Vancouver Island is home to ancient coastal temperate rainforest landscapes that are some of the most spectacular in the world. Some areas have trees well over 1,000 years old, and some trees have bases more than 30 feet around. Conservationists with the Ancient Forest Alliance located and measured a western red cedar trees in the ancient Walbran Valley that is 47 feet in circumference and 138 feet tall making it the 9th widest in BC.

For more information visit www.brettcairns.com
Vancouver Island Coastal Temperate Rainforest Access from the Comox Valley

Vancouver Island’s coastal temperate rainforests can be accessed from a number of locations close to and within a day’s drive from the Comox Valley. These include:

- Rosewall Creek Provincial Park (near Fanny Bay)
- MacMillan Provincial Park (Between Qualicum Beach and Port Alberni)
- Clayoquot Plateau Provincial Park
- Pacific Rim National Park Reserve (Long Beach Unit near Tofino)
- Clayoquot Arm Provincial Park (South and East of Tofino)
- Avatar Grove near Port Renfrew
- Carmanah Walbran Provincial Park
- Cape Scott Provincial Park (Northern tip of Vancouver Island)
- Brooks Peninsula Provincial Park (Between Quatsino Sound (South of Winter Harbour) and Kyuquot Sound on the West Coast of Vancouver Island)
**Rosewall Creek Provincial Park (near Fanny Bay)**

Some six kilometers of hiking trails meander through the coastal Vancouver Island rainforest along the banks of a small creek, the route dotted by a series of picnic tables and highlighted by a small waterfall. The park features a mixture of coniferous trees and broad leaf maple trees.

The park is located **about 25 minutes from Courtenay**. It is accessed from Highway 19A. About 3km south of Fanny Bay take the Cook Creek interchange and the park is about 2km from the interchange.
MacMillan Provincial Park (Between Qualicum Beach and Port Alberni)

Cathedral Grove, located in MacMillan Provincial Park is **about an hour from Courtenay**.

Cathedral Grove is an ancient grove forest on the edge of Vancouver Island’s temperate rainforest and it is one of the most accessible strands of some of the largest Coastal Douglas Fir old growth trees. This type of tree is one of the most endangered of the plant communities in Canada. Cathedral Grove is located on Highway 4 about 16 km East of Port Alberni. Here visitors can stroll through a network of trails under the shadow of towering ancient Douglas Fir trees, some of which are untouched by the modern world and more than 800 years old. On the south side of the highway you will find the largest Douglas Firs; one measuring more than 9 metres in circumference. On the northern side of the road you will find groves of ancient Western Red Cedars bordering Cameron Lake.
Clayoquot Plateau Provincial Park

Clayoquot Plateau Provincial Park on the West Coast of Vancouver Island is a high elevation plateau protecting rare plant species, undisturbed old-growth forests, sinkholes, fragile karst features (landscape formed by the dissolution of soluble rocks such as limestone and small lakes. This remote area is extremely difficult to access but can be reach through a series of logging roads and is about 2 hours from Courtenay.

There are no developed trails in the park but visitors will find a pristine forest of Sitka spruce, hemlock and cedar. Spectacular view of Clayoquot Sound can be seen from the summit of the Plateau. This area can be accessed from the base of the plateau West of Sutton Pass off of highway #4 approximately 1 hour past Port Alberni.
Pacific Rim National Park Reserve

Pacific Rim National Park Reserve is home to Canada’s largest tree; the Cheewhat Cedar. It is a national park reserve on the West Coast of Vancouver Island comprising three separate regions: Long Beach Unit near Tofino, the Broken Group Islands in Barkley Sound (between Bamfield and Ucluelet, and the West Coast Trail near Port Renfrew.

The most accessible part is the Rainforest Trail on the Long Beach Unit located about 3 hours from Courtenay. Take Highway 19 south for about 45 minutes and take Highway 4 through Port Alberni towards Tofino. Approaching the West Coast you will pass the Pacific Rim Visitor Centre and turn north. Watch for the Rainforest Trail signs. There is a parking lot and a map showing the two boardwalk trails to take you to the heart of an ancient rainforest and their giant Western Red Cedars and Western Hemlocks.
**Clayoquot Arm Provincial Park**

Clayoquot Arm Provincial Park protects rare old-growth forests of Sitka Spruce. These trees are able to grow in salty, magnesium rich soils where most other trees die. Unique flora and fauna, secluded beaches, uninhabited inlets and First Nations cultural sites can all be found in the park which is accessed by boat, canoe or kayak from Kennedy Lake.

