

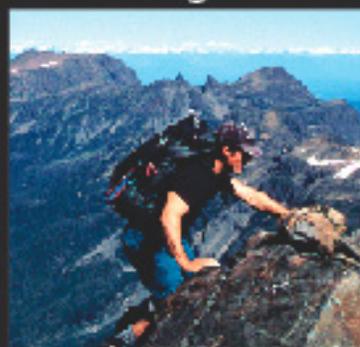
Wild Isle

#21 June-July 2002

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route guide



Late Season Turns
on Mt McBride



Whitewater
Play Spots



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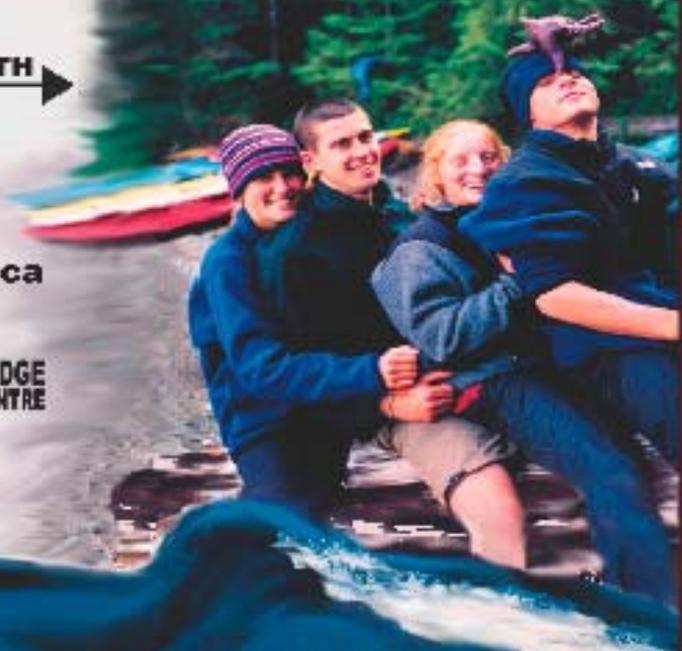
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The Islands' Adventure Magazine

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Above: Dustin King is about to find how his clothes feel, as he drops in for a little cleaning on the Sooke River, Bryston McAra photo.

Cover: Liz Young enjoys a sunny day on the water in the Octopus Islands off Quadra Island. Watch for more on the Campbell River/Discovery Islands area when we do a regional profile in the August to October issue. Greg Shea photo. Insets by Philip Stone & Greg Shea

When it comes to playing outside the Sunshine Coast is the ultimate playground find out why,

see page 9



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Wild Isle Magazine

21 June-July 2002

Publisher/Managing Editor
Philip Stone

Assitant Editor
Ryan Stuart

Associate Editor
Ken Reese

Contributors & Photography

Andrew Dunphy, Bryston
McAra, Greg Shea,
Ryan Stuart, Philip Stone.

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Editorial & Advertising Inquiries to:

Wild Isle Magazine
P.O. Box 482, Heriot Bay, B.C.
Canada V0P 1H0
Tel: 250 285-2234
Fax: 250 285-2236
eMail: wildisle@island.net

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If you choose to engage in any activity featured in Wild Isle you do so at your own risk.

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**Next Deadline for
Ads & Editorial
July 15th, 2002 for
Issue 22 - Aug-Oct, 2002**

EDITORIAL



It's easy to become accustomed to playing in your own backyard or planning trips to far flung places. But now and then it pays to take a look around the neighbourhood and pick a place you just *think* you know.

For many (but yes, not all) Islanders I'm willing to bet the Sunshine Coast is an undiscovered place for adventure. We're hoping to blow the lid of that with our regional profile of the Sunshine Coast in this issue.

Personally I haven't got so excited about an area in BC as 'the coast' for a while. A few recent trips to bike, hike and sail there has opened my eyes. And yes it does seem to be sunny over there a heck of a lot!

We would like to hear about your favourite places to recreate in BC too. We'd actually like to find out a lot more about our readers in general.

In every issue we print a subscription form along with a questionnaire to poll you, our readers on your likes. Usually we don't get much response (say 1-5 new subscribers an issue) which is a shame because we could use the info to good advantage securing advertisers so we can continue bringing you Wild Isle. The revenue from subscriptions could be put to good use keeping us printing.

Why do I mention this? Well for a couple of reasons: one because this issue we've upped the ante and are offering a brand new Serratus pack as a prize draw from new subscribers and secondly I want everyone to know the odds are extremely high you could win if you support us and subscribe. And even if you don't win, your subscription will ensure Wild Isle keeps comin' at ya'.

New this issue, our online version will feature full colour photos. Check out both the online and Acrobat versions of this issue at wildisle.ca

Philip Stone

HAPPENINGS

All summer	Island Cup XC & Downhill Mountain Bike Races, 250-336-2200	Various
All summer	CV Cycle Club Off Road Series http://mars.ark.com/~cvcc	Various
June 8	Round Bowen Kayak Race www.boweniskayaking.com	Bowen Island
June 21-23	Vancouver Island Paddlefest www.paddlecentre.com	Ladysmith 250-245-4246
	Mountain Beats and Blues Festival 250-837-5500	Revelstoke
	Mt. Washington Summer Season Opening day, www.mtwashington.ca	Mt. Washington
June 22-23	Extreme Sports Show G.R. Pearks Rec Centre	Victoria
July 6-8	World Cup Mtn Bike XC & DH www.grousemtn.com	Grouse Mt.
July 20	Coast Challenge 604-740-3009	Sunshine Coast
July 27	Mind Over Mountain Adventure Race	Ladysmith 250-715-8933
Aug. 11	AllteraMan Canada 250-923-7911	Campbell River www.active.com
Aug. 23, 24, 25	Gold River Trails Festival 250-283-7334 jimmitchell@cablerocket.com	Gold River
Sept. 7 & 8	Triple Throwdown Mnt. Bike comp www.mtwashington.ca	Mt. Washington
Sept. 21	Mind Over Mountain Adventure Race	Comox Lake 250-715-8933

If you want to have your event in HAPPENINGS, send us a fax at (250) 285-2236 or email at wildisle@island.net with all the dirt.

Swim like a fish, Feel like a salmon

Snorkeling a river full of salmon is a little like flying. Or maybe it is best described as a short visit to a magical, virtually unknown world, where the familiar rules of gravity, light and motion no longer apply; a world that is the final destination in the life cycle of hundreds of thousands of the finest salmon in the world.

Floating down the Campbell River with mask, fins, snorkel, wetsuit, gloves and booties, is as far a-field as any explorer needs to venture to obtain the natural high and super-natural experience that comes with the exploration of this underwater world.

After an on-shore briefing, and under the diligent and ever watchful eye of a professional guide, I quickly became more and more comfortable. Soon all that remained of my initial trepidation was a slight nervousness, which only added to my already racing adrenaline.

When I ask if we will actually see some of the fish, I am told that one cannot help but catch sight of the salmon. They are so numerous that they blanket the bottom of the river in a silver carpet.

It is late July and the Campbell River is experiencing one of the largest returns of the Pink Salmon in decades. It is estimated that over the next six weeks, some 300,000 of these amazingly stealth and shimmering torpedoes will venture forth along the four and a half kilometers that make up the lower reaches of the Campbell River.

The Campbell River and its estuary are at the forefront of re-establishing a lost balance, they are undergoing one of the largest rehabilitation efforts on the West Coast of North America.

To find out more about the amazing summer migration of salmon, and the rest of this article point your mouse to www.wildisle.ca.

To swim with the salmon call 1-800-897-2872 or surf over to www.paradisefound.bc.ca.

COAST to COAST

Snow, Surf and now ...Sun!

Finally the weather has shined on the Snow to Surf Relay Race. For the last few years rain and high winds have shortened or stopped the canoeing leg of the race, but this year Mother Nature supplied a warm and sunny day. All the legs went off without a problem and the 20th running of the Royal LePage Snow to Surf was won by the "Coast Westerly Banzai" in 2:30.53.

"Aeroart Aerodynamics" won the woman's category by almost 15 minutes. They finished in 3:04.24.

Once again the multi sport relay race was filled to capacity with teams from all over North America.

Watch the website www.snowtosurf.com to register a team in next year's race – registration usually starts in February and is filled in early March. The website also has a complete list of results from this years race.

Length of Island Hike Challenges All

On June 14th Peter Bickel Janes will set out from Cape Scott at the north end of Vancouver Island. Eighty days and 600 kilometres later he guesses he will be strolling down the sidewalk in Victoria.

