

Pukaskwa National Park parkscanada.gc.ca

Coastal Paddling Route 2013 Trip Planner





Contents

Welcome to Our Home · 3 3 Bii san go biishan endaaing **Using** this Trip Planner 5 Guide to Symbols 5 Suggested Trips 7 What to Expect 8 Getting Here 10 En Route 11 **Driving** Times and Distances 11 **Nearby** Communities 12 Pukaskwa Pits 13 **Licensed** Outfitters and Boat Charters 14 **Backcountry** Reservations 14 **Registration** and Orientation 14 **Backcountry** Fees 16 **Annual** Passes 16 Weather and Safety 18 Hattie Cove · Bii to bii gong 20 Picture Rock Harbour · Gaa bii tawopka 21 White River Mouth - North · Waabishkaa ziibi 22 White River Mouth - South · Waabishkaa ziibi 23 White River Lower Falls · Chigaamiwinigum 24 Willow River · Wedoopki ziibi 25 Morrison Harbour · Miziinack onigiigan 26 Fish Harbour 27 **Cave Harbour** · Gawii babka 28 **Oiseau Bay** · Wiso wikwedon 29 Nicols Cove 30 Fisherman's Cove · Ganiimebinewan 31 White Gravel River · Gaziinins dongang ziibi 32 White Spruce Harbour · Migizi awatik goonsing 33 **Simons Harbour** · Gichi migizi awatikgoon 34 **Hideaway Lake** 35 North Swallow River · 36 Giiwednong zhaashawinibiis wi ziibi 36 **Trapper Harbour** · Nandawenjige nini wiikwed 37 Swallow River · Zhaashawinibiis ziibi 38 **Triangle Harbour** 39 **Cascade Falls** · Ga waa saji waana 40 **Otter Island** · Nigi shtgwaaning minis 41 **Deep Harbour** 42 **Tagouche Creek** 43 **Bonamie Cove** 44 **Imogene Cove** · Pukaskwa Depot 45 Pukaskwa River · Bii-skikaag saateg ziibi 46 Leave No Trace 47 **Gear** Checklist 48 **Crown Land** Camping 49 Wildlife Cameras 49 **Coastal Paddling Route** Distance Chart 50

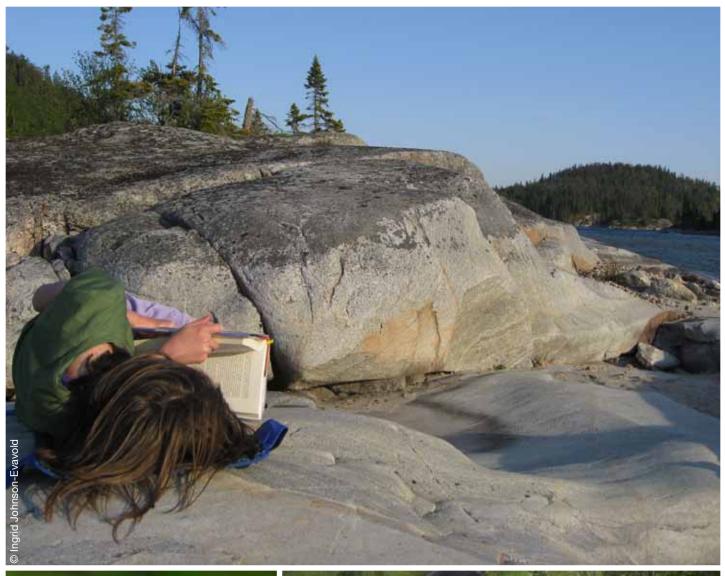


Welcome to Our Home · Bii san go biishan endaaing

We, the Anishinaabe, are people of the north shore of Lake Superior. We have known this land, which is now called Pukaskwa National Park, for generations. Pukaskwa is a harsh land where the Anishinaabe have experienced disappointments and rewards.

As a child, how beautiful, strong, and refreshing it was - the feeling of living beside the lake. Families knew how to travel the land in any season and how to read the weather to have a safe journey. At Oiseau Bay, we would escape from the elements under a warm lean-to. We would quickly get a relaxing campfire going to break the wind. For the Anishinaabe, the land was where we grew up, where we experienced a sense of belonging it was our home. Pukaskwa is still a home for us. If you would like to learn more Ojibway teachings from this area, drop by the Anishinaabe Camp near the Visitor Centre. First Nations interpreters will give you a glimpse of some local traditions. It is a place for everyone to share our culture, and, if you're lucky, maybe some hot tea and bannock too. We look forward to seeing you there.

- Collette Goodchild, Cultural Interpreter and Elder of the Pic River First Nation







Using this Trip Planner

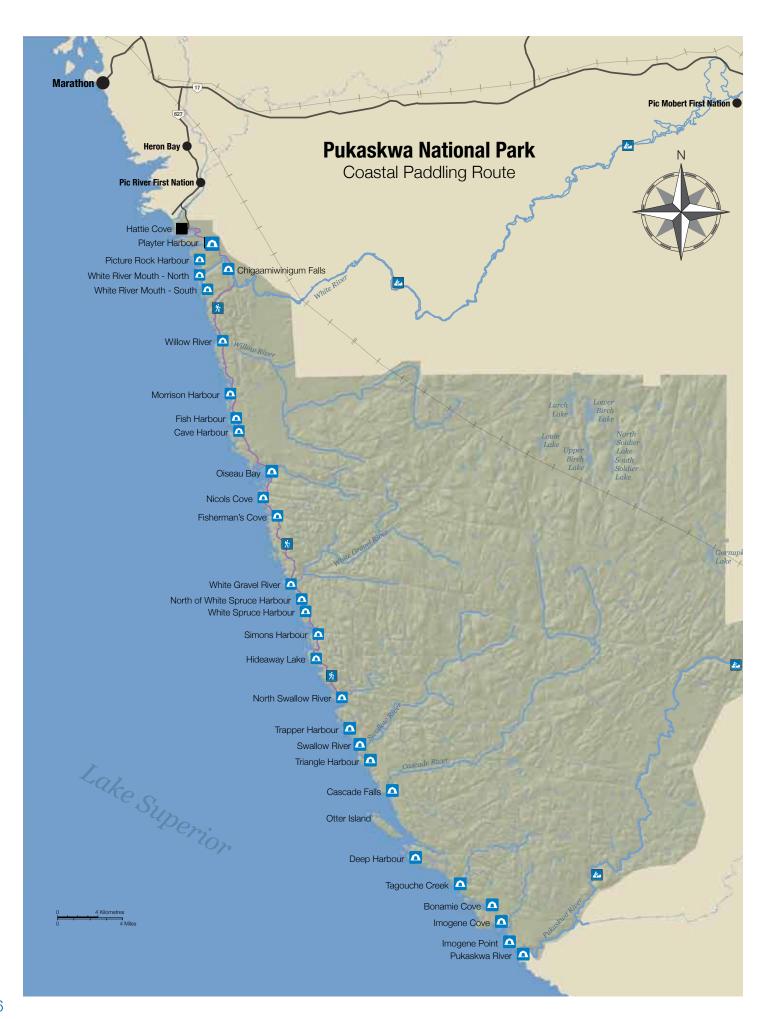
NEW! The Coastal Paddling Route is open **May 1 - September 30**.

Planning to paddle the wildest shore of all the Great Lakes? This guide will help you find all the information you need to plan, pack, and have a safe and memorable trip on the Coastal Paddling Route. Each campsite is profiled with photographs, site information, and a story about the place. Many of these stories were collected during a series of oral history interviews conducted in 1979, others are from our own staff who have travelled here for decades, and others are from visitors like you. We've designed this guide to help you plan your dream trip. It is NOT intended for navigation, nor as a sole source of information. We recommend you use this guide along with Chrismar's "The Adventure Maps: Pukaskwa" (available from Pukaskwa National Park), a Pukaskwa National Park Map, or National Topographic Service maps for the region, as well as advice from paddlers who have done the route.

If you have ideas, corrections, a story, or a photograph to share that will make this guide better, please email ont-pukaskwa@pc.gc.ca.

