

# IMPORTANT TO KNOW

- YAHGUDAANG is the Haida concept about respect for the land, sea and all living things - please practice this during your visit to Naikoon and use the principles of Leave No Trace camping.
- It is recommended that you travel south to north so prevailing southeast winds will be at your back. Traveling in this direction creates a possibility of walking out on the numerous “finger sand bars” which project northward, paralleling the shoreline, so travel high on the beach and be aware of the high tide line at all times to avoid being trapped on a sandbar.
- Always treat and carry an adequate water supply – water can be scarce along the route and the rivers are salt water influenced. Water is difficult to locate north of the Oeanda River, at Cape Fife, Rose Spit and along the Cape Fife trail.
- Be aware of the tide when walking out on Rose Spit as you can be easily trapped on an incoming tide. Never walk out to the end of the spit on a rising tide.
- Plan to cross river mouths at low tide. It is imperative to carry a tide table and know how to interpret it.
- Please do not remove any cultural material you may encounter along the route and report any findings to the Council of the Haida Nation and BC Parks.

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- There are many sensitive plants growing in the coastal sand ecosystems, do not trample or pick them.
- There is a stretch of sand cliffs between Cape Ball and the Oeanda River 32 km north. Use caution when hiking this section and be aware of the tides at all times. A high tide may trap travelers between the cliffs and the ocean. This is an extremely dangerous position to be in and should be avoided as few adequate escape routes exist. Hike this section on a receding tide for maximum time to pass the cliffs.
- The location of the Cape Fife and Cape Ball cabin is indicated by a large orange sign in a tree above the beach zone. The cabins are not visible from the beach. They are located in the dune area behind this sign. There are no available water source at the cabins.
- Hikers should leave a trip plan with family or friends. BC Parks does not register or monitor hikers on the trail.
- You may encounter feral cattle roaming the east side of Naikoon. Avoid them and do not approach as they are unpredictable.
- Taan *bears* can be encountered at any point along the route. Always store your food properly and away from your campsite.
- Tsunamis: rare but dangerous. If you feel the ground shake strongly for more than 30 seconds or notice the tide dropping rapidly and drastically, immediately move to higher ground.

