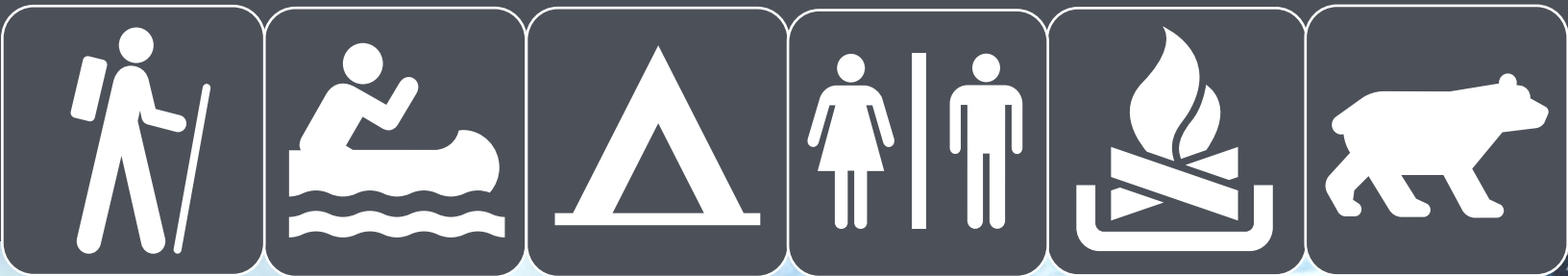




Pukaskwa
National Park
parkscanada.gc.ca

Coastal Hiking Trail

Trip Planner v. 2.0



Parks Canada
Parcs Canada

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 Anishnaabe teachings from this area, drop by the Anishinaabe Camp near the Visitor Centre. First Nation 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.

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



Using this Trip Planner

Planning to hike the wildest shore of all the Great Lakes? This guide will help you find all the information you need to plan, pack, and have a safe and memorable trip on the Coastal Hiking Trail. Each campsite is profiled with photographs, site information, and a story about the place.

Many of these stories were collected during a series of oral history interviews conducted in 1979, others come from our own staff who have travelled these routes for decades, and others come from visitors like you.

Prior to planning your trip, assess your skills and physical fitness level. Do not overestimate your




































abilities for this challenging, yet rewarding hike. This guide will help you determine the level of physical and backcountry skills and knowledge needed to complete this hike.

We've designed this guide to help you plan your dream trip. It is NOT intended for navigation.

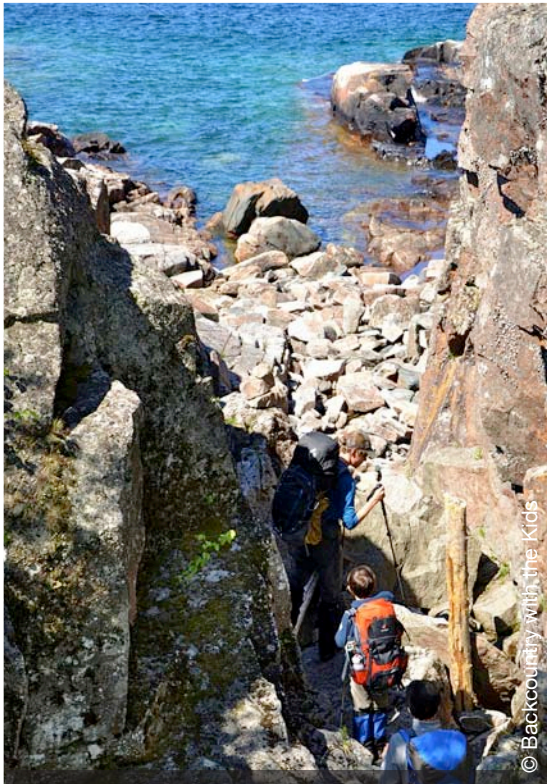
If you have ideas, corrections, or even a photograph you think will improve the guide, please contact ont-pukaskwa@pc.gc.ca.

Hiking times in this guide are based on a hiker averaging 1.5 km/h over rugged and slippery terrain with a 16 kg / 35 lb pack.

Guide to Symbols

	Camping Area		Information		Drinking Water		Hospital
	Hiker Campsite		Telephone		Electrical Service		Postal Services
	Paddler Campsite		Parking		Wireless Internet		Fuel
	Outhouse		Picnic Area		Boat Shuttles and Tours		Bus and Taxi Transportation
	Food Locker		Toilets		Gift Shop		ATM
	Canoeing		Showers		Rental Kayaks		Laundry Services
	Portage		Interpretive Centre		Rental Canoes		Alcohol
	Hiking		Waterfall		Accommodations		Groceries
	Kayaking		Viewpoint		Restaurants		

What to Expect



Steep climbs over rocky shorelines.



Dramatic vistas over the Great Lakes' wildest shore.



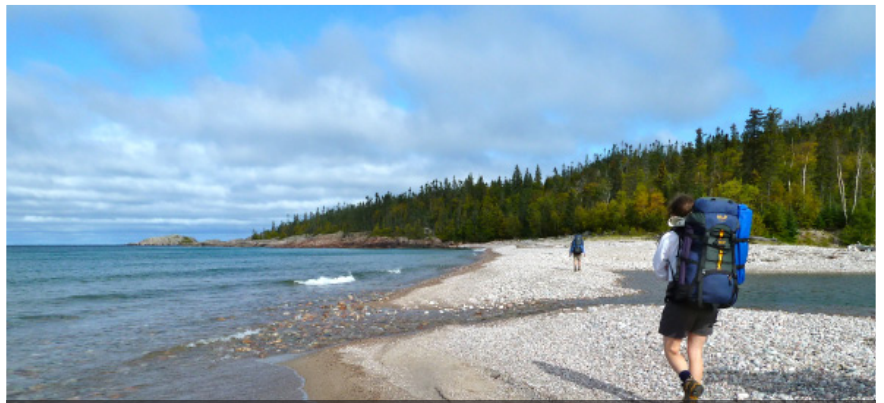
Rock cairns to point the way.



Some flat, open areas.



