

# OCEAN RIVER ADVENTURES



## OAK BAY SHORELINE KAYAK TOUR

*(3 hours) A west coast experience!*

Explore the nooks and crannies of this scenic ocean coastline and check out the marine life on nearby islets. This relaxing and fun tour will bring you along historic Oak Bay's coastline.

With the Olympic Islands to the south and Gulf Islands and San Juan Islands to the east, there is always a vista that will take your breath away. Oak Bay features pristine kayaking on southern Vancouver Island.

Our qualified guides will give you more than just a paddle, they will give you an experience to be remembered!

### **What You Will Experience**

Please arrive at Oak Bay Marina 10-15 minutes early for your program to meet your guide(s) and other participants. Oak Bay Marina is located at 1327 Beach Drive (see map at the end of this document).

If you are driving to Oak Bay Marina from downtown Victoria, follow Fort Street east to Oak Bay Avenue. Follow Oak Bay Avenue east to Newport Ave and continue southeast on Newport Avenue to Windsor Road. Turn east on Windsor Road, then turn south onto Beach Drive. Oak Bay Marina is located immediately on the east side of Beach Drive. There is free parking in the Oak Bay Marina parking lot. Our 'Oak Bay Kayak Shack' is located on the docks. Follow the signs through the marina entrance.

We cannot be responsible for damage to or loss of your personal items, so please ensure valuables are stored securely. You can store your valuables in the watertight storage compartments (hatches) of your kayak. If you are doing this, place your valuables in a small bag, sack, or pack lined with a plastic bag to ensure dryness.

Don't forget to share your memories and photographs with us—we'd love to hear from you.

### **Weather**

Weather in southern Vancouver Island is classified as sub-Mediterranean, and this area boasts the mildest climate in Canada. This means our weather is warm, but not too warm, and surprisingly dry. In spring and fall, we often get a mix of sun and cloud—certainly reasonable weather for sea kayaking, as your spraydeck covers the bottom part of your body and can keep it dry even during some rain. Combine this with a light raincoat and hat and you should be comfortable. If you are concerned

about being outdoors in cooler weather with the possibility of rain, consider registering in a program that takes place during the summer, rather than the spring or fall. Summer is comfortable paddling weather, with temperatures from 18° to 32°C (65° to 90°F). The average monthly rainfall in summer is less than 2.5 cm (1"). Actually, this particular region is in a rain shadow. However, while this region is in a rain shadow, we're very close to the rainforest, which dominates the northern pacific coast. This means that neighbouring areas experience plenty of rain. As such, you must be prepared for the possibility of rain by bringing adequate clothing. Usually, rain doesn't last very long. We take this all in stride in the great outdoors! Programs run rain or shine.

## **Equipment List**

### What You Provide for Your Program

Please read the following equipment list carefully, as it indicates what you will need to bring with you on the tour. Cotton keeps you cold when it's wet, and takes a long time to dry. If possible, bring clothing designed for outdoor wear and made from Merino (wool), silk, or synthetic materials, such as Capilene™, polyester, polypropylene, or nylon.

Ocean River Sports stocks many of the items listed below. If you need advice or would like to purchase gear, check out our website at [www.oceanriver.com](http://www.oceanriver.com) or call us!

- Eyeglass retainer strap if you wear glasses
- Sunglasses, sunscreen
- A broad-brimmed sun/rain hat
- Clothing like you might wear for a short hike (dress in appropriate layers depending, on the weather). Bring a light rain jacket on days when there is a chance of rain. If you don't have one, we can provide you with a waterproof paddling jacket.
- Low-heeled shoes
- Water and snack (optional)
- A watertight plastic bag for electronics (optional)
- A camera (optional)

If you have an extra bag with you that you would like to store, the kayaks contain dry storage compartments. Your guides can help you access these so that you can store extras that you don't need to access during your tour.

### **Preparing for Your Program**

Kayaking requires some upper body strength and endurance. If you are lacking this, it is rarely a problem as we don't paddle huge distances, and usually folks get by quite well with only occasional minor muscle aches. However, if you feel you could use some upper body conditioning before your trip, exercising with light weights can be quite helpful. Concentrate mainly on shoulder strengthening exercises, focusing on endurance rather than strength.

### **Gratuities**

Please let our guide staff know if they have done a good job—tips are accepted and appreciated.

### **How to Register**

Reservations are easy! Simply choose your departure time and date online at [www.oceanriveradventures.com](http://www.oceanriveradventures.com). Already in the city? Give us a call and we would be happy to get you out there on our next tour.

## **Contact Us**

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