



Adventure

GUIDE

Inspiring location.
Invigorating experiences.



RELAIS &
CHATEAUX

WELCOME TO

Sonora

BOOKING

Our Guest Services team is ready to assist you in selecting activities. To inquire, **dial 0** on any resort phone, or visit the Innes Conference Centre between 9:00 am and 6:00 pm.

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).

Activities

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Fishing & Marine Tours

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
- ▶ Boat Cruises
- ▶ Tide to Table Expedition
- ▶ Helicopter Fly Fishing





SALMON
Fishing

SALMON FISHING RATES		
Boat Size	Duration	Maximum Guests
25ft (7.6m) Maximum 3 Guests	Minimum 4 hours	\$310 per vessel/hour
28ft (8.5m) Maximum 4 Guests		\$375 per vessel/hour
30ft (9.1m) Maximum 5 Guests		\$445 per vessel/hour
36ft (11m) Maximum 6 Guests		\$595 per vessel/hour

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.

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 or 5-hour) trips available
What to Bring	A valid Tidal Fishing License, sunscreen, sunglasses, a hat, camera and a warm sweater <i>License provided at the resort.</i>
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 mins prior to the activity start time should this activity be booked over lunch.



BOAT Cruises

THE BAY CRUISE *Duration: 1 or 2 hours*

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.

THE BUTE INLET CRUISE *Duration: 3 to 5 hours*

Bute Inlet is one of the largest fjords of the BC coast, home to 5000 - 9000 ft tall mountain peaks, cascading waterfalls, and turquoise blue waters. Waterfalls are best viewed from May through to late June depending on the melting of the snowpack. From July to October, the scenery is spectacular but few waterfalls are visible. Bears, eagles, a variety of sea birds, and small mammals can be seen along the shoreline.

DESOLATION SOUND AND TOBA INLET CRUISE

Duration: 6 to 8 hours

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 the historic Refuge Cove or explore the hidden coves and anchorages throughout these northern gulf islands.

BOAT CRUISE RATES		
Boat Size	Duration	Maximum Guests
25ft (7.6m) Maximum 3 Guests	1 – 2 hours	\$375 per vessel/hour
28ft (8.5m) Maximum 4 Guests	3 – 8 hours	\$415 per vessel/hour
30ft (9.1m) Maximum 6 Guests	3 – 8 hours	\$480 per vessel/hour
36ft (11m) Maximum 5 Guests	3 – 8 hours	\$660 per vessel/hour



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 15 mins prior to the activity start time should this activity be booked over lunch.

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.



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 RATES		
Boat Size	Duration	Maximum Guests
28ft (8.5m) Maximum 4 Guests	8 hours	\$3,285 per vessel/hour
30ft (9.1m) Maximum 5 Guests		\$3,840 per vessel/hour
36ft (11m) Maximum 6 Guests		\$5,295 per vessel/hour

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 8:00 am
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 15 mins prior to the activity start time.

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.



HELICOPTER

Fly Fishing

Soar above British Columbia's coastal mountains before touching down at remote alpine rivers and pristine wilderness lakes.

This catch-and-release experience places you in some of the Pacific Northwest's most untouched fly-fishing waters, guided by expert pilots and anglers.

Destinations are selected based on seasonal fish runs, weather, visibility, and river conditions, ensuring the best possible outing. Fly-fishing experience is not required, though some casting skill is recommended. Beginners may wish to arrange a lesson at our trout ponds prior to departure.

We recommend a fly-fishing lesson at our trout ponds for beginners prior to this activity. See **page 22** for more details.

4 – 5 HOURS \$2,700 PER PERSON

8 HOURS \$4,500 PER PERSON

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 or 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](#)
- ▶ [Blind Channel Tour](#)
- ▶ [Ocean Kayaking](#)
- ▶ [Grizzly Tours](#)





Eco - Adventure

TOURS

Explore the pristine waterways of the Discovery Islands aboard our open-air 28-ft Zodiac.

Cruise rugged coastlines and tidal rapids as your wilderness guide provides live narration through a personal headset system, bringing the landscape and marine life to life around you.

