



Pukaskwa
National Park
parksCanada.gc.ca

Coastal Paddling Route

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*



© Ingrid Johnson-Evavold



© Ingrid Johnson-Evavold

Using this Trip Planner

Planning to paddle 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 Paddling Route. 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 are from our own staff who have travelled here for decades, and others are 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 paddling trip. This guide will help you determine the level of physical and backcountry skills and knowledge needed to paddle along the Coastal Paddling Route.

We've designed this guide to help you plan your dream trip. It is NOT intended for navigation, nor as a sole source of information.

If you have ideas, corrections, a story, or a photograph to share that will make this guide better, please email ont-pukaskwa@pc.gc.ca.

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		Lighthouse		Restaurants

What to Expect



Plunging waterfalls.



Fog.



Lingering sunsets.



Shoreline nooks and crannies.



The longest undeveloped shoreline on the Great Lakes.



Long stretches of rocky shorelines.



© Klaus Fossler Photography

Crystal clear, but ice cold water.



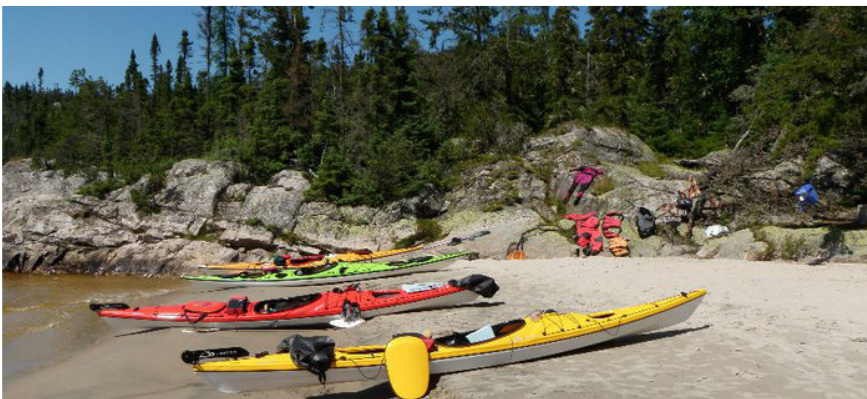
Waves.



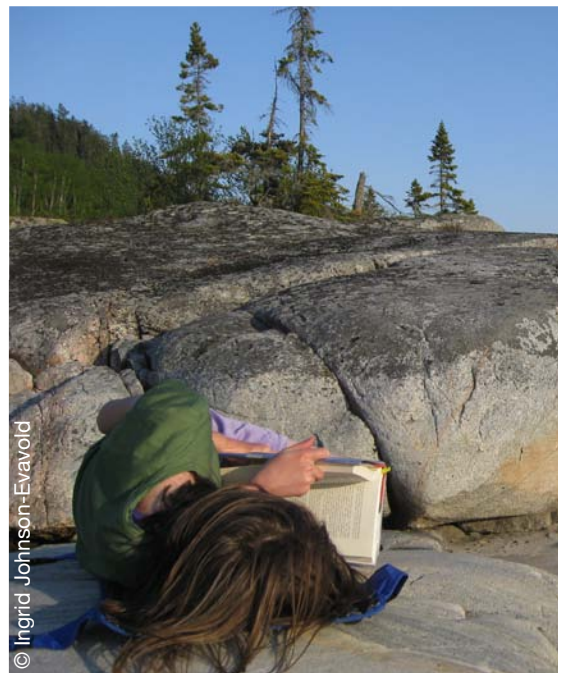
Stormy Lake Superior.



1/5 windbound days Jun - Jul.



Plenty of rocks for drying out gear after big storms.



© Ingrid Johnson-Evavold

3/5 windbound days Aug - Sep.

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 paddlers must be experienced backcountry paddlers.



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.

If you're paddling in May, June or July, be prepared to be windbound for 1 out of every 5 days. If you're paddling in August or September, prepare to be windbound for 3 out of 5 days.



Rivers and Reflection Waves

Exercise caution when crossing river mouths, particularly during high-water conditions. Crossing the White River can be particularly tricky and requires a high level of paddling skills. Be wary of large waves and strong currents at this and other river mouths. Paddling around most exposed points (Campbell's Point and Sewell Point in particular) can be hazardous due to reflexion waves. Be prepared to turn back if conditions are too hazardous.



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 Paddling Route 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 safe 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, 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

Drinking water is available from most rivers, creeks and certainly from Lake Superior. We advise all backcountry paddlers to fine filter, treat or boil their drinking water.

Minimizing Risks



Experience Level

The Coastal Paddling Route is for paddlers who are experienced in ocean or large open-water paddling. Experienced group leaders cannot compensate for inexperienced paddlers in their group.

All paddlers in your group must be prepared for:

- A multi-day backcountry paddling trip with long distances through rough waters.
- Being windbound for multiple days.
- Thick fog that can last for days. Be prepared to navigate using a compass.
- Rugged, uneven ground and slippery conditions en route to campsites on muddy trails, wooden surfaces, boardwalks, stairs, cobble stones and rocky shorelines.
- Paddling across river mouths with large waves and strong currents.
- Paddling through dangerous reflection wave zones.
- High waves and spray. Paddlers are strongly advised to wear a spray skirt.
- Accidents and injuries: it may take more than 24 hours for help to arrive.
- An unforgettable wilderness experience.

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



Equipment

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

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



© Alec Bloyd Peshkin



Suggested Trips



Escape to White River

1 night, 2 days

Only here for a night? Try this trip.

Day One	Paddle to White River mouth
Day Two	Return to Hattie Cove
Total	12 km paddle
Optional	Paddle 5 km up the White River to the Suspension Bridge



Mitaawangaa Getaway

4 nights, 5 days

If your dream trip is a beach getaway, we have just the place. Mitaawangaa means Sandy Beach in Anishinaabe.

Day One	Water taxi to Pukaskwa River Paddle to Imogene Cove
Day Two	Paddle to North Swallow River
Day Three	Paddle to Fisherman's Cove
Day Four	Paddle to Willow River
Day Five	Paddle to Hattie Cove
Total	90 km paddle



Fall Fishing

3 nights, 4 days

Savour a backcountry fish feast.

Day One	Water taxi to White Gravel River
Day Two	Fish and explore
Day Three	Paddle to White River
Day Four	Return to Hattie Cove
Total	37 km paddle



Willow River Weekend

2 nights, 3 days

Local paddlers regularly zip down to the Willow River for a weekend.

Day One	Arrive and camp at Hattie Cove
Day Two	Paddle to Willow River
Day Three	Paddle to Hattie Cove
Total	24 km paddle



Hattie Cove - Michipicoten

9 nights, 10 days

Paddle the Great Lakes' wildest shore.

