



Cape Scott and the North Coast Trail: Hiking Vancouver Island's Wildest Coast

Maria I. Bremner

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Part trail map, part field guide, part regional history, *Cape Scott and the North Coast Trail* is the first comprehensive guidebook about one of Vancouver Island's most iconic destinations. Each year, thousands of backpackers and nature lovers head to the northern limits of Vancouver Island, bound for the jewel of the region: Cape Scott Provincial Park and the recently completed North Coast Trail.

Cape Scott, 115 kilometres of wave- and weather-beaten coastline, encompasses every dramatic element of Pacific Northwest geography. Rocky headlands neighbour sandy beaches and protected coves; bogs house sensitive amphibians and plants; and inland, a dense network of towering conifers, ferns, salal and beds of moss define the rainforest. The North Coast Trail wends its way through this paradise, offering hikers a rugged trek to Cape Sutil, a place steeped in First Nations history, beautiful ocean views along the long sandy beach at Shuttleworth Bight and glimpses of one of the largest intact coastal wetlands in British Columbia, an upland bog housing sandhill cranes and a variety of endemic species.

Cape Scott and the North Coast Trail equips visitors with everything they need to know to make the most of the park. Illustrated with accurate maps and vivid photographs, and loaded with details about biology and human history, the guide is perfect for the day tripper, serious backpacker or anyone wanting to learn more about the culture and wildlife of the region.

For more information, please visit the *Cape Scott and the North Coast Trail* website: capescottandthenorthcoasttrail.com.

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Playing with family in the park, coming to see the ocean world or hanging out with close friends is thing that usually you have done when you have spare time, after that why you don't try issue that really opposite from that. One particular activity that make you not experience tired but still relaxing, trilling like on roller coaster you already been ride on and with addition of knowledge. Even you love Cape Scott and the North Coast Trail: Hiking Vancouver Island's Wildest Coast, you could enjoy both. It is good combination right, you still want to miss it? What kind of hang-out type is it? Oh come on its mind hangout fellas. What? Still don't get it, oh come on its called reading friends.

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