

COASTAL HIKING GUIDE

Wild Isle

Canada's Magazine of Island Adventure

#22 August-October 2002

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Wild Isle

The Islands' Adventure Magazine

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Take to the beach!

One of the nicest ways of seeing Vancouver Island's coastline is by foot. Get all the necessary beta on some of the world's most spectacular hikes...

see page 9

Top- Orcas plying sunlit waters. Michael Kundu photo.
 Insets: Right- Camping at Calvin Creek, Nootka Island
 Above- Overlooking the West Coast Trail near Tsusiat Falls
 Cover- Corrie Wright strolling the beach near Tsuquadra Point, West Coast Trail. Philip Stone photos.

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The Road to Adventure

Tahsis is a small unspoiled village on Tahsis Inlet, the closest jumping off place to Nootka Sound with it's fabulous opportunities for outdoor adventure and world class fishing.

Tahsis has something for everyone who loves the west coast rainforest, from a leisurely historical walking tour of the town to extreme kayaking and surfing on the wild west coast of Nootka Island and Kyuquot Sound.

Tahsis Inlet and Nootka Sound abound with hiking trails, diving and surfing sites, salmon and halibut sport fishing, caves, wildlife, and scenic vistas. The Nootka Trail is being discovered by International Hikers as a challenging 4 to 6 day hike comparable to the West Coast Trail.



Check out our Great Walk Marathon:
www.greatwalk.com

www.VillageofTahsis.com

Tahsis Info: 250-934-5555

Wild Isle Magazine

#22 August-October 2002

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Oct 15th, 2002 for Issue 23 - Nov-Jan, 2003

EDITORIAL



Preparing this issue's Coastal Hiking feature started out normally enough with the requisite research and gathering of information. But as the feature took shape we began to look further afield for coastal hikes in other parts of Canada and the US Pacific North West.

What we unearthed included some surprises like the East Coast Trail in Newfoundland and the Olympic Peninsula rounding out what we hope you'll agree is an informative piece. Coastal hiking provides the best of many aspects of extended hiking trips: remote wilderness landscapes, the simple exercise and escape from the hurly burly of day to day back home. But as well coastal hiking is more accessible than

mountain trips for children and those looking for such experiences without the rigours of alpine terrain and weather. There really isn't anything else quite like the beach!

We've enjoyed pulling these hikes together from different parts of the country and we hope in coming issues to bring more stories of island adventure from other parts of Canada and expand the scope of Wild Isle. Our country has one of the longest coastlines in the world and islands are a huge part of our nation's geography.

If you have stories from the Maritimes, the Arctic or even inland islands (there must be many such in Manitoba no?) we'd like to hear about them.

In the meantime enjoy this issue and we'll see you when the snow flies.

Philip Stone

HAPPENINGS

All summer	Island Cup XC & Downhill Mountain Bike Races, 250-336-2200	Various
All summer	CV Cycle Club Off Road Series http://mars.ark.com/~cvcc	Various
Aug. 11	AllteraMan Canada 250-923-7911	Campbell River www.active.com
Aug. 23, 24, 25	Gold River Trails Festival 250-283-7334 jimmitchell@cablerocket.com	Gold River
Sept. 7 & 8	Triple Throwdown Mnt. Bike comp www.mtwashington.ca	Mt. Washington
Sept. 14	BC Championship Sea Kayak Race	Gabriola Island
Sept. 14-15	Gabriola Bike & Kayak Festival www.gck.ca	Gabriola Island
Sept. 21	Dodge City Single Speed champs mtn. bike race	Cumberland 250-336-2200
Sept. 21	Mind Over Mountain Adventure Race	Comox Lake 250-715-8933
Sept. 22	Juan de Fuca Recreation Duathlon www.twc.bc.ca/jdfd.html	Victoria (Colwood) 250-380-1173
Sept. 28	Yellowpoint Pant and Paddle relay www.pantandpaddle.net	Nanaimo
Sept. 28-29	Canada West Kayak Surf Festival www.surfkayak.org	Long Beach
Sept. 29	Quadrathon Adventure Race	Quadra Island 250 285-3627
Oct. 4-5	Roxy/Quiksilver Surf Jam www.bcsa.ca	Tofino
Oct. 19	Victoria Ski & Snowboard Show 10am-4pm	Cedar Hill Rec. Centre 250 595-7121

If you want to have your event in HAPPENINGS, send us a fax at (250) 285-2236 or email at wildisle@island.net with all the dirt.

U.S. C.P.S.C., & MSR Announce Recall Of Stove Fuel

Seattle, WA. — In cooperation with the U.S. Consumer Product Safety Commission (CPSC), Mountain Safety Research (MSR), of Seattle, Washington, is voluntarily recalling about 9,700 cans of white gasoline stove fuel. Corrosion can cause the can to leak fuel, posing a fire or injury hazard.

Mountain Safety Research has received 20 reports of leaking fuel cans. No injuries have been reported.



The recalled fuel includes MSR White Premium Blend Stove Fuel. The fuel is packaged in red metal cans. The words "MSR...White Gas" and "1 Quart/.95 Liter" are printed across the front of the can. This recall includes batch number 2003-2. The batch number is printed on the lower front of the can. The fuel cans were made in the U.S.

REI and other sporting good stores sold the stove fuel nationwide from March 2002 to June 2002 for about \$4.

Consumers should check their stove fuel cans for leaks immediately. If the can is leaking, consumers should move it to a location free of ignition sources, then transfer the fuel to an approved fuel container. Whether or not the can is leaking, consumers should contact Mountain Safety Research to receive a replacement fuel container. For more information, consumers can contact Mountain Safety Research at (800) 531-9531 (select option # 4), between 8 a.m. and 4 p.m. PT Monday through Friday or visit the MSR web site at www.msrcorp.com.