Guide to Symbols

	Camping Area	?	Information		Drinking Water		Hospital
×1	Hiker Campsite		Telephone		Electrical Service	$\boxed{}$	Postal Services
يني م	Paddler Campsite	Ρ	Parking		Wireless Internet		Fuel
	Outhouse	Æ	Picnic Area		Boat Shuttles and Tours		Bus and Taxi Transportation
Ŏ	Food Locker	*	Toilets		Gift Shop	\$	ATM
	Canoeing		Showers		Rental Kayaks		Laundry Services
К	Portage	Î	Interpretive Centre	©\$	Rental Canoes	Y	Alcohol
%	Hiking		Waterfall		Accommodations		Groceries
X	Kayaking		Viewpoint	Î	Lighthouse		Restaurants



Suggested Trips



Willow River Weekend

2 nights, 3 days Local paddlers Kim and Leslie Ransom regularly zip down to the Willow River for a weekend.

Arrive and camp at Hattie Cove
Paddle to Willow River
Paddle to Hattie Cove
24 km paddle



Escape to White River

1 night, 2 days Only here for a night? Try this trip.

Day One	Paddle to White River mouth
Day Two	Return to Hattie Cove
Total	12 km paddle
Optional	Paddle 5 km further to the White River Suspension Bridge



Mitaawangaa Getaway

4 nights, 5 days If your dream trip is a beach getaway, we have just the place. Mitcowanges means Sandy

just the place. Mitaawangaa means Sandy Beach in Anishinaabe.

Day One	Water taxi to Pukaskwa River Paddle to Imogene Cove
Day Two	Paddle to North Swallow River
Day Three	Paddle to Fisherman's Cove
Day Four	Paddle to Willow River
Day Five	Paddle to Hattie Cove
Total	90 km paddle



3 nights, 4 days Savour a backcountry feast of fish.

Day One	Water taxi to White Gravel River
Day Two	Fish and explore
Day Three	Paddle to White River
Day Four	Return to Hattie Cove
Total	37 km paddle

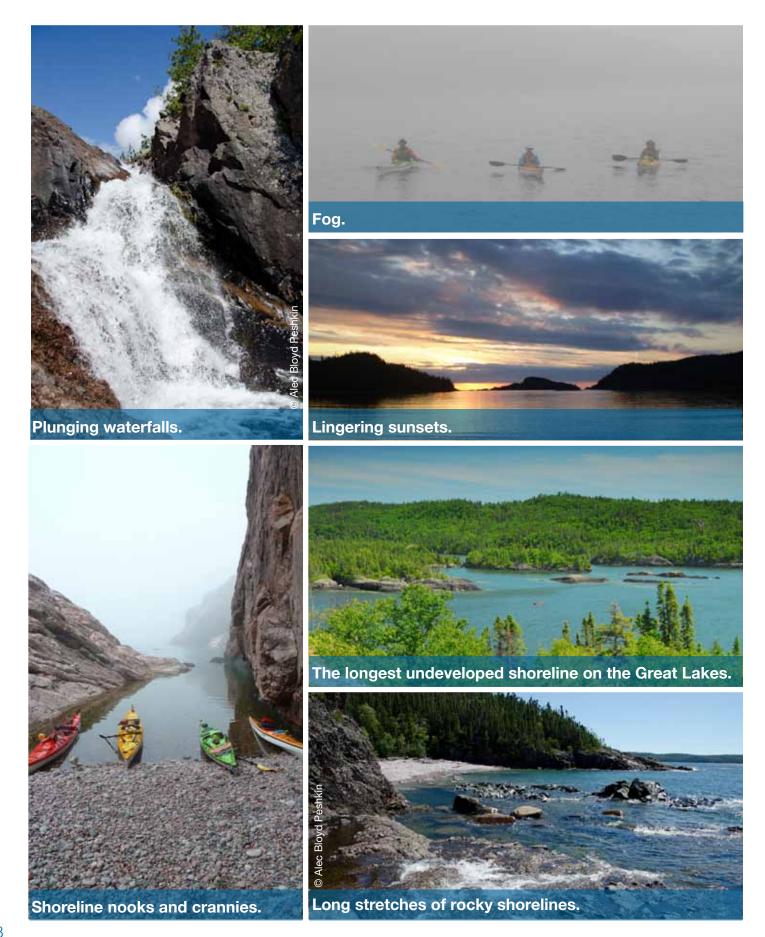


Hattie Cove - Michipicoten

9 nights, 10 days Paddle the Great Lakes' wildest shore.

Day One	Paddle to Willow River.
Day Two	Paddle to Nicol's Cove
Day Three	Paddle to Simons Harbour
Day Four	Paddle to Cascade Falls
Day Five	Paddle to Pukaskwa River
Day Six	Paddle to Redsucker Cove
Day Seven	Paddle to Floating Heart Bay
Day Eight	Paddle to University/Dog River Hike to Denison Falls
Day Nine	Paddle to Dorry River
Day Ten	Paddle to Michipicoten
Total	160 km paddle

What to Expect





Crystal clear, but ice cold water.



Waves.



Stormy Lake Superior.



Plenty of rocks for drying out gear after big storms.

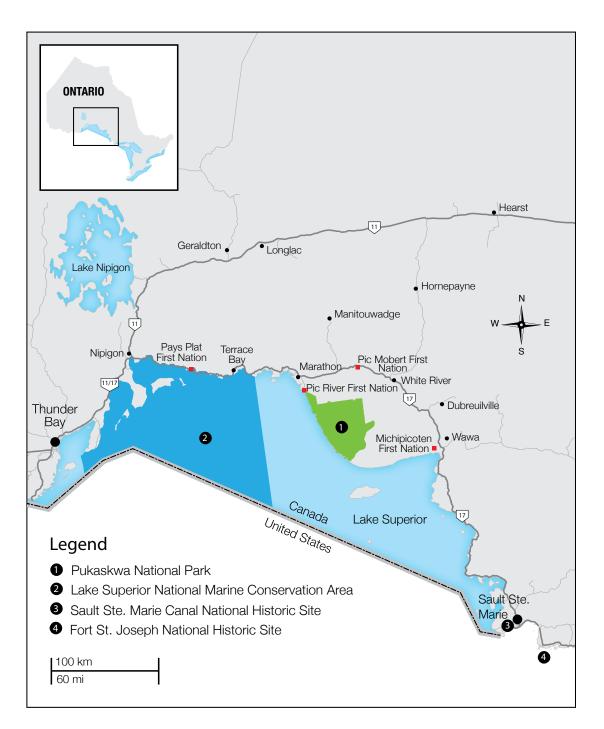


1/5 windbound days Jun - Jul.



3/5 windbound days Aug - Sep.

Getting Here



By Car or Bike

Follow Trans-Canada Highway 17 to Highway 627. Take Highway 627 15 km south to Pukaskwa National Park.

By Air

Several major airlines, including Air Canada, Porter, and WestJet, provide service to Thunder Bay, ON (YQT) and Sault Ste. Marie, ON (YAM).

By Bus

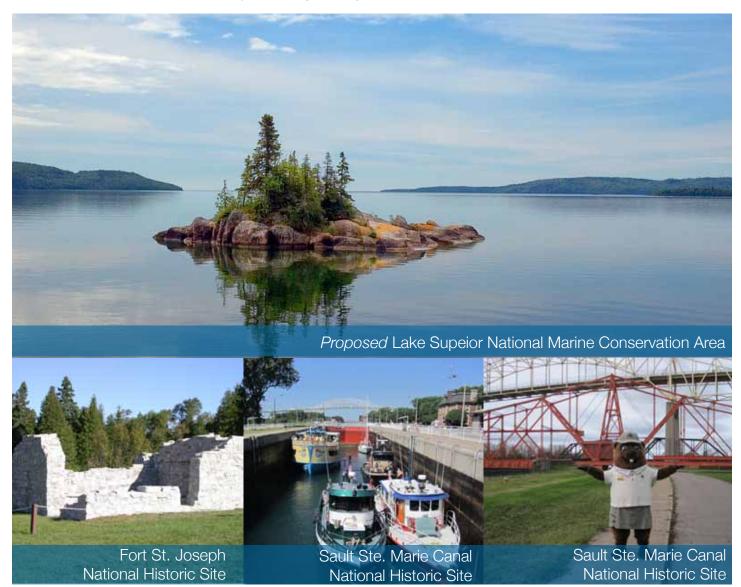
Greyhound Canada offers bus service to Marathon, ON. Taxi service is available from Marathon to Pukaskwa.