Tours are timed with optimal tidal conditions to maximize wildlife activity and viewing opportunities.

While sightings are often abundant, wildlife encounters can never be guaranteed in their natural habitat.

- 1 HOUR TOUR** \$175 PER PERSON
- 2 HOUR TOUR** \$350 PER PERSON
- 4 HOUR EXPEDITION** \$685 PER PERSON

TOUR LENGTH	ADVENTURE
<p>1 & 2 Hour Tours</p>	<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. 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>
<p>4 Hour Eco Expedition</p>	<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, or 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 15 mins 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

Journey to West Thurlow Island, the northernmost island in the Discovery Islands, and step into a lush temperate rainforest of towering old-growth cedar.

Walk beneath ancient trees that rise hundreds of feet overhead, as your wilderness guide shares stories of the land, its history, and its vibrant flora and fauna, perhaps even sampling a wild berry along the way.

En route, watch for Steller sea lions, Dall's porpoises, and harbour seals amid swirling tidal currents and soaring seabirds.

\$515 PER PERSON

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. <i>Should you wish to purchase something from the Blind Channel General Store, be sure to bring your wallet.</i>
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

Glide across emerald waters on a guided sea kayak adventure through the ecologically rich passages surrounding Sonora.

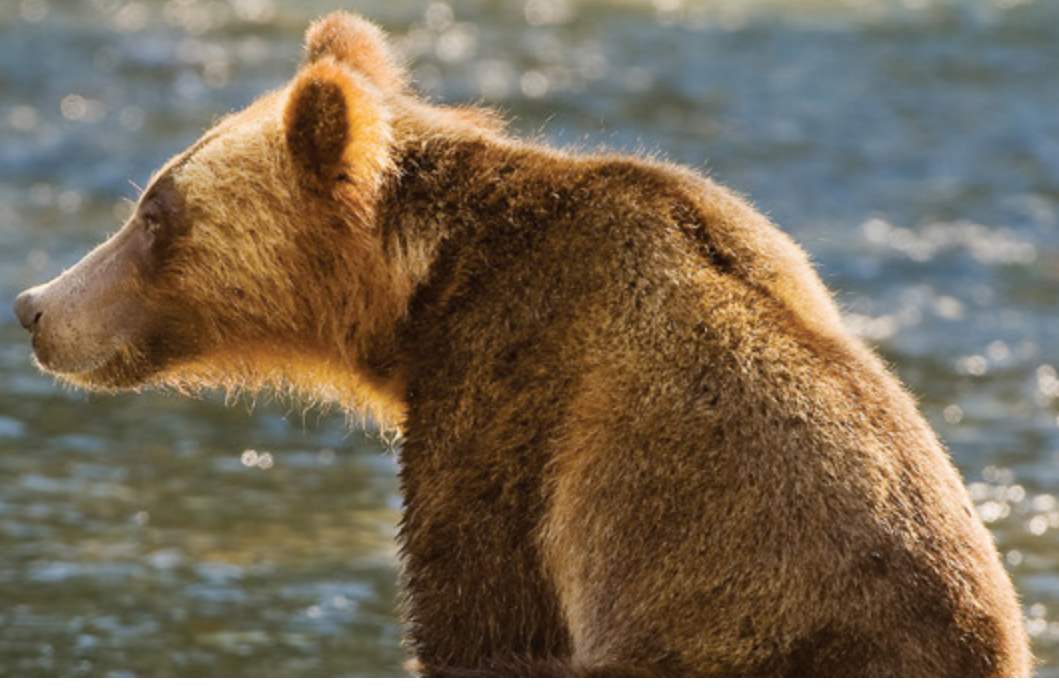
This two-and-a-half-hour journey explores Surge Narrows Marine Park, home to vibrant intertidal life, seabirds, seals, porpoises, dolphins, and sea lions.

Your certified Sea Kayak Guide begins with a comprehensive paddling lesson and safety briefing, ensuring new paddlers feel confident before departure. Experienced kayakers can refine their technique and learn new skills along the way.

Tandem kayaks are available upon request.

\$595 PER PERSON

OCEAN KAYAKING AT A GLANCE	
Season	June 24 - September 7 (subject to availability)
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.



