

2019 Emergency and Allied Health Services Central Coast Expedition

Schedule:

- August 1 All participants arrive at Nimpo Lake BC
- August 2, 3,4 Backpacking section
- August 5 Bella Coola River Raft
- August 6 Transition Day / Ocean Canoe Orientation
- August 7,8,9 Ocean Canoe Section
- August 10 Depart Bella Coola Valley



All proceeds donated to Wounded Warriors Canada

Solstice Recreation Group, PO Box 53 Quathiaski Cove BC V0P 1N0 250-218-1513

www.solsticerecreationgroup.com