

Kayaking at Quadra Island

Written by

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Today we decided to go to [Quadra Island](#) , a short 10-minute ferry ride from Campbell River to try our first attempt at kayaking. The weather was so perfect, 28C, clear and sunny making it an ideal day to make our maiden voyage. First we stopped at Quadra Foods, the island grocery store to pick up something for lunch. What a great store! It's loaded with organic foods, fresh local produce, homemade sushi and fresh baked breads and I could have stayed there for hours. (I know some of you will think I am weird but I love checking out grocery stores, so this was a treat for me!)

We then headed for [Rebecca Spit](#) , a great provincial park where novice to expert kayakers can paddle around the shores and explore the many coves. Rick and I inflated the kayak, unfolded the paddles, packed up our essentials (drinking water, nectarines, my camera, binoculars and a map... oh and of course my lipstick to prevent a cold sore from developing!) and launched the kayak. Because I was wearing water shoes, I managed to bring some water into the kayak and spent the afternoon sitting in soggy pants but it was so hot, it was almost refreshing. Rick was smart enough to wear a bathing suit.

We are fortunate that Rick has muscles because my paddling skills are pretty much non-existent (due to a chronic minor shoulder problem). We (he) paddled along the shore where the water was crystal clear and we could see starfish and oysters among the rocks. We saw a large blue heron on a breakwall near an ocean side resort along with several ducks. For our first voyage we covered a lot of water and if I had been a little more useful, we could have travelled more. When Rick paddled us back to our starting point I managed to get my soggy self out of the kayak and take his picture. Next time I will be sure to wear a bathing suit and bring some dry clothes to change into. I know one thing for certain...Rick is going to have some sore muscles tomorrow!