



Hours: (9-4:30 Every Day)
Phone: 800-715-HIKE (4453)
Email:









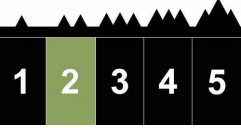




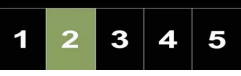
OLYMPIC BASECAMP TOUR

SEATTLE, WA

DESCRIPTION

This Olympic National Park [camping tour](#) is an opportunity to hike and explore two lush, temperate rainforests and the exciting and rugged Pacific coastline of the Olympic Peninsula, while enjoying the comforts of a front-country basecamp right on the ocean. Each day brings new sights and adventures as we explore the old-growth forests, dramatic sea stacks, stunning blue-green rivers, ever-changing tide pools, and long stretches of sandy beach right at our campsite. You'll be able to relax and let us take care of everything, so you can spend your time enjoying the sights of this unique region, photographing wild animals, searching for elusive banana slugs, identifying unique wild flowers, or simply relaxing on the beach.

Each morning we'll set out on a variety of select day hikes to introduce you to several amazing ecosystems found in the Pacific Northwest, replete with cultural and natural history, endless views, and astounding biodiversity: glacier and snow-fed rivers and streams, towering western red cedar forests, steep sea cliffs carved by the ocean, whales, otters, bald eagles and more! In the afternoons, we'll head back to our camp right along the Pacific Ocean to relax, enjoy a swim in the ocean, read a book on the beach, or go for a walk along the bluff. At night, we'll enjoy a wonderful, outdoor meal as we watch the sun set over the ocean, and relax around a campfire as we recount our daily adventures.

<p>Trip Type: Camping Hiking Tour</p>	<p>Difficulty Level: </p>
<p>Solitude Level: </p>	<p>Group Size: 2-10 Guests</p>
<p>Trip Length: 4 Days</p>	<p>Distance: 17+MI / 27+KM</p>
<p>Hiking Distances:</p>   <p>2-8 mi</p>	<p>Backpack Weight:</p>   <p>8-12 lbs</p>
<p>Terrain:</p>   <p>Lightly Rugged</p>	<p>Max Daily Elev. $\uparrow\downarrow$:</p>   <p>1770 ft</p>
<p>Heights Exposure:</p>   <p>Light</p>	

WHAT'S INCLUDED

- Top-of-the-line tent, sleeping pad, sleeping bag, and day pack
- Use of trekking poles
- All meals are included from breakfast the first day through lunch on the last day
- A professional, knowledgeable, certified Olympic National Park hiking guide

- Comprehensive, roundtrip transportation from your hotel in Olympia and back
 - All entrance fees, permits and passes
 - Emergency equipment including a company-issued first-aid kit and communication device (InReach Explorer or satellite phone)
 - Mandatory 3% national park fee that passes through directly to Olympic NP
 - A Lifetime Hiking Membership entitling you, your spouse and dependents to a discount of 10% off any Wildland hiking trip after your first one (must book directly with us to receive the discount)!
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WHAT'S NOT INCLUDED

- Clothes, raingear, and footwear
 - Sunscreen, toiletries and personal items
 - Water bottles and a headlamp or flashlight
 - Guide gratuity (industry recommendation is 10-20% of trip cost)
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Day 1

- Shuttle to the trailhead: 3 hours
- Hiking Mileage: 5 miles
- Elevation Gain: 1770 feet
- Elevation Loss: 1770 feet
- Accommodations: Kalaloch Beach Campground

This multi-day [Olympic National Park tour](#) begins with pick up at your hotel in Olympia, and a scenic drive out to the Olympic Peninsula. We'll head west through farmland and historic logging towns before reaching Lake Quinault and the amazing Quinault Rainforest, "Valley of the Giants." This region is home to six conifer trees that are recognized as the largest living specimens of their species.

After following the East Fork Quinault River, we'll leave the van behind to explore farther up the river valley

on foot. We'll gradually climb through towering Sitka Spruce trees, abundant moss, ferns, and wildflowers as we climb a small ridge. Here the trail quickly drops back down to rejoin the East Fork Quinault River where the blue-green waters cut through a narrow gorge. We'll stop to enjoy the fantastic views as we cross Pony Bridge, eat a delicious picnic provided by your guide(s), and relax along this serene river.

