

WINTER EXPEDITION SERIES 2023

# Cross The Highlands.

Traverse the Cape Breton Highlands National Park.

“Cape Breton Highlands National Park is a Canadian National Park on northern Cape Breton Island in Nova Scotia. The park was the first national park in the Atlantic Canadian Provinces and covers an area of 948 square kilometres (366 sq mi). It’s home to some of the largest waterfalls, breathtaking rocky coastlines, Acadian and Boreal forests and home to the highest point in Nova Scotia, White Hill, at 533.5m (1,750 ft) above sea level.”

For expedition dates, price and all other information please visit our website

[HTTPS://LIVELIFEINTENTS.COM/CROSS-THE-HIGHLANDS-EXPEDITION](https://livelifeintents.com/cross-the-highlands-expedition)

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## Overview

<b>LOCATION</b> CAPE BRETON HIGHLANDS NATIONAL PARK	<b>DIFFICULTY</b> HARD	<b>DISTANCE PER DAY</b> 8-12KM (approx. 7-8hrs)
<b>DURATION</b> 7 DAYS (5 DAYS TREKKING)	<b>DISTANCE</b> APPROX. 68KM	<b>SEASON</b> WINTER

## Crossing The Highlands

The Cape Breton Highlands National Park is world renowned for its front country hiking trails however, very few people ever venture into the interior. Although most might not think of the CBHNP as a winter backcountry destination, let us be the first to tell you that it's a perfect frigid landscape to test your skills, push yourself and, develop unforgettable memories along the way. Whether visiting White Hill has been on your bucket list for some time or you're looking for something to challenge yourself mentally and physically, this is the ideal experience for you.

With any winter backcountry trip, there comes a unique set of challenges and us at LLIT take all situations into account when planning any more extreme multi-day trips. The weather on the highlands can change on a dime switching from warmer winter conditions to 100+km whiteouts with -30 Celsius (or more) temperatures.

Regardless of the trip, and time of year, we oversee every aspect of the planning process to make sure nothing is left to chance. Our team of guides are some of the most experienced backcountry guides in Nova Scotia and will coach each team member along the way to our departure date. At LLIT we strongly believe in educating and sharing knowledge we've gained from a lifetime of backcountry trips to properly prepare each team member for the challenge ahead.

Crossing the highlands represents a significant achievement to those who are new to or experienced in multi-day backcountry expeditions. If you're wanting to learn a lot about yourself and develop new skills to help you achieve any professional and personal goals, LLIT will help you get there, every step of the way.

## Itinerary

This itinerary has been tested over year of experience navigating the backcountry of the CBHNP. As with any activity of this type, there can sometimes be situation that occur that may force us to make alterations to these plans. Sometimes these are changes pre-trip however many times they are gametime decisions made while out on a trip. We make every effort to stick to this schedule, we kindly ask your patience if the weather, or other naturally occurring circumstances intervene.

### DAY 01

ARRIVE AT THE INVERARY RESORT FOR PRE-TRIP BRIEFING, FOOD DISTRIBUTION AND FINAL GEAR CHECK.

### DAY 02

TRANSFER FROM INVERARY RESORT TO FRANNEY TRAILHEAD. 1<sup>ST</sup> CAMP OVERLOOKING CLYBURN RIVER VALLEY.

### DAY 03

WHITE HILL. CAMPSITE 2 NEAR ISLAND BARREN.

### DAY 04

CROSS THE PINNACLE. CAMPSITE 3 NEAR CHETICAMP RIVER TRIBUTARY.

### DAY 05

CAMPSITE 3 OVERLOOKING SALMON POOL TRAIL / CHETICAMP RIVER.

### DAY 06

DESCENT TO SALMON POOL TRAILS. TRANSFER TO INVERARY RESORT. TEAM DINNER AND DEBRIEF.

### DAY 07

DEPART INVERARY. MISSION COMPLETE.

## What's Included

At LLIT, we try to make each expedition as seamless as possible by including a lot of the items that you would not normally get on many other expeditions. We also operate using the very best equipment available to ensure the highest standards of safety possible. Here is a list of what's included in your booking.

### INCLUDED

- Transfers to and from accommodation to trail head
- 2 nights' accommodation
- All nights' accommodation in tents: Quality, waterproof, four-season tents.
- All park fees and permits
- Professional and experienced guides
- All main meals while on the trip
- Water filtration systems
- Stoves and fuel
- Basecamp gear: shovels, tarp, etc.
- Crisis management and safety procedures and protocols

### NOT INCLUDED

- Extra days at accommodation & meals after the completion of expedition
- Personal expenses (personal gear, beverages, incidentals, etc.)
- Insurance
- Tips and gratuities

## Requirements

Those wishing to join us on any winter expedition should have some prior hiking and backcountry experience and should be in good physical shape. Pre-trip training is seriously recommended.

