

Public Health Association of BC

RISE UP!

FUNDED IN PART BY
CANADA SERVICE CORPS | SERVICE JEUNESSE CANADA | Canada

Provincial Retreat Travel Guide



Table of Contents

Welcome! 2

Vancouver Coastal and Fraser Regions 3

Island Region 5

Interior Region 6

Northern Region 7

Rise Up! Contact 9





FUNDED IN PART BY CANADA SERVICE CORPS SERVICE JEUNESSE CANADA | Canada

Welcome!

Welcome to the Rise Up! Provincial Retreat Travel Guide! This guide is for Rise Up! participants who will be traveling to and from the Provincial Retreat using our organized group travel.

It includes important information about your transportation, including flights, buses, ferries, departure and arrival locations, and what to expect along the way.

The guide is organized by our five regions, so please make sure you're viewing the travel information for your region. **Please plan to arrive at your departure location on time and keep an eye on communications from your Regional Lead in case there are any updates.**

We can't wait to travel with you and welcome you to the Rise Up! Provincial Retreat!

The Rise Up! Team





FUNDED IN PART BY
CANADA SERVICE CORPS
SERVICE JEUNESSE CANADA
Canada

Vancouver Coastal and Fraser Regions

Thursday, October 15: Heading to the Retreat

STEP 1: Meet the Rise Up! charter bus
Please arrive at your pickup location **10–15 minutes before** your scheduled time to allow for loading time.

STEP 2: Take the ferry with the Rise Up! group
Vancouver (Tsawwassen) → Nanaimo (Duke Point)
3:15 PM sailing → 5:15 PM arrival in Duke Point

- We'll arrive at the Tsawwassen Ferry Terminal at approximately 2:00 PM with plenty of time to walk on and board together.
- **Please note:** If you are planning to meet the group at the Tsawwassen Ferry Terminal instead of riding on the charter bus, please plan to be at the ferry terminal by **no later than 2:15 PM** to meet the group.

STEP 3: Take the charter bus from Nanaimo to Tigh-Na-Mara
When we arrive at Duke Point Ferry Terminal in Nanaimo, another Rise Up! charter bus will be waiting for us to transport us to Tigh-Na-Mara.

Pickup Location	Approx. Time
Mission – Save On Foods, London Ave	9:30am
Abbotsford – McCallum Park & Ride	10:00am
Aldergrove – Aldergrove Community Centre	10:25am
South Surrey – Grandview Heights Aquatic Centre	11:00am
North Surrey – Guildford Town Centre	11:30am
New Westminster – Braid Station	12:00pm
Vancouver – Commercial–Broadway Station	12:20pm
Vancouver – Broadway–City Hall Station	12:35pm
Vancouver – Nat Bailey Stadium Parking Lot	12:50pm
Arrival at Tsawwassen Ferry Terminal	1:45-2:00pm

FUNDED IN PART BY CANADA SERVICE CORPS SERVICE JEUNESSE CANADA | Canada

Vancouver Coastal and Fraser Regions

Sunday, October 18: Heading Home

STEP 1: Take the charter bus from Tigh-Na-Mara to Nanaimo
A Rise Up! charter bus will take the group from Tigh-Na-Mara to the Duke Point ferry terminal in Nanaimo.

STEP 2: Take the ferry back with the Rise Up! group
Nanaimo (Duke Point) → Vancouver (Tsawwassen)
12:45 PM sailing → 2:45 PM arrival in Tsawwassen

- **Please note:** If you are being picked up at the Tsawwassen Ferry Terminal or making your own way home instead of riding on the charter bus, please plan to be picked up at 2:45 PM.

STEP 3: Charter bus drop-offs
After arriving in Tsawwassen, our charter bus will take everyone back along the same route, using the same stop locations as our pickup on Thursday, October 15.