COAST to COAST

Gold River Trails Festival promotes sharing and expansion of local trails

The Gold River Trails Festival is a fun non-competitive event geared toward a broad cross section of trail users. We hope to bring user groups together on common ground and present the extensive and growing trail network in and around the Gold River area while promoting cooperation between trails interests. All proceeds of this event will be administered by the Gold River Futures Society and will be used to maintain and grow the trails network in the Gold River area.

Registration will take place at Marling Field from 4pm to 9pm on Friday August 23. There will be a meet and greet with music and trials bike demonstrations as well as other demonstrations.

Saturday Morning-Late Registration, Equipment Check and Orientation

1st Led Walks and Rides: Participants will be taken out on to the trails for 3 to 4 hrs. The guides are all area residents and will also act as interpreters along the various routes. A poker run is incorporated into this part of the event.

Saturday Afternoon: Lunch will be served the afternoons events will start. The first order of business will be to award the prizes from the results of the poker run. There will be a speaker on "Trails In a Working forest" from Western Forest Products. We also plan to have one other speaker as a key note speaker.

Saturday Night : There will be a live band starting at 8pm and ending at 11pm.

Sunday Morning: There will be a pancake breakfast and then the 2nd program of walks and rides will take place. There will be a scavenger hunt as part of this. At around 2pm there will be an awarding of prizes and closing ceremonies.

Horne Lake access issue holds up climbing guide

For those that have been breathlessly awaiting the Vancouver Island sport climbing guide book, take a breath, the wait is not over. Access issues at Horne Lake have delayed the printing of the guide probably for another year.

Greg Sorenson long time Nanaimo area route developer and owner of Outer Limits Excursions, has been working on the collaborative guidebook for several years. He has the guide all ready to go but access issues at Horne Lake have not been resolved.

"The big selling point of the guidebook is Horne Lake, so if I can't say for sure its open for climbing I'm not going to produce the guide," he said.

With local cottage owners now in control of the land the climbing access issues can be resolved, it will just take time, he said. Until then the climbing is officially closed and climbers are asked to stay away to aid in access negotiations.

Sorenson's guidebook is a collection of route information from all the major route developers for each climbing area. He said that all profits from the guide will be split between each climbing area to be put back into bolts, hangers and cleaning supplies.

If you have information about new sport routes and new areas send it to Greg Sorenson at outerlimits@shaw.ca or 250-751-1154. For Horne Lake access info contact the CASBC at 604-228-1798

Hike and Kayak Nootka Island Combination

Zeballos, BC - A unique hiking/kayaking adventure for the outdoor addict is now available from Zeballos Expeditions. Starting from Zeballos, kayak to the Nootka Island Trail head at Louie Bay. There the water taxi will pick up kayaks, drop off packsacks and resupply as needed. Hike the trail to historic Yuquot (Friendly Cove) and return by boat to Zeballos.



This historic route connected First Nation coastal villages. Sea otters and other wildlife, old growth forests, sandy beaches, caves and waterfalls can be seen paddling through Nuchatlitz Park and hiking the Nootka Trail.

"I got so many inquiries as to whether it was better to hike the Nootka Trail or to paddle Nuchatlitz that I decided to offer the combination--this trip is especially popular because it is affordable and flexible." Daniel O'Connor, water taxi operator for Zeballos Expeditions.

Zeballos Expeditions & Kayaks is a local kayak rental, tour and transport company on West Vancouver Island North and has provided hiking and kayaking support services for nine years.

For more information please contact Cristina Lepore Zeballos Expeditions & Kayaks 115 Maquinna Ave., Zeballos, BC. V0P 2A0 1-866 222 2235 kayak@netcom.ca

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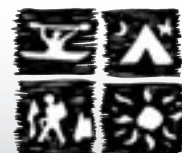
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COAST to COAST

How to ride with beer and other helpful hints for biking while drunk

"Last year we collected two kegs and 144 miscellaneous bottles after the race," said Matt Powsey. "That's between 70 people. We just got hosed out there." That was the result of last year's Dodge City Single Speed Championships. No one remembers who won, and no one cares. It is a bit of a different race, but none of the organizers or racers are complaining. And they don't want you if you are.

"Everyone has a good time," Matt said. "And those that don't have a good time, we don't want them."

Although the details are still emerging from the lingering hangover of last year's race Matt says the booze-infested mayhem will likely begin at the Bevan Youth Hostel near Cumberland on September 15, 2002.

The only requirement of racers will be that their bike be set up with only one gear.

"It can be done by removing the derailleurs and locking down the gears," Matt said. He runs Dodge City Cycles in Cumberland and organizes the single speed race.

Matt's cross-country bike is a single speed with a 32-20 set up. That's equivalent to the front middle ring and half way on a back cog set. Dodge City Cycles can change bikes over to single speed for a reasonable fee.

While boozing is a fixture of the race – there were shooter and chug stops throughout the racecourse last year – drinking is not required. Except for organizers.

"Organizers have to slam a beer before the race starts," Matt said.

Just because the organizers are drinking doesn't mean a victory isn't important.

The winner of the race gets a free trip to the single speed world championships in Downeyville California in October with Matt and a few other single speed zealots.

While winning is big news the race is not just for mountain bikers with big lungs and bigger, err, legs. "This is not a gnarly, ramp infested course," Matt said. "It is a social event, a good time. This is not a serious race."

Matt hopes that the success of the single speed championships in Cumberland will help bring the Worlds to Dodge City in 2003.

-For more information on the single speed championships call Dodge City Cycles at 250-336-2200.

Send Wild Isle your news item, press release, event info, new product info etc. Send them to Wild Isle: wildisle@island.net or by fax to 250-285-2236.

BC reviews Parks system

The BC ministry of Water, Land and Air Protection has enlisted the help of five experts in recreation stewardship to recommend avenues to fund and preserve BC provincial parks, wildlife and tourism opportunities while benefiting local communities.

The Recreation Stewardship Panel will collect public, stakeholder and First Nation feedback throughout the summer. In September the panel will send a preliminary report of recommendations and findings to the minister in charge, Joyce Murray. The report will be released for public feedback.

