

THE TRIPPER



Newsletter of the Chilliwack Outdoor Club

C/O 381 Cedar St., Cultus Lake B.C. V2R 4Z1

Federation of Mountain Clubs Report

Our umbrella organization is, of course, FMCBC. However “the Fed” has its own umbrella organization: the Outdoor Recreation Council of British Columbia (ORC) who represent the complete spectrum of outdoor groups: motorized and non-motorized (take a look at www.orcbc.ca).

After much negotiation, ORC will be the coordinating body for the \$3 million of your Federal taxes that has been allocated for trails in BC (part of the M\$25 allocated for Canada as a whole). The money is split three ways: one third for snowmobile trails; one third for ATV or motorbike trails, and one third for non-motorized trails (hikers, horseback riders, and mountain bikers).

The cute catch in this plan is that you have to apply before 26 June for funding AND you have to have matching funds from some source other than federal. Therefore if this is the first time that you've heard of this, you're probably too late!

I just thought you should know!—Jack, FMCBC rep.

Trip Reports

Editor's note: Sorry about the lack of photos in this issue, but I had so many reports (**a new record at 22!**) that I didn't have time or space to include many. Wow—and to think only months ago we were concerned about the lack of trips!
Lisa S.

Zion and Bryce Canyon National Parks —May 9- May 24, 2009

The Colorado Plateau is a great place to hike and explore in the month of May, and again we were not disappointed this year. The weather at Zion was in the mid-30C with very low humidity which made for some very good hiking, as long as you started early.

The major hikes that we did were: Observation Point; Angels Landing and the West Rim Trail; the Subway, and the East Rim Trail down through Echo Canyon. A lot of shorter hikes like the

Emerald Pools, Weeping Rock, Hidden Canyon, and Riverside were also done by most of the crew, but a major disappointment was that we were shut out again from doing the Narrows hike because of high water flow.

At Zion we stayed at the group campsite @ 4100ft and were within easy walking distance of the shuttle buses which made it easy to start most of the hikes. May is also a great month for wildflowers in Zion, especially the flowering cactus, and I believe that between the 14 club members we have thousands of pictures.



After six beautiful days at Zion, we drove the 150km to Bryce Canyon NP, which is situated north of Zion and sits at about the 8000ft level. While at Bryce we stayed in North Campground site C which has individual sites nestled in amongst the tall Ponderosa pines and was a welcome relief from the heat of Zion as the temperature here was in the mid 20C. The campsite is situated right beside the canyon walls, so you just get up in the morning and start hiking from your tent.

The hikes that we ended up doing were the Fairyland Loop, a combination of the Queens Garden, Navajo and Peekaboo Loops, the Under the Rim Trail from Bryce Point to Swamp Canyon, a morning touring all the viewpoints by car, and finished off with a loop hike through Red Canyon.

Both of these parks are national, so they don't have a lot of amenities within the park itself, but we had everything that we wanted within close proximity, and I don't think that anybody was wanting. We finished off the trip with a nice dinner out at the Bryce Canyon Lodge before everybody headed out on the long ride home.

I want to thank the group for cooperating and being very easy to handle; they made my job very easy. In the end we did around 5000km in 16 days and saw a lot of wondrous sights, so thank you very much to Irene, Lisa, Robbin, Josc, Case, Terry, Allana, Ray, Astrid, Vern, Helen, Judy & John L - **John M.**

Pitt River Hot Springs—May 16-17, 2009

The hyped up group of 7 gathered at the dock to load gear and 6 tough high tech mountain bikes (and Wayne's vintage 2 wheeler) on board the Water Taxi. We roared north on Pitt Lake as Skipper Earl dodged deadheads and potheads in kayaks to the docks at the far end where the baggage was loaded onto Earl's vintage truck. We furiously pedaled 7 km through the forest. Bev, the mechanical genius insisted on adjusting Glenda's howling brakes. Arriving at Earl's backwoods hideaway, the happy group lounged on lawn chairs, eating lunch and fending off Lois, persistent black lab.

Whoohoo... the wheeled pack struck out up the FSR over bridge, beside rushing water and toward the imposing mountains ahead. 15 km later we rolled onto the bridge high above the Pitt River, glowing green below. The sinister short hike through the ominous forest ended at the treacherous cliff drop into the hot pools. Carefully, we lowered ourselves into the steaming water with the aid of the cliff ropes.

For 2 hours, we soaked, cooled off - OK- entertained death with short swims in the Pitt River adjacent to the pools. We also played with Doctor Ernie's yellow duckies. The only discord occurred in discussion as to the allotment of hot water to each pool.



