



Spring 2012

Join us for the Marathon Shuffle April 29!

PRPAWS
Powell River Parks and Wilderness Society



*Victorious Shufflers on the last leg of the Marathon Shuffle.
~ photo by Emma Levez Larocque*

Got spring in your step? 'Tis the season to take to the trails and head out for some spring hiking on the Sunshine Coast Trail!

If you haven't dusted off your hiking boots yet, Sunday, April 29th is the perfect time to do it – join us for the annual rite of spring in Powell River – the Marathon Shuffle! The Shuffle is a fun event with something for everyone. The full course is 29 km and travels from Malaspina Road to the Shingle Mill, but there is a 12 km option as well. Check out page 2 for more details about the event, getting a ride to the start line, and the Half

Shuffle course.

Other great spots for spring hiking:

- * Appleton Creek Trail, where the falls are rushing with spring runoff;
- * Walt Hill Trail or Tin Hat Mountain Trail, where penstemon will be in bloom;
- * Marathon Trail, where you can find the elusive chocolate lily at Chocolate Lily Bluffs (a well-marked sidespur off of Marathon Trail);
- * Lost Lake Trail, where you can see water lilies in bloom on the lake that gives the trail its name.

And runners, keep your ears open for news about a running relay event, being planned by PRPAWS and Club Fatass for August. See page 4 for more info.

This summer promises to be another busy one for PRPAWS, with plans

for the construction of a cabin at the top of Walt Hill in the Smith Range and a shelter at Fiddlehead Landing. Want to help? We'd love to have you! Keep informed of the details and work party plans at www.sunshinecoast-trail.com.



And finally, the SCT is getting a PR face-lift! We have a new logo (see page 3), a new brochure, and we are re-designing our website; watch for the new look, coming soon to www.sunshinecoast-trail.com. Ω

The Marathon Shuffle



This year's Marathon Shuffle will take place on Sunday, April 29. It starts at 8:30 am at Malaspina Road and ends at the Shingle Mill Pub. The total distance of the route is 29 km; hiking time is 6 to 8 hours, while runners will take 3 to 5 hours. A bus will be available to take shufflers to the start line for \$5 at 7:30 am from the Shingle Mill; first come, first served. The Half Shuffle route (12 km) starts at 10 am 6 km up Wilde/Tomkinson roads and ends at the Shingle Mill. For more information about the event, or to register, visit www.clubfatass.com/events/marathon-shuffle.

Half Shuffle—Description: Sliammon Lakes Trail

This trail section begins with a few steps down a bank and a bridge across a small creek. Within minutes you will come to another creek and Troll Bridge. The trail continues and soon reaches a gully. There it crosses a seasonal stream with a large, hollow red cedar, then winds its way up and out of the ravine.

The terrain becomes rocky and tilts toward Thethyeth Lake. The trail cuts away from the lake, only to reach another viewpoint and a bench above Thethyeth with glimpses of the Bunter foothills.

Two hundred metres farther along you will reach Kayach Bluff, which affords a grand view of (Big) Sliammon Lake and the terrain that you will travel over along its eastern shore. Another bench suggests a water break, and another photo op. From Kayach Bluff a gentle and safe reroute meanders down to Sliammon Lake at the mouth of tiny Kokanee Creek. The trail continues eastward, skirting the lakeshore, then south, following the shore until it reaches a stream where it swings uphill past an outhouse,

and hugs the edge of Dogleg Pond. The trail winds toward Little Sliammon Lake. Pay attention to the orange metal markers. As you pass at the foot of cliffs you must turn left and climb onto high bluffs overlooking the lake. The route follows the eastern shore to the Shangri-La picnic shelter, outhouse and swimming dock.

In 2007 a new cutblock caused the relocation of the trail in this area. It is part of a woodlot that was awarded to Sliammon First Nation. The new reroute stays within the riparian zone on the south shore of the lake, then follows a creek that feeds into the lake from the south. As the trail rises away from the lake you will pass two massive, nearly 1,000-year old Douglas firs. A handful of other old growth veterans stand near the edge of the cutblock which was replanted and is now greening up nicely. The trail crosses the logging spur and climbs through a wind-ravaged trail corridor.

Soon it crests and descends toward Wildwood over mossy outcroppings and through second growth. It emerges onto a system of old logging spurs that leads out to the end of Sutherland Street, where you will find the start of the Scout Mountain Trail.

Scout Mountain Trail: Look for the signage, step across this junction and turn left following the new orange markers. This single-track part of the trail skirts a private property and quickly takes you onto another dirt road, that heads uphill, begins turning left and leveling out before crossing another dirt road and rising again. Keep heading east uphill, then south toward the higher levels of Scout Mountain. Shortly you will reach the end of the wood road where the hiking trail proper begins. About 20 minutes from the Sutherland junction and last support station, you will come out on top of the first view bluff. As you move from bluff to bluff your views keep changing. When you reach a large cairn, you will notice the summit of Scout Mountain toward the east. Ignore the Summit Loop, which is longer and higher. You have to keep right on the direct main route that runs along the edge of Scout Mountain on a series of rocky outcroppings.

Finally, out in the open again you'll come upon a park bench. You are a mere 2 km from the finish line. The route starts to drop steadily across open bluffs. Be careful as you descend over the exposed bluffs down onto the end of a logging road. Below the steep bluffs you will see the Wildwood pump house service road, which you must cross. Don't turn down to the lake here, but take the road curving southward up into a small saddle above a treed rocky hump that slants down to the lake. The road you are on levels out here. You will find the continuation of the trail as it descends through the narrow fringe of trees on your left. The trail drops down toward the lake, where you will emerge out of the woods. These are your last steps. The trail, now a dirt road, turns right toward a large graveled parking lot – and the finish line! Ω

Stories from the SCT Archives

by Don Krompocker (aka Krompie)

Reflecting back it seems like only yesterday that, while on our second backpacking adventure to Emma Lake, my wife Carol (with friends Richard and Cathy) and I ran into three very interesting folks. After some dinner and chit chat these people told us that they were planning to build a trail from Lund to Saltery Bay -- some 180 km. Suddenly it got very quiet around the table.

