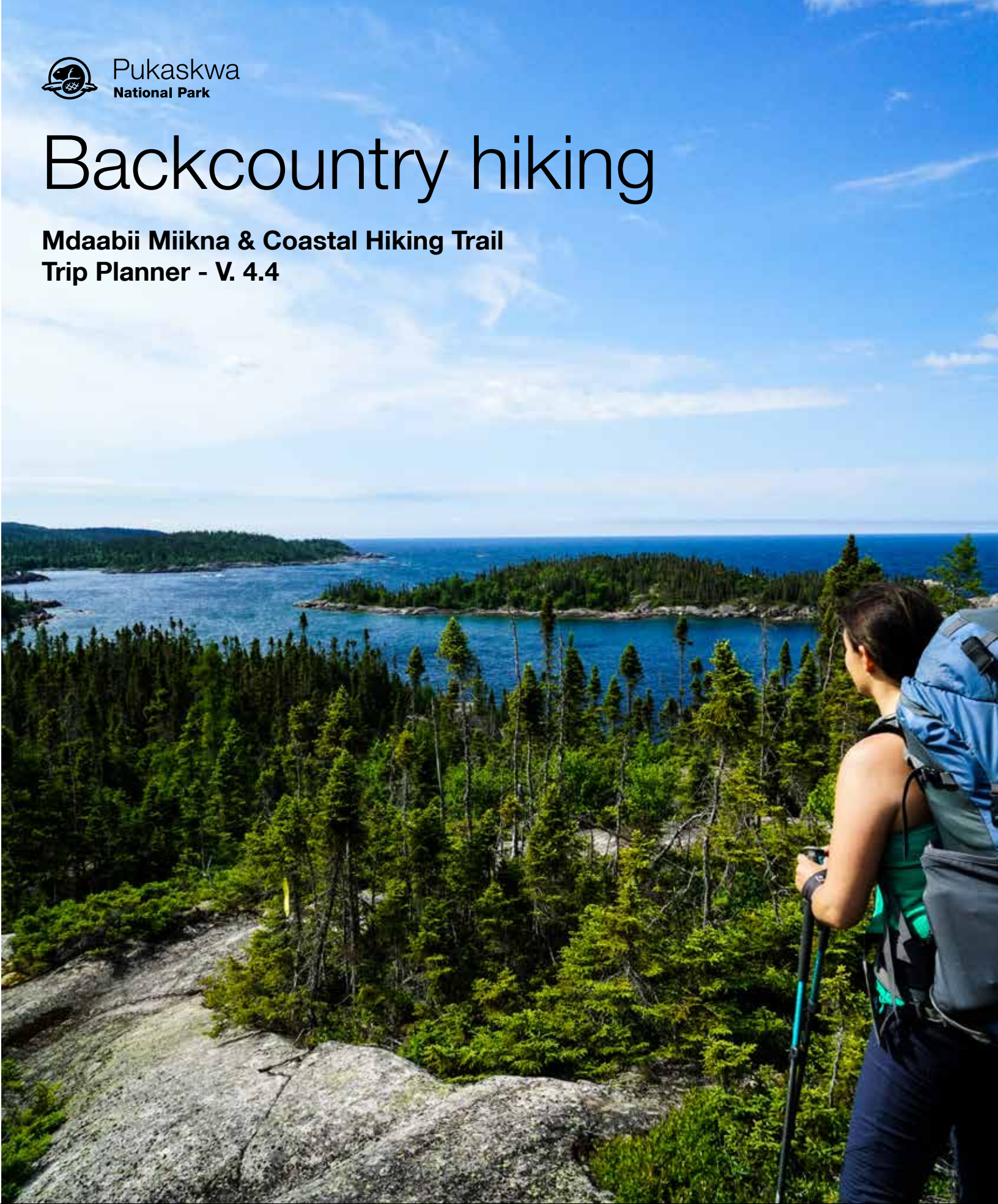


Backcountry hiking

**Mdaabii Miikna & Coastal Hiking Trail
Trip Planner - V. 4.4**



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Welcome! Bii san go biishan endaaing!

Pukaskwa National Park is a vast, wild, natural playground found on the edge of the world's largest freshwater lake. It is a place where powerful waves collide with rugged, towering coastlines; a place of endless sunsets over sandy driftwood beaches. A place where everyone can catch a glimpse of the rich traditions, values and contemporary life of the Anishinaabe.

This is a place, in Canada's most populous province, where Lake Superior's natural, untouched beauty can be seen, experienced and remembered by all who visit.

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 in Pukaskwa National Park's backcountry. Each campsite is profiled with photographs and site information. The campsites are ordered from North to South along the coastline.

Prior to planning your trip, assess your skills and physical fitness level. Do not overestimate your abilities for this challenging, yet rewarding hiking terrain. We've designed this guide to help you plan your dream trip. It is NOT intended for navigation. For navigational purposes, it is strongly recommended that hikers consult a topographical map and utilize the Chrismar Adventure Map of the park.

Chrismar's *The Adventure Map: Pukaskwa National Park* is a great planning resource and the best navigational aid to have on the trail. Order your map by emailing pc.pukaskwaont.pc@canada.ca, or purchase it at the park Kiosk, Visitor Centre or with 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.

Park staff are available to help you plan your trip Monday to Friday, 8:30 am - 4:30 pm, by calling 807-229-0801 or emailing pc.pukaskwaont.pc@canada.ca.
































Experience level

Backcountry hiking in Pukaskwa National Park is for hikers who have experience with difficult terrain. Visitors who wish to hike the Coastal Hiking Trail should have significant experience in overnight backpacking, while visitors hiking Mdaabii Miikna should come prepared with backpacking knowledge. Experienced group leaders cannot compensate for inexperienced hikers in their group. Hiking with a partner or in a small group is preferable. Maximum group size is 8 for private groups, 12 persons with a licensed outfitter.

Are you 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, driftwood 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.
- Reserving a confident trip itinerary? Online service fees are \$11.00 per reservation, modification or cancellation and call centre fees are \$13.50 per reservation, modification or cancellation.
- A wilderness experience?

Guide to symbols

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

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

Kasper Transportation offers bus service from Thunder Bay, ON 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.



Nearby communities



Biigtigong Nishnaabeg (Pic River)

Biigtigong Nishnaabeg 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. One large grocery store, three hardware stores, and several other businesses can provide food, fuel, and basic supplies you require for a backcountry trip.

What to expect...



Steep climbs over rocky shorelines.



Dramatic vistas over the Great Lakes' wildest shore.



Rock cairns to point the way.



Cobble stone beaches.



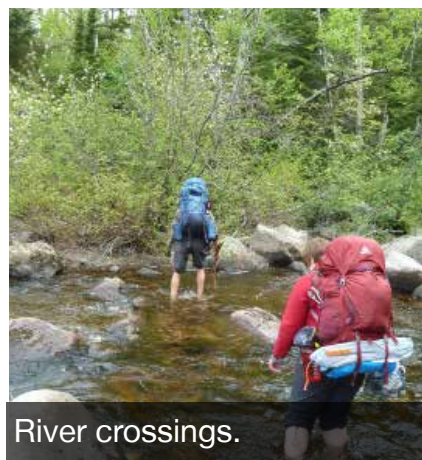
Narrow slippery bridges.



Rocks to hop from place to place.



Driftwood obstacles.



River crossings.



Suspension bridges.

Hazards & minimizing 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 in backcountry hiking.



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. Fog is common and can last for days.