Reluctantly the now wrinkled group headed back until the downhill at which point it turned into a melee of racing fiends only ending when Bev's bike tire lost pressure due to a piece of molten rock chip embedding itself in the tire. Glenda, tire therapist reciprocated and produced a nifty pressurized can which was powered into the mushy tire.

The tired but joyous caravan feasted on a steak stir-fry and splendid Greek salad prepared by surgeon Ernie and Pippa, the lawyer who had us all sign waivers prior to the meal. Plentiful wine-bar hosted by Wayne, connoisseur. Entertainment by Lois, annoying black lab. Excitement followed as the Canucks and Hawks pounded each other on Satellite TV followed by despair as the Hawks prevailed. Strawberry/rhubarb pie, by James, was relished by some around the campfire.

At dark, James, wannabe leader, hoodwinked Pippa and Bev into a headlamp trip through the trackless forest to the nearby river in search of a full moon. Constellation guessing helped pass the time. Fell into bed at 12:34 to the snores of sleeping folks

Glenda and Carmen, chefs du morning, announced breakfast of eggs, sausage, toast and organic coffee, picked by Bev Gonzales in the shade.

The happy campers headed back to the hotpools more slowly than the previous day. Another great time in the hot pools despite the appearance of small snakes, which sneaked out of Mad Doctors bag, causing Carmen to require oxygen and insulin.

For the return trip, a scene right out of Lord of the Flies ensued, as Bev was forced to pedal his brains out to stay ahead of the group without stopping to snap photos of flowers, bugs or dirt. Fiendish lot! James and Bev, intrepid adventurers, led the treacherous miscreants on a tour of their previously explored fish hatchery, gorgeous waterfall, diversion tunnel, smashing water gorge. Amazing!!! Danger- Keep Out signs did not apply James said, as we had a doctor with us. Then a simple steady pedal back to the dock and water taxi.

The ride back was filled with smiling dozing faces and the looming form of the Golden Ears. Fortunately for Glenda, there were no big waves.

Glenda, Carmen, Pippa, Wayne, James, Ernie - **Bev K.**

Broken Group Islands Kayaking—May 18-24

Our week started very wet at the Toquart Bay Forestry Recreation site launch beach, and we had strong winds at times, but this was a good period overall, with uncrowded campsites and mostly sunny conditions.

We got to Dodd Island for the first night, were at the more exposed Clarke Island for three nights, and then relocated to Gibraltar Island for our last night, to explore that part of the archipelago, and to give us more sheltered waters for the last paddle back to Toquart Bay.

Included in our fleet this year was a "mother ship", Ray's converted RCMP patrol boat, which made our movement easier as he carried much of our bulky and heavy items. This also allowed us to do an extensive exploratory trip through rough waters that you couldn't paddle through, around Sail Rock, and around Effingham Island, where often Imperial Eagle Channel can be very intimidating to kayakers.

Wildlife sightings included the sea lions at Wouwer Island, blacktail deer and mink at Clarke Island campsite, and a lot of bald eagles and a variety of sea birds.

Avoiding the long holiday weekend is a great time to be in the Broken Group, but we discovered on our way back, that ferry reservations are a good idea on any weekend.



Participants were Marilyn, Brett, Steve, Ray, Kate and **Frank**

Lindeman Lake—May 23, 2009

Nine people decided to participate on this sunny Saturday. It was an A/1/c outing, being very short, yet the trail is steep and there are boulder fields to cross if one goes to the far end of the lake. The sign says 3.4 km return and 215 m elevation gain. This is true only if one goes to the beginning of the lake where Post Creek exits. We went to the far end which added at least another 2 km.

It was a pleasant day and we met a group of hikers who link up through a web organization called "Wanderung," a German word meaning, "to wander". Very nice people they were, one of whom took our group shot on the new boardwalk. We lunched at the far end. The water was high and cold. Those who chose to stay by the new stairs had to deal with passers-by and their pets. Ali, Barb and I crossed the log to the spit between the lake and the inlet stream. It was peaceful there at least. We rested in warmth and were reluctant to start back.

Sadly, we had not brought our overnight gear. We did carry out some trash left by someone who does not appreciate the natural beauty of the setting.

Participants were: Ken W., Bryn W., Robert J., David B., Ali Z., Debbie F., Rob F., Barb H. and report by **Wells J.**

Mt. Outram—May 24, 2009

The hike to Outram was a walk in the woods until we hit snow about 20 minutes before the creek. After crossing the creek we put on snow shoes and abandoned the trail markers to cut up to the bowl. From there getting to the summit was a scenic slog on a warm sunny day.

