Sunshine Coast Physician WELCOME GUIDE

Orientation Information for New Physicians to the Sunshine Coast





WELCOME TO THE SUNSHINE COAST!

The Sunshine Coast Division of Family Practice has produced this guide for new physicians to the Sunshine Coast.

It has been developed in three parts: LIVE • WORK • PLAY and contains contact information and resources to help you and your family orient yourselves to our community.

A little bit about the Coast:

The Sunshine Coast Division of Family Practice serves the lower Sunshine Coast which is made up of a number of small communities scattered over 150 kilometers of coastline from Port Mellon on the east end of the Coast to Earl's Cove at the upper west end.



The area has four distinct governmental jurisdictions: The Town of Gibsons, the District of Sechelt, the Sunshine Coast Regional District and the Shíshálh (Sechelt) Nation. The leaders of all these communities extend a warm welcome to you and your family.

The economy of the coast has its roots in the resource sector, particularly fishing and forestry. However, tourism and the arts have come to play an important role in the economic and social health of the region.

The most recent BC Statistics set the population of the Coast at just over 30,000. There is a growing population of "weekenders" and summer residents who travel to the Coast from as far away as Washington State. In the summer, when the tourist season is at its height, the Coast population can swell to over 40,000.

With the mild winters and moderate summer temperatures, the Coast has become a popular retirement destination for Canadians. It is not surprising that more than 20% of all coast residents are over the age of 65.

There are approximately 35 family practitioners working out of 7 clinics on the Coast. The Sechelt Hospital, a 50 bed facility serves the needs of Coast residents.

The Sunshine Coast Division of Family Practice

The Sunshine Coast Division of Family Practice, formed in November 2011, is a non-profit society of primary-care physicians and local specialists.

Together, the members work to improve health care delivery, increase local family physicians' influence on health care delivery and policy, and provide professional support for physicians.

Free membership is open to all family physicians and specialists practising, or recently retired, on the Sunshine Coast, including locums.

You are welcome and encouraged to join – just visit our website and sign up! www.divisionsbc.ca/sunshine-coast.

Benefits of Membership

Being a member of a division offers a number of benefits including:

- Enhanced professional collegiality and access to physician health and wellness programs
- Ability to "have a say" in health care delivery decisions
- Support for recruitment, retention and locum coverage
- Support from colleagues in caring for complex or unattached patients



The following is information that we hope you will find useful as you get to know your new community. It is not meant to be comprehensive, but will get you started as you LIVE, WORK AND PLAY here on the Coast

LIVE

Sunshine Coast Communities at a Glance

A quick drive from the Langdale Ferry Terminal will bring you to the **Town of Gibsons**. The town has earned international recognition being named the "Most liveable community under 20,000 pop." in 2009 in a world-wide competition by a UN-backed organization. It is perhaps most famously known as the location for the long-running hit TV show "The Beachcombers" which first aired in 1972 and ran until 1990. Molly's Reach and the Persephone which were featured in the series are landmarks in lower Gibsons.

Roberts Creek is situated between Gibsons and Wilson Creek and is known as the Gumboot Capital of the World – perhaps in reference to the neighbourhood's beautiful gardens or maybe a "not so subtle" reminder that our rainforest climate makes a pair of gumboots an essential part of everyone's wardrobe!

Wilson Creek is home to the Sechelt Airport as well as several industrial complexes and a number of small and large retail outlets. It is also near the base of Dakota Ridge Recreational area.

Sechelt, so named by the First Nations people as the land between two waters is situated on an isthmus between the Salish Sea (Georgia Strait) and Porpoise Bay. Sechelt has a wide array of shopping, arts, entertainment, sports venues and of course, the Sechelt Hospital.





Madeira Park Government Dock

Just up Highway 101 and off onto Redrooffs Road, brings you to Halfmoon Bay. **The Halfmoon Bay** area is home to a number of artists and artisans as well as home-based small agriculture and food products. The Historic General Store and Welcome Woods markets provide neighbourhood shopping opportunities.