River crossings

Small creeks and river crossings are a part of the hiking trail. The crossings are usually navigable but can lead through knee to thigh-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 and food lockers

Black bears live in Pukaskwa National Park, and are occasionally seen along the coast. Food lockers for storing food overnight are available at each backcountry hiking campsite. Take precautions and be prepared for an encounter with a black bear. Bring legal bear deterrents (like 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* available at the Park Kiosk or consult with Parks Canada staff.

Food lockers are not rodent proof - always store food in sturdy, odour resistant containers/bags.



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.



Sunrise and sunset times

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

<u>Date</u>	<u>Sunrise</u>	<u>Sunset</u>
May 21	6:00 a.m.	9:25 p.m.
June 21	5:45 a.m.	9:50 p.m.
July 21	6:05 a.m.	9:40 p.m.
August 21	6:45 a.m.	8:50 p.m.
September 21	7:30 a.m.	7:45 p.m.
October 21	8:15 a.m.	6:45 p.m.



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 31.

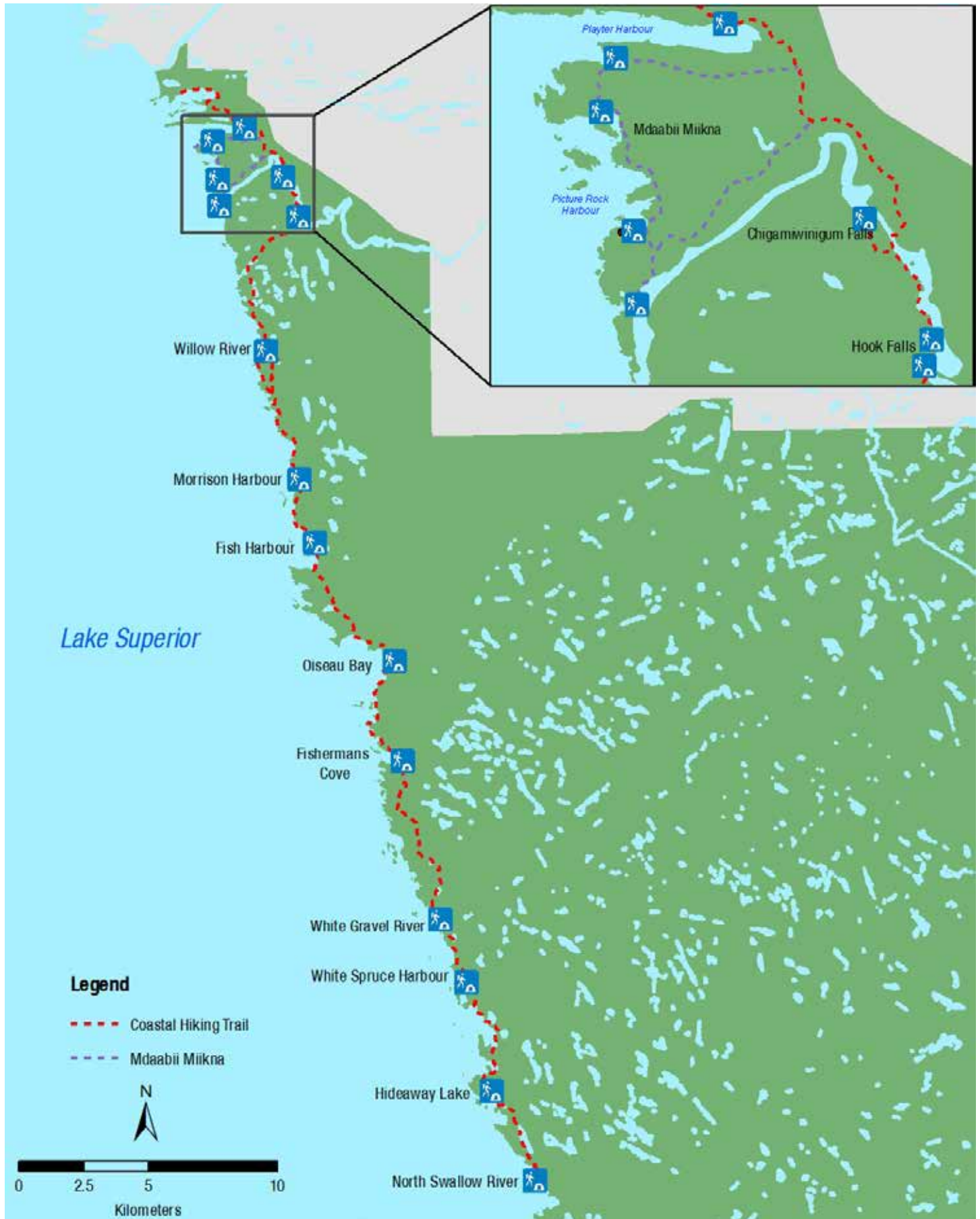


Cell phone service

Cell phone service is unreliable in the park, especially in Pukaskwa's backcountry.



Mdaabii Miikna & Coastal Hiking Trail map



What are my trip options?

Whatever you would like! We recommend backpackers hike at their own pace and make their trip their own unique experience. If you are having a hard time deciding what campsites to visit, where to start or how long to go for - check out our favourite hiking routes below!

The real deal

For hikers who are ready for the long haul....

9 nights / 10 days, 120 km

Day 1	Hattie Cove to Chigaamiwinigum Falls	7.8 km
Day 2	Chigaamiwinigum Falls to Morrison Harbour	14.2 km
Day 3	Morrison Harbour to Fisherman's Cove	15.7 km
Day 4	Fishermans Cove to White Spruce Harbour	10.2 km
Day 5	White Spruce Harbour to North Swallow	10.8 km
Day 6	North Swallow to White Gravel River	13.9 km
Day 7	White Gravel River to Fisherman's Cove	7.1 km
Day 8	Fisherman's Cove to Fish Harbour	12.3 km
Day 9	Fish Harbour to Willow River	9 km
Day 10	Willow River to Hattie Cove	16.4 km

No shuttle, no problem

See what the Coastal Hiking Trail has to offer without the extra cost of a water shuttle!

4 nights / 5 days, 60 km

Day 1	Hattie Cove to Chigaamiwinigum Falls	7.8 km
Day 2	Chigaamiwinigum Falls to Morrison Harbour	14.2 km
Day 3	Morrison Harbour to Oiseau Bay	8.5 km
Day 4	Oiseau Bay to Willow River	14.1 km
Day 5	Willow River to Hattie Cove	16.4 km

Mdaabii Miikna

Experience everything Pukaskwa has to offer in a fraction of time it takes to complete the Coastal Hiking trail. Enjoy a weekend getaway hiking this loop trail!

2 nights / 3 days, 24 km

Day 1	Hattie Cove to Picture Rock Harbour South	10.15 km
Day 2	Picture Rock Harbour South to Playter Harbour South	4.25 km
Day 3	Playter Harbour South to Hattie Cove	9.75 km

I want it all

Coastal Hiking Trail, Mdaabii Miikna, water shuttle, suspension bridges, beaches, rivers, waterfalls, inland and coastal hiking...Need we say more?

6 nights / 7 days, 70 km

Day 1	Water Shuttle to North Swallow to White Spruce Harbour	10.8 km
Day 2	White Spruce Harbour to Fisherman's Cove	10.2 km
Day 3	Fisherman's Cove to Fish Harbour	12.3 km
Day 4	Fish Harbour to Willow River	9 km
Day 5	Willow River to Chigaamiwinigum Falls	8.6 km
Day 6	Chigaamiwinigum Falls to Playter Harbour South	8.8 km
Day 7	Playter Harbour South to Hattie Cove	9.75 km

Protecting, presenting & 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 its backcountry. 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 indigenous communities who have inhabited this region for countless generations. Parks Canada works collaboratively with them 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.



