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Sunshine Coast 3 Day Backpack (hiking)

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Tue Jul 26 to Thu Jul 28, 2016

Leader: **Susan Holvenstot**

Co-Leader: **Krista Kaptein**

Before planning this trip, we had met NO ONE hiking this 180 km hut-to-hut trail. And only a 5:30 am ferry ride away in Powell River. So we set off from the southern end, to climb Mt Troubridge, the highest point, with only maps and hopes for a well signed trail to guide us. We were not let down. The trail is well made, and well signed, the huts are large - Rainy Day Lake is open air with a loft, and Mt Troubridge is bug-proof and winterized with a stove - and few people during our 2 nights.

We met only a few people, one a Belgian woman who was hiking the whole trail in 10 days, casually mentioning that she had also hiked the PCT (Pacific Crest Trail) and other long trails. She considered this one a warm-up for the West Coast Trail. ("I wonder if she's famous." Krista)

The views on the first and second days were spectacular, all those little islands, peninsulas, and waterways of the Sunshine Coast. The view from Mt Troubridge was full on 360 degree splendour with mainland glaciers on display. The Mt Troubridge cabin is about 1 hour downhill and in the trees. But a lovely swimming lake and dock make it a great spot. We had the cabin to ourselves that night.

The last day out was mostly in the trees, with a long section of old logging road, greened up, pretty, and making for fast travel. We asked the few people we met which places they liked the most, and Walt Hill hut, and Tin Top cabins were highly recommended. Both those are also winterized cabins with stoves, so look for a winter snowshoeing trip up there.

Thanks to Krista for the maps, and GPS distances which follow, and to Frank and Harold for vehicle shuttles.

We got in the ferry line up 3 hours early, so went for an early dinner at the Costa del Sol Mexican restaurant, retuning home less than 62 hours after we left, with an incredible hike accomplished.

Day 1: Saltery Bay to Rainy Day Lake Cabin: SCT km 178 - 169 (actual = 9.5 km)

Day 2: Rainy Day Lake to Mt Troubridge & Jocelyn Pond Cabin: SCT km 169 - 158 (actual = 10 km)

Day 3: Jocelyn Pond to Lois Main logging Rd : SCT km 158 - 145 (actual = 12 km)

Total actual km=31.5

Excellent maps of the SCT available here: <http://sunshinecoast-trail.com/plan-your-hike/maps/> Our route is shown on the last topo map.



At the Saltery Bay Trailhead, km 178
[Krista Kaptein photo]



First Bridge heading north (Last Bridge heading south!)
[Krista Kaptein photo]



A moderate section of the trail to Rainy Day Lake
[Krista Kaptein photo]



Woodland Penstemon along the trail
[Krista Kaptein photo]



View from Green Hat Viewpoint
[Krista Kaptein photo]



1st night: Rainy Day Lake Cabin, km 169
[Krista Kaptein photo]



Excellent swimming at Rainy Day Lake
[Krista Kaptein photo]



Spectacular View of Jervis Inlet
[Krista Kaptein photo]



Prince's-pine in the woods

[Krista Kaptein photo]



Western Toads were everywhere
[Krista Kaptein photo]



View of mainland glaciers & mountains
[Krista Kaptein photo]



*At the top of Mt Troubridge, km 159: highest point on the
SCT at 1300m elevation
[Krista Kaptein photo]*



*A familiar view from the summit
[Krista Kaptein photo]*



*This is the Mt Troubridge Summit Cabin??
[Krista Kaptein photo]*



Nope, this is it!
[Krista Kaptein photo]



*2nd night: Mt Troubridge Cabin, actually at Jocelyn Pond,
km 158*
[Krista Kaptein photo]



Jocelyn Pond: warm on top, chilly below
[Krista Kaptein photo]



King Gentian at Elephant Lake
[Krista Kaptein photo]



Indian Pipe along the final trail
[Krista Kaptein photo]



Beer reward! end of our hike at km 145
[Krista Kaptein photo]

Report contributors: Susan Holvenstot, Krista Kaptein,

Participant list (4 of 4): Susan Holvenstot, Frank Hovenden, Krista Kaptein, Harold Osborne,

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