By Water

Entering Pukaskwa's Hattie Cove by water can be tricky - it's easy to miss the protected cove. Be sure to landmark carefully when navigating this stretch.

En Route

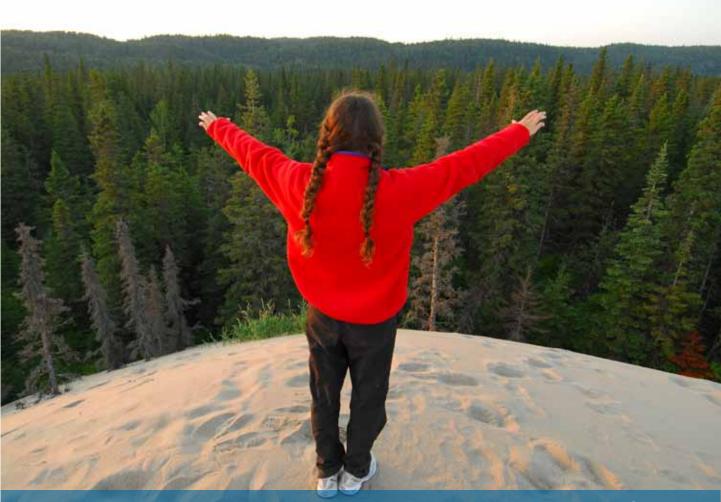
Be sure to visit these Parks Canada places on your way to Pukaskwa.



Driving Times and Distances

Driving Distances & Times	km/mi	hrs:mins by car
Marthon, ON	25/16	0:25
Thunder Bay, ON	320/200	4:00
Sault Ste. Marie, ON	415/260	5:00
Winnipeg, MB	1000/620	12:00
Toronto, ON	1110/690	13:30
Ottawa, ON	1200/745	15:00

		hrs:mins by
	km/mi	car
Duluth, MN	620/385	8:30
Minneapolis, MN	865/535	10:30
Detroit, MI	970/605	11:00
Chicago, IL	1180/730	13:30



Pic River Sand Dunes

Nearby Communities



Pic River First Nation

Pic River is the nearest community. If there's an item on your list that you've forgotten, you need to fill up with gas, buy ice, or you're just looking for a few snacks, two stores are in the community to serve you.



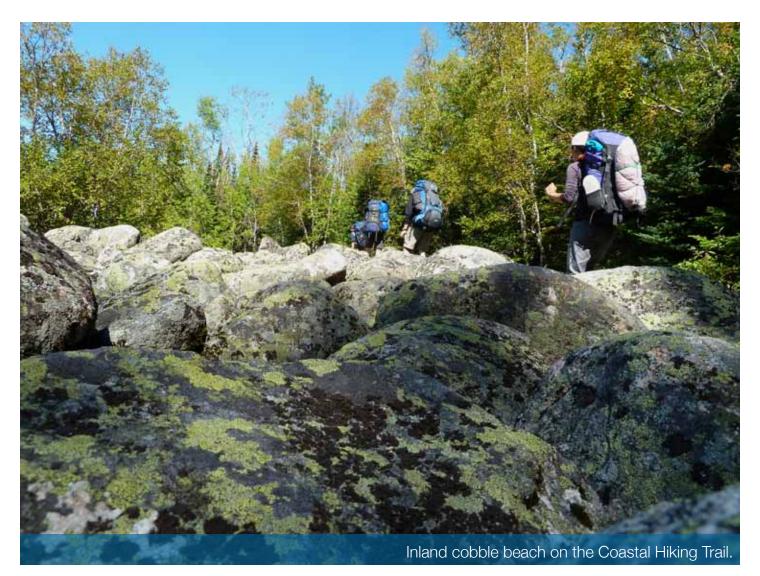
Town of Marathon

Marathon is the closest full-service community. Two large grocery stores, three hardware stores, and several other businesses can provide all the food, fuel, and supplies you require for a backcountry trip. (Park staff buy trip food locally all the time!).



Thunder Bay and Sault Ste. Marie

If you prefer pre-packaged backcountry meals or require specialty food items or equipment, the cities of Thunder Bay and Sault Sault Ste. Marie have several grocery and camping supply stores to meet your needs.



Pukaskwa Pits

Pukaskwa pits can be found in the cobble beaches along the coast. As local elder Proddy Goodchild says, "No one knows for sure what the Pukaskwa Pits were used for. We only know that some are very old, and some are not so old." Help us protect these ancient structures; **do not move rocks or climb into the pits.**

Licensed Outfitters and Boat Charters

Caribou Expeditions

www.caribou-expeditions.com

1021 Mission Road Goulais River ON POS 1E0 Phone: 1-800-970-6662 Email: info@caribou-expeditions.com



McCuaig Marine Services

Find them here on Facebook.

PO Box 442 Marathon ON P0T2E0 Phone: 1-807-229-0193 Phone: 1-705-206-2758 Email: mccuaigmarine@shaw.ca



Naturally Superior Adventures

www.naturallysuperior.com

RR 1 Lake Superior Wawa ON POS 1K0 Phone: 1-800-203-9092 Email: info@naturallysuperior.com



Wild and (Mis)Guided Adventures

www.wildandmisguidedadventures.com

31 Rabbit Drive Pic River ON POT 1R0 Phone: 1-807-229-8790



Backcountry Reservations

The Coastal Paddling Route is open **May 1 - September 30**.

We're available to help you plan your trip and make reservations Monday to Friday, 8:30 am - 4:30 pm, **March 15 - September 30.** The Adventure Map: Pukaskwa National Park can be ordered year-round.

Phone: 1-807-229-0801 ext. 242 E-mail: ont-pukaskwa@pc.gc.ca When reserving, please have ready:

- Preferred trip dates
- Type of trip (hiking, paddling)
- Preferred itinerary (# days, campsites)
- Group leader's contact information
- # of people in group (max 8 per group)

Note: Thanksgiving Monday - April 30, the park is closed to overnight visitors, including on the Coastal Paddling Route. Trust us, it's a miserable and dangerous coastline during fall and winter storms.

Registration and Orientation

The day of your departure:

• Register and complete a backcountry orientation with park staff

When registering, please have the following information ready:

- Group member names
- Emergency contact information
- Equipment descriptions (tents, canoes, kayaks)
- Planned itinerary



Backcountry Fees

Prices in effect until March 31, 2013. Visit www.parkscanada.gc.ca/pukaskwa for current fees.

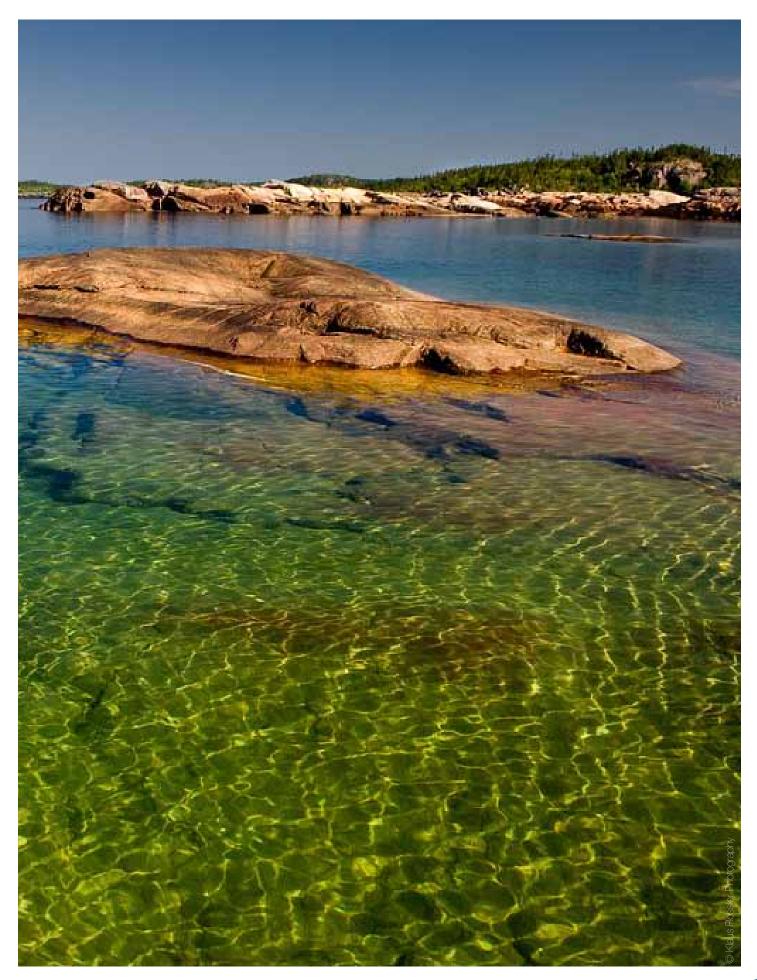
Use this Fee Estimator to help you budget for your trip. Enter the number of people, days, and nights. Be sure to take advantage of the savings offered through the selection of annual passes and family/group entry rates. Can't quite figure it out? Don't worry, we'll find you the best deal when you arrive. Please note, daily entry and camping fees both apply. Please note, H attie Cove Campground is not in the backcountry, and camping fees range from \$15.90 - \$29.40 /night per campsite.