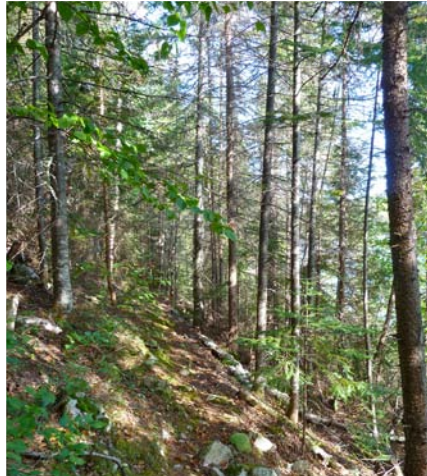
Rocks to hop from place to place.



Cobble shorelines and creek crossings.



Suspension Bridges.



Slopeside walks.



Inland hiking.



Challenging climbs up and down.

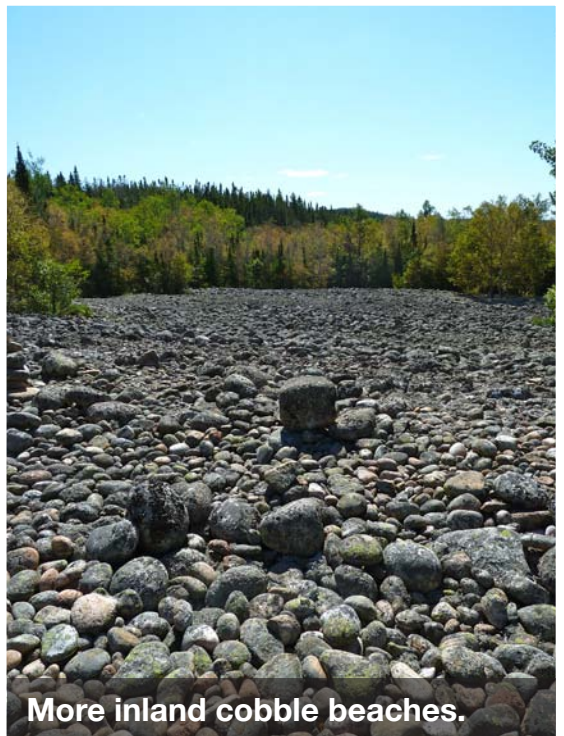
© Backcountry with the Kids



Narrow, slippery bridges.



Beaver dams form part of the trail.



More inland cobble beaches.

Hazards and Risks



Rugged and Remote

Pukaskwa National Park is spectacular. It is also a remote, rugged place where rescues take time. Remember: you are responsible for your own safety. All hikers must be experienced backcountry hikers.



Temperatures and Monthly Rainfall

Pukaskwa's cool, sunny summer days are perfect for exploring, or a quick swim. However, 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"



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.



River Crossings

Small creeks and river crossings are a part of the hiking trail. The crossings are usually navigable but can lead through knee-deep, fast flowing water. You must exercise caution when crossing creeks and rivers, particularly during high-water conditions. Rivers have been impassable at times. At peak flow (usually in the spring), if the water is too high to cross, you may need to wait until water levels drop.



Bears

Black bears live in Pukaskwa National Park, and are occasionally seen along the coast. Food lockers for storing food overnight are available at each Coastal Hiking Trail campsite. Take precautions and be prepared for an encounter with a black bear. Bring legal bear deterrents (pen flare bangers, bear spray). Be informed and ready for their proper use. Firearms are prohibited in Pukaskwa National Park. For more information, read *You Are In Black Bear Country* or consult with Parks Canada staff.



Bugs

Bring your bug hat, bug jacket, bug spray, or nerves of steel.

Blackflies Peak late May - June

Mosquitoes Peak mid June - July

Horse and Deer Flies Peak July - August

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



Pets

Please note that certain animals in the park such as woodland caribou and black bears can be highly sensitive to dogs. If you decide to bring your dog on the trail, it must be leashed at all times.



Doctors and Veterinarians

We hope you won't require medical attention while on vacation, however if you do, there is a medical clinic, a pharmacy, and a hospital in Marathon.

The closest permanent veterinary service is in Thunder Bay. Mobile services do travel to Marathon regularly. Check with park staff for a current schedule.



Water Quality/Quantity

Drinking water is available from most rivers, creeks and certainly from Lake Superior. We advise all backcountry hikers to fine filter, treat or boil their drinking water. Some areas of the trail veer inland for some distance. Be sure to stock up on water from Lake Superior prior to starting your daily hike.

Minimizing Risks



Experience Level

The Coastal Hiking Trail is for hikers who are experienced in overnight backpacking. Experienced group leaders cannot compensate for inexperienced hikers in their group.

All hikers in your group must be prepared for:

- A multi-day backcountry hike with long distances through rough terrain while carrying a full backpack. Blisters as well as recurring knee, back or ankle injuries are often aggravated on the trail.
- Rugged, uneven ground.
- Slippery conditions on muddy trails, wooden surfaces, boardwalks, stairs, cobble stones and rocky shorelines.
- Wading across creeks and rivers, climbing stairs and steep terrain, following an irregular trail and negotiating steep slopes and earth slumps.
- Damaged trail structures. Trail maintenance is ongoing and the condition of structures can change at any time.
- Accidents and injuries: it may take more than 24 hours for help to arrive.
- A wilderness experience.

Hiking with a partner or in a small group is preferable. Maximum group size is 8 people.



Equipment

To enjoy your hiking experience, you must be comfortable. Use quality lightweight equipment and be prepared for cold, warm, dry and wet weather. 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.

Think of your feet: Do not break in new boots on this hike. Prepare blister prone areas before the hike and treat blisters immediately.

A suggested list of equipment can be found on page 33.



Sunrise and Sunset Times

There's plenty of sunshine on the northern shore of Lake Superior. Plan your daily objectives accordingly.

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





Suggested Trips



First Trip with the Kids

1 night, 2 days, 9 km

Try your hand at camping in this family friendly section of the backcountry.

- Day One Hike to Playter Harbour
- Day Two Hike back to Hattie Cove



Mini Hike

2 nights, 3 days, 16.4 km

Want just a taste of the Coastal Hiking Trail? Try this mini hike!

