

the goods dispatches

Going Coastal

Dozens of enticing communities are lined up along Highway 101, making British Columbia's Sunshine Coast a bevy of getaway options. But if we had to choose...

BY STACEY McLACHLAN

DAY ONE: Pender Harbour

Follow a treasure trail of purple flags down Garden Bay Road: they mark the workshops of local artists. (You can pick up a map on the ferry). For an abstract ode to B.C.'s forests,

[1] **MOTOKO BAUM'S PAINTING STUDIO** (4590 Sinclair Bay

Rd., Garden Bay, 604-883-9478, motokoart.com) is worth a visit. Refuel mid-tour at [2] **COPPER SKY CAFE** (12904 Madeira Park Rd., Pender Harbour, 604-833-0096, earthlycreatures.ca). They'll bag you a hearty honey ham and jack cheese sandwich for the road.

Don't miss: Ken Walters' murals of seaside living line the walls and fences of Pender Harbour's public spaces, but prints are also available at Copper Sky's gallery-shop.

DAY TWO: Sechelt

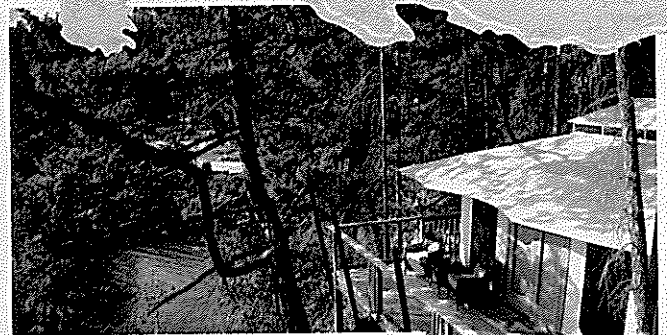
Arrive hungry. Sechelt's main drag looks more suburban strip mall than charming village, but it's packed with hidden gems. Munch on chocolate hazelnut biscotti at [3] **WHEATBERRIES BAKERY** (5500 Wharf St., 604-885-9106, wheatberries.com) or hit the tiny [4] **GALIANO ITALIANO** (5531 Wharf Ave., 604-885-9870) to source picnic provisions.

Then hit the closest beachfront for a lunch *en plein air*. Pair fresh bread from the [5] **OLD BOOT RESTAURANT** (108-5530 Wharf Ave., 604-885-2727) with Galiano's own handcrafted spicy Italian sausage. It tastes even better with sand between your toes.

Don't miss: Hiding among the gourmet sausages and elaborate anti-pasti stocked at [6] **TY'S FINE FOOD & BISTRO** (5697 Cowrie St., 604-740-9818), you'll find savoury Guinness cheddar. Take it home or dig right in on the attached sunny porch.

DAY THREE: Roberts Creek

First Sit down at the oh-so-boho [7] **GUMBOOT CAFE** (1057 Roberts Creek Rd., 604-885-4218) to eavesdrop on the gossip of locals. Shelve your cynicism and order from their vegan, gluten-free bakery.



Far left: Mokoto Gallery; left: Gumboot Cafe; above: The ultra-luxe tents that dot the Rockwater Resort.



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ROBERTS CREEK



Then loiter where musicians jam at [8] **MELO-MANIA**, the community music centre (1051 Roberts Creek Rd., 604-885-3607). Or, succumb completely to the hippie vibe at [9] **YOGA BY THE SEA**, which offers drop-in sessions right on the beach during the summer (1055 Roberts Creek Rd., 604-740-2382, yogabythesea.ca). Don't miss: A classic Pink Lady cookie—raspberry cream sandwiched between meringue-like layers of lemon—courtesy Gumboot Café.

WHERE TO STAY

[A] **ROCKWATER RESORT'S** tent-house suites are hardly roughing it: heated floors, warm canvas rooms, and guests soak in hydrotherapy tubs while monitoring a sweeping view of Secret Cove. Their "spa without walls" is right on the water's edge. (*Rockwater Signature Massage from \$145, Ole's Cove Rd., Halfmoon Bay, 1-877-296-4593, rockwatersecretcoveresort.com*).

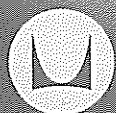
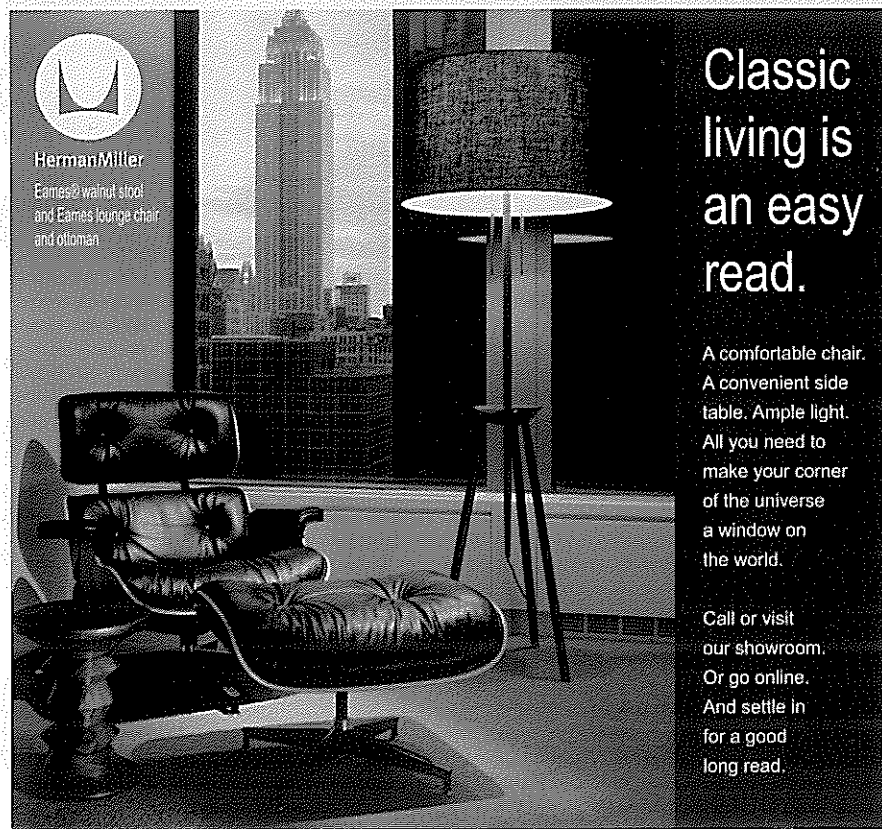


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