



Your Upcoming Tour Information

VANCOUVER ISLAND, CANADA



TOUR DETAILS

Step into the quiet beauty of Vancouver Island, where towering trees and lush green landscapes create a world that feels both peaceful and alive. On this live, interactive experience, we will wander through forested paths lined with moss-covered trunks, listen to the gentle sounds of nature, and take in the fresh coastal air that defines this remarkable region.

As we walk together, you will discover what makes these forests so unique, from their incredible biodiversity to the stories woven into the land over generations. This is a place where nature unfolds slowly, inviting you to pause, look closely, and feel fully present in the moment. Join us for a calming and immersive journey, where every step reveals something new and the forest becomes the heart of the experience.



★ MEET YOUR TOUR GUIDE: DAN



Growing up between the Canadian Prairies of Saskatchewan and the West Coast on Vancouver Island, you will find that Dan is an explorer at heart and loves taking others along for the journey! Join him for a tour of his favorite island locations and you will be dropped into the middle of the adventure, beauty, and wonder of his world.

PRIVATE TOURS | Your guide is available for private tours, live-streamed or in person. It's a special way to celebrate a birthday, anniversary, holiday, or special occasion -or to add to an upcoming trip. Please reach out to Wowzitude and we will be happy to connect you.

i WHAT TO EXPECT

Get ready for something special. We're traveling to a new destination with no passport, no plane ticket and no luggage. And yet you'll experience all the sights, sounds and stories with just your laptop, favorite snack and amazing guide.

The tour will be live streamed by your guide directly from Vancouver Island. While on the tour you'll be able to see a full screen video of your guide and their surroundings, interact with them and other travelers.

🎵 MUSIC SELECTION

- **Bobcaygeon by The Tragically Hip:** <https://youtu.be/o6QDjDPRF5c?si=HwXwAoD2Uc5xLo5d>
- **Four Strong Winds by Ian & Sylvia:** https://youtu.be/LUwRxN59djU?si=SGAss0HL_qfg866vs



Empress Gin & Tonic (Victoria-Inspired) | 1 Serving

Ingredients:

- 2 oz Empress 1908 Gin (or any gin)
- 4 oz tonic water
- Ice
- Orange slice or lemon peel (for garnish)

Instructions:

- Fill a glass with ice.
- Pour in the gin.
- Top with tonic water.
- Gently stir and garnish with citrus.



Pacific Northwest Fish Tacos (Simple Salmon Tacos) | Serves 4 (makes 8 small tacos)

Ingredients:

- 1 lb salmon (skin removed)
- 1 tbsp olive oil
- 1 tsp chili powder
- 1/2 tsp garlic powder
- 1/2 tsp salt
- 8 small corn or flour tortillas

Slaw:

- 2 cups shredded cabbage
- 1/4 cup mayonnaise
- 1 tbsp lime juice
- 1/2 tsp salt

Optional Toppings:

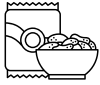
- Sliced avocado
- Fresh cilantro
- Lime wedges

Instructions:

- Preheat oven to 400°F.
- Place salmon on a baking sheet and drizzle with olive oil.
- Sprinkle with chili powder, garlic powder, and salt.
- Bake for 12–15 minutes until cooked through, then flake into pieces.
- In a bowl, mix cabbage, mayonnaise, lime juice, and salt to make the slaw.
- Warm the tortillas in a pan or microwave.
- Assemble tacos with salmon, slaw, and any optional toppings.



VANCOUVER ISLAND, CANADA – SNACKS



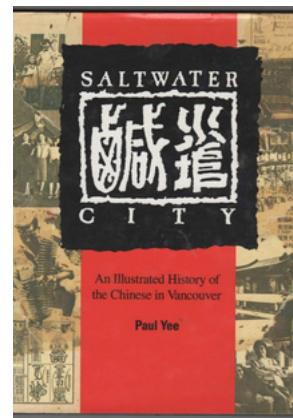
1. **Hawkins Cheezies:** A beloved Canadian classic made from real aged cheddar, offering a bold, crunchy bite with a cult following across the country. These bright orange Cheezies are a nostalgic favorite often enjoyed during road trips through the Rockies and at cozy mountain lodges.
2. **Smarties (Canadian Version):** Unlike the American candy of the same name, Canadian Smarties are colorful candy-coated milk chocolates with a smooth, rich flavor. They're a longtime Canadian staple and a popular treat found in ski cabins, park gift shops, and family-friendly cafés around Banff and Lake Louise.
3. **Maple Leaf Cookies:** These maple-flavored sandwich cookies are shaped like maple leaves and filled with a creamy maple center. Widely associated with Canadian mountain towns, they're a comforting sweet treat often enjoyed after a day of hiking or exploring the alpine scenery.



