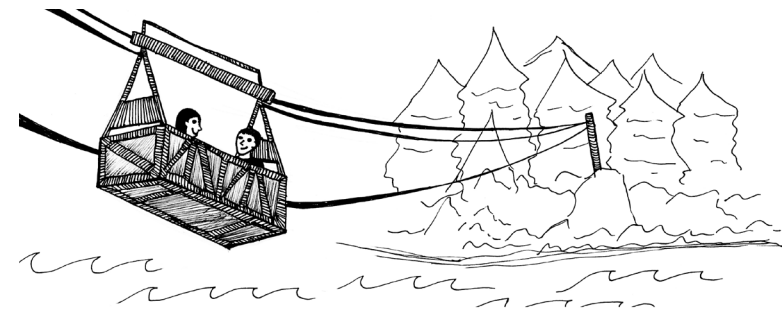


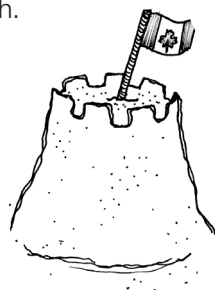
150 Adventures

in Pacific Rim National Park Reserve

Visiting the West Coast Trail, Broken Group Islands or Long Beach? Here is a bucket list of adventures to discover along the way! How many can you do?



- 82. Post a picture of your visit to social media and tag us (#PacificRimNPR).
- 83. Make a fish print at the K^wisitit Visitor Centre.
- 84. Yodel from the top of Radar Hill.
- 85. Catch the fog in a bottle at Wickaninnish Beach.
- 86. Learn about the first people to walk the West Coast Trail from a Trail Guardian.
- 87. Use the Bog Explora App.
- 88. Read the plaque at the Kap'yong Memorial on Radar Hill and wonder what Hallyeohaesang National Park in Korea looks like.
- 89. Talk to the Ucluelet Aquarium staff at the K^wisitit Visitor Centre.
- 90. Listen for the watery croak of ravens on the Schooner Cove Trail.
- 91. Learn about pink sand-verbena, one of the rarest plants in Pacific Rim National Park Reserve.
- 92. Throw a frisbee on Long Beach.
- 93. Look for bioluminescence in the ocean as the waves break at night.
- 94. Find the squeaking sand beach.
- 95. Look for signs of the old telegraph posts and insulator on the West Coast Trail.
- 96. Find a nudibranch in the intertidal.
- 97. Sit on a driftwood log.
- 98. Visit the welcome post at the K^wisitit Visitor Centre parking lot.
- 99. Count the stairs up from south Florencia Bay.
- 100. Watch for whales from the viewing deck of the K^wisitit Visitor Centre.
- 101. Hear the creation story and other Tseshaht history from a Tseshaht Beach Keeper.
- 102. Touch cedar bark.
- 103. Put your foot in the ocean at a negative tide.
- 104. Walk to the end of Florencia Bay and back.
- 105. Draw a picture in the sand on Lismer Beach.
- 106. Watch a bird fish for its dinner (kingfisher, osprey, blue heron,...).
- 107. Find the longest ladder on the West Coast Trail.
- 108. Watch for sea palms washed up on the beach after a storm.
- 109. Build a sandcastle.
- 110. Hike to Schooner Cove on a low tide.
- 111. Listen for the sound of sea lions.
- 112. Watch migratory shore birds feed on the beaches at low tide.



- 113. Find a glass ball.
- 114. Watch a murder of crows dig for blood worms.
- 115. Take your dog for a run in the surf... don't forget the leash!
- 116. Find a piece of marine debris with foreign writing and imagine where it came from.
- 117. Take a photo with the totem pole on the Nuu-chah-nulth Trail
- 118. Make and play a bull kelp trumpet.
- 119. Look for animal tracks (bear, wolf, cougar, eagles, crows, seagulls, mice, and hermit crabs) in the sand.
- 120. Learn about who the Nuu-chah-nulth people are.
- 121. Cross the 49th parallel.
- 122. Have a pic-nic on the beach.
- 123. Find "by the wind sailor" (velella velella) on the beach.
- 124. Watch the moon reflecting on the ocean at Incinerator.
- 125. Learn what a rip tide is and how to avoid it.
- 126. Identify seaside centipede lichen.
- 127. Discover what the military left behind after WWII.
- 128. Check out Wickaninnish Beach from the viewing deck at high and low tide – what a difference!
- 129. Take a walk in the fog.
- 130. Take a closer look at the beach hoppers in piles of kelp on the beach.
- 131. Ask a question to Parks Canada staff.
- 132. Collect a handful of beach plastic and deposit it in a bear proof garbage bin.
- 133. Play bocce ball on the beach.
- 134. Learn the significance of a "bare" campsite.
- 135. Find a wolf track in the sand in the Broken Group Islands.
- 136. Count how many different species of crabs you can find in one tidal pool.
- 137. Find out why Pacific Rim National Park Reserve is a national park reserve.
- 138. Draw a beach labyrinth in the sand.
- 139. Count moon snails in the Broken Group Islands.
- 140. Do yoga on the beach.
- 141. Take a selfie with a Parks Canada staff member.
- 142. Learn the meaning of "K^wisitit".
- 143. Watch for a surfer in the sunset at Long Beach.
- 144. Find a piece of beach glass.
- 145. Find the beach where a scene from The Twilight Saga: New Moon was filmed.
- 146. Identify the differences between a deer fern and a sword fern.
- 147. Observe the Perseid meteor shower from your campsite in the Broken Group Islands.
- 148. Look for scat that looks like berry jam.
- 149. Learn what Krummholz is and find examples at Combers Beach.
- 150. What can you come up with? _____

