



## **FOR IMMEDIATE RELEASE**

### **Sea to Sky Expeditions**

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### *Coastal Hiking in British Columbia, not your everyday walk on the beach!*

*Vancouver Island is your destination for the unique activity of coastal hiking.*

If your traditional image of hiking includes steep climbs, aching calves and wind-swept ridges with the occasional reward of a fantastic view, you will be surprised to know there is another completely different option. Hiking or backpacking along the rugged yet beautiful coastline of Vancouver Island is a wilderness experience that is a truly Canadian adventure.

Mark Waldbillig, owner and operator of Sea to Sky Expeditions, has been sharing the secret of coastal hiking with guests from around the world since 1988. "I've always said that everyone should try hiking along the shore at least once in their lives, it has so many different gifts to offer than those we usually find walking in the mountains. Vancouver Island is really quite a special place, where else will you find at least four parks protecting the shoreline and offering these great wilderness opportunities. Many other areas in the world claim to be coastal hikes but you rarely actually walk next to the water!"

Some of the advantages likely seem obvious, walking on long crescent shaped beaches of sand as the sounds and smells of the surf engulf you. Enjoying driftwood campfires, a rare backcountry camping privilege these days, and falling asleep to the rhythm of the ocean are also big benefits. Mark points out it isn't all easy beach walking though; "part of the appeal of these coastal walks is their variety. Yes there is beach walking but there are also amazing sandstone rock-shelves, polished pebble gravel sections and some of the most impressive coastal rainforest anywhere in the world." This of course also provides some challenges. Wet and slippery is a common theme here, and on the shore you have to be aware of which seaweeds are the slickest, know how to navigate the surge channels and always be aware of the tides. In addition, "The rainforest is so dense and full of roots that you are constantly watching your feet, coastal hiking is definitely still quite technical" says Mark.

The rewards simply outweigh the challenges though. Beth Dempster, one of Sea to Sky Expeditions lead guides, has lead over 50 trips on Vancouver Island's world-famous West Coast Trail. She says "there is just so much to see; On the coast your chances of seeing marine wildlife are better than what you would

likely see in the forest. The tide pools alone could take a library of books to describe and you constantly have an eye out for river and sea otters, seals, sea lions and of course the tell-tale blow of a Grey Whale or passing Orca.”

There are a few places where you can experience this coastal adventure for a day-hike, but “In my opinion” said Beth, “the very best adventures are the longer, multi-day hikes, where you immerse yourself in this different environment for long enough to sense its rhythm and lose track of your normal routines.” Even if your ‘normal routines’ include backpacking and wilderness camping in other regions, the coast has something amazingly different to offer.

### **About Sea to Sky Expeditions**

Sea to Sky Expeditions has been leading quality wilderness sea kayaking, hiking, canoeing and rafting adventure trips for 21 years. We provide a safe wilderness experience that stirs within our guests the same love, caring, and enthusiasm for nature and the great outdoors that our guides possess. For more information visit Sea to Sky Expeditions’ website at <http://www.seatoskyexpeditions.com> or call 1.800.990.8735 (toll free in North America) or international at 1.604.594.7701 to book a trip.

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If you would like more information on this topic or to set-up an interview with please contact:

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