Coming down was tough because the warm sun had softened the snow, making snowshoeing difficult and glissading lousy. Below the bowl we found bear tracks in our snow shoe tracks. Further down calypso orchids were in bloom.

Participants were Don H., Jerry U., Richard L., and **Heather B.**

Lulu Island Cycle Loop—May 30, 2009

What a day, what a ride! The resident historian (Sheryl) says it was 4 years since it was last done as a club ride. We started at the south end of the Alex Fraser Bridge so we could take in the fantastic 360 degree views from high above the Fraser River. The Olympia Mountains in Washington State were visible. We must go hiking there soon. Once off the bridge we rode along River Road which follows the north arm of the Fraser River towards the RiverRock Casino (which provide a classy bio-break site for those in need...<);). Then it was over to Sea Island and Airport Park to watch planes land on the south runway. They pass only 50 metres or so above. Unfortunately all landing were taking place on the north runway, so it was short stop. Then it was off to the West Richmond Dike that borders the tidal flats and leads to Steveston. Along the way we were joined by Tom and Aimie (friends of Oly and Doris).

Steveston was its usual spectacular, busy spot, crawling with people on foot and bicycle. Pajo's was the food stop of choice (the fish and chips are always oh so good!).

So much for the headwinds as we turned east to get the wind at our back.

We rode along the magnificent boardwalk leading to the old National Shipyards (being restored as a working museum) and followed Dyke Rd (and interconnecting trails) to Finn's Slough. From there we rode the aptly named 'Highway to Heaven'. I tried to count the churches, temples, mosque along that 1 km stretch but lost count at the second Buddhist temple. The bike route along Westminster Hwy. provided the shortest route back to the Alex Fraser Bridge. Along the way we explored a new bike path/route that took us back along the river edge and away from traffic. Over the bridge again and we finished having logged 65km. The riders were Sheryl H., Heinz and Emilie B., Christine F., John L., Fred and Jane S., Doris and Oly E. Special kudos to Oly and Doris for doing what was to be their longest ever bike ride. There will be no stopping them now! Stay safe out there—**Gary B.**

Lindeman Lake II—May 26, 2009

Six of us embarked in the showers to do a short hike to Lindeman Lake, it turned out to be more of a social event as a lot of us were catching up with the others after our trip to Utah, so we weren't getting a lot of hiking in, but that was all right as it wasn't the nicest of days weather wise, although I admit that I enjoyed the wet after 2 weeks in the desert.

We also ran into Teresa L. and her parents on the trail, so stopped to chat with them.

We had coffee afterwards at Hava Java, and all agreed it had been a nice relaxing day.

Along for the day were Phil and Liz L. Robbin Y. Ray D. and John Laf. Thanks to all for making my day so enjoyable.--**Terry B.**

Elk Mountain—May 30, 2009

This hike is a border-line A/1/c to a B/2/c depending on how far one hikes along the ridge towards Mt. Thurston. The steepness of the first two or three km puts it, I would say, into the "c" or "difficult" category. The 103 Hikes book puts the distance to Thurston and back it at 20 km with a high point of 1637 m and an elevation gain of 1015 m. Our group did not go all that way, however, most of the elevation is gained in attaining Elk summit. After that the trail rolls down and along with a final push upwards to summit Mount Thurston.



I was unable to go along that day, so Carmen kindly consented to take over the group. The reports I received from the participants were very positive. The participants were Dave O., Moira G., Barbara H., Ali Z. and Carmen P. Trip report by **Wells J.**

The Valley Explorers' Search for Gold (Fraser Canyon)—May 31, 2009

A group of 6 brave souls tackled the Historic Trails of the Fraser Canyon on an epic journey to find gold. The group consisted of Carm 'Brave Jack Rabbit' Pellegrino, Glenda 'The Flash' Chu, Wayne 'Butterfingers' Henderson, Kris 'High Arch' Sigvardsen, Christelle 'Frenchie' Maihe, and Pam 'Stronghorse' Benjamin.

As you are about to hear, we faced great challenges on our search for gold – blistering heat, miles of thorn bush, devils club and stinging nettle, dehydration, encounters with vicious wildlife including bears, wolverines and the occasional squirrel. Not to mention injuries which would make even the strongest soul queasy – slivers.

