



# PACIFIC RIM NATIONAL PARK RESERVE WEST COAST TRAIL 2015 HIKER PREPARATION GUIDE



*As one of 44 national parks and national park reserves across the country, Pacific Rim National Park Reserve protects for all time a significant example of Canada’s natural and cultural heritage to encourage public understanding, appreciation and enjoyment for present and future generations.*

**B**acked by the Insular Mountain Range of Vancouver Island and facing the open Pacific Ocean, Pacific Rim National Park Reserve (PRNPR) represents and protects both the near shore waters and the coastal lowland forests of Canada’s west coast. PRNPR is composed of three units; Long Beach, the Broken Group Islands, and the West Coast Trail (WCT).

The 75 kilometre (47 mile) WCT is part of the ancient paths and paddling routes used for trade and travel by First Nations. Huu-ay-aht, Ditidaht, and Pacheedaht villages and camps were well established before the foreign sailing ships started to arrive off this coast over 200 years ago.

As the years passed and the number of ships sailing the Juan de Fuca Strait increased so too

did the number of shipwrecks and drownings along the coast. In time, the coastline became known as “the Graveyard of the Pacific”.

To aid sailors navigating the shoals, currents, thick fogs, and winter storms of the west coast, the government of Canada established the Cape Beale Lighthouse in 1873 and the Carmanah Lighthouse in 1891. By the time the Carmanah Lighthouse was operational, a telegraph line had been strung through the trails and traditional territories of the Huu-ay-aht, Ditidaht, and Pacheedaht First Nations to establish communications between the lighthouses and Victoria.



While the lights and lines helped, they were not enough to stop the number of shipwrecks from growing. In 1906, when the steamship Valencia went down with the horrific loss of more than 125 lives, the public outcry prompted the Canadian government into further action: Pachena Lighthouse was constructed in 1907; lifesaving stations were established at Cloo-ose and Bamfield; the telegraph route was upgraded to become a life saving trail complete with six shelters stocked with provisions for both shipwreck victims and their rescuers.

As navigation technology improved, many of these measures became obsolete and were abandoned. In 1970 Pacific Rim National Park Reserve was established and in 1973, the lifesaving trail was included in the national park as a recreational hiking trail, beginning a new chapter in its history.

Today, backpackers know the trail as the West Coast Trail and come to see the beauty, experience the challenges, and walk the path of those that came before them. However, this rugged hike is not for everyone.



Pacific Rim National Park Reserve of Canada

### **All hikers in your group must be prepared for:**

- 5-7 days in the back country.
- rugged, uneven ground: it takes approximately 2 days to travel the southern 22km of the trail between Gordon River and Walbran Creek.
- slippery conditions on muddy trails, wooden surfaces, boulders and rocky shorelines.
- wading rivers, climbing ladders, using cable cars, following an irregular trail, negotiating steep slopes and earth slumps.
- damaged structures: trail maintenance is ongoing.
- a temperate rainforest climate. Rainfall averages 330 cm (130 in.) per year with heavy rainfall possible at any time, and frequent in May and June. Floodwaters can delay hikers for days. Fog is common, especially in July and August. The average summer temperature is 14° Celsius (57° F.). Incidents of hypothermia and physical injury increase significantly during prolonged wet periods.
- accidents and injuries: it may take more than 24 hours for help to arrive.

### **The West Coast Trail is for hikers who are:**

- experienced in overnight backpacking, experienced group leaders cannot compensate for inexperienced hikers.
- able to hike long distances through rough terrain with a full backpack (recurring knee, back or ankle injuries are often aggravated on the trail).
- prepared to have a wilderness experience.
- able to wait if conditions warrant delays.
- over twelve years of age (Parks Canada will not issue a permit to children under 6).

**Pets and firearms are not permitted on the trail.**

## PLANNING YOUR TRIP

The WCT is open from May 1st to September 30th.

**Prolonged periods of heavy rain, strong winds, high tides, large waves and short days necessitate closing the trail from October 1st to April 30th.**

**Maximum group size is 10.** The only exceptions are school groups starting the trail between May 1st - 20th and September 19th to 25th. Up to 18 hikers may be in these school groups.

**Entry and exit points:** Pachena Bay (north), Gordon River (south) and Nitinat (mid-point).

Entry or exit at any other point is not permitted unless an evacuation is required. (Reference map located on page 15). Anyone interested in travelling the Nitinat Triangle or Cape Beale Headlands is required to contact the WCT Information Centre for information and permits.

### **Ditidaht First Nation's Tenting:**

The Ditidaht First Nation are offering a luxury tenting opportunity at Tsuquadra, on their traditional lands at IR2. These 4 person tents are complete with a wood burning stove, wood floors, cots, and an outdoor deck. Please refer to the Contact Information section on page 13.

