and exit the vessel
Duration	1, 2, and 4-hour tours <i>*An off-site washroom break will be scheduled midway on the 4 hour tour</i>
What to Bring	Sunscreen, sunglasses, a hat, camera
What is Provided	Binoculars and headsets, personal flotation jacket and pants, refreshments. <i>*Dry bags, weather gear are available in Gear Room</i>
Food and Beverage	Guests are encouraged to refill their reusable Sonora water bottles and pack a box lunch from the Snack Shack 15mins prior to the activity start time should this activity be booked over lunch.

**This is an adventure for the spirited traveler! This tour may be subject to turbulent water conditions and may not be suitable for guests that are pregnant or have back discomfort. Please inquire with Guest Services.*



Blind Channel

TOUR

Explore nature's cathedrals in the lush temperate rain forest of West Thurlow Island, the most northern island in the Discovery Islands.

The old-growth rainforests along British Columbia's coast boast ancient cedars that tower hundreds of feet high; exploring the forest on foot is especially awe-inspiring.

Along the trail, your wilderness guide will re-count tales of the area, share about local flora and fauna and perhaps sample a delicious wild berry (or two).

On route to your destination, see if you can spot Steller sea lions, Dall's porpoises and Harbor seals amidst the swirling whirlpools and swooping birds.



BLIND CHANNEL TOUR AT A GLANCE

Season	June 15 – September 15
Age Suitability	Minimum Age: 6 years
Mobility Considerations	Guests must be able to comfortably board and exit the vessel, walk for an extended period on natural and uneven forest trails and climb a steep trail, similar to a flight of stairs.
Duration	3.5 hours
What to Bring	Sunscreen, sunglasses, a hat and camera; running or hiking shoes are recommended.
What is Provided	Binoculars and headsets, personal flotation jacket and pants, snacks and refreshments <i>*Dry bags, weather gear available in Gear Room</i>
Food and Beverage	Guests are encouraged to refill their reusable Sonora water bottles 15 mins prior to the activity start time.

**This is an adventure for the spirited traveler! This tour may be subject to turbulent water conditions and may not be suitable for guests that are pregnant or have back discomfort. Please inquire with Guest Services.*

Ocean

KAYAKING

Dip your paddle in emerald waters while you explore the ecologically rich area on an easy-to-paddle sea kayak.

A two-and-a-half hour cruise takes you through Surge Narrows Marine Park, home to nutrient rich waters and a spectacular variety of colourful intertidal critters. A variety of sea birds, seals, porpoises, dolphins, and sea lions share the waters that we paddle.

Your certified Sea Kayak Guide will begin with a comprehensive paddling lesson and pre-trip briefing, giving new paddlers time to feel comfortable and test drive a kayak before embarking on the trip.

For experienced kayakers, your guide will help you hone your skills and teach you new tips and tricks. If two really want to sync their strokes, a tandem boat can be requested. Guests are required to sign additional waiver at booking.



OCEAN KAYAKING AT A GLANCE

Season	June 15 – September 15
Age Suitability	Minimum Age: 8 years or 50lb
Mobility Considerations	Guests must be able to comfortably board and exit the vessel and confidently board, exit and maneuver the watercraft equipment.
Duration	4 hours (2.5 hours kayaking, plus travel & orientation time)
What to Bring	Sunscreen, sunglasses, a hat and camera; closed sandals or running shoes are recommended.
What is Provided	Refreshments and snacks; kayaking equipment, life jacket and spray skirt provided upon arrival. <i>*Dry bags, weather gear available in Gear Room</i>
Food and Beverage	Guests are encouraged to refill their reusable Sonora water bottles and pack a box lunch from the Snack Shack 15 mins prior to the activity start time should this activity be booked over lunch.

Grizzly

TOURS

A true “bucket list” adventure!

Soak in the natural beauty of Bute Inlet, the cathedral-like rainforest of the Orford River valley, and the most spectacular animals on the continent. Every fall, the elusive grizzly bear comes down to the mouth of the Orford River to feed on salmon. This is the grizzly bear that few people ever see: focused, industrious and relaxed in its natural habitat.

Your journey begins with a short voyage up Bute Inlet, through the Arran rapids to the Orford River.



An experienced Homalco First Nation guide takes you, by vehicle, through beautiful moss-covered rainforests to various bear viewing towers on the banks of the river.

Throughout the tour, guides will share their knowledge about the bears, salmon, Homalco people and their ties to the land.

Typically, many bears are seen on this tour; however, it is not possible to guarantee bear sightings in a natural habitat like the Orford river. Guests are required to sign additional waiver at booking.