His continuous solo hike will wind a path down the centre of the Island, through unknown bush, established trails and the occasional logging road.

Peter plans on avoiding human-altered environments as much as possible except to link up sections of backcountry, replenish food stocks and to maintain his sanity in areas of heavy bushwhacking.

This venture is not only a personal challenge for Peter but a collective challenge for everyone on the Island and in North America.

"It's well-proven that our North American lifestyles are pushing the earth's life support systems, and a large majority its less-privileged human populations, to a point of critical collapse, he said. "We all have the power to break from convention and pursue what inspires us - and in doing this we have the opportunity to positively affect change in the world,"

Peter says he is trying to make people look more critically at their lives and start to make some creative changes in order to work through our collective environmental and societal problems. For his part he is taking dried organic food and looking for Vancouver Island based sponsorship.

To offer words of encouragement or support for Peter email him at wei_jijanes@hotmail.com.

Wild Isle west coast adventure • www.wildisle.ca

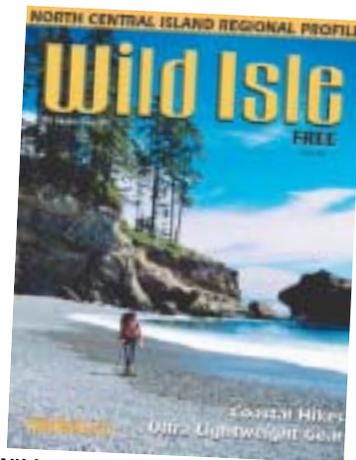
Better Timing for Wild Isle

Wild Isle is changing its editorial schedule this fall. We are extending our August to October issue to also include October. We hope this will cover the seasonal nature of Island adventures more effectively.

The August to September issue will feature coastal hikes, a profile of the Campbell River area and a humorous story of sea kayaking in Johnstone Strait.

If you just can't wait to get the next issue of the magazine check online for original news and features at www.wildisle.ca. Otherwise watch for magazines in August and November.

To submit articles and pictures or to advertise give us a call at 250-285-2234 or write us a note at wildisle@island.net.



Wild Isle issue 22, August to October: Campbell River profile, Coastal Hikes and Johnstone Strait.

Holidays at Paddlefest

Paddling holidays will be the theme of the Paddlefest 2002 in Ladysmith on June 21 to 23.

The fourth installment of the annual festival aims to make sea kayak holiday planning easy. "With slide show presentations to wet your adventure appetite and hands on workshops to hone your skills, the Paddlefest weekend provides visitors with everything they need to know to head out on an unforgettable holiday or just a fun afternoon outing," says the festivals website www.paddlecentre.com.

As usual the festival will feature tons of demos, skill development, booths, entertainment and speakers.

The event runs during daylight hours at Transfer Beach in Ladysmith. For more info check out Breaking News at www.wildisle.ca or the events website, www.paddlecentre.com.

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COAST to COAST

Sunshine Coast Challenge

The Coast Challenge multi sport, team/solo adventure race will be held on the Sunshine Coast July 20. Call 604-740-3009 for more info.

Wild Pacific Expansion

The beach extension of the Wild Pacific Trail near Ucluelet opened on May 25th. It linked Big Beach in Ucluelet to the bike path just north of town.

It is the third and fourth phase of the project that will eventually link the lighthouse at the end of the Ucluelet peninsula to Half Moon Bay in the Long Beach section of the Pacific Rim National Park.

The trail winds along the coastline with views of crashing surf, playing seals and calm tidal pools. It also ducks into the rainforest and passes old growth timber and lush undergrowth.

For more info on the trail walk part of it in Ucluelet or look online at www.longbeach.com/wildtrail.html

AllterraManCanada



Offroad Triathlon, August 11, 2002 McIvor Lake, Campbell River. Long course: 1 km swim, 24 km mtn bike, 10 km trail run Short course: 500m swim, 12 km mtn bike, 5 km trail run Elite, individual and teams. For more info (250) 923 7911 or (250) 923 3321 www.allterramanacanada.com

Register online at www.active.com

Nasa Astronauts' Photos Of The Earth On Display

An exhibit, "Orbit: NASA Astronauts Photograph the Earth", will be on display at the National Geographic Theatre

On exhibit are 36 stunning photographs taken with hand-held cameras by astronauts orbiting the Earth. The pictures are digitally corrected to reduce atmospheric haze to closely approximate what the astronauts actually saw in space, from ash plumes from an erupting volcano to the outline of the Mississippi River Delta.

The clarity of these photographs taken from relatively low-flying spacecraft on conventional film far exceeds that of the electronic, false-color images from satellites. The pictures were selected from over 25,000 images stored in NASA's climate-controlled vaults from more than 100 manned U.S. spaceflights.

This historic first collection of photographs is from the National Geographic book Orbit: NASA Astronauts Photograph the Earth by astronaut Jay Apt, ecologist Michael Helfert and geographer Justin Wilkinson. The exhibit is organized and traveled by Explorers Hall, the National Geographic Society's museum.

It will open May 31st, 2002 and will be on display throughout the summer months at the National Geographic Theatre 675 Belleville Street, Victoria, BC. Open 9am-9pm Admission is free

News & Events

regularly posted online: www.wildisle.ca

Breaking News



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Just one of the incredible views of Earth from space featured in the exhibit, "Orbit: NASA Astronauts Photograph the Earth" now showing at the Victoria IMAX

Send Wild Isle your news item, press release, event info, new product info etc. Send them to Wild Isle: wildisle@island.net or by fax to 250-285-2236.

Cathedral Grove Threatened by Overuse and Logging

Letters and support have deferred the building of a 200-car, 20-bus parking lot, interpretive centre, gift shop, restaurant and washrooms, on the Cameron River Floodplain in MacMillan Park (Cathedral Grove). Immediate traffic and safety concerns are being addressed through installing lower speed limits, signage, a well-marked crosswalk and attendants during peak summer months.

Overuse and blowdown from logging the towering ancient Douglas-firs are now threatening the tiny park's ancient forest. Located alongside the only highway leading to Port Alberni Tofino and Clayoquot Sound, MacMillan Park's main problem is that it is too small. For years, people assumed that the park included the whole of Cathedral Grove, extending several kilometers west of Cameron Lake on both sides of the valley-bottom highway. In reality, it is less than 160 hectares in size - less than half as big as Stanley Park in Vancouver and only twice as big as Victoria's Beacon Hill Park. It has become evident that it is too small to handle the tourist visitor use today, let alone the projected use in the future.

Weyerhaeuser (Weyco) the US-based logging company that bought MacMillan Bloedel two years ago and now owns the unprotected parts of Cathedral Grove adjacent to the park - is moving rapidly to liquidate the last of Cathedral Grove's giant Douglas firs. The Western Canada Wilderness Committee (WCWC) is asking Weyco to place a moratorium on developments in Cathedral Grove to give the 'big park vision' a chance. Since October, the company has not conducted any activities in the Grove. Today, MacMillan Park is one of the most accessible old growth temperate rainforests left in BC.

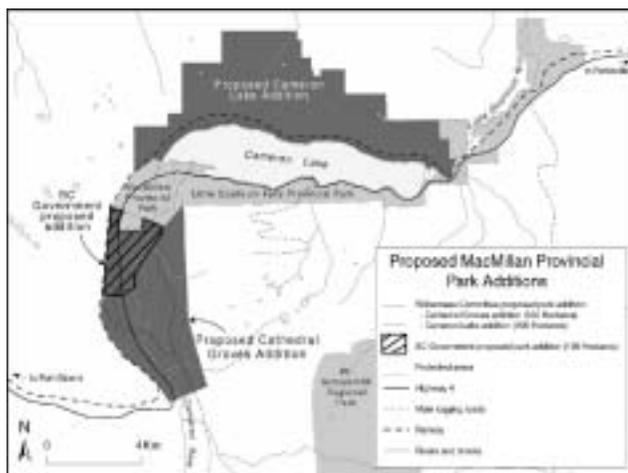


Cathedral Grove and one-fifth of Vancouver Island was given to the E&N railway company to build and continuously operate a railway. 2.1 million acres of land, including all the mining rights, foreshore, as well as 3.5 million acres of land in the Peace River District, and \$750,000 cash was given to Robert Dunsmuir, president of the E&N, for building and continuous operation of the railway in order for BC to join confederation. An additional \$626,660 per mile in 1925 dollars was paid out by the BC government.