A true “bucket list” adventure!

Journey into the remote wilderness of Bute Inlet and the Orford River Valley, one of British Columbia’s most extraordinary bearviewing environments.

Each fall, grizzly bears gather at the mouth of the Orford River to feed on salmon. Here, you may witness them as few ever do, focused, powerful, and at ease in their natural habitat.

Your experience begins with a scenic boat ride through Bute Inlet and Arran Rapids, followed by guided exploration with a Homalco First Nation cultural interpreter. From elevated viewing platforms along the riverbank, observe bears while learning about their relationship to the land, salmon, and the Homalco people.

While sightings are often remarkable, wildlife encounters can never be guaranteed.

\$715 PER PERSON

GRIZZLY TOUR AT A GLANCE	
Season	August 20 – October 15
Age Suitability	Minimum Age: 8 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 – 5 hours <i>This activity is offered</i> 7:30 am – 12:30 pm (Aug 20 – 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. <i>Warm gloves, weather gear available in Gear Room.</i>
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. <i>Snacks are only permitted on the transportation to and from the tour; alcohol is prohibited on this tour.</i>

Additional waiver required at booking.

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
- ▶ Helicopter, Whale, & Glacier Tours
- ▶ Helicopter Glacier Paddle
- ▶ Helicopter Hiking
- ▶ Helicopter Glacier Walk





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.

1 HOUR TOUR \$1,900 PER PERSON

2 HOUR TOUR \$2,900 PER PERSON

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

Lift off above the forests and swirling waters of Johnstone Strait before landing in Port McNeill to begin an extraordinary marine wildlife excursion. From the deck of a coastal vessel, watch for orcas, humpbacks, Pacific white-sided dolphins, Dall's porpoises, harbour seals, Steller sea lions, and bald eagles in their natural habitat.

On your return, soar back toward Sonora, with a glacier or remote mountaintop landing for a breathtaking finale and unforgettable photo opportunity.

\$3,300 PER PERSON

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. While there is an abundance of wildlife in this area, it is not possible to guarantee whale sightings in their natural habitat.

Helicopter Glacier

PADDLE

Soar through British Columbia's coastal mountain range, taking in sweeping views of alpine meadows and ancient glaciers before landing beside a remote glacial lake.

With a Certified Paddle Canada Guide, explore turquoise waters by kayak or stand-up paddleboard, navigating between floating ice and dramatic alpine scenery.