We began our journey at the 1858 Gold Rush Trailhead – our plan was to end off at the 1848 HBC Brigade trailhead where we had left a second vehicle. As we approached our first rock wall we knew this was no easy journey. We decided against roping up, and

instead, free climbed the exposed 6 foot 2 inch cliff. One by one, we gripped the sharp rock, pulling ourselves up and over the wall. We spoke words of encouragement to one another – 'don't look down, you'll be alright.' Success – we overcame our first obstacle.

In the next 40 minutes, we tackled an average 20.4% uphill grade trail - our hearts were pounding. We pleaded to our leader, Pam to slowdown. However, she knew better than to give in – we had a long journey ahead of us and she was setting the pace. After stopping for a brief moment to administer CPR to Kris, he was up again and we were ready to go. We moved on.

Nothing, not even the following near death experience turned this courageous group around. As we past the junction of the 1858 Goldrush Trail and Bluffs Trail – Wayne took out his camera hoping to take a reference shot and survey the landscape – he knew the gold was near. As he reached for his camera, it slipped out of his hands. We all watched in horror as it tumbled and tumbled and tumbled down the cliff. At that point, Wayne had already kissed the camera goodbye; however, Glenda and I encouraged Wayne to hike down the extremely exposed loose shale cliff to retrieve his highly valuable piece of equipment, 'no worries Wayne, we got your back.' As Wayne went down to retrieve his camera, Glenda reached in her lunch bag to snack on some trail mix, while I practiced using my new tripod. After searching through the bushes, Wayne eventually found his camera and scrambled back up. At that point, we had come to realize we were in dangerous territory – the trip nearly cost us one of our bravest explorers.

We came upon the campsite and picnic table and decided to rest our weary legs and have lunch. With all the adrenalin going, Christelle didn't even notice the extent of her injuries – a sliver, nearly ¼ cm long protruded out of her forearm. Glenda being trained in first aid grabbed her arm, tossed her to the ground and tied on a tourniquet to stop the bleeding. After some intense surgery on the sliver, Christelle was bandaged up and ready to go – she was gonna be all right.

We continued along the Bluffs Trail which then met up with the 1848 HBC Brigade Trail. Nearing the end, and desperate to find gold, Wayne stopped at the creek, sat down and frantically began gold panning. After several unsuccessful attempts and letting out a good cry, Wayne came to accept the situation. We encouraged him up and we hiked on.

All in all, we were not aware of the legacy this trip would leave behind – the stories which would be shared for generations to come. Although we did not find the gold, we were rewarded with a nice shiny nickel as we waited for the second vehicle at the Trailhead. We were all grateful we made it out safely, alive and with minimal injuries--**Carmen P.**

Alpaca Ridge to Alpaca Peak –May 31, 2009

We had tried this snow shoe a few months earlier but only made it as far as Llama as it is a long and demanding snowshoe. This day

started with beautiful sunshine and basically stayed that way all day.

The trail starts in behind the washrooms at the Coquihalla summit and follows an old road out to one of the peaks. Part way up you veer off into the bush, through an open meadow and then intercept a steep ridge that takes you to the top of Zupjok Peak. When you come over the rise at the top of Zupjok you get a 360 degree view of all the peaks in the area, the backside of Zopkios Ridge, across to the Needle and of course the roller coaster ride out to the distant Alpaca Peak.

It may not look to bad at the start, but the ridge walk is a series of steep descents and then ascents to the next peak as you make your way over these musical bumps. We had to take our snowshoes off a couple of times as the decent was just too steep.

As we neared Alpaca the cornices were huge, as the weather pattern is non stop from the west in the winter months.

Once on top, we broke for lunch and then laid on the bare granite in the warm sun or explored the peak. On the way back we discarded the snowshoes and booted it back, postholing once and a while but for the most part the snow was pretty consolidated.



We regrouped on Zupjok before starting the steep decent through the open forest, slipping and sliding all the way down always looking for virgin snow that we could trash or a slope that we could jump off. After 8 hours, 16km, and maybe 4000ft overall gain, we made it back to the vehicles, many thanks to Allana, Irene, Heather, Jerry, Ron, Vern, Peter, Kevin and of course Tia for a tiring but wonderful outing - **John M**

The Stawamus Chief—June 2, 2009

Thirteen hikers showed up on this Sunny Tuesday, and fortunately for us Jocelyn had her big van along, so we managed to carry 8 in there and Ray brought the second vehicle. We met Astrid at the trail head.

