

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

1-7 September 2023

170km multi-day trail run (80km option). Self-sufficient style with logistics support.



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

The Sunshine Coast, between mountains and ocean, is only accessible by air or boat despite its proximity to Vancouver. Historically known for logging (largest mill in the world), it is now a destination to explore on foot or water, with fjords, dense forests, lakes, and marine parks.

It is the unceded territory of the Tla'amin Nation who continue their cultural traditions in the region.

**Sunshine Coast Trail (SCT):** Canada's longest hut to hut hiking trail. Starts and finishes oceanside, thick forests, rolling mountains, and lakes. It is not in altitude, but not to be underestimated.

### Trip Overview

4.5 days running /4 nights on-trail (a welcome & camping night pre-trail + a hotel night post-trail)

- Self-sufficiency: carry your camping gear + food, use natural water sources (bag drop halfway)

- Cabins: shelters with option to sleep inside, or bring your own tent (cabins not reservable)

We provide transport to trailhead, bag drop, bags to finish, transport for final night + more benefits!

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

**Weather:** September can be cooler than summer, but the Coast Mountains can bring rain variations

### Program 2023

#### **Friday 1 Sept. – Powell River**

- Participants meet in PR. Transfer to campsite/event base (PR).

- Briefing, gear verification. Welcome dinner provided.

#### **Saturday 2 Sep: Stage1 - Sarah Point to Riveleys Pond (32km / 1600m+)**

- Morning: Transfer to trail head (boat or truck)

- Finish: Riveleys Pond hut. Set up camp. Evening Briefing.

#### **Sunday 3 Sep: Stage 2 - Riveleys Pond to Confederation Lake Hut**

- 38km / 1500m+ (distance from the start = 74km)

- Finish: Confederation Lake hut. Set up camp. Evening Briefing.

#### **Monday 4 Sep: Stage 3 - Confederation Lake to Elk Lake Hut**

- 34km / 2000m+ (110km from start)

- **Morning: Food drop** (after Confederation Hut, ~80km from initial trail start).

**Exit point for 80km / Entry point for the 90km**

- Finish: Elk Lake Hut. Set up Camp. Evening Briefing.

#### **Tuesday 5 Sep: Stage 4 - Elk Lake to Golden Stanley Hut**

- 32km / 1050m+ (145km from the start)

- Arrive Golden Stanley Hut. Set up camp. Evening Briefing.

#### **Wednesday 6 Sep: Stage5 - Golden Stanley Hut to Trail Finish/ Saltery Bay (28km / 1600m+)**

- Trail Finish at Saltery Bay. Finisher picnic at arrival. Awards. (Option to return to Powell River).

- Ferry Saltery Bay to Earls Cove. Road transfer to Gibsons. Check-in at hotel.

**Thursday 7 Sep: Morning Ferry Gibsons/Langdale to Horseshoe Bay.** Participants responsible for own travel plans onwards from Horseshoe Bay (public buses service the ferry terminal).

Note – **Participants can opt to depart early – via ferry to Horseshoe Bay or Comox on afternoon of September 6<sup>th</sup> or fly from Powell River.** Price reduction possible if this option chosen upon registration or up to maximum one month prior to event, and for those with own transportation.

## Prices

### 1. Full Trail - package

750EU International participants.

\$850CAD for Canadians (does not include your individual insurance).

### 2. Full Trail - Non-package

**Reduction of \$150.**

Benefit from the same support from welcome to trail finish, but for those with own transport -who want to get home faster or extend stay (no hotel Sept.6 and must organise own transport from trail finish)

### 3. Half Trail

**80km Trail Option – 2-4 Sep.** 2 nights on trail. Start Sarah Point - exit after Confederation Lake

**90km Trail Option – 4-6 Sep.** 2 nights on trail. Entry after Conderation Lake - finish at Saltry Bay

Contact Canada Trail Trips for prices

**\*Team Globetrailers Active Members 50euro discount**

**\*\*Locals (Sunshine Coast) – contact us for local's rate**

## Included

- Welcome and finisher gifts
- Transportation
  - Pick up from Powell River airport or PR town and transfer to event base (1<sup>st</sup> Sep)
  - Transfer to trail head (road vehicle and/or boat)
  - Food/bag drop (day 3)
  - Transfer of bags from Powell River event base to trail finish
  - Transfer from Earl's Cove ferry to Horseshoe Bay terminal (land transfer + BC Ferries)
- Accommodation
  - Camping included for 1<sup>st</sup> Sep + event hotel Gibsons 6<sup>th</sup> September
- Meals
  - Nutritious welcome dinner with farm fresh food, local beer
  - Farm fresh breakfast (2<sup>nd</sup> Sep)
  - Snacks at bag drop
  - Picnic meal on arrival at finish (6<sup>th</sup> Sep)
  - 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

Registration fees include 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:

- meals and transfers outside of the program
- additional nights outside of the program
- tents for camping at event base – other gear may be available to rent, need to book in advance
- beer included for welcome dinner, but additional alcohol not included (although might be offered)
- 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.)

**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, runner's ability. 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. There are lakes at each of the cabins.

[Canadatrailtrips.com](http://Canadatrailtrips.com) & [teamglobetrailers.com](http://teamglobetrailers.com)

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

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