Day One	Paddle to Willow River
Day Two	Paddle to Nicol's Cove
Day Three	Paddle to Simons Harbour
Day Four	Paddle to Cascade Falls
Day Five	Paddle to Pukaskwa River
Day Six	Paddle to Redsucker Cove
Day Seven	Paddle to Floating Heart Bay
Day Eight	Paddle to University/Dog River Hike to Denison Falls
Day Nine	Paddle to Dorry River
Day Ten	Paddle to Michipicoten
Total	160 km paddle

To help backcountry hikers complete their planned itinerary by staying at the developed campsites along the Coastal Hiking Trail, paddlers are encouraged to camp at undeveloped campsites along the Coastal Paddling Route.

Crown Land Camping

From the Pukaskwa River south to Michipicoten, camping is available on provincial Crown land. Residents of Canada may camp free of charge on Crown land. Non-resident Crown Land Camping Permits are available from numerous hunting and fishing license issuers and from Service Ontario centres in northern Ontario. The cost of a Non-resident Crown Land Camping Permit is approximately \$10 per person per night.

Please call 1-800-667-1940 or visit the web address below for more information.

www.mnr.gov.on.ca/en/Business/CrownLand/2ColumnSubPage/STEL02_170045.html

Maps and Other Resources

We recommend you use this guide along with Chrismar's *The Adventure Maps: Pukaskwa National Park*, a Pukaskwa National Park Map, Nautical Charts, National Topographic Service maps for the region, as

well as advice from paddlers who have done the route. Order your *Adventure Map* from ont-pukaskwa@pc.gc.ca, or purchase it at your local outfitter.

Backcountry Reservations and Permits

The Coastal Paddling Route 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, **March 15 - 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 camping and using park facilities along the Coastal Paddling Route 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



Naturally Superior Adventures

www.naturallysuperior.com

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



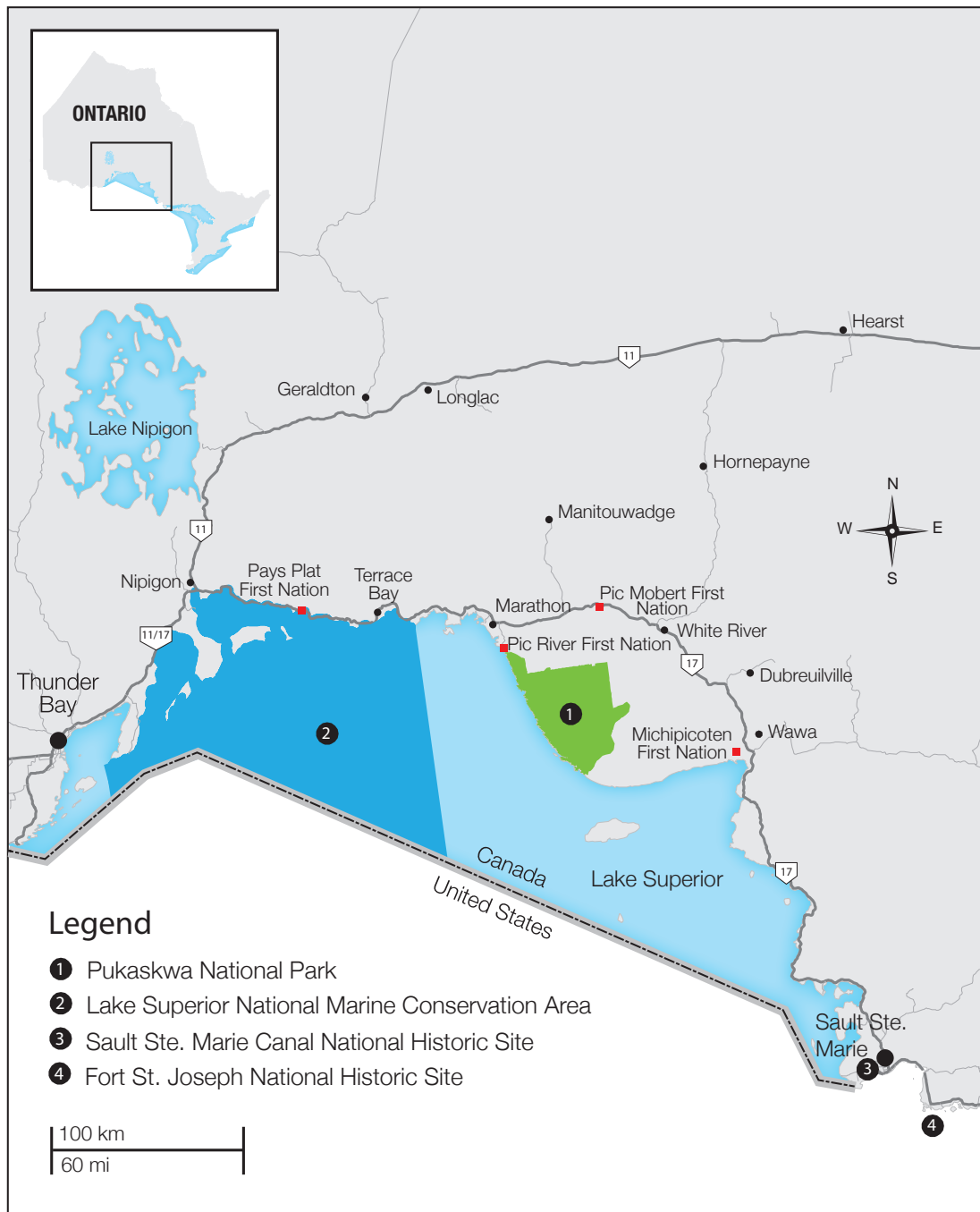
Ontario Sea Kayak Centre

www.ontarioseakayakcentre.com

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

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
Marthon, 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, two stores are 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 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 the 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