Once we've had our fill exploring the rainforest, we'll retrace our steps back to the van. We'll continue our drive out to the Pacific Ocean and set up camp at our scenic campsite set on a small bluff overlooking the ocean.

Day 2

- Shuttle to Trailhead: varies (up to 1 hour each way)
- Hiking Mileage: 4-8 miles
- Elevation Gain: ~400 feet
- Elevation Loss: ~400 feet
- Accommodations: Kalaloch Beach Campground

On day 2, after a hearty breakfast at camp, we'll set out for a day of exploration — this time of the beaches of the Pacific Ocean. This stretch of protected coastline within Olympic National Park is home to some of the most pristine and untouched coastal areas in the U.S. Pounding waves, rugged cliffs, and towering sea stacks await, as well as tidal pools filled with marine life.

We'll have time to play in the waves; hike along sandy and pebble-strewn beaches; soak up sweeping views; explore intimate tidal pools and keep a sharp eye out for large marine mammals. This area has something special for every taste!

Your guide will serve you a delicious lunch on the beach or trail, and we'll round out our fun-filled day with a beach BBQ or gourmet dinner and a campfire while enjoying the sunset over the Pacific Ocean.

Day 3

- Shuttle to Trailhead: 1 hour

- Hiking Mileage: 4-6 miles
- Elevation Gain: minimal
- Elevation Loss: minimal
- Accommodations: Kalaloch Beach Campground

On Day 3, we'll hop in the van after breakfast and head north towards the famous Hoh Rainforest. With over 140 inches of rain per year, this is one of the nation's largest temperate rainforests, and includes ancient trees towering up to 300 feet in height, moss-draped nurse logs, incredible biodiversity, and abundant wildlife.

We'll hike up the wild Hoh River and explore all that the rainforest has to offer. Elk, deer, black bears, bald eagles, fascinating banana slugs, and more await us as we investigate this incredible ecosystem. Immense cushions of moss absorb sounds, contributing to the Hoh River's title as "The Quietest Place in the U.S."

When we've had another gourmet trail lunch and our fill of hiking, we'll make our way back to the trailhead and return to camp for our last dinner by the ocean.

Day 4

- Shuttle to Trailhead: 1 hour
- Hiking Mileage: 4+ miles
- Elevation Gain: minimal
- Elevation Loss: minimal
- Shuttle to Olympic: 3 hours

On our final day, we'll pack up camp, and head north to the Quileute Indian Reservation and the village of La Push, WA. Just north of this tribal center and across the Quillayute River is Rialto Beach, where our hike takes us north along the ocean. We'll keep our eyes out for whales, sea lions, otters, as well as eagles and other sea birds. Off-shore, waves crash against the beautiful sea stacks and small islands such as Gunsight Rock and James Island.

After a couple miles, we'll reach the iconic Hole-in-the-Wall, a rocky arch carved out by the power of the waves

crashing against the sea cliffs that once stood here. If the tide is low, we'll be able to climb through the arch and explore the other side or use the overland trail to climb above the arch for sweeping views of the coastline.

We'll enjoy a final picnic lunch, keep an eye out for any last wildlife sightings, and eventually arrive back to the car as we retrace our steps. A three hour drive will have us at your hotel in Olympia where we'll say our goodbyes, knowing we've had an unforgettable 4 days!

Please Note: We always do everything in our power to follow the set itinerary, however it can change occasionally based on temporary access restrictions, weather, lodging/campground availability, guest ability/injury, natural events like fires and flooding, and other potential causes. Normal **terms and conditions** apply to trips with itinerary changes.

PACKING LISTS



IMPORTANCE OF BEING PREPARED

Your safety and enjoyment will depend on your level of preparedness. It is your responsibility to arrive with the items listed below. Our **Gear Guide** is a resource to find more information about these items and links to online options. If you have additional questions about what to pack, please ask your guide during the pre-trip contact (~10 days prior to the trip start date) or call our Adventure Consultants 7 days a week at 928-223-HIKE (4453).

STANDARD CLOTHING CHECKLIST

The following items are required for your trip unless otherwise noted. When packing, think layered clothing systems that work together and can be easily added or removed.