## WCT RESERVATION SERVICE & PERMITS

**All people using the WCT unit require a park permit.**

**Day users** require a Park Entry Pass; day users are persons entering and exiting from the trail on the same day at the same location.

**Overnight Users** require a WCT Overnight Use Permit.

Permits and passes are issued at the Parks Canada WCT Information Centres (Gordon River and Pachena Bay) and at the Ditidaht First Nation Visitor Centre (Nitinat Village).

**In the shoulder season, May 1st - June 14th and Sept. 16th - 30th , Parks Canada does not restrict the number of hikers that can access the trail. Upon completion of the orientation process, all hikers can begin the trail.**

During peak season, **June 15th to Sept. 15th**, to avoid overcrowding and reduce environmental damage, Parks Canada limits the number of overnight hikers to 68 per day (30 from Pachena Bay, 30 from the Gordon River, and 8 from Nitinat Village).

### **Pachena Bay/Gordon River entries:**

Hikers can access the trail by either making a reservation or registering on the standby list. Per day, fifty (50) spaces are available to hikers with reservations and ten (10) spaces are available for standby hikers. Unused reservation spaces are made available to standby hikers.

For 2015, reservations can be made as of March 16th for any date during the reservable period: June 15th to Sept. 15th.

**Standby List:** Hikers can register on the standby list when they arrive at either the Pachena Bay or Gordon River WCT Information Centre. Wait times have on occasion reached two days.



**Reservations for Gordon River and Pachena Bay entries are available online and through the Parks Canada Call Centre up to 2 days prior to departure.**

<b>Reservation Service</b>	<b>Online</b>	<b>Call Centre</b>
Reservation Service is available March 16th - September 12th, 2014. 7 days a week.	24 hours a day	8 a.m. - 6 p.m., PST
Contact	reservation.parkscanada.gc.ca	1-877-737-3783 (Canada & USA) 519-826-5391 (International)

**When making a reservation, have the following ready:**

- preferred start dates - first choice and alternate dates;
- the number of hikers in your group;
- means of payment: Visa, MasterCard or American Express;
- the access point you plan to start from - Pachena Bay or Gordon River\*\*; and
- an email address to send confirmation and orientation information to.

**Nitinat Entries:**

Hikers wishing to access the trail at Nitinat (mid-point) will go through the permitting, orientation and payment process at the Ditidaht First Nation Visitor Centre in Nitinat Village. Hikers must call to schedule their orientation process in advance as this office is only open by request. Requests can be made as much as one week in advance but no less than 24 hours in advance of the planned arrival time. Eight overnight hike spaces are allotted to Nitinat per day, and are available on a first booked, first served basis.

**\*\*Note: Nitinat Village entries are not reservable through the Parks Canada reservation service. To make arrangements for access via Nitinat contact the Ditidaht First Nation Visitor Centre. (Refer to the contact information section on page 13).**



## FEES

**An overnight use fee is required of all overnight users of the WCT.** These fees help support the cost of operating the WCT (e.g. rescue services, information services, construction of ladders, cable cars, boardwalks and bridges).

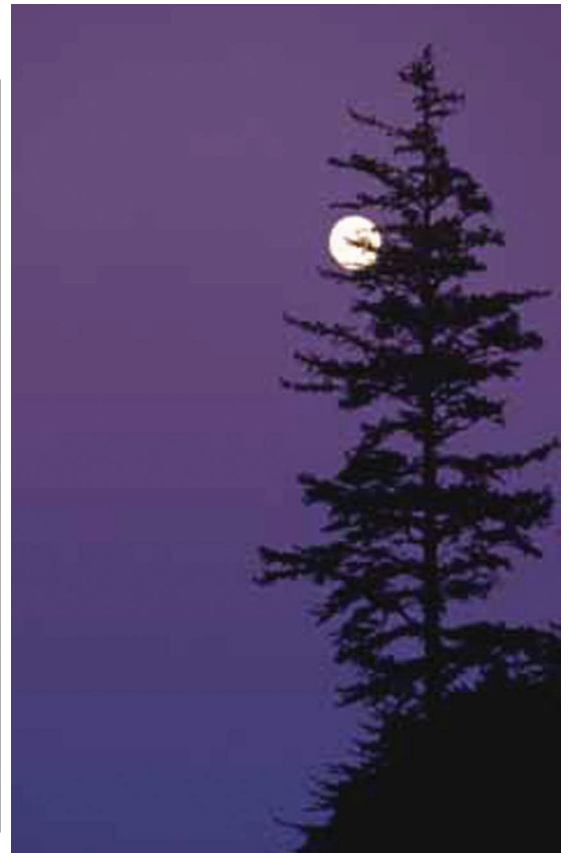
Ferry fees pay for passage across the Gordon River and Nitinat Narrows, a service provided by the Ditidaht and Pacheedaht First Nations throughout the hiking season. If entering or exiting the trail from the Nitinat Narrows the Nitinat Water Taxi fee is \$62.50 per person one way, for the service up the lake. Hikers who are planning to exit the trail at Nitinat can pay this fee at the Pachena, Gordon River and Ditidaht First Nation Visitor Centre. Your proof of payment for the Nitinat Water Taxi is your park permit. Be prepared to show this to the ferry operators.