It was an awesome hike and we stopped at the big boulder long enough to take some fun photos, we were lunching at the 2nd peak by noon, and hiked over to the third peak from there, this hike gives you everything, great views, some excellent climbing up through the rock, great photo opps and a nice little pond up on top.

It was nice an cool up there on a hot day, and everyone was in good spirits.

Along for the day were: Ron D. Ray D. Phil and Liz L. Astrid M. Donna, Jocelyn T. Teresa L. (welcome back) Wendy G. Christa V. Robbin Y. and Margaret T. We had a wonderful dinner at a little restaurant across from Shannon falls, as we didn't get down till after 4:00 pm and would be late getting home. The food was exceptional and presented in a most artistic fashion, quite a shock as we were the only one's there at the time and really didn't know what to expect.

A wonderful day, this hike turned into a perfect 10, thanks to all that attended. And especially the drivers, Joce and Ray.—**Terry B.**

Blackwall Road to Heather Trail, Manning Park Skyline—June 6, 2009

The weather in Chilliwack was threatening rain so we went to Manning Park. The Blackwall Road was open to the second gate a ways past Cascade Lookout. We parked at that gate and began walking up the road.

The weather was pleasant with no bugs. There were other hikers there. About half way to the Heather trail-head, we encountered snow. In places it covered the road so that we had no solid ground and had to post-hole along. Of course, it got deeper as we ascended and by the time we got to the Heather Trail parking area, there was pretty much only snow to walk on. Most of the time it supported us, so we made our way along Paintbrush Nature Trail up to the microwave tower. There we sat on a log, dried our clothes and ate lunch. Those without gaiters had wet feet but we found them dry socks. The weather held and the return trip went well. We stopped at the Blue Moose on the way home. It was a lot of fun.

Estimated distance: 8 km return. Elevation change: approx. 400 m. Participants: Robert J., Ali Z., David B., Edward G., Lynn M. and **Wells J.**

Zoa Peak and Beyond—June 7, 2009

I have been to the top of Zoa and into the bowl on the backside of Yak many times but had never done a loop of the area before.

We basically climbed up to the top of Zoa, made a steep decent of the other side, picked up the narrow ridge connecting Zoa with Yak and then part way along we would descend the steep bowl and come back out past Falls Lake.



The problem was we did not know if there was an impassable break in the ridge that would not allow us to go through. After topping out on Zoa we descended the steep south west side until we picked up the ridge, quite wide at this point, and we now had to ascend as we went directly south. As we crested each knoll it was a relief to discover that we could continue as nobody wanted to have to climb back up to the top of Zoa. As we got farther south along the ridge it got narrower and narrower until we had to make a scramble down some steep granite to arrive at the top of the bowl.

Now at the edge of the bowl, man that's steep, no glissading here, with ice axe in hand we crossed the steep slope (one person going for a ride before they were stopped by another) until we got to a run out and then it was sliding time. After glissading the bowl we picked our way through the boulder field, along the lake, through a willow forest (I hate willow) and finally to the end of Falls Lake.

But wait! We are on the wrong side of the river running out of Falls Lake so we had to cross 200ft of open water hopping from log to log, fortunately nobody fell in and from there it was a short jaunt back to the vehicles and a well deserved trip to the Blue Moose.

In the end we did 18km in 7 1/2 hours with probably 3000ft of gain, but it was a wonderful outing, many thanks to Jerry, Astrid, Doug, Jim John L, Steve and James - **John M**

Sunday Cycle— June 7, 2009

Three of us met at 1 p.m. at the School Board office parking lot on Airport Road. That was Bill, Mary Ann and I. Seana had phoned to say that she was unable to be there on time so, could we ride to her place on Inter-provincial Highway? So, we three bucked a strong head-wind to get there by 2 p.m. We all got introduced and Seana's boyfriend took the group shot for us. His ankle was in a cast.

Then we headed cross-wind towards Vye Road. We did some jogs east but, when we turned south again, Mary Ann deserted us. I think she had had enough of the wind. We turned east again at about #5 Road and made our way into Yarrow via the Sports Field road. With the tail wind it was just fine, warm and sunny.

Down Vedder Mountain Road to the Vedder River bridge we went and stopped to see Hans at V.M.F.S. Neil and Shaydeen were there

on their bicycles already. Bill decided to be off and Seana wanted to get home. So, after a nice visit with Hans, I headed home alone on my favourite route. It goes through Garrison Crossing, down by the Middle School, along Wiltshire to Spruce, over Vedder Rd. to Britton, left to Webb, then along beside the B.C. Rail track to Luckakuck down to Young Road and Airport Road again.