# GAAHLLSGAGAS EAST BEACH TRAIL MAP

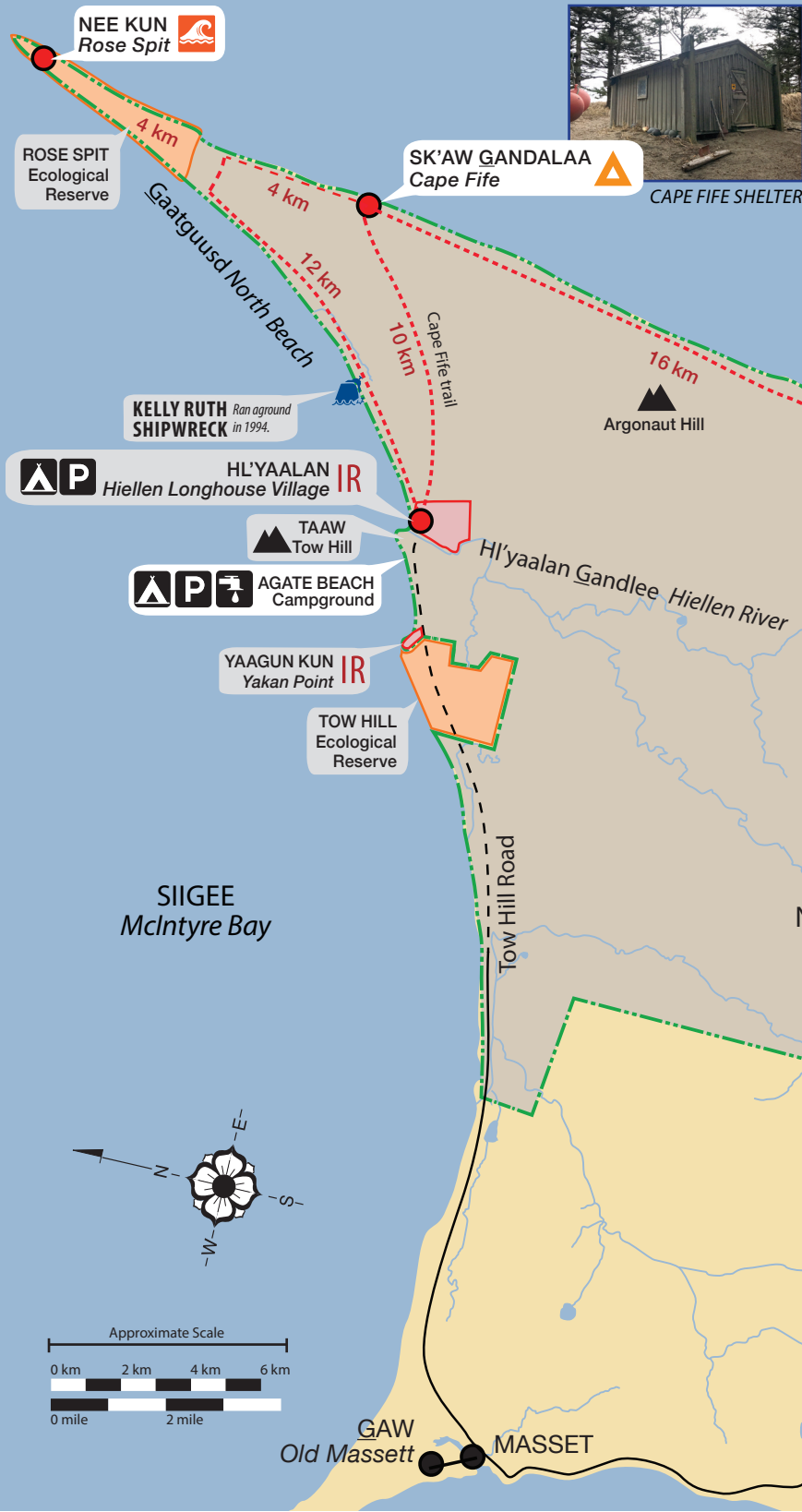


The East Beach trail offers the backpacker the opportunity to walk for many days along a remote and magnificent coastal beach. While the route is mostly level, this trip has dangers for the inexperienced or ill-equipped person. Hiking on sand can be more tiring than solid ground. Be prepared to encounter rain, wind, cold, fog and sun. Hypothermia can be a danger, even during the summer. Plan to take from four to eight days for the trip, requiring sufficient preparation, supplies, and water. There are three rivers (Mayer, Cape Ball, Oeanda) and numerous streams that must be crossed.

East Beach is a remote wilderness area. There are no shortcuts off East Beach and rescue is difficult. Cell phone coverage is weak and unreliable if it is present at all. Advise others of your travel and plan your adventure accordingly. If you have more questions please contact BC Parks Naikoon headquarters in Tlell.







### Safety is your personal responsibility.

It is recommended that hikers inform a responsible person of their hiking plans, including departure and return times and dates. There are two rustic shelters along East Beach. These are intended to provide extra cover in the event of extreme weather. The shelters are located off the beach in the protection of the dunes. Be watchful of the orange signs posted high to indicate shelter points.

- Rustic Shelter Marker
- Cross at low tide
- Watch out for finger sand bars
- Camping
- Water
- Parking
- Gravel Road
- Trail
- Paved Road

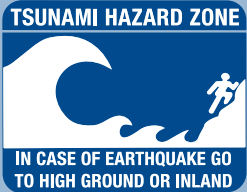
### APPROXIMATE DISTANCES:

- Tlell to Tow Hill (via the Cape Fife Trail) – 70 km
- Tlell to Tow Hill (via the base of Rose Spit) – 80 km
- Tlell Bridge to Pesuta Shipwreck – 6 km
- Pesuta Shipwreck to Cape Ball River – 6 km
- Cape Ball River to Oeanda River – 32 km
- Oeanda River to Cape Fife Shelter – 16 km
- Cape Fife Shelter to Tow Hill – 10 km

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BC Parks



ROSE SPIT

CAUTION: Finger sand bars project northwards. Travel near the high tide line.



WHITE CLIFFS



CAPE BALL SHELTER

CAUTION: Cape Ball shelter is 2km south of river mouth

### EMERGENCY CONTACTS

Masset RCMP: 250-626-3991

Canadian Coast Guard: Marine VHF Radio Channel 16

Satellite Phone: 1-800-567-5111 or 1-250-363-2333

Report Forest Fires: 1-800-663-5555

Ambulance: 911 (cell only) • 1-800-461-9911