GRIZZLY TOUR AT A GLANCE

Season	August 20 – October 15
Age Suitability	Minimum Age: 10 years
Mobility Considerations	Guests must be able to comfortably board and exit the vessel, walk up and down a steep dock ramp at Orford Bay, stand for an extended period, board and exit the shuttle van and climb a flight of stairs multiple times.
Duration	4.5 hours - 5 hours *This activity is offered 7:30 am – 12:30 pm (Aug 30 – Sept 30); 8:00 am – 12:30 pm (Oct 1 – Oct 15)
What to Bring	Sunscreen, sunglasses, camera, warm hat and a warm sweater; running or hiking shoes are recommended.
What is Provided	Binoculars, snacks and refreshments. *Warm gloves, weather gear available in Gear Room
Food and Beverage	Guests are encouraged to refill their reusable Sonora water bottles in the Snack Shack 15 mins prior to the activity start time. *Snacks are only permitted on the transportation to and from the tour; alcohol is prohibited on this tour

Helicopter Tours

Experience outdoor adventure from a whole new perspective. Imagine sweeping over snow-covered peaks, glacier-lined fjords and lush alpine meadows; landing in the pristine wilderness of coastal BC, in a place so rare and remote that the silence of nature comes alive. The thrill of a once in a lifetime experience awaits. You don't have to imagine anymore - we're ready for you.







Helicopter Glacier

TOUR

Sights of glaciers, waterfalls and snow-capped peaks take your breath away. The helicopter will touch down on a glacier or remote mountain top for a once in a lifetime photo opportunity and a glass of champagne.

Extend your tour to linger a little longer while indulging in a selection of savory and sweet treats on top of the world.

HELICOPTER GLACIER TOUR AT A GLANCE

Season	May 1 – October 15
Age Suitability	Everyone
Mobility Considerations	Guests must be able to comfortably board and exit the aircraft.
Duration	1 hour or 2 hours flight time with a 30-minute glacier or mountain top landing.
What to Bring	Sunscreen, sunglasses, a hat, camera and a warm sweater; running or hiking shoes are recommended.
What is Provided	Celebration beverage to enjoy during your glacier landing.
Food and Beverage	Guests are encouraged to refill their reusable Sonora water bottles.

Charter tours are guided by weather and visibility conditions that may affect your flight times. Guests are required to sign additional waiver at booking.

Helicopter, Whale, & Glacier

TOURS

A helicopter will whisk you over the lush forests and churning waters of Johnstone Strait to Port McNeill where you will board a 55ft passenger vessel for an incredible wilderness viewing experience.

Orca and Humpback whales, Pacific white-sided dolphins, Dall's porpoises, Harbor seals, Steller sea lions, Bald eagles and a variety of other birds are no strangers to this tour.

Enjoy the breathtaking views on your return to Sonora Resort and touch down on a glacier or remote mountaintop for a once in a lifetime photo opportunity.



HELICOPTER AND WHALE WATCHING TOUR AT A GLANCE

Season	July 1 – September 30
Age Suitability	Everyone
Mobility Considerations	Guests must be able to comfortably board and exit the aircraft and vessel.
Duration	6 – 7 hours
What to Bring	Sunscreen, sunglasses, a hat, camera and a warm sweater; running or hiking shoes are recommended.
What is Provided	Refreshments and a box lunch; binoculars provided on the whale watching vessel. <i>*Weather gear available in Gear Room.</i>
Food and Beverage	Guests are encouraged to refill their reusable Sonora water bottles and pack a box lunch from the Snack Shack 15 mins prior to the activity start time should this activity be booked over lunch.

Charter tours are guided by weather and visibility conditions that may affect your flight times. Guests are required to sign additional waiver at booking.

Helicopter Glacier

PADDLE

Enjoy a thrilling helicopter ride through BC's coastal mountain range, with jaw dropping views of towering mountain peaks, ancient glaciers and alpine meadows.

The helicopter will take you to a remote glacial lake high in the mountains where you will have the opportunity to paddle an open kayak or stand-up paddleboard with a Certified Paddle Canada Guide.

This is a once in a lifetime experience, as you navigate the turquoise waters between icebergs and capture stunning photos of the surrounding scenery.

HELICOPTER GLACIER PADDLE A GLANCE		AT
Season	May 15 – October 15 <i>*Start may vary based on ice coverage</i>	
Age Suitability	Everyone	
Mobility Considerations	Guests must be able to comfortably board and exit the aircraft and confidently board, exit and maneuver the watercraft equipment.	
Duration	4 – 5 hours	
What to Bring	A change of warm clothes, sunscreen, sunglasses, a hat and camera; running or hiking shoes are recommended.	
What is Provided	Towel, snacks and refreshments; watercraft and lifejacket. <i>*Dry bags, weather gear available in Gear Room</i>	
Food and Beverage	Guests are encouraged to refill their reusable Sonora water bottles and pack a box lunch from the Snack Shack 15 mins prior to the activity start time should this activity be booked over lunch.	