Pender Harbour reaches over three miles inland and has a number of scenic inlets and islands within the harbour area, giving the area the nickname of "The Venice of the North". There are a number of communities within Pender Harbour including **Madeira Park** (the principal shopping area), Garden Bay, Irving's Landing and Daniel Point.

To the north west of Pender Harbour, a BC Ferries terminal is located in Earl's Cove where you can catch a ferry to Powell River (the upper Sunshine Coast). **Egmont**, adjacent to Earl's Cove is home to the Skookumchuck Narrows where the tidal waters rushing through a small gap create a "reversing falls" effect. A park and hiking trail take you to the Narrows where at the change of tide you can watch kayakers riding the waves.



Beachcombers continue to keep the harbours on the Sunshine Coast free of logs that are a danger to boaters. Molly's Reach was the hangout of the original Beachcombers, a CBC production that ran from 1972 until 1990.

LIVE.....

Real Estate

There is a wide variety of housing options on the Coast – from strata living in apartments and townhomes, to hobby farms or single family homes ranging from \$300,000 to multi-million dollar waterfront estates. There is generally a good selection of homes on the market with something for every budget. The realtors on the Coast know the area well and will work with you to find the perfect location and fit for you and your family. If you are planning on renting, there are several rental agents working on the coast who will assist you in finding the right rental property.

Go to http://www.realtor.ca/ or pick up the Real Estate Listings magazine from any realty office or from the information racks on BC Ferries.

Education

The Sunshine Coast offers a wide selection of schooling opportunities ranging from the public school system (which includes an alternative education program, primary outdoor education and French immersion), through a Waldorf school in Roberts Creek and Montessori preschool in Gibsons, to a very active home schooling network. There are approximately 3,340 students enrolled in nine elementary and three secondary schools.

SCHOOL DISTRICT #46

Administration Office 494 Fletcher Road, Gibsons (604) 886-8811 or (604) 885-7871

A full listing of all public schools can be found on their website www.sd46.bc.ca

SUN HAVEN WALDORF SCHOOL (private school)

Parent & Child – Grade School 1341 Margaret Rd., Roberts Creek (604) 741-0949 sunhavenschool.ca

CAPILANO UNIVERSITY

5627 Inlet Avenue, Sechelt (604) 885-2991 www.capilanou.ca/sunshine

SCHOOL DISTRICT 93 (FRANCOPHONE SCHOOL DISTRICT)

pacifique.csf.bc.ca

ACE-IT

(Accelerated Credit Enrolment in Industry Training)
Offering: Carpentry Program, Professional Cook
fc.sd46.bc.ca/aceit

SUNSHINE COAST ALTERNATIVE SCHOOL

scasweb.sd46.bc.ca

SUNSHINE COAST EARLY LEARNING SD46

www.sd46earlylearning.ca

Several totem poles can be seen in Sechelt and are impressive indications of the rich cultural and artistic heritage of the Shíshálh (Sechelt) Nation and other First Nations groups. Visit www. http://www.secheltvisitorcentre.com/ history/totem-poles





Child Care

Sunshine Coast Child Care Resource and Referral Program maintains a current list of licensed day care

facilities in the community. www.coastccrr.ca

Gibsons phone (604) 886-3103 Sechelt phone (604) 885-5657

Utilities and Services

Cable TV and Telephone Service Providers

Coast Cable Shaw Telus

 (604) 885-3224
 1 (888) 472-2222
 1 (888) 811-2323

 www.coastcable.com
 www.shaw.ca
 www.telus.com

Hydro, Gas, Water, Garbage and Recycling

Electricity: BC HydroGas: Fortis BC1 (800) BCHYDRO1(888) 224-2710www.bchydro.comwww.fortisbc.com

Water/ Garbage and Recycling

Contact your municipality:

Town of Gibsons:

http://www.gibsons.ca/garbage-collection, gibsons.ca/water **District of Sechelt:** www.district.sechelt.bc.ca/live/garbagerecycling **SCRD/Pender Harbour:** www.scrd.ca/Pender-Harbour-Landfill

Recycling Return Centres

www.scrd.ca/recycling-depots

The Sunshine Coast has comprehensive recycling programs. Everything from tin cans to old computers and styrofoam can be recycled at one of the Coast depots. The SCRD Landfill also has a "Share Shed" for dropping off usable but unwanted items of furniture.

