

SKOOKUMCHUCK (Sechelt Rapids) BEST VIEWING TIMES

Skookumchuck means “Strong Water.” Tidewater, forced through Skookumchuck Narrows, forms the Sechelt Rapids. The difference in water levels between one side of the rapids and the other can exceed two metres (6.5 feet) and currents can exceed 25 km/h (15 mph). Big waves are most dramatic at +XL or +L times and viewed from Roland Point. Whirlpools are greatest at –XL or –L times and viewed from North Point. M and S times are considerably less spectacular. There is approximately a 20 minute window on either side of the “Best Viewing Time,” so you don’t need to arrive right at the exact time – it’s a process. The 8 km (round trip) hike to view the rapids takes about one hour each way. The well–developed trail has minimal elevation changes, with a few rough sections. If the “Best Viewing Time” is near sunrise or sunset, be prepared for darkness on your hike.

JANUARY 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 12:37 PM –M	2 1:24 PM –M	3 2:05 PM –M	4 2:55 PM –M
5 8:39 AM +XL 3:47 PM –L	6 9:06 AM +XL	7 9:39 AM +XL	8 10:11 AM +L	9 11:09 AM +M	10 12:08 PM +M	11 9:09 AM –S 1:16 PM +M
12 10:11 AM –S 2:22 PM +M	13 11:00 AM –M 3:12 PM +M	14 11:45 AM –M	15 12:27 PM –M	16 1:10 PM –M	17 1:51 PM –L	18 2:32 PM –L
19 3:10 PM –L	20 3:44 PM –L	21 8:44 AM +L 3:54 PM –L	22 9:11 AM +L 4:19 PM –L	23 9:43 AM +M	24 10:58 AM +S	25 12:19 PM +S
26 9:09 AM –S 1:36 PM +S	27 10:02 AM –M 2:26 PM +M	28 10:46 AM –M 3:11 PM +M	29 11:29 AM –M 3:56 PM +L	30 12:12 PM –M	31 12:48 PM –M	

S = Small — Under 7km/hr (5mph) M = Medium 7 — 13km/hr (8mph)	L = Large 13 — 20 km/hr (12mph) XL = Extra Large — Over 20 km/hr	+ = Flood (Incoming) Current – = Ebb (Outgoing) Current
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FEBRUARY 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 1:32 PM –L
2 2:11 PM –L	3 2:47 PM –L	4 8:08 AM +XL 3:24 PM –XL	5 8:37 AM +L 4:05 PM –XL	6 9:33 PM +M	7 10:40 AM +M	8 12:15 PM +S
9 9:10 AM –S 1:22 PM +S	10 9:45 AM –M 2:16 PM +M	11 10:44 AM –M 3:05 PM +M	12 11:27 AM –M 3:51 PM +M	13 12:01 PM –M 4:47 PM +M	14 12:28 AM –L	15 1:03 PM –L
16 1:30 PM –L	17 1:54 PM –L	18 2:16 PM –L	19 2:18 PM –XL	20 8:04 AM +M 2:43 PM –L	21 8:58 AM +S 3:31 PM –L	22 10:34 AM +S 4:59 PM –L
23 7:54 AM –S 12:12 PM +S	24 8:46 AM –M 1:23 PM +M	25 9:32 AM –M 2:14 PM +M	26 10:15 AM –M 3:01 PM +L	27 10:56 AM –M 3:48 PM +L	28 11:35 AM –L 4:38 PM +L	