Now the railway company is threatening to pull up the tracks and sell off the railway corridor for development. This BC government privatization partnership with big business in the late 1800's has tied the hands of the BC public in solving the problem of access to land for conservation, recreation and small woodlots.

- Annette Tanner, chairperson.

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www.wildernesscommittee.org



Proposed MacMillan Provincial Park Additions

CASCADE DESIGNS IS REI'S 2001 VENDOR PARTNER OF THE YEAR

Seattle, WA — Recreational Equipment, Inc. (REI), presented its 2001 Vendor Partnership Awards on April 2, 2002, with top honors going to Cascade Designs, Inc. as recipient of the retailer's overall Vendor Partner of the Year Award.

The annual awards program recognizes one overall Partner of the Year and three key vendor partners for efforts that have built strategic and successful partnerships with REI. REI's three merchandising divisions - Camping/Travel, Actionsports, and Outdoorwear - identify nominee companies based on, among other factors, financial performance, a commitment to community and industry involvement, and an emphasis on product quality. REI's retail stores determine the final award recipients. The top 2001 vote recipient was Cascade Designs. (Cascade Designs also won the Vendor Partner award for REI's Camping Specialty Shop in 1993 and again in 1999.)

Kelly Stone, CDI's Director of Sales, states, "Cascade Designs stood out over all other vendors due to the incredible work, dedication and commitment to quality by our staff. We recognize each and every employee for helping us to achieve this prestigious award, especially during a year full of changes and challenges. It shows that we have what it takes to excel in our market!"

Cascade Designs manufactures Therm-a-Rest® camping mattresses; Platypus® bottles and hydration packs; SweetWater® filters and purifiers; SealLine® products for watersports; Tracks® walking/hiking staffs; Packtowl® camping and travel towels; Varilite™ medical products; and MSR (Mountain Safety Research) stoves, tents, cookware, water filters, hydration gear, snowshoes and trekking poles.



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New Coast Rec. Maps

Coast Recreation Maps will release four new maps in August that cover marine areas around the Queen Charlotte Islands.

The four maps to be released by publisher Coastal Water Recreation are: Graham Island north, Graham Island south, Moresby Island and Gwaii Haanas.

The additional maps will take the total number of maps available from Coast Rec. maps to 19. They cover the most popular sea kayaking and boating destinations along the coastline of BC. The maps will be available at most outdoor and paddling stores. Check online for more information, www.coastalwatersrec.com.

Cruise Ship Pollution To Increase

British Columbia's world class Inside Passage is at risk from a minimally regulated cruise ship industry according to Cruise Control, a report released this fall by West Coast Environmental Law.

In 2000 1,065,000 passengers and crew passed through BC waters enroute to Alaska. While sewage dumping is not permitted in US waters it is off Canada's shores.

Cruise Control is a thorough review of the laws regarding cruise ship disposal of raw sewage, hazardous waste, garbage, greywater, bilgewater and other forms of pollution. Copies of the report are available online at www.wcel.org for more info contact Ian Reid 604-601-2513

Counting fish better than counting sheep

This summer, scuba divers from around the world will be venturing beneath the waves to count fish and other sea creatures as part of the Great Annual Fish Count. In BC the fish count is sponsored by the Living REEF Project, a partnership between Reef Environmental Education Foundation (REEF) and the Living Oceans Society.

The Living Oceans Society is offering free training in Vancouver and Nanaimo in June. Both Fish and Invertebrate courses are offered and participants are encouraged to sign up for both. Training kits, including slates, colour ID cards and underwater survey sheets can be purchased at training workshops for \$25.00 or through REEF's web store at www.reef.org.

For more information about the Great Annual Fish Count visit www.fishcount.org or contact Dana Haggarty at dana@livingoceans.org or 250-383-2836

Training Session Schedule

Sundown Diving,
Nanaimo June 15 9:00-12:00 Fish

Sundown Diving,
Nanaimo June 16 10:00-1:00 Invertebrates

The hills are alive with the sound of breathing

On a mountain run, there are two truths; you will be going up and then you will be going down. It is a natural evolution from the trail run. The trail runner who is ready for the next level of competition and intensity is summoned to the mountains because the mountain environment is more demanding on body and mind.

This is what drew me to the Mind Over Mountain Gutbuster race at Mt. Tzouhalem near Duncan. This is the second year of the 8 to 10 kilometre race. It kicks off the Mind over Mountain, Vancouver Island Adventure Racing Series in which the mountain run is a big part.

The race started from Genoa Marina right below the legendary mountain bike trails of Mt. Tzouhalem. Boasting a wide variety of logging roads, steep single track and treacherous down hills, it is the perfect location for a difficult mountain run.

Not long after the departure horn sounded, I along with 75 others began climbing. Ascending a steep old logging road, I could feel the burn right away. I knew listening to my body and watching the terrain would be important.

I remember thinking, I do not enjoy going up a 45-degree hill right off the start line. My heart rate rises too fast and my legs start to build up lactic acid. The best way to prevent this is to warm up before the race and then pace yourself during. But this becomes difficult when the race starts with a killer hill. And it gets even harder when noted adventure racer Ryan Ervin redefines the "race pace."

There were three of us up front when we began to separate from the pack. We then separated from each other as we ascended into some wavy single-track trails.

My position was perfect. I worship the solo feeling when I know someone would take my place if I let up even a little bit.

I also love the chase. Imagine running, breathing, sweating as you rip through the natural landscape. You are the hunter as your prey leaves traces of its route in front of you. It is your job to track them down. When I am behind I will do anything to catch my prey – the natural surroundings sharpen my senses to an intense state.

As I reached the 500-meter summit of the race, I realized there was no such thing as an immediate down hill. The mountain bike trail began to undulate and turn instead of falling down the mountain. The twisting trail made it difficult to navigate the trail at fast speeds.

Heading down, I wished only to be on my bike coasting through the woods, heading up, I had only wished to be heading down.

Descending is more dangerous because I let my body go as much as possible. This leaves me open to inherent dangers like hidden trees and rocks, and 90-degree turns. Controlling my thoughts and concentrating on each foot placement is part of the game. Usually the first place finisher is quite disciplined at this, although Ryan, who won the race, told me later that ice cream was on his mind as he went down.

I took a number of wrong turns on the way down – paced out sections of flagging tape is all that marks the trail – which led me to think my lead over my chasers had diminished.

With each wrong turn all I could do was pull my thoughts together and turn back. I managed to find my way back when it mattered, so I only lost 45 seconds at the most.

I have always thought that the location for the finish is always key and these guys got it right when they chose a spot with a pub 20 metres away. I crossed the finish line third, which assured me a chair in the bar.

Welcome to Mountain running: where your feet strike the ground with a personal echo of freedom, where your breaths come short and forceful and where your sweat belongs to the mountain. If you choose to be a part of this special breed of runners, you will never go back to the road or your job.

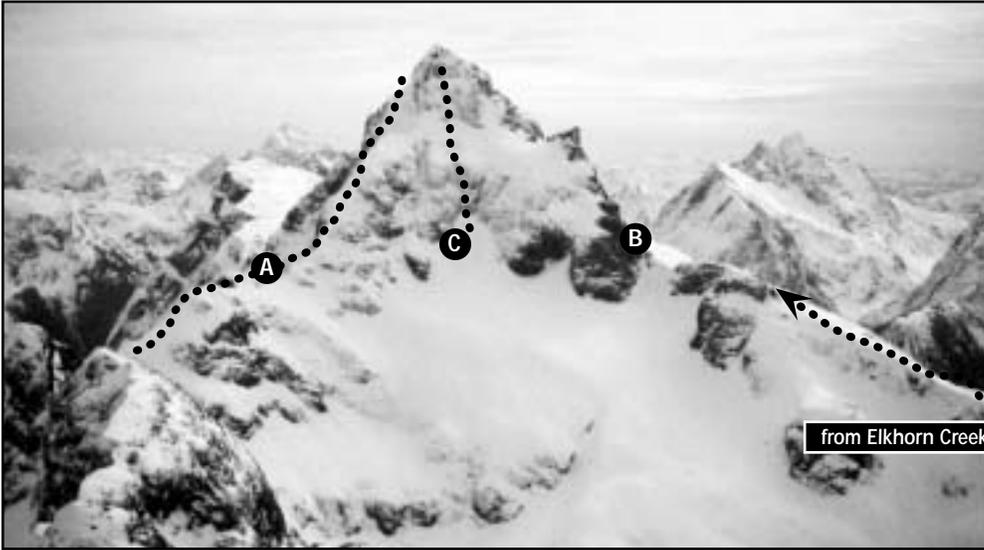
By Andrew Dunphy (Outdoor Instructor/Adventure Racer)

When Andrew isn't running, biking, swimming or playing he can be found in the Finnish line pub.

