



PACIFIC RIM NATIONAL PARK RESERVE WEST COAST TRAIL 2013 HIKER PREPARATION GUIDE



As one of 44 national parks and national park reserves across the country, Pacific Rim National Park Reserve protects for all time a significant example of Canada's natural and cultural heritage to encourage public understanding, appreciation and enjoyment for present and future generations.

Backed by the Insular Mountain Range of Vancouver Island and facing the open Pacific Ocean, Pacific Rim National Park Reserve (PRNPR) represents and protects both the near shore waters and the coastal lowland forests of Canada's west coast. PRNPR is composed of three units; Long Beach, the Broken Group Islands, and the West Coast Trail (WCT).

The 75 kilometers (47 mile) WCT is part of the ancient paths and paddling routes used for trade and travel by First Nations. Huu-ay-aht, Ditidaht, and Pacheedaht villages and camps were well established before the foreign sailing ships started to arrive off this coast over 200 years ago.

As the years passed and the number of ships sailing the Juan de Fuca Strait increased so too did the number of shipwrecks and drownings along the coast. In time, the coastline became known as "the Graveyard of the Pacific".

To aid sailors navigating the shoals, currents, thick fogs, and winter storms of the west coast, the government of Canada established the Cape Beale Lighthouse in 1873 and the Carmanah Lighthouse in 1891. By the time the Carmanah Lighthouse was operational, a telegraph line had been strung through the trails and traditional territories of the Huu-ay-aht, Ditidaht, and Pacheedaht First Nations to establish communications between the lighthouses and Victoria.



While the lights and lines helped, they were not enough to stop the number of shipwrecks from growing. In 1906, when the steamship Valencia went down with the horrific loss of more than 125 lives, the public outcry prompted the Canadian government into further action: Pachena Lighthouse was constructed in 1907; lifesaving stations were established at Cloo-ose and Bamfield; the telegraph route was upgraded to become a life saving trail complete with six shelters stocked with provisions for both shipwreck victims and their rescuers.

As navigation technology improved, many of these measures became obsolete and were abandoned. In 1970 Pacific Rim National Park was established and in 1973, the lifesaving trail was included in the national park as a recreational hiking trail, beginning a new chapter in its history.

Today, backpackers know the trail as the West Coast Trail and come to see the beauty, experience the challenges and walk the path of those that have come before them. However, this rugged hike is not for everyone.



Pacific Rim National Park Reserve of Canada

All hikers in your group must be prepared for:

- 5-7 days in the backcountry.
- rugged, uneven ground: it takes approximately 2 days to travel the southern 22km of the trail between Gordon River and Walbran Creek.
- slippery conditions on muddy trails, wooden surfaces, boulders and rocky shorelines.
- wading rivers, climbing ladders, using cable cars, following an irregular trail, negotiating steep slopes and earth slumps.
- damaged structures: trail maintenance is ongoing and the condition of structures can change at any time.
- a temperate rainforest climate. Rainfall averages 330 cm (130 in.) per year with heavy rainfall possible at any time, and frequently in May and June. Floodwaters can delay hikers for days. Fog is common, especially in July and August. The average summer temperature is 14° Celsius (57° F.). Incidents of hypothermia and physical injury increase significantly during prolonged wet periods.
- accidents and injuries: it may take more than 24 hours for help to arrive.

The West Coast Trail is for hikers who are:

- experienced in overnight backpacking, experienced group leaders cannot compensate for inexperienced hikers.
- able to hike long distances through rough terrain with a full backpack (recurring knee, back or ankle injuries are often aggravated on the trail).
- prepared to have a wilderness experience.
- able to wait if conditions warrant delays.
- over twelve years of age (Parks Canada will not issue a permit to children under 6).

Pets and firearms are not allowed on the trail.

PLANNING YOUR TRIP

The WCT is open from May 1st to September 30th.

Prolonged periods of heavy rain, strong winds, high tides, large waves and short days necessitate closing the trail from October 1st to April 30th.