Gibsons Recycling Depot Ltd

1018 Venture Way (604) 740-1425

Sechelt Operated by Salish Soils

5646 Schetxwen Road (Black Bear Road) – (604) 885-5383

Pender Harbour Operated by GRIPs

Sunshine Coast Hwy at Menacher Road – (604) 883-1165

Recycling Curbside Pickup Services: 2nd Hand Recycling - (604) 740-0578

RCMP

Gibson Sub-office - 737 Sunnycrest Road. Non-emergency (604) 885-2266 or for emergency call 911 **Sechelt Office** - 5800 Teredo Street. Non-emergency (604) 885-5554 or for emergency call 911

LIVE.....

Recreation Facilities

Gibsons & Area Community Centre

700 Park Rd., Gibsons (604) 885-6868 www.scrd.ca/Gibsons-and-Area-Community-Centre

Gibsons & Area Aquatic Facility

953 Gibsons Way, Gibsons (604) 885-6867 www.scrd.ca/Gibsons-and-District-Aquatic-Facility

Sechelt Aquatic Centre

5500 Shorncliffe Ave., Sechelt (604) 885-6865 www.scrd.ca/Sechelt-Aquatic-Centre

Sunshine Coast Arena

5982 Shoal Way, Sechelt (604) 885-6864 www.scrd.ca/Sunshine-Coast-Arena

Pender Harbour Aquatic and Fitness Centre

13639 Sunshine Coast Hwy., Madeira Park (604) 885-6866 www.scrd.ca/Pender-Harbour-Aquatic--Fitness-Centre

Transportation

BC Ferries

www.bcferries.com

Sunshine Coast Air

(604) 740-8889 www.sunshinecoastair.com

Harbour Air Seaplanes

1 (800) 665-0212 www.harbourair.com/book-a-flight/locations/sechelt

BC Transit

(604) 885-6899 www.bctransit.com/sunshine-coast/home

Sunshine Coast Limousine, Shuttle and Taxi

(604)740-0703

www.sunshinecoastcircletours.com

Sunshine Coast Taxi

(604) 886-7337



Sechelt Aquatic Center

Libraries

Gibsons & District Public Library

470 Fletcher Rd. S., Gibsons (604) 886-2130 gibsons.bc.libraries.coop

Sechelt Public Library

5797 Cowrie St., Sechelt (604) 885-3260 sechelt.bc.libraries.coop

Roberts Creek Community Library

1044 Roberts Creek Rd., Roberts Creek (604) 885-9401

Pender Harbour Reading Centre

12952 Madeira Park Rd., Madeira Park (604) 883-2983 www.penderharbourlibrary.ca

LIVE.....

Banking, Shopping and Eating Out

All the chartered banks have at least one branch office on the Sunshine Coast and there are three branches of the Sunshine Coast Credit Union, located in Gibsons, Sechelt and Madeira Park.

Virtually everything you need to buy, you can buy here on the Coast: from building supplies, to auto products, groceries and clothing – you need look no further. We have included a copy of the Coast yellow pages in your welcome package as your guide to shopping, services and restaurants.

Throughout the spring and into the early fall, you will also find a number of farmer's and artisans markets throughout the Coast.

Weather

The Sunshine Coast is aptly named – situated in a micro-climate with protection from Vancouver Island and at a distance from the mountains of the North Shore, the weather on the Sunshine Coast can be some of the mildest in British Columbia. Annual rainfall is substantially less than other areas of the lower mainland and Vancouver Island.

