



# Time for Nature



## Everything is one

### Pacific Rim National Park Reserve of Canada

As you walk the Nuu-chah-nulth Trail, you'll need to look up...look way up! The trees are western red cedars and they are 50 metres tall or more, and are centuries old. These magnificent trees, which thrive in Pacific Rim National Park Reserve of Canada, are not only beautiful, they are also the tree of life for the Nuu-chah-nulth people.



The western red cedar is the tree of life for the Nuu-chah-nulth people.

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The inner bark of the cedar can be woven into cradles and food baskets, and even clothing and diapers. Its wood can be used to make storage boxes and plates. It can be split into boards and used to build longhouses. Whole logs can be carved into canoes, up to 18 m long. In the past, these canoes were the backbone of the Nuu-chah-nulth transportation.

The Nuu-chah-nulth world was shaped by the cedar and by the people's relationship with their environment.

### A culture in tune with the land

The west coast of Vancouver Island is the home and traditional territory of the Nuu-chah-nulth First Nations. The oral traditions of the Nuu-chah-nulth affirm that they have always been here, that the people sprang up from this land.



Pacific Rim National Park Reserve was established within the traditional territories of the Nuu-chah-nulth First Nations.

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Before European settlement, Nuu-chah-nulth First Nations governed their traditional territories through a system called "huhulthi". Huhulthi requires chiefs to look after the people and to care for the land, the sea and all creatures within their territories.



The huhulthi system contains a wealth of traditional ecological knowledge. It teaches "hishuk ish ts'awalk," meaning "everything is one". Humans, the Nuu-chah-nulth believe, are just one part of the web of life. Every decision must therefore consider not just humankind, but all species of the earth and sea.

## Experiencing the landscape

In 1970, Pacific Rim National Park Reserve was established within the traditional territories of the Nuu-chah-nulth First Nations. In the years since, First Nations culture has become an integral part of Pacific Rim programs.

One of Pacific Rim's newest trails shows how the traditional knowledge of the First Nations community enriches the experience of park visitors. The Nuu-chah-nulth Trail opened on National Aboriginal Day in 2003.

Parks Canada worked closely with the Central Region Nuu-chah-nulth Language Group and the Ucluelet First nation to design the 2.5 km boardwalk trail. It follows the magnificent Pacific coastline and passes through ancient cedar forests and bog areas rich with life. Interpretive signs encourage visitors to stop and reflect on the ancient culture that thrived in this environment. In the signs' messages, elders speak to visitors in English, French and Nuu-chah-nulth. They speak of local plants and animals, while photographs and artwork by the elders tell their own story.



The Nuu-chah-nulth Trail begins at the Wickaninnish Visitor Centre and Beach.  
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The trail passes through a rich variety of habitats.  
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Together, the natural beauty of the trail and stories that line the way offer us a glimpse into the rich heritage of the Nuu-chah-nulth.

For more information visit [www.pc.gc.ca/pacificrim](http://www.pc.gc.ca/pacificrim)