Maximum group size is 10. The only exceptions are school groups starting the trail between May 1st - 20th and September 20th to 26th. Up to 18 hikers may be in these school groups.

Access points: Pachena Bay (north) and Gordon River (south).

Exit points: Pachena Bay, Gordon River and Nitinat Lake.

Access or exit at any other point is not permitted unless an evacuation is required. (Reference map located on page 13). Anyone interested in traveling the Nitinat Triangle or Cape Beale Headlands is required to contact the WCT Information Centre for information and permits.

Ditidaht First Nation's Tenting:

The Ditidaht First Nation are offering a luxury tenting opportunity at Tsuquadra, on their traditional lands. These 4 person tents are complete with a wood burning stove, wood floors, cots, and an outdoor deck. To find out more email Westcoasttrail.com

WCT RESERVATION SERVICE & PERMITS

All people using the WCT unit require a park use permit.

Day users require a Day Use Permit; day users are persons entering and exiting from the trail on the same day at the same location.

Overnight Users require a WCT Overnight Use Permit. Permits are issued at the WCT Information Centres.

In the shoulder seasons , May 1st - June 14th and Sept 16th - 30th , Parks Canada does not restrict the number of hikers that can access the trail. Upon completion of the orientation process, all hikers can begin the trail.

During peak season, **June 15th to Sept 15th**, to avoid overcrowding and reduce environmental damage, Parks Canada limits the number of overnight hikers to sixty (60) per day.

Hikers can access the trail by either making a reservation or registering on the standby list. Per day, fifty (50) spaces are available to hikers with reservations and ten (10) spaces are available for standby hikers. Unused reservation spaces are also made available to standby hikers.

Standby List: Hikers can register on the standby list when they arrive at either the Pachena Bay or Gordon River WCT Information Centre. Wait times have occasionally reached two days.

New this year: reservations can be made as of April 17th for any date during the reservable period: June 15th to Sept 15th.

Reservations are available online and through the Parks Canada Call Centre up to 2 days prior to departure.

Reservation Service	Online	Call Centre
Reservation Service is available April 17 th - September 13 th , 2013 7 days a week	24 hours a day	8 a.m. - 6 p.m., PST
Contact	reservation.parkscanada.gc.ca reservation.parcscanada.gc.ca	1-877-737-3783 (Canada & USA) 250-726-4453 (International)

When making a reservation, have the following ready:

- preferred start dates - first choice and alternate dates;
- the access you plan to start from - Pachena Bay or Gordon River;
- the number of hikers in your group;
- an email address to send confirmation and orientation information to; and
- means of payment: Visa, MasterCard or American Express.

FEES

An overnight use fee is required of all overnight users of the WCT. These fees help support the cost of operating the WCT (e.g. rescue services, information services, regular maintenance, construction of ladders, cable cars and bridges).

Ferry fees pay for passage across the Gordon River and Nitinat Narrows, a service provided by the Ditidaht and Pacheedaht First Nations throughout the hiking season. Your proof of payment for the ferries is your WCT Overnight Use Permit. Be prepared to show this to the ferry operators. Hikers without a valid permit will be denied passage.

A reservation fee is applicable when making a reservation.

WCT Fees	
Reservation Fee	\$24.50
WCT Overnight Use Fee	\$127.50
Ferry Fee Gordon River	\$16.00
Ferry Fee Nitinat Narrows	\$16.00

All fees are listed per person and in Canadian funds.

- Hikers making a reservation pay the above fees at the time of their reservation.
- Standby hikers pay the above fees at the WCT Information Centre where cash, traveler's cheques, VISA, MasterCard, American Express debit cards and American currency are accepted.
- Visit our website or contact the national park for an up-to-date fees schedule prior to your departure. Fees may change at any time.

CANCELLATION POLICY

- **Reservation Fee:** non-refundable.
- **Ferry Fees:** refunds for unused ferry services are available at the WCT Information Centres.
- **WCT Overnight Use Fee:** cancellations made 21 days or more before the hike start date are eligible for refund. A cancellation fee of \$11.00 (web) or \$13.50 (voice) per booking applies.