Typically you can expect 330 or more frost free days per year. On average there are over 230 days of sunshine per year. It would be misleading to say we don't get rainfall, but on average it is less than Vancouver and other parts of coastal British Columbia.

Local Media

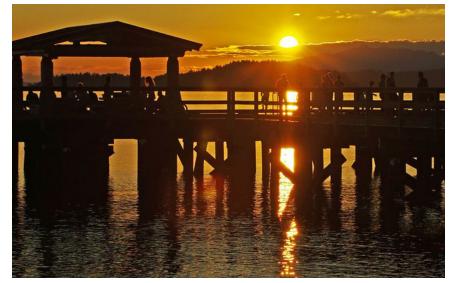
Local FM radio stations: CKAY 91.7 Coast FM

Newspapers: (both are free)

The Coast Reporter (604) 885-4811 www.coastreporter.net

The Local (604) 885-3134 www.thelocalweekly.ca

Newcomer Groups



Pier at Davis Bay, between Roberts Creek and Sechelt.

Sunshine Coast Newcomers Club

The Newcomers Club has a wide range of activities and events to help you get to know your Coast neighbours. Their activities include: hiking groups, book clubs, pub nights, potluck dinners, coffee mornings, etc. www.sunshinecoastnewcomers.com

Welcome Wagon

As a newcomer to the Sunshine Coast feel free to contact your local Welcome Wagon and a representative will drop by and visit you bringing greetings and gifts from local community businesses and civic leaders free of charge. www.welcomewagon.ca.

WORK

ACUTE CARE INFORMATION

Sechelt Hospital

5544 Sunshine Coast Highway Sechelt (604) 885-2224 www.vch.ca **Local Medical Director**

Dr. Sara Wadge

Medical Admin Assistant

(604) 885-8658

tracey.newcombe@vch.ca

Sechelt Hospital provides a full range of services to the community, including:

- Emergency care and trauma services
- Renal program community dialysis units
- Psychiatric in-patient and crisis response (Mental Health and Addiction Services)
- Regional laboratory medicine
- Diagnostic imaging services such as Computed Tomography (CT SCANNER), Fluoroscopy, Ultrasound, Mammography and General Radiology (X-ray)
- Rehabilitation services such as physiotherapy
- Pharmacy
- Birthing for low-risk pregnancies
- Surgery
- Chemotherapy for cancer patients

Hospital Departments

Sunshine Coast Mental Health & Addictions

Portables between the Hwy and the Hospital Box 949, 5542 Sunshine Coast Hwy Sechelt

(604) 885-6101 or (604) 885-8678

Laboratory

1st. Floor, Old Building, Sechelt Hospital Phone: (604) 980-5880

Dialysis Unit

2nd. Floor, Old Building, Sechelt Hospital Phone: (604) 885-9183



State of the art Sechelt Hospital named Canada's greenest hospital by **Corporate Knights** magazine for its green features that include a geo-exchange heating system, a double envelope construction that enhances energy performance and 78 solar panels capable of saving 21,450 KWH of energy per year.

WORK.....

Medical Imaging/Radiology

Sechelt Hospital, Main Floor (604) 885-2224 Ext. 4280

ER Physicians

The ER is covered by an on-call collaboration of local family physicians and other part-time physicians dedicated to the ER. Shifts are 7-10 hours long and number from 2-5 per month depending on current availability and GP preference.

Second Call

Weekend and evening in-patient coverage is handled through another group of local family physicians. Weekend call is approximately 1 in 8.

Rehabilitation Services

Provides various occupational therapy and physiotherapy services to promote and maintain a client's functional independence in their home and in their community. 5630 Inlet Avenue (604) 741-0726

NOTE: CLINIC LOCATIONS, PHYSICIANS AND PHONE NUMBERS ARE IN A SEPARATE DOCUMENT IN YOUR WELCOME PACKAGE. LISTS WILL BE UP-DATED AS REQUIRED AND SENT TO YOU.