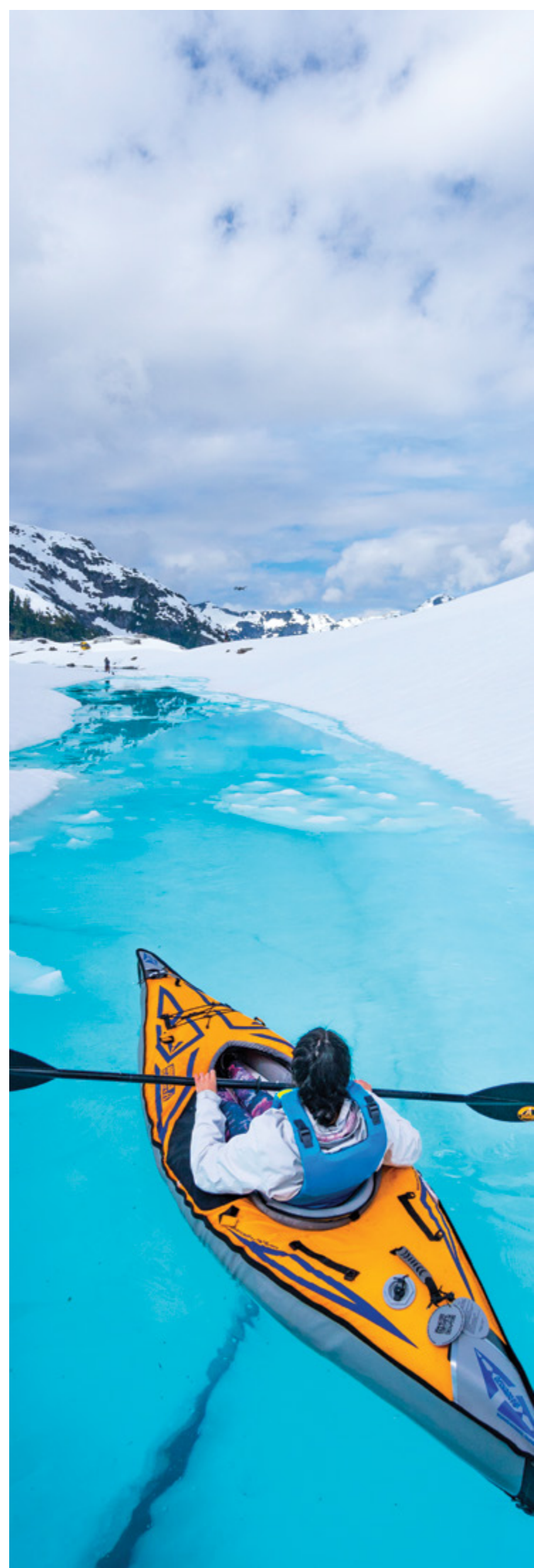
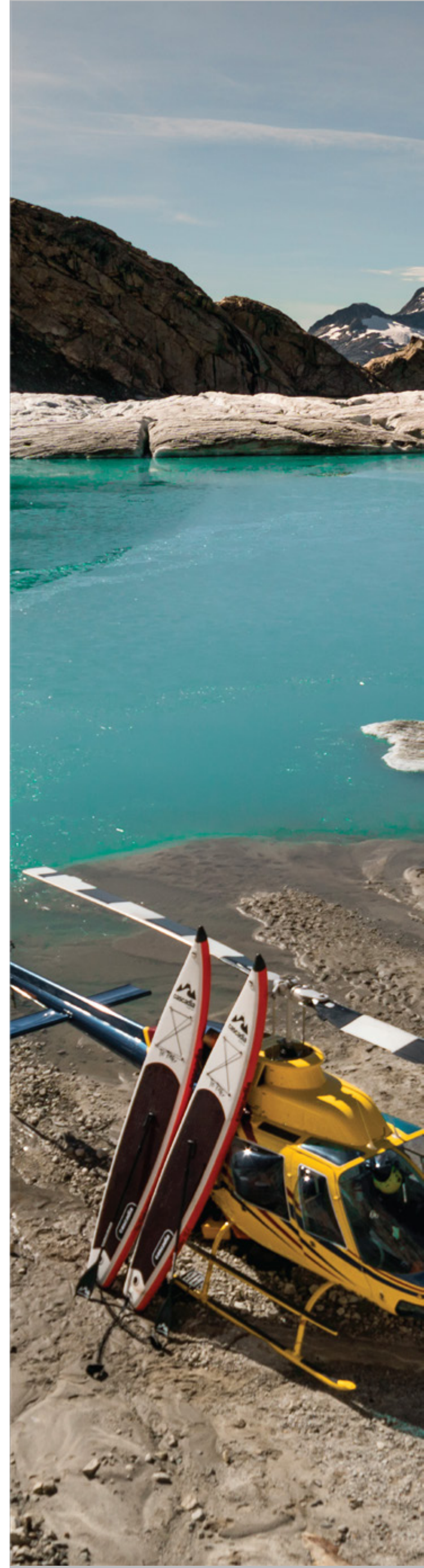
A rare and unforgettable way to experience the wild from an entirely new perspective.

\$2,300 PER PERSON

HELICOPTER GLACIER PADDLE AT A GLANCE

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.

4-5 HOUR \$2,050 PER PERSON

8 HOURS \$2,750 PER PERSON



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. Should your footwear not be suitable for the terrain, our guide will provide appropriate alternatives.
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.

Guests are required to sign additional waiver, medical form, and review and pre-trip document once on property.

HELICOPTER

Glacier Walk

Lift off from Sonora and soar through Bute Inlet, one of British Columbia's most dramatic fjords, framed by towering peaks and cascading waterfalls.

Touch down in a remote alpine setting and venture onto a formidable glacier under the guidance of a Certified Alpine Guide.