S = Small — Under 7km/hr (5mph) M = Medium 7 — 13km/hr (8mph)	L = Large 13 — 20 km/hr (12mph) XL = Extra Large — Over 20 km/hr	+ = Flood (Incoming) Current – = Ebb (Outgoing) Current
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MARCH 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 12:02 PM –L
2 12:37 PM –L	3 1:12 PM –XL	4 1:50 PM –XL	5 2:36 AM –XL	6 8:02 AM +M 3:30 PM –XL	7 9:10 AM +S 4:36 PM –XL	8 10:51 AM +S
9* 8:59 AM –S 1:16 PM +S	10 9:58 AM –M 2:20 PM +S	11 10:40 AM –M 3:13 PM +M	12 11:18 AM –L 4:12 PM +M	13 11:51 AM –L 5:00 PM +L	14 12:20 PM –L 5:47 PM +L	15 12:35 PM –L 6:33 PM +L
16 1:02 PM –L	17 1:18 PM –XL	18 1:34 PM –XL	19 1:22 PM –XL	20 7:46 AM +M 1:52 PM –XL	21 8:31 AM +S 2:40 PM –XL	22 9:32 AM +S 4:00 PM –L
23 5:41 PM –L	24 8:21 AM –M 1:06 PM +S 6:59 PM –L	25 9:13 AM –M 2:09 PM +M	26 9:57 AM –M 3:01 PM +L	27 10:37 AM –L 3:51 PM +L	28 11:13 AM –L 4:42 PM +XL	29 11:45 AM –L 5:43 PM +XL
30 12:15 AM –XL 6:37 PM +XL	31 12:46 PM –XL					

**Daylight Savings begins; times given are Pacific Daylight Time up to and including November 1, 2025.*

S = Small — Under 7km/hr (5mph)	L = Large 13 — 20 km/hr (12mph)	+ = Flood (Incoming) Current
M = Medium 7 — 13km/hr (8mph)	XL = Extra Large — Over 20 km/hr	– = Ebb (Outgoing) Current

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APRIL 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 1:15 PM –XL	2 2:05 PM –XL	3 7:44 AM +M 3:05 PM –XL	4 8:42 AM +S 4:10 PM –L
5 5:20 PM –L	6 7:30 AM –M 6:32 PM –L	7 8:38 AM –M 1:22 PM +S	8 9:28 AM –L 2:32 PM +M	9 10:09 AM –L 3:26 PM +M	10 10:42 AM –L 4:14 PM +L	11 11:09 AM –L 4:59 PM +L
12 11:29 AM –L 5:43 PM +L	13 11:42 AM –L 6:26 PM +XL	14 11:29 AM –XL 7:08 PM +XL	15 11:30 AM –XL	16 11:48 PM –XL	17 12:21 PM –XL	18 7:22 AM +M 1:08 PM –XL
19 8:12 AM +S 2:23 PM –XL	20 3:58 AM –L	21 6:45 AM –M 5:16 PM –L	22 7:45 AM –M 12:51 PM +S 6:24 PM –L	23 8:34 AM –M 1:55 PM +M 7:28 PM –L	24 9:15 AM –L 2:49 PM +L	25 9:49 AM –L 3:42 PM +XL
26 10:20 AM –XL 4:45 PM +XL	27 10:50 AM –XL 5:39 PM +XL	28 11:07 AM –XL 6:33 PM +XL	29 11:52 AM –XL 7:27 PM +XL	30 12:48 PM –XL		

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MAY 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 6:39 AM +M 1:50 PM –XL	2 7:31 PM +S 2:53 PM –XL	3 8:35 AM +S 3:57 PM –L
4 4:59 PM –L	5 5:58 PM –L	6 8:04 AM –L 1:25 PM +S 6:59 PM –M	7 8:50 AM –L 2:31 PM +M 8:04 PM –M	8 9:27 AM –L 3:24 PM +L	9 9:56 AM –L 4:13 PM +L	10 10:16 AM –L 4:59 PM +XL
11 10:20 AM –L 5:43 PM +XL	12 10:14 AM –XL 6:25 PM +XL	13 10:07 AM –XL 7:05 PM +XL	14 10:30 AM –XL 7:44 PM +XL	15 11:11 AM –XL 8:23 PM +XL	16 6:25 AM +M 12:13 PM –XL 8:10 PM +XL	17 7:12 AM +S 1:30 PM –XL
18 8:05 AM +S 2:39 PM –XL	19 3:44 PM –L	20 6:13 AM –M 11:08 AM +S 4:48 PM –L	21 7:06 AM –M 12:37 PM +S 5:52 PM –L	22 7:49 AM –L 1:40 PM +M 7:01 PM –M	23 8:24 AM –L 2:37 PM +L 8:20 PM –M	24 8:57 AM –XL 3:46 PM +XL
25 9:02 AM –XL 4:45 PM +XL	26 9:52 AM –XL 5:42 PM +XL	27 10:55 AM –XL 6:37 PM +XL	28 11:56 AM –XL 7:29 PM +XL	29 12:53 AM –XL 8:19 PM +XL	30 6:31 AM +M 1:51 PM –XL	31 7:26 AM +S 2:49 PM –L