The Mt. Tzouhalem trail run was just the first in a series of off road races presented by Mind Over Mountain. Dates and info can be found in the Calendar or check online at www.mindovermountain.com

Vancouver Island Route Guide

ELKHORN MOUNTAIN



Above: Elkhorn North Face as seen from Kings Peak in January

QUICK FACTS

Elevation: 2195m/7200ft second highest peak on Vancouver Island.

Map: 92 f/13

Grid Ref.: 9618

First Ascent:

A.O. Wheeler and ACC party 1912

First Winter Ascent:

P Busch, A Watts Feb. 1965

Named for: The resemblance to the Matterhorn, the prominent gendarme on the NW Ridge.

Standard Routes: West Couloir or North West Ridge

ACCESS

WEST FACE: The main approach to Elkhorn is up the northwestern side of the mountain via the Elk River Trail and a well established route up 'Elkhorn Creek'. Elkhorn Creek drains a narrow hanging valley joining the Elk River 2.5km up the ERT from the Highway 28 trailhead. A clear view of the canyon is seen at a gravel bar at 2.5km, the point to cross the Elk River.

Cross the gravel bar and then the river on log jams or wade and pick up a well worn flagged trail which follows the south side of Elkhorn Creek. The trail climbs up through steep forest to a hanging valley with notably huge hemlock trees and waterfalls. Head up a steep gully system to the right of a thundering waterfall to finally gain a forested col on Elkhorn's lower west ridge. Keep to height of land until leaving treeline where Elkhorn is clearly seen above.

Alternatively, from the Gravel Flats campsite 9 km up the ERT cross the Elk River and locate a flagged route on south side of a steep drainage. Hike up steep forest until a band of bluffs force you left to join drainage. Continue up creek bed (snow or boulders) to base of SW Face of Elkhorn. To reach West Gully swing left (north) keeping to edge of treeline until a short steep scramble up a rock band leads onto the west snowfield. For routes on the East Face, head straight up and around the base of Elkhorn's South Ridge (see photo below)

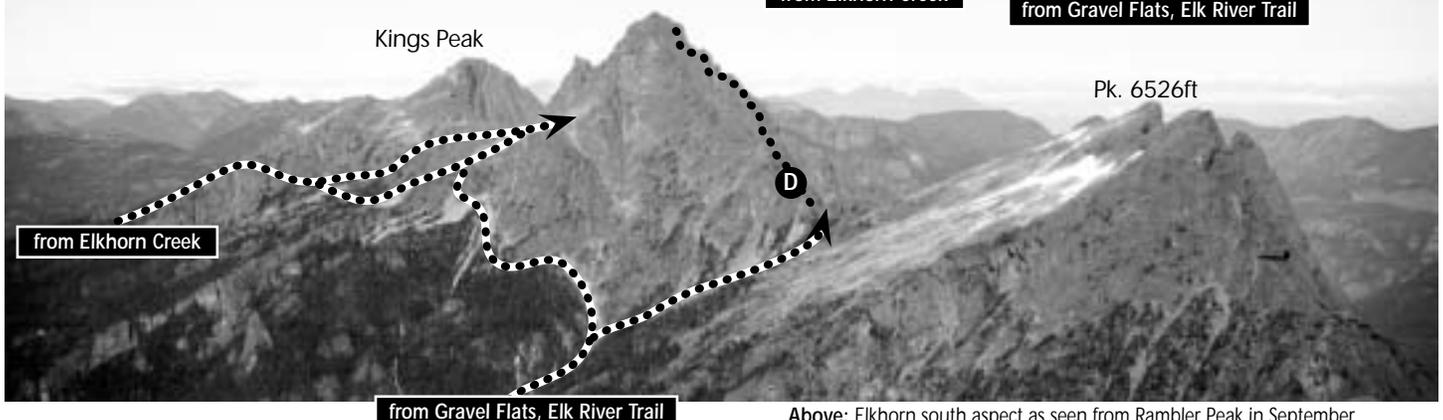
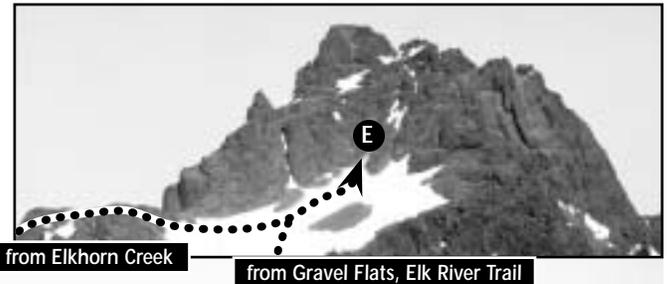
ROUTES

Summer-fall

West Couloir: low 5th class 250m (II)

An excellent and straightforward scramble and the standard route to climb and descend Elkhorn by. The trickiest part is locating the start which begins at the base of a huge gully (see photo below). A massive chockstone spans the gully but by working a series of narrow ledges on the right side a hidden chimney and squeeze can be found to bypass the chockstone. From here loose gravel strewn ledges and short steep rock steps lead up and trend left to easier ground and the summit. Some parties may prefer roped belays for ascent and descent.

Below: Elkhorn West Face as seen from Volcano Lake in June.



Above: Elkhorn south aspect as seen from Rambler Peak in September.



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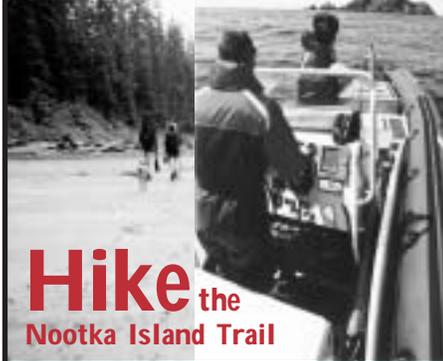
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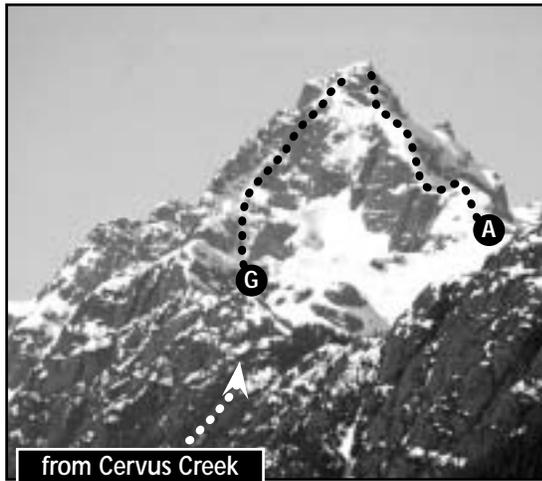
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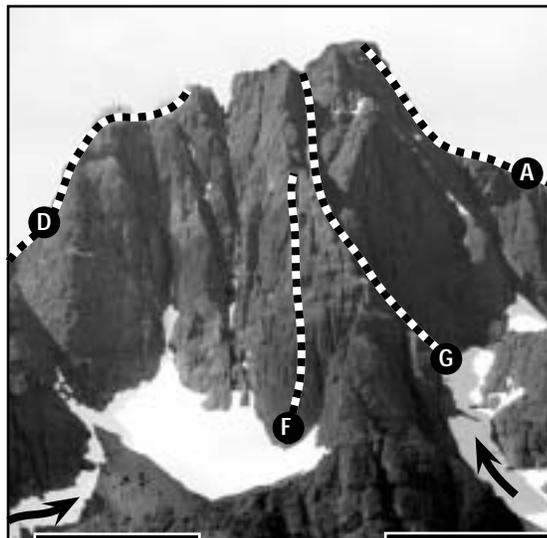


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 BC's Historic Nootka Sound

Arnon Jackson photo



Elkhorn north west aspect as seen from Mt Flannigan in April.



from Gravel Flats, Elk River Trail

from Cervus Creek

Elkhorn east aspect as seen from Mt Cobb in August.

