

Closest Canuck : O Canada!

Sue Frause is an American journalist. She's had a major crush on Canada ever since she visited British Columbia as a young girl. Even if your heart doesn't pitter patter over all things Canadian, read on. You'll find photos, travel tips, road notes and the latest news and thoughts about our friends north of the 49th parallel. Cool idea, eh?

THURSDAY, JULY 29, 2010

Catchin' sun and salmon on British Columbia's Sonora Island



I'm on my third and final day here at **Sonora Resort** on Sonora Island, BC. Located in what is called the **Discovery Islands**, Sonora is one of the outer islands. The only way to get here is via boat, float plane or helicopter. I did the latter, flying from YVR to **Sonora Resort** in a 15-seat helicopter; the scenic trip took a mere 50 minutes, and we landed on the resort's heli-pad.

My itinerary for the girl getaway was fairly simple: take a mini-R&R with three other women during the last week of July. Not only did we find an ample supply of sun, two of us caught salmon. That's me in the photo with fishing guide Tommy Thompson, after reeling in an 18.5 chinook (king) salmon. Tommy was a great guide, and was also a member of the Canadian Olympic Ski Jump team. He still skis in the winter and fishes in the summer -- what a great gig! The other woman in my boat, Wendy Hartley, pulled in a nice nine-pounder.



We celebrated our superior fishing skills with a couple of *Canadians* (beer, not people!) on the deck of **Sonora Resort**, followed by a yummy lunch of burgers, fries and salads. Later that afternoon, we went on a wilderness tour in a smooth-riding 12-seat boat with pilot and narrator Ben. It was an hour of seagulls, seals, eagles, whirlpools, blue sky, forests and water. The couple next to me from Wales summed it up in one word, "Fantastic!"

The food at **Sonora Resort** has also been fantastic; the staff helpful and sincere; and the accommodations top notch. Oh, I do have one last thing to do before flying back to YVR: enjoy an hour-long massage at the resort's Island Currents Spa, followed by a farewell lunch on the deck.

So long, sweet Sonora!



Photos by Sue Frause

Posted by SUE FRAUSE at 11:32 AM

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That's me and my 18.5 pound chinook/king salmon that I caught in the waters off Sonora Island, with fishing guide Tommy Thompson of [Sonora Resort](#). He's a former member of the Canadian Olympic Ski Jump team.



Here's the mandatory trophy shot back on shore at Sonora Resort. The last time I went fishing was in Wrangell, Alaska where I caught a 40 pounder!



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Posted by [Sue Frause](#) at July 28, 2010 3:08 p.m.
Categories: [Nature and Wildlife](#), [Recreation/Sports](#), [Travel](#)

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Posted by [unregistered user](#) at 7/28/2010 3:53 p.m. #557518

Got the BBQ already fired up.

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Posted by [Sue Frause](#) at 7/28/2010 5:28 p.m. #557594

Nice! They're putting it on ice and putting it in a special freezer pack for the trip home ... Yum!

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Posted by [muddcat](#) at 7/28/2010 11:06 p.m. #557727

Was that the last salmon in NW waters. Wow...it's a beauty.

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Posted by [Sue Frause](#) at 7/28/2010 11:56 p.m. #557743

Hopefully it won't have to go in a museum. No, I'm taking it home, and Farmer Bob is pretty happy about puttin' the salmon on the barby!

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