



Some say It's All About The Journey.....

## Travelling to Hollyhock

- To enter & exit Canada you need a valid passport.
- For personalized travel assistance contact Brian Hawksworth at TierOne Travel [brian.hawksworth@tieronetravel.com](mailto:brian.hawksworth@tieronetravel.com) ( 866.668.0466) fees apply.
- Plan to arrive at Hollyhock by 6:15pm and depart from Hollyhock after 1:30pm.
- Hollyhock accepts no responsibility for travel fees incurred as a result of Hollyhock program cancellation.
- All travel times are approximate.

## Go Green & Reduce Your Footprint

- Consider leaving your car in Campbell River and riding the **Discovery Launch Water Taxi**.
- Use our Rideshare Board on [hollyhock.ca](http://hollyhock.ca) and share fuel, water taxi costs and stories en route.
- Purchase carbon offsets on [offsetters.ca](http://offsetters.ca) or [zerofootprint.net](http://zerofootprint.net).

## FASTEST & SCENIC— Airplane / Seaplane (seasonal)

### Via Vancouver International Airport (YVR)

1. From YVR take **Airporter Shuttle** or taxi to Westin Bay Shore hotel's (downtown Vancouver) Corilair Seaplane dock (located behind the hotel).
2. Fly **Corilair Seaplane** to Cortes Bay, Cortes Island (1 hr).
3. **Hollyhock Shuttle** from Cortes Bay to Hollyhock (15 min). Reservation required.

Note: Corilair flies on select days, June to September. Contact Corilair to schedule and arrange your flight to Vancouver accordingly. Baggage weight restrictions apply.

### Via Seattle-Tacoma International Airport (Sea-Tac)

1. From Sea-Tac take Kenmore Shuttle to Kenmore Air Harbour, North Lake Washington Terminal.
2. Fly **Kenmore Seaplane** to Manson's Landing, Cortes Island (2 hrs).
3. **Hollyhock Shuttle** from Manson's Landing to Hollyhock (10 min). Reservation required.

Note: Kenmore Air flies daily from May to September. Contact Kenmore to schedule and arrange your flight to Seattle accordingly. Baggage weight restrictions apply.

## DIRECT & ECONOMICAL— Plane/Water Taxi

### Via Vancouver International Airport (YVR)

1. Arrive at YVR by 1:00pm.
2. Fly **Central Mountain Air** (from YVR main terminal) or **Pacific Coastal Airlines** (from YVR south terminal) to Campbell River (YBL)
3. Take **CR Airporter Shuttle** to **Discovery Launch Water Taxi** (CR Airporter Shuttle meets every incoming flight).
4. Ride water taxi to Manson's Landing, Cortes Island (30 min). Reservation required.
5. **Hollyhock Shuttle** from Manson's Landing to Hollyhock (10 min). Reservation required.

### Via Comox Regional Airport (YQQ)

1. Take **Pacific Coastal Airlines** to Campbell River (YBL) then take **CR Airport Shuttle** to **Discovery Launch Water Taxi** (CR Airporter Shuttle meets every incoming flight).
2. Or take **Sky High Shuttle** to **Discovery Launch Water Taxi in Campbell River**. Reservation required.
3. Ride water taxi to Manson's Landing, Cortes Island (30 min). Reservation required.
4. **Hollyhock Shuttle** from Manson's Landing to Hollyhock (10 min). Reservation required.

### Hollyhock Shuttle

Complimentary shuttle for all guests staying at Hollyhock. We are unable to provide shuttle service for guests not staying at Hollyhock.

# Some Say It's All About The Journey.....

## MOST LEISURELY—Car / Drive-on Ferry

### From Vancouver to Hollyhock

June to September, ferry reservations are recommended.

1. From Tsawwassen or Horseshoe Bay take **BC Ferries** to Nanaimo, Vancouver Island.
2. Take Highway 19 North to Campbell River (2 hrs).
3. Turn right on Highway 19A Exit at North Campbell River.
4. Follow the signs to Quadra/Cortes Ferries. Entrance to BC Ferries is on the left.
5. Take BC Ferries to Quadra Island (10 min) & follow the road signs to the Cortes Ferry (10 min).
6. Take BC Ferries to Cortes Island (45 min)
7. Follow the signs to Smelt Bay Provincial Park, watch for Highfield Rd (17kms).
8. Turn left on Highfield, keeping right until you arrive at Hollyhock.

## GREEN & SCENIC— Bus / By Foot

### To Campbell River via Vancouver & Victoria, BC

1. Take **Greyhound** or **Island Link** bus to Campbell River, BC
2. Take any of the “Campbell River to Hollyhock” options (see below)

## CAMPBELL RIVER TO HOLLYHOCK

### Discovery Launch Water Taxi

1. Ride **Discovery Launch Water Taxi** to Manson’s Landing, Cortes Island (30 min). Reservations required.
2. **Hollyhock Shuttle** (10 min). Reservation required.

### Cortes Connection Shuttle (service on select days only)

1. Meet **Cortes Connection** at Campbell River Ferry at 4:00pm. Reservation required.
2. Arrive Hollyhock 6:30—7:00pm.

### BC Ferries on Foot

1. Take 2:30pm or 4:30pm ferry from Quadra Island.
2. Take **Quadra Taxi** to Cortes ferry. Reservation required.
3. Take ferry to Cortes Island.
4. **Hollyhock Shuttle** (25 min). Reservation required.