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 & privacy

Wildlife cameras are used in Pukaskwa National Park for wildlife conservation purposes. Concerned about your privacy? So are we. That's why we delete images of visitors captured on our cameras. However, images that show illegal activities that may have serious impacts on wildlife, or put the safety of visitors at risk may be used for law enforcement purposes.

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 metres 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 metres 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 metres 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.

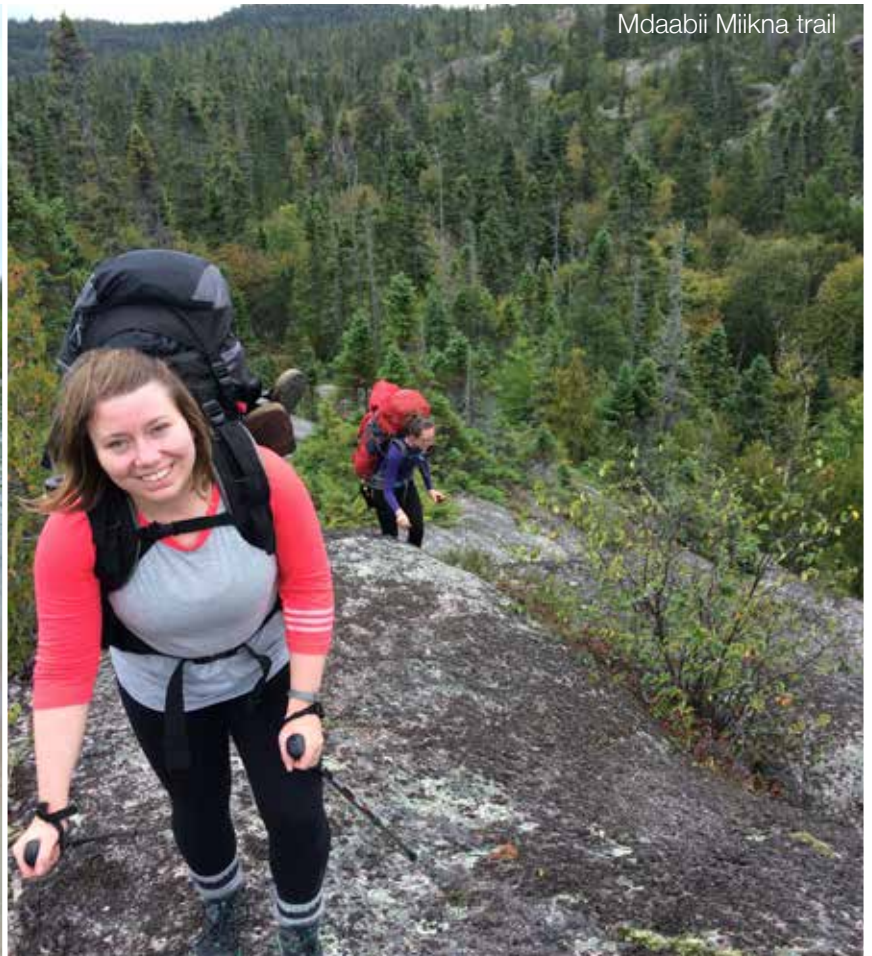
Be considerate of others

- 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



White Spruce Harbour - Site WSH1



Mdaabii Miikna trail



Willow River- Site WR1

Hattie Cove - Southern Headland Trail



Hattie Cove



Hattie Cove

Hattie Cove · Bii to bii gong

67 Campsites, 5 oTENTik tents

Bii to bii gong is the Anishinaabe name for Hattie Cove and means water between two rocks. This protected cove features a road accessible campground and is open from May 15 through October 15. During peak season, 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.



Parking

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

Visitor Centre and Park Store

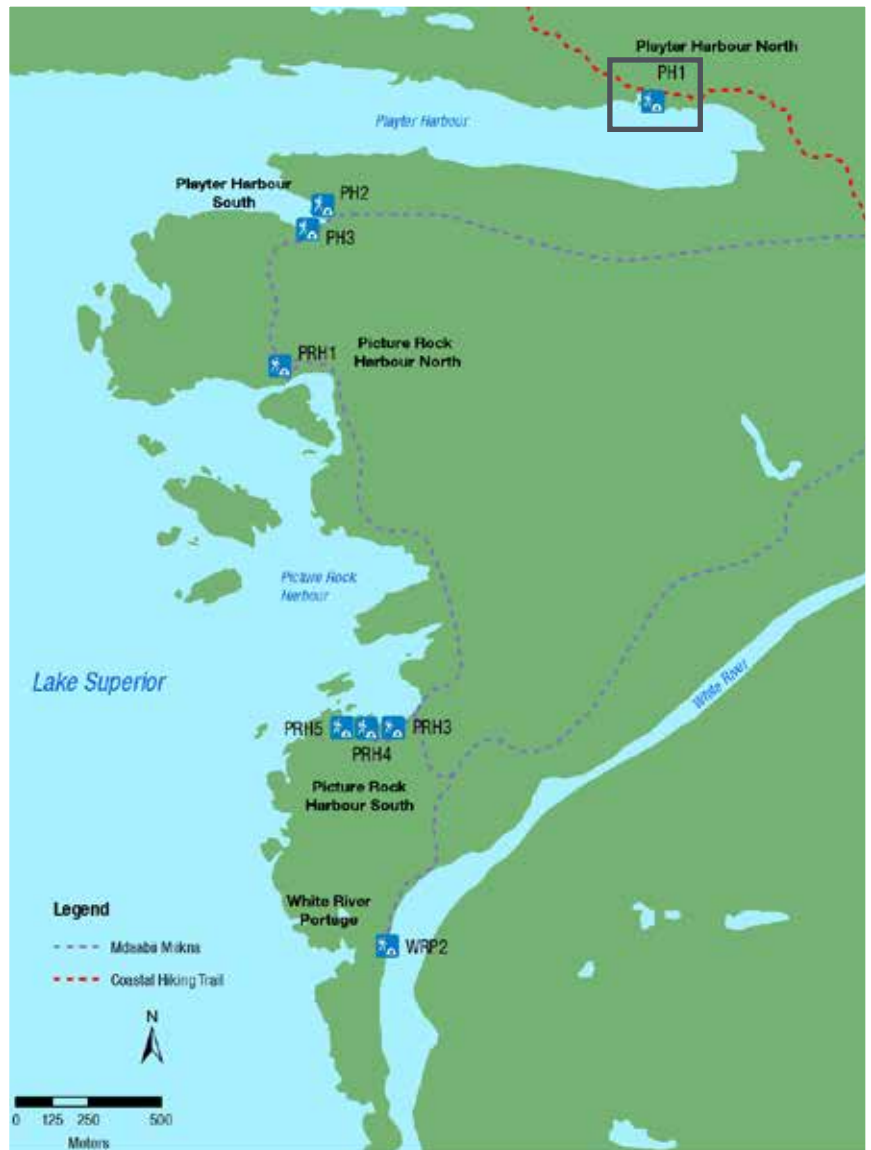
Want a little token to remember your backcountry adventure? Drop by the Visitor Centre to view our selection of Pukaskwa National Park mementos at the park store.



Playter Harbour North - Site PH1



Playter Harbour North - Site PH1



Playter Harbour North · Gaginoo wiikweddowooga

1 Campsite: PH1

So close to Hattie Cove, yet so far from away from it all! Enjoy the peaceful seclusion and privacy of the longest harbour along Pukaskwa's coast.



What to expect en route:

- Wetland with floating boardwalk.
- Wooden structures that can be slippery.
- Steep climbs.