Charter tours are guided by weather and visibility conditions that may affect your flight times. Guests are required to sign additional waiver at booking.



Helicopter

HIKING

Get a head-start on your hike with a helicopter ride above the tree line and into the alpine zone with a Certified Alpine Guide.

Enjoy hiking amidst remote peaks and alpine meadows while gazing down upon the glistening waters of the Pacific. Half Day or Full day hiking excursions may be customized from easy to advanced levels of difficulty.



HELICOPTER HIKING AT A GLANCE

Season	May 1 – October 15
Age Suitability	Everyone
Mobility Considerations	Guests must be able to comfortably board and exit the aircraft and walk for an extended period on uneven trails.
Duration	4-hour or 8-hour tours available.
What to Bring	Sunscreen, sunglasses, insect repellent, a hat, camera and a warm sweater; sturdy hiking shoes are required.
What is Provided	Snacks and refreshments. <i>*Backpacks, rain jackets and rain pants available in Gear Room</i>
Food and Beverage	Guests are encouraged to refill their reusable Sonora water bottles and pack a box lunch from the Snack Shack 15 mins prior to the activity start time should this activity be booked over lunch.

Charter tours are guided by weather and visibility conditions that may affect your flight times. Guests are required to sign additional waiver at booking.

HELICOPTER

Glacier Walk

A true “bucket list” adventure!

From Sonora, you'll be whisked up and away through Bute Inlet, one of the largest fjords of the BC coast, home to 5000 - 9000ft tall mountain peaks, cascading waterfalls and turquoise blue waters.

The helicopter lands at a remote locale where you will explore the alpine area and make your way onto a formidable glacier.

Your Certified Alpine Guide will suit you up with crampons and gear. This tour can be tailored to all ages, as our guides will prepare you for the adventure.



HELICOPTER GLACIER WALK AT A GLANCE

Season	May 1 – October 15
Age Suitability	Everyone
Mobility Considerations	Guests must be able to comfortably board and exit the aircraft and walk for an extended period on uneven glacier terrain, sometimes on an uphill incline.
Duration	4 – 5 hours
What to Bring	Sunscreen, sunglasses, a hat, camera, warm hat and a warm sweater; warm hat, warm sweater and synthetic athletic pants (not jeans); high hiking boots are required - <i>please inquire if you need to borrow hiking boots.</i>
What is Provided	Refreshments and snacks; safety equipment, helmet and crampons. <i>*Weather gear available in Gear Room</i>
Food and Beverage	Guests are encouraged to refill their reusable Sonora water bottles and pack a box lunch from the Snack Shack 15 mins prior to the activity start time should this activity be booked over lunch.

Charter tours are guided by weather and visibility conditions that may affect your flight times.
Guests are required to sign additional waiver at booking.



On Island Activities

Sonora Island is a limitless playground. We serve up a feast of exhilarating experiences for the adventurous and have world class indoor amenities to soak in the quieter moments. Whatever your preference, Sonora Resort offers something unique for everyone.





Florence Lake

WATER SPORTS



A delightful day trip to a serene lake where guests can enjoy a leisurely picnic lunch and family-friendly water activities.

The Florence Lake shuttle van departs from the Innes Conference Centre at 10:00 am, traveling 5 kilometers up an old logging road to Florence Lake.

There, guests can paddle canoes or stand up paddle boards, take a refreshing dip in the water or simply relax in the beautiful surroundings. Enjoy a picnic lunch at your leisure before returning to the resort at 2:00 pm.

The shuttle and water sports equipment are only available when booked in advance. Please note that watersports are not a guided activity and use of the equipment is at your own risk.

Availability is limited to a maximum of 10 guests.

Washroom facilities are available on site, please bring your room key to access these facilities. If you prefer to walk to or from the lake, you must still pre-book the equipment; the hike is medium difficulty, with some steep inclines.

Allow 1 – 1.5 hours each way.

FLORENCE LAKE WATER SPORTS AT A GLANCE

Season	May 1 – October 15
Age Suitability	Everyone
Mobility Considerations	Guests must be able to comfortably board and exit the shuttle van and confidently board, exit and maneuver the water equipment.
Duration	4 hours <i>*This activity is offered 10:00 am – 2:00 pm daily</i>
What to Bring	Bathing suit, sunscreen, sunglasses, a hat, and camera.
What is Provided	Towel, refreshments and a box lunch; watercraft, lifejacket. <i>*Weather gear available in Gear Room</i>
Food and Beverage	Guests are encouraged to refill their reusable Sonora water bottles and pack a box lunch from the Snack Shack 15 mins prior to the activity start time should this activity be booked over lunch.

