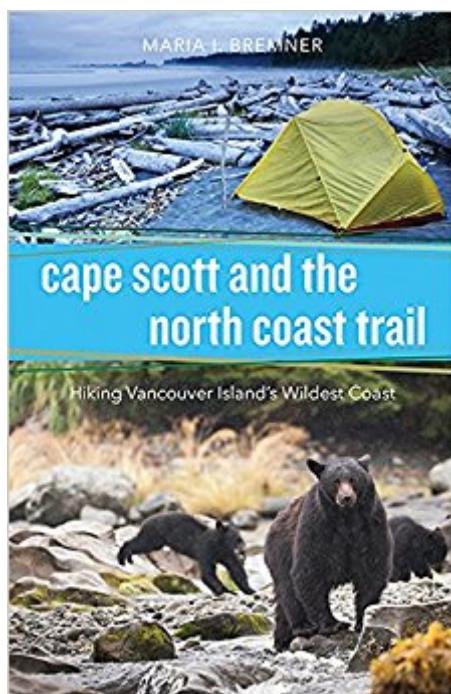


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# Cape Scott And The North Coast Trail: Hiking Vancouver Island's Wildest Coast



## Synopsis

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](http://capescottandthenorthcoasttrail.com).

## Book Information

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"To say a book is a perfect tool for planning a trip is a serious statement to make, but I feel that this

book comes close. Weighing in at under a pound, the book makes a possible travel companion, and its rounded corners and plasticized paper cover give it durability. It contains detailed trip information including logistical information like traveling to and from the park, suggestions for the number of days you should spend, equipment lists, information about flora and fauna, and most importantly information regarding man's history in the park. The abundance of information is easy to read and well organized, and with more than 100 colour photographs and maps it's a feast for the eyes."

--Matthew Lettington, Cloudburst, Fall/Winter 2015-To say a book is a perfect tool for planning a trip is a serious statement to make, but I feel that this book comes close. Weighing in at under a pound, the book makes a possible travel companion, and its rounded corners and plasticized paper cover give it durability. It contains detailed trip information including logistical information like traveling to and from the park, suggestions for the number of days you should spend, equipment lists, information about flora and fauna, and most importantly information regarding man's history in the park. The abundance of information is easy to read and well organized, and with more than 100 colour photographs and maps it's a feast for the eyes.- --Matthew Lettington, Cloudburst, Fall/Winter 2015

Maria Bremner has been an avid hiker, nature enthusiast and writer all her life. She studied English and Environmental Studies at the University of Victoria, and has extensive experience hiking the trails of Vancouver Island. Cape Scott has held a special place in her heart since her first visit in 1998. She lives in Victoria, BC.

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