	# People	# Days	Daily Entry	Total Entry	# Nights	Backcountry Camping (person/night)	Total Backcountry Camping	Total Entry and Camping
EXAMPLE	1	x 4	x \$5.80	= \$23.20	3	x \$9.80	= \$29.40	= \$52.60
Adult (ages 17 - 64)			x \$5.80			x \$9.80		
Senior (ages 65+)			x \$4.90			x \$9.80		
Youth (ages 6 -16)			x \$2.90			x \$9.80		
Family/Group (Up to seven people arriving together)			x \$14.70			x \$9.80		
							Total	

Annual Passes

Prices in effect until **March 31, 2013.** Visit www.parkscanada.gc.ca/pukaskwa for current fees. Staying longer than 6 nights/7 days? Or, doing multiple trips? Consider these Annual Pass options:

	Pukaskwa Annual Pass (Flat rate daily entry to Pukaskwa for 12 months)	Pukaskwa Backcountry Camping Pass (Flat rate backcountry camping for 12 months)	Pukaskwa Annual and Backcountry Camping Passes Combined (Best deal for multiple trips.)	Parks Canada Discovery Pass (Unlimited daily entry to Parks Canada places for 12 months)
Adult	\$29.40	\$68.70	\$98.10	\$67.70
Senior	\$24.50	\$68.70	\$93.20	\$57.90
Youth	\$14.70	\$68.70	\$83.40	\$33.30
Family/Group	\$73.60	n/a	Varies.	\$136.40



Weather and Safety



Pukaskwa is a remote, rugged place where rescues take time. Remember: you are responsible for your own safety.

Temperatures and Monthly Rainfall

Pukaskwa's cool, sunny summer days are perfect for exploring, or a quick swim. But, remember that snow can fall in June and September.

Month	Low	High	Rainfall
May	3°C /	14°C /	74 mm /
	37°F	57°F	3"
June	6°C /	17°C /	90 mm /
	43°F	63°F	3.5"
July	9°C /	20°C /	81 mm /
	48°F	68°F	3"
August	10°C /	20°C /	87 mm /
	50°F	68°F	3.5"
September	6°C /	15°C /	102 mm
	43°F	59°F	/ 4"
October	1°C /	9°C /	87 mm /
	34°F	48°F	3.5"



Sunrise and Sunset Times

Worried about having enough time? There's plenty of sunshine to reach your day's destination.

Date	Sunrise	Sunset
May 21	6:00 am	9:25 pm
June 21	5:45 am	9:50 pm
July 21	6:05 am	9:40 pm
August 21	6:45 am	8:50pm
September 21	7:30 am	7:45 pm
October 21	8:15 am	6:45 pm



Black bears live in Pukaskwa, and are occasionally seen along the coast. Bear boxes and hangs are available for overnight food and supply storage along the Coastal Hiking Trail. Take precautions and be prepared for an encounter with a black bear. For more information, read **You Are In Black Bear Country** or consult with Parks Canada staff.



Lake Superior Conditions

Lake Superior is cold and unpredictable. Although water near shore may be warm, the lake's average temperature is only 4°C / 39°F year-round. Hypothermia can start within 5-10 minutes if you are not wearing a wetsuit or dry suit.

Fog is common and can last for days. Be prepared to navigate using a compass.

If you're paddling in May, June, or July, be prepared to be windbound for 1 out of every 5 days. If you're planning to paddle in August or September, **prepare to be windbound 3 out of 5 days**.



Bring your bughat, bugspray, or nerves of steel.

Blackflies	peak late May - June
Mosquitoes	peak mid June - July
Horse and Deer Flies	peak July - August
Deer Ticks	No known reports. If yo

s No known reports. If you do find a deer tick, please notify park staff.



Doctors and Veterinarians

We hope you don't need medical help on your vacation, but if you do, there are a clinic, pharmacy, and **hospital in Marathon.**

The closest permanent veterinary service is in Thunder Bay. Mobile services do travel to Marathon. Check with park staff for a current schedule. If you're bringing your best friend, be extra cautious on the trail.















Hattie Cove \cdot Bii to bii gong

Bii to bii gong is the Anishinaabe name for Hattie Cove and means water between two rocks. This protected cove features a road accessible 67-site campground. Victoria Day weekend through Labour Day weekend, flush toilets, hot showers, electrical campsites, free WIFI, interpretive programs, and more are available. Hattie Cove is the most popular access point for backcountry visitors.

Bannock and tea?

Share some bannock, tea, and stories with a local elder at the Anishinaabe Camp.

Parking

Parking for backcountry visitors is available in the visitor centre parking lot.





Picture Rock Harbour · Gaa bii tawopka

Where the sturgeons are

Gaa bii tawopka is Anishinaabe for "where the sturgeons are." Lake Sturgeon are the largest fish in the Great Lakes, and one of the oldest species. Watch for radio telemetry monitoring equipment near the mouth of the White River. It is used to track Lake Sturgeon as they migrate upstream.

Astronauts see caribou here

Or, astronaut Dr. Roberta Bondar saw a caribou here. Are you as lucky as an astronaut? Woodland caribou are rare in Pukaskwa. If you are lucky enough to see one, be sure to give it the space and quiet it deserves.

Wait it out

For generations, Picture Rock Harbour was a place to seek protection from Lake Superior's rough waters. It is still a good place to wait for the lake to calm down especially if you are planning to paddle past Campbell Point where reflection waves can create choppy, confused waters.







White River Mouth - North · Waabishkaa ziibi

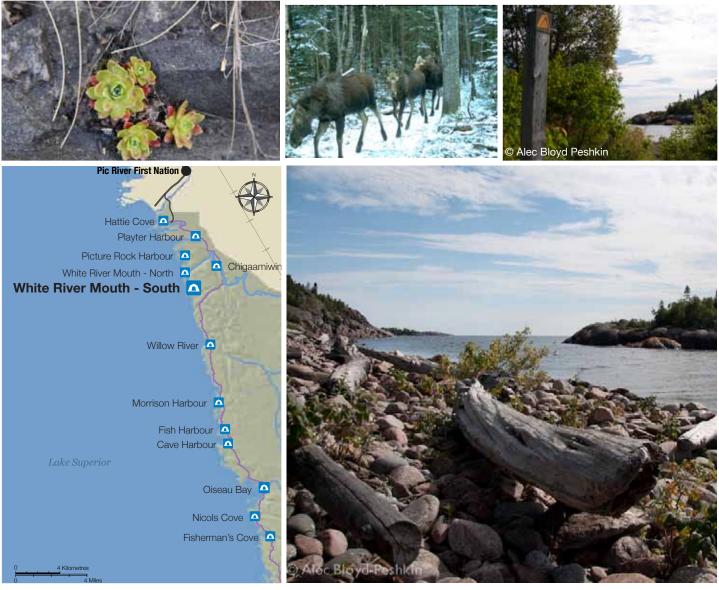


Waves from every direction

"We lazily awoke the next morning to enjoy a pancake breakfast and got a late start. Most likely a bad choice, because at this point the waves were at about a meter and a half. We braved it however, and actually made it as far as the mouth of the White River. It got pretty sticky for a while... It probably would have been safer on the ocean, where at least the waves are a bit more predictable. It's hard to describe what its like to take a canoe out on the water like that. 15 degrees Celsius, rocky coastline, and waves from every direction. Lake Superior has taken many lives, but not ours thankfully."