TRANSPORTATION TO AND FROM THE WEST COAST TRAIL

Parks Canada provides this listing for the convenience of hikers. It is not intended as a testimonial for the services. Hikers make their own arrangements for transportation services. Refer to the map and telephone numbers provided on pages 11 - 13. Reservations are recommended.

Vehicles can be left at a number of locations near the access points. Ask for details at the WCT Information Centres.

To Pachena Bay WCT Information Centre, 5 km south of Bamfield:

- Drive on gravel logging roads from Port Alberni (2 hrs) or Duncan (3 hrs).
- Bus from Victoria (4 hrs), Nanaimo (3 hrs), with the West Coast Trail Express.
- Ferry from Port Alberni (passengers only no vehicles) (4 hrs) with Alberni Marine Transport Ltd.

Nitinat Narrows to Nitinat Village:

- The Nitinat Water Taxi usually makes a trip at 5:00 p.m. from the Narrows to Nitinat Village.
- Nitinat Village is a small, remote community; an overnight stay may be required.

To Gordon River WCT Information Centre, 5 km north of Port Renfrew:

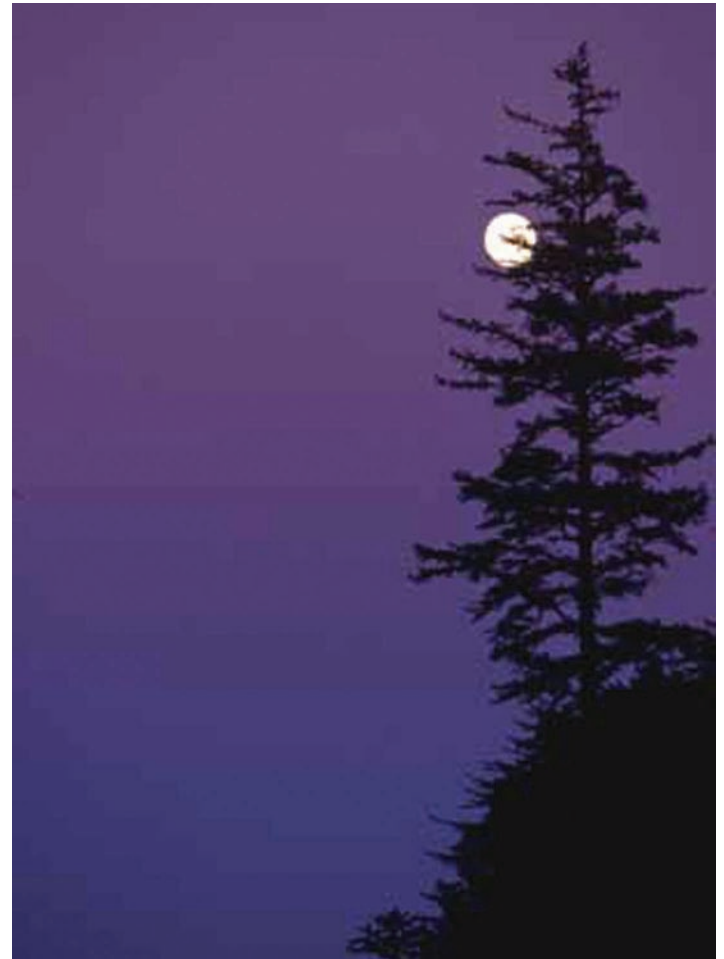
- Drive from Victoria via Highway 14 (2 hrs).
- Bus from Victoria (2 hrs) with West Coast Trail Express.

Between Port Renfrew, Nitinat and Bamfield:

- Bus (3 hrs) with West Coast Trail Express.

MAKE A TRIP PLAN

Before you leave for the trail, write a trip plan: leave it with a responsible person (e.g. friend or family member). Detail where you are going, with whom, when you plan to return, and what to do if you do not return as planned. A WCT Overnight Use Permit does not fulfill this role.