- Day One Arrive and camp at Hattie Cove
- Day Two Boat tour to Willow River
Hike to Hook Falls
- Day Three Hike to Hattie Cove, across the
White River Suspension Bridge



Mitaawangaa Getaway

4 nights, 5 days, 60 km

Up for a bigger challenge? Hike the entire trail, one-way, in 5 days and camp on the park's nicest sandy beaches (Mitaawangaa).

- Day One Boat tour to North Swallow. Hike to White Spruce Harbour.
- Day Two Hike to Fisherman's Cove.
- Day Three Hike to Fish Harbour.
- Day Four Hike to Willow River
- Day Five Hike to Hattie Cove



Fall Escape

3 nights, 4 days, 33 km

Waterfalls and spectacular views over river valleys.

- Day One Hike to White River -
Chigaamiwinigum Falls
- Day Two Hike to Willow River
- Day Three Hike to White River - Hook Falls
- Day Four Return to Hattie Cove



Coastal Hiking Trail Challenge

5 nights, 6 days, 60 km

Take the challenge and complete the trail one-way. Jaw-dropping vistas, gorgeous beach campsites, river crossings and challenging climbs!

- 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 Fisherman's Cove
- Day Four Hike to Fish Harbour
- Day Five Hike to Willow River
- Day Six Hike back to Hattie Cove in one long day



Coastal Challenge

9 nights, 10 days, 120 km

Enjoy a longer time in the backcountry with the trail's ultimate challenge.

- 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

Please note: Adverse weather conditions may affect your planned itinerary. Your personal safety should be your first consideration so please plan for flexibility in your schedule.

Maps and Other Resources

Chrismar's *The Adventure Maps: Pukaskwa National Park* is a great planning resource and the best navigational aid to have on the trail. Order your map from ont-pukaskwa@pc.gc.ca, or purchase it at your

local outfitter. Topographical maps at a 1:50,000 scale are also available on the Natural Resources Canada website (www.nrcan.gc.ca). Search for maps 42D/9 Marathon, 42D/8 Oiseau Bay and 42D/1 Otter Island.

Backcountry Reservations and Permits

The Coastal Hiking Trail is open from **May 1 - September 30**.

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

Phone: 1-807-229-0801
E-mail: ont-pukaskwa@pc.gc.ca

When making a reservation, have the following ready:

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

All visitors on the Coastal Hiking Trail require a visitor permit.

Fees

For current fees, visit the Fees section under Visitor Information on the park's fees website or call us at **807-229-0801**. Daily entry and camping fees both apply. Savings are offered through the selection of annual passes and family group entry rates. When making your reservation, we will be happy to help you determine which option is best for your trip plans.

Licensed Outfitters and Boat Charters

McCuaig Marine

Find them on Facebook.

PO Box 442
Marathon ON P0T2E0
Phone: 705-206-2758
or 705-206-2759
Email: mccuaigmarine@shaw.ca