For more information on community health resources go to sc.fetchbc.ca

BC AMBULANCE SERVICES

911 Response fee is \$50 If transported, fee is \$84

746 North Road., Gibsons (604) 886-2511

5494 Wharf Street, Sechelt (604) 885-9607

4991 Gonzales Road, Madeira Park (604) 883-2841



Air Ambulance Service to Vancouver area hospitals

COMMUNITY PHARMACIES

Gibsons

- London Drugs, 900 Gibsons Way, (604) 886-8720
- Howe Sound Pharmacy, 208-1100 Sunshine Coast Hwy. (604) 886-3365
- Coast Naturals Guardian Drugs, 104-641 Mahan Road. (604) 840-9550

Sechelt

- Pharmasave, 5663 Cowrie Street, (604) 885-9614
- Rexall Drug Store, 5740 Teredo Street., (604) 885-9833
- Suncoast Pharmacy Guardian Drugs, 103-5531 Inlet Avenue., (604) 885-2899 (604) 885-2899
- Your Independent Grocer Pharmacy 5530 Sunshine Coast Hwy. (604) 885-6723

Wilson Creek

 The Medicine Shoppe, 6-4330 Sunshine Coast Hwy., (604) 740-5813

Pender Harbour

 Marina Pharmacy, 12887 Madeira Park Road., Madeira Park, (604) 883-2888



The Coast offers a wide range of activities – from outdoor to indoor sports, to arts, crafts and entertainment. The following will give you a quick overview of some of the many leisure opportunities on the Coast. To keep up to date on Coast arts events check out www.suncoastarts. com.

Outdoor Activities and Sports Clubs

Hiking

You can access information about the many hiking trails on the Sunshine Coast at www.sunshine-coast-trails.com or download the following Apps:

The **iPhone** app can be found in the Apple App Store under the name - Trailmapps: Sunshine Coast.

The Android phone app is located at Google Play under the same name - Trailmapps: Sunshine Coast.

Biking

The Sunshine Coast is becoming recognized as one of the premier mountain biking regions in Canada. With year round riding and a labyrinth of trail systems, it's become a must-ride destination. There are trails for every skill level from Gibsons to Egmont.

We now have a world-class downhill mountain bike park in Sechelt called Coast Gravity Park for downhill enthusiasts. A group of volunteer trail-builders keep creating new lines. Also, there is a group ride weekly for anyone who wishes to join SCUMB (Sunshine Coast United Mountain Bike Club) on Sunday mornings.

Virtually all the major trails are labelled with signs and trail maps and are available for smart phones and GPS tracking. Go to www.trailmapps.com and search for the Sunshine Coast or visit the Sunshine Coast Trails Society. http://sctrails.ca/



PLAY.....

Beaches

There are public beaches all along the Sunshine Coast. Just look for a "Beach Access" sign along the coastal roads and hike down to enjoy the sights and sounds of the ocean. Below are links to maps of some of the most well known beaches:

Gibsons Beach Access Map:

www.gibsons.ca/parks-and-beaches

The annual Davis Bay sandcastle competition attarcts contestants from throughout the Province.

Sechelt Beach Access Map:

http://www.district.sechelt.bc.ca/Portals/0/Public%20Document%20Library/Parks/Beach%20Access%20Brochure.pdf



Canoeing/Kayaking/Paddling

The protected waters of Porpoise Bay are a great place to learn to paddle before you venture out into the Salish Sea for open-ocean paddling adventures. The following is a list of companies offering instruction and equipment rentals.

The Sunshine Coast offers many quiet beach locations where you can get away from it all and relax with friends.