The panel is looking at everything from user fees to commercialization and privatization.

"We are not privatizing the ownership of the parks," Murray said. "We are looking to add additional recreational services for visitors and add economic opportunities, especially for communities outside of major urban centres."

Watch the Wild Isle website, www.wildisle.ca, breaking news or the ministry of Water, Land and Air Protection website for information on letting the Panel know how you feel.

Cormorants take flight into active duty

After nine months of testing the new Cormorant Search and Rescue helicopters were cleared for active duty in late July. And a few days later they were testing the helicopter's long range and auto pilot capabilities pulling a sick sailor off a freighter in Hecate Strait. The Cormorants replace the old search and rescue helicopters, the Labradors, which were purchased in 1963. Read Wild Isle next issue for more.

Juan De Fuca Duathlon

In September 2001, Team West Coast Running and Triathlon Club organized a new short-course duathlon in Victoria, in partnership with the Juan de Fuca Recreation Centre of Colwood. The recreation centre has a winding 2.7 km chip trail encircling its facilities which include a golf course, tennis courts, baseball diamonds, a velodrome and a dirt bike practice area.

These facilities to the west of Victoria are adjacent to Fort Rodd Park at the mouth of Esquimalt Harbour a quiet paved road from the centre leads past the park and across the sand spit which separates Royal Roads Lagoon from the ocean. This combination of chip trail and oceanside road, based at a facility with ample room for transition and parking outside, and washrooms, showers and a large activity area inside for food and awards, makes an excellent venue for the event. The course is safe and suitable for all age groups, from eleven-year-olds to adults.

The younger participants run a shorter loop and their turnaround on the bike loop comes before a long descent to the spit, so they are spared riding up and down this big hill. The longer run loop and the hill on the bike course, which must be descended and climbed twice, makes the course challenging for the older kids and adult competitors. We had lots of positive feedback from our 63 competitors last year and are pleased to be part of the new Tri BC Duathlon series. We welcome duathletes, young and old, to come and enjoy a well-organized event on a fun course in Victoria September 22, 2002. You can register on-line or print out an entry form at <http://twc.bc.ca/jdfd.html>

-John Botelho, Race Director

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Sea Kayak Race Debuts at Gabriola Bike & Kayak Fest

The first edition of the BC Championships Sea Kayak race will take place Saturday September 14th 2002. Based from Gabriola Island, the 14 mile course will take paddlers through some of the most beautiful scenery in the Gulf Islands. The race is a new edition to Gabriola Cycle & Kayak's annual Bike & Kayak Festival weekend, which is in its 15th year.

The race is the brainchild of Peter Marcus of Gabriola Cycle & Kayak and Alex Matthews.

"We are really hoping that folks will join us for the weekend and get a chance to experience the island lifestyle as well as challenge themselves on the race course. There is bound to be something for everyone, be they competition-oriented jocks intent on racing or mellow pleasure paddlers, or cyclists or campers. The goal has been to make this a really inclusive, fun event at a very affordable price".

The race starts Saturday afternoon at 2:30 sharp. Saturday evening will include an apres-race salmon bar-b-que and even a live performance by folk musician Valdy, so paddlers can relax "island style". Two hour pleasure paddles will be offered as well as guided bike rides around the island. Sunday morning will start with a pancake breakfast. It promises to be a great time!

Please go to www.gck.ca for course maps, entry forms, pics and more!

RACE CATEGORIES:

Sea Kayak "SK" (Men's & Women's)

Fast Kayak "FSK" (Men's & Women's)

High Performance Kayak "HPK"

(Men's & Women's)

Doubles "DK" (Open)

(see www.soundrowers.org/yakclass.htm for a full list of kayak category by model)

It's Never Too Early To Think About Snow!

Come and join us at Cedar Hill Rec Centre, Victoria on Saturday October 13, for all your ski and snowboard needs at the 6th annual Ski & Snowboard Show & Sale. This years show will feature over 25 special exhibitors including major retail stores, representatives from mountain resorts and 4x4 sports utility vehicles.

Public consignment sales of snowboards, alpine and cross country skis and boots welcome. No poles or clothing though. Relax in our beer garden, enjoy live music and enter to win one of many great prizes. Exhibitor info from Anna Haney 250 595-7121.

The show runs from 10 am until 4 pm.

Ocean Spoke Adventures "Life's An Adventure, Live It!"

A new soft eco-adventure tour operator has opened for business in the Comox Valley, Vancouver Island. Ocean Spoke Adventures offers Marine Wildlife Adventure Tours aboard a 24' custom zodiac boat, with alternate departures from the Comox Harbour and the Deep Bay Marina. Be whisked away for an unforgettable 3 hour tour on the water from either marina.

In addition Ocean Spoke Adventures offer half and full day guided mountain bike tours and a large fleet of bikes for rental. Try their Downhill Descent of Mt. Washington, descend 4000 feet over 25km of paved road. "Because It's There!"

To find out more information contact Ocean Spoke Adventures. Phone:(250) 897-0973 Cell: (250) 703-3338 or Toll Free:1-877-897-0973

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News & Events

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Breaking News



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WANTED: Vancouver Island alpine route info

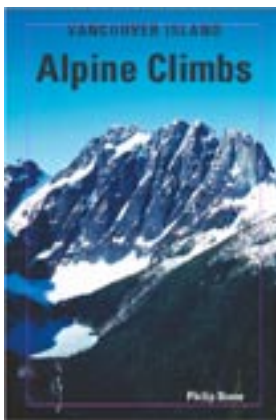
Wild Isle Publications is looking for route information for a comprehensive guidebook to alpine climbs on Vancouver Island.

The guide will cover technical climbs and scrambles from Mt. Arrowsmith to the Rugged Range and beyond. It will include maps, access info, route descriptions and all the beta needed to climb in one of the North America's least known mountain playgrounds.