It was a pleasant but fast ride. Next time, let's take it easier! Thanks, **Wells J.**

Table Mtn.—June 9, 2009

Liz and Phil were good enough to lead us on a trip up to Table Mountain, and Artist's Point, what an awesome hike this turned out to be.

The weather was perfect, and we had the whole place to ourselves, not to mention the use of the facilities at the Search and rescue hut.

We had eleven hikers on the trek, and although we brought snow shoes along, they weren't needed. We had lunch at Artist's Point, and then headed over to Table Mountain, some of the crew summited while others waited half way up.

It was a great hike and we had fun glissading on the way down, even though I was in shorts, it was so warm that I also did a slide. We had two group shots one at the out of bounds marker and one on a cat that we found parked along the way.

We stopped at Graham's as usual for Ice cream, and you can be sure we will do this particular hike again one day. Along for the hike were Phil and Liz L. Jocelyn and Case T. Margaret T. Ray D. Astrid M. John Laf. Ron D. Christa V. and myself, thanks to all for making it such a great day— **Terry B.**

Ferndale/Lummi Island Ride— June 13, 2009

This ride was full of surprises. First the weather was great for cycling; sunny and warm. The first challenge was to be the border crossing, but it was a breeze; hardly any wait at all. At the Ferndale fair grounds we left the cars as worker were busy erecting rather large beer hall type tents. We had o idea what we would be returning to.

The ride from Ferndale meanders through uninteresting, scrub farmland until you reach the western flank of Bellingham bay. Here the winds picked up, but nothing to worry about. We quickly noticed a multitude of eagles and bird watchers with their cameras and HE telescopic lens. It was toss-up as o what was more interesting to watch; the eagles trying to catch the herons on the tidal flats or the photographers trying to get that perfect picture of the eagles in flight.click, click, click, click.<. I didn't know digital cameras could take pictures that fast.

As we approached the ferry to Lummi we rode into a carnival atmosphere.

The Lummi Nation was hosting there annual canoe festival. Huge compared to the canoe festivals at Cultus Lake or Seabird Island.

We stopped to watch the races and wander through the craft market. Then it was off to the island on a neat little ferry that could carry a surprising number of cars followed by a pleasant ride around the north loop. The highlight on this route is the old oyster fishing village strung along the western shore with all the abandoned rail barges used as fishing platforms.

We so enjoyed the canoe festival we decided to return that way to indulge on a fest of barbecued salmon. The ride back to Ferndale was wind assisted.....wonderful. Back at Ferndale we visited the historic Hovander Homestead Farm and the Fragrance Gardens at Tennant Lake. All in all a great day. Participants were: Sheryl H., Randy K., Emile B., Christine F., and John & Mo LaFramboise—**Gary B.**

A trip report for you. Use what you want of the photos and thanks for your continued efforts to produce an excellent newsletter.

Mt Rexford—June 13, 2009

This trip is described quite well in the latest edition of "103 Hikes" so I won't bother duplicating. We had a hard day as this is a demanding steep and slow trail both going up and coming down. We ran into hard snow on the steep upper part of the trail which added to the difficulty as it caused us to do some bushwhacking in some very unfriendly bush.



Once you get into the bowl below the peaks the hard part is over and the views have to be seen, as they can't be described. At the bowl below Rexford, the group split up to pursue various interests including climbing the North Nesakwatch Spire, the Rexford ridge, the Rexford snow gully and lying in the sun. This is a relatively unvisited area but is well worth the effort. Best time to go is the last week of June or first week of July to get the best snow conditions in the bowl but no snow on the trail.

Thanks to all who came out—**Don H.**

Sumallo Grove Hike, Manning Park—June 13, 2009

The weather started out pretty good as David, Irene and I headed into Manning Park. We stopped in Hope to collect Vern and Tia

who rode in their vehicle. At the Grove parking, Ted (Edward) joined us. He said that we left early but his watch was five minutes slow.