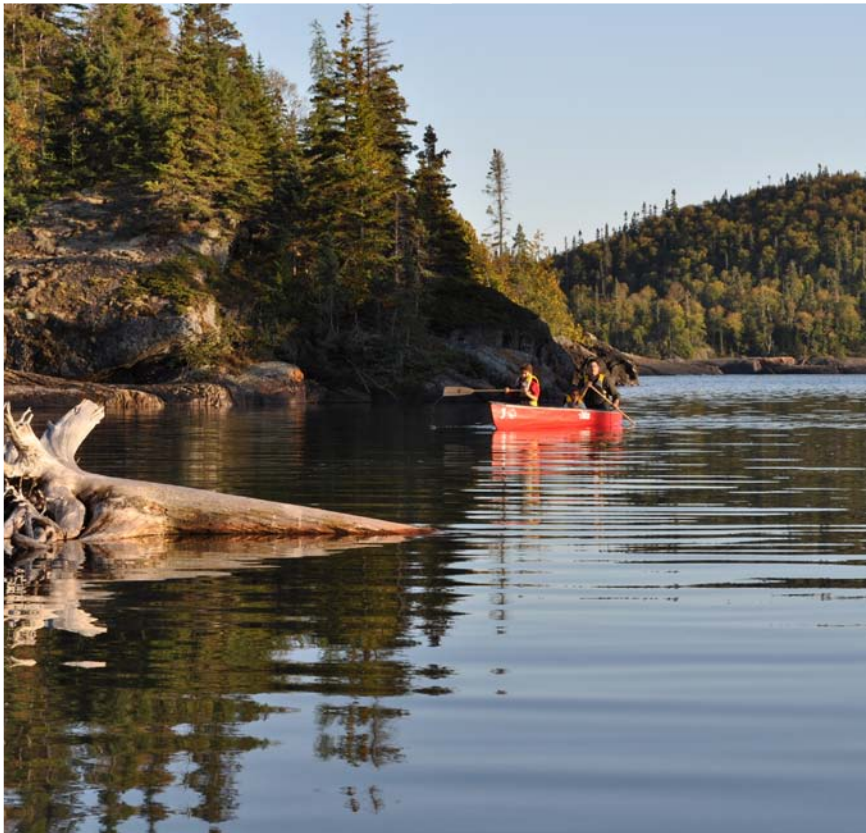
www.leavenotrace.ca



© Ingrid Johnson-Evavold



© Rebecca Wiinanen



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. 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 Paddling Route adventure? Drop by the Visitor Centre to collect your Coastal Paddling Route certificate and to view our selection of Pukaskwa National Park mementos.



Picture Rock Harbour · Gaa bii tawopka

Where the sturgeons are

Gaa bii tawopka is Anishinaabe for “*where the sturgeons are.*” Lake Sturgeon are the largest fish in the Great Lakes, and one of the oldest species. Lake Sturgeon were believed to have been extirpated from the White River, a river not far from Picture Rock Harbour. However, research conducted in 2010 revealed that not only is the species present, but that it has one of the most abundant populations in the Great Lakes.

Astronauts see caribou here

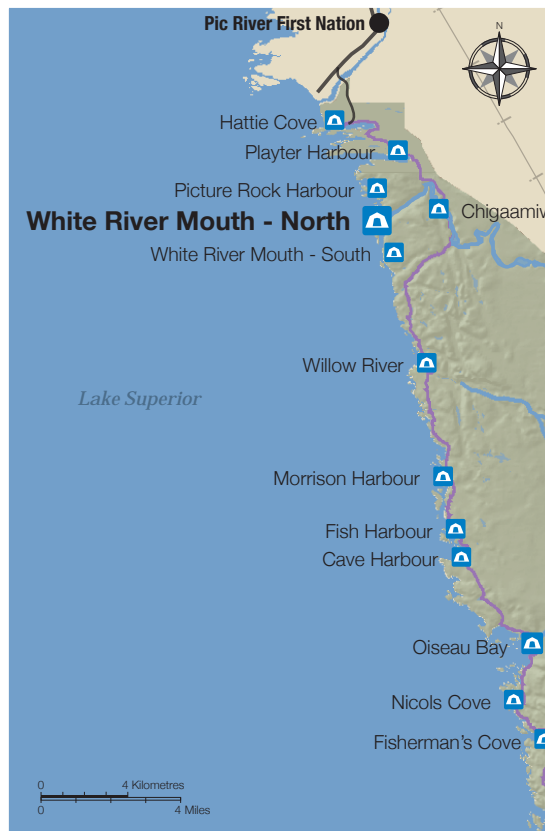
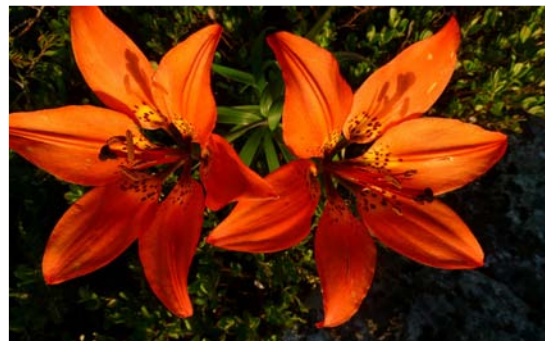
Or, astronaut Dr. Roberta Bondar saw a caribou here. Are you as lucky as an astronaut? Woodland caribou are rare in Pukaskwa. If you are lucky enough to see

one, be sure to give it the space and quiet it deserves.

Wait it out

For generations, Picture Rock Harbour was a place to seek protection from Lake Superior’s rough waters. It is still a good place to wait for the lake to calm down - especially if you are planning to paddle past Campbell Point where reflection waves can create choppy, confused waters.





White River Mouth - North · Waabishkaa ziibi



Waves from every direction

"We lazily awoke the next morning to enjoy a pancake breakfast and got a late start. Most likely a bad choice, because at this point the waves were at about a meter and a half. We braved it however, and actually made it as far as the mouth of the White River. It got pretty sticky for a while... It probably would have been safer on the ocean, where at least the waves are a bit more predictable. It's hard to describe what its like to take a canoe out on the water like that. 15 degrees Celsius, rocky coastline, and waves from every direction. Lake Superior has taken many lives, but not ours thankfully."

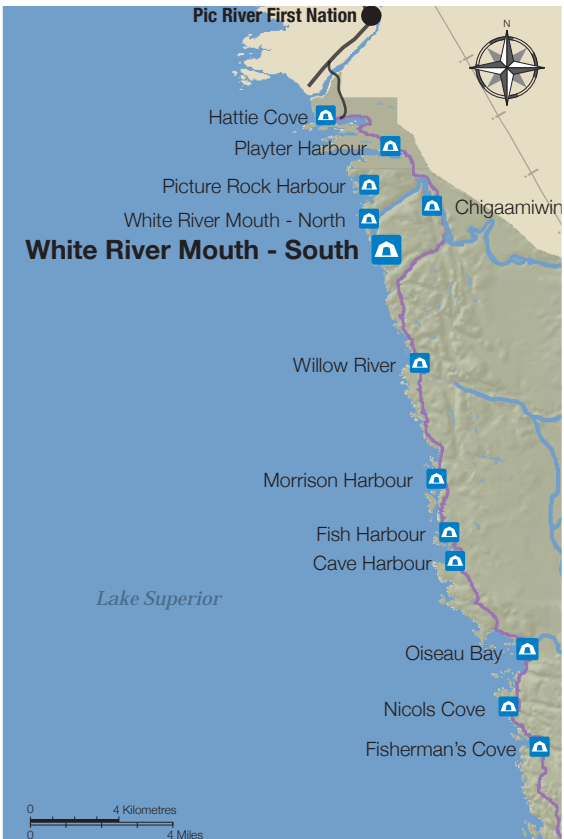
Borrowed from a paddler's log.

Fancy a portage?

This campsite is located on a short portage over a peninsula separating the White River and Lake Superior



© Alec Bloyd Peshkin



© Alec Bloyd-Peshkin

White River Mouth - South · Waabishkaa ziibi



Very happy to suddenly see...

In 2004, Joe O'Blenis paddled across Canada:

There are campsites just off the lake along the White River. The thing I did not know, however, was that, going in the direction I was going [north to south], it was VERY easy to pass right by the mouth of the river and never even see it... the mouth is pretty much hidden from view for all but a few seconds. Yeah... I went right by! A few hundred metres further there is a rocky point of land, a "Tombolo" island actually. I stopped here to

climb up on the rocks to check out what was around the corner. Not a good sight! Breakers everywhere and just exposed rocky beaches and cliffs. This is not good! The waves breaking off the point must be 10 feet and things do not look promising for as far as I can see. Turning around, though, I was very happy to suddenly see... the mouth of the White River!