The days are long and very physically and mentally taxing. Although you might have previous summer backcountry experience, adding sub-zero temperatures into the equation adds a whole new complexity to the experience.

Before registering to any expedition with us, each potential team member is required to fill out an initial questionnaire where we ask to share experience information so our staff can review closely.

As with all our multi-day expeditions, LLIT will provide pre-trip coaching to prepare each team member as best as we possibly can in the months leading up to the departure date. We will provide one-on-one support to get you from the start to exit point as efficiently and safely as possible.

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## Equipment

With each activity undertaken by LLIT, certain specialised gear may be required and may have to be purchased. Please see our fill kit list below:

*\*Please note that absolutely no cotton clothing items are permitted.*

- GAITERS: GORETEX OR WATERPROOF
  - TREKKING POLES: TWO COLLAPSABLE WINTER/SKIING POLES WITH CUPS
  - HIKING / WINTER BOOTS: WATERPROOF HIKING BOOTS DESIGNED FOR HIKING IN COLD CONDITIONS.
  - PACK – 60L OR MORE
  - -18C OR GREATER SLEEPING BAG W/ COLLARED HOOD
  - 4 SEASON TENT OR BIVVY
  - SNOWSHOES – ONE PAIR SUITABLE FOR WINTER & YOUR WEIGHT + PACK WEIGHT\
  - WATER BOTTLES – TWO 1L INSULATED WATER BOTTLES OR NON-INSULATED W/ INSULATED CARRIER
  - SLEEPING PAD – FOAM OR INFLATED OR COMBINATION. R-VALUE 5+
  - HEADLAMP 200-300 LUMENS
  - KFS – KNIFE, FORK, SPOON
  - MUG – FOR COFFEE/TEA
  - BASECAMP BOOTIES – SYNTHETIC
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- HIKING SOCKS: MIDWEIGHT TO HEAVYWEIGHT HIKING SOCKS. WOOL OR SYNTHETIC ONLY.
- BASE LAYERS – MIN OF TWO TOP AND BOTTOM. SYNTHETIC OR WOOL.
- MID LAYER – FLEECE, PUFFER, OR VEST. AT LEAST ONE.
- HARD-SHELL / JACKET – WATERPROOF. USED DURING THE DAY.
- SOFTSHELL / PUFFER JACKET – USED AT BASECAMP
- HARD-SHELL PANTS – WATERPROOF
- BUFF - AT LEAST ONE
- LIGHT INSULATED GLOVES
- HEAVY INSULATED GLOVES
- BALACLAVA – FOR FACEPROTECTION
- TOQUE – AT LEAST ONE
- SKI GOGGLES – LIGHT POLARIZED TINT RECOMMENDED
- Pee funnel (Women)
- HAND AND TOE WARMERS
- EXTRA PLASTIC GROCERY BAGS
- BRING ALL PERSONAL PRESCRIPTIONS, IBUPROFEN, VITAMINS AND ANYTHING ELSE NEEDED
- MULTI-TOOL AND / OR KNIFE

## Payment / how does it work?

Before registering for any expedition, you must apply and complete the initial questionnaire for review. Each application comes with a non-refundable \$25 fee which will be credited towards your registration fees once reviewed.

A deposit of \$500CAD is required to confirm your spot on any upcoming expedition. Balance is due 28 days prior to the departure date.

All payments can be made with any major credit card or e-transfer. Electronic bank transfers (wire transfers) are accepted however you will be responsible for all costs associated with the transfer.

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## Cancellation

In case the client decides to cancel their trip, at any time between booking and the time of the trip, some deduction will be made to the advance amount. This is due to the company's obligation to pay a certain amount for personnel and resources while booking them.

- Full refund if canceled up to 28 days prior to trip start date.
- 50% Refund if canceled between 28 and 14 days prior to trip start date.
- No refund will be provided if canceled between 14 days and trip start date.

ALL CANCELLATION REQUESTS MUST BE MADE VIA EMAIL ONLY. NO OTHER METHOD WILL BE ACCEPTED.

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## Insurance

It is recommended that Non-Canadian Residents have travel insurance suitable to cover them in the unlikely event and injury occurs.

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## Bookings

For all expedition dates, prices, and application information:

<https://livelifeintents.com/winter-expeditions>

For all questions and enquiries:

[Info@livelifeintents.com](mailto:Info@livelifeintents.com)