ROUTES

Summer-fall

- A- North Ridge:** upto 5.8 (6 pitches) 400m (III)
FA: J Bajan et al '72
- B- Northwest Ridge:** 4th-low 5th class 400m (II)
FA: A.O. Wheeler ACC Party '12
- C- North Face:** ~5.8 300m (III/IV)
FA: J Bajan, P Busch Jun '77
- D- South Ridge:** 4th-low 5th class 600m (III)
FA: T Volkers, M Walsh '70
- E- West Couloir:** low 5th class 250m (II)
- F- Into The Sadistic:** 5.10b 500m (III)
FA: P Stone, G Shea Sep '93
- G- Northeast Face & Gully:** 5.7 AI2 400m (III)
FA: T Rippel Aug '85

WINTER

- West Couloir:** AI2 (5 pitches) 250m (II)
FA: P Busch, A Watts Feb 1965

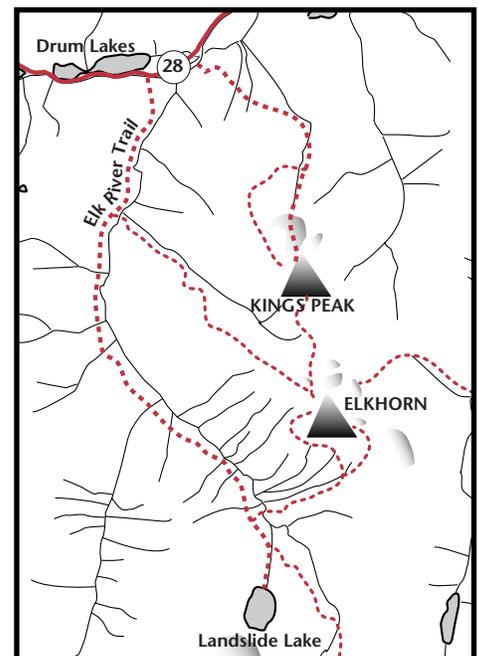
Find other Route Cards for Vancouver Island peaks online at www.wildisle.ca follow the links for activities - climbing - Vancouver Island

ACCESS

NORTH FACE: Follow details for West Face and from point on NW Ridge below gendarme descend onto the North Glacier. Or approach from Kings Pk climbing along adjoining ridge with several rappels and roped pitches (classic route!) or drop down and hike through meadows in cirque.

SOUTH & SOUTHEAST FACES: via Follow details for West Face Approach from ERT Gravel Flats approach. Instead of traversing left to west snowfield continue up directly to col with Pk. 6526ft (Elkhorn South) due south of Elkhorn summit. South Ridge rises from col or for East Face routes traverse around toe of South Ridge to pocket glacier above Cervus Creek, see above photo.

NORTHEAST FACE: From Lady Falls trail on Highway 28 hike elk trail up Cervus Ck. keeping to west side of creek. At a prominent dogleg in the creek at 7km strike up open, bushy avalanche path to reach base of NE Face. Hardcore!



From the moment the dawn sun breaks over the Coast Range to the final glimmer as it slips behind the distant hills of Northern Vancouver Island the mainland coast from Gibsons to Lund is bathed in its warming rays giving this area of SW BC its name and you the number one reason to visit the

SUNSHINE COAST



Whether travelling by land or sea the Sunshine Coast is truly a recreational paradise. What sets it apart is the proximity of so many hiking, mountain biking, skiing, sea kayaking, diving, climbing, sailing and whitewater possibilities all within a few minutes of one another. Camping, accommodation and great cafes abound. Information in the form of guidebooks, maps and web sites is clear and abundant making trip planning a snap.

From Vancouver Island a circuit tour from Nanaimo to Gibsons via Horseshoe Bay, north up 'the coast' to Powell River and back to the Island to Comox is one way to do it. Other possibilities include back and forth from Comox or if travelling without a vehicle a water taxi link from Lund to Cortes Island and back to Campbell River via Quadra Island mixes it up a bit. However you plan to visit the Sunshine Coast justy bring lots of toys!



*Top: Sunrise over the Sunshine Coast.
Above: The historic Lund Hotel, Lund
Bottom Left: Sailboats in Pender Harbour
Below: On the Blackwater Trail one of the many great singletrack rides & hikes around Powell River*





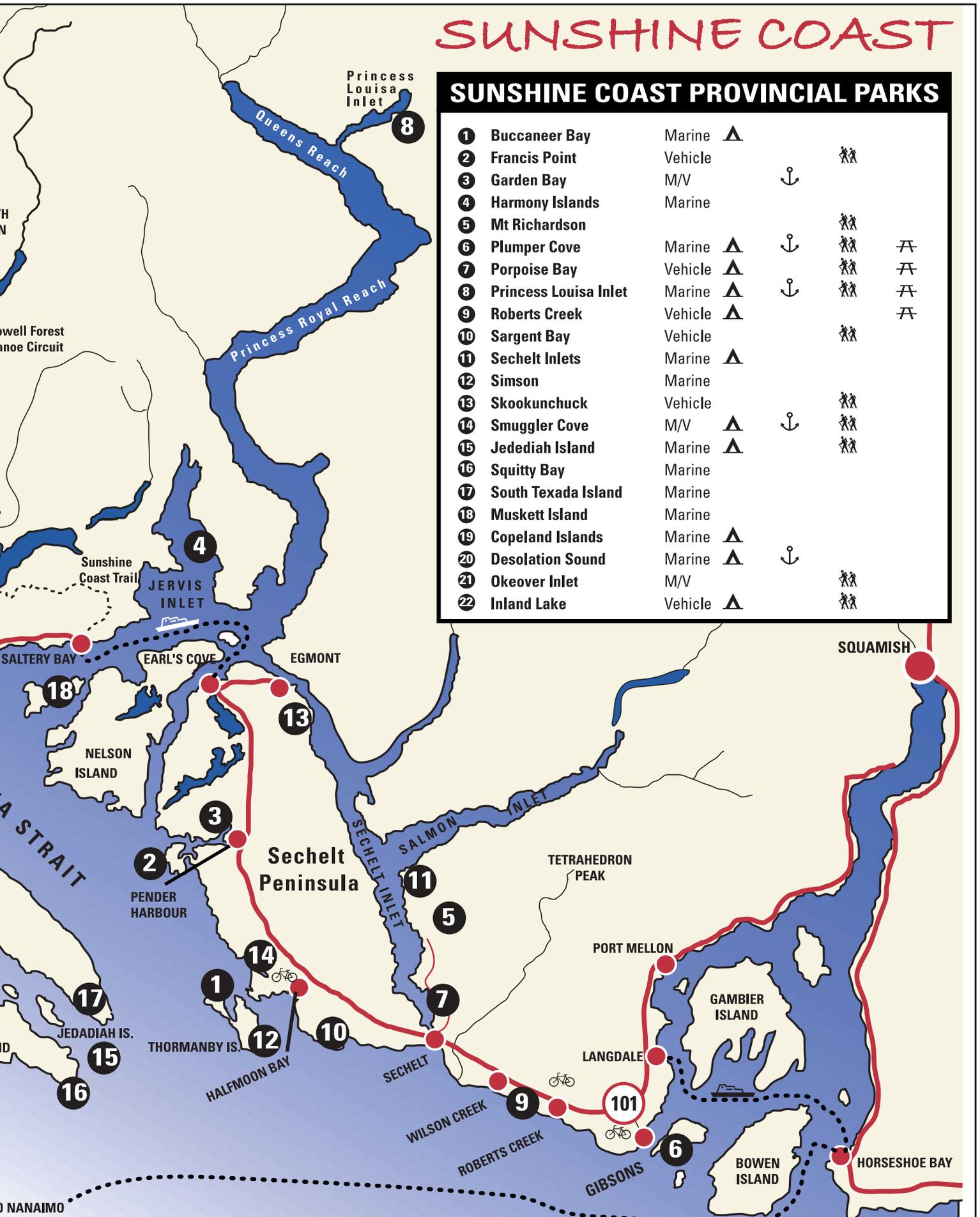
For full details of the recreation possibilities around PR get a copy of the Powell River Visitor Map from the Powell River Info Centre - 4690 Marine Ave. Powell River BC V8A 2L1 Ph 604-485-4701 www.discoverpowellriver.com

FERRIES TO

SUNSHINE COAST

SUNSHINE COAST PROVINCIAL PARKS

1	Buccaneer Bay	Marine	▲		
2	Francis Point	Vehicle			☼☼
3	Garden Bay	M/V		⚓	
4	Harmony Islands	Marine			
5	Mt Richardson				☼☼☼☼
6	Plumper Cove	Marine	▲	⚓	☼☼☼☼
7	Porpoise Bay	Vehicle	▲		☼☼☼☼
8	Princess Louisa Inlet	Marine	▲	⚓	☼☼☼☼
9	Roberts Creek	Vehicle	▲		☼☼☼☼
10	Sargent Bay	Vehicle			☼☼
11	Sechelt Inlets	Marine	▲		
12	Simson	Marine			
13	Skookunchuck	Vehicle			☼☼☼☼
14	Smuggler Cove	M/V	▲	⚓	☼☼☼☼
15	Jedediah Island	Marine	▲		☼☼☼☼
16	Squitty Bay	Marine			
17	South Texada Island	Marine			
18	Muskett Island	Marine			
19	Copeland Islands	Marine	▲		
20	Desolation Sound	Marine	▲	⚓	
21	Okeover Inlet	M/V			☼☼☼☼
22	Inland Lake	Vehicle	▲		☼☼☼☼





Sailing Central

Life just doesn't get any better than exploring the Sunshine Coast by boat. The coastline from Gibsons to Desolation Sound is a popular haunt for sailors and cruisers from Vancouver, Seattle, Victoria and all over the Pacific Northwest.