(GG) = *Gear Guide: see for more info and links to product options*

Hiking Boots/Shoes — mid-weight, lug-soled, waterproof, and ideally well broken in ([Boots GG](#) — [Shoes GG](#))

(Note: buy your boots/shoes 1/2 size to 1 size larger than your street shoes to allow for feet swelling and thicker socks)

Secondary Footwear — supportive, lightweight, well-drained shoe or sport sandal for creek crossings and/or for comfort ([GG](#))

Hiking Socks — one pair for every day or two days of your trip. Hiking specific padded socks, no cotton please! ([Socks GG](#))

(Note: wearing thin liner socks under your hiking socks can help prevent blisters)

Sun Hat — wide brimmed hat or baseball cap/bandana combo ([GG](#))

Warm Hat & Gloves — lightweight beanie and light-to-mid weight fleece or wool gloves ([GG](#))

Hiking Shirts — non-cotton, breathable short sleeve and/or long sleeve shirts ([GG](#))

(Note: long sleeve shirts provide better sun protection)

- Warm Top — mid-weight sweater or pullover of wicking material — merino wool, fleece or polypropylene ([Mid Layers GG](#))
- Mid Layer Insulating Jacket — down-fill or synthetic-fill insulated “puffy” jacket or warm, heavy weight fleece jacket ([Mid Layers GG](#))

Hiking Pants & Shorts — nylon pants AND shorts, zip-offs or leggings ([GG](#))

- Rain Gear — waterproof jacket and pants, breathable fabric such as Gore-Tex® or coated nylon. For the pants look for side zippers that will allow you to pull them over your boots. ([Rain Jackets GG](#) — [Rain Pants GG](#))

Casual Clothing & Footwear — comfortable clothes and shoes for evenings off the trail

Personal Luggage — small duffel bag, suitcase or backpack — for extra hiking clothes and casual clothes

Important Note: Please, no cotton hiking clothes and please feel free to call us if you have any questions or you can reference the [Gear Guide](#).

GEAR CHECKLIST

- Hydration System — 2+ liters capacity, either water bottles or bladder/hose system and an additional water bottle ([GG](#))
(Note: We recommend always having a bottle with 1 liter of capacity as a back-up in case of a hydration system failure and to use while in camp)
- Headlamp — preferably with an L.E.D. bulb that works with AA or AAA batteries ([Headlamps GG](#))
(Note: always test your headlamp before trips, travel/pack without batteries in device, and for longer trips (4+ days) consider a spare bulb and 1 set of spare batteries)

- Contact Lenses and Glasses — if you wear contact lenses, please also bring a pair of glasses — your contacts are likely to become dirty and may be difficult to clean
- Sunglasses, Sunscreen, Lip Balm
- Bug Repellent — preferably a product containing at least 25% “DEET”
(Note: some people are sensitive to this product)
- Toiletries
- Prescription Medication — please inform your trip leader of any medications you are taking
2-3 Face Masks; 1-2 Over-the-counter Rapid Antigen COVID-19 Tests
- Money — for any shopping you would like to do and for consideration of tipping your guide
(Note: tipping is optional but appreciated, industry recommendation is 10-20% of your trip cost based upon the quality of your experience)

OPTIONAL ITEMS

- Personal Trekking Poles — as a Wildland guest, you can enjoy a 20% discount off Leki trekking poles (reservation number required.) [Click here](#) for discount. Trekking poles are provided for guests who do not bring their own. [\(Trekking Poles GG\)](#)

Swimsuit

Mosquito Headnet — recommended for June/July. Aug/Sept may be needed but will be weather dependent.

Support Braces — consider bringing any joint braces that may be currently needed or from past injuries (i.e. knee, ankle, elbow, etc...)

Vitamins & Supplements

TRAVEL, TRANSPORTATION, MEETING & LODGING



VIRTUAL PRE-TRIP ORIENTATION

Your pre-trip orientation meeting will be done virtually on a conference call with your guide and the other guests at 5:00 PM the evening before your trip starts. Your guide will go through the packing list, communicate the first day's logistics, and answer any last minute questions you have. Your guide will give you the phone number for this meeting approximately 10 days before the trip start date.

PICK UP IN OLYMPIA, WA

Early on the morning of Day 1 your guide will pick you up from your accommodations in Olympia, WA ([DoubleTree by Hilton Hotel Olympia](#) is recommended, discount available). Your guide will coordinate the time of pick up during the pre-trip orientation conference call.

