



WEST COAST TRAIL

2019 HIKER PREPARATION GUIDE

The West Coast Trail is an iconic backcountry, multi-day backpacking trail that is a bucket list challenge for many hikers. It is an experience that can bring even the most experienced hikers to their knees. Those who are well prepared physically, mentally, and equipment-wise, come away with tales of grit. Hikers climb more than 100 ladders with a heavy pack, trudge through deep mud, wade through mountain-fed rivers in fast-flowing hip deep waters, and push through whatever weather the wild West Coast delivers - often driving wind and rain.

Before you decide whether to make a West Coast Trail reservation for yourself, learn what you are signing up for and make sure this hike is for you.

THIS HIKE IS NOT FOR EVERYONE

The West Coast Trail **IS** for hikers who are:

- proficient in multi-day overnight backpacking. Experienced group leaders cannot compensate for inexperienced hikers.
- able to hike long distances through rough terrain carrying a heavy backpack containing everything needed to be prepared for a wilderness experience.
- flexible with their hiking plans to adjust if conditions warrant delays.

If you checked off **ALL** of these boxes then the West Coast Trail may be for you!

Some alternative options may be:

- Juan de Fuca Provincial Park and Marine Trail - Vancouver Island, BC
- Strathcona Provincial Park - Vancouver Island, BC
- Wild Pacific Trail – Ucluelet, BC
- Wild Side Trail – Flores Island, Ahousaht, BC
- Jasper National Park - Alberta
- Banff National Park - Alberta
- Bruce Peninsula National Park – Southern Ontario

The West Coast Trail **SHOULD NOT** be considered if:

- you have had recent surgery or a concussion and are at risk of reinjury.
- you have a serious heart condition or breathing difficulties.
- you experience re-occurring knee, back, or ankle injuries and/or pain;
- you have no prior multi-day backpacking experience.
- you are under 12 years of age. The West Coast Trail is not recommended for children under 12. All party members must be at least 6 years of age; Parks Canada will not issue a West Coast Trail Overnight Permit to children under 6 years old.

If you checked off **ANY** of these boxes then the West Coast Trail is not for you.

ARE YOU PREPARED FOR A MULTI-DAY BACKCOUNTRY HIKE?

All hikers in your group **MUST** be prepared for:

- **6-8 days in the back country.** This may vary depending on experience and if you enter/exit at Nitinaht Village.
- **rugged, uneven ground:** on average it takes approximately 2-3 days to travel the southern 22km of the trail between Gordon River and Walbran Creek.
- **slippery conditions** on muddy trails, thousands of roots, uneven wooden surfaces, boulders and rocky shorelines.
- **difficult travel:** 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.
- **aches, pains and injuries.** Muscle soreness, pain and injuries happen: it is important to understand that it may take more than 24 hours for help to be notified.



HISTORY OF THE WEST COAST TRAIL

Backed 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 distinct areas; 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: Pacheena Lighthouse was constructed in 1907; lifesaving stations were established at Cloo-ose and Bamfield; the telegraph route was upgraded to become the Dominion 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, PRNPR was established and in 1973, the lifesaving trail was included in the national park reserve as a recreational hiking trail, beginning a new chapter in its history.

Today, over 7,500 backpackers hike the WCT every year. They come to see the beauty, experience the challenges, and walk the path of those that came before them.

PLANNING YOUR TRIP

The WCT is open and reservable from May 1st to September 30th each year.

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 1 and June 14, and September 20 and 26. Up to 18 hikers may be in these school groups.

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

Entry or exit at any other point is not permitted unless an evacuation is required.

Hikers should plan for a minimum of 2-3 nights between Nitinaht Narrows and Pachena Bay.

Hikers should plan for a minimum of 4-5 nights between Nitinaht Narrows and Gordon River.

Ditidaht First Nation's Comfort Camping:

The Ditidaht First Nation is offering a unique camping opportunity at Tsuquadra Point, on their traditional lands. Ditidaht First Nation's Comfort Camping offers 4 tents and 3 cabins each accommodating up to 4 people. The tents are complete with a wood burning stove, wood floors, cots and an outdoor deck. The 12' x 12' cabins are complete with propane heaters, cots, table and chairs.

Please refer to the Contact Information section on page 17.

NATIONAL PARK ENTRY PASS

All visitors to Pacific Rim NPR are required to have a valid National Park Entry Pass at all times while they are visiting the national park reserve. Youth (17 years of age and younger) receive free entry into all of Parks Canada's places but still require a National Park Entry Pass. This means that in addition to requiring a valid WCT Overnight Use Permit, all visitors 18 years of age and older are also required to purchase a valid National Park Entry Pass.

