

# BikeHike Adventures Inc.

## connecting the world through active travel



# CANADA

BACKPACKING BRITISH COLUMBIA'S WEST COAST TRAIL 7-DAYS

British Columbia's West Coast Trail is one of the most spectacular and demanding hikes in North America. It is also one of the most beautiful stretches of rugged wilderness left in the world. It was developed as a rescue trail for shipwreck survivors in the early 20th century. Today, west coast trail tours are world famous backpacking classics offering serious adventurers something good for their souls. On the 75 km (47 mile) route you'll find soaring sea stacks, moss-covered ancient trees, sandy beaches, cascading waterfalls, shipwreck relics, petroglyphs, and native culture. Roaring sea lions and soaring bald eagles are two of the most common park residents, but sightings of whale, bear, and cougar are also possible. On this west coast trail tour, we set a pace that allows time to adjust to the demands of the trail and fully capture the magnificent coastal environment.

## Day 1 VICTORIA & PORT RENFREW TREKKING

Our west coast trail tour begins in Victoria and we can arrange accommodation one night prior for all who need accommodation. There is also a 6pm mandatory orientation meeting the night before the trip starts, at the Royal Scot Suite Hotel. All travellers must be at this meeting in order to proceed with the trip. At this meeting we'll discuss the adventure that lies ahead and distribute the food and equipment. The West Coast Trail shuttle van will pick us up at 7:00am at the Royal Scot Hotel on Day 1 of the trip. We drive 2 hours along a windy and bumping road northwest to Port Renfrew, the southern gateway of the West Coast Trail. We'll attend an orientation meeting by Parks Canada, and then cross by boat to the Gordon River Trail head. Here we'll put on our backpacks and set off on the trail. We'll trek to Thrasher Cove for a distance of 6km and pass the highest point of the trail along the way. This relatively short section, all through forest, is difficult and ends with ladders down to the first camp.

**Distance:** 6 km / 3.5 mi **Accommodation:** Tent **Meals:** Breakfast, Lunch, Dinner





Day 2 CAMPER BAY TREKKING

Today's hike is 8 km to Camper Bay. The route is strenuous and demanding along the coastline, over driftwood and boulders, and crossing small surge channels. The tides will dictate whether we can cover this section along the beach or will hike inland. This part of the trip is very difficult. The rewards are the beautiful sandstone cliffs, caverns and the ocean swell pounding against the rocks. We then move inland into the rainforest to reach our camp for the night. This day is full of highlights and we'll find out why the West Coast Trail is considered one of the remaining great adventures on the earth.

**Distance:** 8km / 4mi **Accommodation:** Tent **Meals:** Breakfast, Lunch, Dinner



## Day 3 WALBRAN CREEK TREKKING

Today's destination is 9 km to Walbran Creek. We'll experience our first cable car crossing of our west coast trail tour. This section of the trail can be muddy, VERY muddy. The Sandstone and Cullite Creek ladders are steep and the longest on the entire West Coast Trail. We'll then follow the trail through a bog, protected by a boardwalk. Lastly, we'll cross the Logan Creek suspension bridge, followed by more ladders. It will be a difficult day with mostly inland travel but through absolutely beautiful rainforest. The slow moving waters of the Walbran Creek are inviting for a refreshing swim. With a little luck, the sunset over the Pacific Ocean will be dramatic above our crackling campfire.

**Distance:** 9km / 5mi **Accommodation:** Tent **Meals:** Breakfast, Lunch, Dinner

## Day 4 CARMANAH LIGHTHOUSE TREKKING

Today we head to Cribs Creek, following the coastline around Vancouver Point for 11 km. Depending on the tides, we will either hike along the beach or inland through the rainforest. This area can be muddy, but the most difficult part of the West Coast Trail is now behind us. Today's hiking route is moderate. Along the way to Bonila Point, we'll witness gorgeous ocean scenery and beautiful sea stacks. For many, this section is guintessential West Coast Trail. Often Gray whales and Orcas can be seen breaching in the distance. We take in the beauty of the resident seabird colony while we pick up our food drop at Chez Monique's. Equipped with fresh supplies, we'll continue on and visit the Carmanah Lighthouse. Once at camp, we'll explore the fascinating tide pools. A good part of this day is spent on the sandy beaches.

Distance: 11km / 6mi Accommodation: Tent Meals: Breakfast, Lunch, Dinner



## Day 5 TSUSIAT FALLS TREKKING

Today is a big day! The distance to Tsusiat Falls is 17 km. This will be the longest part of the trip, however it is a moderate hike. We will make our way along the coastline or through the rainforest to the Cheewat River. The boardwalk trail to Nitinat Narrows is followed by a boat crossing operated by the local First Nations people. Some of the West Coast Trail's most spectacular views are around Tsuguadrah Point. The last portion of today's hike will be along the coastline and if possible, through Hole in the Wall at Tsusiat Point. Tsusiat Falls are nearby and considered by many to be the scenic culmination of the West Coast Trail. It has an amazing pool for swimming. Overnight camping.

**Distance:** 17km / 10mi **Accommodation:** Tent **Meals:** Breakfast, Lunch, Dinner

#### Day 6 MICHIGAN CREEK TREKKING

Today we hike 13 km to Michigan Creek. The route is a moderate trek ascending and descending ladders through rainforests, and often-muddy ground. The last of the cable car crossings is over the Klanawa River. A short beach hike leads to the forested path over the Valencia Bluffs. It was there where the biggest shipwreck unfolded, leading to the creation of the West Coast Trail as a lifesaving trail for the shipwrecked. Depending on the tides, we will descend a ladder to the beach from Tsucowis Creek and follow the coastline to Michigan Creek's tide pools. Here, we pitch our tents in the soft Pacific sands for our final night on the West Coast Trail.

**Distance:** 13km / 8mi **Accommodation:** Tent **Meals:** Breakfast, Lunch, Dinner



#### Day 7 BAMFIELD & VICTORIA TREKKING

The hike to Pachena Bay Trail head is 12 km long and the easiest section of the entire West Coast Trail. One set of ladders to go! The Pachena lighthouse is a good last viewpoint along with a rock strewn with sea lions. Our transfer back to Victoria will be filled with a great sense of achievement and well-deserved exhaustion. The many memories of the West Coast Trail will be with us for a long time and some moments will be unforgettable.

Distance: 12km / 7mi Accommodation: Tent Meals: Breakfast, Lunch

#### **Special Requirements:**

The West Coast Trail is one of the world's premier trekking adventures but it is very demanding. Travellers are required to be in good physical condition to participate and must be capable of carrying their own personal gear, plus a portion of the shared equipment for the trip (between 25-35 lbs per person).



# **TRIP INCLUSIONS**

#### **Trip Includes**

All accommodation, meals as indicated, land transportation, equipment, airport transfers and English-speaking veteran guides.

#### Not Included

International, airport departure taxes, gratuities, meals not indicated and items of a personal nature.