



Get ready for the 21st Annual Marathon Shuffle!

Once again a riot of plants is breaking out in a dizzying tempo. Birds and frogs are in full throat. And the outdoorsy folk are itching to take part in a popular Powell River rite of spring.

The advent of the annual Marathon Shuffle sees hikers and runners out and about preparing for the fun and challenge of walking or dashing along a 29 km long section of the Sunshine Coast Trail for a Full Shuffle, or 12 km for the Half. Hiking time over the hilly Full Shuffle is a challenging 6 to 8 hours, while runners take some 3 to 5 hours.

The free event, held on Sunday, April 27, will also bring participants from out of town to enjoy the Sunshine Coast Trail.

Donated bus service will take participants from the parking lot at Powell Lake to the starting line on Malaspina Road. Starting time is at 9 a.m. this year to accommodate enthusiasts from Vancouver Island to get here in good time.

There is no bus service for the Half Shuffle. Also, the starting line and parking for the Half Shuffle have been moved 200 m below

the gravel pit and the bridge to eliminate a bottleneck. Half Shuffle start will be at 11 a.m. Trail etiquette requests slower participants to step aside allowing faster ones to pass.

For detailed information and to register for the Shuffle, visit: www.sunshinecoast-trail.com/marathonshuffle. Registering on time before event day will streamline the check-in and distribution of the numbered bibs—a time-consuming task that must take place before boarding the bus. Last year, we had 184 participants so, to minimize waiting time on event day and to help with all the other organizational details, please register soon. Shufflers who do not have access to a computer can go to the Visitor Infocentre on Joyce Ave. and fill out a registration form right there.

To help raise funds for building another hut, PRPAWS is selling SCT Passports, T-shirts and books at the finish line. Donations are welcome. Your bib can be traded in for a free beverage at the Shingle Mill. To view event results, see: www.sunshinecoast-trail.com/marathonshuffle_results.html. 🐾

Three of last year's nearly 200 shufflers descend Scout Mountain and turn toward the finish line.



TOM MILLS

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Summer Hiking

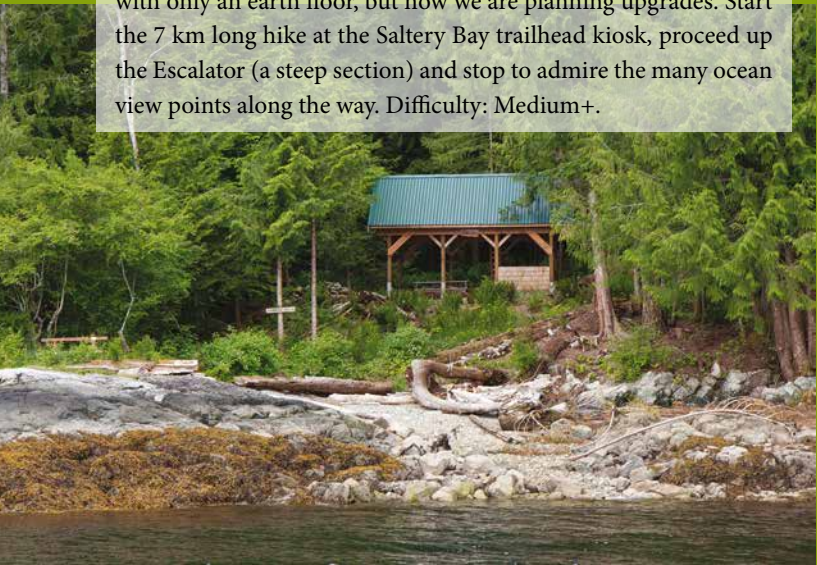
We have selected four fascinating destinations on the Sunshine Coast Trail that should whet your appetite for more delightful samples of our breathtaking backcountry—and some of the trail's excellent swimming holes! The hikes range from easy to medium to challenging. Wear good hiking shoes or boots. Even though we might have a dry spell, carry rain gear, water and a snack. For more detailed trail descriptions please refer to www.sunshinecoast-trail.com and the trail guidebook, *The Sunshine Coast Trail – Hut-To-Hut Hiking*.