AT THE ACCESS POINTS

There are basic tourism services at, or near, both access points and Nitinat Village. These include accommodations, campgrounds, phones, fuel, some groceries, and food services. There are no banking services in the villages of Bamfield, Port Renfrew, and Nitinat.

Orientation Session

All overnight users of the West Coast Trail participate in an orientation session and obtain a WCT Overnight Use Permit.

The purpose of the orientation process is to:

- reduce the number of hiker injuries by addressing common safety issues.
- reduce environmental impacts by providing backcountry etiquette information.
- provide information about current issues and trail conditions.
- provide a brief history of the West Coast Trail and its place in Canada's heritage.
- issue the WCT Overnight Use Permit and collect fees.

If you have a reservation, bring your reservation confirmation information to the orientation.

Hikers with reservations will be issued a waterproof Pacific Rim National Park Reserve West Coast Trail Map when they register on the trail. Hikers on stand-by can purchase the map at the WCT Information Centre.

- Orientations are offered at 9:30 a.m., 1:00 p.m., and 3:30 p.m at both WCT Information Centres.
- Reservations are not necessary for the orientation process.
- The orientation process takes about 1½ hours.
- Hikers may register and participate in an orientation session as early as 3:30 p.m. the day before their hike starts.

- We strongly recommend hikers start the trail a minimum of 5 hours before sunset to ensure a camping area is reached before nightfall.
- If your party will arrive after 1:00 p.m. on the reserved start date you must contact the WCT Information Centre at your access point to prevent your reserved spaces from being given to hikers on stand-by.

At the end of your hike, register your party off the WCT. Return one copy of the WCT Overnight Use Permit to a WCT Information Centre. Permits can be placed in the drop box if the WCT Information center is closed.

Hiking from Gordon River to Camper Bay in one day is not advisable. Plan to camp at Thrasher Cove. Statistics show that most accidents occur later in the day in this area.

PROTECTING, PRESENTING AND PRESERVING

Parks Canada is responsible for ensuring the sustainability and integrity of the natural and cultural resources in its care. Everyone can help to protect the ecological integrity and cultural heritage of the West Coast Trail. Working with others, we strive to provide Canadians and international visitors with the opportunity to learn about Canada's heritage.

The entire national park falls within the traditional territory of the Nuu-chah-nulth, people who have inhabited Vancouver Island's west coast for countless generations. The Nuu-chah-nulth comprises many individual nations. The West Coast Trail Unit lies within the traditional territory and treaty settlement lands of the Huu-ay-aht, Ditidaht and Pacheedaht First Nations.

Parks Canada, the Huu-ay-aht, Ditidaht and Pacheedaht First Nations work collaboratively to ensure protection, preservation and presentation of these lands. We need your help. Respectful behaviour from all hikers will lead to a safe and rewarding experience and contribute to a healthy, functioning ecosystem.

BACKCOUNTRY ETIQUETTE: LOW IMPACT CAMPING

It is an offence under the Canada National Parks Act to collect, remove, destroy or deface any natural or cultural heritage resource within national park boundaries. This includes defacing artifacts, cutting trees for firewood or makeshift shelters and collecting or removing marine life, shellfish, fossils, artifacts, plants, etc. Leave Pacific Rim National Park Reserve in as good or better condition than you found it.

Use a stove and minimize fires. Do not rely on fires for cooking, staying warm or drying out. Small driftwood fires are permitted below the high tide line on beaches: fires are not permitted in the forest. Use only driftwood (no thicker than your wrist): do not cut vegetation, trees or other plants, and keep fires away from logs. Make sure fires have burned out, or are extinguished with water, and dismantled. No trace of the fire should be left.

Ensure safe water and health conditions: use outhouses when possible. If you are stuck between outhouses, dig a hole 20 centimetres (7 inch) deep, at least 30 metres (three bus lengths) away from water sources, campsites or the trail. Bury the human waste. Dispose of toilet paper in outhouses or pack it out. Pack out hygiene products.

Ensure all washing (bodies, clothes, and dishes) is carried out in the ocean or at the mouth of rivers. Dispose of any dirty water at least 30 metres from drinking water sources. Use only biodegradable soap.