Archery

Our outdoor archery range has two, covered shooting stations and targets set at 18 - 50 meters to accommodate archers of all skills and experiences.

Your experienced guide will begin with a safety briefing followed by equipment and form fundamentals, giving beginners the confidence to shoot like a pro.

For experienced archers, your guide will help you hone your skills and teach you new tips and tricks.

Try your hand at a compound or recurve bow! For your comfort and safety, we permit a maximum of 4 participants, with 2 shooters at a time.

ARCHERY AT A GLANCE

Season	May 1 – October 15
Age Suitability	Minimum Age: 12 years
Mobility Considerations	This activity is wheelchair accessible
Duration	1 hour Session <i>*This activity is not available 2:00 pm – 4:00 pm daily</i>
What to Bring	Sunscreen, sunglasses, a hat and camera; closed toe sandals or running shoes recommended
What is Provided	Archery equipment, refreshments <i>*Weather gear available in Gear Room</i>
Food and Beverage	Guests are encouraged to refill their reusable Sonora water bottles.

Fly Fishing Lesson

SONORA TROUT POND

Sonora has two trout ponds stocked with rainbow trout that are perfect for practicing fly-casting. Our guides will teach form and equipment fundamentals for beginners to get you started on your fly-fishing journey.

After your lesson you're always welcome to come back to the trout ponds and continue honing your new skills.

There are a few big fish in there!

Fly fishing rods and spin-casting rods can be signed out at the dock station for use without a lesson.

FLY FISHING - SONORA ISLAND AT A GLANCE

Season	May 1 – October 15
Age Suitability	Minimum Age: 8 years
Mobility Considerations	This activity is wheelchair accessible.
Duration	1 hour Session <i>*This activity is not available 2:00 pm – 4:00 pm daily</i>
What to Bring	Sunscreen, sunglasses, a hat, and camera.
What is Provided	Fishing gear and refreshments. <i>*Weather gear available in Gear Room</i>
Food and Beverage	Guests are encouraged to refill their reusable Sonora water bottles and pack a box lunch from the Snack Shack 15 mins prior to the activity start time should this activity be booked over lunch.

Guided Hike

SONORA ISLAND



Explore Sonora Island's natural splendor while your experienced guide provides informative narration on the area's flora, fauna and historical significance. Whether your preference is a leisurely stroll through second growth coniferous forest, or an invigorating trail leading to ocean vistas, we would be delighted to customize the tour to your desires.

Please let the Guest Services team know how you would like to customize your hike.

For the independent adventurers: Well-marked hiking and biking trails are available at your leisure as a non-guided activity. Shorter loops meander through lush rainforests, while longer hiking trails open to ocean vistas and serene Florence Lake. Trail maps are available at the Gift Shop.

For your comfort and safety: Trail conditions can vary depending on current weather; appropriate footwear is recommended. If hiking alone, we recommend you take a Bear Bell (available at the Gift Shop) and notify the staff of your trail route and estimated return time.

Guests are welcome to use a mountain bike at their leisure during daylight hours; bike helmets are required on all trails. Our staff would be pleased to assist you.

GUIDED HIKE - SONORA ISLAND AT A GLANCE

Season	May 1 – October 15
Age Suitability	Everyone.
Mobility Considerations	Guests must be able to comfortably walk for an extended period; some forest trails are subject to uneven ground <i>*Select trails and routes are wheelchair accessible. Please inquire with Guest Services.</i>
Duration	1 hour, 2 hour, or 3 hour tours available. <i>*This activity is not available 2:00pm – 4:00pm daily.</i>
What to Bring	Bear bell, sunscreen, sunglasses, a hat and camera; running or hiking shoes are recommended. <i>*Bear bells are available to borrow from the Gift Shop</i>
What is Provided	<i>*Backpack, weather gear available in Gear Room.</i>
Food and Beverage	Guests are encouraged to refill their reusable Sonora water bottles 15 mins prior to the activity start time.

Flora & Fauna

Sonora Island is home to a variety of animals and plants.

Use this guide to help you identify the species when you are out exploring.

EDIBLE BERRIES



Blackberries - An introduced species native to Europe, these large and delicious juicy dark purple berries tend to grow in open areas by roads and buildings.



Salmonberries - Named after their resemblance to orange salmon roe or fish eggs, these berries mark the beginning of spring. They may sprout their pink blossoms as early as February and are a delicacy for black bears.



Thimbleberries - This tall, woody plant with attractive white blossoms grows in dense stands by the sides of trails, blossoming mid to late summer. Ripe once they are bright red, these berries are shaped like a thimble.



Red Huckleberries - Ripening in late summer, this bush with delicate oval leaves bears dozens of bright red berries. Often mistaken for blueberries, huckleberries have larger seeds.