Insiders' tip:

- Unless you want to get your boots wet - spread out your hiking group on the floating boardwalk!



Playter Harbour South · Gaginoo wiikweddowooga

2 Campsites: PH2, PH3

Stay overnight at one of the two sites at this location - choose a private pebble beach view (PH2) or a rocky outcrop with wooden tent platforms (PH3). Thanks to the new Mdaabii Miikna trail, hikers now get to experience the beauty of the Picture Rock peninsula!



What to expect en route:

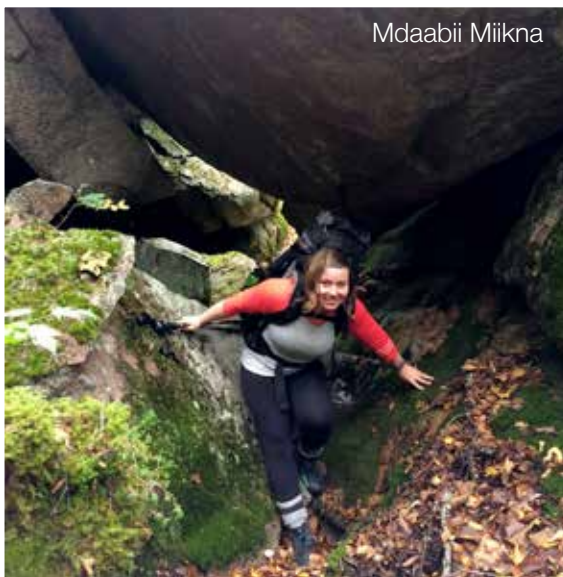
- New section of trail, your footprints are literally laying the groundwork for this trail!
- Rock cairns.
- Wet area where a beaver dam has been built.

Insiders' tips:

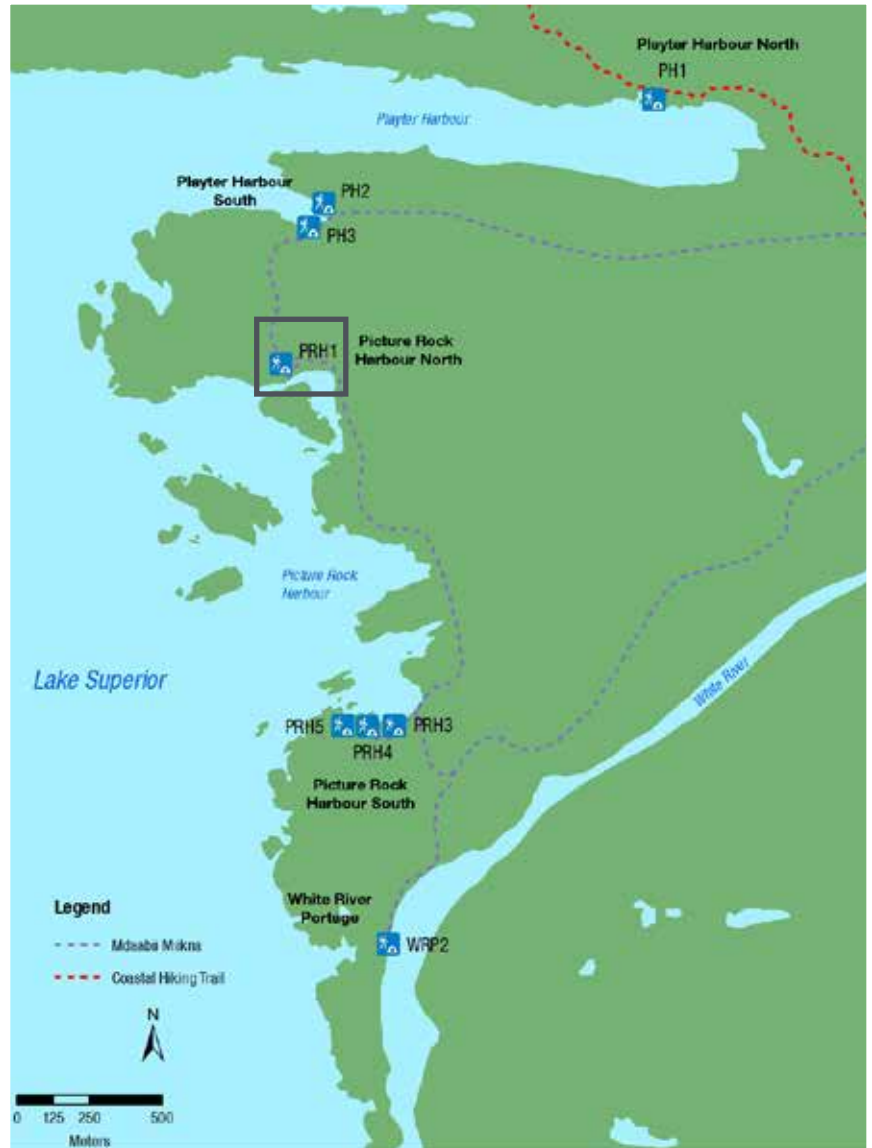
- If you are camping site PH3, make sure to bring rope to tie down your tent.
- When heading south from this site, watch out for the first 100 metres of steep rocky shoreline; as the saying goes, slippery when wet!



Picture Rock Harbour North - Site PRH1



Mdaabii Miikna



Picture Rock Harbour North · Ga oname kwa

1 Campsite: PRH1

Enjoy being nestled in this harbour protected by an island to the front and cliff to the back. Wave ‘hello’ to your potential paddling neighbours.