Schedule your hike to camp at designated campsites. Camp on the beach above the high-tide line to reduce the impact and soil compaction in vegetated areas.

Your actions can kill wildlife and endanger hikers. Hang your food, garbage and toiletries out of reach of animals and away from tents.

Items should be a minimum of 4 metres (10 feet) off the ground, 3 metres (8 feet) from the trunk of the tree and 3 metres down from the limb. Use metal food lockers if they are available.

Pack it in, pack it out. There are no garbage cans on the WCT: everything you pack in you must pack out, including orange peels, hygiene products, tarps, ropes, and wet clothes. Before arriving at the trail, minimize packaging to reduce garbage and weight.

Fishing is permitted on the WCT. Carry the appropriate licenses (Non-Tidal Angling License and Tidal Waters Sports Fishing License) and follow the regulations and closures.

First Nation reserves and treaty settlement lands located along the WCT are private property. The First Nations welcome you and ask that you stay on the main trail and obey all signs. Patrol cabins are not for hikers.

Respect other visitors and protect the quality of their experience.

A SAFE AND ENJOYABLE TRIP

Travel in the backcountry requires special attention to safety. Hazards are numerous.

Eighty to 100 seriously injured hikers are evacuated from the WCT every season.

Approximately 200 hikers per year sustain minor injuries, and manage to limp off the trail. A considerable number of injuries on the WCT involve unprepared and inexperienced hikers. Be prepared to hike, all members of your party should be prepared to be carrying a heavy backpack for 5-7 days.

Ensure that your party takes time to enjoy your experience. Many accidents and injuries occur when hikers are rushing, not paying attention to terrain, tired, or hiking too late in the day. **Respect the capabilities of the slowest group members.** Take adequate rest breaks, and **keep the group together. Never split up the group.**

During wet, rainy weather, occurrences of physical injury and hypothermia increase significantly. Hypothermia is the lowering of the core body temperature; if not stopped, symptoms can progress from slurred speech and lack of co-ordination to uncontrolled shivering to loss of consciousness and finally heart failure. **Ensure your party is warm, dry and well fed.**

Assume all walking surfaces are slippery at all times, especially during damp or rainy periods. Slippery conditions on muddy trails, wooden surfaces, boulders and rocky shorelines are a major hazard. Hiking too fast, fatigue, poor light conditions, improperly balanced or heavy packs and inadequate footwear all contribute to injuries and accidents.

Bridges and Ladders: All structures along the trail are maintained regularly; however, harsh climatic conditions mean that their condition may change. Special care should be taken on any built structure. No more than two persons should be on a ladder or bridge at one time. Large groups should allow extra time to progress past ladder sections.

Cable Cars: Keep your fingers, hands and hair away from the pulleys. Only two people (and their gear) per cable car. Platforms can be very slippery: use caution. To enter, use the rope to pull the car towards you. Hold the car steady while you load your gear, then carefully enter and stay seated. When crossing the river, let the rope go and gravity will move the car down the rope to the middle of the river. You must then pull the rope hand-over-hand to reach the platform on the other side. Hold the rope so that the car stays flush with the platform, and carefully unload. **Do not bounce or sway the car. Never bring it on, or tie it to, the platform.**

Hikers must wade across some creeks and rivers. Be prepared to wait for flood waters to subside; this may take one or more days. Wait for safe water levels and low tides, undo your pack hip-belt (if you fall, you can slip out of your pack more easily) and wear running shoes or sandals. Avoid crossing surge channels.

High tides can make beach walking very difficult and sometimes impossible.

Carefully follow both the tide tables (Tofino) and WCT map to avoid being trapped or cut off. Watch also for large ocean waves and swells. Consider the overnight high tide when pitching your tent on the beach.

Tsunamis: dangerous as they are, they do not happen very often. If the ground shakes under your feet, or you see the waterline quickly recede from the shore, a tsunami may be coming. **Move to higher ground.** Follow tsunami evacuation routes.

