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The Lost Coast Tour Of Bella Coola



HIGHLIGHTS

- Wildlife viewing – bald eagles, grizzly and black BEARS
- REMOTE riverside cabins
- WILDERNESS river drift
- Spectacular scenery
- Native Indian cultural tour to ANCIENT rock carvings
- Pristine temperate RAINFOREST trails
- Salmon DRIFT with FISHERIES BIOLOGIST
- Unique Bella Coola community

OVERVIEW

This adventure tour is an interpretive wilderness trip into the remote central coast of British Columbia. The focal point of the tour is the Bella Coola Valley. The tour is lead by a professional local is guide and is an all-inclusive overland adventure tour package.

This journey takes you into the remote central coast valley of Bella Coola, gateway to the Great Bear Rainforest. Explore the Wild West frontier of the Chilcotin Plateau before staying at a rustic cabin in remote wilderness from where you will take a guided wildlife tour. Spend two days on the river drifting among ancient forests as the snow-capped coastal mountains tower above. Visit salmon spawning grounds with a local biologist and take a walk to ancient rock carvings with a Native Indian teacher and guide.

WHO IS THIS TRIP FOR?

Our adventures are for everyone. Our trips are designed to cater to all levels of experience and abilities. All that we ask is that you welcome adventure with an open mind and are able to laugh and have fun when encountering the unexpected.

This tour is not strenuous or physically demanding, and we do not require a high level of fitness. We just ask that you are capable of a few hours of moderate exercise each day. Most important is an adventurous spirit.

TRIP CONDITIONS

The weather in the Pacific Northwest is generally pleasant from May through until the end of September. Although it is uncommon, it can rain in the summer. A rule of thumb is to be prepared for any type of weather and you will stay comfortable. Layering is the key, allowing you to put on or take off clothing while on the water at any time in order to fine-tune your comfort.

EXPEDITION SUMMARY

Activity level: Our trips are designed to cater to all levels of experience and abilities.

Fitness: We do not require a high level of fitness. We just ask that you are capable of a few hours of moderate exercise each day.

Age: We cater to all ages of adventurers. A minimum of 12 years for our multi-day tours. Those concerned with being in 'their older years' contact us to discuss their physical abilities.

Duration: 7 days departing Vancouver
3 or 4 day package meeting in Bella Coola

Departure dates: June 28th, July 6th, August 1st, and August 28th

Price:

7 day package departs Vancouver/Squamish/Williams Lake £499/\$899

4 day package departure points in Bella Coola Valley £299/\$575

3 day package departure points in Bella Coola Valley £235/\$449

Included in the price

- Tour guide
- Local guide services
- Accommodation
- All meals except x2 evening meals
- Camping equipment
- Park fees

Excluded

- International flight
- Transport to meeting points
- Personal travel insurance
- Items of a personal nature e.g. souvenirs, tips etc

ITINERARY

Day 1 Gold Rush Heritage Trail

Meeting points: Vancouver, Squamish, Whistler and Williams Lake

Journey along the stunning Sea to Sky Highway through dramatic mountain scenery and join the Gold Rush Heritage Trail heading north. Once at Williams Lake leave civilization behind and head west to the Historic Chilcotin Lodge for a BBQ and a night under the stars in this remote setting.

Day 2 Chilcotin Wild West

Meeting points: Tweedsmuir Park

Depart the Lodge and head further into the Wild West of the Chilcotin Plateau. The area is a wilderness of horse ranches, old homesteads and forest and meadows stretching into the horizon. By late afternoon we will arrive at the remote riverside cabins where we will be based for two nights.

Day 3 Atnarko River Cabins

Enjoy the remote setting of the Atnarko River where Grizzly Bears and Bald Eagles congregate to feed on spawning salmon. This area is a wilderness haven.

Day 4 Ancient Rock Carvings and Rainforest Trails

Meeting points: Brockton Place Guesthouse

Discover the ancient spiritual site of Thorsen Creek with a local native guide and see the ancient rock carvings. We will then explore some of the local forest trails through coastal temperate rainforest.

Day 5 Eco-Rafting Adventure

This is a remote river drift with a local fisheries biologist and a great chance to see salmon spawning and get up close to Grizzly Bears.

Day 6 Waterfalls and glaciers of the Bella Coola Valley

We will head into the alpine to see some of the spectacular coastal mountain scenery and visit some of the local waterfalls and glaciers overlooking the valley.

Day 7 Depart Bella Coola

Drop off points: Williams Lake, Squamish, Whistler and Vancouver

Depending on your own travel plans you may want to catch the Discovery Coast Ferry to Vancouver Island or perhaps fly direct to Vancouver.

MEETING POINTS

Vancouver

Meeting time: 7.30 am.