Clayoquot Arm Park is located **about 3 hours and 15 minutes from Courtenay** and it offers many recreational opportunities along the shores of Kennedy Lake which is the largest fresh water body on Vancouver Island. Access is by water from the Clayoquot Arm Bridge on Kennedy Lake off Highway 4 going north on West Main Logging Road.
Avatar Grove near Port Renfrew

Port Renfrew on the West Coast of Vancouver Island is known as the “Big Tree Capital of Canada”. It is located about 3 hours from Courtenay. Take highway 19 south to North Cowichan and then take Highway 18 to Port Renfrew.

Avatar Grove has some of Canada’s largest Western Red Cedars and Douglas Firs and is a 20 minute drive from Port Renfrew. The world’s largest and second largest Douglas Fir trees live close to this town. “Red Creek Fir” is 43.7 feet in circumference and 242 feet tall and is estimated to be between 750 and 1000 years old. “Big Lonely Doug” is the second largest. Close by is Canada’s largest Sitka Spruce with is 38 feet in circumference and 205 feet tall.
Carmanah Walbran Provincial Park

Carmanah Walbran Provincial Park is a luxuriously forested sanctuary that is one of the most remarkable wild places on Vancouver Island. The park offers protection to diverse forest ecosystems that include a large Sitka Spruce ecosystem that represents 2% of BC’s remaining old growth forest. It is home to some of the world’s largest spruce trees. Some are in excess of 95 metres tall and have been alive for more than 800 years. The park is also home to ancient, gnarled cedars that are estimated to be over 1,000 years old.

The park is located about 4 hours from Courtenay. Take highway 19 south to highway 4 and then West to Port Alberni. From there take Anderson Ave to Franklin River/Bamfield Road to the Franklin River Junction. At the junction, turn left onto South Main and proceed Eastward past the logging camp buildings and towards Nitinat River Bridge. Stay on South Main until reaching Caycuse River Bridge which is the only access to the park. Carmanah Walbran is remote and rugged. Access to the park is via private logging roads. Once you have crossed the bridge, turn right immediately and proceed on Rosander Main for about 29 km to the park.
Cape Scott Provincial Park

Cape Scott Provincial Park is home to sea stacks (vertical columns of rock formed by wave erosion) which can be accessed at low tide. The Eastern part of the park can only be accessed by boat. Cape Scott is fortunate to have some excellent examples of old-growth forest, including Sitka Spruce in excess of 3 metres in diameter, and Western Cedar of similar size. Examples of these trees can be found throughout the park, including on the easy hike to San Josef Beach. About 20 minutes north of the Eric Lake campsite is a Sitka Spruce that measure more than 7 metres in circumference. This is a popular spot for hikers and photographers.

Cape Scott is a hike-in park located at the northwestern tip of Vancouver Island **about 5 hours from Courtenay**. The only parking lot within the park, located near the southeast corner, provides easy access to the Cape Scott and San Josef Bay Trailheads. The lot is located 64 km West of Port Hardy and can be reached by driving on a combination of highways and logging roads.
**Brooks Peninsula Provincial Park**

Brooks Peninsula is a 9 mile finger of land that juts out into the Pacific Ocean on the West Coast of Vancouver Island. It is located **more than 5 hours from Courtenay**. It is about a 3 and a half hour drive to Port Alice and then a long boat ride out past Winter Harbour and south or about a 4 and a half hour drive to Fair Harbour and then a 30 to 45 minute boat ride to the north. The peninsula is unique because it is the only part of Vancouver Island to have escaped Glaciation and today it produces pant species found nowhere else. It features remote uninhabited beaches and an old growth coastal rainforest. There is no boat launch in the park but sheltered anchorages are available in Nasparti and Ououkinsh Inlet in the southern part of the park. The park falls within the boundaries of the Kyuquot/Checleset and Quatsino First Nation peoples. Access to the adjacent Solander Island is prohibited. It is highly recommended that a knowledgeable guide be used to explore this area.
Please Note: Some parks may incorporate private land.
Welcome to Pacific Rim National Park Reserve and the traditional territory of the Nuu-chah-nulth First Nations. This special place is part of a network of Canada's national treasures protected on your behalf by Parks Canada.