Salal - Favours light and dry areas of the forest, and bears blue-colored berries in early summer. This low bush with glossy rounded green leaves is a dominant shrub in many BC forests, and was a major food source for BC First Nations.



Oregon Grape - Similar in appearance to the salal plant (but with prickly edges on its leaves), this low bush is found in drier areas of the forest and has small blue-coloured berries that tastes like grapes.

PLANTS & TREES



Western Red Cedar - Recognizable by its stringy bark-buttressed trunk and absence of needles, these trees can live for 800 years and reach over 10" in diameter. Although the cedars found at lower elevations on Sonora Island are smaller. This tree was vitally important to the native peoples as its bark and wood provided the raw materials for everything from clothing to canoes and houses.



Fir - These trees can be identified by their needle-like leaves, which are attached to the branch by a base that looks like a small suction cup. The bright green tips of this tree are very tender in spring and have a mild flavor when the shoots are young.



Western Sword Fern - This fern grows in the moist and shady areas of the forest and is the most common plant on Sonora Island.



Western Hemlock - Very common in North America, the hemlock is distinguished by its drooping crown, drooping branch tips and soft needles.



Sitka Spruce - Sitka Spruce trees have a distinctive blueish tint to their stiff needles. They also grow very tight streamlined cones, which are quite flexible.

WILDLIFE



Black Bear - Black bears have fur coats that range in colour from cinnamon to black. They graze on grass and clover by the trail sides, dig skunk cabbage from marshy areas, and feast on seasonal berries. A daily presence in May and June, they will move up the mountain in July to feed on berries that grow at higher elevations. Don't forget the a bear bell and make a noise when hiking to warn the bear of your approach and make them move away.



Blacktail Deer - These tan colored browsers feed on seasonal plants and favour tender young shoots of plants found on the trail sides. Mothers give birth to white spotted fawns in the spring. Throughout the summer the antlers will continue to grow in preparation for mating season in the fall.



Douglas Squirrel - These long-tailed rodents chatter and flit through the branches, breaking apart tree cones to get at their seeds. Throughout the summer they are busy storing these seeds in their nests for the coming winter.



Bald Eagles - While they are present year-round, bald eagles are most common in spring, with numbers dropping in mid summer as many migrate to feed on salmon at distant streams. They often perch in tall trees with few branches so they have an optimal field of vision. Eggs hatch in spring and juvenile eagles are easily recognizable by their brown plumage. They will not develop white heads and tails until they are 4 - 5 years of age.



North American Robins - These red-breasted robins are very common in spring, plucking worms after it rains to feed their young. They are quite noisy as they fight over territory and flit across the trails. Occasionally in spring you may see their teal blue eggs along the trails.



Steller's Jay - Deep blue with black plumage, these birds are noisy creatures that hunt insects and other small animals in our forests. A distinctive trait is the vertical blue eyebrow of the adolescent. Their round blue wings have a faint black stripe and they often glide through the air, hunting for prey below.

Yoga

At Sonora, starting your day with yoga is the perfect way to prepare yourself for the peace and serenity of this beautiful place.

Small, semi-private classes will be held by certified instructors who will lead you through a relaxing series of postures to the sound of soothing music.

For those with limited flexibility or chronic injuries, our licensed yoga teachers can suggest modifications so you can enjoy every posture.

Please contact Island Currents Spa for booking.



YOGA AT A GLANCE

Season	May 1 – October 15
Age Suitability	Everyone
Mobility Considerations	This activity is wheelchair accessible.
Duration	1.25 hours *This activity is offered at 8:00am daily
What to Bring	Dress in comfortable clothing.
What is Provided	Yoga mat, blocks, straps, bolster, and a cozy blanket for shavasana.
Food and Beverage	Guests are encouraged to refill their reusable Sonora water bottles.

Therapeutic Water

JOURNEY

Enjoy the complimentary Water Journey as part of your spa experience. The cycle of hot, cold, relax, rehydrate is proven to energize and relax the body, improve circulation and assist with detoxification.

Choose your journey from the following amenities we offer:

Hot: Cedar sauna, steam room, hot tub, warm mineral pool

Cold: Cold mineral pool, Swiss shower

The Water Journey is available to guests 16 years and older and is open from 5:30 am – 9:00 pm, daily.



ISLANDCURRENTS

SPA AT SONORA

As the cleansing life force of the ocean ebbs and flows around beautiful Sonora Island, you can't help but feel an instant connection to the natural world.

Experience this balance and tranquility in our luxurious ocean-side spa.

Our team of highly trained professionals will create a safe space for you to unplug, unwind and re-charge.

Transcend into the quiet calm of your soul and awaken to a blissful state of renewal, body, mind and spirit.

