

Olympic Peninsula Audubon Society presents:

“Cruise the San Juan Islands”

October 4 to 6, 2010

Join the Olympic Peninsula Audubon Society this fall for a three-day cruise through the San Juan Archipelago. The dates are October 4 - 6, 2010. We will depart from John Wayne Marina aboard the MV Glacier Spirit (a 65-foot motor yacht, well known from our many cruises around Protection Island), and cruise to San Juan Island, where we will board buses for a birding and sightseeing tour of the island. After resting at Roche Harbor Resort for the first night, we will cruise onward for a mid-day visit to Sucia Island Marine State Park for a walk-about and picnic lunch, returning to Roche Harbor Resort on San Juan Island for the second night. Finally, we will cruise back home to John Wayne Marina by way of Padilla Bay, Swinomish Channel, Skagit Bay and spectacular Deception Pass, pausing for a close look at Smith Island for birds and sea mammals. Watch for further details on our web site (www.olympicpeninsulaudubon.org). For additional info, contact 360-681-4076 or rcoffice@olympus.net.

The following itinerary provides greater detail on the tour:

Day One

9:00 A.M. Departure from John Wayne Marina in Sequim aboard the MV Glacier Spirit for Roche Harbor, San Juan Island. Along the way, we will enjoy bird watching and searching for Orca whales. Lunch will be served enroute.

2:00 P.M. Arrival at Roche Harbor Resort, where we will go ashore for a birding and sightseeing tour of San Juan Island.

5:00 P.M. Return to Roche Harbor Resort for our first night's lodging (1-800-451-8910; roche@rocheharbor.com)

Roche Harbor has long been a favorite and unique destination for many travelers seeking to explore the best of the San Juan Islands. Located on the northern tip of San Juan Island, the historical company town stands next to the picturesque harbor and offers some of the most spectacular sunsets in the Pacific Northwest.

Dinner is on your own. The historical village offers McMillin's Dining Room for fine dining at its best, overlooking the beautiful harbor. Open every day from 5 - 10 pm, Call 360-378-5757 for reservations. You can enjoy cocktails at the Madrona Bar & Grill. For more info, call 1-800-451-8910 ext. 400.

For those who prefer a simpler dinner, groceries can be purchased at The Company Store, located at the head of the wharf building by the dock. Your condos have the necessary cooking equipment for a relaxed dinner “at home”.

Day Two

8-9 A.M. A voucher is included at Roche Harbor Resort for breakfast at the Lime Kiln Café.

9:30 A.M. Depart Roche Harbor Resort aboard the MV Glacier Spirit, and cruise through John's Pass and Boundary Pass, watching for Orca whales, enroute to Sucia Island, where we will disembark to enjoy a picnic lunch. Sucia is a Marine State Park and offers numerous trails for hiking or just walking about.

1:00 P.M. (Approx.) Following lunch, we will re-board the MV Glacier spirit and return to Roche Harbor.

4:00 P.M. (Approx.) Arrival at Roche Harbor Resort. **Dinner is on your own:** At McMillin's Dining Room, call 360-378-5757 for reservations. Or, prepare dinner “at home” with groceries purchased at The Company Store on the wharf.

While you are at Roche Harbor, take advantage of recreational activities located near the resort. Stroll through the exceptional Westcott Bay Reserve Sculpture Park, featuring local Northwest artists. If you want to enjoy more hiking, explore the limekiln quarries now abandoned after years of producing the "largest

limeworks west of the Mississippi". Great views of the Canadian Gulf Islands await you on the higher elevations.

Day Three

8-9 A.M. A voucher is included at Roche Harbor Resort for breakfast at the Lime Kiln Café.

9:30 A.M. We will re-board the MV Glacier Spirit and depart Roche Harbor Resort. We cruise through Padilla Bay, Swinomish Channel, La Conner, Skagit Bay, and spectacular Deception Pass, with a pause at Smith Island for bird and sea mammal watching.

3:00 P.M. Arrival at John Wayne Marina. And fond farewells.

What you should bring

Birding books and list Medications Swim suit

Notebook and pen Sunscreen Rain gear

Binoculars Toiletries Alarm clock

Camera Sun hat Extra glasses

Small day pack or fanny pack Sunglasses

Snacks Lip Balm

Recommendations

WARM CLOTHING should be brought, including rain gear, headwear, gloves, and non-skid shoes or boots. Open-toed shoes or sandals are discouraged. A large man's handkerchief is good for wiping spray from glasses. The boat will go out in rain or small craft warnings, at the captain's discretion, so be prepared. Ponchos must be secured about the waist with a belt. On the Strait, it can be cool at any time of the year, but especially in the spring.

CAMERAS AND BINOCULARS are essential, whether you are birding or sightseeing; however telescopes, tripods, folding chairs or stools are discouraged. Bring plastic bags to protect your equipment from spray. Bring field guides, as well. Olympic Peninsula Audubon Society cannot be liable for loss or damage to your personal property while on the trip.

SEASICK PILLS are highly recommended, and to be effective, they must be taken one hour PRIOR to boarding. If you have never taken them, check with your doctor first. There is no need to be embarrassed about this common problem, but it does require your attention. The best cure for seasickness is prevention. If you take anti-seasickness medicine, be sure to read the warning labels on the package. Eat a non-greasy, high-protein breakfast. (A full stomach is less likely to betray you.) Do not drink alcoholic beverages the night before the trip. Pretzels and carbonated beverages during the trip can be helpful to settle your stomach. Avoid the use of colognes and perfumes. Go to bed early. The number one cause of seasickness is lack of sleep. REMEMBER, THE KEY TO AVOIDING SEASICKNESS IS TO TAKE PREVENTATIVE MEASURES PRIOR TO YOUR TRIP.

WEATHER is rarely a problem, but may require some alterations of course. Because it is raining, do not assume the trip will be cancelled. The MV Glacier Spirit has made about 1500 trips to the San Juan Islands, and out of approximately 180 trips a year, perhaps 3 or 4 have had to be cancelled.

COURSE ALTERATIONS may be necessary if SIGNIFICANT marine bird, mammal, or fish events occur during our cruise. This may involve spending more time in one area. This will be a judgment call on the part of the captain.

The MV Glacier Spirit has a strict non-smoking policy.