Drop-Off Location	Approx. Time
Vancouver	3:30–3:45 PM
New Westminster	4:00–4:15 PM
North Surrey	4:30–4:45 PM
South Surrey	5:00–5:15 PM
Aldergrove	5:30–5:45 PM
Abbotsford	6:00–6:15 PM

Important Things to Remember

- Be early! Please arrive 10–15 minutes before your scheduled pickup time. We have a ferry to catch and unfortunately cannot wait for late arrivals.
- Keep essentials with you. Bring medications, valuables, water, snacks, and anything you'll want during the journey.
- Times are approximate. Traffic, ferry operations, and delays may affect our schedule- we'll keep everyone updated along the way!

FUNDED IN PART BY CANADA SERVICE CORPS SERVICE JEUNESSE CANADA | Canada

Island Region

Thursday, October 15: Heading to the Retreat

Island participants will have a few different travel options depending on where you are coming from:

Victoria and Nanaimo participants who need transportation: The Rise Up! team will help coordinate transportation to Tigh-Na-Mara through carpooling or another arranged option.

Participants who are arranging their own transportation: You are welcome to travel to Tigh-Na-Mara independently and will be reimbursed for the mileage you use.

Please confirm your travel plans with your Regional Lead so we know how you are getting to and from the retreat.

Sunday, October 18: Heading Home

Participants will return home using the same arrangements as their trip to the retreat.

- There will be space on the returning trip for all Nanaimo and Victoria youth to receive a carpool ride from either a staff member or fellow Rise Up! Youth.
- If you are traveling independently, please make sure you have arranged your transportation home from Tigh-Na-Mara.



Interior Region

Thursday, October 15: Heading to the Retreat

STEP 1: Fly from Kelowna to Nanaimo
The Interior Region group will travel together on a **direct Pacific Coastal Airlines flight** from Kelowna International Airport to Nanaimo Airport. Please arrive at the Kelowna airport **by 12:30pm** and look for your Regional Lead. Mileage or travel expenses getting to/from the airport or for parking at YLW can be reimbursed, please keep any receipts.

Kelowna (YLW) → Nanaimo (YCD)

- **Departure:** 2:10 PM
- **Arrival:** 3:19 PM
- **Flight:** 8P1884
- **Direct flight**

STEP 2: Meet the Northern Rise Up! group at Nanaimo Airport
When you arrive at Nanaimo Airport, the Northern Rise Up! group will also be waiting at the airport. Please stay together with the group, collect your baggage and follow the instructions from your Regional Lead.

STEP 3: Take the charter bus from Nanaimo Airport to Tigh-Na-Mara
A charter bus will be waiting at Nanaimo Airport to transport the Interior and Northern region groups to Tigh-Na-Mara Seaside Spa Resort in Parksville.

Sunday, October 18: Heading Home

STEP 1: Take the charter bus from Tigh-Na-Mara to Nanaimo Airport
At 8:30 AM, a charter bus will take the Interior and Northern region groups from Tigh-Na-Mara to Nanaimo Airport in time for our flight.

STEP 2: Fly from Nanaimo to Kelowna

Nanaimo (YCD) → Kelowna (YLW)

- **Departure:** 11:20 AM
- **Arrival:** 12:24 PM
- **Flight:** 8P1883
- **Direct flight**

FUNDED IN PART BY CANADA SERVICE CORPS SERVICE JEUNESSE CANADA | Canada

Northern Region

Thursday, October 15: Heading to the Retreat

STEP 1: Fly from your home to Vancouver
Northern Region participants will travel from either **Terrace, Prince George, or Smithers** to Vancouver International Airport (YVR).

