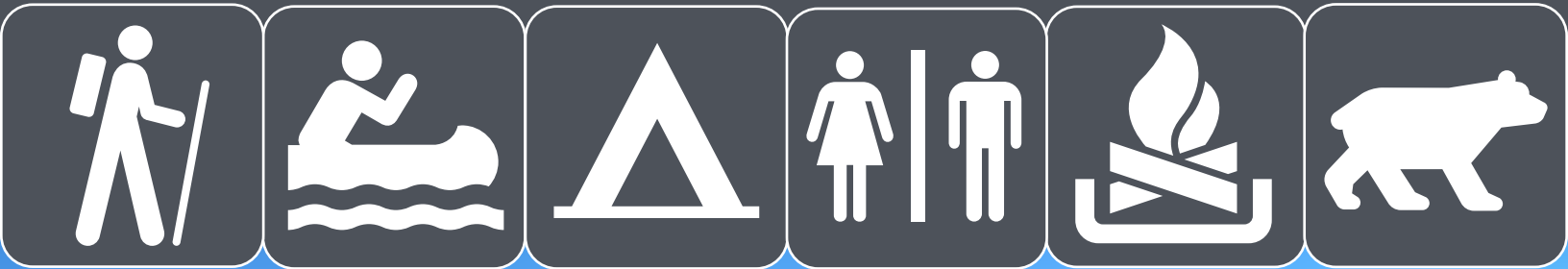




Pukaskwa
National Park
parkscanada.gc.ca

Coastal Hiking Trail

Trip Planner v. 1.0



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Canada

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Bii san go biishan endaaing **Welcome** to Our Home

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

Planning a backcountry trip to Pukaskwa National Park? Use this guide to help plan your trip. Find all the information you need to plan itineraries, pack, and have a safe and memorable trip on the Coastal Hiking Trail.

We've designed this guide to help you plan your dream trip. It is NOT intended for navigation. We recommend you pick up Chrismar's "The Adventure Maps: Pukaskwa", a Pukaskwa National Park Map, or one of the hiking guides available from the Friends of Pukaskwa, your local outfitter, or a camping supply store.

We are working on Trip Planners for the Coastal Paddling Route, the Pukaskwa River, and the White River. If you have ideas, corrections, or even a photograph you think will improve the guide, please contact ont-pukaskwa@pc.gc.ca.

Hiking times in this guide are based on a hiker averaging 2 km/h over rugged and slippery terrain with a 16 kg / 35 lb pack.



Number of Campsites



Campsite for Hikers



Campsite for Paddlers



Pit Privy



Firepit



Bear Box for Food Storage



Parking



Information



Telephone



Internet



Showers



Recycling



Picnic Area



Car Camping

Pukaskwa National Park Coastal Hiking Trail



Marathon

Pic Robert First Nation

Heron Bay

Pic River First Nation

Hattie Cove

Playter Harbour

Chigamivungum Falls

Hook Falls

Willow River

Morrison Harbour

Fish Harbour

Lake Superior

Oiseau Bay

Fisherman's Cove

White Gravel River

White Spruce Harbour

Hideaway Lake

North Swallow River

Lower Birch Lake

Gornupkagama Lake

Lake Superior



Suggested Trips

Weekend Escape

2 nights, 3 days

Need a weekend to reset and relax?

Day One	Arrive and camp at Hattie Cove
Day Two	Day hike to White River Suspension Bridge
Day Three	Hike Bimose Kinoomagewnan
Total	20 km / 9 hour hike

Family's First

1 night, 2 days

First trip with the kids? Try this as a family first.

Day One	Hike to Playter Harbour
Day Two	Return to Hattie Cove
Total	9km / 4 hour hike
Optional	Hike 3.3 km further to the White River Suspension Bridge

Fall Colours

3 nights, 4 days

Bug-free, spectacular views over river valleys.

Day One	Hike to White River - Lower/ Chigaamiwinigum Falls
Day Two	Hike to Willow River
Day Three	Hike to White River - Hook Falls
Day Four	Return to Hattie Cove
Total	33 km / 17 hour hike

Beach Vacation

4 nights, 5 days

White sands and crystal clear waters await.

Day One	Water taxi to White Gravel River Hike to Fisherman's Cove
Day Two	Hike to Fish Harbour
Day Three	Hike to Willow River
Day Four	Hike to Playter Harbour
Day Five	Hike to Hattie Cove
Total	53 km / 21.5 hour hike

Boat Tour and Coastal Hike

5 nights, 6 days

Treat yourself to a boat tour to start off your Coastal Hiking Trail adventure.