Capt. George Vancouver couldn't have been more off the mark when he named Desolation Sound. But the name adds to the mystique and every year hundreds of boaters head to this scenic waterway retracing Vancouver's route.

Travelling by boat makes such destinations as Jedidiah Island, Thormanby Island, Savary Island and of course Desolation Sound possible and musts for any trip along the Sunshine Coast.

Be sure to stop in at Pender Harbour and Lund for a taste of the local sail scene.

Canada's Diving Capital

Powell River is known as Canada's Diving Capital. With a title like that it is no wonder the Sunshine Coast has so many good diving areas. They have drift dives, wreck dives, reef dives and even fresh water altitude dives.

One of the biggest attractions is the scuttled Canadian destroyer HMCS Chaudiere. It lies in 60 to 120 feet of water. The 366-foot boat requires special training to venture within its hull, but exploring the

outer hull is an experience not to be missed.

The waters of the Sunshine Coast are home to a variety of sea creatures, all of which are seen on dives. This area is home to the largest giant octopus around. The biggest recorded is 26 feet from tentacle to tentacle. Don't worry they are harmless. Wolf eels, ling cod, whales, seals and sea lions are all visitors to dive sites. The winter is the best time to dive here, the water is the same temperature as it is in the summer and the visibility is at its best.

Sunshine Coast Trail

Want to hike from Saltery Bay to Lund on a hiking trail? Well you can...almost. The Sunshine Coast Trail opened in 1999 linking 160 kilometres of trails from Sarah Point on the edge of Desolation Sound to within 20 km of Saltery Bay. But don't feel like you have to do it all in one go, or without some comforts along the way.

Three B'nBs, one cabin and two restaurants are short detours from the trail. At several spots along the way logging roads cross the trail, making for easy escape routes or midway access points. Besides lots of ways of getting to a shower or replenishing food supplies the trail has many other attractions.

It begins on the beaches and ocean side trails of the north end of the Powell River section of the Sunshine Coast. As it heads south the trail dives into old growth and second growth forests, ambles along rivers, passes below waterfalls and climbs. At first to view points of the Strait of Georgia and later to the summit of 3200-foot Tinhat Mountain, before it falls back toward the ocean in rolls of hills, summits and valleys.

Work on the trail began in 1992 and has more trails and accommodations to come. Eventually the trail will reach the ferry terminal at Saltery Bay and it will link a series of cabins. The hut to hut nature of the trail will mean less weight on the back, definitely something to look forward to.

Hikers Haven is one of the hostels along the route, located on

the northern section south of Lund. Proprietor Lori Kemp was brought to the Sunshine Coast 15 years ago from her origins in Newfoundland by the weather. Lori has established a comfortable hostel style facility with a couple of outlying cabins and great plans as the Sunshine Coast Trail catches on.

A unique service Lori offers is goatpacking with her fleet of four sturdy looking goats. The bigger animals can carry loads up to 40 and even 50 lbs and are sure footed and loyal never straying from the group. Contact Lori at Hikers Haven for more information at 604-483-4665 or log on to www.hikers-haven.com

Most people hike from north to south. The north end of the hike covers lower elevation ground and can be done any time of the year. South of Powell River the higher summits are snow bound into spring most years but offer spectacular views of the surrounding peaks and Georgia Strait.

For more information call the Powell River Visitor Bureau at 604-485-4701 or check out www.prcn.org/paws/



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Powell River Canoe Tripin'

For all those canoe trip-starved-eastern-immigrants a cure has been found. The Powell River Forest Canoe Route promises everything an Ontario lake trip would: warm water, long lakes, short portages, flat water, good fishing, wilderness and solitude. And it has one no Ontario trip has, big mountains.

The eight lake, 5 portage trip covers 57 kilometres in total

distance all of it within site of big west coast mountains. Most people take five days to paddle the 49 kilometres of water, only eight portaging, but it can be done much faster. There are plenty of side trips to other lakes and for mountain hikes along the way.

The route begins at Lois Lake off the Canoe Main logging road and ends on Inland Powell Lake. For more info contact Powell River Visitor Bureau at 604-485-4701.

Sea Kayaking the Sunshine Coast



From Howe Sound to the Strait of Georgia and Desolation Sound in the north the Sunshine Coast has some of the best sea kayaking around. On the southern section of the coast the big attractions are Howe Sound and the Strait of Georgia.

From the ferry terminal at Langdale it's possible to be at a campsite in as little as a few hours, making Friday evening departures a reality. Howe Sound has the added attraction of being close to Vancouver and the ferry terminal. And the inlet has no big developments and lots of camping options.

From Secret Cove some of the islands in the Strait can be accessed. A short paddle leads to the sparsely inhabited Thormanby Island. For truly remote paddling check out Sechelt Inlet. It is uninhabited marine wilderness with has lots of marine parks, plenty of camping spots and no crowds.

On the north coast Desolation Sound is the big drawing card. The sound can be easily enjoyed

free of crowds during the shoulder seasons, but come July and August and the most popular spots can get down right crowded.

Campgrounds can get scarce and solitude becomes a dream. But knowing where to go can yield solitude and plenty of good if small campsites even on the August long weekend.

The Malaspina complex is part of the Desolation Sound Marine Park. This maze of four inlets has incredible inter-tidal-zone life. For escaping the crowds check out Land Slot Inlet and the Copeland Islands. The Copeland's are island paddling at its best and are home to huge sunflower starfish – some grow to almost three feet across.

For the inside info, rentals and guided trips contact Sunshine Kayaking, 604-886-9760, www.sunshinekayaking.com for the south end, Alpha Adventures 604-885-8838 and Halfmoon Seakayaks 604-885-2948 in the Sechelt area and Sunshine Coast and Powell River Sea Kayaks for the northern half.

Sublime Singletrack



One of the best mountain bike destinations on the BC coast. Networks of trails are found around every town along the Sunshine Coast and are well mapped in 'Bike Trails of the Sunshine Coast' and the 'Powell River Visitor Map'.

Sprockids at Gibsons, Roberts Creek, Halfmoon Bay and Powell River are just some great areas to ride. Get the book!

Rushing Water

Skookumchuck is the Chinook word for turbulent water. The name says it all. On three metre tidal exchanges 200 billion gallons of water rush between Sechelt and Jervis Inlets at 30 kilometres per hour.

The narrow gap between the inlets constricts the movement of tidal water, which rushes in and out everyday. In its rush the tides leave a wake of monstrous waves, swirling whirlpools and boiling eddies.

White water kayakers pilgrimage here on big exchanges to surf the giant waves of the rapids. Up to five

paddlers can fit on the flood wave. Playing in the narrows is a dangerous affair and only experienced paddlers should attempt it.

Skookumchuck Narrows is a few kilometres from Egmont at the north end of the southern half of the Sunshine Coast. The rapids can be accessed from by trail from a parking lot just outside of Egmont or on water from Egmont marina.

Check out www.bigpacific.com for tours and information on Skookumchuck Narrows.

Big Wall Climbing

We covered details of some of the incredible granite wall climbing in the Powell River area last year in issue #16 June-July 2001.

Check out that issue online at our web site where all our back issues lurk packed with valuable beta.

www.wildisle.ca/magazine/backissues

Sunshine Coast Online Resources

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Summer Play



It used to be white water play boating was surfing for a few minutes during a river run. Getting from the put in to the take out was the priority, catching eddies and playing on waves was just a short distraction. But boat designs and paddlers attitudes have changed. Playing is now the priority, paddling down river is just the vehicle to the next hole, wave or eddy line. And some people just park and play.

To celebrate and encourage this wet revolution Wild Isle asked some well travelled paddlers for their favourite playspots on Vancouver Island and the Sunshine Coast. Although there aren't many park and play spots there are several good play runs to check out.