SARAH POINT/LAND'S END

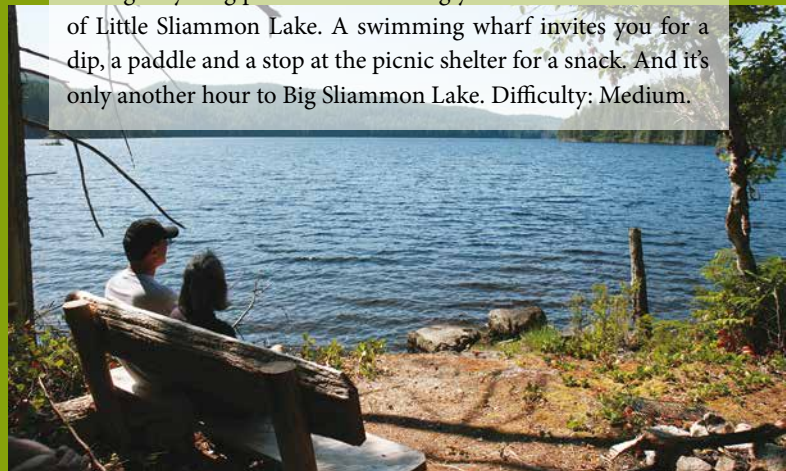
– Kilometre “0” of the Sunshine Coast Trail. With a group of friends hire a water taxi or boat in Lund and cruise to Sarah Point. Explore the shores of Desolation Sound. Enjoy the sweeping vistas, and tread the mossy trail through magnificent old growth until you reach Wednesday Lake for a picnic and perhaps a swim. Return to Lund via idyllic Gilpin and Sarah Point roads. This is a challenging, all day hike.

*All photos by
Emma Levez Larocque
except where noted.*

FAIRVIEW BAY TRAIL AND SHELTER – Head out to beautiful Fairview Bay this summer, where you will find an exquisite sandy beach with fabulous ocean swimming. The shelter here was the model for all others on the SCT. It was constructed with only an earth floor, but now we are planning upgrades. Start the 7 km long hike at the Saltery Bay trailhead kiosk, proceed up the Escalator (a steep section) and stop to admire the many ocean view points along the way. Difficulty: Medium+.



LITTLE SLIAMMON LAKE, PICNIC SITE – Drive to the end of Sutherland Street in Wildwood and follow the marked wood road north to the trail proper. A splendid hour of hiking over smooth rock outcrops, and along a wooded corridor through a young plantation will bring you to the wooded shore of Little Sliammon Lake. A swimming wharf invites you for a dip, a paddle and a stop at the picnic shelter for a snack. And it's only another hour to Big Sliammon Lake. Difficulty: Medium.



DIXON ROAD TO DEER CREEK, TRAIL CORRIDORS – The latest Sunshine Coast Trail corridor starts 2 km up Dixon Road from the highway at Lang Bay. This new relocation meanders through mature second growth Douglas fir and red cedar. It's a relatively easy half hour as far as Goat Main, your turn-around point. The hike can be extended but the short climb at the Stairway to Heaven bumps it up to medium difficulty. Benches along the way to Deer Creek.

The SCT Passport Challenge

As the spring hiking season ramps up, you'll be seeing a lot more photos like these (*right*) and personal trail stories posted on the SCT Facebook page. It's all happening due to the Sunshine Coast Trail passport launched late last year in partnership with local businesses and organizations. The passport highlights the 12 huts built along Canada's longest hut-to-hut hiking trail. Just hike to a hut, take your photo in front of it and show the photo to that hut's sponsor to get your passport stamped. Collect all 12 stamps and get a certificate – and get entered to win fabulous prizes!

Every week starting April 4, we'll be featuring a different hut on the SCT Facebook page – how to get there, why you should go, hut sponsors and what each hut's passport stamp looks like. Check back often and post your own stories and photos of your adventures on the trail! See <https://www.facebook.com/SunshineCoastTrail>

On the SCT website, we'll also be featuring a separate page for each hut with more detailed information and photos.

We've been very pleased with the passport sales so far - 300 have been sold between Tourism Powell River, the passport sponsors and PRPAWS. We have attended events in Powell River and Vancouver over the past few months, including: Banff Mountain Film Festival (Powell River); Vancouver International Mountain Film Festival (Vancouver); two days at the Powell River Town Centre Mall, and two days at the Vancouver Outdoor Adventure Show (Canada Place). For more details on how the passport works see the passport page at: www.sunshinecoast-trail.com.