Pacific Rim Visitor Centre
(Staffed by Parks Canada April to October)
Stop here to purchase your park entry pass and obtain information about the national park reserve and surrounding region.

Kwisitis Visitor Centre
(Year round, limited hours in winter)
Learn about the natural and cultural history of the region at this one-of-a-kind interpretive centre.

Green Point Campground
(May to October)
All sites reservable
Situated on a forested terrace above Long Beach. 94 drive-in sites, 20 walk-in tent sites and 1 group campsite.

Park Administration
(Year round, 8am to 4pm, Monday to Friday)
Stop here to purchase your park entry pass or obtain information about the park reserve.

Cox Bay Visitor Centre
(Year round, staffed by Parks Canada June to August, Friday to Monday)

Green Point Theatre Programs
(July to August)
Bring your family and hear stories about Pacific Rim inside this heated indoor theatre.

Guided Walks and Talks
(July to August)
Learn from a knowledgeable guide about the natural and cultural history of the park reserve.

IN CASE OF EMERGENCY CONTACT THE PARK AT 1-877-852-3100 OR 250-726-3604 OR CALL 911

Knowledgeable Parks Canada staff are available to help make your visit to Pacific Rim a rewarding experience. If you have questions or need advice, please stop by one of these locations:

Services
Never feed or approach wildlife.
Wear appropriate footwear for slippery boardwalks.
Waves breaking on both sides of the rip, but not inside the rip.

Pacific Rim Visitor Centre
Park Entry Machines: available
Surfing and SUP

Frequent the intertidal zone as well as the rainforest.

Make note of water safety signage and avoid areas with rip currents.
Generally, there are two high and two low tides each day. During high tides, creeks and shoreline routes may become impassable.

Water temperatures are low (7-14°C). Wear a wetsuit in the water.

Experience the Elements
Rainforest Trails

If you encounter a bear, cougar or wolf:
Avoid the rainforest during high winds.
ALL BEACHES UNSUPERVISED

It is illegal to collect and remove natural or cultural objects.

National parks are wild places. Some simple precautions will ensure a safe and enjoyable visit.

Safety In the Forest
Wear appropriate footwear for slippery boardwalks and muddy uneven ground.
Avoid the rainforest during high winds.

Bears, Cougars and Wolves
Frequent the intertidal zone as well as the rainforest.
If you encounter a bear, cougar or wolf:
– Pick up small children and pets and stay in a group.
– Back away slowly to give it an escape route.
– If the animal approaches, do all you can to appear threatening: shout, wave your arms and throw objects.
– Never feed or approach wildlife.

Safety In and Around the Water
Shorelines are dynamic places. Large waves can unexpectedly sweep over beaches and rocky outcrops.
Generally, there are two high and two low tides each day. During high tides, creeks and shoreline routes may become impassable. Avoid being trapped or crushed by floating and rolling drift logs.

Water temperatures are low (7-14°C). Wear a wetsuit in the water.

Make note of water safety signage and avoid areas with rip currents.

To Identify Rip Currents, Look For:
• A narrow stream of water moving away from shore, often perpendicular to the shoreline.
• Waves breaking on both sides of the rip, but not inside the rip.

If you get caught in a rip... do not swim against it. Stay calm and swim parallel to the shore, then swim back to shore. If you cannot escape, float or tread water and signal for help.

RIP CURRENTS ARE POWERFUL CURRENTS OF WATER THAT CAN SWEEP EVEN THE STRONGEST SWIMMER OUT TO SEA.

For other Park Entry Pass options, please visit a park facility.

Make your visit to Long Beach a SAFE one!

Your guide to the LONG BEACH area of PACIFIC RIM NATIONAL PARK RESERVE

Choose the PARK ENTRY PASS that's best for you!