To read more, visit www.clippercanoes.com/joe_o_pukaskwa_np_update.php



© Backcountry with the Kids



White River Lower Falls · Chigaamiwinigum



**“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.”



Willow River · Wedoopki ziibi

Gem that stole my heart.

Here's what Juliet said after her 2012 hike on the Coastal 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 British Columbia 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



Big storm rolling in?

Protected by several islands, Morrison is a great place to take shelter from Superior's storms. It's also a beautiful spot to take a rest day and explore the small islands and channels.



Fish Harbour



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>



Cave Harbour · Gawii babka

The Legend of Gawii babka

as told by Proddy Goodchild

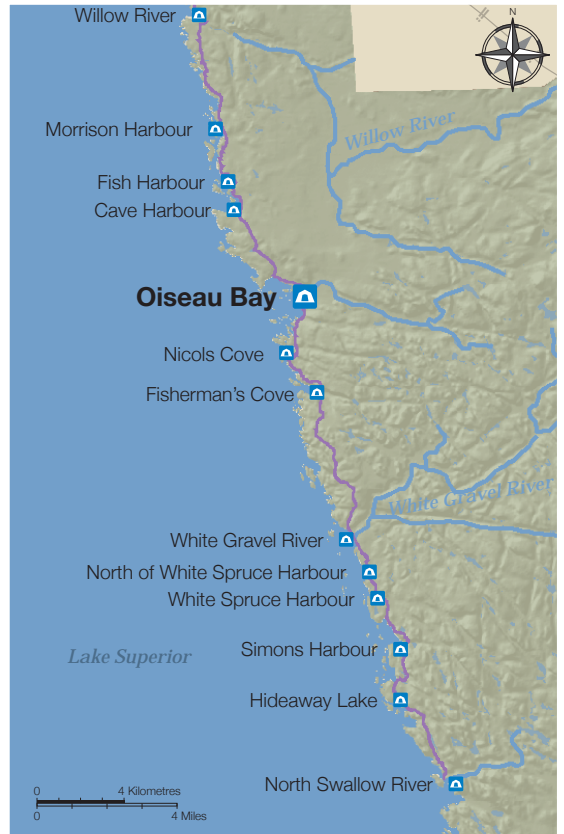
There was a hunter at this time. He was hunting amik (beaver). He came to this lake, Lake Superior. He did not set a trap. A trap takes 3-5 days to catch a beaver. Anishinaabe had other ways to catch beaver. So he went to the beaver dam, and he started to break the dam to let the beaver out, and he went after the beaver. The beaver ran around the lake, and the Anishinaabe

was right behind him. The beaver came to a dead stop when he tried to go underground. This is where the Anishinaabe caught up to the beaver, at Cave Harbour. The lake they were running around was Lake Superior, and where the beaver's head went in made the cave in the rock, Cave Harbour!

Water Access Only

Please note the cave is only accessible by water.





Oiseau Bay · Wiso wikwedon



Naming Bay

Wiso wikwedon means Naming Bay.

Hike an old riverbed

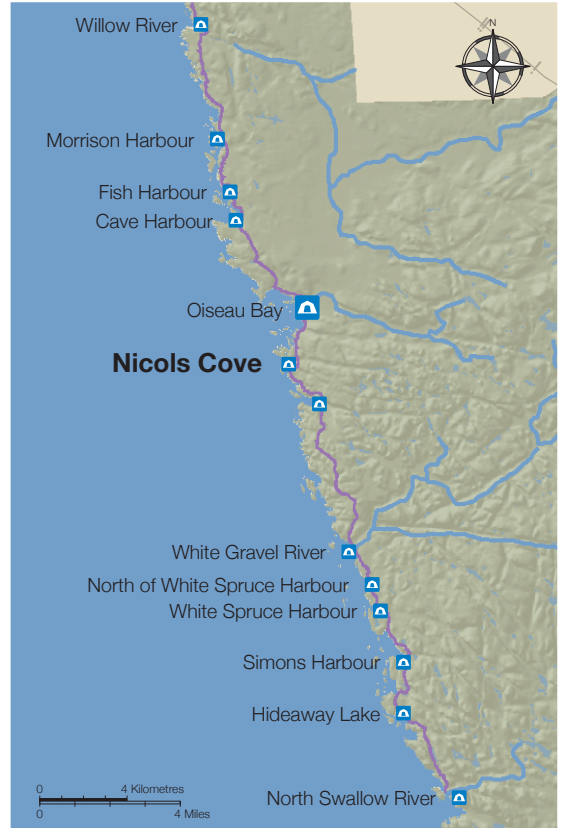
In 1986, heavy rains broke a beaver dam on Oiseau Creek, causing the river mouth to reroute. Now, the Coastal Hiking Trail follows the old riverbed.

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.



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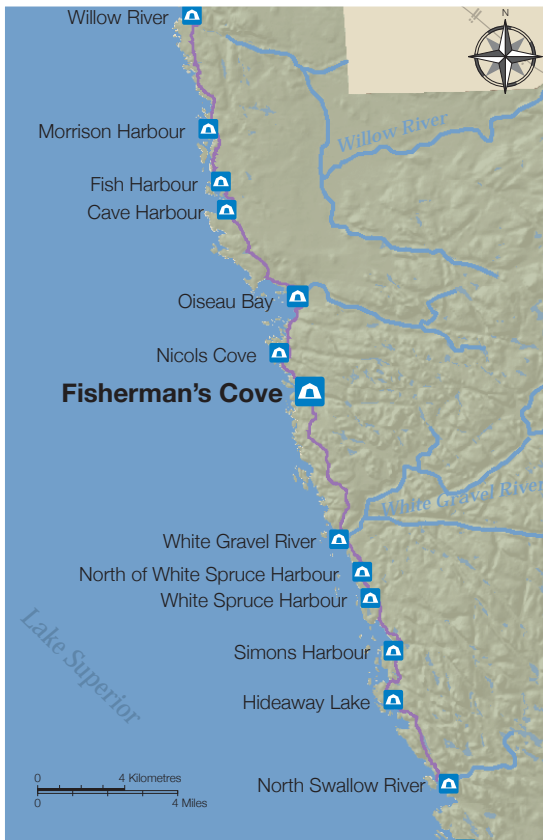
Nicols Cove



I Don't Give a Damn for Lake Superior

Nicols Cove is named for the Nicols brothers who operated a fishery out of Port Coldwell. Adolph King worked as an engineer on their boat, the "Strathbelle." He was known for bringing her safely to shore through wild storms. As he tells it:

Yeah, that happened to me quite a few times and it got sort of to be an embarrassment to me, you know, to hear [Fred Gerow] telling the other fellow: "When I got [Adolph] back in the engine room... I don't give a damn for Lake Superior or anything she can throw at us."



