THE MYSTERY OF THE

SASQUATCH

PACIFIC NORTHWEST

2025



INTERVIEW WITH *Les Stroud*

THIS GUIDE BELONGS TO:

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EXPLORE THE MYSTERY OF THE SASQUATCH AND UNCOVER THE TRUTH HIDDEN IN THE FOREST.









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2 EVIDENCE

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WHERE DO THE STORIES COME FROM? AND WHY DO THEY PERSIST?

Bigfoot is one of the most enduring cryptid legends in North America, described as a large, bipedal, ape-like creature covered in hair. Reports of its existence span centuries, with tales of towering, elusive beings appearing in Indigenous oral traditions, settler accounts, and modern eyewitness reports.

The phenomenon of Bigfoot has grown beyond mere folklore, evolving into a cultural icon and subject of fascination. Alleged sightings, footprints, and mysterious howls fuel speculation, while skeptics attribute the legend to hoaxes, misidentifications, or psychological influences. Regardless of the truth, the stories persist, blending history and the human desire to explore the unknown.

The Name

Sasquatch

The term Sasquatch was popularized in 1929 by J.W. Burns. He compiled Indigenous stories of mysterious, hairy beings and is credited with coining the word Sasquatch.

It is said to be an anglicized version of sasq'ets from the Halq'eméylem language, meaning "hairy man." He described them as "a tribe of hairy people" who were said to dwell in the mountains. His work helped introduce these legends to a broader audience, shaping modern perceptions.

Bigfoot

The name Bigfoot originated in 1958 when Jerry Crew, a bulldozer operator in California, discovered massive 16-inch footprints in the mud of the Six Rivers National Forest. His coworkers recalled seeing similar tracks at other job sites and reported strange occurrences, such as a 450-pound oil drum being mysteriously moved.

The loggers began using Bigfoot to describe the unknown culprit. Articles soon after introduced the term in connection to the tracks and local legends of large, hairy wild men. The story spread rapidly, reaching major media outlets, cementing Bigfoot as the widely recognized name.

Aka

Big Muddy Monster | Wood Ape | Grassman | Skunk Ape | Dewey Lake Monster | The Old Men of the Mountain | Wood Booger | Fouke Monster | Wildman | MoMo | Honey Island Swamp Monster

LONG BEFORE REPORTS OF THE CREATURE KNOWN AS BIGFOOT,

Many indigenous cultures relayed stories of a mysterious hair-covered creature living in forests. The tales changed throughout regions, however mostly prevalent in the Pacific Northwest.

The tribe, Yokuts, created petroglyphs at a site called Painted Rock on the Tule River Indian Reservation. Estimated to be 1,000 years old, this depicted a group of bigfoots, "The Family".

Even though it was said that this giant was good, because he ate the animals that might cause harm, children were warned not to go near the river at night.



Warnings & Omens

MANY WHO VENTURE INTO BIGFOOT TERRITORY REPORT EERIE SIGNS BEFORE AN ENCOUNTER.

Unusual wood knocks, distant howls, and sudden silence in the forest are often seen as warnings. Some claim the smell of rotten eggs or sulfur precedes a sighting, while others describe a deep sense of being watched.

Mysterious stick structures, rock stacks, and claw-like tree scratches may serve as territorial markers, signaling an unseen presence. In folklore, sudden equipment malfunctions or an overwhelming urge to leave are seen as omens—perhaps a message that you are not welcome. Whether these are coincidences or true warnings, those who ignore them often tell stories of something watching from the shadows.



SASQUATCH

Bigfoot

SIZE

7-10 ft tall, muscular build.

HAIR

Covered in dark brown, black, or reddish fur, often thick and matted.

MOVEMENT

Walks bipedally with a smooth yet lumbering gait, leaving large footprints

BEHAVIOR

Solitary, nocturnal, and elusive, often seen at night or in remote areas.

"It looked more human than animal"





Behavioral Traits

Bigfoot is believed to be omnivorous, with a diet that includes berries, plants, small mammals, and fish. Some reports even mention the creature scavenging carcasses or hunting large animals, but these claims remain speculative.