Our Spa team would be delighted to assist you with booking spa services.

To do so, please dial **8251** on any resort phone, or visit the Island Currents Spa between 9:00 am – 9:00 pm, daily. For a complete list of available services, please refer to the Island Currents Spa Menu.



Exercise

ROOM

With cardio machines facing floor-to-ceiling windows with views of the grounds, indoor workouts don't get any more idyllic.

Fully-equipped, our fitness centre also includes weight machines, free weights, bands, a Peloton bike, medicine balls, and a separate stretch studio.

The exercise room is available to guests 16 years of age and older and is open from 5:30 am to 9:00 pm, daily.



Outdoor

AMENITIES

DISCOVERY ISLANDS VIEWPOINT

Located just a short 5-minute walk away from the main resort area, the Discovery Islands Gazebo and Viewpoint are perched overlooking Innes passage and the Gillard Islands.

Here, Steller sea lions line the channels as they fish for Coho and Chum salmon passing through the narrow waterways.

Wander across the footbridge and wild forest trail on the small island to the opposite shoreline to see the tidal rapids up close and capture stunning photos of these massive 2000lb sea lions putting on a show!

Sea Lions are most actively feeding from Mid-July to October when the salmon are passing through on their migration route.

Washrooms are located on site, please bring your room key to open the doors.

PUTTING GREEN

Practice your short game on our idyllic nine-hole putting green. Putters and balls are available on the green, located behind the cedar longhouse.

SWIMMING POOL

Outdoors and overlooking the ocean, our heated swimming pool is the perfect place to spend a sunny day with a good book.

You'll find towels, lifejackets and snacks at the dock station. Please note there is no lifeguard on duty at Sonora. While in the pool area, we require that anyone under 13 years of age must always be accompanied by a parent or guardian.



STOREY POINT

After an exhilarating day of adventure, the outdoor fire pit at Storey Point provides a picturesque spot to unwind with a mug of hot cocoa. Pull up an Adirondack chair and swap stories or lap up the soft sounds of Sonora at night. You'll find the gas fire timer beside the large First Nations totem pole.

EAGLET'S PERCH

The perfect spot for our youngest Sonora guests. Eaglet's Perch is an outdoor jungle gym with plenty of places to climb, swing, and slide. Because of the wildlife on Sonora Island, children must have adult supervision.

Indoor

AMENITIES



TENNIS COURT

Whatever the weather, the covered tennis court is primed for play. On sunny days, it's cool and breezy; on rainy days, it's a dry place to be active.

Racquets and balls are supplied—you'll find them in the wooden shed next to the entrance.

Basketball, pickleball, and ping-pong are also available in this space.

CONSERVATORY

The conservatory blooms with a magical sense. Here, you can sit back and enjoy herbal tea or coffee with a good book in an inspiring garden setting.

Just another element of tranquility that elevates the Sonora experience.

MOVIE THEATRE

The Tyee Lodge is home to our state-of-the-art, 12-seat cinema, complete with an old-fashioned popcorn machine.

There are more than 350 classic and current movie titles to choose from, Netflix, Disney+, and satellite television for sports fans hoping to catch a game.

GAMES ROOM

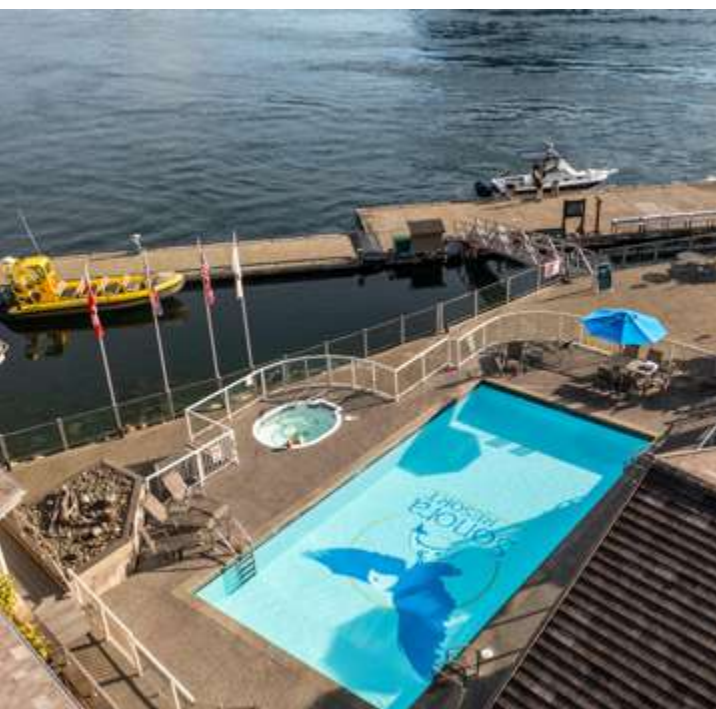
In the main lodge, our games room provides endless entertainment with pool, shuffleboard and foosball tables, as well as Nintendo Switch consoles and games for high-tech gamers.