VANCOUVER ISLAND, CANADA – BOOKS

BOOK SELECTION

- **“City of Glass” by Douglas Coupland:** A witty and insightful portrait of Vancouver written by one of the city’s most well-known authors. Blending essays, observations, and photographs, the book explores Vancouver’s neighborhoods, architecture, rain-soaked atmosphere, and cultural quirks, capturing the distinctive personality of this Pacific coast city.
- **“Five Little Indians” by Michelle Good:** Set in Vancouver during the 1960s, this powerful novel follows five young survivors of Canada’s residential school system as they attempt to build new lives in the city. Through their intertwined stories, the book explores resilience, friendship, identity, and the challenges of starting over in an unfamiliar urban world.
- **“Saltwater City: An Illustrated History of the Chinese in Vancouver” by Paul Yee:** This richly illustrated nonfiction work traces the history of Vancouver’s Chinese Canadian community from the 1800s to the present. Combining archival photographs, personal stories, and clear historical context, the book offers an accessible and deeply meaningful look at one of the city’s most influential communities.



VANCOUVER ISLAND, CANADA – MOVIES

MOVIE SELECTION

- **“Double Happiness” (1994):** Set in Vancouver, this award-winning film follows a young Chinese Canadian woman balancing her own dreams with the expectations of her traditional family. Blending humor and heartfelt moments, the story offers an authentic look at life in Vancouver’s Chinese Canadian community and the city’s multicultural character.
- **“Deadpool & Wolverine” (2024):** While a Hollywood blockbuster, this action-comedy was filmed extensively on the streets and parks of Vancouver, showcasing the city’s urban backdrop in superhero style. Fans of clever humor and Ryan Reynolds’s signature irreverence will enjoy spotting Vancouver locations woven into the chaos and comedy.
- **“To All the Boys I’ve Loved Before” (2018):** This popular teen romance was filmed largely in and around Vancouver, with key scenes set at local schools and scenic neighborhoods. Its charming story and relatable characters make it a fun, feel-good watch that also gives you gentle glimpses of the city’s vibe and settings.



VANCOUVER ISLAND, CANADA – FUN FACTS

FUN FACTS

- 1. It's home to one of the world's largest temperate rainforests:** Vancouver Island is covered in lush, green forests that receive a lot of rainfall, creating a rich ecosystem filled with towering trees, moss, and wildlife.
- 2. You can spot whales right from the shore:** The waters around Vancouver Island are one of the best places in the world to see orcas, humpback whales, and gray whales, sometimes even without getting on a boat.
- 3. It has one of the mildest climates in Canada:** While much of Canada experiences harsh winters, Vancouver Island, especially around Victoria, enjoys relatively mild temperatures year-round.
- 4. The island is bigger than some countries:** Vancouver Island is actually the largest island on the west coast of North America and is larger than many small countries, stretching over 280 miles long.
- 5. It's known as the "Salmon Capital of the World":** The surrounding Pacific waters are rich with salmon, making fishing a central part of the island's culture, economy, and cuisine.

VANCOUVER ISLAND, CANADA – MAPS



VANCOUVER ISLAND, CANADA – DISCUSSION QUESTIONS



Nature & Landscape

- What moment from the scenery stood out to you the most, and why do you think it stayed with you?
- How did the forests and coastline compare to places you've visited or lived near in your own life?
- Do you find natural settings like this calming or energizing? What kind of environment do you personally feel most at peace in?
- If you could spend a full day on Vancouver Island, would you prefer the ocean, the forest, or a small town setting? Why?

Wildlife & the Ocean

- Seeing where whales and other wildlife live, what thoughts or feelings came to mind for you?
- Have you ever had a memorable experience with animals or nature that this reminded you of?
- Why do you think people feel such a strong connection to the ocean, even if they don't live near it?
- If you had the chance, would you want to go whale watching? What would you hope to see?

