

mariner's loft

SALT SPRING ISLAND

vacation rentals

ACTIVITY GUIDE



what to do on salt spring island



THE PERFECT DAY ON SALT SPRING ISLAND

In and out for a quick trip?

We have the perfect island day planned for you.

Start your morning off with coffee and a pastry or a delicious smoothie from Barb's Buns where you can sip artisanally made drinks.

After you've fueled up, hike through the magical trees of Mount Erskine, or drive up Mount Maxwell to enjoy an incredible view.



Treat yourself with an afternoon at Solace Organic Spa's Hydrotherapy Circuit, featuring an infrared sauna, forest hot tub, and cold plunge pool. A private experience, you'll really feel the relaxation of the island here.

Now that you're all mellow, enjoy a wine tasting at one of Salt Spring Island's wineries. We recommend a visit to Salt Spring Vineyards to taste their Ortega, which gives off flavours of passionfruit, lychee and nectarine.

End your island day with a decadent meal at Auntie Pesto's. Featuring fresh local ingredients and a waterfront view, this is a place you don't want to miss.

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THE PERFECT WEEKEND ON SALT SPRING ISLAND

Here for the weekend? Make it memorable by exploring some of the best of what Salt Spring has to offer.

Begin your day with coffee and breakfast at Tree House Cafe. Featuring wholesome food prepared from scratch, you'll enjoy your morning in an old heritage cottage from the 1920s.

Make your way to the Salt Spring Market* and experience over 85 vendors, including farmers, food and craft. (*seasonal)



Enjoy dinner at Moby's, featuring live music to dance and jive to on weekends.

Ready for day two? You'll need coffee first, so make sure to stop at Switchboard Cafe which is in a heritage building within walking distance from Mariner's Loft.

Keep the weekend going on a high note with whale watching offered by Salt Spring Adventures. This area is known for sightings of orca, humpbacks and sea lions.

Worked up an appetite? Visit Salt Spring Wild Cider, featuring a covered outdoor patio. Enjoy a flight at this craft cidery which uses apples sourced from locals for a real island taste. Must try the homemade salty potato chips hot from the fryer!

Head to the Lavender & Black farm and learn how lavender is grown, cultivated, dried and turned into essential oil. Don't forget to visit their shop to leave with a lavender body lotion, tea, or linen spray.

Hungry? Make sure to sneak in one last island meal and head to True Love Woodfire Pizza Cart for a pizza pie.

activities

SALT SPRING MARKET	Discover local farmers and artisans every Tuesday and Saturday (seasonally) at this 85 vendor market.
SALT SPRING CULINARY TOUR	An extraordinary private culinary day tour.
SALT SPRING STUDIO TOUR	Watch artists while they work, try on some unique jewellery, or attend a wine tasting.
TOUR SALT SPRING	Four different tours to choose from, including wine tasting and sightseeing. Custom tours available.
SOLACE ORGANIC SPA	An all-natural, organic boutique day spa offering exceptional professional massage and a variety of holistic spa therapies in a beautiful zen forest garden.
WELLSPRING SPA	A tranquil oasis located within Hastings House Country House Hotel.
SALT SPRING ADVENTURES	Offering whale watching, SUP and kayak rentals.
SALT SPRING ISLAND GOLF CLUB	The island's premier golfing destination.



parks + hikes

Salt Spring Island is famous for its remarkable environment featuring mystical rainforest and sandstone shores.



RUCKLE PROVINCIAL PARK

BURGOYNE BAY PROVINCIAL PARK

MT. MAXWELL PROVINCIAL PARK

MT. ERSKINE PROVINCIAL PARK

CHANNEL RIDGE TRAIL NETWORK

CUSHEON LAKE

VESUVIUS BAY BEACH

NATURE CONSERVANCY TRAILS



food + coffee

TREE HOUSE CAFE

Located in an old heritage home, enjoy a sandwich, espresso or pint on the terrace under the plum tree on a sunny afternoon, or come on a summer evening, when live music is a regular feature.

BARB’S BAKERY & BISTRO

Fresh baked everything that reels you in.

MOBY’S PUB

Enjoy live music here on weekends.

BUZZY’S LUNCHEONETTE

Real Montreal smoked meat made by the island’s own Hollywood comedy writer.

DOS AMORES TORTILLERIA

Authentic Mexican takeaway.