Where: Hostelling International Jericho Beach

Getting there: 1515 Discovery Street, Vancouver, BC V6R 4K5, Canada

Contact: www.hihostels.ca

Meeting time: 8.00 am.

Where: Hostelling International Central

Getting there: 1025 Granville Street, Vancouver, BC V6Z 1L4, Canada

Contact: www.hihostels.ca

Squamish

Meeting time: 9.30 am

Where: Squamish Inn on the Water, International Hostel

Getting there: If you are traveling north from Vancouver along Highway 99 you will turn right at the set of lights by McDonald's restaurant and then take a sharp right on River Road.

If you are travelling south from Whistler turn left at the set of lights by McDonald's then follow River Road to get to us.

Williams Lake

Meeting time: 4.00 pm

Where: Save on Foods

Getting there: Coming either north or south on highway 97, turn off the main highway into Williams Lake centre and you will see Save on Foods on your right at 730 Oliver Street, Williams Lake, BC V2G 1N1, Canada

Tweedsmuir Park

Meeting time: 4.00 pm

Where: BC Parks trailhead at the Tote Road Junction

Getting there: If you are driving west along Highway 20 you will descend 'the hill' into Bella Coola Valley. At the bottom of the hill drive over a small creek bridge and there is a turning immediately on your left into a parking area with trailhead information. If you are in the Bella Coola Valley driving east then the parking area is on your right before you cross a creek bridge and start ascending the hill.

Hagensborg, Bella Coola Valley

Meeting time: 10.00 am

Where: Brockton Place Guesthouse

Getting there: If you enter Hagensborg from the east along Highway 20 look out for a prominent sign for Brockton Place Guesthouse on your right. If you are driving from Bella Coola heading west along Highway 20, Brockton Place Guesthouse at the far side of Hagensborg on your left after the Bay Inn.

ACCOMMODATION WHILE ON TOUR

Our first night (Day 1) on the road will be spent camping at a registered site on the Chilcotin Plateau. We provide high quality expedition-style tents along with comfortable air inflatable thermarest sleeping mats that should make you feel right at home. All cooking equipment is provided. You will need a sleeping bag.

Most often we have enough tents to accommodate both singles and couples with their own tent for the trip. If by chance we have a high amount of single participants on a tour we may need to match folks up (as we are limited to how many tents we can fit in our kayaks and some campsites are limited in size). We will do our best to match you up with a suitable partner.

There are two nights (Day 2 and 3) at remote riverside cabins. These are fairly basic but comfortable.

The remaining nights (Day 4, 5 and 6) are spent at a very comfortable guesthouse in a small community in Bella Coola Valley.

FOOD ON TOUR

All food is provided except the evening meals on Day 4 and 5. On these nights you may use the self catering facilities in the rooms provided or enjoy a meal at one of the local restaurants.

The meals always contain much produce, a treat when eating an outdoor menu.

We will cater to your dietary requirements so please let us know what you can and can't have ahead of time.

INSURANCE

You must have adequate medical and personal injury insurance. Be sure your personal insurance is adequate to cover unforeseen expenses that may arise in remote locations. We highly recommend that participants purchase trip cancellation insurance, in the event of unexpected cancellations.

GUIDES

The guides are extremely skilled in kayaking, backcountry travel, responsible environmental practices, high levels of first aid and safety procedures, continually upgrading training and striving to improve knowledge and skills.

SAFETY AND BACK-UP

Your guides are equipped with and trained and practiced in the use of a variety of safety equipment, ready at hand at any given point in the day. Spare clothing, first aid kits, flares, VHF radio, snacks, towing equipment, compass, charts, matches, knife and tools, whistle... the list goes on.

IMMUNISATION AND HEALTH ISSUES

Canada requires no specific vaccinations.

Water:

Tap water is generally safe to drink, though at campgrounds water is sometimes good for washing only. Backcountry water collected from lakes and streams must always be boiled, treated with iodine or filtered, as giardia can sometimes be present. Symptoms include nausea, bloating, cramps, and diarrhoea. It is easily diagnosed by a stool test and readily treated with antibiotics.

Insects:

Mosquito, Blackfly and Horsefly are quite common, especially near water, so it is advisable to use some form of mosquito repellent. An antihistamine cream is worth taking to relieve any bites that do get through. The best avoidance is to cover up exposed skin at times when they are worse, such as in the evenings.

Lyme disease: a risk in wooded regions, transmitted by deer ticks, which are only 1-2 mm long. Most cases occur in the late spring and summer. Flu-like symptoms are common, including fever, headache, joint pains, body aches, and malaise. When the infection is treated promptly with an appropriate antibiotic, usually doxycycline or amoxicillin, the cure rate is high. Luckily, since the tick must be attached for 36 hours or more to transmit Lyme disease, most cases can be prevented by performing a thorough tick check at the end of each day.