But to make this guide comprehensive Wild Isle Media needs all the info Vancouver Island's climbing community can provide.

To contribute fax, email or call route beta to: f - 250-285-2236, e - wildisle@island.net, p - 250-285-2234.

The Vancouver Island Alpine Climbs guidebook will feature classic mountaineering peaks like Mt. Colonel Foster (on cover), scrambles and obscure rarely visited giants like Lone Wolf.



Yellowpoint Pant & Paddle Relay

(NANAIMO)- The Second Annual Yellowpoint Pant & Paddle Relay Event is a "Go" for September 28 and organizers are now accepting team registrations

Now is the time to start pulling your team together for the second running of the Yellowpoint Pant & Paddle Relay on Vancouver Island. This year's event will take place on Saturday, September 28th starting at 9:30 AM. It is open to teams of seven, and all entrants must be over 19 years. The race entry fee is \$175 per team. Categories include Open Men's, Open Women's, Mixed, and Geriatric (minimum total ages add up to 350 years). All participants will get a commemorative T-shirt. There will also be fabulous prizes awarded to teams and individuals that earn the most pledges.

This fun and challenging outdoor event is being organized by a volunteer group of Yellowpoint-Cedar community members, outdoor sports enthusiasts, and area businesses with all net proceeds and team pledges going toward Georgia Strait Alliance's marine education programs and conservation efforts.

Beginning and ending at the renowned Crow and Gate Pub, there are six race legs winding through this pastoral landscape south of Nanaimo: an 8 kilometre run, 5 kilometres by canoe across Quennel Lake (2 contestants), 26 kilometres by road bike, 5 kilometres by ocean kayak, 11 kilometers by mountain bike, and finally, a 9 kilometre run to the finish line.

Entry forms and registration information are available now - online at the www.pantandpaddle.net or contact Georgia Strait Alliance, phone (250) 753-3459 or volunteer event organizer Peter Bowen-Roberts at primula@islandnet.com.

Limited to 40 teams, and last year's event was full, so please register as early as possible!

Congratulations!

Angela Lambert of Saanichton will be proudly sporting a new Serratus™ Alpine 60 backpack next time she heads to the mountains. Angela was the lucky winner in our draw for new subscribers featured in our last issue. Way to go Angela and thanks to everyone who entered, you're all winners because this issue of Wild Isle will be delivered to your door!



Surf comps come to Tofino

Wax up the board and outfit the kayak because surf contests are hitting Tofino area beaches for surfers and kayakers.

\$25,000 in prize money will be given away at this years Roxy/Quiksilver Summer Surf Jam at Cox Bay on October 4th and 5th. Canada's oldest surf comp, run annually since 1988, will feature 160 contestants in seven divisions.

The divisions include: men's and women's professional, amateur and junior on short boards and a longboard division.

The later than normal date should provide fine Pacific swells ensuring plenty of spills and thrills for contestants and spectators alike. The usual apres parties will feature bands, prizes and beer. For more info or to register check out the BC Surfing Association at www.bcsa.ca.

Kayakers will have a chance to ride for cash in a Vancouver Island White Water Paddling Society sponsored event on September 28-29. Four divisions will compete in heats at Long Beach, with a party to follow. Check out www.surfkayak.com for info.

Shouldn't Your Message be here?

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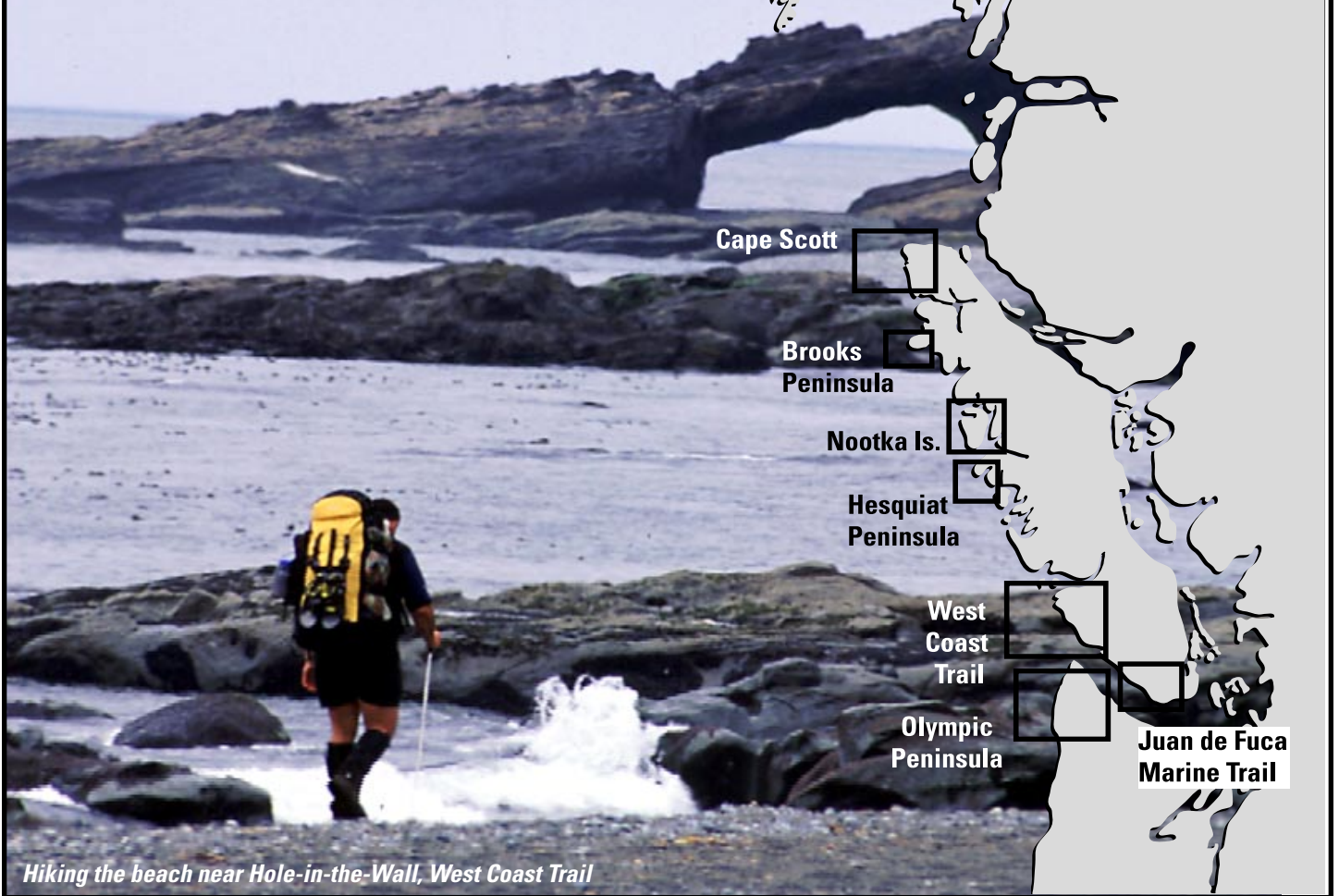
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Wild Isle