Fancy a portage?

This campsite is located on a short portage over a peninsula separating the White River and Lake Superior



White River Mouth - South · Waabishkaa ziibi

Very happy to suddenly see...

In 2004, Joe O'Blenis paddled across Canada:

There are campsites just off the lake along the White River. The thing I did not know, however, was that, going in the direction I was going [north to south], it was VERY easy to pass right by the mouth of the river and never even see it... the mouth is pretty much hidden from view for all but a few seconds. Yeah... I went right by! A few hundred metres further there is a rocky point of land, a "Tombolo" island actually. I stopped here to climb up on the rocks to check out what was around the corner. Not a good sight! Breakers everywhere and just exposed rocky beaches and cliffs. This is not good! The waves breaking off the point must be 10 feet and things do not look promising for as far as I can see. Turning around, though, I was very happy to suddenly see... the mouth of the White River!

To read more, visit www.clipper.com/trip_reports.php



White River Lower Falls · Chigaamiwinigum

"This hike wasn't my idea.

But it was so worth it."

We're not just saying that - a visitor did! Be sure to take a few moments to read the stories left by other visitors in the White River Suspension Bridge log book. Don't forget to leave your trail story as well!



A Marriage Proposal

Look for Ian and Sarah's story in the logbook:

"Amazing scenery - the bridge, the falls; the perfect destination for a marriage proposal - she said "yes"! :) We will be back to this very special spot."



Willow River · Wedoopki ziibi

Gem that stole my heart.

Here's what Juliet said after her 2012 hike on the Coastal Trail.

"Would I do this hike again? In a heartbeat. I'm already trying to figure out when we could go back this summer. Until Addison's older the game plan would look like this: Take 1 or 2 days to hike to the Willow River, set up base camp and hang out for a day, do a day hike over to Shot Watch Cove, then the following day come home. Pukaskwa is a truly special place. Sure British Columbia is beautiful, but Pukaskwa is a gem that stole my heart."

For more, visit www.scattereddreamsgathered. wordpress.com

Large group?

Willow River has plenty of landing and tent space for larger groups.

Meet new friends.

The Willow River is a great spot to share a campfire with fellow hikers and paddlers.

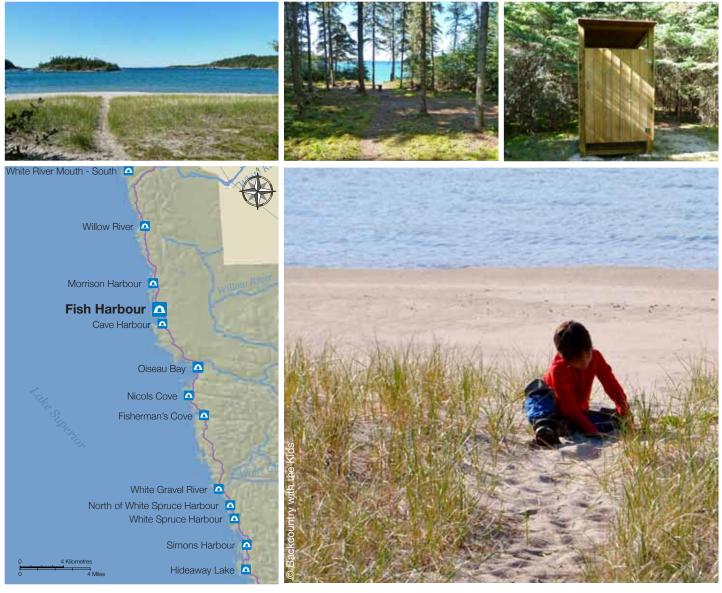


Morrison Harbour · Miziinack onigiigan



Big storm rolling in?

Protected by several islands, Morrison is a great place to take shelter from Superior's storms. It's also a beautiful spot to take a rest day and explore the small islands and channels.



Fish Harbour

Backcountry with the Kids

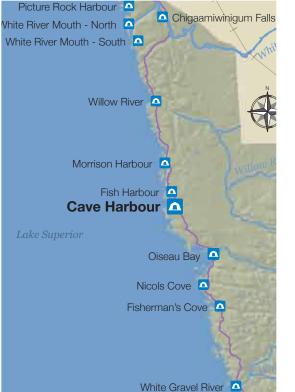
In spring 2012, the Johnson family set out to hike the entire trail, starting at North Swallow. It's not often that families hike the complete trail. Here are some of Jen's thoughts before the hike.

"Hiking with kids is nothing new to my husband and myself, but this particular trail is going to be a doozy. Its sixty rugged kilometres stretch along the northeastern coast of Ontario's inland sea, Lake Superior. The terrain is rough and remains relatively untouched, and the weather can be strong-willed. Those who choose to make the journey here do so for the beauty, the experience, and let's face it, the bragging rights. Trekking this trail is certainly more difficult than a simple walk in the park."

To read more, visit backcountrywiththekids.com







North of White Spruce Harbour



The Legend of Gawii babka

as told by Proddy Goodchild

There was a hunter at this time. He was hunting amik (beaver). He came to this lake, Lake Superior. He did not set a trap. A trap takes 3-5 days to catch a beaver. Anishinaabe had other ways to catch beaver. So he went to the beaver dam, and he started to break the dam to let the beaver out, and he went after the beaver. The beaver ran around the lake, and the Anishinaabe

was right behind him. The beaver came to a dead stop when he tried to go underground. This is where the Anishinaabe caught up to the beaver, at Cave Harbour. The lake they were running around was Lake Superior, and where the beaver's head went in made the cave in the rock, Cave Harbour!

Water Access Only

Please note the cave is only accessible by water.





White Gravel River

Simons Harbour A Hideaway Lake

Oiseau Bay · Wiso wikwedon

Naming Bay

Wiso wikwedon means Naming Bay.

Hike an old riverbed

In 1986, heavy rains broke a beaver dam on Oiseau Creek, causing the river mouth to reroute. Now, the Coastal Hiking Trail follows the old riverbed.

Walk in the Goodchilds' footsteps

Many of you have met Collette Goodchild, a local elder and Pukaskwa employee. These are her childhood stomping grounds. For generations, her family trapped, hunted, and carried mail between Heron Bay and Oiseau Bay.



North Swallow River





Nicols Cove

I Don't Give a Damn for Lake Superior

Nicols Cove is named for the Nicols brothers who operated a fishery out of Port Coldwell. Adolph King worked as an engineer on their boat, the "Strathbelle." He was known for bringing her safely to shore through wild storms. As he tells it:

Yeah, that happened to me quite a few times and it got sort of to be an embarrassment to me, you know, to hear [Fred Gerow] telling the other fellow: "When I got [Adolph] back in the engine room... I don't give a damn for Lake Superior or anything she can throw at us."





Fisherman's Cove · Ganiimebinewan

Never a Moment of Tedium

"There was never a moment of tedium as a constant stream of obstacles kepts us on our toes at all times. We were rewarded for our efforts with some of the most beautiful and breathtaking backcountry that I have ever seen. Lake Superior stretches on forever and truly resembles the sea. The sandy beaches sweep out like private playgrounds to explore and enjoy at the end of a long day. Almost all of our campsites landed us smack dab in the middle of a gorgeous beach with sunset views to die for. Even after hiking an eight-hour day, the boys ran out into the sand to dig and build and explore."

Where the Suckers Are

Ganiimebinewan means *where the suckers are*. We're not calling you a sucker for camping here, we're talking about the sucker fish.

Longing for a swim?

Try the northern cove - it's much warmer. The creek running into the southern cove keeps it cool all summer long.

For more, visit ww.backcountrywiththekids.com









White Gravel River · Gaziinins dongang ziibi

Gaziinins dongang ziibi

Wondering what it means? Full points if you guessed Gravel River.