Fisherman's Cove · Ganiimebinewan



Never a Moment of Tedium

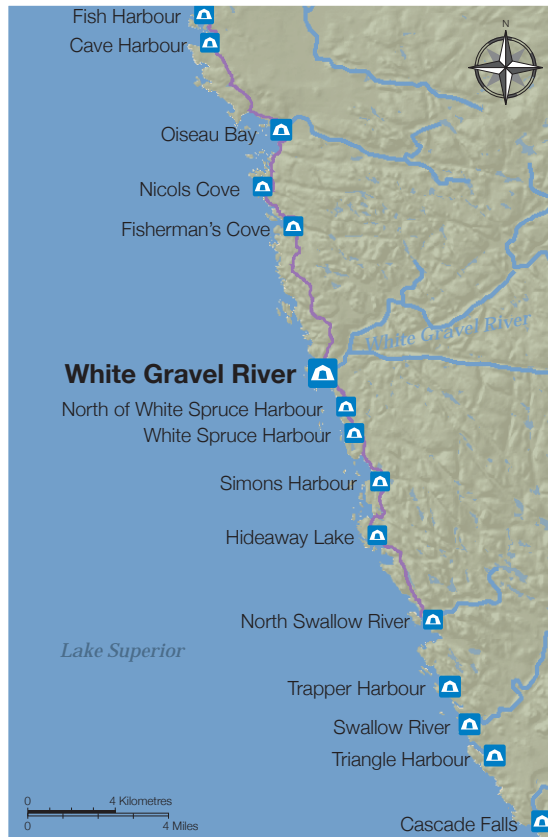
"There was never a moment of tedium as a constant stream of obstacles keeps us on our toes at all times. We were rewarded for our efforts with some of the most beautiful and breathtaking backcountry that I have ever seen. Lake Superior stretches on forever and truly resembles the sea. The sandy beaches 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>

Longing for a swim?

Try the northern cove - it's much warmer. The creek running into the southern cove keeps it cool all summer long.



White Gravel River · Gaziinins dongang ziibi



Gaziinins dongang ziibi

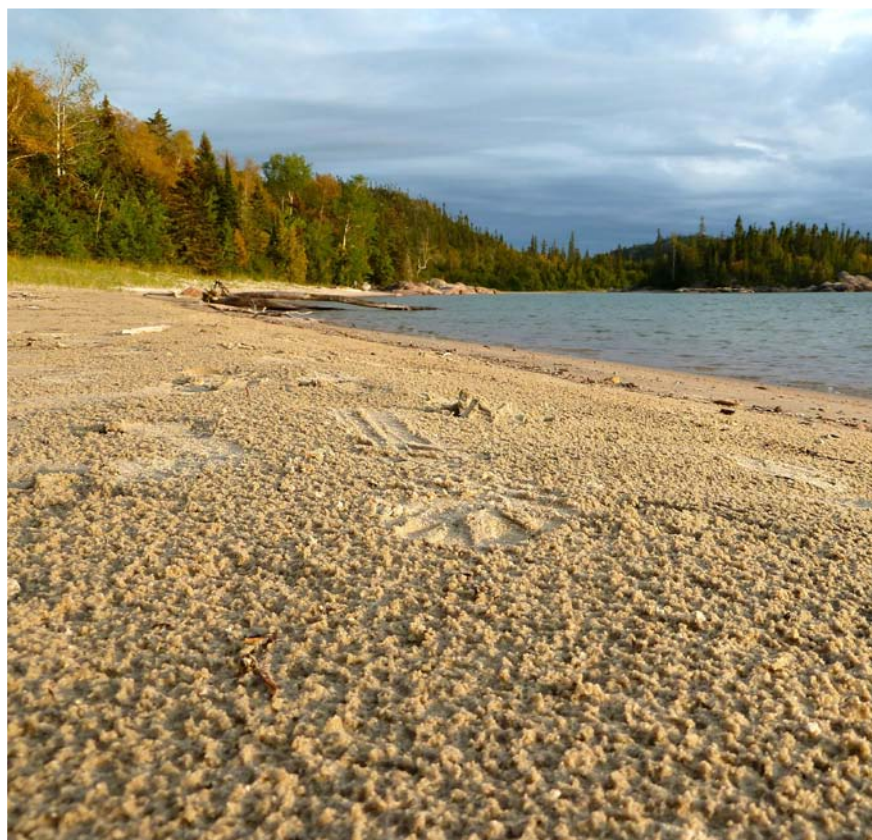
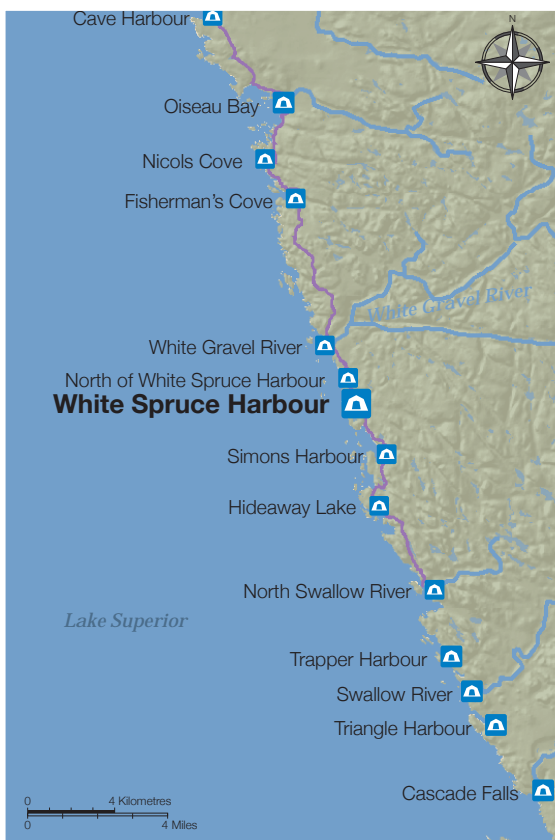
Wondering what it means? Full points if you guessed Gravel River.

Fish stories

The White Gravel River is a fantastic Rainbow trout spawning area in spring, and salmon spawning area in the fall. Get your fish story here.

Larger group?

White Gravel River has space for you.