Equipped with crampons and technical gear, you'll explore the ice safely and confidently, with routes tailored to suit all ages and experience levels.

\$2,700 PER PERSON



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); Sturdy hiking shoes are required. Should your footwear not be suitable for the terrain, our guide will provide appropriate alternatives.
What is Provided	Refreshments and snacks; safety equipment, helmet and crampon Kayaks are available upon request. <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 min 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 offer a range of exhilarating experiences. Whatever your preference, Sonora Resort offers something unique for everyone.

- Florence Lake Water Sports
- Archery
- Fly Fishing Lesson
- Guided Hike
- Yoga





Florence Lake

WATER SPORTS

Enjoy a peaceful day at Florence Lake, a serene setting perfect for paddling, swimming, or simply unwinding in nature. Guests can canoe or stand-up paddleboard, take a refreshing dip, and enjoy a picnic lunch at their own pace before returning to the resort.

The shuttle and watersports equipment are available by advance booking only. Please note that watersports are not guided activities, and all equipment is used at your own risk. While guests are welcome to hike or bike to the lake at their leisure, access to watersports equipment is only available through a scheduled booking.

Please note the hike to the lake is medium difficulty with some steep inclines.

\$90 PER PERSON

FLORENCE LAKE WATER SPORTS AT A GLANCE	
Season	May 15 – 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

Step onto our outdoor archery range, featuring two covered shooting stations and targets set between 18 and 50m, suitable for all skill levels.

Choose between a compound or recurve bow and test your aim.

Max 4 participants per session, with 2 shooters at a time.

\$70 PER PERSON

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 from 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

Our two stocked trout ponds are the perfect setting to learn and practice fly-casting. Guides introduce essential form and equipment fundamentals, giving beginners a strong foundation for their flyfishing journey. After your lesson, you're welcome to return anytime to refine your skills, and test yourself against a few surprisingly big trout. Fly-fishing and spin-casting rods may also be signed out at the dock station for independent use.

\$85 PER PERSON

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 from 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



Discover Sonora Island’s natural beauty with an experienced guide who brings the landscape to life through stories of local flora, fauna, and history.

Choose between a relaxed forest stroll or a more invigorating route leading to sweeping ocean vistas. Hikes can be customized to match your preferred pace and experience.

Please connect with Guest Services to tailor your adventure.

Well-marked hiking and biking trails are available for self-guided discovery. Including short rainforest loops, Longer routes to ocean viewpoints, and access to serene Florence Lake

Mountain bikes are available during daylight hours. Helmets are required.

\$95 PER PERSON

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 or 2 hour tours available. <i>This activity is not available 2:00 pm – 4:00 pm 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	Backpack and weather gear are available in Gear Room.
Food and Beverage	Guests are encouraged to refill their reusable Sonora water bottles 15 mins prior to the activity start time.

Yoga

Start your day with a guided yoga session designed to cultivate calm and clarity.

Small, semi-private classes are led by certified instructors who guide you through a restorative flow set to soothing music.

Modifications are available to accommodate limited flexibility or chronic injuries, ensuring a comfortable experience for all levels. To reserve, please contact Island Currents Spa.

GROUP SESSION \$40 PER PERSON

PRIVATE SESSION \$80 PER PERSON



YOGA AT A GLANCE

Season	May 1 – October 15
Age Suitability	Everyone
Mobility Considerations	This activity is wheelchair accessible.
Duration	1.25 hours <i>This activity is offered at 8:00 am daily</i>
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.

Classes are held from 8:00 am to 9:15 am. Contact the Spa for daily location details. Advance booking is required. Minimum 2 participants. For groups larger than 7, please contact our Spa team to inquire about availability

Outdoor

AMENITIES

DISCOVERY ISLANDS VIEWPOINT

A scenic 5-minute walk from the main resort leads to the Discovery Islands Gazebo overlooking Innes Passage and the Gillard Islands.

From mid-July to October, Steller sea lions gather here to feed on migrating Coho and Chum salmon, often visible from the shoreline.

Cross the footbridge and forest trail for up-close views of tidal rapids and exceptional photo opportunities.