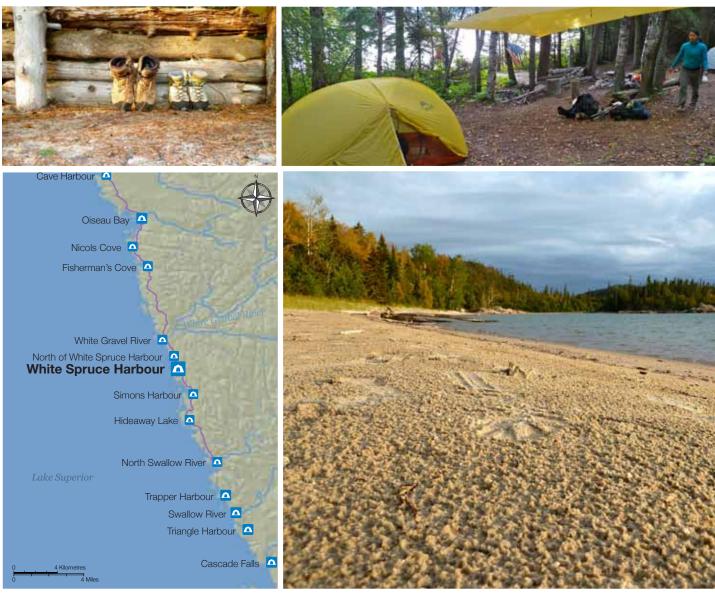
Fish stories

The White Gravel River is a fantastic Rainbow trout spawning area in spring, and salmon spawning area in the fall. Get your fish story here.

Larger group?

White Gravel River has space for you.





White Spruce Harbour · Migizi awatik goonsing

Migizi awatik goonsing

Migizi is the Anishinaabe word for Eagle. Migizi awatik goonsing means *Small eagle log.*

Weren't too bad a shot afterall

Hilda Cormier, whose family hunted and fished in White Spruce Harbour, told this story:

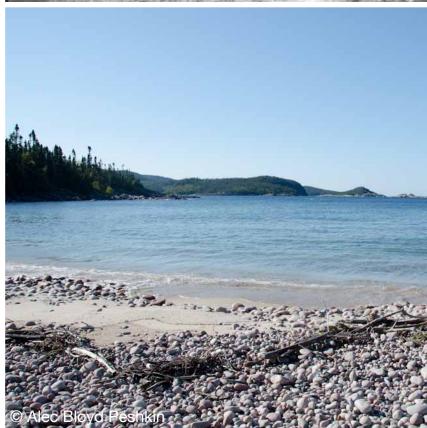
I do remember just on the calm part of the lake, in the bay... [Mrs. Waboos] and my mother, and me sitting in the middle, the two women out shooting ducks. I remember that. It was just the three of us (...) In the old days (they still do I guess) they put branches in the front



of the canoe... to sneak up on the ducks. They think it's just drift-wood or tree I guess the birds don't see the human behind. I do remember, I think it was Mrs. Waboos that was in the back - steering the canoe - my mother up in front with the shotgun. (...) But Dad told me after. He said, "Yes, your mom and Mrs. Waboos did lots of hunting. Kept us in food." I guess they weren't too bad a shot afterall.









Simons Harbour · Gichi migizi awatikgoon

Gichi migizi awatikgoon

At the opening of Simon's Harbour is a place known as Gichi migizi awatikgoon, or Big eagle log. Just north of here is Migizi awatik goonsing, or Small eagle log.

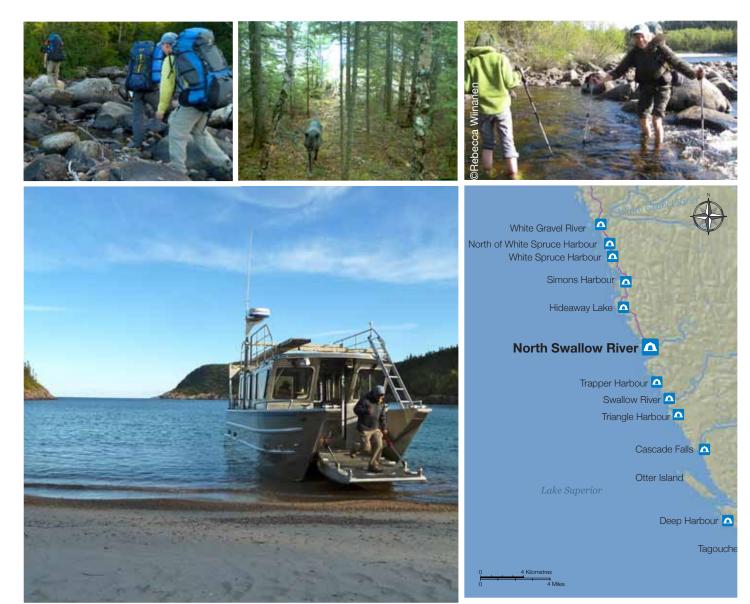
Read like Art

In the 1930s, Art Laroque trapped furs around Simons Harbour. Gordon Primeau used to bring him books. "He was a fanatic, book fanatic. And we'd come there to his camp in the summer and he'd be sitting on the rocking chair reading, and there'd be five of us standing there. When he finished the chapter, then he'd say 'Hello."



Steep cliffs and deep water.

Take a moment to relax on the rocks and listen to the waves crash in.



North Swallow River · Giiwednong zhaashawinibiis wi ziibi



Giiwednong zhaashawinibiis wi ziibi

Wondering if it means North Swallow River? You are correct.

Looking for the trail?

It's a tricky start. The trail starts at the north end of the beach, where the North Swallow River flows into Lake Superior. Be prepared to get your feet wet right away.

Help a Tired Hiker

Imagine arriving at your campsite dehydrated with blistered, swollen feet, sweat-drenched clothing, and aching shoulders... only to find paddlers had set up on the only site for miles. To help our landbound friends, campsites along the Coastal Hiking Trail are reserved for hikers.

Save yourself from their stinky feet, camp on coastal areas not accessible from the trail.



Trapper Harbour · Nandawenjige nini wiikwed

Nandawenjige nini wiikwed

No surprises here. It means Trapper Harbour.

Seven youngsters, ages 61-73

In July 2012, seven youngsters (ages 61 - 73) set off down Pukaskwa's coast. In Ann Mershon's words:

So began 12 days of paddling in every condition from calm water to 7-foot waves. Our 17-foot kayaks rode up and down, rather than through the waves, so we got to surf a bit. But I'm getting ahead of myself ... We enjoyed eleven campsites, all pristine sand beaches à la Caribbean, some a thousand feet long. The water was aquamarine blue and amazingly warm, so we swam every day but one (rain). ... [Here are] photos from our excursion to Trapper's Cove. We had a hard time finding the shack, but our intrepid buddy Jini forged into the woods to find it. It's a ways up the river on the left side, about 100 feet up from the water. It was fun to see it -- our first evidence of all the settlers along the Pukaskwa shore.

Use caution

During big seas, the narrow entrance to Trapper Harbour can be difficult to enter and exit.









Swallow River · Zhaashawinibiis ziibi

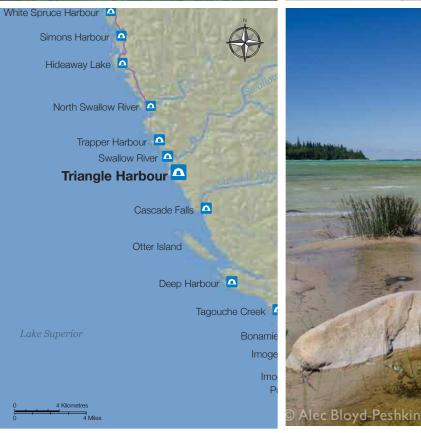
Waterfalls

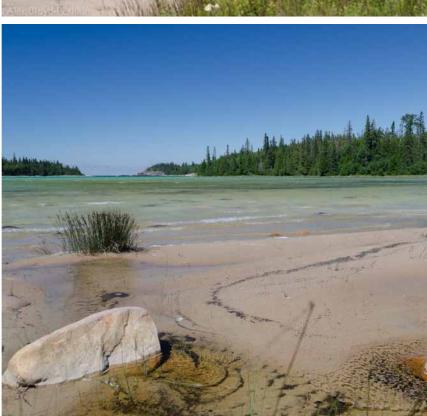
Take a short side trip upriver to the falls. It's less than a mile, and the waterfall there makes a great photo opportunity.