Ontario Sea Kayak Centre

www.ontarioseakayakcentre.com

6 Harmony Lane
Parry Sound ON P2A 0B1
Phone: 705-771-9555
Email: info@ontarioseakayak.com



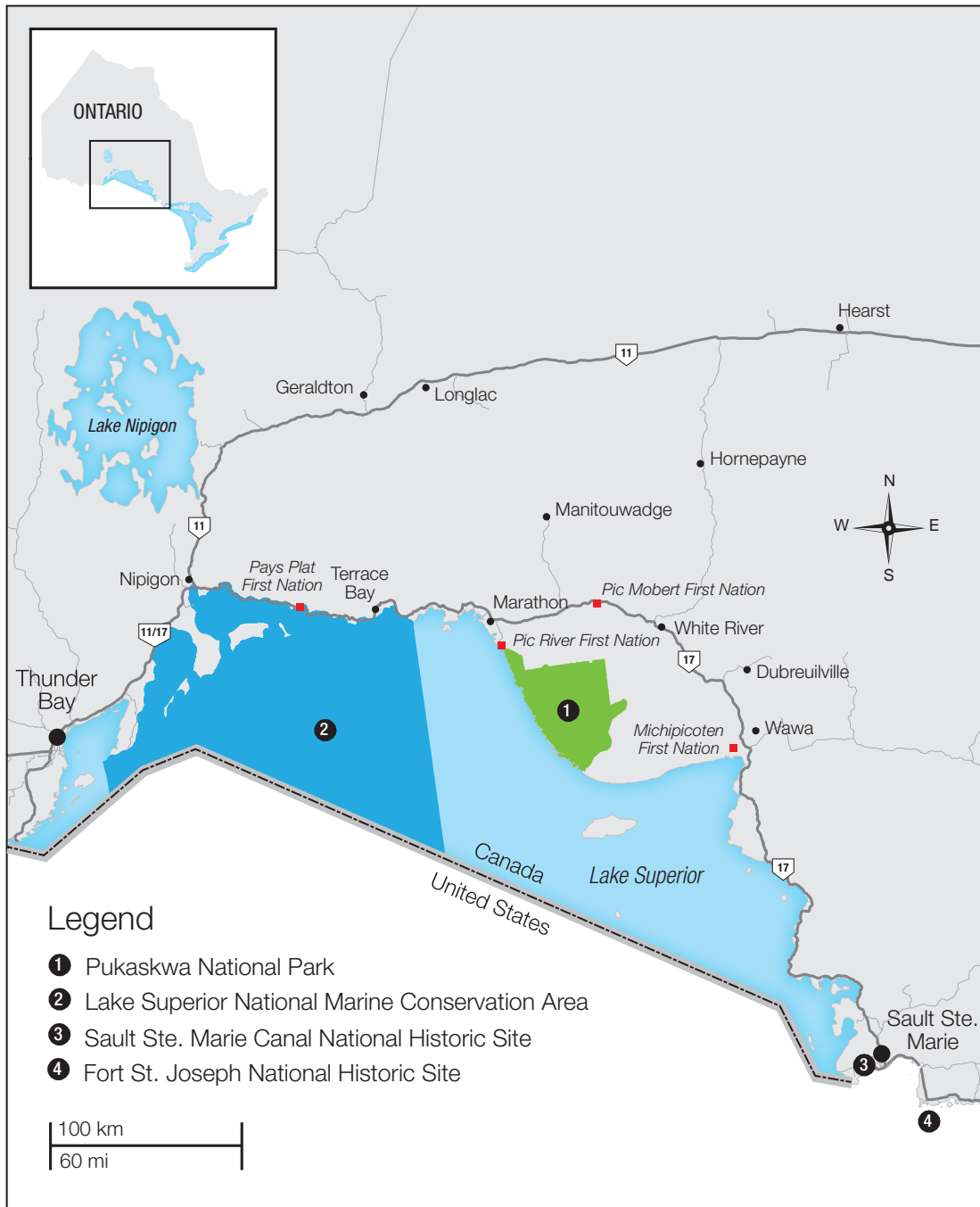
Naturally Superior Adventures

www.naturallysuperior.com

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



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 National Park.

By Canoe or Kayak

Paddling on Lake Superior is only recommended for experienced paddlers. Pukaskwa's Hattie Cove is well hidden and difficult to find. Be sure to landmark carefully when paddling this stretch.

En Route

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



Proposed Lake Superior National Marine Conservation Area



Fort St. Joseph
National Historic Site



Sault Ste. Marie Canal
National Historic Site



Sault Ste. Marie Canal
National Historic Site

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	8:30
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	11:00
Winnipeg, MB	1000/620	12:00	Chicago, IL	1180/730	13:30
Toronto, ON	1110/690	13:30			
Ottawa, ON	1200/745	15:00			



Pic River Sand Dunes

Nearby Communities



Pic River First Nation

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



Town of Marathon

Marathon is the closest full-service community. Two large grocery stores, three hardware stores, and several other businesses can provide food, fuel, and basic supplies you require for a backcountry trip.



Thunder Bay and Sault Ste. Marie

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

Registration and Orientation

Upon your arrival at the park, you will register and receive a Backcountry Orientation with park staff. The orientation must take place prior to starting the hike.

When registering, please have the following information ready:

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

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 beauty and the heritage of Pukaskwa National Park and the Coastal Hiking Trail. Working with others, we strive to provide Canadians and international visitors with the opportunity to experience and learn about Canada's heritage.

The entire national park falls within the traditional territory of local First Nations who have inhabited this region for countless generations. Parks Canada works collaboratively with local First Nations to ensure protection, preservation and presentation of these lands.

We also need your help. Respectful behaviour from all hikers will lead to a safe and rewarding experience and contribute to a healthy functioning ecosystem. Please be respectful of all structures and cultural resources you may find along your excursion.





Inland cobble beach on the Coastal Hiking Trail.

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.**



Wildlife Cameras

During your trip, you might notice motion-sensitive cameras installed along Pukaskwa’s trails and coastline. We use the images from these cameras to monitor and learn more about wildlife such as woodland caribou,

moose, wolves, and bears that live here. All photos of visitors are deleted to protect your privacy. But don’t be afraid to strike a pose and give us a laugh!

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.

Travel and Camp on Durable Surfaces

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

In popular areas:

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

In pristine areas:

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

Dispose of Waste Properly

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

Leave What You Find

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

Minimize Campfire Impacts

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

Respect Wildlife

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

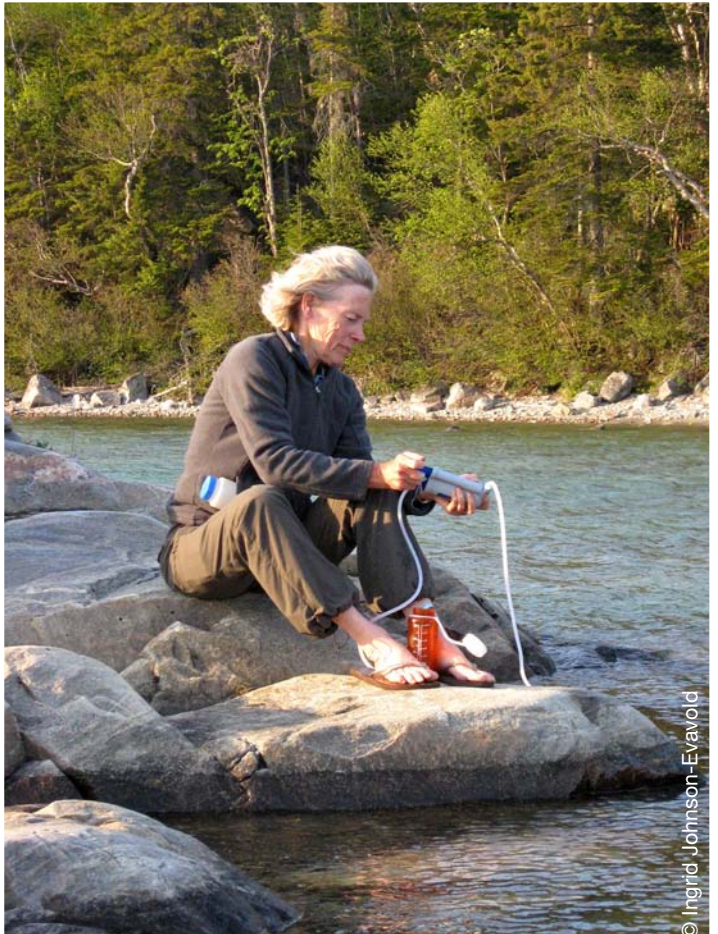
Be Considerate of Others

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

www.leavenotrace.ca



© Ingrid Johnson-Evavold



© Ingrid Johnson-Evavold



© Backcountry with the Kids



Hattie Cove · Bii to bii gong

67 Campsites

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. Open from Victoria Day weekend through Labour Day weekend, the campground includes flush toilets, hot showers, electrical campsites, free WIFI, interpretive programs, and more. Hattie Cove is the most popular access point for backcountry visitors.

Bannock and tea?