Chemainus River

Right at the put-in for the lower Chemainus is one of the best play spots on the Island. Park at the put-in and play on the eight foot wave/foam pile. But it needs to be high water to play here. Consult the garbage can under the bridge, when the water is up to the can the wave is ready for fun.

The wave has a good eddie feed that makes catching the wave and staying in one stretch of the river easy.

Cowichan River

When the Cowichan runs at 3 or higher the upper run from Scott's Falls to Marie Canyon has plenty of play spots. Burnie's Hole is a river wide wave at these levels, but the eddie is hard to hit. At lower flows the wave is still there, but is smaller.

On the same run the Double Whamy rapid has a tough to hit wave right above The Fangs. Hit the micro eddie on river right just above the Jaws of Death. Hang on for a clean ride.

Nanaimo River

At high water levels the Nanaimo River fills with big waves. From the Pipeline to above Gunbarrel Rapids it is non-stop waves, holes and strong eddie lines. Near the take out a series of drops and ledges turn into huge holes. Some are as big as school buses, but they are friendly

Puntledge River

Being accessible has its advantages. The Puntledge River from the confluence with the Browns River to the Condensary Bridge is a fun run with numerous play waves and holes. Right at the confluence of the Browns and Puntledge is a series of good waves. Below the fish hatchery the waves are less consistent but still fun. When the water is high watch for big wave/holes below Puntledge Park on river left.

Gold River

It is one of the most popular spots for a weekend or a day of whitewater on the Island. The best section for playing is the Upper Middle, from the bridge just upriver of town to the Rope Swing rapid below the baseball diamond. The rapids are pool and drop and almost everyone has a good spot to surf and play.

On the lower part of the Gold check out the hole at Lion's Campground at high water or the Recirculating Eddie at any level. Below the canyon the river takes a 90 degree turn, the water rips back in two vicious eddies, and the current pumps. It is probably the best place to practice squirts and mystery moves on the Island.

Nimpkish River

For north Islander's the best playing run is the upper Nimpkish. Enjoy frequent surfing waves and an awesome paddle in class III water. The run takes most of a day, especially with all the play spots along the way. For the brave, check out the waterfall at the take out.

On the lower reaches a play rapid can be accessed at Iron Mine Rapid. It is possible to drive almost to the water on an old mining road. Waste rock from the mine has created several big waves that are easily accessed with a short ferry from the eddies on both sides of the river. The waves get cleaner and bigger at higher flows.

It doesn't have to be fresh water to have waves. Ruled by the dependable moon, not the chaotic rain and snow, tidal rapids flow all the time. They are created when tidal floods and ebbs get caught up behind narrow passages to create features similar to rivers, except much more powerful. Consult tide books to find out when and how much they are flowing.

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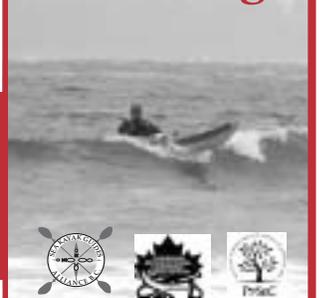
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Spots

Surge Narrows

On flood tides, getting higher, the channels around Surge pump with currents of up to 15 knots. The surging water forms big waves, then holes in several spots. The eddie lines are powerful and the whirlpools could suck a boat down. But the features provide an ever changing, always exciting white water play spot. Anything over 8 knots is worth a visit.

At the north west side of Quadra Island is the Surge Narrows road. At its watery end paddle north along the coastline until the current, white caps and spinning whirl pools signal the rapid. Portage on the right side of the rapid to the top.

Skookumchuck Rapids

One of the mightiest play waves around. It has won international fame as a great spot to get all your paddling buddies surfing the same wave at the same time.

The rapids can rip at 16 knots on big exchanges and the waves are numerous and huge on ebb and flood.

Just don't swim. Getting to shore is very difficult and the downstream whirlpools, boils and eddies could have you spinning and swimming for hours.

But the glassy nature of the waves will bring anyone back for seconds.

Skookumchuck Narrows is east of Egmont on the Sunshine Coast. It requires a 3 to 4 kilometre flat water paddle to access the rapids.

Anything over five knots will produce a wave, but the good surfing starts at 10.

Learn from the pros

Want to learn how to throw an arial blunt, toss yourself into a cartwheel or just learn to surf a wave then check out Kindred Spirits Kayak. The Duncan based company teaches everything from the basics of staying upright in moving water to advanced play boating. Owner, Craig Gerrard, teaches most of the beginner and intermediate classes but when it comes to the play boating courses he brings in the pros.

Each spring he hires people like international play boating stars Ken Whiting and Tyler Curtis to teach freestyle skills on the waves and holes of the Gold River. Check out Kindred Spirits website at www.kindredspiritskayak.com or give Craig a call at 250-701-1888.

Guidebook problems

Betty Pratt Johnson produced a comprehensive guide book to Island rivers and surf spots. The book is hard to find but it is in some of the Vancouver Regional Libraries.

Some runs and play spots are described in Steve Crowe and Jim Hnatiak's Whitewater In BC's Southwest guide book, which is widely available.

There are rumours of new guidebooks for Vancouver Island white water but nothing has surfaced.



Youth white water fun

Strathcona Park Lodge offers white water camps during the summer, but parents aren't envited. The seven day WYLD white water camps teach the basics of safely navigating canoes and kayaks on moving water.

For anyone who doesn't fit the age limits for the WYLD camps Strathcona Park Lodge also offers customized white water instruction, contact the Lodge for more information on both programs: 250-286-3122 or www.strathcona.bc.ca.

No substitute for safety

When things go wrong on the river there isn't much room for error. That is why it is important to know what to do and how to do it. It is also important to carry safety gear.

For anyone venturing onto moving water the Swift Water Rescue Technician course, SRT provides appropriate training. Check the Rescue Canada Web site, for course dates across the province. Kindred Spirits Kayak also offers SRT courses, www.kindredspiritskayak.com or 250-701-1888.

Gauging the flow

Thinking of hitting the river but not sure if there is enough flow through the canyon of the Gold? Well surf on over to www.scitech.pyr.ec.gc.ca/water. The sight is put together through a partnership with Environment Canada and the province of BC. It has graphs for flow levels over the last day, seven days, 14 days and month.

Rivers on the Island included in the sight are the Gold, Nimpkish and Englishman rivers as well as a few others.

Wild Isle would like to thank our play spot contributors. Craig Gerrard is always searching for new play spots and challenging runs. When he's not paddling he is instructing and running his company Kindred Spirits Kayaking.

Zak Cross has explored and played in white water from the Ottawa River, to the Grand Canyon and all over Vancouver Island. He works at Strathcona Park Lodge.

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summer turns on Mt McBride



Adusting of fresh snow is hardly what you'd expect trying to squeak in a late season tour in late June. But high on the wide open north slope of Mt McBride in Strathcona Park is as good a place as any for surprises and sure enough last summer in a mad dash for a few final turns we discovered there is still plenty of great snow to be found at this time of year.

Usually one would approach Mt McBride from the Marble Meadows trail and, after a lengthy trek, traverse onto the awesome north side of the mountain at about mid-way on the McBride Glacier. While this gives the benefit of a trail access it really shortchanges any skiing/riding. Our route plan saw us canoeing across Buttle Lake to the Wolf River campsite, stashing our canoe and then booting up the mighty Wolf River sans trail to reach the snow from directly below.

The approach day went swimmingly and we were rewarded with incredible scenes of huge trees, tumbling rapids, a boulder choked canyon and sparkling waterfalls as we headed up the valley and climbed up the flank of Mt McBride.

The forest is dense with little opportunity for views but the vegetation gradually changed to typical subalpine fare as darkness set in. A light drizzle began as we pitched our tarp on an opportune ledge and cooked a hasty meal before passing out in the dark forest.

Next morning the drizzle had abated and we set to figuring out the route among the maze of rocky outcrops that confronted us. Several amazingly narrow but continuous ramp systems led us ever higher until finally we broke the treeline and got our first glimpse of the huge open snow slope we'd come to ride. Time for lunch!

A little farther above our lunch spot we found an ideal base camp with views across the Wolf River toward Rambler, Col Foster et al and a wide open look at the upper slopes of McBride. We threw up the tarp, unpacked and headed up to the summit for our first run.



“ ...the precipitous drop off into Marblerock Canyon and contemplating the descent back to camp...”