Off we went. We checked out a "private" residence on the way in, a very nice "A" - framed home. At Delacy Camp four km in, we snacked and got a group shot done by a camper, then continued another km or so where we had lunch by the Skagit River. We could hear distant rumbling. All went well back to Delacy, then it began to sprinkle. By the time we were half way back, it began to rain, lightning and thunder. Only one of us had a jacket and another a poncho. Thunder was coming one second after the flashes. That is too close!!! Then the sky opened and we got drenched! Vern, Tia and David took off running, I ran behind them and Ted and Irene followed. At the car lot was a shelter and two large out-houses. Three motorcyclists were under the shelter along with David. Vern and Tia had left. I had a change of clothes in the car so used the out-house change room. That felt good! We loaded into our cars and headed down the highway. Then it REALLY STARTED TO RAIN! Couldn't see much for bit but in Hope, the weather was fine. Always take a rain jacket when you go hiking! I'll do the same. **Wells J.**

Rosedale Sunday Cycle—June 14, 2009

Our Sunday's cycle ride started a bit late. Four people however came out to participate on an exciting cycling expedition.

We started from the School District 33rd Office on Airport Road. We rode in and around some of the original neighborhoods in Chilliwack, admiring some of the older homes..

From there we made our way out to Hopedale road and on to Camp River Road enjoying the scenery and conversation when possible due to oncoming traffic.

The weather was great. Partly sunny with a slight breeze making our cycling ride very comfortable. At the end of Camp River Road we made left hand turn under the Agassiz bridge and onto the Highway No.9.

We rode to a garden store to have ice cream and listen to Daryl's annoying dirty jokes at the same time trying to fix Dave's bicycle seat before serious paralysis kicked in from the waist down. Pity he could not transfer that to Daryl's mouth.

After a short break we got back onto our bikes and made our way towards Rosedale. But before arriving a plant sale was spotted and had to be checked out. . Dave and I waited along the side of the road having an in-depth conversation about tattoos and TV shows. After a long fifteen minutes Irene and Daryl came out empty handed and we all got back on our bikes and carried on cycling.

Once in Rosedale Dave decided to go home because of difficulties with his bike. Irene, Daryl and I continued to cycle for another hour before winding up our afternoon.

Thanks for the great company. Mitzi (Wells was otherwise occupied this trip. Thanks Mitzi, for stepping in!)

Organizers: **Wells Jones** and Mitzi Walasek.

Othello Tunnels; Hope—June 20, 2009

There were nine of us for that Saturday A/1/a hike along the Coquihalla River. We started above the grave yard on Kettle Valley Road. The weather was pleasant, the river soothing, the flowers blooming, the company sweet and we dawdled some. We took two hours to get to our destination at the top end of the Othello Tunnels. This canyon, made famous in Sylvester Stallone's movie, Rambo-First Blood, is a lovely piece of real-estate/creation/tourist attraction. Return time was similar.

We boycotted the high prices at the Blue Moose and went decadent at the Dairy Queen in Hope. We were and are: Robert J., David W., Barbara W., Steve C., Christine C., Ray D., Matthew B., Ted G. and **Wells J.**

Cycle New Golden Ears Bridge and the Albion Ferry—June 20, 2009

I woke up Saturday morning to rain. I said that I'd go rain or shine so I hoped this was just a Chilliwack shower. Luckily, it started drying up as we traveled west to Fort Langley. There I met 9 other COC members and a group from North Delta, 18 in total.

We all set out on a leisure pace some taking the Fort to Fort trail while others traveled the road. We met up again at Derby Reach and traveled together the few km to the Bridge. What an impressive bridge. It has easy access with great graded ramps, the side walks are wide, and it is not a steep climb (compared to Alex Fraser).

After the bridge, the North Delta riders headed straight to the ferry, and the COC members decided to add more km by going around the Pit Dyke to the Pit River Bridge. We traveled down the Lougheed Hwy bike route.



For lunch, the sun came out as we sprawled ourselves out at the McDonald's Patio. (Great place to stop, Starbucks, Subway, Safeway all near by). Continued on through Maple Ridge on the

Hammond/River road bike route - some parts are narrow and lots of traffic. Arrived at the Ferry around 1:30, and most got on before the rain started. Those who waited behind for Donna, got caught in a downpour of hail and rain, so we headed to the pub.

Great leisure ride at just 47 km, no breakdowns but a few have scrapes and bruises.. - **Irene H.**

Hope Lookout Trail—June 23, 2009

We needed a shorter hike today, so decided that Hope Lookout Trail was the place to go as none of us had ever been up there.

There were 7 hikers, and we were lucky enough to get a break in the rains this morning, so the sunshine was very welcome.

The trail begins just under the underpass on the West side of Hope and climbs upward at a 19.2% grade. We only had 5 km return to cover and an elevation gain of 480 metres, so we had an early lunch at the top, took some nice photos, and leisurely started back down.

There was probably more time spent at the Blue Moose than hiking, but it was agreed by all that this was a worthwhile hike.