Share some bannock, tea, and stories at the Anishinaabe Camp.

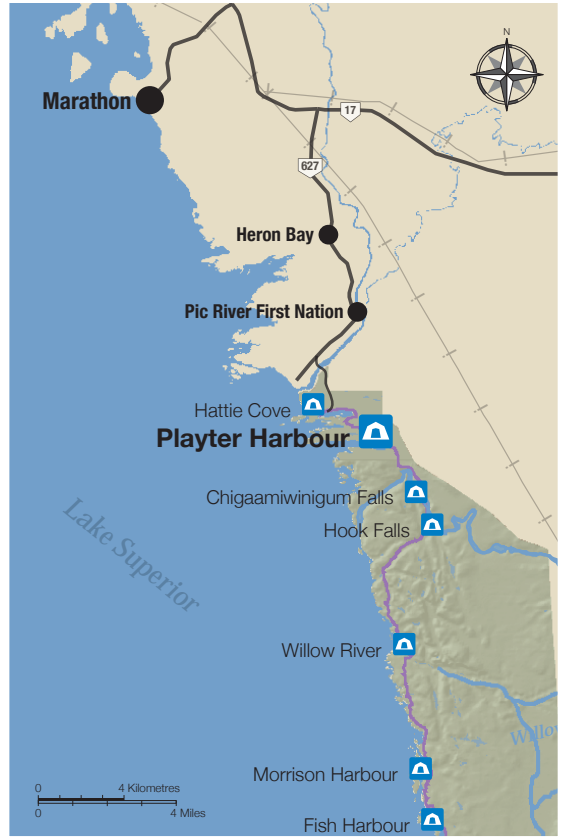
Parking

Parking for backcountry visitors is available in the Visitor Centre parking lot.



Certificates and Souvenirs

Want a little token to remember your Coastal Hiking Trail adventure? Drop by the Visitor Centre to collect your Coastal Hiking Trail Certificate and to view our selection of Pukaskwa National Park mementos.



Playter Harbour · Gaginoo wiikwed dowooga

1 Campsite

Playter Harbour is the longest harbour along Pukaskwa’s coast. The campsite is tucked into a tiny cove, protected by a small island. It has a beautiful sandy beach and is a great spot for a dip into Lake Superior.

First Backcountry Experience

Thinking of trying out camping in the backcountry with the kids? The family friendly hike and 1-night stay in Playter Harbour is your ideal getaway. Only 4.5 kms from Hattie Cove, the protected harbour offers a beautiful waterfront campsite.





White River Lower Falls · Chigaamiwinigum

2 Campsites



Looking for a weekend getaway?

Chigaamawinigum Falls is a 7.8 km hike from the trailhead, making it a perfect weekend trip.

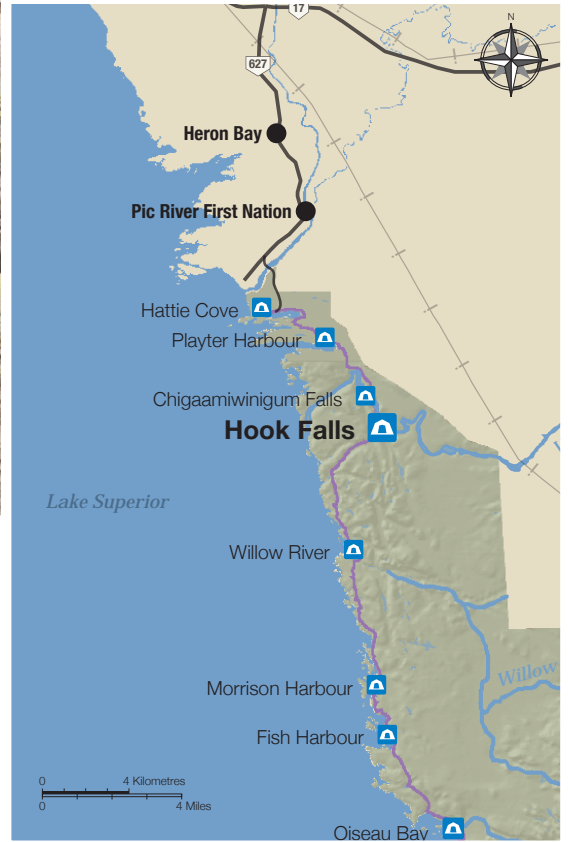
**“This hike wasn’t my idea.
But it was so worth it.”**

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

A Marriage Proposal

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

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



White River - Hook/Upper Falls

3 Campsites



Looking for a cozy spot for the night?

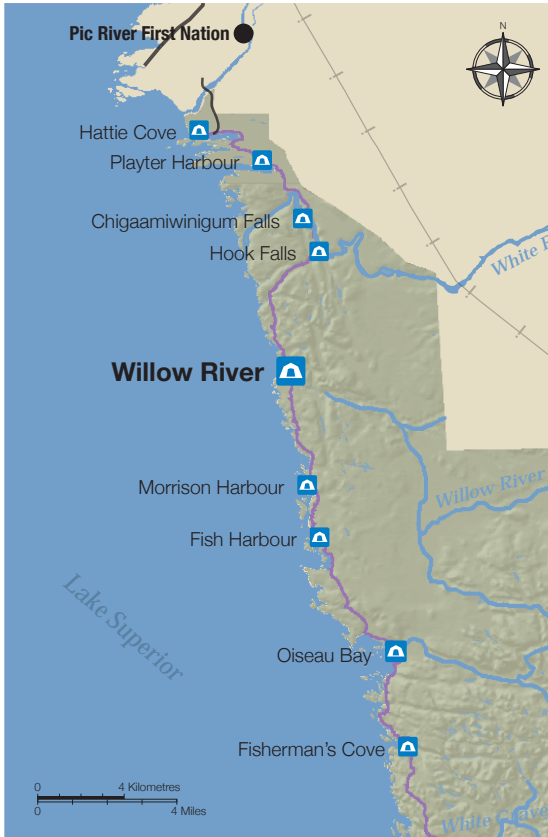
The northern site is perfect for two people, and has a lovely rocky outcrop for cooking dinner or enjoying a morning coffee.