A Park Entry Pass must be displayed in your vehicle when stopping in Pacific Rim National Park Reserve.
Park entry fees stay in Pacific Rim National Park Reserve to help support the services and facilities you enjoy.

PARK ENTRY PASS OPTIONS WHERE TO PURCHASE

ANNUAL PASS
• Pacific Rim Visitor Centre
• Kiisitis Visitor Centre
• Green Point Campground
• Cox Bay Visitor Centre
• Park Administration

Day Entry Pass
Facilities listed above
• Park Entry Machines: available at most parking lots except
  Grice Bay - Willowbrae Trail - Florence Bay - Kennedy Lake

For other Park Entry Pass options, please visit a park facility.

Go EXPLORE the trails!

1 Willowbrae Trail (1.4 km one way)
LOCATION: Willowbrae Road intersects Highway 4. 2 km south of the Ucluelet-Tofino junction. Trail access is not signed from the highway. Turn west onto Willowbrae Road to the trailhead parking lot.
OF INTEREST: This historic trail formed part of a two-day travel route between Ucluelet and Tofino prior to the establishment of a road in 1942.

2 Halfmoon Bay Trail (1.8 km one way, including Willowbrae Trail)
LOCATION: The Halfmoon Bay Trail branches from the Willowbrae Trail 1.3 km from the Willowbrae parking lot.
OF INTEREST: The trail winds through old growth cedar and hemlock forest before giving way to the spruce fringe and sandy beach of Halfmoon Bay.

3 South Beach Trail (800 m one way)
LOCATION: South Beach Trail branches from the Nuu-chah-nulth Trail.
OF INTEREST: South Beach offers spectacular, but potentially dangerous, wave watching. Very large waves and strong currents form at this pebble beach; water activities not recommended.

4 Nuu-chah-nulth Trail (2.5 km one way)
LOCATION: Trailheads are located at Florencia Bay and behind the Kiisits Visitor Centre.
OF INTEREST: A glimpse into the Nuu-chah-nulth culture. Learn what “Hishuk ih ts’awalk” means and how this belief influences the lives of the Nuu-chah-nulth-aht.

5 Shorepine Bog Trail (800 m loop)
LOCATION: Along Wick Road.
OF INTEREST: This is old growth coastal temperate rainforest with a twist. Search for the plant that kills small and unwary insects and learn what kind of an environment might lead a plant to such deeds.

6 Rainforest Trails A and B (Each loop 1 km)
LOCATION: Trail A is located on the opposite side of Highway 4 from the parking lot. Trail B starts from the parking lot.
OF INTEREST: Gigantic western red cedar and western hemlock reach up to the sunlight, their boughs thickly carpeted with hanging gardens of moss. On Trail A interpretive signs emphasize the forest cycles and on Trail B the signs emphasize the structure and inhabitants of the forest.

7 Combers Beach Trail (500 m one way)
LOCATION: Along Highway 4.
OF INTEREST: Combers Beach Trail leads from the parking lot down to Combers Beach. Beach access is dependent on tides, currents and erosion.

8 Schooner Cove Trail (1 km one way)
LOCATION: Along Highway 4.
OF INTEREST: The trail descends through young and old stands of cedar/hemlock forest, gradually giving way to the Sitka spruce fringe. Coming to the beach, you will catch glimpses of the village of Esewida, belonging to the Tla-o-qui-aht, who have lived along this shore for centuries.

PACIFIC RIM NATIONAL PARK RESERVE

ACTIVITIES and Attractions

Long Beach Challenge
Guided Walks and Talks
Explore the Intertidal Zone
Experience the Forest and Native Culture
Choose the Day Entry Pass

Kiiitsis Visitor Centre
Surfing and SUP
Geocaching + EXPLORA app
Rainforest Trails

Make your visit to Long Beach a SAFE one!

Long Beach Challenge

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Enjoy the Beaches

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Make your visit to Long Beach a SAFE one!
There are no formal camping areas in Carmanah Creek Valley. Camping is only permitted on gravel bars where they exist. Please note: gravel bars can change position from season to season.

Trails are not maintained past The Three Sisters trail.

There are no developed BC Parks facilities or trails in the Walbran Valley. Access is discouraged due to potentially unsafe conditions.

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