The revenue from national park entry fees remains within the Coastal BC Field Unit to support the services and facilities that all visitors enjoy (including boardwalk, trail, ladders, cable cars, campgrounds, outhouses, visitor safety, programs, etc.).

Pacific Rim National Park daily entry passes can be purchased at any Pacific Rim NPR facility (including the WCT Orientation Centres) or from Secret Beach Campground and Kayak Launch, Alberni Valley Chamber of Commerce, Tourism

Ucluelet, Tourism Tofino or the Wickanninish Inn.

Pacific Rim National Park annual entry passes can be purchased at any Pacific Rim NPR facility (including the WCT Orientation Centres), they can be purchased online or from Alberni Valley Chamber of Commerce, Secret Beach Campground and Kayak Launch, Tourism Ucluelet, or Tourism Tofino.

Parks Canada annual discovery passes can be purchased at any Pacific Rim NPR facility (including the WCT Orientation Centres) or they can be purchased online at <http://www.commandesparcs-parksorders.ca/webapp/wcs/stores/servlet/en/parksb2c/discovery-pass>.

Commercial Groups/Tours must purchase their national park entry passes through the Parks Canada Commercial Sales Office (see your business licence application for more details).

WCT RESERVATION SERVICE & PERMITS

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

Reservation Service	Online	Call Centre
Reservation Service is available January 7th - September 30th, 2019 - 7 days a week.	24 hours a day reservation.pc.gc.ca	8 a.m. - 6 p.m., PST 1-877-737-3783 (Canada & USA) 1-519-826-5391 (International)



When making a reservation, have the following ready:

- preferred start and end dates - first choice and alternate dates;
- the access point you plan to start from - Pachena Bay, Nitinaht Village or Gordon River;
- the exit point;
- the number of hikers in your group;
- hiker names and emergency contacts for each hiker;
- means of payment: Visa, MasterCard or American Express;
- an email address to send confirmation and orientation information.

Anyone interested in travelling the Nitinaht Triangle or Cape Beale Headlands is required to contact the WCT Orientation Centres for information and permits.

To avoid overcrowding and reduce environmental damage, Parks Canada limits the number of overnight hikers each day.

Standby List:

Standby spaces are no longer available, all spaces are reservable.

FEES

A WCT Overnight Use Permit is required for 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 Gordon River and Nitinaht Narrows, a service provided by the Ditidaht and Pacheedaht First Nations throughout the hiking season. If entering or exiting the trail from Nitinaht Narrows the Nitinaht Village Water Taxi fee is \$62.50 per person one way for travel up the lake. Hikers planning to enter or exit the trail at Nitinaht Village can pay this fee directly to the water taxi operator or at the Nitinaht Orientation Centre.

A reservation fee of \$24.50 per person is applicable when making a reservation through the Parks Canada Reservation Service.

CANCELLATION POLICY

- Reservation Fee: non-refundable.
- When cancelling a reservation 21 days or more prior to the departure date, the WCT Overnight Use Permit and the ferry fees are fully refundable. The reservation fee of \$24.50 per hiker is non-refundable and an \$11.00 on-line (or \$13.50 through the call centre) cancellation fee will apply per booking.
- When cancelling a reservation 20 days or less prior to the departure date, the WCT Overnight Use fees are **not refundable**, only the ferry fees are eligible for a refund if cancellations are made within 20 days of the departure date. The non-refundable cancellation fee of \$11 online (or \$13.50 through call centre) also applies.



Example of Hiker Fees			
	A hiker travelling from Pachena Bay to Gordon River (or vice versa)	A hiker travelling from Nitinaht Village to Gordon River (or vice versa)	A hiker travelling from Nitinaht Village to Pachena Bay (or vice versa)
Reservation Fee	\$24.50	\$24.50	\$24.50
WCT Overnight Use PERMIT	\$127.50	\$127.50	\$127.50
Ferry Fee Gordon River	\$20.00	\$20.00	N/A
Ferry Fee Niti-naht Narrows	\$20.00	N/A	N/A
Water Taxi Fee Nitinaht Village - Nitinaht Narrows (one way)	N/A	\$62.50	\$62.50
National Park Entry Fee	\$7.80 per adult/per day \$6.80 per senior/per day \$15.70 per family/group/ per day or a Pacific Rim Annual Pass or a National Discovery Pass	\$7.80 per adult/per day \$6.80 per senior/per day \$15.70 per family/group/ per day or a Pacific Rim Annual Pass or a National Discovery Pass	\$7.80 per adult/per day \$6.80 per senior/per day \$15.70 per family/group/ per day or a Pacific Rim Annual Pass or a National Discovery Pass

- All fees are per person, include all taxes, and are listed in Canadian funds.
- Hikers making a reservation through the Parks Canada Reservation System pay all of the applicable fees at the time of their reservation, except for any Nitinaht Water Taxi fees.

