

# Your guide to the **LONG BEACH** area of PACIFIC RIM NATIONAL PARK RESERVE

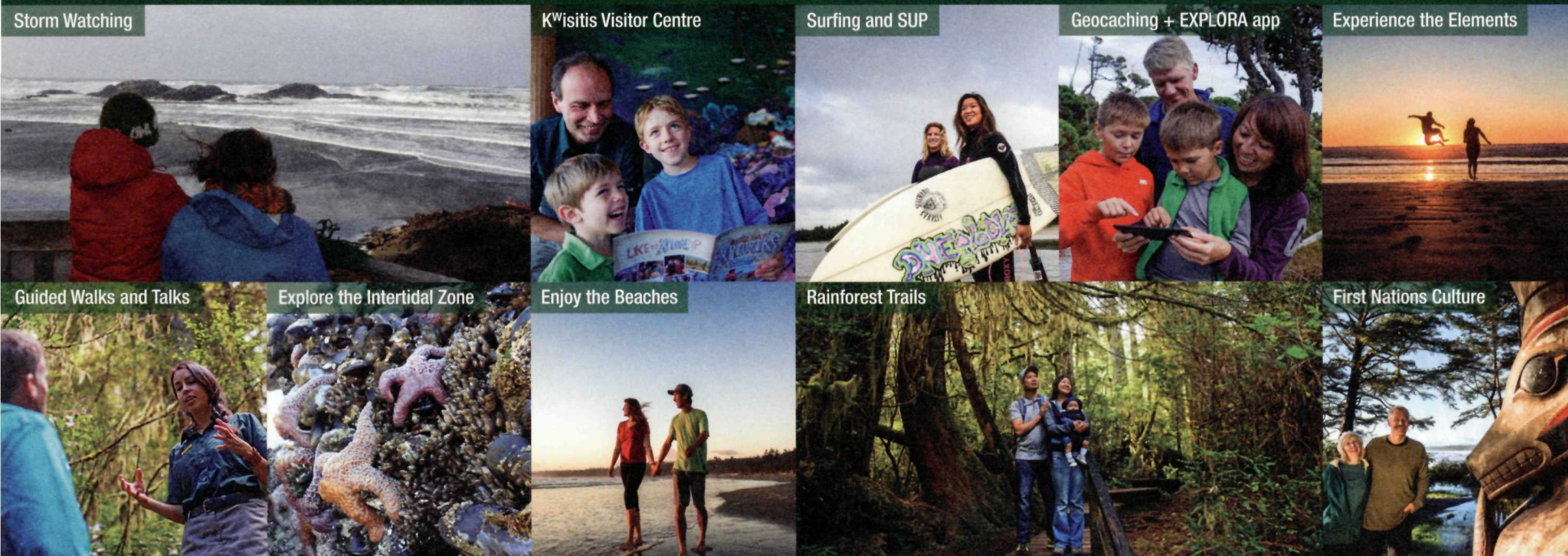


CANADA 150

**FREE ADMISSION**  
to all Parks Canada  
places in 2017

Go **EXPLORE** the trails!

## ACTIVITIES and Attractions



		DIFFICULTY
<b>1</b>	<b>Willowbrae Trail</b> (1.4 km one way) <b>LOCATION:</b> Willowbrae Road intersects Highway 4, 2 km south of the Ucluelet-Tofino junction. Trail access is not signed from the highway. Turn west onto Willowbrae Road to the trailhead parking lot. <b>OF INTEREST:</b> This historic trail formed part of a two-day travel route between Ucluelet and Tofino prior to the establishment of a road in 1942.	Long flights of stairs
<b>2</b>	<b>Halfmoon Bay Trail</b> (1.8 km one way, including Willowbrae Trail) <b>LOCATION:</b> The Halfmoon Bay Trail branches from the Willowbrae Trail 1.3 km from the Willowbrae parking lot. <b>OF INTEREST:</b> The trail winds through old growth cedar and hemlock forest before giving way to the spruce fringe and sandy beach of Halfmoon Bay.	Steep sections and long flights of stairs
<b>3</b>	<b>South Beach Trail</b> (800 m one way) <b>LOCATION:</b> South Beach Trail branches from the Nuuchahnulth Trail. <b>OF INTEREST:</b> South Beach offers spectacular, but potentially dangerous, wave watching. Very large waves and strong currents form at this pebble beach; water activities not recommended.	Some stairs
<b>4</b>	<b>Nuuchahnulth Trail</b> (2.5 km one way) <b>LOCATION:</b> Trailheads are located at Florencia Bay and behind the K'wisitis Visitor Centre <b>OF INTEREST:</b> A glimpse into the Nuuchahnulth culture. Learn what "Hishuk ish ts'awalk" means and how this belief influences the lives of the Nuuchahnulth-ah.	Some stairs
<b>5</b>	<b>Shorepine Bog Trail</b> (800 m loop) <b>LOCATION:</b> Along Wick Road. <b>OF INTEREST:</b> This is old growth coastal temperate rainforest with a twist. Search for the plant that kills small and unwary insects and learn what kind of an environment might lead a plant to such deeds.	
<b>6</b>	<b>Rainforest Trails A and B</b> (Each loop 1 km) <b>LOCATION:</b> Trail A is located on the opposite side of Highway 4 from the parking lot. Trail B starts from the parking lot. <b>OF INTEREST:</b> Gigantic western red cedar and western hemlock reach up to the sunlight, their boughs thickly carpeted with hanging gardens of moss. On Trail A interpretive signs emphasize the forest cycles and on Trail B the signs emphasize the structure and inhabitants of the forest.	Many short flights of stairs
<b>7</b>	<b>Combers Beach Trail</b> (500 m one way) <b>LOCATION:</b> Along Highway 4. <b>OF INTEREST:</b> Combers Beach Trail leads from the parking lot down to Combers Beach. Beach access is dependent on tides, currents and erosion.	Steep slope
<b>8</b>	<b>Schooner Cove Trail</b> (1 km one way) <b>LOCATION:</b> Along Highway 4. <b>OF INTEREST:</b> The trail descends through young and old stands of cedar/hemlock forest, gradually giving way to the Sitka spruce fringe. Coming to the beach, you will catch glimpses of the village of Esowista, belonging to the Tla-o-qui-ah, who have lived along this shore for centuries.	Long flights of stairs