We said, 'That's nice!' and put their madness down to the thin air at that elevation. You may have guessed by now that we had run into Eagle Walz and Scott and Margot Glaspey. Turns out they were true to their words, and as a result, today the City of Powell River has a world-class 180-km, somewhat Grandma-proof hiking trail to call its own.

Shortly after that encounter at Emma Lake – about 20 years ago – the Powell River Parks and Wilderness Society (PRPAWS) was formed to draw together like-minded volunteers to protect and form parks in the area, and to build this trail. Despite its humble beginnings PRPAWS has proven its longevity, working continu-

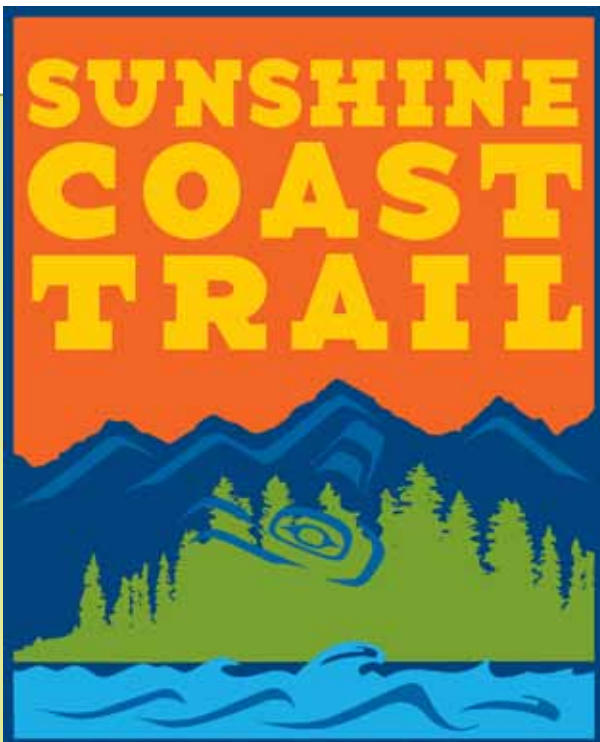
ously to complete the dream of the Sunshine Coast Trail. In the past 20 years many volunteer groups, service clubs, private businesses, individual and corporate sponsors, several levels of government, and individual volunteers have made the Sunshine Coast Trail the world-class attraction it is today. Without all these people and organizations stepping up to the plate the dream would still be in the bushwhacking stage.



Richard, Carol, Cathy and Don all set to hike up to Emma Lake for that fateful meeting. ~photo courtesy of Don Krompocker

The executive of PRPAWS would like to take this opportunity to thank all of you for the part you have played in making the dream of the Emma Lake visionaries come to fruition. That's not to say the work is completed! Seven new shel-

ters (and more to come this year) are exciting additions to the trail – we are always in need of more volunteers for building and trail maintenance. If you wish to help in any way please contact us! To Eagle and Scott thank you both for your unending dedication and passion for those nearly 20 years. Ω



The Sunshine Coast Trail has a new logo, and a new website coming soon!

As the trail is seeing ever-increasing out-of-town traffic and starts to realize its potential as a great tourist attraction for Powell River, the PRPAWS Board has started to recognize the need for branding in items such as a logo, brochure and website. Be sure to point your friends and family from outside Powell River to these exciting new developments for the SCT!

President's Message



This winter's storms have toppled many trees that have fallen across the Sunshine Coast Trail. We would like to ask for your help by letting us know where you have encountered blowdown on the SCT. Contact us at prpaws.bc@shaw.ca. That way we can be more efficient and go to the identified areas first before we do the on-going maintenance. Thank you in advance for this information.

During the winter months we have completed a kilometre-long reroute of part of the Smokey's Blue Ridge Trail (SCT). Now the trail winds its way along Deer Creek within its riparian zone. We built four little bridges to ensure that our motto of "99% mud-free" remains true. We also built a bench near one of the falls, and a picnic table farther upstream. In the coming months we will be posting signage so visitors will be able to have a self-guided tour and learn about the habitat.

Recently interest has been building in the ultra-marathon running community in an epic end-to-end relay from Sarah Point to SALTERY Bay spaced over three days. There will likely be three legs of roughly 60 km each. We are exploring the feasibility of developing and putting on this event during August when the days are still long. Interested in helping out? Give us a shout at 604-483-9565.

With seven huts now in place the awareness of the SCT has been spreading through various media, and word of mouth, to distant shores. At the recent Outdoor Adventure Show in Vancouver, information on the trail was the hot ticket item at the Sunshine Coast Tourism booth. A new brochure, map and website all in the making will further raise the profile of this unique trail and bring visitors to Powell River. It is exciting to see the Sunshine Coast Trail becoming the community asset we have always hoped it would be! Ω

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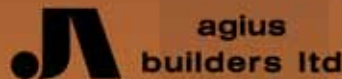


Lund Water Taxi

604-483-9749

Reservations Required 8 AM - 8 PM

- Discover Beautiful Savary Island
- Drop offs at Sara Point, start of the Sunshine Coast Trail
- Kayak Transport to Desolation Sound



Unit 3 - 7045 Field St.
Powell River, BC V8A 0A1
www.agiusbuilders.ca

Office: 604.485.6212
Fax: 604.485.6241
info@agiusbuilders.ca