There are numerous accounts of Bigfoot making vocalizations, ranging from guttural growls to high-pitched screams. Some witnesses report hearing these sounds echoing through forests, often in areas far removed from human settlements. These vocalizations, along with reports of large, strange smells described as musky or foul, have been used to support claims of an unknown primate species inhabiting the wilderness.

Habitat and Range

Bigfoot is primarily associated with the forests and mountainous regions of North America, particularly in areas that are remote and difficult for humans to access.

The Pacific Northwest is widely regarded as the creature's primary habitat, with dense, misty forests providing the ideal cover for a creature that thrives in solitude and seclusion. However, reports of Bigfoot sightings and encounters have emerged from all over North America, with sightings in regions as diverse as the forests of the Great Lakes, the Appalachian Mountains, and even remote areas of the Canadian wilderness.

PATTERSON GRIMLIN FILM

OCT 20TH 1967

NORTHERN CALIFORNIA

In the forests of Bluff Creek, California, Roger Patterson and Bob Gimlin captured what would become the most famous and controversial piece of evidence in Bigfoot history. The footage depicts a large, hairy, bipedal creature striding through a clearing before briefly turning toward the camera.

This 59.5-second clip immediately sparked worldwide fascination. Unlike previous alleged Bigfoot evidence, this was moving footage, making it harder to dismiss outright. Supporters cite the creature's anatomy and movement as proof of its authenticity, while skeptics argue it is a man in a costume. Despite decades of analysis, no definitive conclusion has been reached.

Regardless of the controversy, the film propelled Bigfoot into mainstream culture and remains one of the most enduring mysteries.



Footprints

Large tracks, often measuring 15 to 24 inches long, have been discovered in remote forests across North America. Some show dermal ridges—patterns similar to fingerprints—while others display signs of weight distribution and movement that experts argue would be difficult to fake.

Hair Samples

Hair samples, often attributed to Sasquatch, have been collected over the years, though most yield inconclusive results or match known animals like bears. However, some remain unidentified, fueling speculation that an undiscovered primate species exists.

Nests & Structures

Researchers have discovered what appear to be nests and bedding sites deep in the wilderness. These sites often consist of large woven branches, matted-down grass, or piles of leaves in secluded areas, similar to the sleeping nests of great apes. Some investigators report finding multiple nests in clusters, suggesting communal behavior.

Others claim to have discovered twisted or broken tree limbs nearby, possibly marking territory or serving as shelter construction. These structures are typically found in remote areas with little human activity, adding to the mystery.



WHAT TO BRING

Checklist

Date:	Place:

1	Camera/Video Equipment	☐
2	Binoculars	☐
3	GPS Device	☐
4	Flashlight/Headlamp	☐
5	Camping Gear	☐
6	First Aid Kit	☐

WHERE TO SEARCH

WA	**Olympic National Park (Washington)** Hoh Rainforest and Quinault River, which are remote and difficult to access.
CA	**Bluff Creek (California)** Located within Six Rivers National Forest.
WA	**Mount Rainier National Park (Washington)** Longmire area and the Carbon River, with challenging terrain,
BC	**Harrison Lake (British Columbia)** Situated north of Vancouver, including dense forests and remote areas.
BC	**Fraser Valley (British Columbia)** Located near Vancouver, particularly in the surrounding mountainous regions.
BC	**Pine Pass (British Columbia)** A remote mountain pass located between Prince George and Dawson Creek.
WA	**Willapa Hills (Washington)** The rural, thick forests around Naselle and Willapa River areas.
WA	**Crescent Lake (Washington)** Situated on the Olympic Peninsula with area's oisolation and dense woodlands.

Bigfoot's preferred habitat is often described as being near water sources, such as streams, rivers, and lakes, where food and shelter are abundant.

The creature is said to inhabit regions with dense vegetation and tall trees, providing ample cover for hiding and movement.

SIGNS OF PRESENCE

The Bigfoot Field Researchers Organization (BFRO) has recorded

OVER 75,000 REPORTED SIGHTINGS

2,000+ sightings in Washington

1,300+ sightings in British Columbia

1,700+ sightings in California

100+ sightings in Alberta

1,000+ sightings in Oregon



Outside of the human or typical animal sounds, researchers have collected

HUNDEREDS OF AUDIO RECORDINGS

More than **1,000** plaster casts of tracks have been documented.