Have a larger group?

The southern sites share a bear box and pit privy, but there is plenty of tent space and room to play in the forest.

Want some privacy?

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



Willow River · Wedoopki ziibi

5 Campsites

Gem that stole my heart.

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

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

For more, visit <http://scattereddreamsgathered.wordpress.com/2012/06/28/tying-it-up/>

Large group?

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

Meet new friends.

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





Morrison Harbour · Miziinack onigiigan

2 Campsites

What's your story?

We genuinely want to know. We love hearing about your experiences in the backcountry. If you have a good story or photo to add to this booklet, send it to ont-pukaskwa@pc.gc.ca.





Fish Harbour

3 Campsites



Backcountry with the Kids

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

"Hiking with kids is nothing new to my husband and myself, but this particular trail is going to be a doozy. Its sixty rugged kilometres stretch along the north-eastern coast of Ontario's inland sea, Lake Superior. The terrain is rough and remains relatively untouched, and the weather can be strong-willed."

Those who choose to make the journey here do so for the beauty, the experience, and let's face it, the bragging rights. Trekking this trail is certainly more difficult than a simple walk in the park."

To read more, visit <http://backcountrywiththekids.com/2012/06/11/pukaskwa-wild-winsome-and-wonderful>



Oiseau Bay · Wiso wikwedon

3 Campsites

Naming Bay

Wiso wikwedon means Naming Bay.

Hike an old riverbed

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

Walk in the Goodchilds' footsteps

Collette Goodchild, a local elder and longtime Pukaskwa employee spent much time in what is now Pukaskwa National Park. These are her childhood stomping grounds. For generations, her family trapped, hunted, and carried mail between Heron Bay and Oiseau Bay.





Fisherman's Cove · Ganiimebinewan

2 Campsites



Never a Moment of Tedium

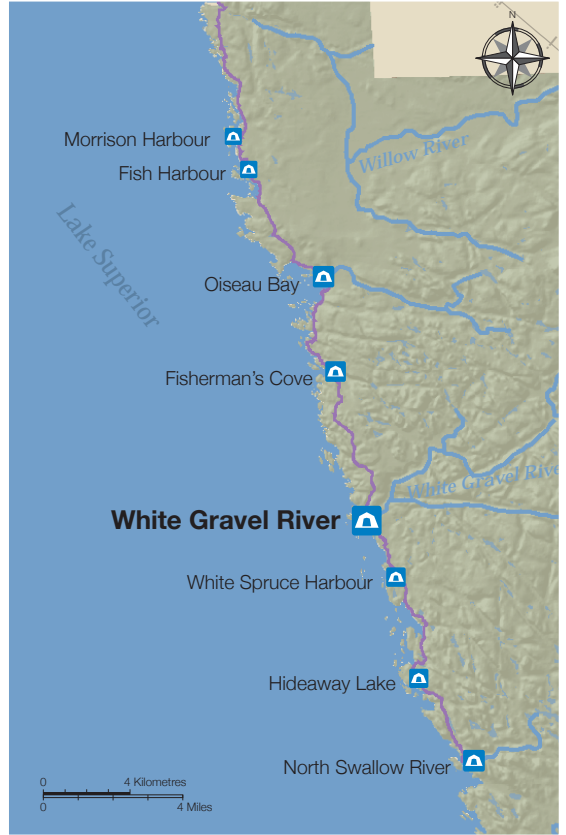
"The trail was a very rugged constant gain and loss of elevation. It was rocky and dense and we relied heavily on our hiking poles for balance and grip. There was a substantial amount of rock-hopping to avoid any number of hazards, and felled trees to climb over and around. There was never a moment of tedium as a constant stream of obstacles kept us on our toes at all times. We were rewarded for our efforts with some of the most beautiful and breathtaking backcountry that I have ever seen. Lake Superior stretches on forever and truly

resembles the sea. The sandy beaches sweep out like private playgrounds to explore and enjoy at the end of a long day. Almost all of our campsites landed us smack dab in the middle of a gorgeous beach with sunset views to die for. Even after hiking an eight-hour day, the boys ran out into the sand to dig and build and explore."

For more, visit
<http://backcountrywiththekids.com/2012/06/11/pukaskwa-wild-winsome-and-wonderful>



© Backcountry with the Kids



White Gravel River · Gaziinins dongang ziibi

3 Campsites

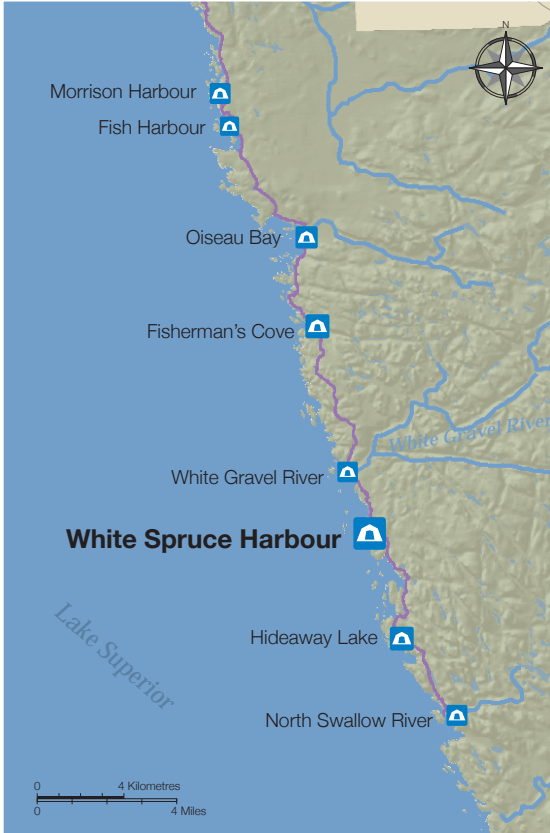


River Crossing

The White Gravel River is the largest river crossing along the Coastal Hiking Trail. Exercise caution when crossing creeks and rivers, particularly during high-water conditions. Be prepared to get your feet (and possibly your knees!) wet.