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

PUTTING GREEN

Practice your short game on our nine-hole putting green, located behind the Cedar Longhouse. Putters and balls are available on site.

SWIMMING POOL

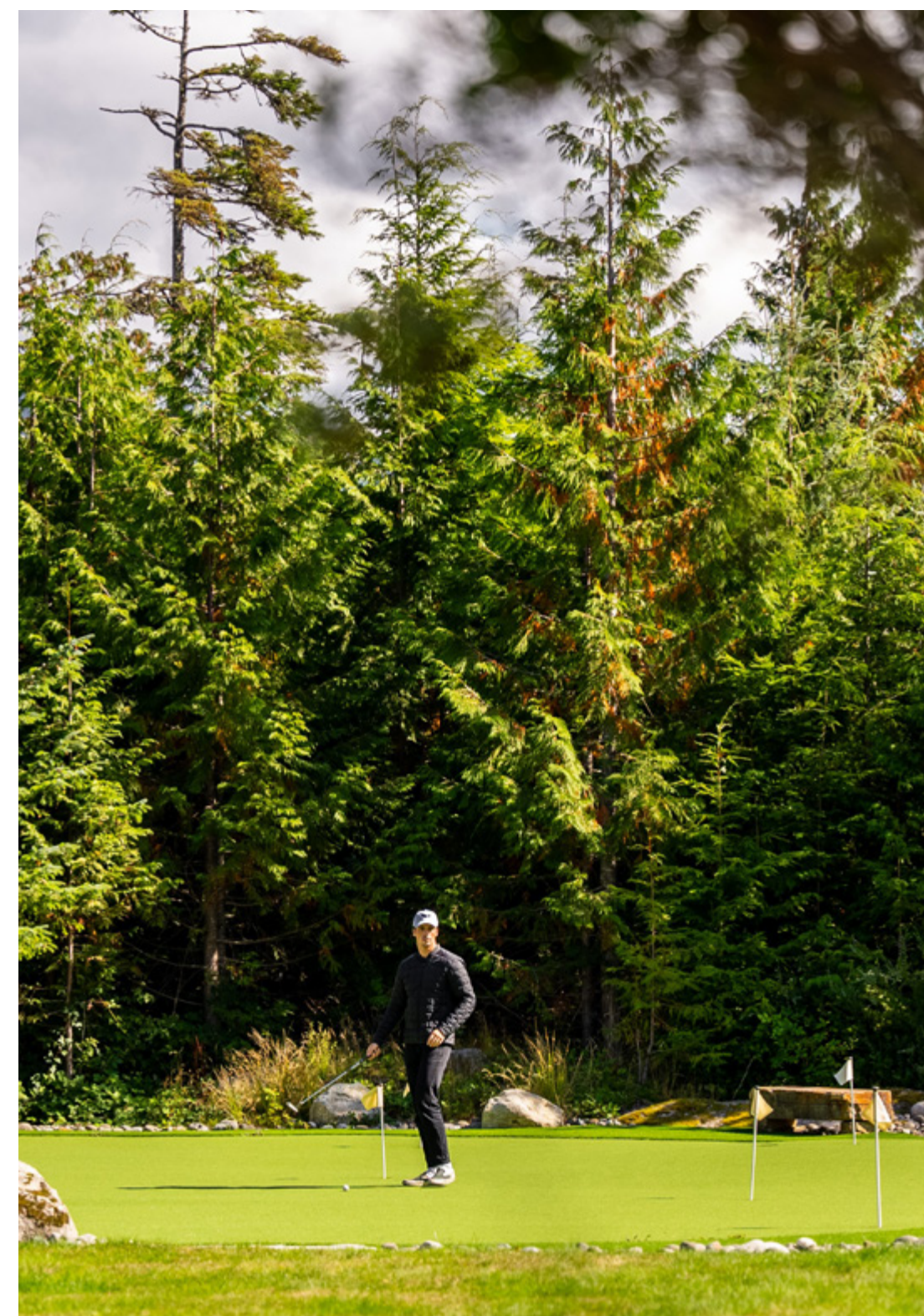
Our heated outdoor pool overlooks the ocean, perfect for a relaxed afternoon.