Day One	Boat tour from Hattie Cove to North Swallow. Hike to Hideaway Lake.
Day Two	Hike to White Gravel River
Day Three	Hike to Oiseau Bay
Day Four	Hike to Morrison Harbour
Day Five	Hike to White River - Hook Falls
Day Six	Hike to Hattie Cove
Total	60 km hike

Coastal Challenge

9 nights, 10 days

Check it off your Bucket List.

Day One	Hike to White River - Lower/ Chigaamiwinigum Falls
Day Two	Hike to Willow River
Day Three	Hike to Oiseau Bay
Day Four	Hike to White Gravel River
Day Five	Hike to North Swallow
Day Six	Hike to White Spruce Harbour
Day Seven	Hike to Fisherman's Cove
Day Eight	Hike to Fish Harbour
Day Nine	Hike to Willow River
Day Ten	Hike to Hattie Cove
Total	120 km hike

Getting Here



By Car or Bicycle

Follow TransCanada Highway 17 to Highway 627. Take Highway 627 15 km to Pukaskwa National Park and the Hattie Cove Campground and Day Use Area.

By Plane

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 Canoe or Kayak

Paddling into Pukaskwa's Hattie Cove can be tricky - it's easy to paddle by without seeing the protected cove. Be sure to landmark carefully when paddling this stretch.

Driving Times and Distances

Driving Distances & Times

	km/mi	hrs:mins by car		km/mi	hrs:mins by car
Marathon, ON	25/16	0:25	Duluth, MN	620/385	8:15
Thunder Bay, ON	320/200	4:00	Minneapolis, MN	865/535	10:30
Sault Ste. Marie, ON	415/260	5:00	Detroit, MI	970/605	10:55
Winnipeg, MB	1000/620	12:00	Chicago, IL	1180/730	13:20
Toronto, ON	1110/690	13:15			
Ottawa, ON	1200/745	14:45			

Licensed Outfitters and Water Taxis

Caribou Expeditions

www.caribou-expeditions.com

1021 Mission Rd
Goulais River ON P0S 1E0
Phone: 1-800-970-6662
Email: info@caribou-expeditions.com

Guided Tours
Instruction
Sales and Rentals
Vehicle Shuttles

McCuaig Marine Services

Find them *here* on Facebook.

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

Boat Tours
Water Taxi Service

Naturally Superior Adventures

www.naturallysuperior.com

RR 1 Lake Superior
Wawa ON P0S 1K0
Phone: 1-800-203-9092
Email: info@naturallysuperior.com

Guided Tours
Instruction
Sales and Rentals
Vehicle Shuttles

Groceries and Supplies

The Town of 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!).

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

Doctors and Veterinarians

We hope you don't need these, but if you do, there is a hospital and a pharmacy in Marathon.

Although medical assistance for you is nearby, the closest veterinary service is in Thunder Bay. If you're bringing your best friend, be extra cautious on the trail.

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

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 alter the pits.

Bugs

Have we mentioned that August and September are great times to visit?

Blackflies	peak late May - June
Mosquitoes	peak mid June - July
Horse and Deer Flies	peak July - August
Deer Ticks	No known reports. If you do find a deer tick, please notify park staff.

Bears

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 the shore may be warmer, 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.

Rugged and Remote

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



Backcountry Reservations

To reserve your hiking or paddling trip,
phone: 1-807-229-0801 ext 242
email: ont-pukaskwa@pc.gc.ca

When reserving, please include the following information:

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

Registration and Orientation

The day of your departure:

- Register with park staff
- Complete backcountry orientation
- Ask park staff for updated forest fire and bear reports
- Pay fees and receive check-out form

When registering, please have the following information ready:

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





Backcountry Fee Estimator

Fees in effect until **March 31, 2012.**

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.

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

Annual Passes

Staying longer than 6 nights/7 days? Or, doing multiple trips? Consider these Annual Pass options:

	Pukaskwa Annual Pass (Flat rate 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 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



Hattie Cove · 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, flush toilets, hot showers, electrical campsites, free WIFI, interpretive programs, and more. It is the most popular start and end point for backcountry visitors.

Reasons to **Stay Here**

Share it.

Free wifi is available at the Visitor Centre. Go ahead - share your adventures on Facebook, Twitter, Flickr, and more!

Bannock and tea?

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

Hot shower, anyone?

Before you head out for your post-trip hamburger/ice cream/beer, why not enjoy a hot shower in the comfort station?

How many tents fit?

On tent pads: More than you own.

In a squeeze: Penn Lake Park and Neys Provincial Park are nearby.





Playter Harbour · Gaginoo wiikwed dowooga

Reasons to **Stay Here**

Travelling with kids?