TRIP CONCLUSION

This trip will conclude at approximately 5:00 PM on the last day.

ARRIVAL & DEPARTURE DATES

Travel to and from the trip starting point is not included in the cost of our trips. Please plan on arriving in time for the orientation meeting the day before the trip leaves and departing the day after getting back from the field.

GATEWAY CITIES:

Seattle/Tacoma, WA — Many international and domestic airports offer direct flights into SeaTac (Seattle-Tacoma) Airport

SHUTTLE FROM SEATAC TO OLYMPIA

The shuttle to Olympia is provided by Premier Airport Shuttle. Go to <https://premierairportshuttle.com/olympia/> or call 800-962-3579 to make reservations.

TRAIN FROM TUKWILA, WA (NEAR SEATAC) TO OLYMPIA

[Amtrak Cascades](#): 800-USA-RAIL (872-7245)

STORAGE OF PERSONAL ITEMS & VEHICLES

The best place to store your luggage and vehicle is at your hotel. If they don't allow that, please work with your guide (they will contact you approximately 10 days before your trip) to find a solution.

PRE & POST-TRIP LODGING IN OLYMPIA

DoubleTree by Hilton Hotel Olympia (*recommended, vehicle/luggage storage if staying here, ask for "Wildland Trekking Negotiated Rate 10% Discount"*)

[Website](#) / 360-570-0555

Olympia Hotel at Capitol Lake (*discount offered to Wildland guests by using link below*)

[Website](#) / 360-943-4000

TRIP INSURANCE

We strongly recommend purchasing trip insurance. We designed our terms and conditions with trip insurance in mind. When you register for a trip, your spot is no longer available to other guests. Therefore, if you discover inside of 30 days (prior to your trip departure date) that you are unable to travel, no refund is available. With trip insurance, not only is your payment to Wildland covered, but your flights, hotels and other travel costs can also be insured.

Read more about our [trip insurance recommendations](#).

CHECK THE WEATHER FORECAST FOR YOUR TRIP

We recommend using NOAA's website (www.weather.gov) for the most accurate 5-day weather forecasts. We recommend checking 3 forecasts for this area:

- [Pacific Coast](#)
 - [Rain Forests](#)
 - [High Country](#)
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PACK WEIGHT AND CONTENTS

You will be hiking with a light day pack that we provide. You're also welcome to bring your own. The contents will be what you need for the day — rain gear, an extra layer or two, snacks, water, sunscreen...etc.

ESTIMATED PACK WEIGHT: 8-12 POUNDS

ESSENTIAL ELIGIBILITY CRITERIA

Essential Eligibility Criteria (“EEC”) have been specifically identified to help you understand the skills and abilities necessary to participate on each Wildland trip, and they apply uniformly to all potential trip participants, irrespective of the presence or absence of any disability.

Once you identify a trip in which you may be interested, please carefully review the **EEC** and itinerary details. If after reviewing the EEC that apply to your desired trip, you determine you need an accommodation in order to meet the EEC, please **contact us** prior to registering to discuss your requested accommodation.

The EEC exist for your own safety and the safety and enjoyment of all participants. If you are unable to meet the EEC for the trip, with or without an accommodation, you are not eligible for that trip. If you register and arrive for a trip for which you do not meet the EEC, you will be disqualified from participation on the trip and will be dismissed or evacuated from the trip without a refund.

TRAINING TIPS



The better shape you're in the more fun you'll have! We recommend very strongly that you train for your trip.

TRAINING BY HIKING

If you have access to hiking trails in hilly or mountainous terrain, this is the ideal way to train. If not, we recommend using the Stairmaster machine (with rotating stairs like an escalator) or actually training on stairs. Nothing prepares you for a trip better than the activity itself!

Train at least 3 days a week. Start with short hikes or workouts (1-hour in length) with a light daypack. From week to week build the length and intensity of your hikes/workouts and gradually increase your pack weight until you're comfortably able to hike 6-8 hours a day carrying the weight you'll have on your trip. It's best to begin your training regimen at least 12 weeks prior to your trip. Also be sure to use the boots you'll have on your trip to break them in.