Visit our website or contact the national park reserve for an up-to-date fee schedule prior to your departure. Fees may change at any time.

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 16 - 17. Reservations for transportation are recommended.

Vehicles can be left at a number of locations near the access points. Ask for details once you arrive at the WCT Orientation Centres.

To Pachena Bay WCT Orientation 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 Nitinaht Orientation Centre in Nitinaht 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 Nitinaht Village (refer to the contact information section on page 17).

Between Nitinaht Village and Nitinaht Narrows:

The Nitinaht Water Taxi makes only one scheduled trip per day between Nitinaht Village, at the head of Nitinaht Lake, and Nitinaht Narrows on the WCT:

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

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

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

- Drive from Victoria via Highway 14 (2 hrs), or Duncan (1.5 hrs) via logging road.
- Bus from Victoria (2 hrs) with West Coast Trail Express.

Between Port Renfrew, Nitinaht Village and Bamfield by logging road:

- Bus (3 hrs) with West Coast Trail Express on gravel logging roads.

When travelling by West Coast Trail Express to Nitinaht Village, the West Coast Trail Express will stop at the Junction (7 kms from Nitinaht Village) and you will be transferred to the village by another vehicle.

MAKE A TRIP PLAN

Before you leave for the trail, write a trip plan: leave it with a responsible person who is not hiking with you (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, if possible include an expected

nightly trip itinerary and any known medical issues within the group. A WCT Overnight Use Permit does not fulfil this role.

(For an example of a trip plan see: <https://adventuresmart.ca/tripplanning/tripplan.htm>)

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. There are no banking services in the villages of Bamfield, Port Renfrew, or Nitinaht.

ORIENTATION SESSION

All overnight users of the West Coast Trail MUST participate in a WCT orientation session.

The purpose of the orientation process is to:

- provide information about safety issues in order to reduce the number of hiker injuries.
- reduce environmental impacts by providing back country etiquette information.
- provide information about current issues and trail conditions.
- provide information on how to be CoastSmart.
- provide information on how to read tide charts.
- issue WCT Overnight Use permits, WCT Day Use permits, National Park Entry Fees and collect any additional fees.

Please bring your reservation confirmation information to the orientation.

Hikers will be issued a waterproof Pacific Rim National Park Reserve West Coast Trail map when they register at the Orientation Session.

Orientations at Gordon River and Pachena Bay:

- WCT orientations are offered at 10:00 am and 2:00 pm daily between May 1st and September 30th.
- Reservations are not necessary for the WCT

orientation process.

- The WCT orientation process can take up to one hour.
- 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.

Orientations at Nitinaht Village:

- Hikers accessing the trail at Nitinaht Village will go through the orientation process at the Nitinaht Orientation Centre in Nitinaht Village.
- Orientation sessions are offered at the Nitinaht Orientation Centre at 8:00 am and 3:30 pm (subject to change).
- Plan accordingly, an overnight stay at Nitinaht Village may be necessary prior to departing on the 9am water taxi. A water taxi fee of \$62.50 will be collected at the Nitinaht Orientation Centre. **(note: there is only one water-taxi per day, at 9am, leaving from Nitinaht Village to Nitinaht Narrows).**

FERRY CROSSINGS

The Gordon River Ferry operates daily from May 1st to October 7th. The first crossing is at 8:30 am and then 11:30 am, 12:30 pm, 1:30 pm, 2:30 pm and 3:30 pm