A reservation fee is applicable when making a reservation through the Parks Canada Reservation Service.

<b>All WCT Fees are per person *Fees incurred may vary depending on your travel route</b>	
Reservation Fee	\$24.50
WCT Overnight Use Fee	\$127.50
Ferry Fee Gordon River	\$16.00
Ferry Fee Nitinat Narrows	\$16.00
Water Taxi Fee Nitinat Village - Nitinat Narrows (one way)	\$62.50

Hikers who are accessing the trail from Nitinat Village are not required to pay the \$16.00 Nitinat Narrows Ferry Fee, they can request drop off at either the north or south side of the Narrows.

<b>Example of Fees</b>		
	<b>A reserved hiker going between Pachena Bay and Gordon River</b>	<b>A hiker going between Nitinat Village and Gordon River</b>
Reservation Fee	\$24.50	
WCT Overnight Use Fee	\$127.50	\$127.50
Ferry Fee Gordon River	\$16.00	\$16.00
Ferry Fee Nitinat Narrows	\$16.00	
Water Taxi Fee Nitinat Village - Nitinat Narrows (one way)		\$62.50
<b>TOTAL</b>	<b>\$184.00</b>	<b>\$206.00</b>



- All fees are listed per person and in Canadian funds.
- Hikers making a reservation through the Parks Canada Reservation System pay the applicable fees at the time of their reservation.
- Pachena Bay and Gordon River standby hikers pay the applicable fees at the WCT Information Centre where cash, traveller's cheques, VISA, MasterCard, American Express debit cards and American currency are accepted.
- Hikers entering at Nitinat pay the applicable fees at the Ditidaht First Nation Visitor Centre where cash, VISA, MasterCard and debit cards are accepted.
- Visit our website or contact the national park for an up-to-date fee schedule prior to your departure. Fees may change at any time.

**Fees for Day Hikers:** Effective 2014, a park entry fee applies to day hikers (those accessing and leaving the WCT from the same entrance on the same day). The current rate structure for the park entry fee can be found at the Parks Canada website (refer to the contact information section on page 13).

## CANCELLATION POLICY

- **Reservation Fee:** non-refundable.
- **Ferry Fees:** refunds for unused ferry services are available at the WCT Information Centres and Ditidaht First Nation Visitor Centre
- **WCT Overnight Use Fee:** cancellations made 21 days or more before the hike start date are eligible for refund. A cancellation fee of \$11.00 (web) or \$13.50 (voice) per booking applies.

## TRANSPORTATION TO AND FROM THE WEST COAST TRAIL

Parks Canada provides this listing for the convenience of hikers. It is not intended as a testimonial for the services. Hikers make their own arrangements for transportation services. Refer to the map and telephone numbers provided on pages 13 - 15. Reservations are recommended.

Vehicles can be left at a number of locations near the access points. Ask for details once you have arrived at the WCT Information Centres or the Ditidaht First Nation Visitor Centre.

### To Pachena Bay WCT Information Centre, 5 km south of Bamfield:

- Drive on gravel logging roads from Port Alberni (2 hrs) or Duncan (3 hrs).
- Bus from Victoria (5.5 hrs), Nanaimo (3.5 hrs), with the West Coast Trail Express.
- Ferry from Port Alberni (passengers only no vehicles)(4.5 hrs) with Lady Rose Marine Services.

### To Ditidaht First Nation Visitor Centre in Nitinat Village, 80 kms southeast of Port Alberni:

- Drive on gravel logging roads from Port Alberni (2 hrs) or Duncan (2.5 hrs).
- See the Ditidaht First Nation website for detailed directions to Nitinat Village (refer to the contact information section on page 13).

### Between Nitinat Village and Nitinat Narrows:

The Nitinat Water Taxi makes scheduled trips between Nitinat Narrows on the West Coast Trail and Nitinat Village:

- 8:30 am departure from the Nitinat Village Dock to Nitinat Narrows on the West Coast Trail.
- 5:30 pm departure from Nitinat Narrows on the West Coast Trail to Nitinat Village Dock.