coastal hiking guide

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Hiking the beach near Hole-in-the-Wall, West Coast Trail

Stepping out from the tranquil beauty of the lush, primeval rainforest the dazzling sunlight suddenly overpowers your eyes. The crash of surf rolling on to the beach brings you quickly to your senses and the open Pacific Ocean stretches off into the horizon before you. Such is the diversity of hiking in the marine environs and a large part of the attraction in tackling a challenging coastal hike.

Islands are by nature blessed with more than their fair share of coastline and unsurprisingly where we find some classic hiking trails. This mini-guide to coastal hiking features some well known treks like the West Coast Trail, some upstarts such as Nootka Island and we hope a surprise or two like the East Coast Trail in Newfoundland.

Hikers are often associated with mountain trails but there are many perks to choosing a coastal route. Fishing and foraging (*where appropriate & permitted*) open nature's larder unseen above treeline. Children and moderate hikers thrive on a hike at sea level, while the scenic values of the coast bring rewards on complete par with the alpine. Then there is the wildlife, despite rumours of inland sharks in Strathcona Park, the West Coast Trail is a safer bet to view whales!

Covering 9 trails could (and indeed does) fill many times that number of guidebooks so follow our suggested resources to plan your trip carefully and when your hike is done, take a moment to pen us a story about your coastal hiking adventure.



Covering Ground On The Web

wlapwww.gov.bc.ca/bcparks/explore
www.westcoasttrail.com
www.atrails.com
www.trails.com
www.nps.gov
www.wildisle.ca
<http://maps.nrcan.gc.ca>

West Coast Trail

Probably Canada's most celebrated hike and a rite of passage for many islanders. Referred to in the mandatory Parks Canada video as 'the most difficult trail in North America', the ruggedness of the trail is wholly overplayed, but the delights enroute can hardly be praised enough.

Extensive boardwalks, ladder systems, suspension bridges and cable cars run the length of the trail. And then there are the beaches. Many miles of the West Coast Trail can be travelled on the beaches but as with all coastal hiking a cautious eye should be kept on the tide.

Take the trail blinkers off and drop the pack to explore. Some of the most beautiful parts of the coastline are to be found where the trail has headed inland to avoid an impassable headland. The curious will find some remarkable coves, caves and pocket beaches, few others notice.

Length: 85 km - 6 or 7 days

Permits: Required from Parks Canada May-Sept

Guidebooks: Blisters & Bliss - Foster & Aitken, The West Coast Trail and Other Great Hikes - Tim Leadem ISBN 1-55054-614-7

Maps: West Coast Trail - ISBN 921259-26-3 Canadian Cartographics Ph: 604-524-3337 Topo - 92 C11, C10, C09

Transportation: By road to Port Renfrew and Bamfield. Excellent option to Bamfield from Port Alberni is onboard the M.V. Lady Rose a coastal freighter which serves Barkley Sound from Alberni.

Guides: Slipstream Adventures 1-800-760-3188



Ladders on the West Coast Trail

Juan De Fuca Trail

Sibling to the better known West Coast Trail and with a similar history as telegraph line to Bamfield the Juan De Fuca Marine Trail is a more recent addition to BC Parks fold. The route follows the coast between China Beach near Jordan River & Botanical Beach near Port Renfrew paralleled along its length by Highway 14.

The 'roadside' access of the trail doesn't detract from the atmosphere and adds the extra potential of hiking the route over several separate day trips. In high season be prepared to share some of the hot spots like Sombrio with others!

Length: 50 km - 3-5 days. Ideal for day trips too.

Permits: Required from BC Parks

Guidebooks: The West Coast Trail and Other Great Hikes - Tim Leadem ISBN 1-55054-614-7

Map: 92 C09, C08

Transportation: By road at a number of points off Highway 14



Cape Scott Trail

Imagine trying to cut farms from the rainforest at the north end of Vancouver Island, with no road access, lots of foul weather and no communication with the outside world for months on end. Now imagine this life at the turn of the 20th century. Not surprisingly the Danish and later settlers that tried to eek a living out of the forest around Cape Scott gave up after toughting it out for several years.

While the settlers aren't there anymore remains of their efforts can still be seen along the Cape Scott Trail. The trail follows old roads and telegraph lines through a world of moss and ferns, past deserted stretches of white sand out to the end of the Island, Cape Scott. The lighthouse at the end is the destination but this out and back trail hike is all about the journey. The trail is rough, the hike hard and there is plenty to explore and beaches to enjoy so reserve lots of time.

Length: 50 km round trip 2-3 days

Guidebooks: Guidebook Hiking Trails III Central and Northern Vancouver Island

Maps: 102 109

Transportation: Drive to Port Hardy and follow the signs to Holberg and beyond to Cape Scott Provincial Park. The trail starts at the San Josef Bay parking lot.