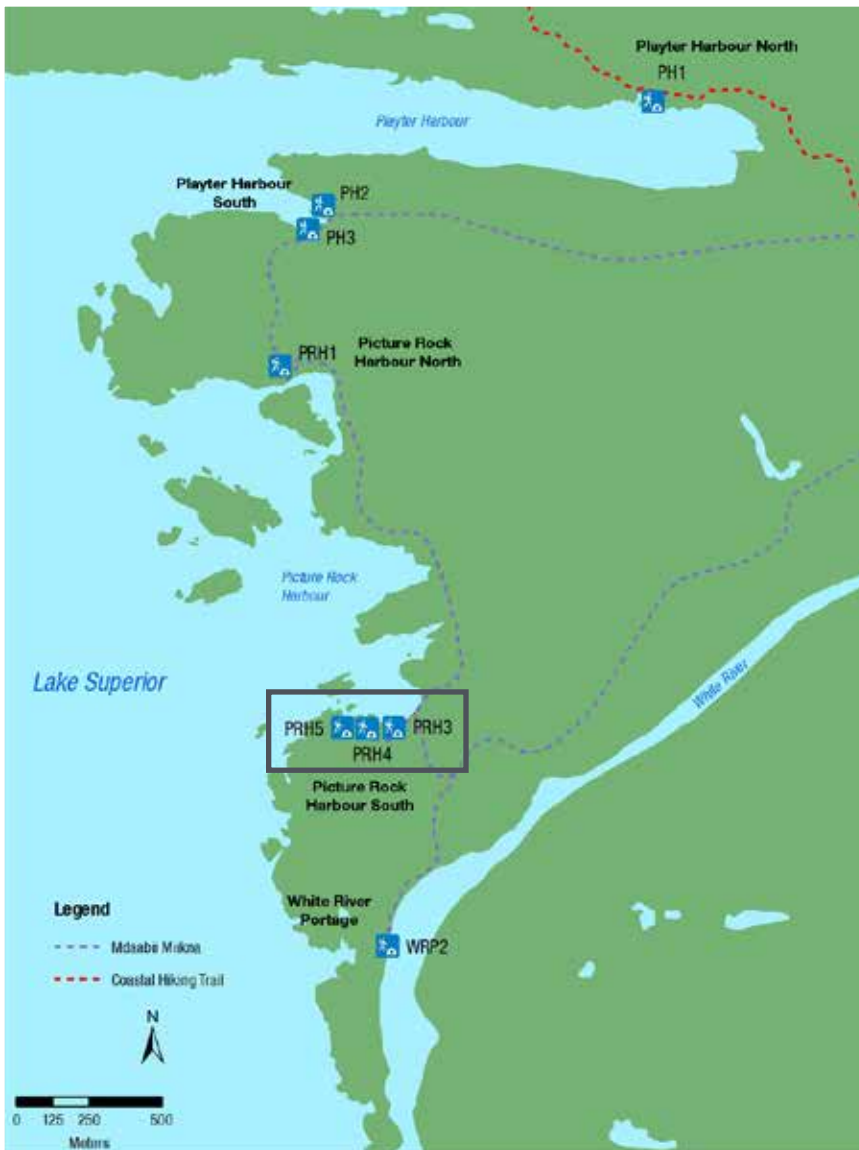


What to expect en route:

- New section of trail, your footprints are literally laying the groundwork for this trail!
- High elevation and rocky terrain.
- Rock cairns.

Insiders’ tip:

- Get the camera ready as you crawl through a unique rock feature just north of the site. This is an added challenge for the vertically gifted hikers!



Picture Rock Harbour South- Site PRH3



Picture Rock Harbour South - Site PRH4

Picture Rock Harbour South · Ga oname kwa

3 Campsites: PRH3, PRH4, PRH5

This pocket of campsites features a beautiful sandy beach, perfect for a friendly backcountry game like bocce ball. The site is sheltered by distant islands and gives visitors a front row seat to great sunsets.



What to expect en route:

- New section of trail, your footprints are literally laying the groundwork for this trail!
- Rock cairns.
- Driftwood log jams.
- Coastal views.
- Narrow, rocky climbs.
- Some low lying, wet areas.

Insiders' tips:

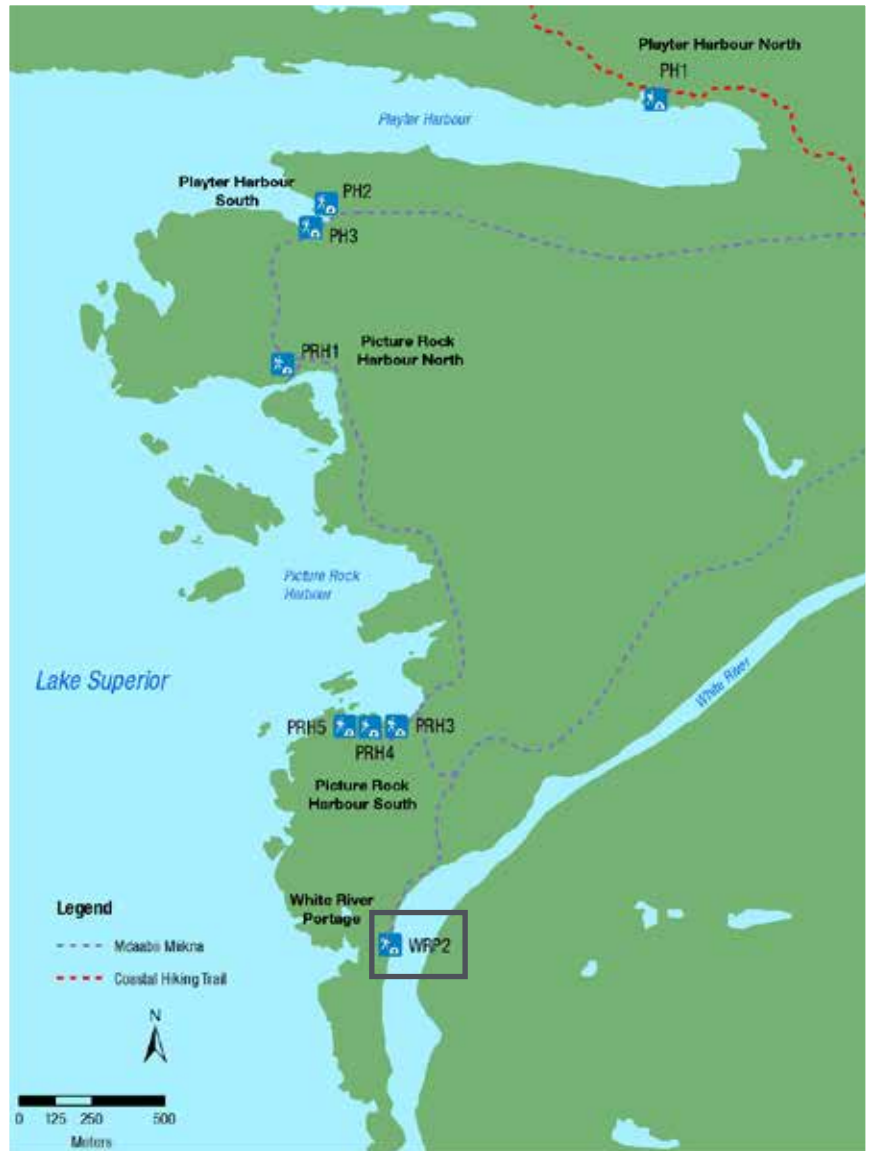
- You will be testing your balance just north of this site as you maneuver through driftwood log jams - watch out for rotten logs and slippery surfaces.
- This site is one of the only sites along the coast where hikers may get cell service – so make sure to post a picture on social media while you are there! #MDAABIIMIINKNA



White River Portage - Site WRP2



Mdaabii Miikna



White River Portage · Waabishkaa Ziibi

1 Campsite: WRP2

Enjoy the smell of cedar as you set up your tent - feel the comfort of the forest as you are hugged by nature's canopy. Keep an eye out for historical tree blazes along the spur trail to the site.