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JUNE 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 3:42 PM –L	2 4:17 PM –L	3 6:25 AM –L 12:07 PM +S 5:23 PM –M	4 7:24 AM –L 1:09 PM +S 6:24 PM –S	5 7:59 AM –L 2:21 PM +M 7:38 PM –S	6 9:36 AM –L 3:21 PM +L	7 10:13 AM –L 4:14 PM +L
8 10:37 AM –L 5:01 PM +XL	9 9:39 AM –L 5:45 PM +XL	10 10:07 AM –XL 6:26 PM +XL	11 10:45 AM –XL 7:05 PM +XL	12 11:27 AM –XL 7:43 PM +XL	13 12:09 PM –XL 8:19 PM +XL	14 6:21 AM +M 12:54 PM –XL
15 7:09 AM +S 1:40 PM –XL	16 8:06 PM +S 2:30 PM –XL	17 9:23 AM +S 3:24 PM –L	18 11:02 AM +S 4:23 PM –L	19 6:20 AM –L 12:18 PM +M 5:32 AM –M	20 6:57 AM –L 1:31 PM +L 6:59 PM –S	21 7:02 AM –XL 2:42 PM +L 8:31 PM –S
22 7:44 AM –XL 3:51 PM +XL	23 8:55 AM –XL 4:54 PM +XL	24 10:22 AM –XL 5:50 PM +XL	25 11:27 AM –XL 6:41 PM +XL	26 12:27 PM –XL 7:27 PM +XL	27 1:27 PM –XL 8:09 PM +XL	28 6:26 AM +M 2:04 PM –XL 8:47 PM +XL
29 7:23 AM +S 2:38 PM –L	30 8:37 PM +S 3:00 PM –L					

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JULY 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 10:20 AM +S 3:45 PM –M	2 11:35 AM +S 4:42 PM –M	3 6:16 AM –L 12:50 PM +M 5:59 PM –S	4 6:26 PM –L 2:06 PM +L	5 6:57 AM –L 3:11 PM +L
6 7:35 AM –L 4:04 PM +L	7 8:39 AM –L 4:52 PM +XL	8 9:37 AM –L 5:40 PM +XL	9 10:19 AM –XL 6:18 PM +XL	10 10:56 AM –XL 6:57 PM +XL	11 10:33 AM –XL 7:32 PM +XL	12 12:09 PM –XL 8:02 PM +XL
13 12:48 PM –XL 8:27 PM +XL	14 7:10 AM +M 1:38 PM –XL	15 8:12 PM +M 2:15 PM –XL	16 9:29 AM +M 3:10 PM –L	17 10:47 AM +M 4:17 PM –M	18 12:05 PM +L 5:39 PM –S	19 1:26 PM +L 7:09 PM –S
20 6:38 AM –XL 2:46 PM +L	21 8:01 AM –XL 3:56 PM +XL	22 9:57 AM –XL 5:02 PM +XL	23 11:04 AM –XL 5:47 PM +XL	24 12:00 AM –XL 6:32 PM +XL	25 12:47 AM –XL 7:10 PM +XL	26 1:22 PM –XL 7:43 PM +XL
27 6:31 AM +M 1:18 PM –XL 8:10 PM +XL	28 7:32 AM +M 1:53 PM –L	29 8:35 AM +M 2:31 PM –L	30 9:48 AM +M 3:19 PM –M	31 10:52 AM +M 4:23 PM –S		