Towels, lifejackets, and snacks are available at the dock station. Please note that there is no lifeguard on duty at Sonora and that anyone under 13 years of age must always be accompanied by a parent or guardian.

STOREY POINT

Unwind at the outdoor fire pit after a day of adventure. Settle into an Adirondack chair with a warm drink and enjoy the peaceful evening atmosphere.

The gas fire timer is located beside the First Nations totem pole.



EAGLET'S PERCH

An outdoor play area for younger guests, featuring climbing, swinging, and sliding structures.

An outdoor play area for younger guests, featuring climbing, swinging, and sliding structures.



ISLANDCURRENTS

SPA AT SONORA

As the tides ebb and flow around Sonora Island, Island Currents Spa offers a space to slow down, reconnect, and renew.

Our oceanfront sanctuary is designed for deep relaxation, where skilled therapists create a calming environment to help you unplug and recharge. Experience treatments that restore balance to body and mind in a setting inspired by the natural beauty surrounding you.

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.



Indoor

AMENITIES

COVERED TENNIS COURT

Play rain or shine on our covered tennis court, cool and breezy in the sun, dry and comfortable in the rain.

Racquets and balls are available in the wooden shed beside the entrance. Basketball, pickleball, and ping-pong are also available in this space.

CONSERVATORY

Relax in a garden-inspired setting filled with natural light and lush greenery. Enjoy herbal tea or coffee while reading or simply unwinding in a peaceful atmosphere.

MOVIE THEATRE

Located in Tye Lodge, our 12-seat cinema features a state-of-the-art screen and classic popcorn machine.

Choose from 350+ film titles, Netflix, Disney+, and satellite television for live sports.

GAMES ROOM

Located in the Main Lodge, the games room includes pool, shuffleboard, and foosball tables, as well as Nintendo Switch consoles.

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

VIRTUAL GOLF

Tee off at some of the world's most iconic courses using our state-of-the-art golf simulator.

Select your course, choose your clubs, and play, no travel required.

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 200400mm f/4G ED VR II)
- Gitzo Tripods
- Canon Long-Range Zoom Lens (Canon ER 100-400mm f/4.55.6L IS USM)

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

CLOTHING & GEAR

Exploring the wilderness surrounding Sonora calls for thoughtful preparation. We recommend the following for a comfortable and safe experience: **Dress in layers** to adapt to changing weather and activity levels, **bring a water-resistant jacket, wear running shoes with good tread or light hiking boots**, and **apply sunscreen** even on overcast days.

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.

For activity-specific recommendations, please refer to the **At a Glance** section under each adventure.

GEAR AVAILABLE ONSITE

- Adult and child-sized rain jackets, pants, and boots (Gear Room. First come, first served)
- Dry bags and backpacks upon request
- Waterproof binoculars provided in each guest room and on select adventures
- Insulated buoyant pants and jackets for boat adventures and fishing

WHAT TO DO WITH

Your Catch

TAKE YOUR FISH HOME

Our team will fillet, vacuum seal, and freeze your catch. The fish is boxed with frozen gel packs (keeps it frozen for 6 – 8 hours) and may be checked as luggage on your return flight.

CANNING & SMOKING

For longer travel times or shipping needs, your catch can be sent to St. Jean's Cannery (at an additional cost).

Processing options include:

- Canned
- Smoked (hot or candied)
- Lox
- Steaks
- 1lb fillet

Please speak with your guide or dock staff for arrangements.

Processing and shipping timeline:

12 – 15 weeks or more during peak season

REPLICA

Preserve the memory with a custom fiberglass replica created from photographs and measurements taken by our team. A lasting keepsake, even if you released your catch.

Estimated delivery: **9 – 12 months**

GYOTAKU FISH PRINT

Experience the ancient Japanese art of Gyotaku, created by local artist Eiji Umemura. Your fish is used as a printing surface to create a beautifully detailed impression, and remains edible afterward. Framed examples are displayed in Tye Lodge and the Innes Conference Centre.

Artwork delivery: **5 – 6 months**



**EIJI
UMEMURA**



SONORA RESORT CANADA

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