More than **150** incidents of rock throwing have been reported.

For those searching for Bigfoot

RECOGNIZING SIGNS:

1 - Footprints ○ ○ ○ ○ ○ ○ ○ ○

2 - Tree Structures ○ ○ ○ ○ ○ ○ ○ ○

3 - Unusual Vocalizations ○ ○ ○ ○ ○ ○ ○ ○

4 - Rock and Stick Throwing ○ ○ ○ ○ ○ ○ ○ ○

5 - Foul Odors ○ ○ ○ ○ ○ ○ ○ ○

6 - Nests and Bedding Areas ○ ○ ○ ○ ○ ○ ○ ○



HOW TO ATTRACT

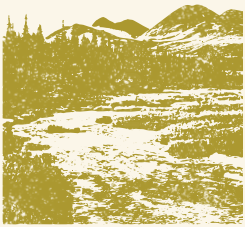
1. **Vocal Calls**
2. **Gift Giving**
3. **Wood Knocks**

To attract Bigfoot, researchers use a variety of techniques believed to mimic its behavior and communication. Vocal calls, such as deep howls and whoops, are often used to provoke a response, while wood knocks (striking trees with a branch) are thought to signal presence. Some also try rock clacking, tapping stones together, or leaving food offerings like apples and peanut butter, hoping for interaction. Others play recorded Bigfoot calls or create loud disturbances by breaking branches or running to trigger curiosity. Though results vary, these methods remain popular among those searching for evidence of the elusive creature.

THEORIES

Undiscovered Primate

Some researchers believe Bigfoot is a yet-to-be-identified primate, possibly a descendant of Gigantopithecus, a massive ape that lived in Asia. This theory suggests that a small population migrated across the Bering Land Bridge and adapted to the dense forests of North America, avoiding human detection.



Relic Hominid

Bigfoot might be a surviving hominid, possibly related to Neanderthals or Denisovans. This would explain its reported intelligence, ability to avoid capture, and possible tool use. If true, Bigfoot could be one of the last remnants of an ancient human-like species.



Paranormal Being

Bigfoot might not be a physical creature but an interdimensional being, capable of shifting between realities. Some even link it to UFOs and paranormal activity, as reports of Bigfoot encounters sometimes coincide with strange lights and unexplained phenomena.



Despite these varied theories, no conclusive proof exists, keeping the mystery of Bigfoot alive.

MISIDENTIFICATION

Black Bears

When standing on its hind legs, a bear can resemble a large, shaggy humanoid. Bears suffering from mange, which causes fur loss, can appear even more unnatural, leading to mistaken identity.

Blurry Footage and Hoaxes

Low-resolution cameras, motion blur, and night vision distortions can turn a simple object or animal into an unrecognizable shape. In some cases, deliberate hoaxes have contributed to Bigfoot lore, with people dressing in costumes to stage sightings.

Natural Objects and Shadows

Tree stumps, fallen logs, and dense vegetation can take on strange shapes in low light, especially at dawn or dusk. Moving shadows and shifting light conditions often create illusions of large figures lurking in the woods.

Humans and Clothing

Large humans wearing bulky outdoor clothing, such as ghillie suits or thick jackets, have been mistaken for Bigfoot, especially at a distance. Poor lighting or fog can make their appearance seem even more mysterious.

While misidentifications explain many reports, they don't account for all encounters