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AUGUST 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 12:15 AM +M 5:37 PM –S	2 1:33 PM +L
3 2:18 AM +L	4 6:46 AM –L 3:40 PM +L	5 8:07 AM –L 4:27 PM +XL	6 9:11 AM –XL 5:13 PM +XL	7 9:59 AM –XL 5:55 PM +XL	8 10:39 AM –XL 6:30 PM +XL	9 11:16 AM –XL 6:59 PM +XL
10 12:10 PM –XL 7:20 PM + XL	11 12:48 PM –XL 7:37 PM +XL	12 7:22 AM +L 1:19 PM –XL 7:54 PM +XL	13 8:16 AM +L 2:14 PM –L	14 9:20 AM +L 3:09 PM –M	15 10:37 AM +L 4:28 PM –S	16 11:57 AM +L 5:44 PM –S
17 1:21 PM +L 7:06 PM –S	18 6:47 AM –XL 2:33 PM +XL	19 8:36 AM –XL 3:44 PM +XL	20 9:51 AM –XL 4:39 PM +XL	21 10:48 AM –XL 5:26 PM +XL	22 11:37 AM –XL 6:04 PM +XL	23 11:42 AM –XL 6:34 PM +XL
24 12:18 PM –XL 6:57 PM +XL	25 12:53 PM –L 7:15 PM +XL	26 7:20 AM +L 1:30 PM –L 7:29 PM +L	27 8:16 AM +L 2:14 PM –M	28 9:10 AM +L 3:08 PM –M	29 10:20 AM +L 4:12 PM –S	30 11:29 AM +L 5:13 PM –S
31 12:10 PM +L 6:21 PM –S						

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SEPTEMBER 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 1:51 PM +L	2 3:10 PM +L	3 7:29 AM –L 3:44 PM +XL	4 8:32 AM –L 4:31 PM +XL	5 9:34 AM –XL 5:09 PM +XL	6 10:24 AM –XL 5:39 PM +XL
7 11:08 AM –XL 6:00 PM +XL	8 11:50 AM –XL 6:15 PM +XL	9 12:30 PM –L 6:30 PM +XL	10 7:21 AM +L 1:28 PM –L 6:51 PM +XL	11 8:18 AM +XL 2:16 PM –M	12 9:19 AM +XL 3:23 PM –M	13 10:28 AM +XL 4:26 PM –S
14 11:44 AM +XL 5:36 PM –S	15 12:56 PM +XL	16 2:11 PM +XL	17 8:17 AM –L 3:12 PM +XL	18 8:54 AM –XL 4:03 PM +XL	19 9:51 AM –XL 4:44 PM +XL	20 10:38 AM –L 5:15 PM +XL
21 11:20 AM –L 5:46 PM +XL	22 11:58 AM –L 5:57 PM +L	23 12:38 PM –L 5:59 PM +L	24 1:21 PM –M 6:20 PM +L	25 8:05 AM +L 2:15 PM –M	26 8:54 AM +XL 3:00 PM –S	27 9:45 AM +XL 3:50 PM –S
28 9:58 AM +L 4:46 PM –S	29 10:53 AM +L 5:47 PM –S	30 1:11 PM +L				

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OCTOBER 2025

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			1 2:18 PM +L	2 2:40 PM +XL	3 7:50 AM –L 3:25 PM +XL	4 8:58 AM –L 3:59 PM +L
5 9:54 AM –L 4:29 PM +L	6 10:40 AM –L 4:43 PM +L	7 11:41 AM –L 5:03 PM +L	8 12:37 PM –L 5:20 PM +L	9 1:30 PM –M 5:55 PM +L	10 8:14 AM +XL 2:21 PM –M	11 9:13 AM +XL 3:15 PM –M
12 10:17 AM +XL 4:14 PM –S	13 11:23 AM +XL 5:38 PM –S	14 12:28 PM +XL	15 1:29 PM +XL	16 2:23 PM +XL	17 8:28 AM –L 3:08 PM +XL	18 9:27 AM –L 3:51 PM +XL
19 10:19 AM –M 4:16 PM +L	20 11:07 AM –M 4:34 PM +L	21 11:59 AM –M 4:47 PM +L	22 12:37 PM –M 5:02 PM +M	23 1:16 PM –M 5:24 PM +M	24 1:57 PM –M 5:53 PM +M	25 8:36 AM +XL 2:40 PM –S
26 8:33 AM +XL 3:26 PM –S	27 9:07 AM +XL 4:17 PM –S	28 9:48 AM +XL 5:27 PM –S	29 10:42 AM +XL	30 1:11 PM +L	31 1:20 PM +L	