During the day, it's open to all ages, but after 9:00 pm, it's adults only.

VIRTUAL GOLF

Using the latest virtual technology, our golf simulator allows you to tee off at the world's greatest courses without ever leaving Sonora.

Pick the place, your perfect club and play on.



PREPARING FOR YOUR Adventure

PHOTOGRAPHY

Complimentary photography equipment and accessories are available for sign-out at the Gift Shop to assist you capture the perfect shot.

- Waterproof Digital Camera
- Nikon Long-Range Zoom Lens (Nikon AF-S NIKKOR 200-400mm f/4G ED VR II)
- Gitzo Tripods
- Canon Long-Range Zoom Lens (Canon ER 100-400mm f/4.5-5.6L IS USM)

*Sonora is located in a commercial flight zone.
Therefore drone operation is not permitted.*

CLOTHING & GEAR

As we are in a wilderness location set near the Great Bear Rainforest, we suggest the following items to ensure a comfortable experience while exploring all that Sonora has to offer:

- Wear sunscreen, even if the weather is overcast.
- Dress in layers that let you regulate temperature by slipping layers on and off as your activity level or weather changes.
- Bring a water-resistant jacket for all day comfort. Sonora's Gift Shop carries a selection of high-quality items.
- Running shoes with good tread or light hiking boots are recommended for all walks and hikes.
- A full range of adult and child sized rain jackets, pants and boots are available on a first come first serve basis in the Gear Room.
- Waterproof binoculars are supplied on many adventures; each guest room has a pair of binoculars for guests to enjoy throughout their stay and return to their room after use.
- Dry bags and backpacks are available by request in the Gear Room.
- All guests must wear a Transport Canada approved personal flotation device while on boat tours, with the exception of enclosed water taxis. Infant, Child and Adult life jackets are available at the gear room prior to your tour.
- Due to the strong ocean currents and the absence of railings, we require that anyone under 13 years of age wears a personal flotation device and is supervised by a parent or guardian while on the docks.
- Sonora has a full range of adult-sized buoyant, insulated pants and jackets for boat adventures and fishing. For recommendations specific to your activity, please refer to the **At a Glance** section under each adventure.

WHAT TO DO WITH

Your Catch

TAKE YOUR FISH HOME

Sonora staff will fillet, vacuum pack and freeze your catch. We then box it with frozen gel packs, which will stay frozen for 6 – 8 hours. The packaged, frozen fish can be checked as a piece of luggage on your flight home.

CANNING & SMOKING

If you will be travelling for more than 8 hours, or you would like to have your catch shipped to you, we can send it to St. Jean's cannery at an additional cost. St. Jean's offers many different processing options including canned, candied, smoked, hot smoked, lox, steaks or 1lb filets.

Ask a Sonora guide or dock staff for more information. Processing and shipping your catch takes approximately 12 – 15 weeks during peak season.

REPLICA

Your fish can be made into an attractive mount. A modern version of this traditional method is the fiberglass replica, created from photographs and measurements taken by our staff. This is a great way to have your fish and eat it too, or remember the fish you released during your trip!

Please expect 9 – 12 months for delivery of the replica. Ask your guide for more information.

GYOTAKU FISH PRINT

Gyotaku is the ancient Japanese art of fish-printing, practiced by local artist, Eiji Umemura. In this traditional art form, the fish is used as a printing surface to create an accurate, beautifully detailed likeness.

Once the print is taken, the fish is edible, and the salmon can be sent to St. Jean's for processing. Please expect 5 – 6 months for delivery of the artwork.