Nitinat Village is a small, remote community; an overnight stay may be required. There are overnight accommodation options at the Nitinat Motel or campground.

**To Gordon River WCT Information Centre, 5 km north of Port Renfrew:**

- Drive from Victoria via Highway 14 (2 hrs).
- Bus from Victoria (2 hrs) with West Coast Trail Express.

**Between Port Renfrew, Nitinat Village and Bamfield by road:**

- Bus (3 hrs) with West Coast Trail Express.

**Between Port Renfrew and Bamfield by water:**

- Boat (3.5 hrs) with Juan de Fuca Water Taxi.

**MAKE A TRIP PLAN**

Before you leave for the trail, write a trip plan: leave it with a responsible person (e.g. friend or family member). Detail where you are going, with whom, when you plan to return, and what to do if you do not return as planned. A park permit does not fulfil this role.

**AT THE ACCESS POINTS**

There are some basic tourism services at, or near, all access points. These include accommodations, campgrounds, phones, fuel, some groceries, and food services. Nitinat does not offer fuel services, and there are no banking services in the villages of Bamfield, Port Renfrew, and Nitinat.

**Orientation Session**

**All overnight users of the West Coast Trail participate in an orientation session and obtain a park permit.**

The purpose of the orientation process is to:

- reduce the number of hiker injuries by providing information about safety issues.
- reduce environmental impacts by providing back country etiquette information.
- provide information about current issues and trail conditions.
- provide a brief history of the West Coast Trail and its place in Canada's history.
- issue park permits and collect fees.

If you have a Pachena Bay or Gordon River WCT reservation, bring your reservation confirmation information to the orientation.

Hikers with reservations will be issued a waterproof Pacific Rim National Park Reserve West Coast Trail Map when they register on the trail.

Hikers who have not made a reservation can purchase the map during their orientation process for \$8.50.

**Orientations at Gordon River/Pachena Bay:**

- Orientations are offered at 10:00 am and 2:00 pm daily between May 1st and September 30th from both WCT Information Centres.
- Reservations are not necessary for the orientation process at the Gordon River or Pachena Bay trailheads.
- The orientation process takes about 1½ hours.

- Hikers may register and participate in an orientation session as early as 2:00 pm the day before their hike starts.
- We strongly recommend hikers start the trail a minimum of 5 hours before sunset to ensure a camping area is reached before nightfall.
- **Hiking from Gordon River to Camper Bay in one day is not advisable.** Plan to camp at Thrasher Cove. Statistics show that most accidents occur later in the day in this area.
- If your party will arrive after 1:00 pm on the reserved start date you must contact the WCT Information Centre at your entry point to prevent your reserved spaces from being given to hikers on stand-by.

#### **Orientations at Nitinat Village:**

- Hikers must call in advance (maximum 1 week and minimum 24 hours) of their planned arrival to pre-arrange an orientation session and departure date/time.

**At the end of your hike, register your party off the WCT.** Return one copy of the park permit to a WCT Information Centre or the Ditidaht First Nation Visitor Centre. Permits can be placed in the marked drop box if the WCT Information centre or the Ditidaht First Nation Visitor Centre are closed.

## **PROTECTING, PRESENTING AND PRESERVING**

Parks Canada is responsible for ensuring the sustainability and integrity of the natural and cultural resources in its care. Everyone can help to protect the ecological integrity and cultural heritage of the West Coast Trail. Working with others, we strive to provide Canadians and international visitors with the opportunity to learn about Canada's heritage.

The entire national park falls within the traditional territory of the Nuu-chah-nulth, people who have inhabited Vancouver Island's west coast for countless generations. The Nuu-chah-nulth comprises many individual nations. The West Coast Trail lies within the traditional territory of the Huu-ay-aht, Ditidaht and Pacheedaht First Nations.

Parks Canada, the Huu-ay-aht, Ditidaht and Pacheedaht First Nations work collaboratively to ensure protection, preservation and presentation of these lands. We need your help. Respectful behaviour from all hikers will lead to a safe and rewarding experience and contribute to a healthy, functioning ecosystem.



## **BACK COUNTRY ETIQUETTE: LOW IMPACT CAMPING**

**It is an offence under the Canada National Parks Act to collect, remove, destroy or deface any natural or cultural heritage resource within national park boundaries.** This includes defacing artifacts, cutting trees for firewood or makeshift shelters and collecting or removing marine life, shellfish, fossils, artifacts, plants, etc. Leave Pacific Rim National Park Reserve in as good or better condition than you found it.