It wasn't a lot but, at least 2 inches of fresh snow had fallen, an unexpected treat indeed. We carved up another line sweeping down the McBride Glacier as a warm sun came out from behind the fluffy clouds. Fast turns on what felt like endless acres of terrain brought us back once more to our camp.

The ascent turned out to be something of a trial for me as the late afternoon temperatures had softened the snow making every step up a sloppy, sinking plod. Vowing that I'll scrape enough dough together to get a split board before the next time I head into the backcountry with a snowboard I slowly followed Ryan and Fred now far above on their teleskis.

It all proved worth the effort as we stood on the top of Mt McBride admiring the precipitous drop off into Marblerock Canyon and contemplating the descent back to camp. The slushy snow that had been such a chore on the way up now came into its own as we flew downhill in wide GS arcs. The general pitch of the McBride Glacier is not terribly steep but within the micro terrain there's fun to be had with rolls, tight lines between rock bands and steep gullies.

We skied/rode right back into our camp with serious grins on and settled into the evening routine of meal prep, tea and a great night's sleep.

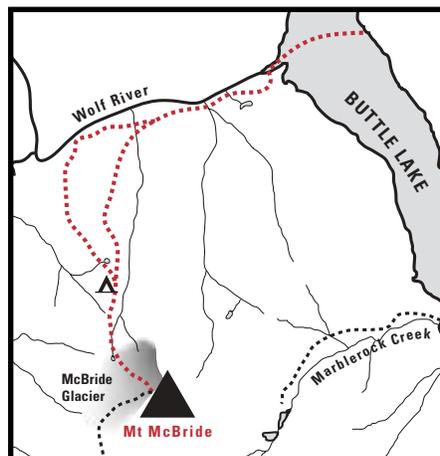
Overnight a light drizzle fell on the tarp damping our spirits in the darkness. But what should behold us at daybreak but clearing skies and the sight of a skiff of fresh snow! Immediately after breakfast we headed back up the glacier to the summit. This time the cooler nighttime temperatures had firmed up the snow and I was able to make significantly better time booting it up to the top.



We broke camp and began the descent valleyward. The map suggested a better line dropping straight down the hillside to avoid the bluffs we encountered on the way up so we opted for that route and headed down.

And so began a bushwhack of epic proportions! The more moderate ground we descended provided more favourable growing conditions for bush and of that there was no short supply. After what seemed like an eternity, with aching legs and sagging packs we reached the bank of the Wolf River. A light drizzle began which by the time we had followed the Wolf down to Buttle Lake, and our waiting canoe, had turned into a torrential downpour.

With sopping smiles we loaded up our tiny craft and headed back across the lake. Rain pounded as we roofed the boat and turned the ignition. Yes it started but the battery light went on. The adventure wasn't over yet...



by Philip Stone

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GEAR ROOM

Arc'teryx Kamsin 62

Convenience is a store on every street corner, a pub on every block and a pack that has all the amenities of several sizes mixed into one.

The Kamsin... has convenience all over. It has a super easily removable fanny pack lid. The lid compartment is huge, with a long zipper running around one and a half sides. It is easy to detach, attach, use and big enough to store a day hikes worth of gear.

The rest of the pack is big too. It is amazing how much can be packed into a 60 litre pack, 3, 4, 5 days of gear no problem.

A side zip adds to the convenience of this pack, allowing easy access to even the deep dark, stinky parts of the pack.

The suspension system and overall padding isn't as beefy or soft as the Serratus pack but is reliable and comfortable.

The Arc'teryx Kamsin is a great pack especially for base camp situations.



Kamsin 62, ultra convenience in a lightweight package

Arc'teryx Bora 60

A Cadillac of alpine packs. The Bora 60 will appeal to the alpinist looking for a trim, tough pack for mountain ascents.

As with each of the packs in our selection material and construction are bombproof showing no signs of wear after a number of hard trips.

Outstanding features of the Bora include a pack-long side zip and the innovative Kangaroo Pocket which finally provides a solution for carrying such difficult to stow items as snow shovels, crampons, ropes, bagels and even a helmet. This pocket

does change the sit-ability of the pack once full though. The kangaroo pocket also combines with a simple strap and fastex to stow the top lid inside, or with the lid removed, making the Bora a tight manageable day pack. Ideal for humping loads into base camp and then taking a smaller load higher on an alpine climb or day trip. A superb pack.



Bora 60, Innovative design and bombproof.



The Serratus Alpine 60, big loads - big comfort! Win one below

Serratus Alpine 60

Four days of gear, food and clothes and a day and a half of solid rain. Usually this is a recipe for a sore back, a big pack and a soggy sack, but with the Serratus it was a happy back, a medium sized, but heavy pack and relatively dry sack.

This new design from Serratus features a water proof zipper down the side, a see-through lid pocket and a cavernous 60 litre bag. The light fabric resisted the rain for more than half a day and then when the water soaked through the light fabric didn't bog down like a sponge.

For 60 litres it feels large, with room to spare with four days of camping gear.

All the gear weighed alot but the paddling and suspension built into the pack strapped the load to all the right places, without pain and suffering. The fit is so good and the pack so streamlined it hugged the body instead of drooping off the shoulders.

The top pocket zippers open in the middle making access easy. The water proof zipper saves wet gear later.

Overall a great lightweight multiday pack for the Wet Coast.

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The Islands' Adventure Magazine

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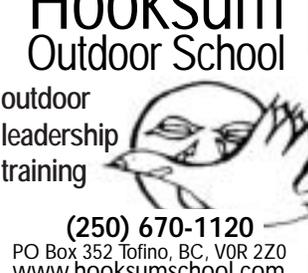
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Gender? Female Male Age range? <15-19 20-39 40-59 60+

Will you make a major equipment or clothing purchase (\$500) in the next year? Yes No

What do you spend on outdoor gear/clothing a year? \$100-\$500 \$500-\$1500 \$1,500 +

What is your favourite apres activity beverage? _____

Have you ever or do you plan on taking an outdoor course or guided adventure trip? Yes No

What type of trip? _____ Your favourite BC destination: _____

How many people read or see your copy of Wild Isle? 1 2-3 4+ Other than your home turf

Name a location you would like Wild Isle to be distributed at: _____

What could Wild Isle improve? _____

Please list your three favourite outdoor activities? 1: _____ 2: _____ 3: _____

Are there any topics you would like to see in Wild Isle? _____

SEA KAYAKING

Quadra Island



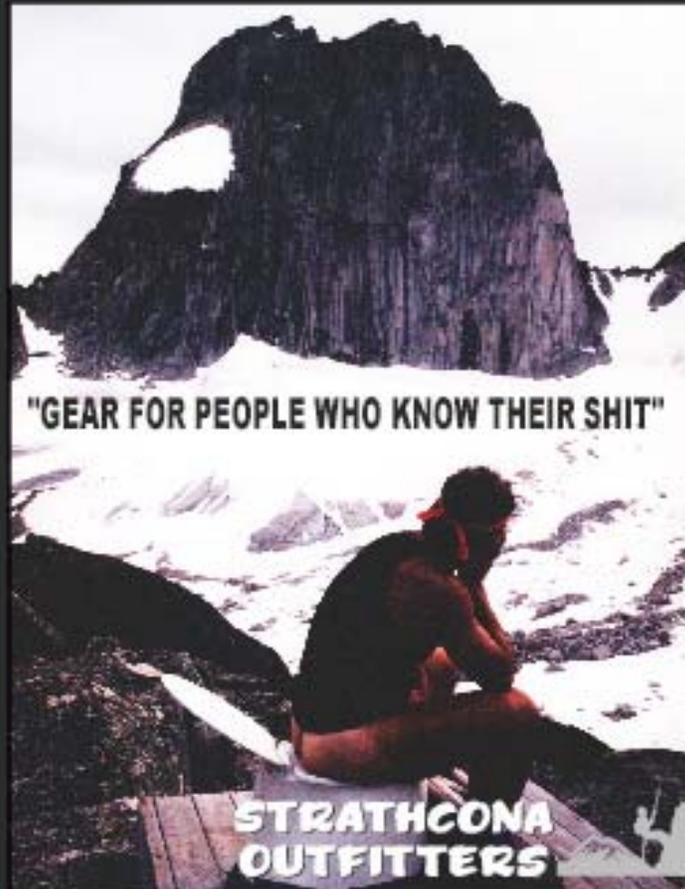
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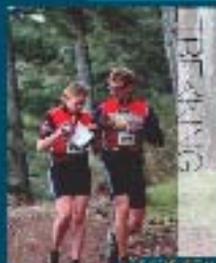
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