Larger group?

White Gravel River has space for you.



White Spruce Harbour · Migizi awatik goonsing

1 Campsite



Weren't too bad a shot afterall

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

I do remember just on the calm part of the lake, in the bay... [Mrs. Waboos] and my mother, and me sitting in the middle, the two women out shooting ducks. I remember that. It was just the three of us (...) In the old days (they still do I guess) they put branches in the front of the canoe... to sneak up on the ducks. They think it's just drift-wood or tree I guess the birds don't see the human behind. I do remember, I think it was Mrs.

Waboos that was in the back - steering the canoe - my mother up in front with the shotgun. (...) But Dad told me after. He said, "Yes, your mom and Mrs. Waboos did lots of hunting. Kept us in food." I guess they weren't too bad a shot afterall."

Migizi awatik goonsing

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



Hideaway Lake

1 Campsite



Read like Art

in the 1930s, Art Laroque trapped furs from Simons Harbour south to the Swallow River. Gordon Primeau, who used to bring him books, once said *“He was a fanatic, book fanatic. And we’d come there to his camp in the summer and he’d be sitting on the rocking chair reading, and there’d be five of us standing there. When he finished the chapter, then he’d say ‘Hello.’”*

Why not curl up on one of Hideaway Lake’s great rocks and read like Art?



© Ingrid Johnson-Baxeld



North Swallow River · Giiwednong zhaashawinibiis wi ziibi

1 Campsite

You've reached the end. Or the beginning.

If you're arriving here at the end of a long hike, take a night to celebrate and enjoy Lake Superior for one last time. Or, start here. Treat yourself to a boat tour to North Swallow, and then hike your way back to Hattie Cove. Either way, be prepared to cross the North Swallow River on the north side of the harbour.

See it both ways.

See the coast from land and water. Find some adventurous friends, and divide into two groups. One group paddles, one group hikes. Meet up, celebrate, and switch here! Hikers paddle back, paddlers hike back.

Looking for the trail access point?

The Coastal Hiking Trail starts at the north end of the beach, where the North Swallow River empties into Lake Superior.



Gear Checklist

Safety Gear

- brain filled with backcountry hiking experience
- satellite phone, EPIRB or SPOT device
- mirror
- matches / fire starting kit
- bear deterrent
- weather radio
- first aid kit
- extra food (1-2 days)
- blister kit

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 or tent footprint
- tent
- water filter/purification system
- stove and fuel
- cooking pot
- stuff sacks
- camp saw
- 15 m rope
- trowel
- toilet paper
- food
- lots of hot drinks (trust us)

Personal Gear

- backpack
- water bottle
- bowl and utensil
- mug
- knife
- toothbrush and toothpaste
- towel
- sunscreen / sunglasses
- sleeping bag
- contact phone numbers
- headlamp and/or flashlight
- wallet/cash
- trip planner
- camera

Personal Clothing

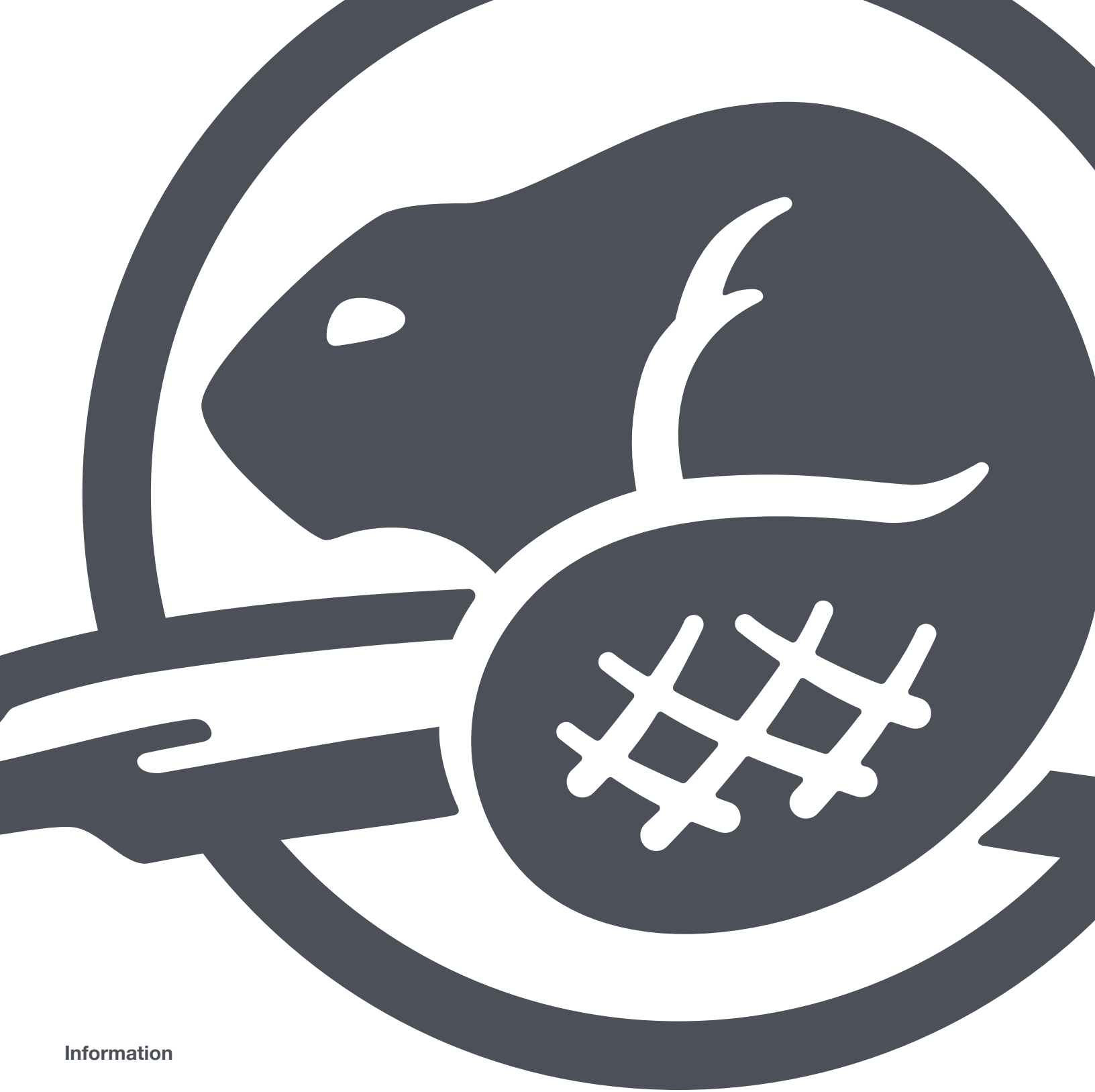
- warm hat
- sun hat
- rain gear with hood
- shorts
- pants
- jacket
- sweater
- shirt / t-shirt
- long underwear
- gloves
- camp shoes
- swimsuit
- bug hat, jacket, and / or repellent
- hiking boots
- socks

