

SUNSHINE COAST TRAIL TRIP, B.C. Canada

7-14 AUGUST 2020:

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 its proximity to Vancouver. Our base **Powell River** was known for logging (largest mill in the world), now with its fjords, dense forests, marine parks, lakes, and green mountains, it is an area to explore - on foot, canoe, or kayak. It is the territory of the Tla'amin Nation who continue their cultural traditions in the region.

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, through thick forests, past lakes, and up coastal mountains. While not in altitude, this challenge should not be underestimated.

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 used as a communal area. Sleeping in cabin or shared tents (organisation transport them)
- 80km Trail Option – 8-10th August.** 2 nights on trail. Start Sarah Point - exit after Confederation Lake
90km Trail Option – 10-12th August. 2 nights on trail. Entry at aprox 80km - finish at Saltry Bay

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

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

Program 2020

Friday 7 August – Powell River

- Participants meet in Powell River. Transfer to campsite (Powell River)
- **Volunteer Trail Work** (2-3 hours helping to maintain the trail)
- 4pm: Briefing and gear verification
- 6pm: Welcome aperitif and dinner

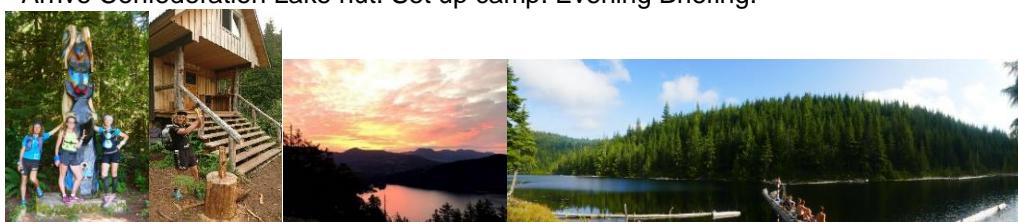
Saturday 8 August: Stage1 - Trail Start/Sarah Point to Riveleys Pond

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



Sunday 9 August: Stage 2 - Riveleys Pond to Confederation Lake Hut

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



Monday 10 August: Stage 3 - 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.



Tuesday 11 August: Stage 4 - Elk Lake to Golden Stanley Hut

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



Wednesday 12 August: Stage5 - 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.
- 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).



Thursday 13 August

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

Note - If not staying in Gibsons on August 12th, participants are able to get the ferry that night or fly back from Powell River (price will be adjusted accordingly only IF this option is chosen upon registration or maximum one month prior to the event)

Price

Registration By 31 December 2019

Full Trail (incl. hotel 12Aug & transport to Horseshoe Bay): 550EU Internationals. \$700. for Canadians
 Full Trail (no hotel 12Aug + providing your own transportation from trail finish): 450EU. \$550CAD
 80km or 90km Trails: contact Canada Trail Trips for prices

Registration from 1st January 2020

Full Trail (incl. hotel 12Aug & transport to Horseshoe Bay): 650EU Internationals. \$775. for Canadians
 Full Trail (no hotel 12Aug + providing your own transportation from trail finish): 500EU. \$500CAD.

25CAD or 25EU added to each registration for the local trail building organisation PRPAWS
 (Powell River Parks and Wilderness Society)

***Team Globetraillers Active Members get 50eu / \$50CAD discount**

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

What is Included

Welcome and finisher gift

Transportation

- Pick up from Powell River airport (August 6 or 7th only)
- Transfer to trail head (4x4 or boat)
- One food/bag drop (day 3)
- Transfer of bags from Powell River to trail finish
- Transfer from trail finish back to Horseshoe Bay Ferry terminal (on BC Ferries)

Accommodation

- August 7th (camping) and Aug.12th (hotel in Gibsons)
- On the trail tents will be brought to the campsite by the event team

Meals

- Nutritious welcome dinner with garden fresh food, local beer & wine,
Big breakfast (8Aug)
- Picnic/celebration meal on arrival at finish (12Aug)
- Participants responsible for their own meals on the trail (including snacks & main meals)

Staff - experienced event team working with local partners

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

Not included:

- Individuals are responsible for having their own adequate personal travel and medical insurance in case of emergency/evacuation. Make sure the policy includes sports events /competitions, and repatriation.
- meals and transfers outside of the program
- additional nights at the event camp (these can be booked in advance and paid to property owner)
- tents for camping (can be rented but need to be booked in advance)
- alcohol is not included

Note – program is subject to change at the discretion of the organisers and trail options may be adapted such as, but not limited to, Parks restrictions, weather, and / or wildlife

Further Information

Accommodation and gear

- Camp is at the event base is in Powell River.

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

- Hotel night is provided after the final stage

- Tents are the responsibility of participants to bring.

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

Team:

Tiffany Saibil - event organiser, global endurance athlete originally from Vancouver

Christophe Le Saux : trail runner/adventurer and organiser of international running trips

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

Stephen Gould – Powell River local, trail runner



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