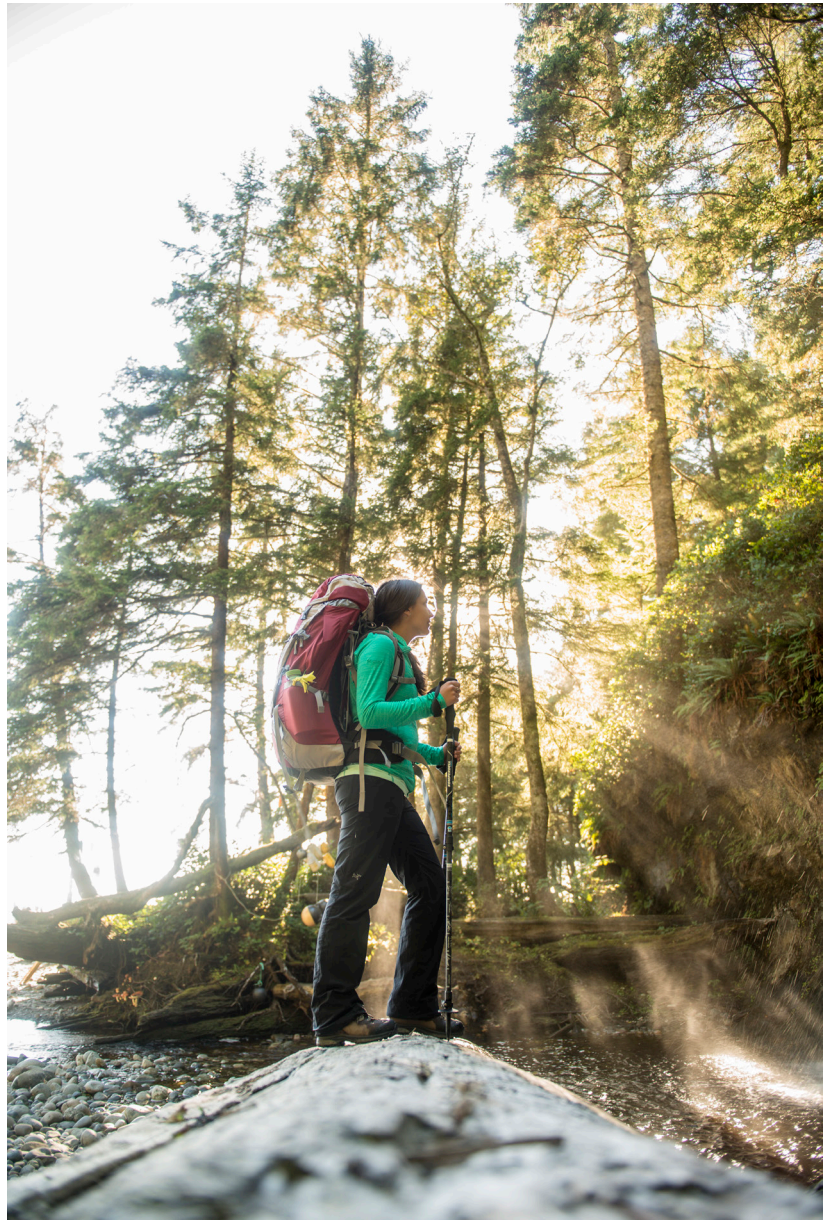
The Nitinaht Narrows Ferry operates daily from May 1st to October 7th between the hours of 9:30 am and 4:30 pm on an as needed basis.

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 reserve falls within the traditional territory of the Nuu-chah-nulth, people who have inhabited Vancouver Island's west coast for countless generations. 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. 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 reserve 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 (12 feet) off the ground, 3 metres (9 feet) from the trunk of the tree and 3 metres (9 feet) 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. When you depart a campsite, do not leave any items in the metal food lockers. This has become an epidemic in recent years, please respect the environment and other hikers and pack out all of your garbage.

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 and Guardian cabins are not for hikers.

Respect other visitors and protect the quality of their experience.

A SAFE AND ENJOYABLE TRIP

Travel in the backcountry requires special attention to safety due to the numerous hazards one may encounter. Every season a number of hikers sustain minor injuries but are able to safely make their way off the trail without assistance. Additionally 60-80 hikers suffer more serious injuries requiring evacuation by Parks Canada's Visitor Safety team. The most significant contributing factors leading to injuries are previous health issues or a combination of the weather, rough terrain and the level of physical preparation of hikers however unavoidable accidents do happen.

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 your pack 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 the 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 everyone in 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, roots, 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 all built structures. No more than one person should be on a section of ladder at one time, 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.



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 all straps including chest and hip (if you fall, you can slip out of your pack more easily) and wear running shoes or sandals.

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. Consider the overnight high tide when pitching your tent on the beach. Watch also for large ocean waves and swells when hiking near the water's edge. For more information on being CoastSmart and to Know Before You Go Near the Water refer to CoastSmart.ca

Tsunamis: 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 and/or 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.

Fresh water fishing is not permitted on the WCT.

