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## SUNSHINE COAST TRAIL TRIP, B.C. Canada

9-15 July 2022

170km multi-day trail run. Self-sufficient mode with logistics support.

(& Option for half-trail)



**Location: Powell River**, south-west British Columbia.

Bordered by mountains and ocean, the Sunshine Coast is only accessible by air or boat despite proximity to Vancouver. A region historically known for logging (largest mill in the world), with fjords, dense forests, lakes, and mountains, it's an area to explore by foot, canoe, or kayak. It is on the territory of the Tla'amin Nation who continue their cultural traditions.

### Sunshine Coast Trail (SCT)

Canada's longest hut to hut hiking trail. **170km w/7700m** total elevation gain. SCT starts and finishes oceanside, passes thick forests, mountains, and lakes. (Not in altitude, but not be underestimated).

Wildlife: bear, elk, deer, cougar, seals, whales (sightings not guaranteed)

Weather: normally warm in July, but Coast Mountains can bring variations (rain gear may be required)

### Trip Overview:

- 4 nights on the trail (4.5 days running)
- Self-sufficiency: carry your camping gear + food, use natural water sources
- Cabins: provide some shelter & option to sleep inside or bring your own tent (cabins not reservable)

### Program 2022

#### **Saturday 9 July – Powell River**

- Participants meet in Powell River. Transfer to campsite/event base (Powell River)
- Optional Volunteer Trail Work (2-3 hours)
- Briefing, gear verification + Welcome dinner

#### **Sunday 10 July: Stage1 - Sarah Point to Riveleys Pond**

- 32km / 1600m+
- Morning: Transfer to trail head (boat or truck)
- Stage finish: Riveleys Pond hut. Set up camp. Evening Briefing.

#### **Monday 11 July: Stage 2 - Riveleys Pond to Confederation Lake Hut**

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

#### **Tuesday 12 July: Stage 3 - Confederation Lake to Elk Lake Hut**

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

#### **Wednesday 13 July: Stage 4 - Elk Lake to Golden Stanley Hut**

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

#### **Thursday 14 July: Stage5 - Golden Stanley Hut to Trail Finish/Saltry Bay**

- 28km / 1600m+
- Trail Finish at Saltry Bay. Finisher picnic/drinks at arrival.
- Ferry Saltry Bay to Earls Cove terminal, road transfer onwards to Gibsons
- Check-in at hotel in Gibsons. Awards. Optional dinner/drinks (Gibsons)

## Friday 15 July

Morning **Ferry Gibsons (Langdale) to Horseshoe Bay**. Participants then responsible for own travel plans onwards from Horseshoe Bay (public buses service the ferry terminal).

Note – Participants can depart early and get ferry on night of July 14th or fly from Powell River. Event price reduced only if this option chosen upon registration or up to maximum one month prior to event.

## Prices

### 1. Full Trail package

**675EU International** participants. This includes international insurance (covid cover included).  
**\$800 for Canadians** (does not include your individual insurance)

### 2. Full Trail – non package

**Reduction of \$150**. Does not include hotel Jul.14 and must organise own transport from trail finish.

### 3. Half Trail

**80km Trail Option – 10-12<sup>th</sup> July**. 2 nights on trail. Start Sarah Point - exit after Confederation Lake

**90km Trail Option – 12-14<sup>th</sup> July**. 2 nights on trail. Entry after Conderation Lake - finish at Saltry Bay  
Contact Canada Trail Trips for prices

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

\*\***Locals (Sunshine Coast residents)** rate – contact us for info

## Included

- Welcome and finisher gift package
- Transportation
  - Pick up from Powell River airport or PR town and transfer to event base (July 8 or 9th only)
  - Transfer to trail head (road vehicle and/or boat)
  - One food/bag drop (day 3)
  - Transfer of all bags from Powell River event base to trail finish
  - Transfer from Earl's Cove ferry to Horseshoe Bay terminal (land transfer, and BC Ferries)
- Accommodation
  - Camping fee included for July 9<sup>th</sup>, and event hotel Gibsons July14
- Meals
  - Nutritious welcome dinner with farm fresh food, local beer
  - Farm fresh breakfast (10 July)
  - Snacks at bag drop
  - Picnic meal on arrival at finish (14 July)
  - Note: Participants responsible for their own food on the trail (snacks, meals, and water)
- Staff
  - Bilingual (English/French) event staff. We work with local small businesses.
- Coaching
  - Advice onsite on packing, and multi-day trips, trail running

## Supporting those who maintain the land

The event will make a financial **contribution** to the local trail organisation **PRPAWS** (Powell River Parks and Wilderness Society) and to the **Tla'amin nation**, whose land we run on.

## Not included:

- Insurance: unless your registration states that insurance is included, individuals are responsible for having their own adequate personal travel and medical insurance in case of emergency/evacuation. Ensure your policy includes sports events/competitions, and repatriation.
- meals and transfers outside of the program
- additional nights outside of the program
- tents for camping – tents and other gear may be available to rent, need to be booked in advance
- beer included for welcome dinner, but additional alcohol not included (although might be offered)

**Disclaimer:** the program is subject to change at the discretion of the organisers for safety reasons such as, but not limited to, park authorities' restrictions, weather, and / or wildlife. Trail routes may be adapted or cancelled.

### Accommodation and gear

From the night before the race to the trail finish participants sleep in tents or on the trail in cabins. There are toilet and shower facilities at base camp but no showers or electricity on the trail, but there are lakes at each of the cabins.

We recommend some camping gear is shared, such as stove and gas to make running packs lighter. If you don't have a 'team-mate' to share with we can help match you.

**Team:** we have a great team of runners and event organisers with international experience, and work with local resident partners in Powell River. We support local businesses and organisations.