White Spruce Harbour · Migizi awatik goonsing



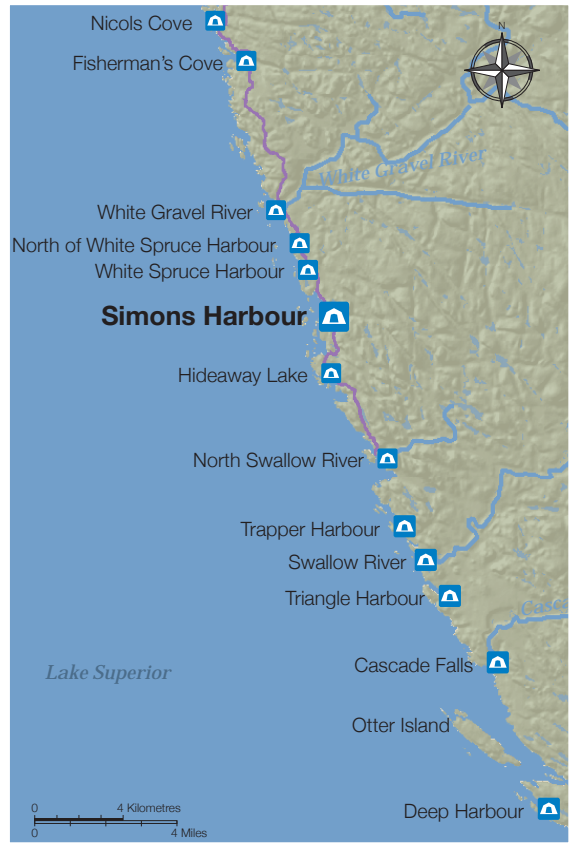
Migizi awatik goonsing

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

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.



Simons Harbour · Gichi migizi awatikgoon



Gichi migizi awatikgoon

At the opening of Simon’s Harbour is a place known as Gichi migizi awatikgoon, or Big eagle log. Just north of here is Migizi awatik goonsing, or Small eagle log.

Read like Art

In the 1930s, Art Laroque trapped furs around Simons Harbour. Gordon Primeau used to bring him books. *“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.’”*



Hideaway Lake



Steep cliffs and deep water.

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



© Rebecca Wiinanen



North Swallow River · Giiwednong zhaashawinibiis wi ziibi



Looking for the trail?

It's a tricky start. The trail starts at the north end of the beach, where the North Swallow River flows into Lake Superior. Be prepared to get your feet wet right away.

Help a Tired Hiker

Imagine arriving at your campsite dehydrated with blistered, swollen feet, sweat-drenched clothing, and aching shoulders... only to find paddlers had set up on the only site for miles. To help our landbound friends,

campsites along the Coastal Hiking Trail are reserved for hikers.

Save yourself from their stinky feet, camp on coastal areas not accessible from the trail.



© Ann Mershon



© Ann Mershon



© Alec Bloyd-Peshkin

Trapper Harbour · Nandawenjige nini wiikwed



Seven youngsters, ages 61-73

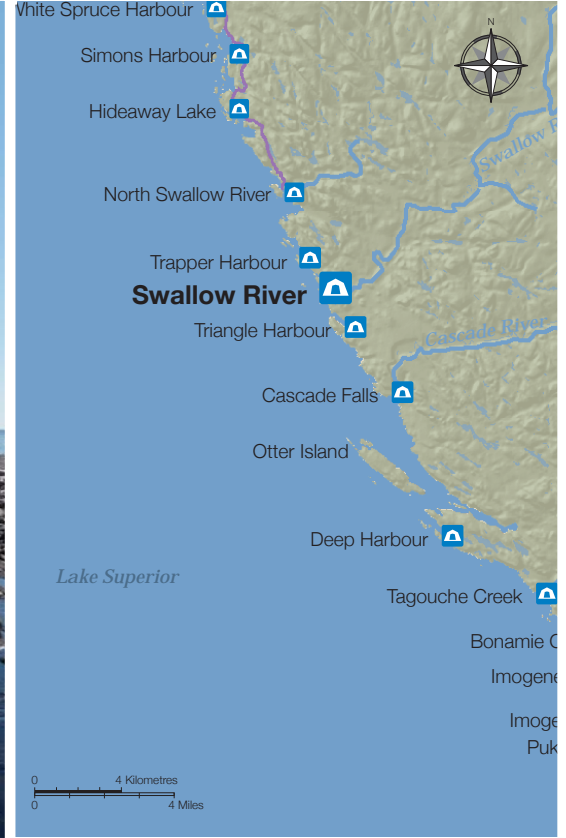
In July 2012, seven youngsters (ages 61 - 73) set off down Pukaskwa's coast. In Ann Mershon's words:

So began 12 days of paddling in every condition from calm water to 7-foot waves. Our 17-foot kayaks rode up and down, rather than through the waves, so we got to surf a bit. But I'm getting ahead of myself ... We enjoyed eleven campsites, all pristine sand beaches à la Caribbean, some a thousand feet long. The water was aquamarine blue and amazingly warm, so we swam every day but one (rain). ... [Here are] photos from our excursion to Trapper's Cove. We had a hard time

finding the shack, but our intrepid buddy Jini forged into the woods to find it. It's a ways up the river on the left side, about 100 feet up from the water. It was fun to see it -- our first evidence of all the settlers along the Pukaskwa shore.

Use caution

During big seas, the narrow entrance to Trapper Harbour can be difficult to enter and exit.



Swallow River · Zhaashawinibiis ziibi



Waterfalls

Take a short side trip upriver to the falls. It's less than a mile, and the waterfall there makes a great photo opportunity.

Want to add some fresh fish to your backcountry menu? Drop a line in the Swallow River.



Triangle Harbour



Look for the White Beacon

The harbour opening is marked by a white navigational beacon.

What's your story?

We genuinely love reading about your trips into Pukaskwa's backcountry. If you have a story or photograph you would like to share and have included in this trip planner, send it to ont-pukaskwa@pc.gc.ca with the subject line Story for the Trip Planner.



© Alec Bloyd-Peshkin



Cascade Falls · Ga waa saji waana



Iconic waterfalls

Ga waa saji waana is *White water falls*. This iconic waterfall is a destination for most paddlers between Hattie Cove and Michipicoten.

Old Cabin

Be sure to explore the area and see the old trapper's cabin near the falls. Enjoy the cabin, but please leave it to tell its story to others.

Waterproof it with Butter

Bruce Brown was carrying a food pack up to the logging camps on the Cascade River:

I had started out from what we called the Cascade-like camp. We started out there and when we got to the half-way - instead of having 48lbs of butter [in my pack], I had only 36. The rest had melted. Went all over my shirt. I had, like a gray shirt - it was waterproof! There was never any water went through that shirt. Like it would rain, the water would just pour over off that shirt!



Otter Island · Nigi shtgwaaning minis



Otter Island? Caribou Island.

Otter Island is some of the best Woodland caribou habitat on the north shore of Lake Superior. With plentiful food supply and added protection from mainland predators, the island is an ideal place for caribou year-round. Especially during spring calving and fall mating, the animals here are particularly sensitive to human presence.

Parks Canada has designated Otter Island as an area of special preservation within Pukaskwa. To help protect it, and Pukaskwa's tiny herd of caribou, there are **no developed campsites** on the island. We ask that paddlers explore the island

and try to spot the animals from the water rather than onland.

Nigi shtgwaaning minis

Nigi shtgwaaning minis is Anishinaabe for Otter head island. Nigi shtgwaaning, or Otter head, can be found in Otter Cove and marks the halfway point for paddlers going between Thunder Bay and Sault Ste. Marie. As you explore the cove, see if you can find the figure of an otter's head.