On The Web:

BC Parks- wlapwww.gov.bc.ca/bcparks



Hesquiat Peninsula

Following the coast from Escelante Point to Boat Basin is one of the least trodden paths along the coast of Vancouver Island. But just because it doesn't get many visitors doesn't mean its not worth the effort.

The trail is more of a beach walk, bushwhack than some of the others. The spectacularly rugged coastline is the constant backdrop along the 32 kilometre route. Watch for sea otters, whales, glass balls and First Nations middens along the route. The most remote manned lighthouse on Vancouver Island, at Estevan Point, is along the route.

Length: 32 km - 6 or 7 days

Permits: Ask permission before crossing the Indian reserve near Hesquiat.

Maps: 92 E07, E08, E09.

Transportation: Both ends of the trail are only accessible by water taxi or plane.

Air Nootka - 250-283-2255

Guides: Hooksum Outdoor School 250-670-1120

Nootka Island Trail

Stumbling onto the beach at Friendly Cove it is easy for hikers to feel like a prospector with a chunk of gold. The Nootka Island trail follows deserted beaches, cuts through old growth forest and visits First Nations historic sites all the while just metres from the north Pacific. It is a rare find that is growing in popularity. For good reason. The Nootka Island Trail is considered the likely successor to the busy West Coast Trail.

From Louie Bay in the north the trail follows the west coast of Nootka Island for 30 km to Friendly Cove. Don't be fooled though this trail is rough and tough with long sections of beach walking. Some of the bushwhacking that used to slow hikers down has been cleared. Nootka Island is a remote spot that requires air or water taxi service from both ends.

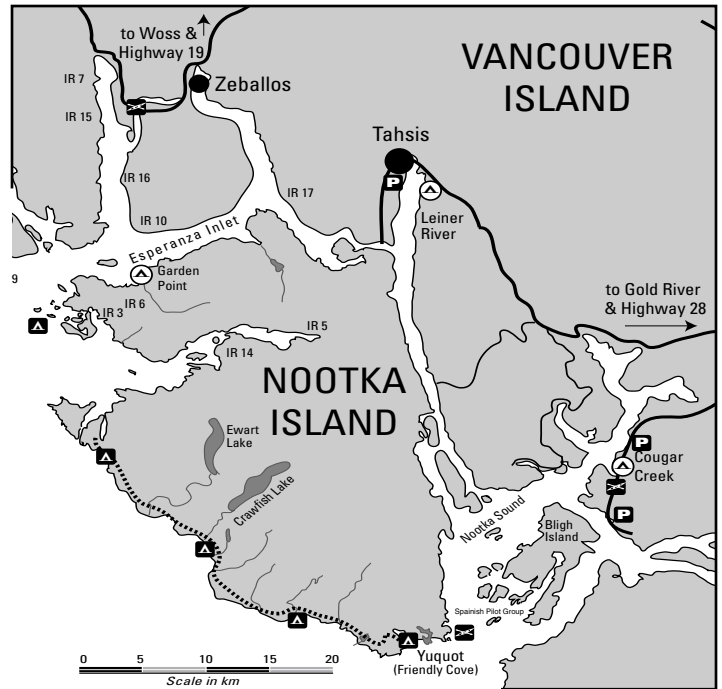
Length: 30 km - 5 or 6 days

Guidebooks: Pal Horvath published a short run guidebook which may be found at area shops. Or log on to www.wildisle.ca and search for "Nootka Island"

Maps: Download the FMCBC's Nootka Island Map from www.wildisle.ca. Topo 92 E10.

Transportation: Best reached from Gold River, Tahsis or Zeballos. The trail is usually done from north to south beginning in Louie Bay. It is possible to fly or take a boat to and from the hike. Some of the transport options include:
Uchuck III - 250-283-2515
Tatchu Adventures - 1-888-895-2011
Air Nootka - 250-283-2255

Guides: Strathcona Park Lodge 250-286-3122, www.strathcona.bc.ca



Secluded beach near Maquinna Pt, Nootka Is.

air nootka

Get away from it all and hike the west coast of Nootka Island to Friendly Cove.

Hike 4 or 5 days (or longer) and experience the rugged beauty of this historic island. Surf, camp, hike, swim and watch Pacific sunsets by the campfire.



www.airnootka.com

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Leave It As You Found It

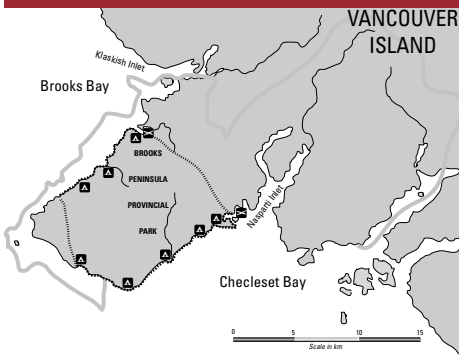
Coastal wilderness is equally sensitive to human visitation as other ecosystems. Some of the areas featured here are only just gaining popularity such as Nootka Island. Remember the experience you have is one to preserve for future generations.

There are many First Nation's sites along these coastal hikes. For respect of their ancient culture, and so they can be enjoyed by others do not disturb or remove artifacts.

Please respect all First Nation's reservations and private property. Ask permission before passing through.

Don't forget to get a tidal fishing license before collecting seafood off the beach and rocks. A license is required for most marine life. License info can be found at <http://www.pac.dfo-mpo.gc.ca/ops/fm/Sport/index.htm> This site also lists red tide information. Red tide is a parasite found in shellfish that will make you sick.

Brooks Peninsula Trail



Two little known and little visited trails follow the edge of the Brooks Peninsula – one on the south side and one on the north. They can be joined by two overland routes. The routes are similar in character to the Hesquiat Trail but more remote.