Food & Local Life

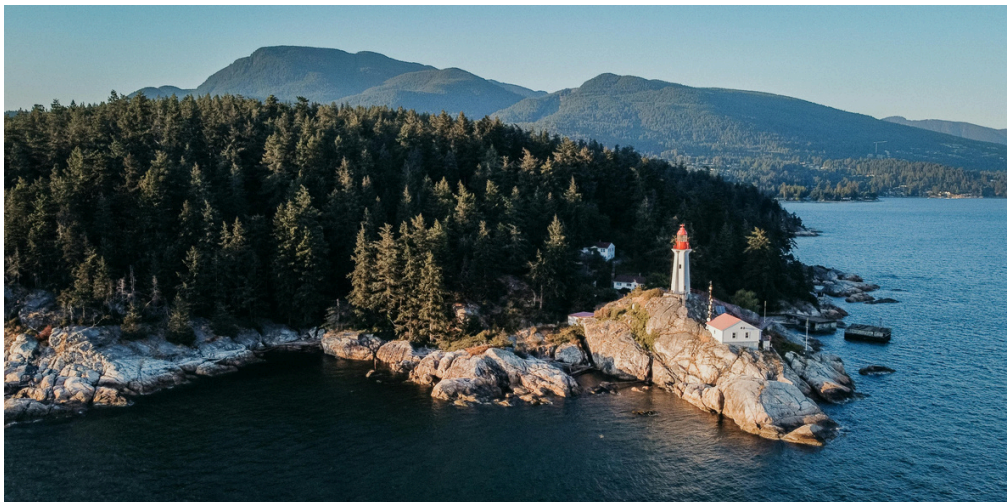
- The region is known for fresh seafood like salmon. Do you enjoy seafood, or do you have a favorite dish that feels tied to a place you love?
- Did anything about the local food culture stand out to you as different or familiar?
- Food often brings back memories. What is a meal from your past that you still think about today?
- If you were visiting, would you be more interested in trying local specialties or sticking with foods you already know?

Culture & Daily Life

- What did you notice about the pace of life on Vancouver Island? How does it compare to where you live?
- Do you think you would enjoy living in a place like this, or just visiting? What makes the difference for you?
- Small coastal communities often feel close-knit. What creates a strong sense of community in your experience?
- How do you think living near nature shapes people's lifestyles and priorities?

Travel & Personal Reflection

- Did this tour make you think of any places you've traveled to in the past?
- If you could revisit one destination from your life, where would you go and why?
- What draws you to a destination when you travel, scenery, history, people, or something else?
- How does experiencing a place like this, even from home, change your perspective or mood?





- **Myth:** Vancouver Island is part of the mainland of Canada.
 - **Fact:** Vancouver Island is a separate island off the west coast of British Columbia. It is surrounded by water and must be reached by ferry or plane.

- **Myth:** It rains all the time on Vancouver Island.
 - **Fact:** While parts of the island are known for rainforests, areas like Victoria are actually in a rain shadow and receive much less rain than many other coastal cities in the Pacific Northwest.

- **Myth:** You can only see whales if you go far out on a boat.
 - **Fact:** While boat tours offer close-up views, whales can often be spotted from the shoreline at certain times of year, especially orcas and humpbacks.

- **Myth:** Vancouver Island is small and easy to drive across quickly.
 - **Fact:** Vancouver Island is quite large, stretching over 280 miles long, and driving from one end to the other can take many hours.

- **Myth:** The island is mostly wilderness with very few people living there.
 - **Fact:** While much of the island is natural and forested, it is also home to vibrant communities like Victoria and Nanaimo, with a rich culture and active daily life.

VANCOUVER ISLAND, CANADA – WEATHER

Vancouver Island has one of the mildest climates in Canada, with ocean influence keeping temperatures moderate year-round. Summers are cool and refreshing, while winters are relatively mild, with coastal temperatures often staying above freezing.

What to Expect by Season:

- **Spring (March–May):** A mix of sunshine and light rain with blooming landscapes. Daytime temperatures range from the upper 40s to low 60s°F, with evenings in the upper 30s to mid-40s°F.
- **Summer (June–August):** Pleasantly warm and often dry, especially in the south and east. Highs range from the upper 60s to mid-70s°F, with evenings in the low to mid-50s°F.
- **Fall (September–November):** Crisp and quieter, with temperatures cooling from the mid-60s°F to the upper 40s°F and more frequent rain later in the season.
- **Winter (December–February):** Mild and damp, with rain more common than snow. Temperatures range from the mid-40s°F during the day to the mid-30s°F at night.