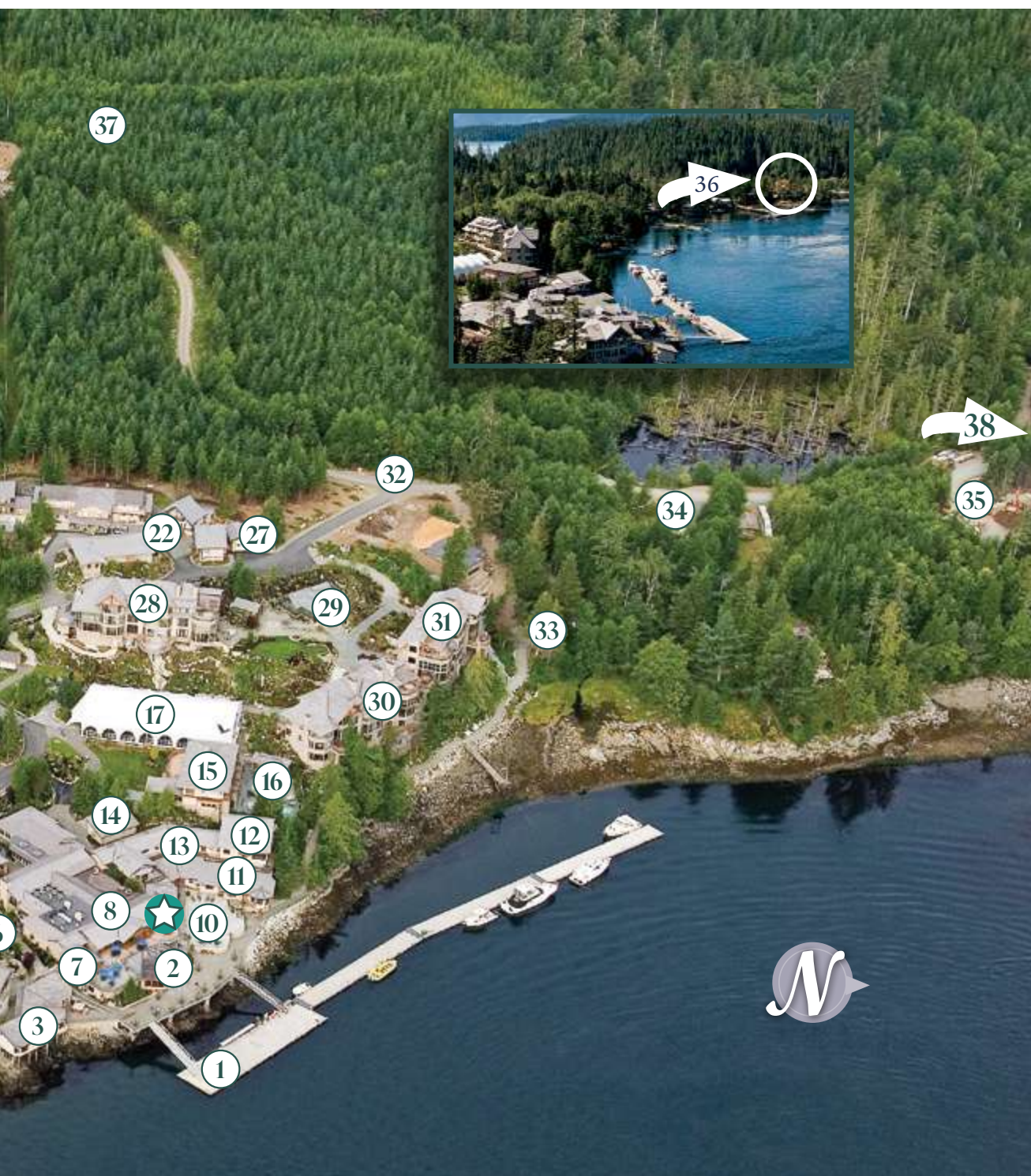
Ask your guide for more information. Framed examples of Gyotaku fish prints can be viewed in the Tyee Lodge and Innes Conference Centre.



*Additional charges will apply.




- | | | | |
|--------------------------|--|---|-------------------------------------|
| 1. Sonora Dock | 8. Tyee Lodge
(Tyee Dining Room, Guest Services,
Gift Shop, Theatre, and Games Room) | 13. Coho Lodge | 18. Longhouse |
| 2. Chinook Room | 9. Innes Conference Centre
(Business Centre + Activity Desk) | 14. Salish Lodge | 19. 9 Hole Putting Green |
| 3. Marine Lodge | 10. Swimming Pool | 15. Island Currents Spa
(Gym, Treatment Rooms) | 20. Eagle Rock Lodge |
| 4. Marine Helicopter Pad | 11. Bute Lodge | 16. Mineral Pools | 21. Eagle Rock Dock |
| 5. Yuculta Lodge | 12. Arran Lodge | 17. Tennis Pavilion | 22. Private Staff
Accommodations |
| 6. Japanese Garden | | | |
| 7. Tapas Bar | | | |



- 23. Maintenance Area
- 24. Eaglets Perch Kids' Playground
- 25. Eagle Trout Pond
- 26. Main Helicopter Pad
- 27. Fire Hall
- 28. Haida Lodge
- 29. Conservatory

- 30. Arbutus Lodge
- 31. Gillard Lodge
- 32. Trail Map Sign
- 33. Story Pointe
- 34. Gillard Pass Salmon Hatchery
- 35. Sea Lion Trout Pond
- 36. Sea Lion House

- 37. Archery Range
- 38. To Discovery Island Viewpoint and Florence Lake
-  Gear Room
start for all activities



SONORA RESORT CANADA

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