### Corilair Seaplane

1. Fly **Corilair Seaplane** from Campbell River Float Plane Terminal to Manson’s Landing, Cortes Island.
2. **Hollyhock Shuttle** (10 min). Reservation required.

## BC Ferries Schedule

### Campbell River to Quadra

Crossing time is approx 10 minutes

Leave Campbell River for Quadra Island	Leave Quadra Island for Campbell River
9:30 am	9:00 am
10:30 am except Tues	10:00 am
11:30 am	11:00 am
12:30 pm	12:00 pm
1:30 pm	1:00 pm
2:30 pm	2:00 pm
3:30 pm	3:05 pm
4:30 pm	4:00 pm except Tues
5:25 pm	5:00 pm
6:15 pm	5:50 pm

### Quadra Island to Cortes Island

Crossing Time approximately 45 minutes

Leave Quadra Island for Cortes Island	Leave Cortes Island for Quadra Island
9:05 am except Sun	7:50 am except Sun
11:05 am except Tues	9:50 am
1:05 pm	11:50 pm
3:05 pm	1:50 pm except Tues
5:05 pm	3:50 pm
6:45 pm	5:50 pm

Please note: Quadra and Cortes Ferries can fill early in busy summer months. Early travel is recommended.

## TRAVEL PROVIDERS

- **BC Ferries** 888.223.3779 | bcferries.com
  - **CR Airporter Shuttle** 250.286.3000
  - **Central Mountain Air** 888.865.8585 | flycma.com
  - **Hollyhock Shuttle** Reservations 800.933.6339
  - **\*Corilair Seaplanes** 888.287.8366 | corilair.com
  - **Cortes Connection Shuttle** 250.935.6911 cortesconnection.com
  - **\*Discovery Launch Water Taxi** 250-287.7577 dlaunch@telus.net | discoverylaunch.ca **Greyhound Bus** 800.661.8747 | greyhound.ca
  - **Island Link Shuttle** islandlinkbus.com
  - **Kenmore Air Seaplanes** 800.543.9595 or 425.486.1257 | kenmoreair.com
  - **Pacific Coastal Airlines** 800.663.2872 | pacificoastal.com
  - **Quadra Taxi** 250.205.0505
  - **Sky High Shuttle Services** 250.339.4737
- \* Indicate you are a Hollyhock Guest

# Some say It's All About the Destination.....

## Arrival & Departure

### On Arrival day

- Check in by 6:15pm (7:30pm for offsite guests)
- Rooms will be available after 4:00pm
- Arriving after 6:30pm? Call ahead & we'll set aside your dinner.
- Orientation & first program session begin 7:30pm

### On Departure day

- Programs & conferences end at 12:30pm
- Depart after 1:30pm
- Our Kitchen provides fixings for self made bag lunch for guests departing before lunch

## Bodywork Reservations

Pre-booking bodywork appointments two weeks before arrival ensures the best availability of sessions.

Email [bodywork@hollyhock.ca](mailto:bodywork@hollyhock.ca) or call 800-933-6339 ext.259 and let us know:

- Your arrival & departure dates
- What program you're attending
- Type & length of sessions you want
- If you're eligible for return guest benefits (see below)

A menu of bodywork offerings is included in your confirmation package.

## Return Guest Benefits

You're eligible for our return guest benefits if you've stayed with us two or more nights in 2008 or 2009:

- 10% off Store items (excluding food & consignment)
- 10% off morning bodywork sessions
- Annual postcard promotion (may include discounts, credits or services)

## Staying in Touch

- Messages for you can be left with our front desk.
- There are no phones in guest rooms. Payphones are available.
- Cell phone reception is limited to the parking lot.
- Our Chatroom has complementary wireless and computers.

## To Bring, or Not to Bring? —Travel Light

- Passport required to enter & exit Canada
- Flashlight
- Battery powered alarm clock (*silent model if sharing a room*)
- Beach towel, sunscreen & swimsuit (optional)
- Layered casual clothing - coin laundry available
- Rain wear & shoes that can get wet
- Comfortable walking shoes
- Earplugs (if light sleeper or sharing a room)
- Hollyhock accepts VISA, MasterCard, debit cards, Cdn or US cash. We are unable to accept cheques.

Please leave at home

- Perfume & scented products
- Valuables
- Animal companions

## Hollyhock Meals

Vibrant organic feasts at Hollyhock are:

- Mostly organic gourmet vegetarian cuisine, featuring produce from our abundant garden
- Local products whenever possible
- Organic fruit, vegetables, grains, dairy, coffee & tea
- Weekly wild seafood
- Weekly oyster appies on the beach

Whether staying at Hollyhock or offsite with a full meal package, your stay begins with arrival-day 6:30pm Dinner, and ends with departure-day 12:30pm Lunch.

## Restricted Diet Requests

We are able to offer the following special-need alternatives. **Advance request is required.**

1. Vegan (no animal products)
2. Wheat free (gluten free not available)
3. Dairy free
4. Sugar free
5. Seafood and shellfish free
6. No spices, garlic or onions

Limited storage is available for special foods you bring .

2009-v10