

SUNSHINE COAST TRAIL TRIP 2024 21-25 August

170km multi-day trail run. 80/90KM Option



Location: Powell River, Southwest British Columbia

The Sunshine Coast was historically known for logging (largest mill in the world). It has become a destination to explore on land and 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 trail. Starts and finishes by the ocean, passing through forests and rolling mountains. It is not in altitude but not to be underestimated.

Trip Overview

4.5 days running /4 nights on-trail + 1 night welcome & camping before start, 1 hotel night after trail
- Self-sufficiency: carry own camping gear + food, use natural water sources (bag drop halfway)
- Cabins: basic shelter option to sleep inside or bring your own tent
Staff provide transport to trailhead, bag drop, bags to finish/hotel, transport at finish to hotel

Weather: August is typically a hot month, but rain is possible. Kit list sent prior to event.

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

Program 2024

Tuesday 20 August: Powell River (PR)

- Participants meet in PR. Transfer to event base.
- Briefing, gear verification. Welcome dinner and camping provided at event base.

Wednesday 21 Aug. Stage 1: Sarah Point to Riveleys Pond. 32km / 1600m+

- A.M: Transfer (boat/truck TBC) to start at trail head
- P.M.: Finish Riveleys Pond hut. Set up camp. Evening Briefing.

Thursday 22 Aug. Stage 2: Riveleys Pond to Confederation Lake hut. 38km / 1500m+

- Finish Confederation Lake hut: Set up camp. Evening Briefing.
- Total distance from start = 74km

Friday 23 Aug. Stage 3: Confederation Lake hut to Elk Lake hut. 34km / 2000m+

- **A.M.: Food drop** after Confederation hut. **Exit point for 80km / Entry point for the 90km**
- P.M.: Finish Elk Lake Hut. Set up Camp. Evening Briefing.
- Total distance from start = 110km

Saturday 24 Aug. Stage 4: Elk Lake to Golden Stanley hut. 32km / 1050m+

- Finish Golden Stanley Hut. Set up camp. Evening Briefing.
- Total distance from start = 145km

Sunday 25 Aug. Stage5: Golden Stanley Hut to Finish at Saltery Bay (28km / 1600m+)

- Trail ends at Saltery Bay. Finisher picnic and awards (location/time TBC based on ferry schedule)
- Ferry Saltery Bay to Earls Cove, transfer to Gibsons, hotel check-in.
- Participants not going to Gibsons can return to Powell River.

Monday 26 Aug: Morning Ferry from Langdale to Horseshoe Bay. Participants responsible for own travel plans onwards from Horseshoe Bay (public bus service available direct at ferry terminal).
Note – Participants can opt to depart on night of 25th August with ferry to Horseshoe Bay.

For those who want to stay longer, there are a number of transport options available on the Sunshine Coast: plane to Powell River, seaplanes serve a number of routes on the coast and Vancouver, and ferries go from Powell River to Vancouver Island (Comox) or Vancouver.

Prices

1. Full Trail – package (hotel night included)

800EU International participants

\$900CAD for Canadians (does not include your personal 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 or who might want to return faster or extend stay. No hotel 25Aug and must organise own transport at event finish.

3. Half Trail

80km Trail Option – 21-23Aug. 2 nights on trail. Start Sarah Point - exit after Confederation Lake

90km Trail Option – 23-24Aug. 2 nights on trail. Entry after Conderation Lake - finish at Saltry Bay

4. Sunshine Coast Locals: Option to join from trail head to finish at Saltry Bay.

Contact for more information.

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

Included

- Welcome dinner.
- Participant gift bag.
- Transportation
 - Pick up from Powell River airport or PR town and transfer to event base (20August)
 - Transfer to trail head (road vehicle and/or boat)
 - Food and bag drop with snack (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 and BC Ferries)
- Accommodation
 - Camping included for 20th August and event hotel in Gibsons 25th August
- Meals
 - Nutritious welcome dinner with farm fresh food and local beer (& non-alcohol option incl.)
 - Farm fresh breakfast (21 August)
 - Snacks at bag drop day3
 - Picnic meal after finish (25Aug)
 - 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.

Supporting the region: Registration fee include a financial donation to the local trail organisation **PRPAWS** (Powell River Parks & Wilderness Society) and 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 – gear available to rent, need to reserve in advance
- beer included for welcome dinner, but additional alcohol 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.)

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, wildlife, and runner's ability. Trail routes may be adapted or cancelled.

Accommodation, Gear, Facilities

From the night before the race to the trail finish participants sleep in tents or cabins on the trail. There are toilet and shower facilities at the event base, but once on the trail there are no showers and no electricity on the trail. Most campsites have lakes.

We recommend some camping gear is shared to make running packs lighter. If you don't have a teammate, we can help people join up.

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.