**Use a stove and minimize fires.** Do not rely on fires for cooking, staying warm or drying out. Small driftwood fires are permitted below the high tide line on beaches: fires are not permitted in the forest. Use only driftwood (no thicker than your wrist): do not cut vegetation, trees or other plants, and keep fires away from beach logs. Make sure fires have burned out, or are extinguished with water, and dismantled. No trace of the fire should be left.

**Support safe water:** use outhouses. Outhouses are available at all designated camping areas. If you are stuck between outhouses, dig a hole 20 centimetres (7 inch) deep, at least 30 metres (100 feet or three bus lengths) away from water sources and well off the trail. Bury the human waste. Dispose of toilet paper in outhouses or pack it out. Pack out all feminine hygiene products.

**Camp on the beach above the high-tide line to reduce the impact and soil compaction in vegetated areas.**

**Ensure all washing (bodies, clothes, and dishes) is carried out in the ocean or at the mouth of rivers.** Dispose of any dirty water at least 30 metres from drinking water sources. Use only biodegradable soap.

**Your actions can kill wildlife and endanger hikers.** Use metal food lockers to store wildlife attractants if they are available, and if they are not available hang your food, garbage and toiletries out of reach of animals and away from tents.

Items should be a minimum of 4 metres (10 feet) off the ground, 3 metres (9 feet) from the trunk of the tree and 3 metres down from the limb.

**Pack it in, pack it out.** There are no garbage cans on the WCT: everything you pack in you must pack out, including orange peels, feminine hygiene products, tarps, ropes, and wet clothes. Before arriving at the trail, minimize packaging to reduce garbage and weight.

**Fishing is permitted on the WCT.** Carry the appropriate licenses (Non-Tidal Angling License and Tidal Waters Sports Fishing License) and follow the regulations and closures.

**First Nation reserves and treaty settlement lands located along the WCT are private property.** The First Nations welcome you and ask that you stay on the main trail and obey all signs. Patrol cabins are not for hikers.

**Respect other visitors and protect the quality of their experience.**

## A SAFE AND ENJOYABLE TRIP

Travel in the back country requires special attention to safety. Hazards are numerous.

### **65 to 75 seriously injured hikers are evacuated from the WCT every season.**

Approximately 200 hikers per year sustain minor injuries, and manage to limp off the trail. The most significant contributing factors leading to injury are a combination of the weather, which increases the difficulty of the rough terrain, and the level of physical preparation of hikers.

Based on these factors, we encourage hikers to:

- prepare themselves physically for the hike;
- keep packs as light as possible and be prepared to carry for 6-8 days;
- travel slowly and cautiously over slippery terrain (stay focused);
- stay hydrated;
- set reasonable travel expectations each day for your abilities; and
- use hiking pole(s).

**Ensure that your party takes time to enjoy your experience.** Many accidents and injuries occur when hikers are rushing, not paying attention to terrain, tired, or hiking too late in the day. **Respect the capabilities of the slowest group member.** Take adequate rest breaks, and **keep the group together. Never split up the group.**

**During wet, rainy weather, occurrences of physical injury and hypothermia increase significantly.** Hypothermia is the lowering of the core body temperature; if not stopped, symptoms can progress from slurred speech and lack of co-ordination to uncontrolled shivering to loss of consciousness and finally heart failure. **Ensure your party is warm, dry and well fed.**

**Assume all walking surfaces are slippery at all times, especially during damp or rainy periods.** Slippery conditions on muddy trails, wooden surfaces, boulders and rocky shorelines are a major hazard. Hiking too fast, fatigue, poor light conditions, improperly

balanced or heavy packs and inadequate footwear all contribute to injuries and accidents.

**Bridges and Ladders:** Special care should be taken on any built structure. No more than one person should be on a ladder, and no more than two people on a bridge at one time. Large groups should allow extra time to progress past ladder sections.

**Cable Cars: Keep your fingers, hands and hair away from the pulleys.** Only two people (and their gear) per cable car and platform. Platforms can be very slippery; use caution. To enter, use the rope to pull the car towards you. Hold the car steady while you load your gear, then carefully enter and stay seated. When crossing the river, let the rope go and gravity will move the car down the rope to the middle of the river. You must then pull the rope hand-over-hand to reach the platform on the other side. Hold the rope so that the car stays flush with the platform, and carefully unload. Do not bounce or sway the car. **Never bring it on, or tie it to, the platform.**

**Hikers must wade across some creeks and rivers. Be prepared to wait for flood waters to subside;** this may take one or more days. Wait for safe water levels and low tides, undo your pack hip-belt (if you fall, you can slip out of your pack more easily) and wear running shoes or sandals. Use caution when crossing surge channels.