A Unique Detail: Weather varies across the island. The west coast is very wet, while areas like Victoria are much drier due to a natural rain shadow effect.

This mix of **ocean, forests, and mountains** creates the lush landscapes Vancouver Island is known for.



Getting There & Around

- Ferries designed with accessibility in mind: Travel to the island is most commonly by ferry, and services prioritize accessibility with elevators, accessible washrooms, and designated seating areas.
- Staff assistance throughout the journey: Passengers can request help boarding, navigating between decks, and disembarking, including guided assistance for those with visual impairments.
- Wheelchair-friendly onboard spaces: Ferries offer wide pathways, accessible restrooms, and seating areas designed for wheelchair users, allowing for comfortable movement during the journey.
- Accessible bus and coach options: Many intercity buses on the island include wheelchair lifts, though advance notice is recommended to ensure availability.
- Public transit connections: Upon arrival, accessible bus services connect ferry terminals directly to downtown Victoria and other communities.

City Infrastructure & Ease of Movement

- Barrier-reduced public spaces: In Victoria, public buildings commonly feature ramps, automatic doors, and accessible restrooms, helping visitors move comfortably through the city.
- Walkable and manageable urban layout: The downtown core is compact, making it easier for visitors to explore at a relaxed pace without needing to travel long distances.
- Accessible parking and drop-off zones: Key locations such as the airport and ferry terminals offer accessible parking, curbside assistance, and clearly marked entry points.

Attractions & Visitor Experiences

- Many major attractions are accessible: Museums, waterfront areas, and popular visitor sites are generally designed to accommodate a wide range of mobility needs, with step-free access in many locations.
- Outdoor experiences with accessible elements: Coastal paths, waterfront promenades, and scenic viewpoints often include paved or maintained pathways suitable for wheelchairs or walkers.
- Ongoing improvements in tourism areas: Destinations like Tofino and other communities are actively working to provide clearer accessibility information for visitors with diverse needs.

Support for Visual, Hearing & Other Needs

- Guided assistance for visual impairments: Services such as ferry staff assistance help travelers navigate unfamiliar environments safely and confidently.
- Hearing accessibility features: Some transportation services include induction loop systems and visual safety information to support those with hearing loss.
- Airport support services: At Victoria International Airport, staff provide guidance, wheelchair assistance, and support for travelers with vision or mobility challenges from curbside to check-in.

A Thoughtful Travel Experience

- Accessibility is built into Canadian travel standards: Transportation providers are required to reduce barriers and ensure travelers with disabilities can move safely and comfortably.
- A culture of support and awareness: From transportation staff to tourism organizations, there is a clear emphasis on making travel inclusive, with ongoing efforts to improve services and respond to travelers' needs.

VANCOUVER ISLAND, CANADA – SUSTAINABILITY



Environmental Protection & Conservation

- Protected parks and natural areas: Large areas are preserved as provincial and national parks, including Pacific Rim National Park Reserve, protecting coastlines, forests, and wildlife.
- Marine conservation efforts: Waters are monitored to protect whales, sea otters, and salmon, with strict guidelines to reduce disturbance.
- Forest stewardship: Regulations support responsible forestry, including protected old-growth areas and reforestation.

Responsible Wildlife Tourism

- Whale watching guidelines: Operators follow strict distance and viewing rules to protect marine life.
- Education-first approach: Tours emphasize conservation and respectful wildlife interactions.

Sustainable Transportation & Local Travel

- Walkable communities: Cities like Victoria are easy to explore on foot.
- Public transit and cycling: Buses and bike routes offer lower-impact ways to get around.

Local Food & Community Support

- Farm-to-table culture: Restaurants and markets focus on local, seasonal ingredients.
- Sustainable seafood: Fisheries follow regulated practices to protect ocean health.
- Support for local businesses: Tourism often centers around locally owned shops and producers.

Waste Reduction & Awareness

- Recycling and composting: Communities prioritize waste diversion.
- Reduced single-use plastics: Many businesses encourage reusable alternatives.
- Leave no trace: Visitors are encouraged to respect natural areas.