So for those days when we have to be back early for whatever reason, this is a good one to do.



There were tiger lilies, and Columbine, and all sorts of fungus as well as butterflies, and Hollyhocks, and birds chirping, and now and then the sound of the train as it passed through the town of Hope below us. We had some wonderful views of the Fraser River, Lake Kawakawa, Thacker Mtn. and Hope itself.

Along for the fun were Liz and Phil L. Jocelyn T. Robin Y. Margaret T., Christa V. and yours truly—**Terry B.**

Terry B.

Club Information

Notice to Trip Participants

It is understood that risk is inherent to some degree in all outdoor activities. Please ensure that you understand the risks involved and are prepared to accept them. As a participant, you are responsible for your own safety and equipment at all times. Trip organizers are not professional guides—they are simply club members who have volunteered their time for your enjoyment.

Inform the trip organizer of any medical conditions that he or she should be aware of in an emergency, for example: diabetes, asthma, and bee sting reactions. Ensure that your previous experience, ability and fitness level are adequate for the trip. Be sure that your equipment and clothing are adequate for the trip. Stay with the group. Wait for other group members frequently and at all route junctions. Tell the trip organizer if you must turn back. **Be safe and enjoy!**

Required Equipment

Trip organizers will be pleased to answer any questions regarding the required equipment for any outing. For more information, it is recommended that you visit one of the many websites that provide such information. Some recommended sites are: www.valhallapure.com (club sponsor), www.backpacker.com and www.mec.ca.

Safety first, last, and always! It is the responsibility of trip participants to be equipped appropriately. Plan for the *worst!*

Hike Grading System

Duration (hrs.)	Elevation Gain (m)	Difficulty
A 0-4	1 10-500	a Easy
B 4-7	2 500-1000	b Moderate
C 7-10	3 1000-1500	c Difficult
D 10+	4 1500+	d Advanced

Equipment for Club Members' Use

2 canoes with accessories	1 stove
2 backpacks	1 water filter
1 two-person tent	1 pruning saw
1 three-person tent	1 dehydrator
1 projector and screen	13 ice axes
3 9 mm climbing ropes	4 pairs of crampons
4 climbing harnesses	8 assorted carabiners

Note: All equipment must be returned in the same condition as borrowed or repaired appropriately.



Were they prepared for this mishap? See "The Ten Essentials" below.

The Ten Essentials

Before you hit any trail, no matter how easy, no matter how short, no matter how close to home, make sure your backpack is loaded with the ten essentials.

When in the backcountry you are responsible for your own safety, and any one of these ten items may help to **save your life**. Carry them all and know how to use them.

1. Map
2. Compass
3. Extra clothing
4. Sunglasses and sunscreen
5. Headlamp/flashlight
6. First-aid supplies
7. Fire starter
8. Matches
9. Knife
10. Extra food and water

TRIP SCHEDULE

Ongoing

Day	Destination & Comments	Grade	Time	Meeting Place	Organizer
Last Monday of the month	Executive and General Meetings. NO MEETINGS JULY OR AUGUST. June meeting is BBQ at Cultus.	n/a	5:45 pm 7:30 pm	TBD Mt. Slesse Middle school.	President

June 2009

**Usual meeting place for Chilliwack—SW corner of the Sears parking lot at Cottonwood Mall.
Remember to contact the organizer if you are planning on attending a trip**

Date	Day	Destination & Comments*	Grade	Time	Meeting Place	Organizer	Contact Info
June 29		June meeting will be a potluck barbeque at Cultus Lake Park. BYO dish to share, chairs, grill, etc.		6:00 pm.	Meet near the footbridge to the civic park (off Lakeshore). NOT at the gazebo this year.	Charlene	
July 1	Wed. Canada Day	Mount Cheam. 4X4 required. Bring one if you own one. Ice axes available from Don Hay if you don't own one. Bring gaiters, ice axe, glissading gear (Gore-Tex layer), water proof gloves & boots (no running shoes!), adequate water (2 litres) & food, sun screen and sun glasses, etc. Call or e-mail if coming. Don't forget your Canada flag and your voice for singing "O Canada" at the summit!	B2c	8 a.m. 8:15	Sears lot, south-west corner Cheam Center	Wells	

Rest of the activities to be sent out via email.

*All hikes will be subject to change due to road and avalanche conditions. Some Sat. hikes may be moved to Sunday. Contact the organizer to be sure if in doubt.

This month's masthead photo by Lisa Siddons: Irene on the trail at Bryce Canyon NP, Utah.