Want to add some fresh fish to your backcountry menu? Drop a line in the Swallow River.









Triangle Harbour

Look for the White Beacon

The harbour opening is marked by a white navigational beacon.

What's your story?

We genuinely love reading about your trips into Pukaskwa's backcountry... especially when we're spending our winter days in the office. If you have a story or photograph worthy of being in the Trip Planner, send it to ont-pukaskwa@pc.gc.ca with the subject line Story for the Trip Planner.





Cascade Falls · Ga waa saji waana

Iconic waterfalls

Ga waa saji waana is *White water falls.* This iconic waterfall is a destination for most paddlers between Hattie Cove and Michipicoten.

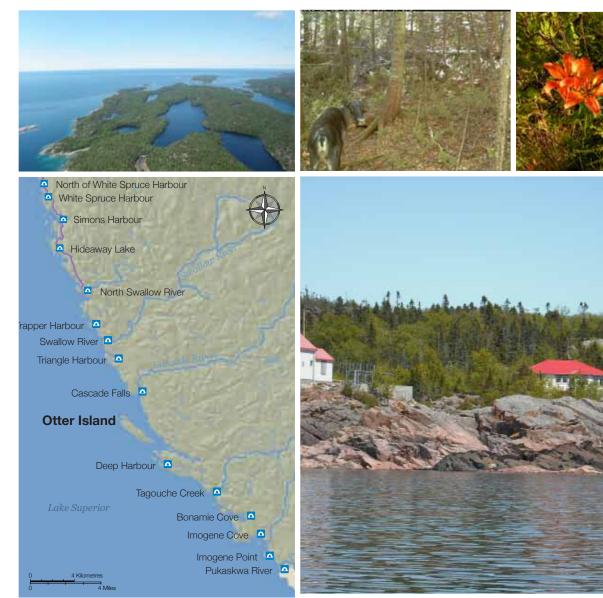
Old Cabin

Be sure to explore the area and see the old trapper's cabin near the falls. Enjoy the cabin, but please leave it to tell its story to others.

Waterproof it with Butter

Bruce Brown was carrying a food pack up to the logging camps on the Cascade River:

I had started out from what we called the Cascade-like camp. We started out there and when we got to the half-way - instead of having 48lbs of butter [in my pack], I had only 36. The rest had melted. Went all over my shirt. I had, like a gray shirt - it was waterproof! There was never any water went through that shirt. Like it would rain, the water would just pour over off that shirt!



Otter Island · Nigi shtgwaaning minis

Otter Island? Caribou Island.

Otter Island is some of the best Woodland caribou habitat around. With plentiful food supply and added protection from mainland predators, the island is an ideal place for caribou year-round. Especially during spring calving and fall mating, the animals here are particularly sensitive to human presence.

Parks Canada has designated Otter Island as an area of special preservation within Pukaskwa. To help protect it, and Pukaskwa's tiny herd of caribou, there are **no developed campsites** on the island.

Nigi shtgwaaning minis

Nigi shtgwaaning minis is Anishinaabe for Otter head island. Nigi shtgwaaning, or Otter head, can be found in Otter Cove and marks the halfway point for paddlers going between Thunder Bay and Sault Ste. Marie. As you explore the cove, see if you can find the figure of an otter's head.





Deep Harbour

Peregrine Falcons

Keep an eye to the sky as you paddle this area. Peregrine falcons nest on nearby steep cliffs, and are frequently sighted here.



Tagouche Creek 🔼

Bonamie Cove
Imogene Cove
Imogene Point
Pukaskwa River

Deep Harbour 🔼





Tagouche Creek

Fighting Fire with Fire

On September 7, 2012, park ecologists were taking water samples at a nearby creek when they saw smoke. A fire was burning on a rocky knoll near Tagouche Creek. It was most likely ignited by lightning four days earlier.

Pukaskwa Fire Crews wanted to let nature take its course - without letting the fire burn out of control. To stop the fire from spreading too far, they burned a small strip around it. This charred boundary was ignited using aerial ignition devices - high-tech ping pong balls full of potassium permanganate. Fire crews dropped the ping pong balls from a helicopter. If you go exploring, see if you can figure out where the fire was intentionally set, and where it was burning naturally.

Through September, the fire burned 16 hectares, or 20 soccer fields, of forest. In October, record rainfalls and freezing temperatures extinguished it. Look for charred stumps and new growth as you explore the area.





The Stalwart Seven, photo courtesy of A. Mershon Top: Tom Egan, Ann Mershon, Jerry Wilkes, Jim Gulstrand, Bottom: Dick Swanson, Jini Danfelt, Susan Gulstrand

Sinons Harbour Hideaway Lake North Swallow River Tapper Harbour Tapper Harbour Tagoarde Falls Cascade Falls Cas





I make it sound scary...

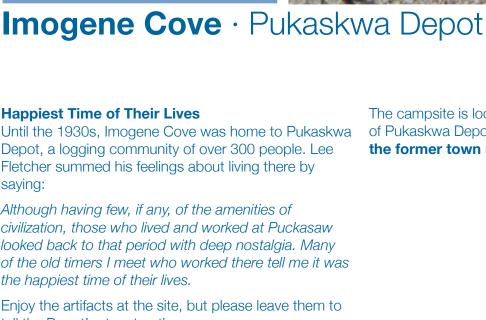
Bonamie Cove

Ann Mershon paddled Pukaskwa's coast in July 2012 with The Stalwart Seven. Here's her story:

[After] being wind-bound all afternoon at Bonamie Cove, we decided to give it another try around dinnertime. The waves were 8-10 feet high, and when Dick got pounded by a wave straight into his chest, he yelled at us all to turn around. Turning was difficult in such high winds, but we each waited for a set of smaller waves (under 5 feet) and turned as fast as we could before more big ones came. It was all I could do to keep my kayak on a straight line as the waves lifted me from the back, threatening to toss me aside. I make it sound scary, but it was also great fun. Jerry said he would have liked to go on, and Dick's comment was, "But you might not have made it."

Read more at

www.annmershon.edublogs.org/2012/08/06/paddling-the-pukaskwa/







Until the 1930s, Imogene Cove was home to Pukaskwa Depot, a logging community of over 300 people. Lee Fletcher summed his feelings about living there by saying:

Although having few, if any, of the amenities of civilization, those who lived and worked at Puckasaw looked back to that period with deep nostalgia. Many of the old timers I meet who worked there tell me it was the happiest time of their lives.

Enjoy the artifacts at the site, but please leave them to tell the Depot's story to others.

The campsite is located north of the creek and the site of Pukaskwa Depot. Camping is not permitted at the former town site.







Pukaskwa River · Bii-skikaag saateg ziibi

Orange Sateen Bikini Underwear

By this point on the trip, you might discover new things about your paddling partner. In 1957, John Calkins paddled the Pukaskwa River with his guide. Here's what he discovered:

You know, to get a tin canoe going through the woods, eh... isn't all that much of a dream... so that's where [he] ripped his pants all up and we discovered that his underwear was a pair of sateen orange or scarlet nylon bathing suit, bikini like almost. [Laughs].

Curvy Run Dry River

The Pukaskwa River is one of the best whitewater rivers in Ontario. Just be sure to paddle it in spring before it becomes as it's described in Anishinaabe, Bii-skikaag saateg ziibi, or Curvy run dry river.

Leave No Trace



Plan Ahead and Prepare

- Know the regulations and special concerns for the area you'll visit.
- Prepare for extreme weather, hazards, and emergencies.
- Schedule your trip to avoid times of high use.
- Visit in small groups. Split larger parties into groups of 4-6.

Travel and Camp on Durable Surfaces

- Durable surfaces include established trails and campsites, rock, gravel, or dry grasses.
- Protect riparian areas by camping at least 70 meters from lakes and streams.
- Good campsites are found, not made. Altering a site is not necessary.

In popular areas:

- Concentrate use on existing trails and campsites.
- Walk single file in the middle of the trail, even when wet or muddy.
- Keep campsites small. Focus activity in areas where vegetation is absent.

In pristine areas:

- Disperse use to prevent the creation of campsites and trails.
- Avoid places where impacts are just beginning.

