

SUNSHINE COAST TRAIL TRIP
B.C. Canada. 13-19 AUGUST 2019 (on trail 14-18th Aug)
170km multi day trail event self-sufficient style

REGISTER on: www.lifewithoutacar.com or www.teamglobetrailers.com



Location

Southern British Columbia. Bordered by mountains and the Pacific Ocean the Sunshine Coast is only accessible by air / boat despite relative proximity to Vancouver. Our base **Powell River** was known for logging (largest mill in the world) but with fjords, dense forests & old growth trees, marine parks, lakes, and green mountains, it's an area to explore - on foot, canoe, or kayak. It is the territory of the Tla'amin Nation who continue their cultural traditions.

Sunshine Coast Trail:

Canada's longest hut to hut hiking trail. **170km w/7700m** total elevation gain. The trail starts and finishes at the ocean, goes through thick forests, past lakes, and up coastal mountains. While not in altitude, this challenge should not be underestimated.

Wildlife: bears, elk, deer, cougar, seals, whales (not guaranteed ;)

Weather: August normally brings good weather but with Coast Mountains be prepared for variations.

Trip Overview:

- 5 days / 4 nights on the trail in timed stages
- Self-sufficiency: carry your camping gear and food, use natural water sources
- Cabins can be used as a communal area, but sleeping is in tents (to be shared by 2/more people)

80km Trail Option – 14-16 August. Sarah Point to the exit after Confederation Lake. 2 nights on trail

90km Trail Option – 16-18 August. Entry point at 80km to finish at Saltry Bay. 2 nights on trail.

Program 2019

Tuesday 13th August – Powell River

- Participants meet in Powell River
- Transfer to campsite
- Volunteer Trail Work (2-3 hours helping to maintain the SCT)
- 5pm: Trip Briefing + Welcome Dinner

Stage1 / Wednesday 14Aug: Trail Start/Sarah Point to Riveleys Pond

- 32km / 1600m+
- Transfer boat or truck to trail head
- stage finish / arrive Riveleys Pond hut. Set up camp. Evening Briefing.



Stage 2 / Thursday 15Aug: Riveleys Pond to Confederation Lake Hut

- 38km / 1500m+ (distance from the start = 74km)
- Arrive Confederation Lake hut. Set up camp. Evening Briefing.



Stage 3 / Friday 16Aug: Confederation Lake to Elk Lake Hut

- 34km / 2000m+ (distance from start = 110km)
- Morning (after Confederation Hut) at 80km : food drop
- 80KM: Exit point for people doing the 80km / Entry point for people doing the 90km
- Arrive Elk Lake Hut. Set up Camp. Evening Briefing.



Stage 4 / Saturday 17Aug: Elk Lake to Golden Stanley Hut

- 32km / 1050m+ (cumulative = 145km)
- Arrive Golden Stanley Hut. Set up camp. Evening Briefing.



Stage 5 / Sunday 18Aug: Golden Stanley Hut to Trail Finish/Saltry Bay

- 28km / 1600m+
- Trail Finish at Saltry Bay Ferry. Finishers picnic and drinks provided at arrival. Closing awards.



Sunday 18 August

- Ferry from Saltry Bay to Earls Cove ferry terminal, transfer Earls Cove to Gibsons.
- Check-in at hotel in Gibsons for those staying (dinner not included in package).
- If not staying in Gibsons, people are free to get the ferry on the night of the 18th August (price will be adjusted accordingly if this option is chosen upon registration)

Monday 19 August

Ferry from Gibsons /Langdale to Horseshoe Bay. Participants are responsible for their own travel plans onwards from Horseshoe Bay (there are regular buses or you can organise own transportation).

Trip Package

Price

For Registration Before 31 December 2018

Full Trail (incl. hotel 18Aug + transport to Horseshoe Bay): 450EU Internationals. \$550 Canadians.

Full Trail (no hotel 18Aug + providing your own transportation from trail finish): 375EU. \$450CAD.

80km or 90km Trails: contact Canada Trail Trips for prices

25CAD or 25EU added to each registration for the local trail building organisation PRPAWS

(Powell River Parks and Wilderness Society) - option to do a trail maintenance day in lieu

***Team Globetrailers** Active Members get **\$50CAD discount**

****Locals rate** – contact us for info /to see if you qualify.

Package includes:

Welcome and finisher gift

Transportation

- Pick up from Powell River airport (August 12/13)
- Transfer to trail head (4x4 or boat)
- One food drop (on stage 3)
- Transfer of bags from Powell River to trail finish
- Transfer from trail finish back to Horseshoe Bay Ferry terminal

Accommodation

- August 13th (camping) and 18th (hotel in Gibsons)
- On the trail your tents will be brought to the campsite by the event team

Meals

- Nutritious welcome dinner with garden fresh food, local beer & wine, breakfast (14Aug), picnic/celebration meal on arrival at finish (18Aug)
- Participants responsible for their own meals on the trail (including snacks & main meals)

Staff

- experienced event team / trail runners, working with local partners

Coaching

- Advice during the trip on general trip preparation, packing bag, trail running etc.

Not included:

- Individuals are responsible for having adequate personal travel and medical insurance in case of emergency. Make sure the policy includes sports events /competitions and repatriation.

Accommodation:

- Camp is at the event base in Powell River.

From the night before the race to the trail finish participants sleep in tents. There is access to toilet and shower facilities at the event base but no shower facilities on the trail. There are lakes at each campsite and cabins.

- Hotel night is provided after the final stage - with pool & sauna!

*Tents are the responsibility of participants to bring. If you don't have a 'teammate' to share with we can help match you. Tents can also be rented in Powell River if organised in advance.

Team / Staff:

Tiffany Saibil - event organiser & endurance athlete originally from North Vancouver

Christophe Le Saux - trail runner/adventurer & organiser of international running trips

Seb Lagors – Powell River local, event organiser, chef, and ski patroller