The Brooks is an exposed probiscuss of land on the west coast of Vancouver Island. It is exposed to everything the North Pacific throws at it, and is well known for rough weather. But when the sun shines the Brooks is a temperate paradise blessed with whitesand beaches, crashing surf, verdant green hillsides of old growth, lagoons and wildlife.

For whatever reason the Brooks was spared the last ice age that scraped and scarred the rest of the B.C. coast. This climatological quirk has left the Brooks with a unique character and protected within the Brooks Penninsula Provincial Park are unique ecosystems that did not survive the ice age elsewhere.

Joining the trails combines the wild experience of deserted beaches and wave shaped headlands with rainforest and unique ecosystems. This makes the trail worth the tough hike and logistical effort accessing it. This is one corner of paradise you are very likely to have all to yourself.

Length: roughly 50-75 km

Map: 92L04

Transportation: Both ends of the trail require pick up by water or air.

Tatchu Adventures, 1-888-895-2011, www.tatchuadventures.com

On The Web:

BC Parks- wlapwww.gov.bc.ca/bcparks

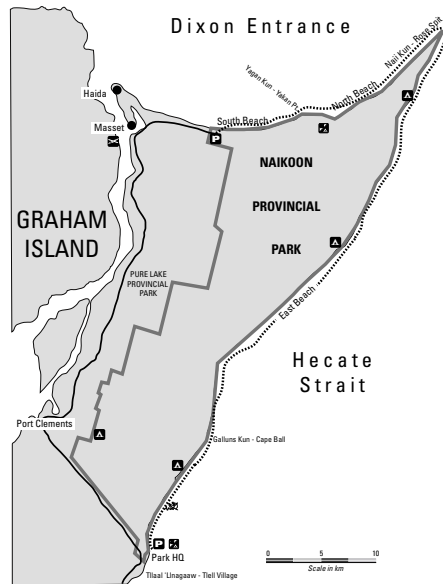


Jacobson Beach, Brooks Peninsula



Guise Bay, Cape Scott

East Beach - Naikoon Park



Sweeping into a javelin-like point at Nai-Kun (Rose Spit) North and East Beaches meet at the north eastern tip of Graham Island in the Queen Charlotte Islands. East Beach is one of the longest beaches in North America and, if you don't mind dodging the odd 4x4, hiking the length of it is a coastal hiking adventure like no other.

After a short hike north from Tlell River through the forest the trail drops onto the beach which it follows many miles northward to Kumara Lake. From Kumara Lake a short cut, the Cape Fife Trail, goes overland to the trailhead at Tow Hill. However the true beauty of this hike lies beyond the short cut and having come this far it is well worth the trek up to Nai-Kun, site of the Haida creation myth.

Length: 85km 4-7 days

Guidebooks: Haida Gwaii The Queen Charlotte Islands - Dennis Horwood & Tom Parkin.

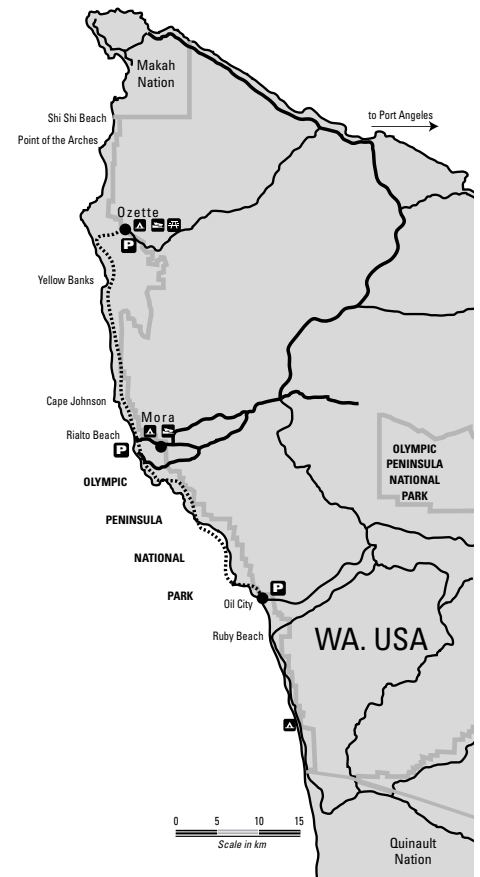
Maps: 103 - J04, G12, G13.

Transportation: You can drive to both ends of the trail.

On The Web:

BC Parks- wlapwww.gov.bc.ca/bcparks

Olympic Peninsula Trail



Our striking west coast landscape knows no borders and it is little surprise to discover that across the Strait of Juan De Fuca in Washington State is another coastal hiking gem on the Olympic Peninsula.

Length: 85 km - 6 or 7 days

Permits: Required from National Parks Service

Guidebooks: Great Walks of the Olympic Peninsula - Robert Gillmore

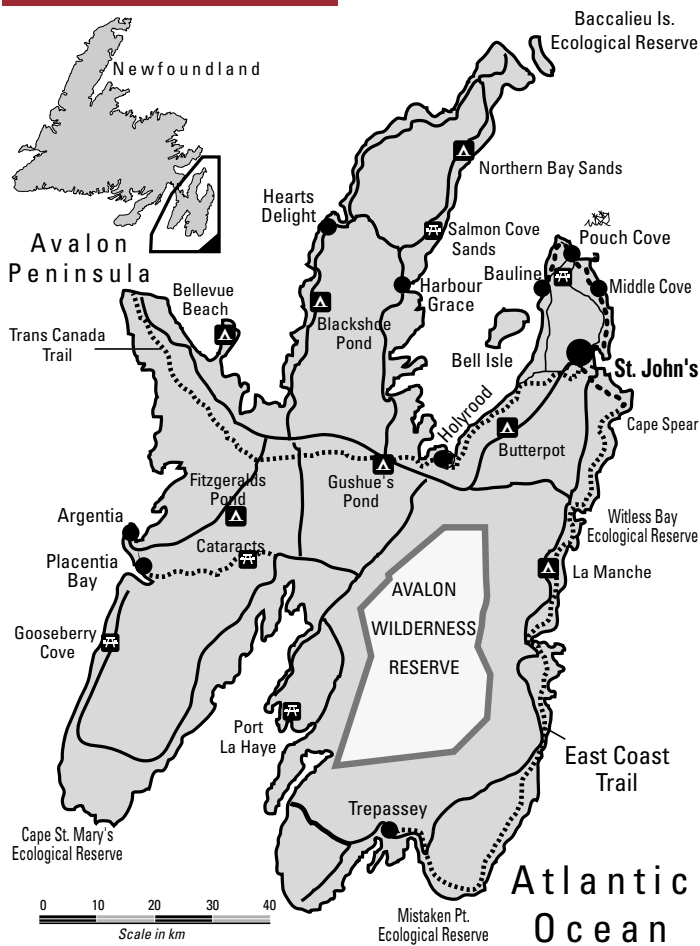
Maps: Some good maps available on the NPS web site, see below.