Your flight details are below:

Prince George (YXS) → Vancouver (YVR)
- **Departure:** 10:25 AM
- **Arrival:** 11:50 AM
- **Layover in Vancouver:** 1 hour 25 minutes
- **Flight:** AC 8344

Smithers (YYD) → Vancouver (YVR)
- **Departure:** 10:35 AM
- **Arrival:** 12:11 PM
- **Layover in Vancouver:** 1 hour 34 minutes
- **Flight:** AC 8174

STEP 2: Meet the Northern Rise Up! group at Vancouver Airport
Participants from Terrace, Prince George, and Smithers will all meet at Vancouver International Airport (YVR) before travelling together to Nanaimo. Your Regional Lead will communicate a meeting spot with you all.

Your connecting flight is:

Vancouver (YVR) → Nanaimo (YCD)
- **Departure:** 1:45 PM
- **Arrival:** 2:15 PM
- **Flight:** AC 8031

STEP 3: Meet Interior Rise Up! group at Nanaimo Airport
When you arrive at Nanaimo Airport, you will need to wait for the Interior Rise Up! Group, who will be arriving at the airport approximately 1-hour after you. Please stay together with the group, collect your baggage and follow the instructions from your Regional Lead.

STEP 4: Take the charter bus from Nanaimo Airport to Tigh-Na-Mara
A charter bus will be waiting at Nanaimo Airport to transport the Interior and Northern region groups to Tigh-Na-Mara Seaside Spa Resort in Parksville.

FUNDED IN PART BY CANADA SERVICE CORPS SERVICE JEUNESSE CANADA | Canada

Northern Region

Sunday, October 18: Heading Home

STEP 1: Take the charter bus from Tigh-Na-Mara to Nanaimo Airport
At 8:30 AM, a charter bus will take the Interior and Northern region groups from Tigh-Na-Mara to Nanaimo Airport in time for our flight.

STEP 2: Fly from Nanaimo to Vancouver
All Northern Region participants will travel together from Nanaimo to Vancouver.

Nanaimo (YCD) → Vancouver (YVR)

- **Departure:** 11:40 AM
- **Arrival:** 12:15 PM
- **Flight:** AC 8032

From Vancouver, participants will continue on to either Prince George or Terrace.

STEP 3: Continue home from Vancouver

Prince George (YVR → YXS)

- **Departure:** 1:30 PM
- **Arrival:** 2:48 PM
- **Flight:** AC 8343

Please note: The Smithers participant will return home on Saturday, October 17, rather than Sunday.

Nanaimo (YCD) → Vancouver (YVR) → Smithers (YYD)

- **Departure from Nanaimo:** 2:45 PM
- **Arrival in Vancouver:** 3:20 PM
- **Layover in Vancouver:** 1 hour 55 minutes
- **Departure from Vancouver:** 4:20 PM
- **Arrival in Smithers:** 5:46 PM
- **Flights:** AC 8036 + AC 8175

Important Things to Remember

- **Keep your travel information handy.** If you are flying, your Regional Lead has sent you your electronic ticket. Make sure you know your departure airport, flight number, and departure time.
- **Arrive early.** Give yourself plenty of time to check in and get through security.
- **Keep essentials with you.** Bring your ID, medications, valuables, water, snacks, and anything else you'll need during your journey.
- **Stay connected with your Regional Lead.** Your regional lead will provide instructions about where to meet at the airports.
- **Travel plans can change.** If you experience a delay, miss a connection, or your plans change, contact your Regional Lead as soon as possible.

FUNDED IN PART BY CANADA SERVICE CORPS SERVICE JEUNESSE CANADA | Canada

Public Health Association of BC

RISE UP!

FUNDED IN PART BY
CANADA SERVICE CORPS
SERVICE JEUNESSE CANADA | Canada

#RiseUpPHABC

www.RiseUp-PHABC.org

PublicHealthAssociationBC

RiseUp_PHABC

Public Health Association of BC

Newsletter:
clkmg.com/PHA_BC/Newsletter



Public Health Association of BC

RISE UP!

FUNDED IN PART BY
CANADA SERVICE CORPS | SERVICE JEUNESSE CANADA | Canada

Provincial Retreat Travel Guide