Drinking water is available from most rivers and creeks. Collect water upstream, then purify, boil or filter it.

From May to October, the WCT is closed to harvesting and consumption of all bivalve shellfish (clams, mussels, & oysters) due to regular occurrences of Paralytic Shellfish Poisoning (PSP). PSP can result in serious illness or death.

LIVING WITH WILDLIFE

Black bears, wolves and cougars use the beaches and trails. All wild animals are potentially dangerous. **To avoid a dangerous encounter with wildlife stay alert and keep these points in mind:**

- Keep food and garbage inaccessible to wildlife; they are attractants.
- Keep children close to you.
- If you encounter a predator, face the animal and retreat slowly, giving them an avenue of escape; do not run or play dead.
- In the unlikely event of an attack, try to appear big and aggressive: shout, wave a stick or throw rocks.
- Knowledge, alertness and a clean campsite can help avoid a dangerous encounter. Never approach a predator. Always give them an avenue of escape.
- If you encounter a predator, **do not run** - it may trigger an attack. Follow the recommendations in *You are in Bear Country* and *You are in Wolf and Cougar Country*.
- Read the hiker advisory at the trailhead, and talk to the Parks Canada staff at the WCT Information Centres if you have questions.

Each hiking party is responsible for assisting injured members of their party. If you are injured,

- **but can hike**, try to get off the trail at the nearest exit with assistance of your party or other hikers; you should not continue hiking in the hope that your condition will improve.

- **and cannot hike** to the nearest exit, follow the instructions in the West Coast Trail Safety Information sheet that is issued to all hikers with the WCT Overnight Use Permit. National park staff are responsible for patrolling the WCT and assisting injured hikers. The majority of evacuations are done by park public safety specialists by boat, though a serious or complex evacuation may require assistance from other agencies.

Parks Canada staff will evacuate injured hikers to the nearest exit point, ambulance or medical facility. This is not necessarily the most convenient location for the injured hiker.

Minor complaints such as blisters, sore feet, fatigue and lack of food do not warrant evacuation.



EQUIPMENT

To enjoy your WCT experience you must be comfortable; use quality, lightweight equipment. Your pack should weigh a maximum of 1/4 (women) to 1/3 (men) of your body weight. Reassess the content of your pack if it is heavier than this.

- **Sturdy boots:** High quality hiking boots with good ankle and arch support are required. Soft rubber soles provide better traction on slippery surfaces than hard soles. Do not break in new boots on this hike. Sandals or running shoes are good for wearing around camp and for river crossings.
- **Rainwear and warm clothing:** Bring a durable waterproof jacket and pants; under-layers that keep you warm when wet and are quick to dry, as well as a warm hat and gloves.
- **Lightweight backpacking stove and fuel.**
- **High energy, lightweight, quick-cooking food.**
- **Backpacks** require a padded hip belt and should be lined with plastic bags.
- **A tent with a waterproof fly is absolutely necessary.**
- **Sleeping bag:** Synthetic fills are preferable, as down bags lose warmth when wet. Pack sleeping bags in waterproof bags and carry them inside the backpack.
- **Closed-cell foam sleeping pad.**
- The latest edition of the **Pacific Rim National Park Reserve West Coast Trail Map**, tide tables (Tofino) and a watch for use with tide tables.
- **First aid kit** that includes treatments for blisters and insect stings.
- **15 meters (50 ft)** of synthetic rope per group to hang food, use as clothes-line, etc.

- **Cellular phones** work on many of the beaches. Check with your carrier to see if they have coverage in this area. Another option is a marine VHF radio.

Also consider:

- an emergency signaling device
- cash for unexpected emergencies (some places only take cash such as the Nitinat Lake Water Taxi)
- water container, water purification equipment
- toilet paper
- zip-lock type plastic bags for keeping permits and other small items dry
- lighter or waterproof matches
- fire starter
- garbage bags to pack out all your refuse
- gaiters
- sun screen
- lip screen
- sunglasses
- hand sanitizer
- toiletries
- flashlight
- weather radio
- repair kits for equipment
- lightweight shoes for camp and river crossings
- cooking and eating utensils
- hiking staff or collapsible poles

Do not bring an axe, firearms or pets!