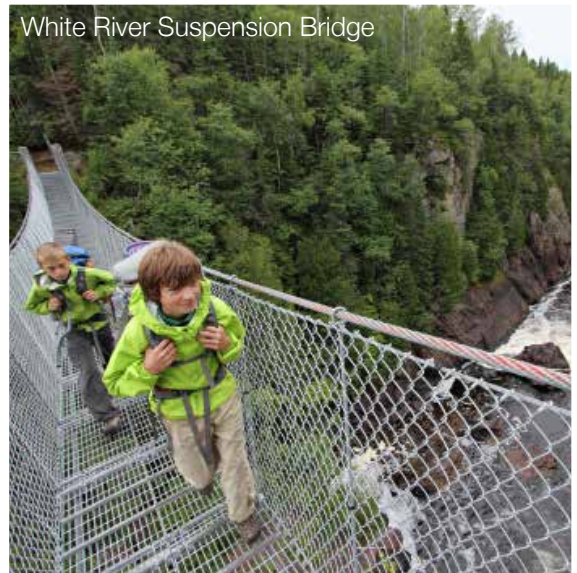
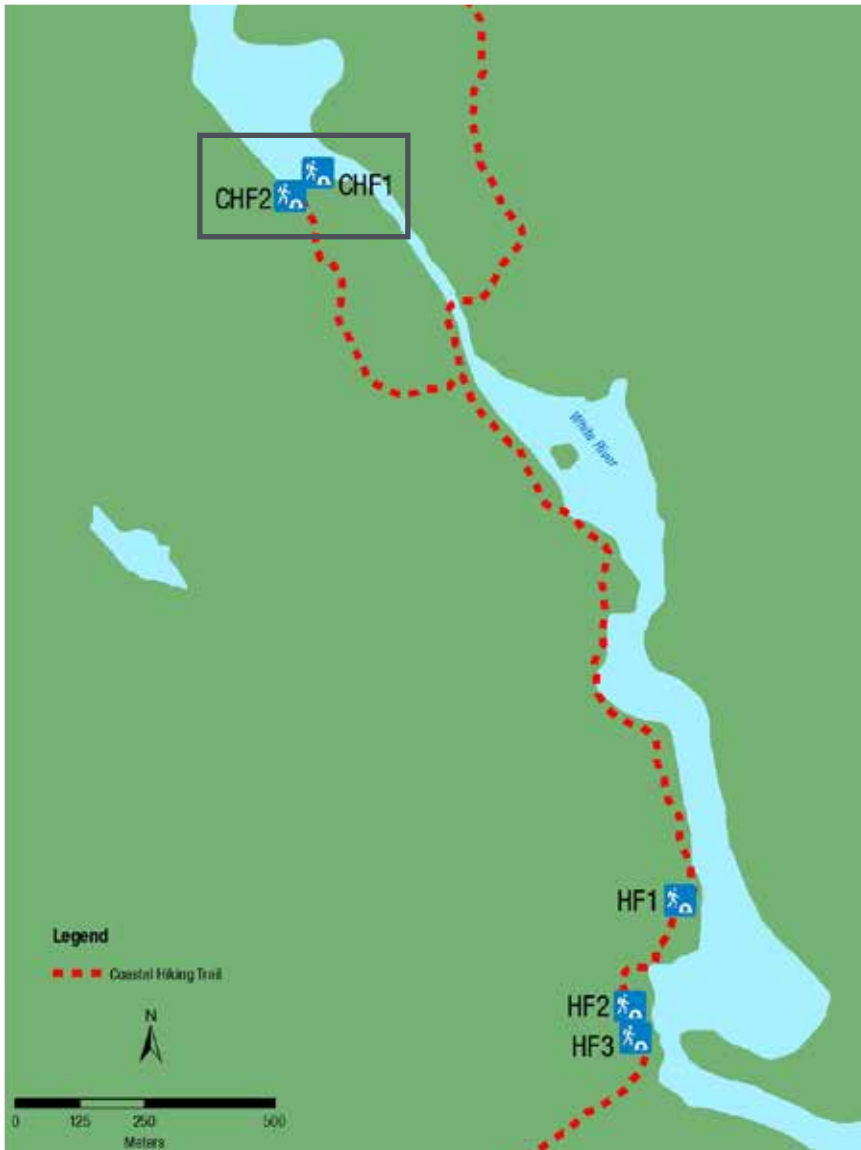


What to expect en route:

- New section of trail, your footprints are literally laying the groundwork for this trail!
- Rock cairns.
- Inland hiking.
- Moss covered rocks.

Insiders' tip:

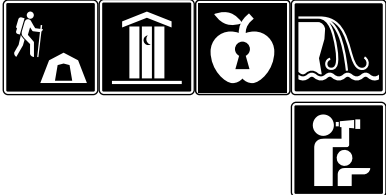
- Did you bring your fishing rod? Cast into the White River for awesome fishing!



Chigaamiwinigum Falls

2 Campsites: CHF1, CHF2

Enjoy nature’s sound track of rushing water as you cross the suspension bridge which spans over a 30 metre gorge with a 23 metre drop. At Chigaamiwinigum Falls you will feel the “awe” of nature’s power!



What to expect en route:

- Suspension bridge.
- Jack pine flats.
- Campsites are off a spur trail.
- Inland hiking.

Insiders’ tip:

- Quench your thirst by heading to the White River’s calm pool of water below the main falls - getting water from the rushing falls can be tricky.



Hook Falls - Site HF1



Hook Falls - Site HF3



Hook Falls

3 Campsites: HF1, HF2, HF3

Riverside camping at its finest! The northern campsite at this location features a cozy spot perfect for two people and it has a rocky outcrop with a great falls view. Larger groups should move down the trail to the next two sites which have plenty of room to play in the forest!



What to expect en route:

- River driftwood obstacles.
- Inland hiking.

Insiders' tip:

- Get ready to be creative when hydrating. Due to the higher elevation of this area, getting water from the White River can be challenging. Be cautious along this rushing river.



Willow River Suspension Bridge



Willow River - Site WR3

Willow River · Wedoopki ziibi

4 Campsites: WR1, WR2, WR3, WR6

This site features a playful beach and a relaxing sunset view - it's the best of both worlds for socializing and rejuvenating alike! Get ready to cross the Willow River using one of two suspension bridges along the Coastal Hiking Trail, just south of the campsites.



What to expect en route:

- Muddy areas.
- Weathered structures.
- Inland hiking.

Insiders' tip:

- Feeling social? Take an evening stroll and visit with other hikers/paddlers at this site. Sharing backpacking stories around a fire is always a treat!



Morrison Harbour - Site MH2



Morrison Harbour



Morrison Harbour · Miziinack onigiigan

2 Campsites: MH1, MH2

Take a quick dip in this harbour's shallow, sheltered waters. Spread out along the site's sandy beach and scan the horizon for the area's many islands.

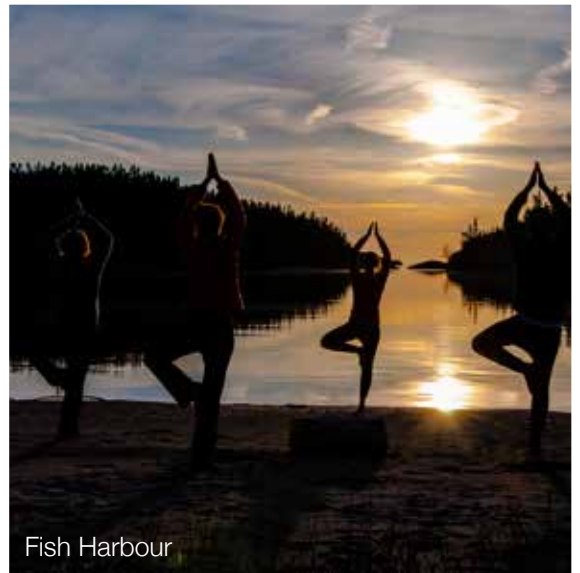


What to expect en route:

- Rock cairns.
- Cobble stone beaches.
- Coastal hiking.
- Decision: Head inland or take the coastal detour.

Insiders' tip:

- You will notice Pukaskwa's ever plentiful cobble stone beaches, especially in this area. Be kind to your ankles and watch out for Pukaskwa Pits!



Fish Harbour



Fish Harbour - Site FH3

Fish Harbour

3 Campsites: FH1, FH2, FH3

The picturesque scenery of this location will have you thinking that you are looking at a painting in an art gallery. Sites here are large and inviting. A camera session is strongly recommended.



What to expect en route:

- Coastal views.
- Cobble stone beaches.

Insiders' tip:

- Sturdy hiking boots go a long way in Pukaskwa's rocky backcountry. Look for boots that have good ankle support and soft rubber soles for better traction.



Oiseau Bay · Wiso wikwedon

2 Campsites: OB1, OB2

At the end of your hiking day, remove your boots and sink your feet in the endless, warm sand. Oiseau Bay features one of the longest sandy beaches in the park and is home to a healthy pitcher's thistle colony, a species at risk that the park is helping to restore (watch your step!).



What to expect en route:

- Narrow bridges.
- Dry river bed.
- Weathered structures.
- River crossing.