**High tides can make beach walking very difficult and sometimes impossible.** Carefully follow both the tide tables (Tofino) and WCT map to avoid being trapped or cut off. Watch also for large ocean waves and swells. Consider the overnight high tide when pitching your tent on the beach.

**Tsunamis: dangerous as they are, they do not happen very often.** If the ground shakes under your feet, or you see the waterline quickly recede from the shore, a tsunami may be coming. **Move to higher ground.** Follow tsunami evacuation routes.

**Drinking water is available from most rivers and creeks.** Collect water upstream, then purify, boil or filter it.

**From May to October, the WCT is closed to harvesting and consumption of all bivalve shellfish** (clams, mussels, & oysters) due to regular occurrences of Paralytic Shellfish Poisoning (PSP). PSP can result in serious illness or death.

## HOW TO CONTACT HELP IN AN EMERGENCY

In an emergency, contact lighthouse keepers, First Nation trail guardians, ferry operators or other park staff; they will notify authorities and assist you until more help arrives.

Cell phone coverage on the WCT is extremely unreliable; do not expect cell phones signals on all sections of the WCT.

Devices such as “SPOT”, “InReach”, satellite phones, and VHF radios are often the only devices that will work on the WCT. Be familiar with your device and how it operates. Make sure to let your contact person know how to contact Parks Canada Emergency Response in case of an emergency.

**Each hiking party is responsible for assisting injured members of their party. If you are injured,**

- **but can hike and don't need medical attention,** try to get off the trail at the nearest exit with assistance of your party or other hikers; you should not continue hiking in the hope that your condition will improve.
- **and cannot hike** to the nearest exit or you need medical attention, follow the instructions in the West Coast Trail Safety Information sheet that is issued to all parties with the park permit. Parks Canada staff are responsible for patrolling the WCT and assisting injured hikers. The majority of evacuations are done by park public safety specialists by boat, though a serious or complex evacuation may require assistance from other agencies.

Parks Canada staff will evacuate injured hikers to the nearest exit point, ambulance or medical facility. This is not necessarily the most convenient location for the injured hiker.

**Minor complaints such as blisters, sore feet, fatigue and lack of food do not warrant evacuation.**

## LIVING WITH WILDLIFE

Black bears, wolves and cougars use the beaches and trails. All wild animals are potentially dangerous. **To avoid a dangerous encounter with wildlife stay alert and keep these points in mind:**

- Keep food and garbage inaccessible to wildlife; they are attractants.
- Keep children close to you.
- If you encounter a predator, face the animal and retreat slowly, giving them an avenue of escape; do not run or play dead.
- In the unlikely event of an attack, try to appear big and aggressive: shout, wave a stick or throw rocks.
- Knowledge, alertness and a clean campsite can help avoid a dangerous encounter. Never approach a predator. Always give them an avenue of escape.
- If you encounter a predator, **do not run** - it may trigger an attack. Follow the recommendations in *You are in Black Bear Country and You are in Wolf and Cougar Country*.
- Read the West Coast Trail bulletin and talk to the Parks Canada staff at the WCT Information Centres if you have questions.

## EQUIPMENT

To enjoy your WCT experience you must be comfortable; use quality, lightweight equipment. Your pack should weigh a maximum of 1/4 (women) to 1/3 (men) of your body weight. Reassess the content of your pack if it is heavier than this.

- **Sturdy boots:** High quality hiking boots with good ankle and arch support are required. Soft rubber soles provide better traction on slippery surfaces than hard soles. Do not break in new boots on this hike. Sandals or running shoes are good for wearing around camp and for river crossings.
- **Rainwear and warm clothing:** Bring a durable waterproof jacket and pants; underlayers that keep you warm when wet and are quick to dry, as well as a warm hat and gloves.
- **Lightweight backpacking stove and fuel.**
- **High energy, lightweight, quick-cooking food.**
- **Backpacks** require a padded hip belt and should be lined with plastic bags.
- **A tent with a waterproof fly is absolutely necessary.**
- **Sleeping bag:** Synthetic fills are preferable, as down bags lose warmth when wet. Pack sleeping bags in waterproof bags and carry them inside the backpack.
- **Closed-cell foam sleeping pad.**
- The latest edition of the **Pacific Rim National Park Reserve West Coast Trail Map**, tide tables (Tofino) and a watch for use with tide tables.
- **First aid kit** that includes treatments for blisters and insect stings.
- **15 meters (50 ft) of synthetic rope** per group to hang food, use as clothes-line, etc.
- **Cell phones**