CONTACT PACIFIC RIM NATIONAL PARK RESERVE	
West Coast Trail Reservation Services	1-877-737-3783 (toll free Canada and the US) 250-726-4453 (outside the toll free area) reservation.parkscanada.gc.ca
West Coast Trail Information Centre Pachena Bay (Bamfield)	Phone: 250-728-3234 Open daily 9:00 a.m. to 5:00 p.m., (May 1 to Oct. 5)
West Coast Trail Information Centre Gordon River (Port Renfrew)	Phone: 250-647-5434 Open daily 9:00 a.m. to 5:00 p.m., (May 1 to Oct. 5)
Pacific Rim National Park Reserve Administration Office	2040 Pacific Rim Highway P.O. Box 280, Ucluelet, BC V0R 3A0 250-726-3500 (year-round)
Pacific Rim National Park Reserve Resource Conservation & Park Warden Office	1-877-852-3100 (24 hours, toll-free)
Park Information Centre - Ucluelet	2791 Pacific Rim Highway 250-726-4212 Open daily May – mid October
Email:	pacrim.info@pc.gc.ca
Website:	www.pc.gc.ca/pacificrim

OTHER HIKER SERVICES (subject to change)	
Alberni Valley Chamber of Commerce	2533 Redford Street Port Alberni, BC V9Y 7L6 250-724-6535 avcoc@alberni.net www.avcoc.com
Bamfield Chamber of Commerce	250-728-3006 info@bamfieldchamber.com www.bamfieldchamber.com
BC Ferries	1-888-223-3779 or 250-386-3431 (international) *BCF on cell www.bcferrries.bc.ca (Vancouver, Victoria, Nanaimo)
Butch Jack Hiker Ferry Service	250-647-5517 Butch023@telus.net (Gordon River Trailhead)
Fisheries and Oceans Canada Pacific Region	Port Alberni Office 250-720-4440 Fishing and Paralytic Shellfish Poisoning Information 24 hour line [sub area 23 (8)] 604-666-2828 or 1-866-431-3474 www.dfo-mpo.gc.ca

OTHER HIKER SERVICES (subject to change)	
Lady Rose Marine Services (Passenger Ferry)	1-800-663-7192 or 250-723-8313 (April 1 - Sept 30) www.ladyrosemarine.com (Port Alberni to Bamfield passenger ferry)
Nitinat Lake Water Taxi	250-745-3509 (across Nitinat Narrows and to Nitinat Village)
Nuu-chah-nulth First Nations Tribal Council	1-877-677-1131 or -250-724-5757 www.nuuchahnulth.org
Report Marine Pollution	1-800-889-8852
Tide Tables (Tofino)	www.lau.chs-shc.gc.ca
Tofino Air	1-888-436-7776 or 604-740-8889 www.tofinoair.ca Between: Vancouver-Bamfield-Tofino
Victoria Clipper (Passenger Ferry)	1-800-888-2535 or 250-382-8100 www.victoriaclipper.com (Seattle to Victoria)
Weather Forecasts	VHF Channel 21 B Continuous automated forecast: 250-726-3415 www.weatheroffice.ec.gc.ca
West Coast Trail Express Bus	1-888-999-2288 or 250-477-8700 www.trailbus.com (Victoria, Nanaimo, Bamfield, Nitinat Village, Port Renfrew)

SOUTHERN VANCOUVER ISLAND AND THE WEST COAST TRAIL UNIT OF PACIFIC RIM NATIONAL PARK RESERVE OF CANADA

(This map is not intended for hiking purposes)



REFERENCES

Available from the WCT Information Centre:

- *The Pacific Rim National Park Reserve West Coast Trail Map*. Parks Canada 2012.
- *Canadian Tide and Current Tables Barkley Sound and Discovery Passage to Dixon Entrance*. Volume 6. Canadian Hydrographic Service. (Tofino Tide Table)