Insiders' tip:

- Good news: Mother Nature has built a moat to guard the awesome campsites. Bad news: Your feet could get wet. Campsites are located toward the centre of the beach at the treeline.



Fisherman's Cove



Fisherman's Cove - Site FC1

Fisherman's Cove · Ganiimebinewan

2 Campsites: FC1, FC2

Enjoy your own private beach as both sites at this location have their own, separated by a narrow peninsula.



What to expect en route:

- Technical hiking.
- Steep inclines.
- Panoramic views.

Insiders' tips:

- Get ready for panoramic views but remember, Oiseau bay to Fisherman's Cove involves technical hiking. Are you going to work hard? Absolutely, but it's so worth it to catch a glimpse of Lake Superior's turquoise water!
- When leaving this site, if your next destination is White Gravel River, top up your water bottle, as you won't have easy access to water.



White Gravel River · Gaziinins dongang ziibi

3 Campsites: WGR1, WGR2, WGR3

This area is known for its large, smooth pebble beach. Each campsite features its own private food locker and privy - such a luxury!



What to expect en route:

- No reliable water source.
- High elevations.
- Panoramic views.
- River crossing.

Insiders' tip:

- The White Gravel River separates one campsite from the others. Set yourself up to have a river crossing at the end of your day. Cross the river and then set up camp!



White Spruce Harbour · Migizi awatik goonsing

1 Campsite: WSH1

A private beach, large tent space and beautiful scenery... Sounds wonderful right?



What to expect en route:

- Inland hiking.
- Flatter terrain.

Insiders' tip:

- This site is a hiker's favourite - make sure to reserve your site early!



Hideaway Lake - Site HL1



Coastal Hiking Trail near Hideaway Lake



Hideaway Lake

1 Campsite: HL1

Beautiful petite site with epic sunset views. This cozy site will win your heart with its personality!



What to expect en route:

- Rocky and steep.
- Coastal hiking.
- If conditions are wet, the trail will be slippery.
- Panoramic views.
- Tree blow downs are common.

Insiders' tip:

- Escape the bugs and have your snack/meal on the smooth rocky outcrop adjacent to the campsite.



North Swallow River · Giiwednong zhaashawinibiis wi ziibi

1 Campsite: NS1

This is it! This is where your adventure begins, meets its halfway point or ends. This sheltered little cove is a great place to soak in some sun and to share an evening fire. Take a short stroll past the privy to get a great view of Newman's Bay.



What to expect en route:

- River crossing.
- Inland hiking.
- Tree blow downs are common.

Insiders' tip:

- The river crossing just north of the site is the most challenging along the trail. Pull out your trekking poles, protect your feet with river shoes and don't forget to un-clip your pack!

What to bring?

Here's what we suggest!

Safety gear

- Brain filled with backcountry hiking experience
- Personal location beacon (SPOT, etc.)
- Matches / fire starting kit
- Bear deterrent
- First aid kit
- Extra food (1-2 days)
- Blister kit

Navigation

- Chrismar Map/topographic map
- Watch
- Compass
- Global Positioning System (GPS)

Repair kit

- Duct tape
- Spare batteries
- General repair kits (tent, stove, etc.)

Camp gear

- Tarp or tent footprint
- Tent
- Water filter/purification system
- Stove and fuel
- Cooking pot
- Stuff sacks
- Toilet paper
- Food
- Dry sacks
- Knife

Personal gear

- Backpack
- Sleep pad
- Water bottle
- Bowl and utensil
- Mug
- Towel
- Sunscreen / sunglasses
- Sleeping bag
- Headlamp and/or flashlight

Personal clothing

- Warm hat/sun hat
- Rain gear with hood
- Pants/shorts
- Jacket
- Sweater
- Shirt/t-shirt
- Long underwear
- Gloves
- Camp shoes
- River crossing shoes
- Bug hat, jacket, and/or repellent
- Hiking boots
- Socks

Extra things you won't regret

- Camera
- Notebook/pencil
- Salt and pepper
- Toothpaste/tooth brush (for your fellow hikers!)
- Chocolate bar
- Lots of hot drinks (trust us)



Ready to book? Here's how...

1. Schedule a boat shuttle (optional):

Call the park for boat shuttle details at 807-229-0801. Friendly Parks Canada staff will help you find a service provider.

2. Make a backcountry reservation:

Backcountry trails and campsites are open (weather permitting) from May 15 - October 14.

Reservations are available for 2019 beginning January 15, 2019. Reserve your backcountry camping permit:

- Online 24/7 at: www.reservations.pc.gc.ca
- By calling: 1-877-RESERVE (1-877-737-3783)

Are you confident in your trip itinerary? Online service fees are \$11.00 per reservation, modification or cancellation and call centre fees are \$13.50 per reservation, modification or cancellation.

3. Check in for registration, permits and orientation

Upon your arrival, stop at the park Kiosk to receive your mandatory Backcountry Orientation and permits. The safety orientation must take place prior to starting the hike. When registering, please have the following information ready:

- Booking number
- Group member names
- Emergency contact information
- Equipment descriptions (tents, canoes, kayaks, etc.)
- Vehicle descriptions

4. Pay your fees

At the time of booking, a backcountry camping fee of \$9.80 per person per night will be applied. Please note that daily admission is not applied at the time of booking. The additional entry fees will be processed upon arrival. For current daily entry fees, visit the Fees section under Plan Your Visit on the park's website - <http://www.pc.gc.ca/pukaskwa>.

5. Go! Let your adventure begin!

Licensed outfitters & boat charters

Naturally Superior Adventures

<https://www.naturallysuperior.com/>

10 Government Dock Rd,

Wawa, ON P0S 1K0,

705-856-2939 or 1-800-203-9092

info@naturallysuperior.com



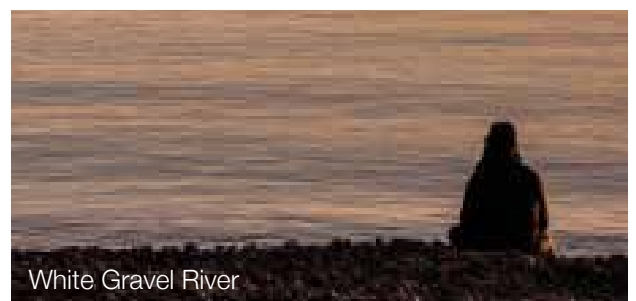
North Shore Adventures

<https://www.facebook.com/NorthShoreAdventuresCanada/>

PO Box 1722 Marathon, ON P0T 2E0

807-228-0709

contact@northshoreadventures.ca



White Gravel River



Annual backcountry camping pass

Staying in the park's backcountry for 8 or more nights? That's great! Pukaskwa offers an annual backcountry camping pass that will save you money! The annual pass costs \$68.70 per person and is available for purchase at the park only. Want to take advantage of these savings? Call (807-229-0801) or email (pc.pukaskwaont.pc@canada.ca) us to purchase your annual backcountry camping pass prior to making your reservation.