Rabies: a viral infection of the brain and spinal cord that is almost always fatal. The virus is carried in the saliva of infected animals and is typically transmitted through an animal bite, though contamination of any break in the skin with infected saliva may result in rabies. In Canada, most cases of human rabies are related to exposure to bats.

A medical questionnaire must be completed with your confirmation of booking which will be completely confidential. It is important that all participants declare their medical history, any medication and their current medical status prior medical issues are disclosed to prevent any unforeseen problems.

For those participants taking any medication we strongly advise taking 100% reserve stock of medication spread between two bags in case of loss or theft.

LOCAL TRANSPORT

You will need to provide your own transportation to and from the trip starting points. The nearest international airports are Seattle in the USA and Vancouver in Canada.

From Seattle and Vancouver you will need to get to Campbell River on Vancouver Island or Quadra Island.

Either get a ferry to Vancouver Island or take a flight to one of the Island airports.

Travelling overland there are a number of bus services offering service to Vancouver Island or you can rent a vehicle.

Please contact us for more information.

AREA INFORMATION

LOCATION

Canada is the world's second largest country after Russia and is divided into ten provinces. British Columbia is the third largest and most westerly province in Canada, it's larger than any of the U.S. states, except Alaska, and is four times larger than Great Britain.

On the west coast of Canada, with the Pacific Ocean on the west and the province of Alberta on the east, British Columbia is bounded by the state of Alaska, the Northwest Territories and the Yukon on the north and the states of Montana, Idaho and Washington on the south.

Population: 3,907,738 (Statistics Canada, 2001 Census)

Capital City: Victoria, Vancouver Island

Government: BC Liberal Party

MAIN INDUSTRY

Forestry, mining, fisheries, agriculture, energy, and transportation

LANGUAGE

Canada is an extremely multi-cultural society and the Inuits of the northern areas converse in their own native tongue. French and English are the official languages of Canada, although the latter is very much the spoken language in this part of the country.

RELIGION

Many religions are practiced in Canada. A large number of the population are Catholics, followed by Protestants and then other Eastern non-Christian religions.

WILDLIFE

The diversity and abundance of wildlife in the Pacific Northwest is one of our privileges. With river run off from the mountains, an ocean current, tide rips, eddies and upwellings these waters are among the most productive on earth. From the rich marine life of colourful plants and invertebrates, seabirds, shorebirds, waterfowl, mink, otter, seals, sea lions, dolphins, and whales, to the land animals of deer, raccoons, cougars, wolves and bears, we are bound to see something. For those with an eye for eagles take note that they are most prominent in the earlier months before the salmon migration in the late summer/early fall. Depending on which tour you take, some areas offer more wildlife opportunities than others. Inquire if you would like to know what sort of wildlife you might see on your tour.

IN-COUNTRY COSTS

The currency of Canada is the Canadian Dollar.

Visitors can find accommodation, food and entertainment to suit any budget. For most visitors, the largest expense will be accommodation. Food prices are generally much lower than those in Western Europe, but slightly higher than those in the USA. As an indicator of food prices:

Budget meals: C\$7-15

Mid-range meals: C\$15-30

High-end meals: C\$30-40

If you stay in budget accommodation and eat in cafes, expect to spend around US\$45 a day, not including long-distance transport. If you stay in motels and eat at restaurants occasionally, you're looking at around US\$80 a day.

The Canadian government levies a Goods and Service Tax (GST) and a Provincial Sales Tax (PST) which can add up to 15% to the quoted price.

WHAT TO BRING

We will provide all tents and cooking supplies, including mugs/bowls/plates/cutlery. You will need to provide your own sleeping bag. We do not supply any personal equipment so you will need to bring appropriate clothing, waterproofs and footwear. A detailed kit list will be sent at the time of booking.

BAGGAGE

To prevent your gear from getting wet all items should be packed in waterproof storage bags. The largest bag should not be larger than a sleeping bag or 20 litres - several small bags are best. We will provide 2 or 3 dry bags per person (depending on how much gear you have). The small bags are good for storing small items such as cameras, sunscreen, glasses, etc. The larger ones will be used for storing your extra clothing.

ECOLOGICAL CONSIDERATIONS

Please be aware of the potential damaging impact tourism can have both on the environment and local communities. We ask for your full consideration and co-operation concerning all ecological matters, particularly with regard the disposal of rubbish.

DISCLAIMER

By its very nature, this trip may be subject to disruptions beyond our control that can force some changes to the itinerary. Environmental factors have the greatest influence on an individual level.

Please be prepared to be flexible.

HOW TO BOOK

Please contact us to check availability.

CONTACT US

We are always available to answer and questions or concerns you may have so don't hesitate to pick up the phone or drop us a line...

TELEPHONE: **0871 218 1015**

E-MAIL: info@wildearth-adventures.com