Now that you have all of the info, there's only one question left: Which hut will you visit first? 🐾

Powell Lake Outdoor Learning Centre

Now open for school and community programs and rentals, the Outdoor Learning Centre is Powell River's newest outdoor education facility. Strategically located at Haywire Bay, on the Powell Forest Canoe Route and the SCT, the centre features accommodations for 40, a full kitchen and beautiful large dining hall. For more information call Hugh Prichard, Director 604.414.3966. 🐾

Get your passport T-shirt now!



If you like the Sunshine Coast Trail passport stamps you'll love the T-shirts! A limited edition SCT shirt featuring Tin Hat Mountain is now available at Tourism Powell River for \$20 + tax. Call TPR at 604.485.4701. A different passport stamp T-shirt will be released every two months, so check for updates on TPR's Facebook page. 🐾



WAYNE BREWER

Above: Hikers Russell and Georgie Brewer at Mount Troubridge Hut. Remember to show your hut photo to the sponsor so that you can get your passport stamped!

Left: Hikers showing off the coveted SCT Passport stamp from Candian Tire. **Back row (L-R):** John Kristof, Michelle Hodgkinson-Kristof (owners, Candian Tire) and Russell Brewer. **Front row (L-R):** Susan Gagne (Canadian Tire employee) and Georgie Brewer.



MELANY HALLAM

New Powell River Recreation Map



A new, full colour Tourism Powell River recreation map will be out this spring! Check online for updates: www.discoverpowellriver.com/getting-here/maps.php?id=32. This map section shows Fairview Bay and Troubridge portions of the SCT.

President's Message

With recent donations of plywood and lumber, PRPAWS set plans in motion to build four more outhouses and to upgrade our very first shelter. The building crew volunteers met in town, and after a day of measuring, sawing and screwing the wood together we had identical piles of outhouse components: floors, walls, seats, roofs and doors. Next, they will be painted and assembled out on the trail.

Fairview Bay, some 7 km east of Saltery Bay, was where we built our first shelter in the fall of 2009. We started simply back then. Fairview Bay shelter was designed as the prototype of all the other shelters we would



Eagle Walz clearing out the brush on the new trail re-route near Dixon Road.

build in the years that followed. The shelters have the same roof lines, with a stand-up sleeping loft and wooden floors – except for the first two, which only have earth floors.

When we began to build our third open shelter during the winter of 2011 and had only just completed the roof, but without walls yet, a snow squall came tearing up Manzanita Bluff driven by a snarly southeasterly. The ice-cold rush of flakes slashed horizontally through

the building, rising up and away on the uphill side. We quickly realized that the shelters had to do a better job at sheltering. The two little pony walls of the early shelters were found wanting, and before long we built four completely enclosed cabins. In the coming months, Fairview Bay shelter will receive a wood floor and walls with windows. Get out your SCT passport and pay it a visit.

We have identified one gap between two huts that is really too large to be hiked in one day. The distance between Walt Hill Hut and Mount Troubridge Hut is 34 km, twice the distance of what it should be. To remedy this situation we have applied to build a shelter at Lois Lake roughly half way between the two mountain huts, perhaps as early as this fall.

Enjoy the trails in good health and humour this coming season, and remember to take selfies for your passports when you visit the huts. 🐾

BREAKING NEWS:

- Powell Forest Canoe Route logjams are being cleared in April/May. Easier canoeing ahead.
- Haywire Bay SCT footbridge is flood-damaged, and closed to hikers. Replacement planning in progress. Bridge coming soon.

Buffer Survey: If you're not able to fill out our Buffer Survey on Facebook, it's now available as a downloadable PDF here: www.sunshinecoast-trail.com, and click on "Buffer Survey PDF". Give us your opinion on the importance of treed buffer zones between the trail and logged cut blocks!



For trail updates, find us on Facebook at:
www.facebook.com/SunshineCoastTrail

Renew your PRPAWS membership for 2014!

Individual: \$20 • Family: \$30 • Mail a cheque to:
PRPAWS, Box 345, Powell River, BC V8A 5C2

Or make an online donation at:
www.sunshinecoast-trail.com/becomeamember.html



www.bcseakayak.com

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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



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