HOUSE PICCOLO

Uniquely housed in a heritage building, this restaurant is one for food and wine lovers alike.

AUNTIES PESTO’S CAFE

Offering a unique seasonal menu that features local ingredients.

FERNWOOD CAFE

Large patio space offers sea views and access to beach walks.

SWITCHBOARD CAFE

Hip cafe offering guest roasters and delicious paninis.

SEASIDE

Known by locals as the best seafood restaurant on the island specializing in fish and chips.

ROCKSALT RESTAURANT
AND CAFE

Baked goods and wraps are offered in the cafe, while the restaurant includes a 180-degree ocean view dining room.

groceries + liquor



THRIFTY'S LIQUOR STORE

Walking distance from Mariner's Loft.

BC LIQUOR STORE

Located in Ganges.

UPPER GANGES LIQUOR STORE

Best selection and open 7 days a week.

THRIFTY FOODS

Walking distance from Mariner's Loft.

SALT SPRING NATUREWORKS

Local foods.

COUNTRY GROCER

Located in Ganges.



beer, wine + cider



- SALT SPRING ISLAND ALES

Highly flavourful small-batch beers using high-quality malted barley and local hops.
- SALT SPRING WILD CIDER

Artisanal craft ciders made from the heritage apples and pears grown on Salt Spring Island.
- GARRY OAKS WINERY

Seven acres offering Estate grown and bottled wines, meaning they grow their grapes sustainably and only bottle what they grow.
- SALT SPRING VINEYARDS
WINERY

Island wines that tend to be dry and crisp. They offer a selection of tastes ranging from traditional champenoise-style sparkling, whites, reds, pinks and dessert wines.
- SALT SPRING SHINE CRAFT
DISTILLERY

Small batch spirits crafted with 100% B.C. honey.

local farms + food experiences

*Seasonal. Check before you go!

- SALT SPRING ISLAND
CHEESE CO.

Family owned and operated, with handmade cheese using traditional methods and only natural ingredients.
- SALT SPRING ARTISAN VINEGAR
LAVENDER & BLACK

Artisan vinegar made with fruit from local orchards.
Lavender Farm and store.
- NORTH END FARM

Hearty selection of in-season farm grown produce, eggs, and lamb
- THE WOOD SHED/HAIDEE HEART

A beautiful stand of upper end picnic essentials, as well as soups, cakes, and scones.
- MOUNTAIN VIEW VEGAN BAKERY

Plan your day around their cinnamon buns!
- BARB'S BAKING STAND

Locally loved bagels, cheese twists, bread and the BEST dark chocolate brownies.
- BULLOCK LAKE FARM

Seasonal farm produce and exceptional flowers.
- FRANCIS BREAD

Set your alarm clock for the Saturday Sesame Bread! Order online and pick up at their gallery space or at Bullock Lake Farm
- LAUGHING DAUGHTERS GLUTEN
FREE FOODS

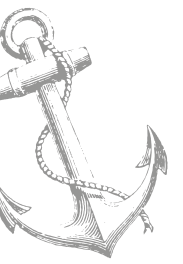
A well established baker offering cookies, cakes, granola, and bread you can order online.
- NELLIE'S

Looking for a delicious meal delivery? Look no further. Sign up for their newsletter and be enchanted by their process with the "weekend meal".
- THE SALTY WHISK

Need a custom cake for a special occasion? Gluten Free available here too! need an amazing custom cake?
- LULU'S APRON

Offering specialty catered dinners and events.

shopping



SALT SPRING NATUREWORKS

The island's natural foods store.

SALT SHOP

Canadian-made West Coast clothing designs.

TWANG AND PEARL

Contemporary womens clothing and accessories.

POD CONTEMPORARY

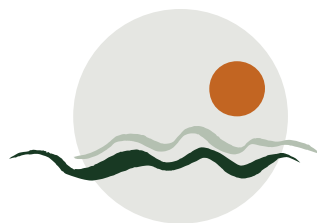
Curated women's clothing.



CEDAR MOUNTAIN	Thoughtful selection of cards, jewelry, and home decor.
MONDO AND COMPANY	Eclectic mix of gifts and decor.
MOUATS TRADING COMPANY LTD	An island shopping staple, from clothing, kitchen, hardware and toys.







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BRANDING & WEB DESIGN

BY NATPARK CREATIVE

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