Dispose of Waste Properly

- Pack it in, pack it out. Pack out all trash, leftover food, and litter.
- Use pit privies where available. When unavailable, deposit solid human waste in catholes dug 15 to 20 cm deep at least 70 m from water, camp, and trails. Cover and disguise the cathole when finished.
- Pack out toilet paper and hygiene products.
- To wash yourself or your dishes, carry water 70 meters away from streams or lakes and use small amounts of biodegradable soap. Scatter strained dishwater.

Leave What You Find

- Preserve the past: examine, but do not touch, cultural or historic structures and artifacts.
- Leave rocks, plants and other natural objects as you find them.
- Do not build structures, furniture, or dig trenches.

Minimize Campfire Impacts

- Campfires can cause lasting impacts to the backcountry. Use a lightweight stove for cooking and enjoy a candle lantern for light.
- Where fires are permitted, use established fire rings, fire pans, or mound fires.
- Keep fires small. Only use sticks from the ground that can be broken by hand.
- Burn all wood and coals to ash, put out campfires completely, then scatter cool ashes.

Respect Wildlife

- Observe wildlife from a distance. Do not follow or approach them.
- Never feed animals. Feeding wildlife damages their health, alters natural behaviours, and exposes them to predators and other dangers.
- Protect wildlife and your food by storing rations and trash securely.
- Control pets at all times, or leave them at home.
- Avoid wildlife during sensitive times: mating, nesting, raising young, or winter.

Be Considerate of Others

- Respect other visitors and protect the quality of their experience.
- Be courteous. Yield to other users on the trail.
- Take breaks and camp away from trails and other visitors.
- Let nature's sounds prevail. Avoid loud voices and noises

www.leavenotrace.ca

Gear Checklist

Safety Gear	Personal Gear
brain filled with experience paddling big, cold waters	water bottle
satellite phone, EPIRB or SPOT device	bowl and spork
headlamp and/or flashlight	mug
mirror mirror	knife knife
matches / fire starting kit	toothbrush and toothpaste
bear deterrent	towel
weather radio	daypack
first aid kit	sunscreen / sunglasses
extra food	sleeping bag
	wallet / cash
Navigation	contact phone numbers
maps and waterproof case	🗌 trip plan
watch	🗌 camera
compass	
binoculars	Personal Clothing
pencils	🗌 warm hat
waterproof notebook/logbook	sun hat
Global Positioning System (GPS)	rain gear with hood
	shorts: quick dry
Repair Kit	pants: wool or fleece
duct tape	jacket: fleece
spare batteries and bulbs	sweater: light wool
silicon sealant	shirt / t-shirt
heavy duty needle and thread	long underwear: wool or polypropylene
🔲 ripstop nylon repair kit	gloves
stove repair kit	camp shoes
	swimsuit
Camp Gear	bug hat, jacket, and / or repellent
tarp	
tent tent	For Paddlers
stove and fuel	paddle and spare paddle
cooking pot	self-rescue aids
water purification system/filter	paddling gloves
stuff sacks	paddling top
camp saw	whistle / signalling device
15 m rope / pulley system for hanging food	15 m bouyant throw rope
	Dailer
toilet paper	spray skirt
food	kayak or canoe
lots of hot drinks (trust us)	kneeling pads

Crown Land Camping

From the Pukaskwa River south to Michipicoten, camping is available on provincial Crown land. Residents of Canada may camp free of charge on Crown land. Non-resident Crown Land Camping Permits are available from numerous hunting and fishing license issuers and from Service Ontario centres in northern Ontario. The cost of a Non-resident Crown Land Camping Permit is approximately \$10 per person per night.

Please call 1-800-667-1940 or visit the web address below for more information.

www.mnr.gov.on.ca/en/Business/CrownLand/2ColumnSubPage/STEL02_170045.html

Wildlife Cameras

We use cameras to monitor coastal wildlife

You might notice motion-sensitive cameras installed along Pukaskwa's coastline during your trip. We use the images from these cameras to learn more about the woodland caribou, moose, wolves, and bears that live here. Don't worry - if we catch you on camera, we delete the photos. But don't be afraid to strike a pose and give us a laugh!



Coastal Paddling Route Distance Chart

Pukaskwa National Park Coastal Paddling Route to Michipicoten River Distances (kms) are between points hugging the shoreline. Italicized locations are outside of the park.	Hattie Cove 67 sites	White River 2 sites	Willow River 5 sites	Cave Harbour 1 site	Oiseau Bay 3 sites	White Gravel River 3 sites	Simons Harbour 1 site	North Swallow River 1 site	Triangle Harbour 1 site
Hattie Cove		11	17	29	42	53	60	70	81
White River	11		6	18	31	42	49	59	70
Willow River	17	6		12	25	36	43	53	64
Cave Harbour	29	18	12		13	24	31	41	52
Oiseau Bay	42	31	25	13		11	18	28	39
White Gravel River	53	42	36	24	11		7	17	28
Simons Harbour	60	49	43	31	18	7		10	21
North Swallow River	70	59	53	41	28	17	10		11
Triangle Harbour	81	70	64	52	39	28	21	11	
Cascade Falls	87	76	70	58	45	34	27	17	6
Otter Head	99	88	82	70	57	46	39	29	18
Deep Harbour	109	98	92	80	67	56	49	39	28
Bonamie Cove	122	111	105	93	80	69	62	27	41
Pukaskwa River	133	122	116	104	91	80	73	38	52
Crane Island	145	134	128	116	103	92	85	50	64
Pipe River	155	144	138	126	113	102	95	60	74
Floating Heart River	167	156	150	148	125	114	107	72	86
Point Isacor	179	168	162	160	137	126	119	84	98
Tamarack Bay	186	175	169	167	144	133	126	92	105
False Dog Harbour	195	184	178	176	153	142	135	101	114
Mountain Ash River	202	191	185	183	160	149	142	108	121
Minnekona Point	212	201	195	193	170	159	152	118	131
Michipicoten River	226	215	209	207	184	173	166	132	145

Cascade Falls 1 site	Otter Island 1 site	Otter Head	Bonamie Cove 2 sites	Pukaskwa River 2 sites	Crane Island Undeveloped campsite	Pipe River Site with box toilet	Floating Heart River Site with box toilet	Point Isacor	Tamarack Bay Undeveloped campsite	False Dog Harbour Site with box toilet	Mountain Ash River Undeveloped campsite	Minnkona Point Site with box toilet	Michipicoten River
87	99	109	122	133	145	155	167	179	186	194	202	212	226
76	88	98	111	122	134	144	156	168	175	184	191	201	215
70	82	92	105	116	128	138	150	162	169	178	185	195	209
58	70	80	93	104	116	126	148	160	167	176	183	193	207
45	57	67	80	91	103	113	125	137	144	153	160	170	184
34	46	56	69	80	92	102	114	126	133	142	149	159	173
27	39	49	62	73	85	95	107	119	126	135	142	152	166
17	29	39	27	38	50	60	72	84	92	101	108	118	132
6	18	28	41	52	64	74	86	98	105	114	121	131	145
	12	22	35	46	58	68	80	92	99	108	115	125	139
12		10	23	34	46	56	68	80	87	96	103	113	127
22	10		13	24	36	46	58	70	77	86	93	103	117
35	23	13		11	23	33	45	57	64	73	80	90	104
46	34	24	11		12	22	34	46	53	62	69	79	93
58	46	36	23	12		10	22	34	41	50	57	67	81
68	56	46	33	22	10		12	24	31	40	47	57	71
80	68	58	45	34	22	12		12	19	28	35	45	59
92	80	70	57	46	34	24	12		7	16	23	33	47
99	87	77	64	53	41	31	19	7		9	16	26	40
108	96	86	73	62	50	40	28	16	9		7	17	31
115	103	93	80	69	57	47	35	23	16	7		10	24
125	113	103	90	79	67	57	45	33	26	17	10		14
139	127	117	104	93	81	71	59	47	40	31	24	14	

Information

Pukaskwa National Park PO Box 212 Heron Bay ON POT 1R0

Tel: 1-807-229-0801 Fax: 1-807-229-2097 E-mail: ont-pukaskwa@pc.gc.ca Web: www.parkscanada.gc.ca Twitter: @PukaskwaNP

Aussi disponible en français.