Coastal Hiking Trail - South of Willow River

Mdaabii Miikna distance chart

Hattie Cove to Mdaabii Miikna north entrance: 6.0 km

Hattie Cove to Mdaabii Miikna south entrance: 6.7 km

Mdaabii Miikna	North Entrance	Playter Harbour South 2 sites	Picture Rock Harbour North 1 site	Picture Rock Harbour South 3 sites	White River Portage 1 site	South Entrance
North Entrance		3.75 km	4.75 km	8.0 km	9.5 km	11.5 km
Playter Harbour South 2 sites	3.75 km		1.0 km	4.25 km	5.75 km	7.7 km
Picture Rock Harbour North 1 site	4.75 km	1.0 km		3.25 km	4.75 km	6.7 km
Picture Rock Harbour South 3 sites	8.0 km	4.25 km	3.25 km		1.5 km	3.45 km
White River Portage 1 site	9.5 km	5.75 km	4.75 km	1.5 km		3.95 km
South Entrance	11.5 km	7.7 km	6.7 km	3.45 km	3.95 km	

Coastal Hiking Trail distance chart

Coastal Hiking Trail	Hattie Cove 67 sites	Playter Harbour North 1 site	Chigamawinigum Falls 2 sites	Hook Falls 3 sites	Willow River 4 sites	Morrison Harbour 2 sites
Hattie Cove 67 sites		4.5 km	7.8 km	8.8 km	16.4 km	
Playter Harbour North 1 site	4.5 km		3.3 km	4.3 km	11.9 km	
Chigaamiwinigum Falls 2 sites	7.8 km	3.3 km		1.0 km	8.6 km	
Hook Falls 3 sites	8.8 km	4.3 km	1.0 km		7.6 km	
Willow River 4 sites	16.4 km	11.9 km	8.6 km	7.6 km		
Morrison Harbour 2 sites	22.0 km	17.5 km	14.2 km	13.2 km	5.6 km	
Fish Harbour 3 sites	25.4 km	20.9 km	17.6 km	16.6 km	9.0 km	
Oiseau Bay 2 sites	30.5 km	26.0 km	22.7 km	21.7 km	14.1 km	
Fisherman's Cove 2 sites	37.7 km	33.2 km	29.9 km	28.9 km	21.3 km	
White Gravel River 3 sites	44.8 km	40.3 km	37.0 km	36.0 km	28.4 km	
White Spruce Harbour 1 site	47.9 km	43.4 km	40.1 km	39.1 km	31.5 km	
Hideaway Lake 1 site	54.7 km	50.2 km	46.9 km	45.9 km	38.3 km	
North Swallow River 1 site	58.7 km	54.2 km	50.9 km	49.9 km	42.3 km	



Willow River - Site WR1



Oiseau Bay



Coastal Hiking Trail near

	Fish Harbour 3 sites	Oiseau Bay 2 site	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	25.4 km	30.5 km	37.7 km	44.8 km	47.9 km	54.7 km	58.7 km
17.5 km	20.9 km	26.0 km	33.2 km	40.3 km	43.4 km	50.2 km	54.2 km
14.2 km	17.6 km	22.7 km	29.9 km	37.0 km	40.1 km	46.9 km	50.9 km
13.2 km	16.6 km	21.7 km	28.9 km	36.0 km	39.1 km	45.9 km	49.9 km
5.6 km	9.0 km	14.1 km	21.3 km	28.4 km	31.5 km	38.3 km	42.3 km
	3.4 km	8.5 km	15.7 km	22.8 km	25.9 km	32.7 km	36.7 km
3.4 km		5.1 km	12.3 km	19.4 km	22.5 km	29.3 km	33.3 km
8.5 km	5.1 km		7.2 km	14.3 km	17.4 km	24.2 km	28.2 km
15.7 km	12.3 km	7.2 km		7.1 km	10.2 km	17.0 km	21.0 km
22.8 km	19.4 km	14.3 km	7.1 km		3.1 km	9.9 km	13.9 km
25.9 km	22.5 km	17.4 km	10.2 km	3.1 km		6.8 km	10.8 km
32.7 km	29.3 km	24.2 km	17.0 km	9.9 km	6.8 km		4.0 km
36.7 km	33.3 km	28.2 km	21.0 km	13.9 km	10.8 km	4.0 km	



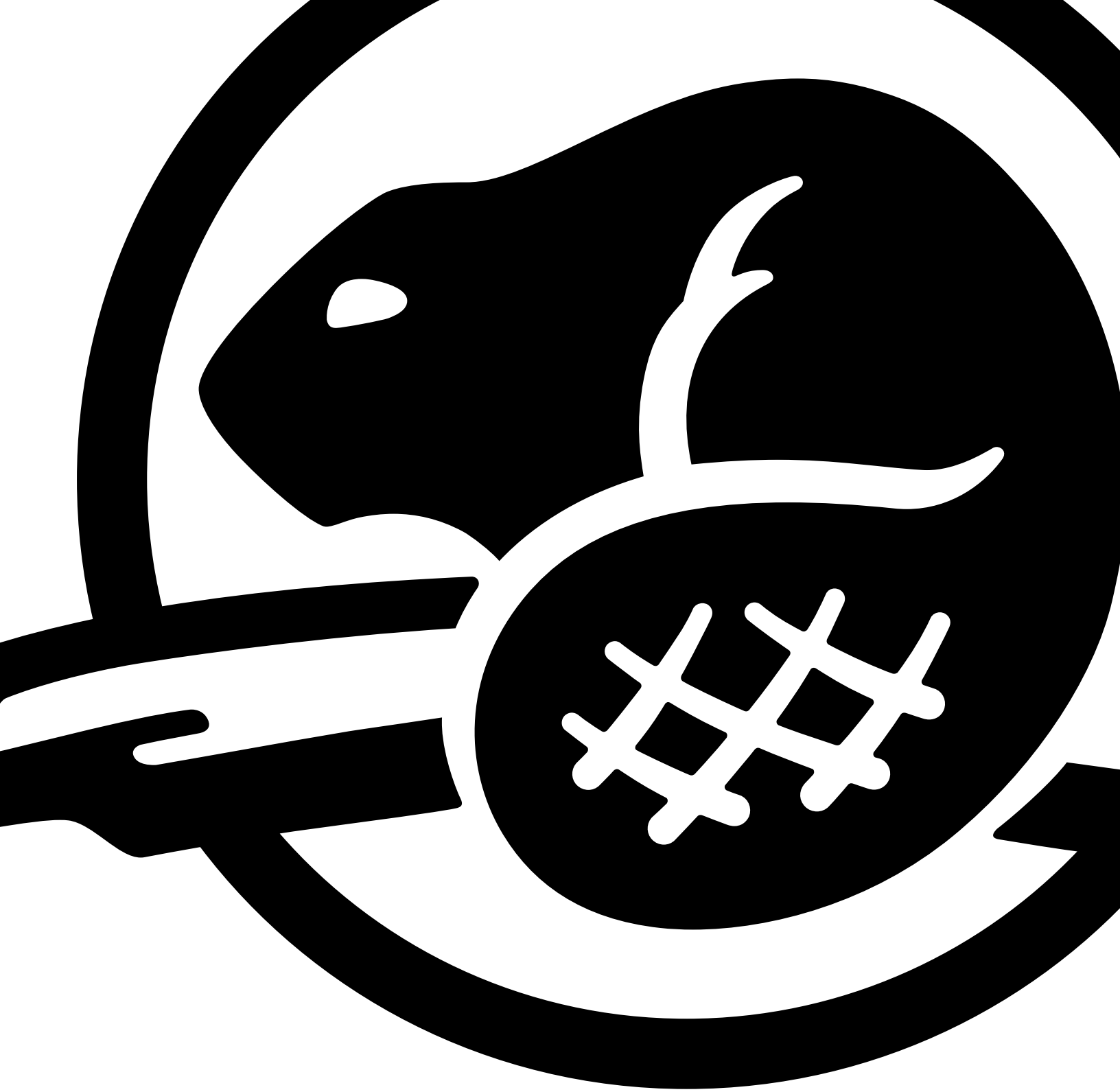
Morrison Harbour



Hattie Cove - Middle Beach



Coastal Hiking Trail - South of Hook Falls



Send us your comments, photos and stories!

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Updated in 07/2020
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