© Alec Bloyd Peshkin



© Tom Lusk



Deep Harbour

Peregrine Falcons

Keep an eye to the sky as you paddle this area. Peregrine falcons nest on nearby steep cliffs, and are frequently sighted here. Consider participating in the park's annual monitoring program while on your trip. Call or email the park for more information.

Extreme Paddler Dave Alvarez

Lake Superior is a Magical Place. From Isle Royal to the Apostles to the Canadian north shore... Pukaskwa National Park is probably my favourite place on the trip. It's so wild, so remote. There is no bad spot on Lake Superior.

- Dave Alvarez on his 2013 paddling trip from the Northwest of the Unites States to Key West and back.





Tagouche Creek

Fighting Fire with Fire

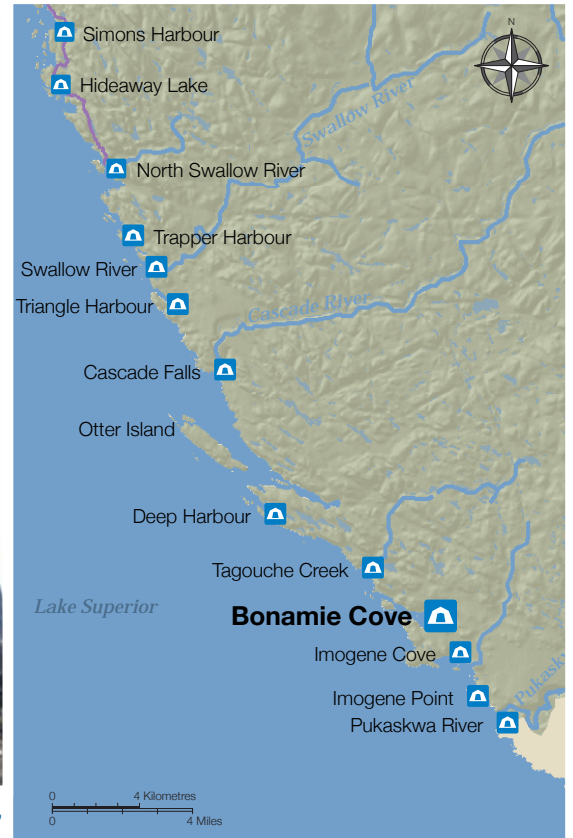
On September 7, 2012, park ecologists were taking water samples at a nearby creek when they saw smoke. A fire was burning on a rocky knoll near Tagouche Creek. It was most likely ignited by lightning four days earlier.

Pukaskwa National Park Fire Crews wanted to let nature take its course - without letting the fire burn out of control. To stop the fire from spreading too far, they burned a small strip around it. This charred boundary was ignited using aerial ignition devices - high-tech ping pong balls full of potassium permanganate. Fire crews dropped

the ping pong balls from a helicopter. Through September, the fire burned 16 hectares, or 20 soccer fields, of forest. In October, record rainfalls and freezing temperatures extinguished it.

If you go exploring, see if you can figure out where the fire was intentionally set, and where it was burning naturally. Look for charred stumps and new growth as you explore the area.





The Stalwart Seven, photo courtesy of A. Mershon Top: Tom Egan, Ann Mershon, Jerry Wilkes, Jim Gulstrand, Bottom: Dick Swanson, Jini Danfelt, Susan Gulstrand

Bonamie Cove



I make it sound scary...

Ann Mershon paddled the coast of Pukaskwa National Park in July 2012 with The Stalwart Seven. Here's her story:

[After] being wind-bound all afternoon at Bonamie Cove, we decided to give it another try around dinner time. The waves were 8-10 feet high, and when Dick got pounded by a wave straight into his chest, he yelled at us all to turn around. Turning was difficult in such high winds, but we each waited for a set of smaller

waves (under 5 feet) and turned as fast as we could before more big ones came. It was all I could do to keep my kayak on a straight line as the waves lifted me from the back, threatening to toss me aside. I make it sound scary, but it was also great fun. Jerry said he would have liked to go on, and Dick's comment was, "But you might not have made it."

Read more at <http://amershon.edublogs.org/2012/08/06/paddling-the-pukaskwa/>



Imogene Cove · Pukaskwa Depot



Happiest Time of Their Lives

Until the 1930s, Imogene Cove was home to Pukaskwa Depot, a logging community of over 300 people. Lee Fletcher summed his feelings about living there by saying:

Although having few, if any, of the amenities of civilization, those who lived and worked at Puckasaw looked back to that period with deep nostalgia. Many of the old timers I meet who worked there tell me it was the happiest time of their lives.

Enjoy the artifacts at the site, but please leave them to tell the Depot's story to others.

The campsite is located north of the creek and the site of Pukaskwa Depot. **Camping is not permitted at the former town site.**



Pukaskwa River · Bii-skikaag saateg ziibi



Orange Sateen Bikini Underwear

By this point on the trip, you might discover new things about your paddling partner. In 1957, John Calkins paddled the Pukaskwa River with his guide. Here's what he discovered:

You know, to get a tin canoe going through the woods, eh... isn't all that much of a dream... so that's where [he] ripped his pants all up and we discovered that his underwear was a pair of sateen orange or scarlet nylon bathing suit, bikini like almost. [Laughs].

Curvy Run Dry River

The Pukaskwa River is one of the best whitewater rivers in Ontario. Just be sure to paddle it in spring before it becomes as it's described in Anishinaabe, Bii-skikaag saateg ziibi, or Curvy run dry river.

Staying at the Pukaskwa River?

Take a short hike up the last portage on the Pukaskwa River Route to Schist Falls. You won't be disappointed!

Gear Checklist

Safety Gear

- brain filled with experience paddling big, cold waters
- satellite phone, EPIRB or SPOT device
- headlamp and/or flashlight
- mirror
- matches / fire starting kit
- bear deterrent
- weather radio
- first aid kit
- extra food (1-2 days)

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
- stove and fuel
- cooking pot
- water purification system/filter
- 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 utensils
- mug
- knife
- toothbrush and toothpaste
- towel
- daypack
- sunscreen / sunglasses
- sleeping bag
- wallet / cash
- contact phone numbers
- headlamp and/or flashlight
- trip plan
- 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