Transportation: Trail heads road accessible. Ferry from Victoria to Port Angeles then by road to Olympic Peninsula.

On The Web:

National Park Service- www.nps.gov/olym/
Discover Olympic Pen. www.olympic-peninsula.com

East Coast Trail



Far to the east, in the Canada of the rising sun, the craggy coastline of Newfoundland produces a stunning coastal hike, the East Coast Trail. The route runs tip to tip along the outer east coast of the H-shaped Avalon Peninsula. It weaves along cliff tops with soaring screeching seabirds, through coves, beaches and outport communities all to the tune of pounding Atlantic swells. Marine wildlife is abundant and whales, ganets and puffins all add to the scene backdropped in spring by shimmering icebergs offshore.

The East Coast Trail is not just a wilderness hike but for west coasters a cultural experience too. Nestled in sheltered coves and harbours are remote outport villages where accommodation, food and local colour can all be found. At the time of writing we were unable to confirm that seal flipper pie was available in trail ready vacuum packs.

Length: 270 km

Guidebook: Hiking the East Coast Trail, Fort Amherst to Petty Harbour - Maddox Cove, Edited by Peter Gard and Libby Creelman

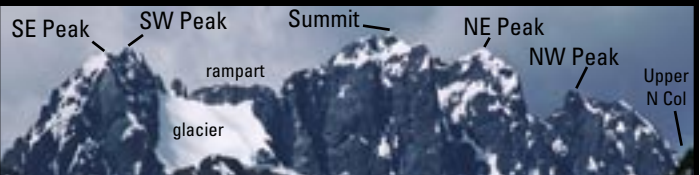
Map: 1N series and 1K series cover the entire Avalon Peninsula

Transportation: Many points of the trail can be accessed by car.

On The Web:

Tales of the East Coast Trail
www.ucs.mun.ca/~patrickr/TailTales/
 East Coast Trail Association
www.eastcoasttrail.com

COASTAL CLASSICS Summit Traverse - Mt Colonel Foster



Synopsis: The Summit Traverse of Mt Colonel Foster takes in some of the finest atmosphere of arguably Vancouver Island's most impressive mountain peak. The climbing is low on technical difficulty and high on real alpine adventure.

Can be tackled from either end with a variety of camp scenarios; at Landslide Lake or either the South or North Cols. Bivvying enroute is an option but will be unnecessary for most parties. The main question is 'do you want to carry your overnight gear on the climb?'

The Climb: Technically the route doesn't exceed 5.7/5.8 and is mostly 4th class. The overriding factor here is exposure. The Colonel's summit traverse is some 2 km long and drops off the narrow ridge for thousands of feet on both sides. As many as a dozen rappels may be required depending on group confidence, direction of travel and seasonal snow cover.

The route keeps to the crest of the mountain for the most part, route finding is fairly intuitive and marked in some sections with cairns.

Notable sections of the route include:

- the gap between the SE & SW Peaks which is a super exposed straddle on precarious blocks.
- climbing up or rappelling off between the SW Peak & the glacier.
- negotiating the rampart between the glacier and the summit.
- locating the wide bench on the west side of the summit.
- descending/ascending the steep ground on north side of the NE Peak.
- descending/ascending the steep gully on the south side of the NW Peak.
- route finding over the NW Peak.
- descending/ascending between the upper N Col and the NW Peak.
- negotiating the bergschrunds in the wide snow gully below the upper N Col.

Mt Colonel Foster:

Elevation: 2135m - 7000ft

First Ascent: Mike Walsh June 1968

First Winter Ascent: Joe Bajan and Ross Nichol January 1978

Maps: 92 F/13 & 92 F/12

Other Info: Mt Colonel Foster Route Guide available as free download from www.wildisle.ca also see Wild Isle Issue 12 online under 'Back Issues'



Gear: Double ropes an asset, light rack (stoppers, 2 or 3 mid size cams, slings and lots of rap webbing)

Cautions: The following are all hazards to keep in mind on Mt Colonel Foster: deep moats and bergschrunds in the approach/ descent gullies during seasonal thaw, lack of running water high on the mountain, rock and ice fall, aging insitu rap/belay stations, other climbing parties and the constant threat of seriously awesome climbing experiences.



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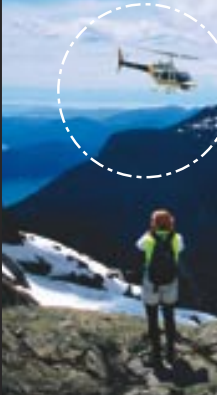


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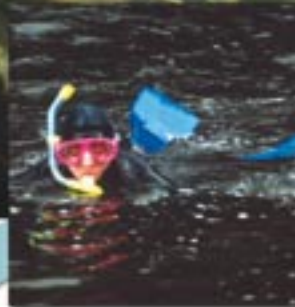


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