Indigenous Stewardship & Cultural Respect

- First Nations leadership: Indigenous communities play a key role in conservation and land stewardship.
- Respectful cultural tourism: Visitors are encouraged to engage thoughtfully with local traditions.

A Destination That Values Balance

- Preservation-focused tourism: Protecting the environment is central to the visitor experience.
- Slower travel mindset: Visitors are encouraged to explore thoughtfully and connect with the landscape.





8:00 AM | Breakfast by the Harbor (Victoria)

- Begin your day at Victoria's Inner Harbour, a picturesque waterfront lined with historic buildings. Enjoy coffee, fresh pastries, and possibly smoked salmon while watching boats and seaplanes come and go in the calm morning light.

9:00 AM | Inner Harbour Walk & Parliament Buildings

- Take a relaxed walk around the harbor, passing the British Columbia Parliament Buildings and the Fairmont Empress Hotel. This area offers a blend of grand architecture, local activity, and a strong sense of place.

10:30 AM | Stroll Through Beacon Hill Park

- Head to Beacon Hill Park for a peaceful walk through gardens, open green spaces, and coastal viewpoints. It's a favorite local spot and a great way to experience the island's natural beauty within the city.

12:00 PM | Lunch in Downtown Victoria

- Return downtown for lunch and explore the island's food scene. Choose from fresh seafood like salmon or halibut, or enjoy a meal centered around seasonal, locally sourced ingredients.

1:30 PM | Explore Local Shops & Market Streets

- Spend the early afternoon wandering through Victoria's charming streets filled with independent shops, bookstores, and artisan goods. The area reflects the city's creative and community-focused culture.

3:00 PM | Coastal Walk or Scenic Drive

- Make your way to the coastline for a scenic walk along Dallas Road or a nearby waterfront path. Take in wide ocean views, fresh sea air, and the relaxed rhythm that defines life on Vancouver Island.

5:30 PM | Early Evening Break

- Pause for a rest at a café or quiet spot by the water. This slower moment allows time to recharge and take in the surroundings at your own pace.

6:30 PM | Dinner with a Local Focus

- Enjoy dinner at a restaurant that highlights regional flavors, with menus often featuring fresh seafood, local produce, and thoughtfully prepared dishes inspired by the island.

8:00 PM | Sunset by the Water

- Head back to the harbor or coastline to watch the sunset. The soft evening light over the water creates a calm and memorable atmosphere.

9:00 PM | Evening Stroll

- End your day with a gentle walk through the harbor area, where lights reflect on the water and the city settles into a peaceful evening.

VANCOUVER ISLAND, CANADA – ISLAND WILDLIFE



Vancouver Island is home to an incredible variety of wildlife, both on land and in the surrounding ocean. Whether you are walking through a quiet forest or looking out across the water, there is always the possibility of seeing something remarkable. This guide will help you recognize what you might see and when to look for it.

Whales | The Giants of the Coast: The waters around Vancouver Island are one of the best places in the world to spot whales. Orcas, humpback whales, and gray whales all pass through these waters at different times of year. They are most commonly seen from spring through fall, often traveling in groups. Keep an eye on the horizon for a spout of water or a tail rising from the surface.

Bald Eagles | Symbols of the Pacific Northwest: Bald eagles are a common and powerful presence on the island. With their white heads and wide wingspans, they are often seen perched high in trees or soaring above the coastline. They are active year-round and are especially easy to spot near the water, where they hunt for fish.

Black Bears | Quiet Forest Residents: Black bears live throughout Vancouver Island’s forests, though they are usually shy and keep their distance from people. They are most active from spring through fall, often foraging for food along forest edges or near streams. Sightings are less common in busy areas but possible in quieter, more remote settings.

Deer | A Familiar Sight: Deer are one of the most commonly seen animals on the island, especially in and around towns like Victoria. They often graze in parks, gardens, and open spaces, particularly in the early morning or evening. Their calm presence is part of everyday life for many locals.

Sea Lions & Seals | Life Along the Shore: Along the coastline and in harbors, you may spot seals resting on rocks or sea lions gathered near docks. These marine animals are often seen year-round and are known for their playful behavior and distinctive calls.

Salmon | A Vital Part of the Ecosystem: Salmon play a central role in the island’s natural life. During spawning season, they travel upstream through rivers and streams, an incredible journey that supports many other species, including bears and eagles.



All photos of these animals were taken on Vancouver Island