It's the perfect distance for a first backpacking trip. Be sure to take a day hike to the White River Suspension Bridge.

Love meeting new people?

Playter is a social hot spot where paddlers, backpackers, and day hikers converge.

Want a little solitude?

Wade out to the island for some quiet time to read, paint, or meditate.

How many tents fit?

On tent pads: Two 2-person tents.
In a squeeze: Camp on the beach.





White River Lower Falls · Chigaamiwinigum



Reasons to **Stay Here**

Feeling adventurous?

Put on your Indiana Jones hat, and make your own movie!
(Can we get a sneak peek?)

“This hike wasn’t my idea.

But it was so worth it.”

We’re not just saying that - a visitor did! Write your own story in the bridge logbook.

Looking for a weekend getaway?

Chigamawinigum Falls is just a 3.5 hour hike from the trailhead.

How many tents fit?

On tent pads: Two 2-person tents per site.

In a squeeze: Carry on to Playter Harbour or Hook Falls.





White River Hook/Upper Falls

Reasons to **Stay Here**

Looking for a cosy spot for the night?

The northern site is perfect for two people.

Have a larger group?

The southern sites share a bear box and pit privy, but lots of tent space and room to play.

Want some privacy?

These sites are just far enough away from the Suspension Bridge to avoid the traffic.

How many tents fit?

On tent pads: Lots of room at the southern sites.
In a squeeze: Two tents can fit at the northern site.





Willow River · Wedoopki ziibi



Reasons to **Stay Here**

Large group?

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

Love your kayak?

Kayak-friendly landings are easy on this sandy beach.

Meet new friends.

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

How many tents fit?

On tent pads: Multiple tents at most sites.

In a squeeze: Camp on the beach.





Morrison Harbour · Miziinack onigiigan

Reasons to **Stay Here**



Big storm rolling in?

Protected by several islands, Morrison is a great place to take shelter from Superior's storms.

Mysteries need solving.

Can you solve the mystery behind Shot Watch Cove? A watch was found here - with a gunshot hole through it!

Feel like a day paddle?

Spend a day exploring the Harbour's small islands and channels.

How many tents fit?

On tent pads: Multiple tents at most sites, however the northern site is larger.

In a squeeze: Camp on the beach.





Fish Harbour



Reasons to **Stay Here**

Stormstayed?

Protected by several islands, Fish Harbour gives shelter from Superior's storms. Sometimes we *hope* to get windbound here.

Stumped?

Don't be. These sites have lots of stumps for sitting around the fire.

Want to know a secret?

Promise not to tell? This is one of our favourite campsites. Shh!

How many tents fit?

On tent pads: Multiple tents at most sites, however the western site is the target.

In a squeeze: Camp on the beach.





Oiseau Bay · Wiso wikwedon



Reasons to **Stay Here**

It's the biggest bay in Pukaskwa.

Need we say more?

Hike an old riverbed.

In 1986, heavy rains broke a beaver dam on Oiseau Creek, causing the river mouth to reroute.

Feel the history.

Many of you have met Collette Goodchild, a local elder and Pukaskwa employee. These are her childhood stomping grounds.

How many tents fit?

On tent pads: Multiple tents at most sites.

In a squeeze: Camp on the beach.





Fisherman's Cove · Ganiimebinewan



Reasons to **Stay Here**

Shared privacy.

Each campsite has its own cove.

Need to dry out your gear? Fisherman's Cove has lots of rocks for getting it dry - fast. Not that we know from experience...

Longing for a swim?

Try the northern cove - it's far warmer than the southern one.

How many tents fit?

On tent pads: Up to 5 tents at the south site, 2 tents on the north site.

In a squeeze: Camp on the beach.





White Gravel River · Gaziinins dongang ziibi



Reasons to **Stay Here**

Fish stories.

If you don't have a rod, just watch the river. You'll likely spot the salmon!

Larger group?

White Gravel River has space for you.

Like storms?

White Gravel River is a great place to watch storms. Just be sure to take shelter and stay safe.

How many tents fit?

On tent pads: Multiple tents at most sites.
In a squeeze: Camp on the beach.





White Spruce Harbour · Migizi awatik goonsing

Reasons to **Stay Here**

Spectacular Sunsets

With western exposures and fabulous viewpoints, this is the place to take your sunset photo.

It's just plain pretty.

And we're not afraid to tell you.

Perfect first night stop.

If you're hiking from North Swallow River, White Spruce Harbour is the perfect distance to go the first day.

How many tents fit?

On tent pads: Two 2-person tents.
In a squeeze: Camp on the beach.