- 1. Watch a storm from the sunroom at the K^wisitit Visitor Centre.
- 2. Listen to the sound of stones being rolled by waves at South Beach.
- 3. Watch the sunrise at Grice Bay.
- 4. Ride a cable car on the West Coast Trail.
- 5. Listen for the cry of an osprey.
- 6. Contemplate the landscape from the red chairs at Radar Hill.
- 7. Count a flock of shorebirds.
- 8. Measure a banana slug.
- 9. Camp at one of the seven campsites in the Broken Group Islands.
- 10. Go on a guided rainforest walk.
- 11. Surf a wave at Wickaninnish Beach.
- 12. Discover how Valencia Bluffs got their name.

- 13. Visit the three sections of Pacific Rim National Park Reserve.
- 14. Learn the Nuu-chah-nulth word for “black bear” at the K^Wisitit Visitor Centre.
- 15. Ride a bike down Long Beach.
- 16. Run the Willowbrea Trail.
- 17. Wade across Sandhill Creek at low tide.
- 18. Count the great blue herons in the eelgrass at low tide at Grice Bay.
- 19. Make an etching from an interpretive panel on the Nuu-chah-nulth Trail.
- 20. Sit on the red chairs amongst the majestic trees on the Rainforest Trail.
- 21. Volunteer for an invasive dune grass pull.
- 22. Hitch a ride on a giant slug at the K^Wisitit Visitor Centre.
- 23. Locate Keeha Beach on a map.
- 24. Paddle board around a bed of bull kelp.
- 25. Attend an evening presentation at Green Point Theatre.
- 26. Be CoastSmart and know before you go near the water at CoastSmart.ca
- 27. Go on the “Track the Wild” guided hike.
- 28. Visit the Tsashaht “first man” house post on Benson Island and learn about Tsashaht cultural history at Ts’ishaa.
- 29. Identify the difference between a crow and a raven.
- 30. Count the number of stairs down to Halfmoon Bay.
- 31. Explore a tidal pool on a guided shoreline walk.
- 32. Climb a ladder on the West Coast Trail.
- 33. Use the Dune Explora App.
- 34. Spot a flock of Whimbrel (giant bills) on the Grice Bay mudflats.
- 35. Find the brass geological survey marker at the top of Radar Hill.
- 36. Jump rope with a bull kelp.
- 37. Look through K^Wisitit Visitor Centre binoculars.
- 38. Count the number of trees that are 500 years or older on Schooner Cove Trail.
- 39. Write your name in the sand at Long Beach.
- 40. Take off your shoes and wade in Lost Shoe Creek.
- 41. Touch a sea star at the K^Wisitit Visitor Centre.
- 42. Play hockey on the beach.
- 43. Take a break on the red chairs at Valencia Bluffs on the West Coast Trail.



- 44. Toast a marshmallow at your campsite at Green Point Campground.
- 45. Find pelagic goose neck barnacles on drift logs on the beach.
- 46. Look for signs of a garter snake in the sand dunes.
- 47. Take a photo in the longhouse at K^Wisitit Visitor Centre.
- 48. Spot swimming swans in winter at Sandhill Creek or Grice Bay.
- 49. Identify a shorepine tree.
- 50. Find the derelict donkey engine on the West Coast Trail.
- 51. Catch a raindrop on your tongue.
- 52. Dig your toes in the sand at Swim Beach on Kennedy Lake.
- 53. Look for salmon returning to spawn.
- 54. Fly a kite at Wickaninnish Beach.
- 55. Visit a lighthouse on the West Coast Trail.
- 56. Track the trails made by purple olive snails at low tide.
- 57. Experience how prickly the needles of a Sitka spruce are.
- 58. Look for a half moon face along the Halfmoon Bay Trail.
- 59. Find a fishing float and remove it from the beach.
- 60. Learn a Nuu-chah-nulth placename on the map at the K^Wisitit Visitor Centre.
- 61. Visit the oTENTik at Long Beach and ask Parks Canada staff about the daily tides.
- 62. Learn the connection between Carelmapu & Valencia.
- 63. Photograph a crab moult on Long Beach.
- 64. Listen for the Pacific Tree Frog chorus (and look for their tadpoles in pools!).
- 65. Smell a skunk cabbage.
- 66. Discover the northern-most beach in the park reserve.
- 67. Find a sundew on the Shorepine Bog Trail.
- 68. Search for the Combers Beach Geocache.
- 69. Run the entire Long Beach.
- 70. Take a nap in the warm sand.
- 71. Use binoculars to find the red beaks of the oyster catchers on Lovekin Rock at Long Beach.
- 72. Stand underneath Tsusiat Falls.
- 73. Observe a freshwater mussel at Kennedy Lake.
- 74. Stand on the shore where Canadian painter Arthur Lismer painted scenery of the west coast.
- 75. Learn and share a hello in English/French and Nuu-chah-nulth.
- 76. Spot a juvenile bald eagle.
- 77. Watch the sea lions surf in front of Sea Lion Rocks.
- 78. Paddle a kayak in the Broken Group Islands.
- 79. Find out how Florencia Bay got its name.
- 80. Learn how to play Lahal (Stealing Sticks).
- 81. Gently touch a sea anemone with the tip of your pinky finger.



Share your adventures!

Post a picture of your adventure using the hashtag **#PacificRim150adventures**

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