Salt water fishing is permitted on the WCT. Carry the appropriate licenses (Tidal Waters Sports Fishing License) and follow the regulations and closures.

HOW TO CONTACT HELP IN AN EMERGENCY

In an emergency follow the safety evacuation procedure given to you by Parks Canada staff, contact lighthouse keepers, First Nation Trail Guardians or ferry operators; they will notify authorities and assist you until more help arrives.

Cell phone coverage on the WCT is extremely unreliable; do not expect cell phone signals on most 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 and

report your injury to Parks Canada staff; 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 their WCT Overnight Use Permit. Parks Canada staff are responsible for assisting injured hikers. The majority of evacuations are done by Parks Canada Visitor 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 (6 years and older) 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 Orientation Centres if you have questions.



EQUIPMENT

To enjoy your WCT experience you must be comfortable; use quality, lightweight equipment. Your pack should weigh 15%-20% 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; under-layers 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.** To reduce excess pack weight, pre-plan and pack daily meals and snacks before your trip.
- **Backpacks** require a well fitted, padded hip belt and should be lined with a heavy duty garbage bag or waterproof liner. All of your equipment should fit inside your backpack.
- **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 current **Pacific Rim National Park Reserve West Coast Trail Map**, which can be obtained at the trailheads along with a copy of the current tide tables (Tofino).

- **a watch** for use with tide tables.
- **First aid kit** that includes personal medications and treatments for injuries.
- **15 meters (50 ft) of synthetic rope** per group to hang food, use as clothes-line, etc.
- **Cell phones** have limited use but can be useful in some locations. Do not rely on cell coverage but they can be used in conjunction with other signalling methods.

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
- waterproof lighter and/or 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!

WEST COAST TRAIL INFORMATION

West Coast Trail Reservation Services	1-877-737-3783 (toll free Canada and the US) 1-519-826-5391 (outside the toll free area) reservation.pc.gc.ca
West Coast Trail Orientation Centre Pachena Bay (Bamfield)	Phone: 250-728-3234 Open daily 9:00 a.m. to 4:00 p.m., (May 1 to Oct. 5)
West Coast Trail Orientation Centre Gordon River (Port Renfrew)	Phone: 250-647-5434 Open daily 9:00 a.m. to 4:00 p.m., (May 1 to Oct. 5)
West Coast Trail Orientation Centre (Nitinat Village)	Diti.store.cafe@gmail.com
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	(24 hours) 1-877-852-3100 (toll-free) or 250-726-3604
Parks Canada Email:	pacrim.info@pc.gc.ca
Parks Canada Website:	www.pc.gc.ca/pacificrim

TRANSPORTATION (subject to change)

BC Ferries	1-888-223-3779 or 250-386-3431 (international) *BCF on cell www.bcferries.com (Vancouver, Victoria, Nanaimo)
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)
Tofino Air	1-866-486-3247 or 250-725-4454 www.tofinoair.ca Between: Vancouver-Bamfield-Tofino
Pacific Seaplanes Inc.	1-855-933-5922 www.pacificseaplanes.ca (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)
West Coast Trail Express Bus	1-888-999-2288 or 250-477-8700 www.trailbus.com (Victoria, Nanaimo, Bamfield, Nitinat Village, Port Ren- frew)

ACCOMMODATION (subject to change)

Nitinaht Village Motel or Campground	1-250-745-3844
Ditidaht First Nation Comfort Camping	250-745-3999 info@westcoasttrail.com www.westcoasttrail.com
Pacheedaht Campground (directly beside the Gordon River WCT Orientation Centre in Gordon River, Port Renfrew)	1-250-647-0090
Pachena Campground (near the Pachena Bay WCT Orientation Centre in Pachena Bay, Bamfield)	1-250-728-1287 pachenabaycampground.ca

OTHER USEFUL REFERENCES (subject to change)

Alberni Valley Chamber of Commerce	2533 Port Alberni Hwy. Port Alberni, BC V9Y 8P2 250-724-6535 www.albernichamber.ca jennifer@albernichamber.ca
Port Renfrew Chamber of Commerce	P.O. Box 39, Port Renfrew, BC VoS 1K0 250-858-7665 www.portrenfrew.com
Bamfield Chamber of Commerce	250-728-3006 info@bamfieldchamber.com www.bamfieldchamber.com
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
Tide Tables (Tofino)	www.waterlevels.gc.ca
Weather Forecasts	VHF Channel 21 B Continuous automated forecast: 250-726-3415 www.weather.gc.ca

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 2019