Hideaway Lake

Reasons to **Stay Here**

Steep cliffs and deep water.

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

Lots to explore.

Coast, trail, inland lake - Hideaway Lake has it all.

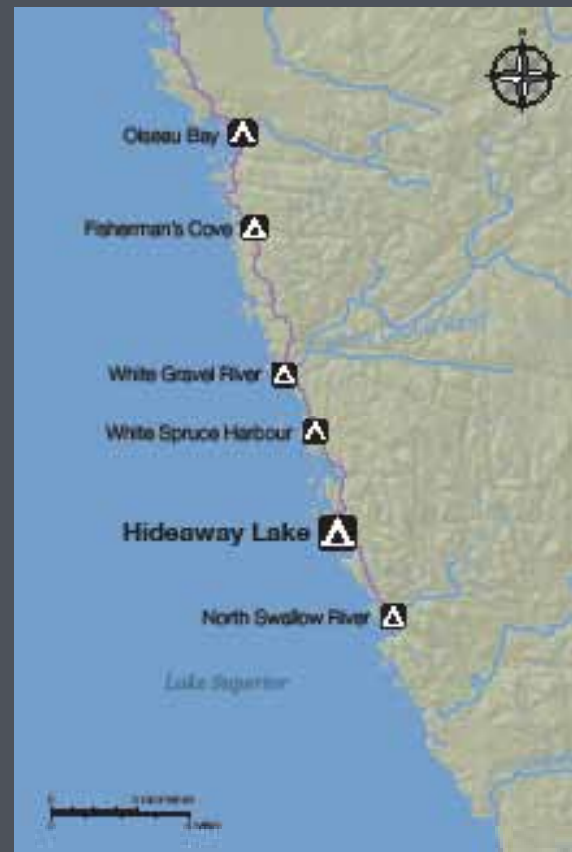
Tough landing for paddlers.

If you're hiking, Hideaway Lake is likely to be available. It's a tough spot for kayaks to make a landing.

How many tents fit?

On tent pads: Multiple tents at most sites.

In a squeeze: Another small tent pad near the rocky outcrop.





North Swallow River · Giiwednong zhaashawinibiis wi ziibi



Reasons to **Stay Here**

Or reasons to START here.

Hike one way, and treat yourself to a coastal boat tour by taking a water taxi the other way.

It's the end of the trail.

Take a night to savour it and celebrate - you deserve it!

See it both ways.

One group paddles, one group hikes. Meet up, celebrate, and switch here! Hikers paddle back, paddlers hike back.

How many tents fit?

On tent pads: Two 2-person tents.
In a squeeze: Camp on the beach.





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.
- Use a map and compass to eliminate the use of marking paint, rock cairns or flagging.

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

Gear Checklist

Safety Gear

- satellite phone, EPIRB or SPOT device
- headlamp and/or flashlight
- mirror
- matches / fire starting kit
- bear deterrent
- weather radio
- first aid kit
- extra food

Navigation

- maps and waterproof case
- watch
- compass
- binoculars
- pencils
- waterproof notebook/logbook
- Global Positioning System (GPS)

Repair Kit

- duct tape
- spare batteries and bulbs
- silicon sealant
- heavy duty needle and thread
- ripstop nylon repair kit
- stove repair kit

Camp Gear

- tarp
- tent
- stove and fuel
- cooking pot
- stuff sacks
- camp saw
- 15 m rope / pulley system for hanging food
- trowel
- toilet paper
- food
- lots of hot drinks (trust us)

Personal Gear

- water bottle
- bowl and spork
- mug
- knife
- toothbrush and toothpaste
- towel
- daypack
- sunscreen / sunglasses
- sleeping bag
- wallet / cash
- contact phone numbers
- trip plan
- camera

Personal Clothing

- warm hat
- sun hat
- rain gear with hood
- shorts: quick dry
- pants: wool or fleece
- jacket: fleece
- sweater: light wool
- shirt / t-shirt
- long underwear: wool or polypropylene
- gloves
- camp shoes
- swimsuit
- bug hat, jacket, and / or repellent

