

*Solstice Recreation Group*



**2019 Emergency and Allied Health  
Central Coast Expedition for PTSD  
Awareness**

**Client Information and Orientation Package**

**We wish to thank the First Nation people of the  
Ulkatcho, Nuxalk, Heiltsuk First Nations for allowing  
us access to their traditional territory for this  
Expedition.**

# The British Columbia Central Coast Expedition

## Details:

The BC Central Coast Expedition has three (3) components to it:

**Backpacking:** You will backpack in a pristine Wilderness Environment within Tweedsmuir Provincial Park, one of BC's largest Provincial parks. Your 4 days of backpacking will start at an elevation of over 5,000' feet and carry you through amazing scenery. Lakes, rivers, mountains and wildlife is abundant in this first portion of your expedition. You will work your way down to the Bella Coola Valley floor, which lies at an elevation of 380' above sea level. The scenery is spectacular along your way and you will experience geological changes along the way until you reach the valley bottom.

**Rafting:** You will raft the Bella Coola River having the opportunity to view spectacular scenery from this vantage point. Eagles, Grizzly bears and other wildlife and physical features will make this trip alone a spectacular day to remember for a lifetime. Your trip will include both wildlife and historical education along the way as you work your way down to the First Nations community of Bella Coola BC.

**Ocean Canoeing:** This is the third and final component of your expedition. You will paddle in our large ocean going 13 paddler canoes. We will work our way from the Bella Coola Estuary to the Alexander Mackenzie Provincial Park. A truly once in a lifetime spectacular trip that takes 4 days to complete. You will have the opportunity to witness Grey Whales and Orca's along the way as well as the Pacific Dolphin. The scenery is second to none for spectacular viewing both land and marine wildlife.

**What we provide:** We provide all the necessary meals, equipment, and travel once you have reached Nimpo Lake BC. You will have to fly to this location of which you will be escorted to our embarkment point at the Rainbow Range Trailhead within Tweedsmuir Provincial Park. You need to provide for all your own personal equipment. Please see the attached equipment list. This is an extensive list due to the three (3) events that you will participate in over your time with us.

**What is next for you ?;** Once you have received all the particulars around the expedition and you wish to register please fill out ALL the necessary forms including your deposit for the expedition. We will ensure you are provided with all the details to ensure you reach Nimpo Lake BC as well as departure flight information. If you have any question please do not hesitate to contact us via email or phone. We are more than happy to answer all questions surrounding this expedition.

## **Backpacking section**

**Prior to arriving:** Footwear / fitness - Please ensure you break in your hiking boots prior to arriving in Vancouver. This will ensure you minimize the risk of developing heel blisters, which will impact the Backpacking portion of your expedition. As well please ensure your fitness level is adequate to carry you forward on the Expedition. You should arrive well prepared and in good physical condition. Ensuring you have spent adequate preparation backpacking prior to the BC Central Coast Expedition will ensure your success. Prior to participating in the BC Central Coast Expedition you will need to submit our detailed Medical Questionnaire and followed up with your Physician if necessary.

**Your Daily routine:** In general it is important to enjoy yourself while on the expedition. You are in a Wilderness environment and as such we as a team are self reliant on ourselves and one another. Each day will start with a breakfast – both hot and cold. We will have a brief debriefing of the days goals as well as any concerns / medical checkin's. Our daily objective is to hike 10 km's. Our hiking pace will be moderate and in general our motto is sticking together as a group. We will work together to ensure everyone is successful in the first stage of the expedition. Each of you will have snacks to enjoy during your travels, as well as a structured lunch and dinner. Each day we will ensure adequate Water for everyone and proper hydration is key to your success. When we set up camp each evening we will ensure we are close to a water source for cooking . Each day we will have a projected distance that we would like to reach to ensure we stay and remain on our schedule for the entire expedition. This is why coming into the expedition in good physical fitness is essential for your success and overall expedition enjoyment.

### **Backcountry Camping and Hiking**

1. Store food and garbage by hanging it from a tree at least 4 meters above the ground and 2 meters from the trunk, well away from your campsite. Always use bear-proof caches where provided.
2. Do not cook or store food in your tent and keep your campsite clean and odor-free.
3. Do not burn or bury garbage since this attracts animals. Pack it out.
4. Dispose of wash water in the pit toilet.
5. Be alert for bear scats, tracks or trails and do not hike or camp where these are common. Make lots of noise when hiking where bear signs are found.

**Garbage disposal:** We pack out everything that we pack in. Our low impact backcountry style is essential in leaving a non-trace footprint as we move forward on the Heritage Mackenzie Trail.

**Waste Water disposal:** All cooking waste water will be disposed of in a pit toilet designated for this purpose each evening.

Backpacking First Section Portion Map:





**Participants from the 2017 Expedition**



**Lakes along the Rainbow  
Range Trail Lots of**



**Pristine Lakes during our travels.**

## Itinerary from Nimp Lake BC

**Day 1-4:** Arrive at Nimpo Lake BC in am Start on the Rainbow Range Trailhead

**Day 5:** Set up camp on the banks of the Bella Coola River

**Day 6:** Raft the Bella Coola River

**Day 7 – 9 :** Ocean Canoe Portion of Expedition

**Day 9 –** Return back to Bella Coola Harbour via Marine Support vessel

**Day 10:** Return back to your homes via Air, Sea, or Land.



## **By River – Bella Coola River Raft section**

### **Schedule:**

We will be rafting the Bella Coola River from the McCall Provincial Forestry site. This site is in fact slightly above the actual location that Alexander Mackenzie put in his Canoe. The Bella Coola River has changed over the years making the trip from the Alexander Mackenzie Western Portal difficult to access the river. You will be leaving at first light in the am for this lengthy drift down the Bella Coola River.

You will paddle the entire distance of the Bella Coola River in one day. This of course is going to be a spectacular trip with incredible scenery along the way. You will be accompanied in your raft with 6 other Mackenzie participants and your river guide. The drift down the Bella Coola River will be a welcome relief after the Mackenzie trail section of the expedition. During this component you will drift by a number of historical sites along the river, including the Nuxalk Nations number 1 reserve, finishing at the mouth of the Bella Coola River – the Bella Coola Estuary.



**Lots of laughs along the way.**





**Bella Coola River**



**Safety and rafting talks**





## By Ocean - Voyageur Paddle section

### Schedule:

From the Bella Coola Estuary you will paddle across the Bella Coola Estuary in your 29' Voyageur Canoe to the Historical Talio Cannery Inn. You will spend one night at this historical location. From the Talio Cannery Inn you will depart via Voyageur Canoe each with 13 other expedition participants. Each day you will pass by historical, geological and wildlife spectacular scenery. Hopefully we will have the opportunity to witness either marine or land mammals in their natural environment. The area is known for its whale, porpoise and both Grizzly and Black Bear habitat.

Each evening along the way you will have the opportunity to rest by the campfire next to the ocean.





**Lots of well deserved breaks along the journey.**



**camping with spectacular views.**

**Great wilderness**





**Once you reach our final destination – this is a great sense of accomplishment. Well done.**



I look forward to meeting each and every one of you for this journey. This event truly is a wilderness BC Coastal Expedition that exposes you to all environments. Your land, river and ocean adventure will present spectacular wilderness and wildlife viewing along your journey. Please do not hesitate to contact me with any Expedition questions.



Regards

*Ray Hawkes*

Ray Hawkes

Director

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