- **Also consider:**
  - an emergency signalling device
  - cash for unexpected emergencies (up to \$100 per person is recommended)
  - water container, water purification equipment
  - toilet paper
  - zip-lock type plastic bags for keeping permits and other small items dry
  - lighter or waterproof matches
  - fire starter
  - garbage bags to pack out all your refuse
  - gaiters
  - sun screen
  - lip screen
  - sunglasses
  - hand sanitizer
  - toiletries
  - flashlight
  - weather radio
  - repair kits for equipment
  - lightweight shoes for camp and river crossings
  - cooking and eating utensils
  - hiking staff or collapsible poles

**Do not bring an axe, firearms or pets!**





<b>CONTACT PACIFIC RIM NATIONAL PARK RESERVE</b>	
West Coast Trail Reservation Services	1-877-737-3783 (toll free Canada and the US) 519-826-5391 (outside the toll free area) reservation.parkscanada.gc.ca
West Coast Trail Information Centre Pachena Bay (Bamfield)	Phone: 250-728-3234 Open daily 9:00 a.m. to 5:00 p.m., (May 1 to Oct. 5)
West Coast Trail Information Centre Gordon River (Port Renfrew)	Phone: 250-647-5434 Open daily 9:00 a.m. to 5:00 p.m., (May 1 to Oct. 5)
Pacific Rim National Park Reserve Administration Office	2040 Pacific Rim Highway P.O. Box 280, Ucluelet, BC V0R 3A0 250-726-3500 (year-round)
Pacific Rim National Park Reserve Resource Conservation & Park Warden Office	1-877-852-3100 (24 hours, toll-free)
Park Information Centre - Ucluelet	2791 Pacific Rim Highway 250-726-4212 Open daily May – mid October
Email:	pacrim.info@pc.gc.ca
Website:	www.pc.gc.ca/pacificrim

### **CONTACT DITIDAHT FIRST NATION**

Ditidaht First Nation Visitor Centre (Nitinat Village)	Phone: 250-745-3999 info@westcoasttrail.com www.westcoasttrail.com
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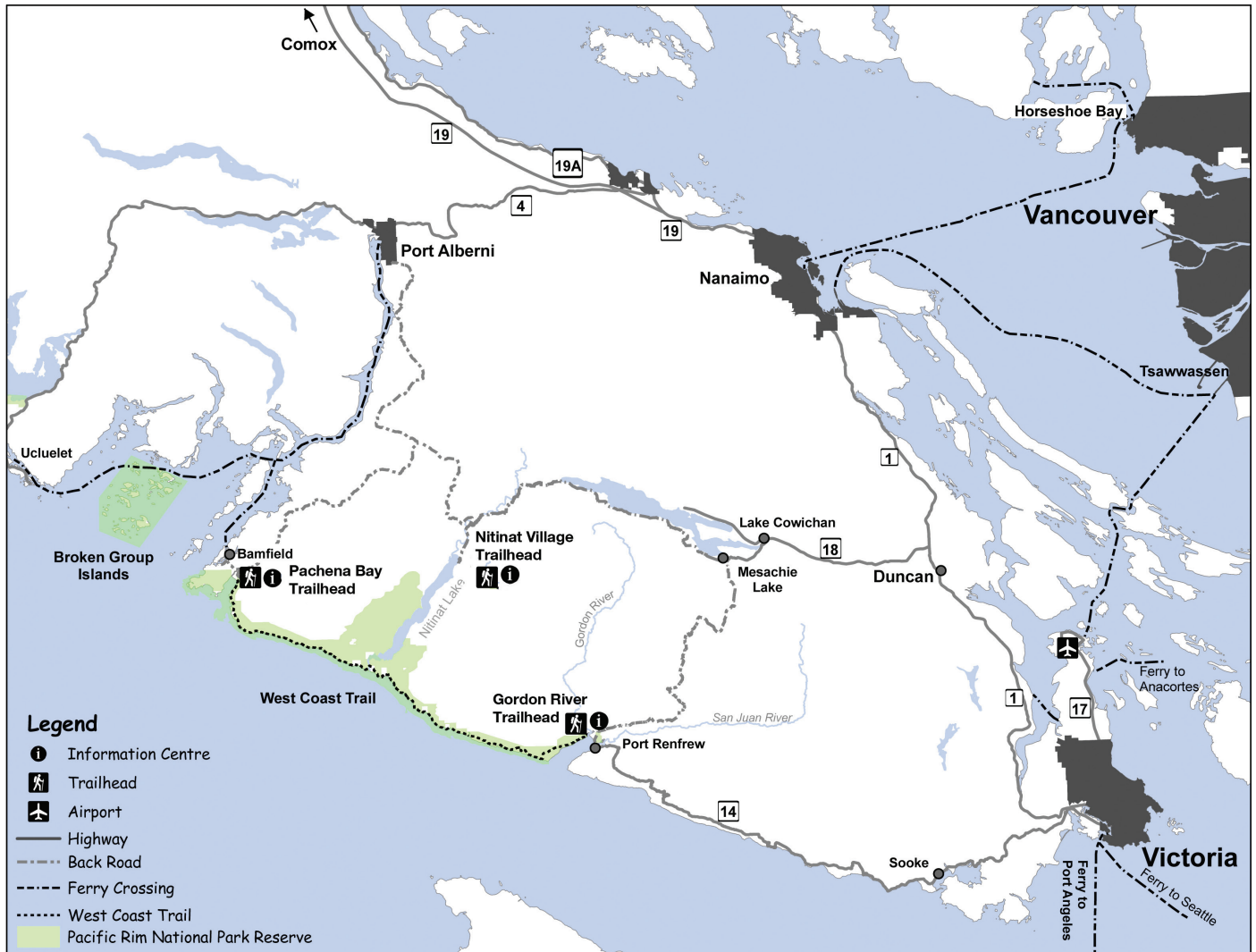
### **OTHER HIKER SERVICES (subject to change)**