SUNSHINE KAYAKING LTD

www.sunshinekayaking.com (604) 886-9760

HALFMOON SEA KAYAKS

www.halfmoonseakayaks.com (604) 885-2948

TALAYSAY - KAYAKING AND CULTURAL ADVENTURES

www.talaysaytours.com (604) 628-8555 or 1 (800) 605-4643

PEDALS AND PADDLES

www.pedalspaddles.com 1 (800) 885-6440

ALPHA ADVENTURES

www.outdooradventurestore.ca (604) 885-8838 or 1 (888) 661-1056



Skookumchuck Narrows provides boaters and on-lookers with exciting sights during tidal changes each day.

PLAY.....

Marinas and Boat Launches

For the boating enthusiast, there are public docks, marinas and boat launching facilities throughout the Sunshine Coast. For complete listings go to http://www.secheltvisitorcentre.com/outdoor-activities/marinas

Fishing

Salmon, Snapper, Ling Cod, Flounder and shell fish abound the waters in and around the Sunshine Coast. If you are new to fishing, you might like to book a charter with a guide before setting out on your own.

Boat & Fishing Charters

Tips Up Fishing Adventures

Tom Poulton (604) 740-9979 Website:

http://www.user.dccnet.com/tpoulton/Index.htm

Email: tpoulton@dccnet.com

Davis Bay Sport Fishing

(604) 885-7046

Address: 4830 Laurel Road, Sechelt, BC, VON 3A2

E-mail: bobdixon@telus.net

BC Fishing Charters - Sunshine Coast

(604) 886-9760 1 (855) 566-9760

Website: www.bc-fishingcharters.com Email: fishing@bc-fishingcharters.com

Gulf Rascal Charters

(604) 741-3683

Website: www.gulfrascalcharters.com

Email: bcprawns@gmail.com

Diving

Water clarity, colourful and abundant marine life, along with former Canadian navy ships that were sunk to create artificial reefs, make diving on the Coast unique. In July, 2001, the Globe and Mail reported: "......In fact, they are ranked among Canada's best places to scuba dive because of the diversity of geological features and marine life." There are several diving companies that provide safety-oriented dive and guide services:

The Scuba Shack

Jonathan Dewsbury "Scuba Jonny" 5687 Upland Road, Sechelt, B.C. 1 (877) 813-9974 (604) 813-9974 (Vancouver) Email: info@thescubashack.ca

Porpoise Bay Charters Ltd.

(604) 885-5950 Cell (604) 740-1400 1 (800) 665-DIVE or 1 (800) 665-3483 www.porpoisebaycharters.com

Seadog Divers Den

5648 Teredo St. Sechelt B.C. (604) 989-4720 www.seadogdiversden.com

The marina at Madeira
Park is one of many on the
Sunshine Coast attracting
West Coast boaters from
San Diego to Alaska.



PLAY.....

Skiing and Snowshoeing

Located in Wilson Creek between Gibsons and Sechelt, **Dakota Ridge** offers cross country skiing and snowshoeing on BC's Sunshine Coast. Dakota Ridge maintains 20 km of track-set cross country ski trails (classic and skate) and 7 km of snowshoe trails that wind through old growth forests and open areas in a beautiful subalpine setting.

For shuttle service- please contact Alpha Adventures. http://www.dakotaridge.ca/



Dakota Ridge, a winter playground in your back vard.

Golf Courses

Sunshine Coast Golf & Country Club 3206 Sunshine Coast Hwy, Roberts Creek (604) 885-9212 or 1 (800) 667-5022 www.sunshinecoastgolf.com Blue Ocean Golf Club 6177 Ripple Way, Sechelt (604) 885-2700 www.blueoceangolf.ca Pender Harbour Golf Course 13823 Sunshine Coast Hwy, Madeira Park (604) 883-9541 or 1 (877) 887-9541 www.pendergolf.ca