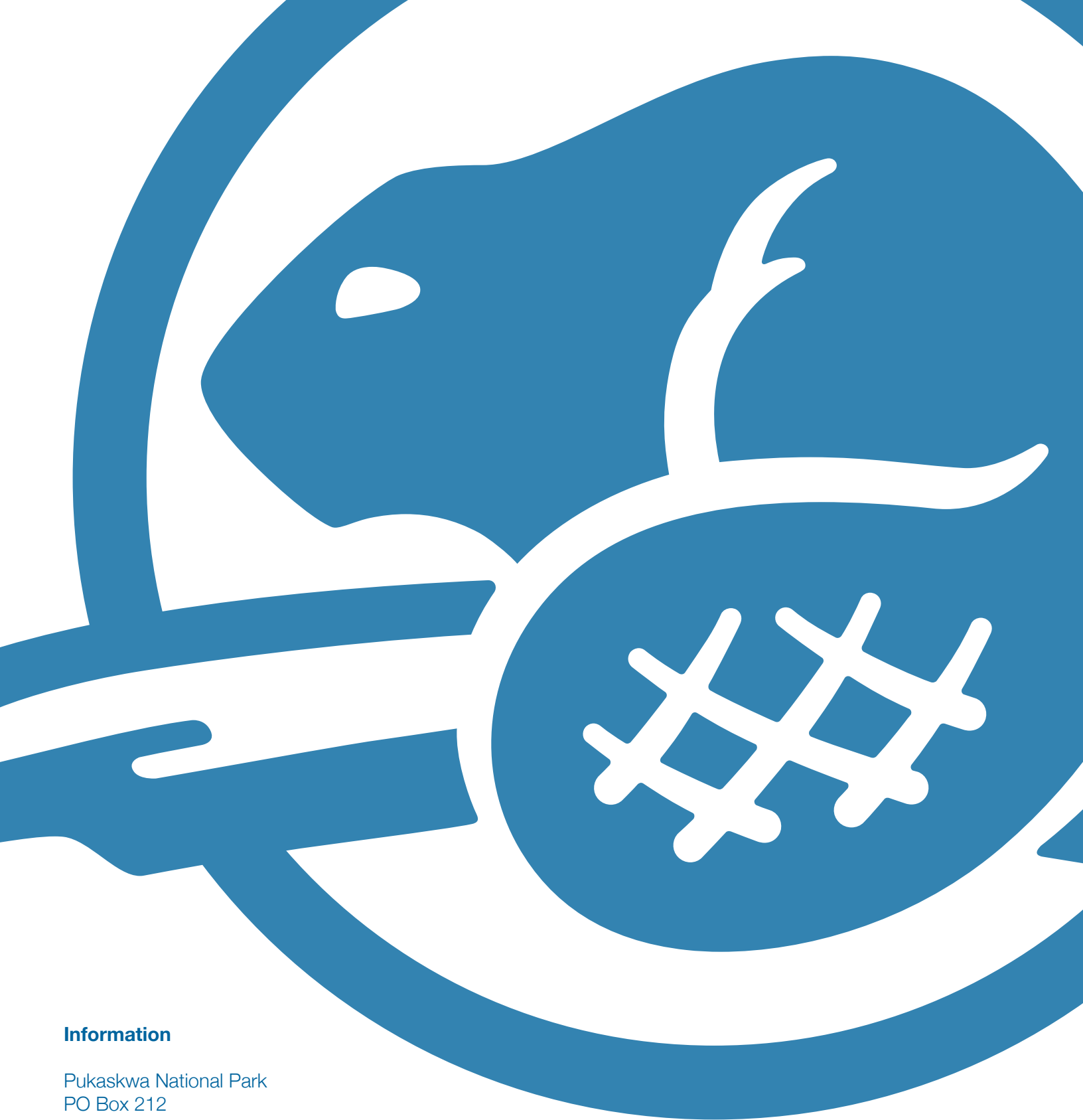
For Paddlers

- paddle and spare paddle
- self-rescue aids
- paddling gloves
- paddling top
- whistle / signalling device
- 15 m bouyant throw rope
- bailer
- spray skirt
- kayak or canoe
- kneeling pads

Coastal Paddling Route Distance Chart

Pukaskwa National Park Coastal Paddling Route to Michipicoten River Distances (kms) are between points hugging the shoreline. <i>Italicized locations are outside the park.</i>		Hattie Cove 67 Campsites	White River 2 Campsites	Willow River 5 Campsites	Cave Harbour 1 Campsite	Oiseau Bay 3 Campsites	White Gravel River 3 Campsites	Simons Harbour 1 Campsite	North Swallow River 1 Campsite	Triangle Harbour 1 Campsite	Cascade Falls 1 Campsite
Hattie Cove			11	17	29	42	53	60	70	81	87
White River	11		6	18	31	42	49	59	70	76	
Willow River	17	6		12	25	36	43	53	64	70	
Cave Harbour	29	18	12		13	24	31	41	52	58	
Oiseau Bay	42	31	25	13		11	18	28	39	45	
White Gravel River	53	42	36	24	11		7	17	28	34	
Simons Harbour	60	49	43	31	18	7		10	21	27	
North Swallow River	70	59	53	41	28	17	10		11	17	
Triangle Harbour	81	70	64	52	39	28	21	11		6	
Cascade Falls	87	76	70	58	45	34	27	17	6		
Otter Island	99	88	82	70	57	46	39	29	18	12	
Deep Harbour	109	98	92	80	67	56	49	39	28	22	
Bonamie Cove	122	111	105	93	80	69	62	27	41	35	
Pukaskwa River	133	122	116	104	91	80	73	38	52	46	
<i>Crane Island</i>	145	134	128	116	103	92	85	50	64	58	
<i>Pipe River</i>	155	144	138	126	113	102	95	60	74	68	
<i>Floating Heart River</i>	167	156	150	148	125	114	107	72	86	80	
<i>Point Isacor</i>	179	168	162	160	137	126	119	84	98	92	
<i>Tamarack Bay</i>	186	175	169	167	144	133	126	92	105	99	
<i>False Dog Harbour</i>	195	184	178	176	153	142	135	101	114	108	
<i>Mountain Ash River</i>	202	191	185	183	160	149	142	108	121	115	
<i>Minnekona Point</i>	212	201	195	193	170	159	152	118	131	125	
<i>Michipicoten River</i>	226	215	209	207	184	173	166	132	145	139	

99	109	122	133	145	155	167	179	186	194	202	212	226
88	98	111	122	134	144	156	168	175	184	191	201	215
82	92	105	116	128	138	150	162	169	178	185	195	209
70	80	93	104	116	126	148	160	167	176	183	193	207
57	67	80	91	103	113	125	137	144	153	160	170	184
46	56	69	80	92	102	114	126	133	142	149	159	173
39	49	62	73	85	95	107	119	126	135	142	152	166
29	39	27	38	50	60	72	84	92	101	108	118	132
18	28	41	52	64	74	86	98	105	114	121	131	145
12	22	35	46	58	68	80	92	99	108	115	125	139
	10	23	34	46	56	68	80	87	96	103	113	127
10		13	24	36	46	58	70	77	86	93	103	117
23	13		11	23	33	45	57	64	73	80	90	104
34	24	11		12	22	34	46	53	62	69	79	93
46	36	23	12		10	22	34	41	50	57	67	81
56	46	33	22	10		12	24	31	40	47	57	71
68	58	45	34	22	12		12	19	28	35	45	59
80	70	57	46	34	24	12		7	16	23	33	47
87	77	64	53	41	31	19	7		9	16	26	40
96	86	73	62	50	40	28	16	9		7	17	31
103	93	80	69	57	47	35	23	16	7		10	24
113	103	90	79	67	57	45	33	26	17	10		14
127	117	104	93	81	71	59	47	40	31	24	14	



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