Alberni Valley Chamber of Commerce	2533 Port Alberni Hwy. Port Alberni, BC V0Y 8P2 250-724-6535 www.albernichamber.ca office@albernichamber.ca
Bamfield Chamber of Commerce	250-728-3006 info@bamfieldchamber.com www.bamfieldchamber.com
BC Ferries	1-888-223-3779 or 250-386-3431 (international) *BCF on cell www.bcferries.com (Vancouver, Victoria, Nanaimo)
Butch Jack Hiker Ferry Service	250-647-5517 Butcho23@telus.net (Gordon River Trailhead)
Fisheries and Oceans Canada Pacific Region	Port Alberni Office 250-720-4440 Fishing and Paralytic Shellfish Poisoning Information 24 hour line [sub area 23 (8)] 604-666-2828 or 1-866-431-3474 www.dfo-mpo.gc.ca

<b>OTHER HIKER SERVICES (subject to change)</b>	
Lady Rose Marine Services (Passenger Ferry)	1-800-663-7192 or 250-723-8313 (April 1 - Sept 30) www.ladyrosemarine.com (Port Alberni to Bamfield passenger ferry)
Nitinat Lake Water Taxi	250-745-3509 (across Nitinat Narrows and to Nitinat Village) Hikers who are accessing the trail through Nitinat Village or lake must check in at the Ditidaht First Nation Information Office to participate in an orientation and obtain their permit.
Juan de Fuca Water Taxi	1-888-755-6578 or 1-877-332-5333 or 250-647-5468
Coastal Sea Ventures	778-350-9318 www.coastalseaventures.com
Nitinat Village Motel or Campground	1-250-745-3844
Ditidaht First Nation Comfort Camping	250-710-HIKE (4453) info@westcoasttrail.com www.westcoasttrail.com
Nuu-chah-nulth First Nations Tribal Council	1-877-677-1131 or -250-724-5757 www.nuuchahnulth.org
Report Marine Pollution	1-800-889-8852
Tide Tables (Tofino)	www.waterlevels.gc.ca
Tofino Air	1-888-436-7776 or 604-740-8889 www.tofinoair.ca Between: Vancouver-Bamfield-Tofino
Pacific Seaplanes Inc.	250-616-5858 www.pacificseaplanes.biz (Bamfield, Barclay Sound, Ucluelet, Tofino, Port Alberni, Port Renfrew, Nanaimo, Victoria, Vancouver)
Victoria Clipper (Passenger Ferry)	1-800-888-2535 or 250-382-8100 www.victoriaclipper.com (Seattle to Victoria)
Weather Forecasts	VHF Channel 21 B Continuous automated forecast: 250-726-3415 www.weather.gc.ca
West Coast Trail Express Bus	1-888-999-2288 or 250-477-8700 www.trailbus.com (Victoria, Nanaimo, Bamfield, Nitinat Village, Port Renfrew)

## SOUTHERN VANCOUVER ISLAND AND THE WEST COAST TRAIL UNIT OF PACIFIC RIM NATIONAL PARK RESERVE OF CANADA

(This map is not intended for hiking purposes)



## REFERENCES

### Available from the WCT Information Centre:

- *The Pacific Rim National Park Reserve West Coast Trail Map*. Parks Canada 2014.
- *Canadian Tide and Current Tables Barkley Sound and Discovery Passage to Dixon Entrance*. Volume 6. Canadian Hydrographic Service. (Tofino Tide Table)