Following is how a program may look:

First Week	Work Up To
Tuesday: 1-hour hike/workout with daypack	Monday: 2-3 hour hike/workout with daypack
Thursday: 1-hour hike/workout with daypack	Wednesday: 2-3 hour hike/workout with daypack
Sunday: 2-hour hike/workout with daypack	Thursday: 2-3-hour hike/workout with daypack
	Sunday: 7-hour hike with the weight you'll have on your trip

SUPPLEMENTAL TRAINING IDEAS

There are many other activities that are easily incorporated into your daily life to build your overall fitness. Cross training is important to strengthen opposing muscle groups and it helps to avoid over-use injuries. Supplemental training ideas include:

- Bike to work or when running errands.
- Gym activities including step aerobics, treadmill, bicycling, or elliptical trainers to name a few. A modest weight training program focusing on the muscles that support the ankles, knees, back, and shoulders is also beneficial.
- Swimming is a great way to build endurance and cardiovascular fitness and is easy on the joints.
- Walk to work instead of driving. Run your errands by walking and carry your groceries home in a backpack.
- Yoga and/or Pilates classes can build strength throughout your body while also improving your flexibility.
- Intramural sports
- Jogging is another option, however if you are not a regular runner it can easily lead to injuries that backpacking may then exacerbate. Undertake a jogging routine with care.

FLEXIBILITY AND HYDRATION

Flexibility is an important part of training. Remember to stretch before and after your workouts. For the two weeks leading up to your trip cut your workouts in half to avoid arriving fatigued. Also for a 72-hour period before your trip commences, ensure that you are consuming sufficient amounts of sodium and fluids. Doctors agree that hikers increase the likelihood of experiencing problems if they are sodium depleted (e.g., follow a low sodium diet) or are dehydrated (due to travel or using diuretics such as coffee or alcohol).

Important note: Always consult with your physician before commencing with a workout program.

GROUP TRAVEL



If you're joining one of our scheduled trekking tours you'll be hiking with fellow outdoor enthusiasts. Please

carefully examine the trip materials and difficulty level prior to registering to select a trip that matches your ability level. If you need assistance selecting the right trip we are more than happy to help.

We make every effort to accurately set expectations and effectively screen guests, however it is inevitable on some trips there will be a discrepancy in fitness levels. Consider that the trip may be a once in a lifetime opportunity for your fellow travelers and it is important to respect each guest's individual condition, needs and desires.

Finally, guided groups are required by land management agencies to stay together on the trail. Hiking together can require patience and flexibility. If hiking at a very specific pace is extremely important to you, you may want to consider booking a private trip.



TIPPING YOUR GUIDE

Tipping your guide is greatly appreciated! Wildland guides, and outdoor/backcountry guides in general, do much more than lead guests down the trail. Although supported by amazing in-town staff, they often work independently in the field due to permit and logistical constraints. The guide is responsible for the group's safety, menu planning (including dietary restrictions), cooking for the group, prepping and taking care of the gear, handling livestock (on stock-supported trips), driving, complying with government regulations, ensuring guest satisfaction, and generally making sure the tour runs smoothly. They wear many hats and are extraordinary at what they do!

The industry standard tip amount for hiking and backpacking guides is between 10% and 20% of the tour cost per person, depending on your level of satisfaction. If you have any questions about tipping, feel free to call us 7 days a week at 800-715-HIKE (4453)!



GUIDE SHIFTS

Guides are required to take 8 hours off each 24-hour period to sleep, recuperate, take personal/down time...etc. In addition, as part of the 8 hours off they must sleep/rest or be in their tents/rooms uninterrupted for a minimum of 5 hours each night. We ask guests to respect these requirements and to not interrupt guides' off time and sleep time unless there is a true emergency.



Thank You! The Wildland Trekking Company is dedicated to delivering an exceptional travel experience that exceeds your every expectation. We believe travel and adventure are two of life's great joys and take seriously our role in helping you create a trip of lasting memories. In addition to our role as your travel partner and outfitter we are dedicated to the promotion of stewardship and conservation in the regions we visit. One of our commitments is to use Wildland as a tool toward long-term sustainability of the Earth's environment and its communities. If there is anything we can do to further inform or help you prepare for your upcoming adventure please do not hesitate to contact us. Thanks for the opportunity to serve you and we look forward to seeing you soon!



800-715-HIKE (4453)

Feel free to call us for more info — we're here 7 days a week!