For Hikers

- backpack
- hiking boots
- liner socks
- blister kit

Coastal Hiking Trail Distance Chart

Pukaskwa Coastal Hiking Trail Approximate Hiking Distances (km) and Times (hrs:mins)	Hattie Cove 67 sites	Playter Harbour 1 site	White River - Chigamawinigum Falls 2 sites	White River - Hook Falls 3 sites	Willow River 5 sites	Morrison Harbour 2 sites
Hattie Cove 67 sites		4.5 km 2:00	7.8 km 3:30	8.8 km 4:30	16.4 km 8:30	
Playter Harbour 1 site	4.5 km 2:00		3.3 km 1:30	4.3 km 2:30	11.9 km 6:30	
White River - Chigamawinigum Falls 2 sites	7.8 km 3:30	3.3 km 1:30		1.0 km 0:30	8.6 km 5:00	
White River - Hook Falls 3 sites	8.8 km 4:30	4.3 km 2:30	1.0 km 0:30		7.6 km 4:00	
Willow River 5 sites	16.4 km 8:30	11.9 km 6:30	8.6 km 5:00	7.6 km 4:00		
Morrison Harbour 2 sites	22.0 km 11:30	17.5 km 9:30	14.2 km 8:00	13.2 km 7:00	5.6 km 3:00	
Fish Harbour 3 sites	25.4 km 12:30	20.9 km 10:30	17.6 km 9:00	16.6 km 8:00	9.0 km 4:00	
Oiseau Bay 3 sites	30.5 km 14:30	26.0 km 12:30	22.7 km 11:00	21.7 km 10:00	14.1 km 6:00	
Fisherman's Cove 2 sites	37.7 km 17:30	33.2 km 15:30	29.9 km 14:00	28.9 km 13:00	21.3 km 9:00	
White Gravel River 3 sites	44.8 km 21:30	40.3 km 19:30	37.0 km 18:00	36.0 km 17:00	28.4 km 13:00	
White Spruce Harbour 1 site	47.9 km 23:00	43.4 km 21:00	40.1 km 19:30	39.1 km 18:30	31.5 km 14:30	
Hideaway Lake 1 site	54.7 km 26:30	50.2 km 24:30	46.9 km 23:00	45.9 km 22:00	38.3 km 18:00	
North Swallow River 1 site	58.7 km 28:30	54.2 km 26:30	50.9 km 25:00	49.9 km 24:00	42.3 km 20:00	

	Fish Harbour 3 sites	Oiseau Bay 3 sites	Fisherman's Cove 2 sites	White Gravel River 3 sites	White Spruce Harbour 1 site	Hideaway Lake 1 site	North Swallow River 1 site
22 km 11:30	25.4 km 12:30	30.5 km 14:30	37.7 km 17:30	44.8 km 21:30	47.9 km 23:00	54.7 km 26:30	58.7 km 28:30
17.5 km 9:30	20.9 km 10:30	26 km 12:30	33.2 km 15:30	40.3 km 19:30	43.4 km 21:00	50.2 km 24:30	54.2 km 26:30
14.2 km 8:00	17.6 km 9:00	22.7 km 11:00	29.9 km 4:00	37.0 km 18:00	40.1 km 19:30	46.9 km 23:00	50.9 km 25:00
13.2 km 7:00	16.6 km 8:00	21.7 km 10:00	28.9 km 13:00	36.0 km 17:00	39.1 km 18:30	45.9 km 22:00	49.9 km 24:00
5.6 km 3:00	9.0 km 4:00	14.1 km 6:00	21.3 km 9:00	28.4 km 13:00	31.5 km 14:30	38.3 km 18:00	42.3 km 20:00
	3.4 km 1:00	8.5 km 3:00	15.7 km 6:00	22.8 km 10:00	25.9 km 11:30	32.7 km 15:00	36.7 km 17:00
3.4 km 1:00		5.1 km 2:00	12.3 km 5:00	19.4 km 9:00	22.5 km 10:30	29.3 km 14:00	33.3 km 16:00
8.5 km 3:00	5.1 km 2:00		7.2 km 3:00	14.3 km 7:00	17.4 km 8:30	24.2 km 12:00	28.2 km 14:00
15.7 km 6:00	12.3 km 5:00	7.2 km 3:00		7.1 km 4:00	10.2 km 5:30	17.0 km 9:00	21.0 km 11:00
22.8 km 10:00	19.4 km 9:00	14.3 km 7:00	7.1 km 4:00		3.1 km 1:30	9.9 km 5:00	13.9 km 7:00
25.9 km 11:30	22.5 km 10:30	17.4 km 8:30	10.2 km 5:30	3.1 km 1:30		6.8 km 3:30	10.8 km 5:30
32.7 km 15:00	29.3 km 14:00	24.2 km 12:00	17.0 km 9:00	9.9 km 5:00	6.8 km 3:30		4.0 km 2:00
36.7 km 17:00	33.3 km 16:00	28.2 km 14:00	21.0 km 11:00	13.9 km 7:00	10.8 km 5:30	4.0 km 2:00	



Information

Pukaskwa National Park
PO Box 212
Heron Bay ON P0T 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

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