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Skookumchuck means “Strong Water.” Tidewater, forced through Skookumchuck Narrows, forms the Sechelt Rapids. The difference in water levels between one side of the rapids and the other can exceed two metres (6.5 feet) and currents can exceed 25 km/h (15 mph). Big waves are most dramatic at +XL or +L times and viewed from Roland Point. Whirlpools are greatest at –XL or –L times and viewed from North Point. M and S times are considerably less spectacular. There is approximately a 20 minute window on either side of the “Best Viewing Time,” so you don’t need to arrive right at the exact time – it’s a process. The 8 km (round trip) hike to view the rapids takes about one hour each way. The well–developed trail has minimal elevation changes, with a few rough sections. If the “Best Viewing Time” is near sunrise or sunset, be prepared for darkness on your hike.

NOVEMBER 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 2:01 PM +L
2** 1:28 PM +L	3 8:33 AM –M 2:04 PM +L	4 9:42 AM –M 2:28 PM +L	5 10:40 AM –M 3:06 PM +L	6 11:31 PM –M 3:47 PM +L	7 12:19 PM –M	8 1:08 PM –M
9 8:06 PM +XL 2:10 PM –M	10 9:00 AM +XL 3:15 PM – M	11 9:53 AM +XL	12 10:45 AM +XL	13 11:34 AM +XL	14 12:18 PM +XL	15 12:56 PM +L
16 8:16 AM –S 1:29 PM +L	17 9:13 AM –S 1:57 PM +M	18 10:00 AM –S 2:24 PM +M	19 10:41 AM –S 2:59 PM +M	20 11:19 AM –S 3:27 PM +M	21 11:57 AM –S	22 12:36 PM –M
23 1:17 PM –M	24 2:10 PM –M	25 3:02 PM –M	26 8:07 AM +XL (Sunrise 7:44 AM)	27 8:50 AM +XL	28 10:24 AM +XL	29 11:02 AM +XL
30 11:40 AM +L						

****Daylight Savings time ended; times given in Pacific Standard Time to Dec. 31, 2025**

S = Small — Under 7km/hr (5mph)	L = Large 13 — 20 km/hr (12mph)	+ = Flood (Incoming) Current
M = Medium 7 — 13km/hr (8mph)	XL = Extra Large — Over 20 km/hr	– = Ebb (Outgoing) Current

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DECEMBER 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	11 12:19 PM +L	2 8:33 AM –S 12:59 PM +L	3 9:37 AM –S 1:50 PM +M	4 10:29 AM –S 2:41 PM +M	5 11:17 AM –S 3:32 PM +M	6 12:04 PM –M
7 1:04 PM –M	8 2:00 PM –M	9 8:33 AM +XL 3:00 PM –M	10 9:13 AM +XL	11 9:52 AM +XL	12 10:28 AM +XL	13 11:02 PM +L
14 11:36 AM +L	15 12:14 PM +M	16 8:50 AM –S 12:56 PM +M	17 9:38 AM –S 1:40 PM +S	18 10:19 AM –S 2:23 PM +S	19 10:57 AM –S 3:10 PM +S	20 11:43 AM –S
21 12:22 PM –M	22 1:04 PM –M	23 1:49 PM –M	24 2:36 PM –M	25 3:23 PM –M	26 8:52 AM +XL	27 9:21 AM +XL
28 9:55 AM +XL	29 10:35 AM +L	30 11:22 AM +L	31 12:27 PM +M			

S = Small — Under 7km/hr (5mph) M = Medium 7 — 13km/hr (8mph)	L = Large 13 — 20 km/hr (12mph) XL = Extra Large — Over 20 km/hr	+ = Flood (Incoming) Current – = Ebb (Outgoing) Current
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