Sports Clubs

Sunshine Coast Baseball Association
www.sunshinecoastbaseballassociation.com
Sunshine Coast Cycling Club

www.sunshinecoastcycling.ca
Sunshine Coast Dragon Boat Club

www.scdragonboatclub.com/aboutus.html

Sunshine Coast Equestrian Club

www.facebook.com/SunshineCoastEquestrianClub

Sunshine Coast Lacrosse

www.sunshinecoastlacrosse.com

Sunshine Coast United Mountain Bikers

www.scumb.ca

Gibsons Paddle Club

www.gibsonspaddleclub.ca

Sunshine Coast Pickleball

www.sunshinecoastpickleball.org

Sunshine Coast Athletics (Running)

www.sunshinecoastathletics.org

Gibsons Sailing Club

www.gibsonssailing.ca

Sunshine Coast Youth Soccer Association

www.scysa.ca

Sunshine Coast Regional District Parks and Trails

www.scrd.ca/scrd-parks-list

Sunshine Coast Minor Hockey Association

www.scminorhockey.com

Coast Martial Arts

www.coastmartialarts.com

Suncoast Racquet Club

www.srctennis.ca

Sunshine Coast Skating Club

www.sunshinecoastskatingclub.ca

Gibsons Curling Club

www.gibsonscurlingclub.com

Sunshine Coast Fencing Club

www.sunshinecoastfencing.net

Persephone Brewing Company

For those of you who enjoy farm fresh beer and a bit of music, Persephone's is the place to go. Persephone's 11 acre farm, located just outside of Gibsons on your way to the Langdale Ferry terminal, prides itself on the freshest beer. They grow their own hops and use BC grain in every sip. Not content with simply making the best and freshest beer, Persephone is committed to making the world a better place through early adoption of ecologically and socially positive systems and working as a social venture to benefit our community.

With a large tasting room, several outdoor gardens and seating areas, and live music from 2:00 p.m. – 4:00 p.m. on Saturdays and Sundays, you can't go wrong visiting this family orientated venue. http://www.persephonebrewing.com/



Arts & Culture

The Sunshine Coast has a rich arts community, including live music, glass blowing, pottery, sculpture, painting, dance, written arts and more. The Coast Cultural Alliance is a good source for information about arts and cultural activities on the Coast. www.suncoastarts.com

For entertainment, both live and film, there are three performance venues on the Coast.

Ravens Cry Theatre

Located on Sechelt Nation lands directly across from the hospital, the theatre presents new release films, art house movies, a variety of live performances and concerts plus live digital feeds to operatic, theatrical and musical events. 5555 Sunshine Coast Hwy, Sechelt

(604) 885-4597

www.ravenscrytheatre.com

Heritage Playhouse Theatre

662 North Road., Gibsons (604) 886-8998 www.heritageplayhouse.com

Gibson's Theatre

Address: 909 Gibsons Way, Gibsons (604) 886-7469 www.gibsonscinema.ca

Festivals/Events



The Ravens Cry Theatre, home to live stage presentations as well as first run movies.

Throughout the year, special events are planned that cover an array of interests and activities. Outdoor festivals are in abundance in the warmer months, including the Gibsons and Pender Harbour Jazz Festivals, the Fibre Arts Festival, the Outrigger Canoe Races, the Sleepy Hollow Rod Run and Show and Shine Car Show, the Ruby Lake Wood Duck Festival, parades and a variety of water-related events such as regattas, classic boat reunions, Sea Cavalcade and so much more. Sechelt's Festival of the Written Arts in August is one of the Coast's most popular events.

A great free app to download on your iOS / Android device is the **Sunshine Coast B.C. Tourist & Travel Guide**. It has all the information you need to discover the Sunshine Coast.



Sleepy Hollow Rod Run Car Show.



Gibsons and Pender Harbour Jazz Festivals

Roberts Creek Daze is a community event celebrating Roberts Creek and all the 'Creekers' that make up this "independent nation".

Acknowledgement: This welcome package concept, design and layout is courtesy of the Comox Valley Division of Family Practice. www.divisionsbc.ca/comox