Make your visit to Long Beach a **SAFE** one!

**ALL BEACHES UNSUPERVISED**

National parks are wild places. Some simple precautions will ensure a safe and enjoyable visit.

### Safety In the Forest

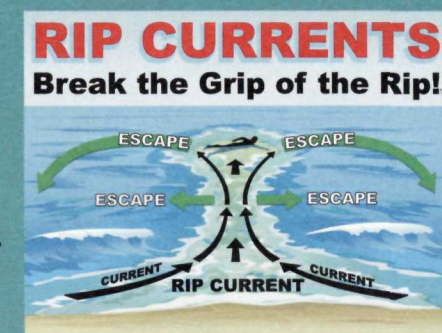
- Wear appropriate footwear for slippery boardwalks and muddy uneven ground.
- Avoid the rainforest during high winds.

### Bears, Cougars and Wolves

- Frequent the intertidal zone as well as the rainforest.
- If you encounter a bear, cougar or wolf:
  - Pick up small children and pets and stay in a group.
  - Back away slowly to give it an escape route.
  - If the animal approaches, do all you can to appear threatening: shout, wave your arms and throw objects.
- Never feed or approach wildlife.

### Safety In and Around the Water

- Shorelines are dynamic places. Large waves can unexpectedly sweep over beaches and rocky outcrops.
- Generally, there are two high and two low tides each day. During high tides, creeks and shoreline routes may become impassable. Avoid being trapped or crushed by floating and rolling drift logs.
- Water temperatures are low (7-14°C). Wear a wetsuit in the water.
- Make note of water safety signage and avoid areas with rip currents.



### To Identify Rip Currents, Look For:

- A narrow stream of water moving away from shore, often perpendicular to the shoreline.
- Waves breaking on both sides of the rip, but not inside the rip.

If you get caught in a rip... do not swim against it. Stay calm and swim parallel to the shore, then swim back to shore. If you cannot escape, float or tread water and signal for help.

RIP CURRENTS ARE POWERFUL CURRENTS OF WATER THAT CAN SWEEP EVEN THE STRONGEST SWIMMER OUT TO SEA.

It is illegal to collect and remove natural or cultural objects.

Dogs are welcome in the Long Beach area but must be on leash and under control at all times.  
On-leash dogs are less likely to: > Flush shorebirds from critical feeding areas > Become prey for wolves and cougars



LEGEND		TRAILS	
Park Info Centre	Shorebird Critical Habitat	No RV Parking	1 Willowbrae
Exhibit/Signs	Park Administration	Visitor Centre	2 Halfmoon Bay
Camping	Boat Launch	Trail	3 South Beach
Picnic Area	Indoor Theatre	Road	4 Nuu-chah-nulth
Parking	Viewpoint	TSL Treaty Settlement Land	5 Shorepine Bog
Telephone	Wheelchair Accessible	IR Indian Reserve	6 Rainforest
Hospital	Airport		7 Combers Beach
Police	Swimming Beach		8 Schooner Cove
			Parking available at all trailheads

**IN CASE OF EMERGENCY CONTACT THE PARK AT 1-877-852-3100 OR 250-726-3604 OR CALL 911**

# Services

Knowledgeable Parks Canada staff are available to help make your visit to Pacific Rim a rewarding experience. If you have questions or need advice, please stop by one of these locations:

**Pacific Rim Visitor Centre**  
*(Parks Canada staff present April to October)*  
Stop here to obtain information about the national park reserve and surrounding region. Discovery passes available.

**K'wisitis Visitor Centre**  
*(Year round, Fri/Sat/Sun in winter)*  
Learn about the natural and cultural history of the region at this one-of-a-kind interpretive centre.

**Green Point Campground**  
*(May to October) All sites reservable*  
Situated on a forested terrace above Long Beach. 94 drive-in sites, 20 walk-in tent sites and 1 group campsite.

**Park Administration**  
*(Year round, 8am to 4pm, Monday to Friday)*  
Stop here to obtain information about the park reserve. Discovery passes available.

**Cox Bay Visitor Centre**  
*(Year round, Parks Canada staff present seasonally)*

**Green Point Theatre Programs**  
*(July to August)*  
Bring your family and hear stories about Pacific Rim inside this heated indoor theatre.

**Guided Walks and Talks**  
*(July to August)*  
Learn from a knowledgeable guide about the natural and cultural history of the park reserve.

**Park Administration** T: 250-726-3500 E: pacrim.info@pc.gc.ca 2040 Pacific Rim Highway, PO Box 280 Ucluelet, BC V0R 3A0 **Green Point Campground Reservations** www.reservation.pc.gc.ca 1-877-RESERVE (737-3783) (within NA) 1-519-826-5391 (outside NA)