LES STROUD

Survivorman



ORIGIN

Mimico, Ontario, Canada

DOB

Born on October 20, 1961

SKILLS

An expert in primitive survival techniques

INTERESTS

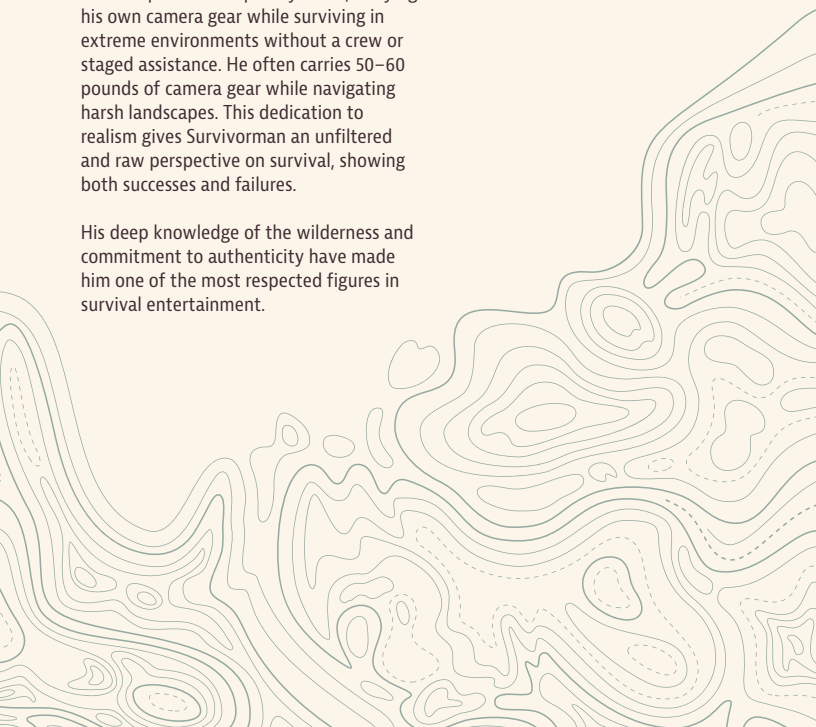
wilderness exploration, nature conservation, and the mystery of Bigfoot

"I'm a skeptic, I need to see it to believe it"

AN OUTDOORSMAN, SURVIVAL EXPERT, DOCUMENTARY PRODUCER AND MUSICIAN.

Les Stroud is a Canadian survival expert, filmmaker, and musician best known for his groundbreaking television series Survivorman. Unlike other survival shows, Stroud operates completely alone, carrying his own camera gear while surviving in extreme environments without a crew or staged assistance. He often carries 50–60 pounds of camera gear while navigating harsh landscapes. This dedication to realism gives Survivorman an unfiltered and raw perspective on survival, showing both successes and failures.

His deep knowledge of the wilderness and commitment to authenticity have made him one of the most respected figures in survival entertainment.



You're known for your Survivorman TV series and brand. How did you find yourself embroiled in this topic of Sasquatch?

Slowly and organically. I had a Sasquatch experience a while ago that I mentally shelved. In fact, I ignored it because I was in the middle of shooting a Survivorman episode. I remember thinking to myself at the time, "That was a fucking Bigfoot!" And then I thought, "I can't mention it because the episode will become about that – and not survival, which is what I'm teaching." I was enough of a purist that I buried the experience in favour of what I was there to do. I didn't want to muddy the water.

A couple of years later I was doing a live radio interview. One of the interviewers said to me, "Hey man, have you ever seen a Bigfoot?" I had never talked about it publicly. But I rarely, if ever, lie in an interview. I always tell the truth, even if it's tough. And he just asked me about Bigfoot on the air. I wondered: how do I answer? I could say no. But then I thought, "naw, what the hell." So I told him my story in graphic detail. I didn't realize that admission was going to start a storm on social media.

Later, I started thinking this was a great combination of brands: Survivorman and Bigfoot. I pitched it to the networks and that set me on the path of doing Survivorman Bigfoot. There was a business decision there, but also a genuine curiosity because I wanted to understand what happened to me that day. What did I hear? What did I go through? Those questions sent me down a rabbit-hole that led to a whole new world I wasn't expecting.

You haven't taken a hard position about the existence of Sasquatches. Which arguments, for and against, have impacted you the most?

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Obviously, I must have some consideration of the possibility that there's something real going on here , or else I wouldn't be interested. I'm not trying to be coy by saying that. At the same time I try to keep my personal perspective about it at arm's length. In fact, I find myself sometimes being a little bit skeptical. But I also don't embrace the hard-core skepticism and say it's all bullshit.

I think a lot of times we see the anecdotal accounts as undeserving of respect. But we forget how much, as a culture, we live in an empirical way, scientifically. If you look a t all the anecdotal references to this phenomenon, along with the empirical findings. For instance, certain Sasquatch tracks and audio recordings of vocalizations that are not in the human range, you've got a problem. If you put all that data in one room and examine it, and then say that there's nothing to this, I believe you would look incredibly ridiculous.