Coastal Hiking Trail Distance Chart

Hiking times in this guide are based on a hiker averaging 1.5 km/h over rugged and slippery terrain with a 16 kg / 35 lb pack.

Pukaskwa National Park's Coastal Hiking Trail Approximate Hiking Distances (km) and Times (hrs:mins)	Hattie Cove 67 sites	Playter Harbour 1 site	White River - Chigamawinigum 2 sites	White River - Hook Falls 3 sites	Willow River 5 sites	Morrison Harbour 2 sites
Hattie Cove 67 sites		4.5 km 3:00	7.8 km 5:20	8.8 km 5:40	16.4 km 11:00	
Playter Harbour 1 site	4.5 km 3:00		3.3 km 2:20	4.3 km 2:40	11.9 km 7:50	
White River - Chigaamiwinigum 2 sites	7.8 km 5:20	3.3 km 2:20		1.0 km 0:45	8.6 km 5:50	
White River - Hook Falls 3 sites	8.8 km 5:40	4.3 km 2:40	1.0 km 0:45		7.6 km 5:10	
Willow River 5 sites	16.4 km 11:00	11.9 km 7:50	8.6 km 5:50	7.6 km 5:10		
Morrison Harbour 2 sites	22.0 km 14:30	17.5 km 11:30	14.2 km 9:30	13.2 km 8:45	5.6 km 3:45	
Fish Harbour 3 sites	25.4 km 17:00	20.9 km 13:50	17.6 km 11:45	16.6 km 11:00	9.0 km 6:00	
Oiseau Bay 3 sites	30.5 km 20:20	26.0 km 17:20	22.7 km 15:00	21.7 km 14:25	14.1 km 9:25	
Fisherman's Cove 2 sites	37.7 km 25:00	33.2 km 22:10	29.9 km 20:00	28.9 km 19:10	21.3 km 14:10	
White Gravel River 3 sites	44.8 km 29:40	40.3 km 26:40	37.0 km 24:30	36.0 km 24:00	28.4 km 18:50	
White Spruce Harbour 1 site	47.9 km 32:00	43.4 km 29:00	40.1 km 26:40	39.1 km 26:00	31.5 km 21:00	
Hideaway Lake 1 site	54.7 km 36:30	50.2 km 33:40	46.9 km 31:15	45.9 km 30:35	38.3 km 25:30	
North Swallow River 1 site	58.7 km 39:00	54.2 km 36:00	50.9 km 34:00	49.9 km 33:15	42.3 km 28:15	

	Fish Harbour 3 sites	Oiseau Bay 3 sites	Fisherman's Cove 2 sites	White Gravel River 3 sites	White Spruce Har- bour 1 site	Hideaway Lake 1 site	North Swallow River 1 site
22 km 14:30	25.4 km 17:00	30.5 km 20:20	37.7 km 25:00	44.8 km 29:40	47.9 km 32:00	54.7 km 36:30	58.7 km 39:00
17.5 km 11:30	20.9 km 13:50	26.0 km 17:20	33.2 km 22:10	40.3 km 26:40	43.4 km 29:00	50.2 km 33:40	54.2 km 36:00
14.2 km 9:30	17.6 km 11:45	22.7 km 15:00	29.9 km 20:00	37.0 km 24:30	40.1 km 26:40	46.9 km 31:15	50.9 km 34:00
13.2 km 8:45	16.6 km 11:00	21.7 km 14:25	28.9 km 19:10	36.0 km 24:00	39.1 km 26:00	45.9 km 30:35	49.9 km 33:15
5.6 km 3:45	9.0 km 6:00	14.1 km 9:25	21.3 km 14:10	28.4 km 18:50	31.5 km 21:00	38.3 km 25:30	42.3 km 28:15
	3.4 km 2:15	8.5 km 5:35	15.7 km 10:25	22.8 km 15:15	25.9 km 17:15	32.7 km 21:40	36.7 km 24:25
3.4 km 2:15		5.1 km 3:20	12.3 km 8:20	19.4 km 12:55	22.5 km 15:00	29.3 km 19:30	33.3 km 22:10
8.5 km 5:35	5.1 km 3:20		7.2 km 4:40	14.3 km 9:30	17.4 km 11:35	24.2 km 16:40	28.2 km 18:40
15.7 km 10:25	12.3 km 8:20	7.2 km 4:40		7.1 km 4:35	10.2 km 6:40	17.0 km 11:20	21.0 km 14:00
22.8 km 15:15	19.4 km 12:55	14.3 km 9:30	7.1 km 4:35		3.1 km 2:05	9.9 km 6:35	13.9 km 9:10
25.9 km 17:15	22.5 km 15:00	17.4 km 11:35	10.2 km 6:40	3.1 km 2:05		6.8 km 4:30	10.8 km 7:10
32.7 km 21:40	29.3 km 19:30	24.2 km 16:40	17.0 km 11:20	9.9 km 6:35	6.8 km 4:30		4.0 km 2:30
36.7 km 24:25	33.3 km 22:10	28.2 km 18:40	21.0 km 14:00	13.9 km 9:10	10.8 km 7:10	4.0 km 2:30	



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