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Interview with

LES STOURD

by John Zada


The
PACIFIC
NORTHWEST
GONE INTO
THE WILD
ADVENTURE
is out there
APPALACHIAN TRAIL
GEORGIA - MAINE

> IN MY OPINION THE SCIENCE BEHIND THE IDEA THAT IT'S BULLSHIT IS LESS THAN THE SCIENCE BEHIND IT SAYING THERE'S SOMETHING GOING ON HERE. THAT'S MY BIGGEST TAKE HOME.

Has your wilderness experience given you some insight into what is behind this phenomenon?

Once you spend enough time outdoors it's easier to accept the idea that Bigfoot is possible, biologically. In fact, when you think enough about it, the idea becomes almost boring, or commonplace.

What you focus on in your book is the more interesting angle. What is the Sasquatch? Why do people see it – or not? Why don't we have one yet? It goes so deep, so quickly, that you start getting into a lot of other areas. In some cases you have to have a very open mind just to wrap your head around it.

Is it possible that a physical, biological ape exists in the wilderness? Sure it is. But I think it's just so much deeper, and cooler, and bigger than just that. The conversations at parties and around water coolers can become boring pretty quickly on this subject.



What observations have you gleaned about why we pursure these creatues?

There's some evidence for their existence and it makes people curious – as it should. So let's just put that aside for the moment.

I think it's also tied to nature. Bigfoots seem to be showing us how to exist and live properly in the natural world. Like a big brother who could guide us back. It ties in with some First Nations perspectives on that issue which reflect aspects of their culture. Some enthusiasts go on and on about how Sasquatches are trying to show us the way back to nature and are helping to reconnect us with the natural world. I think that's where a lot of the fascination and obsession comes from – we're missing something and feeling guilty about it.



WHAT THE SASQUATCH IS *that's another question...*

Do the longstanding indigenous traditions and experiences on this topic influence your own understanding of the phenomenon?

They definitely contain the hallmarks of what brings it home to me. When you have a consistency, for the most part, of experience and stories, it causes you to think. It can't be a coincidence that some First Nation communities have the same experiences going very, very far back. It's one of the points of reference that stands up to scrutiny.

It bugs me a lot when metaphysical people say, "No, we consider them real people who are trying to guide us back to the spiritual ways of Mother Earth." I get that there's something to that. But it's more than that. And then others say that they're just Gigantopithecus, or upright walking apes.

My thinking is in the middle. I think it might be some, or all of those things.

NONE OF US REALLY KNOW.

What did you learn about yourself while producing Survivorman Bigfoot?

It gave me extra personal confidence. I realized that I'm more open-minded than I thought I was. I'm able to take all this in and remain poised. Philosophically, it enabled me to widen my understanding. That manifests now as a day-to-day pragmatism.

We know from quantum physics that how the universe behaves is influenced by an observer. Physics must therefore be connected to psychology: to our thoughts, motives and actions. You can't really separate the two fields. So maybe what's going on here, what people are seeing, or not seeing, is related to that correlation.

Do you think the Sasquatch may be a reflection of where reality and our minds overlap?

To be somewhat open to the metaphysical side of this is easy for me. People use the term 'paranormal' sometimes to describe their take on things, and that causes people huge discomfort. People snicker at that. But what is paranormal, really? Isn't paranormal simply normal, but we just don't get it yet? We don't understand it yet? What if these animals are much more in tune with nature, compared to us? What if they have access to certain perceptions and attributes that we don't?

For instance, if we had a non-Bigfoot discussion on telepathy with scientists, or people who've research these things, we'd have a fairly open and frank conversation about the very real possibility that such abilities exist in us. Most people have had those sorts of experiences at one time or another. When that gets grafted over Sasquatch it becomes unacceptable.

"IT GAVE ME A GREATER UNDERSTANDING OF WHAT'S POSSIBLE IN THE REALM OF THE MYSTERIOUS.

IT LANDED ME SOMEWHERE IN TERMS OF PHILOSOPHY AND MY UNDERSTANDING OF LIFE.

