

## THE TRIPPER



Newsletter of the Chilliwack Outdoor Club

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

## TRIP REPORT

## ROCKY MOUNTAIN RAMBLES - JULY 16-23



Most of us arrived at Lake Louise Hostel on Sunday July 16, smoke from the BC-AB fires some concern. We were fortunate, though, we were in a pocket of a clear blue sky in Louise. July 17 was our 1<sup>st</sup> day on the trails. Most who do the Lake Louise trails either focus on Fairview or the two teahouses loop trip to Death Trap and back. Both pathways tend to be most packed.



Our goal for the day was the oft neglected Mt. St. Piran (Piran was the patron saint of Cornwall). Mt. St. Piran is the best kept secret trek in the Louise area with sights from the summit that are worthy of many a photo-op. We were the

only ones on the summit when reached and we lingered until lunch at such a beautiful place, hints of smoke from the fires arriving by early afternoon. We did a short side trip to Little Beehive on our descent and took the quieter horse trail back to Lake Louise (tourists aplenty on the main pathway).

We moved from Louise to Yoho on the 18th and spent a couple of nights at Whiskey Jack Hostel. July 18 we joined the Burgess Shale Geoscience Foundation for the trip to the Walcott Quarry, past Yoho Lake (site of the 1<sup>st</sup> ACC camp in 1906), out of the forest and up to the Wapta Highline Trail.



The almost 3000 ft- 21 KL return trip was, as anticipated, most informative, the Quarry, in many ways, the Holy Grail of fossil finds. We were fortunate there were no other trips scheduled for the day, so 10 of us lingered (with guide) at the Quarry, information spilling out like a cascading waterfall. Smoke began arriving by early afternoon, views down to Emerald Lake limited.

July 19 was a slower day. We drove to Emerald Lake and did the rarely trekked Emerald Basin Trail. The hike to the Basin winds upwards, through the forest, to an expansive





open theatre of rock cathedrals, foaming streams, snowfields and boulders. It was a slower more meandering day, a break from the busier Mt. St. Piran and Burgess Shale days but few on the trail yet once again.

We left Yoho on the 20<sup>th</sup> and headed up the Icefield Parkway, Nigel Pass the goal for the day. The clouds were thick, hints of a blue sky, but weather decidedly a cat and mouse game. The Nigel Pass trek is the route into the much desired Brazeau Lake loop and we ventured as far as the higher rock border that offers views of high peaks and varied valleys. A few rain squalls and hail joined us but they came and went in haste, again many superb photos taken from the high pass rocks. It was to Rampart Hostel for a couple of nights, ever northwards the journey.

July 21 we were up early again and off to Wilcox Pass. We did the standard trail to the high cairn, then branched off the pathway upward to the ridge of Wilcox Mountain. The firmer shale on Wilcox made for, mostly, solid footing, and from the ridge exquisite views to the glaciers in all directions. We were even fortunate to have a couple of mountain goats join us just below our sitting perch. Again, photos worth the multiple takings.

July 22 was the final full day of mountain rambling and we took to Edith Cavell Meadows. Jasper Park is, gratefully so, limiting the number of people in the meadows, and we (because of our hostel passes) had early access to the trail. We had generous views of the splintered Angel Glacier, then higher to the flower thick meadows and alpine, the wind in the alpine cooler but most refreshing. The hiking day ended



with a visit to Maligne Canyon and Maligne Lake (again, sheer delights worth the seeing although rather touristy and too busy after so much silence and mountains to ourselves).

The night of the July 22 was spent at Edith Cavell Hostel and the morning of the July 23, it was back to the Valley, an 8 bells and all is well Rocky Mountain rambling trip behind us.

Participants: Lucy Stad, Mary Ann Dykshoorn, Cindy Waslewsky and Ron Dart (trip leader and reporter). Doug Hudson joined us for the Burgess Shale day.

#### Appendix

Most who take to the Rockies often ignore the bounty of walks, hikes, scrambles and climbs in the Jasper area. The recently published *A Peakbagger's Guide to the Rockies North* (2017) by Ben Nearingburg & Eric Coulthard is well worth the purchase, read and pointers for those keen to do the Rockies North.

montani semper liberi

**-RSD**

#### CAULFIELD TRAIL AND LIGHTHOUSE PARK

WEST VANCOUVER - JUNE 24, 2017

I must confess that the reason for the shortness of this report is that one month after this hike I am relying on memory to describe what happened. Not very bright of me.



I recall beginning the hike on Caulfield Trail on the beach one of the alleged many secret beaches in West Vancouver. A short walk along the beach, up through some trees and onto what must be one of the oldest street in West Van. Walking to the end of Caulfield Cove we entered Lighthouse Park.

In Lighthouse we hiked the park's many trails; Arbutus, Summit, Valley of the Giants, Maple, Shoreline and Juniper Point. I think I have recalled them all. On the Giants Trail we stopped to awe the huge red cedars and Douglas. Awing also happened on the many vistas looking out over Burrard Inlet and Georgia Strait.





I did write a note about one highlight. Bruce Fitzpatrick visitor from the States befriended us telling stories about playing for the New York Mets farm team 1960 to 61. Afterward he was drafted serving in Vietnam. He shared his views about the war. He also told of about having a heart transplant. His hosts all the while patiently waiting for our farewells to Bruce.



Where did we stop for refreshments after this 10 to 12 km hike? I don't remember. But Sharon R, Christine C, Deborah L, Lynn M, Patrick R and me enjoyed ourselves. I think.

**-Dave Ortis**

## EATON LAKE – JUNE 28



The sign for the lake at the beginning of the trailhead has been sprayed painted in red: "Pure Hell". It is a steep trail (22.8% average grade) but other than the odd tree to scramble over, the trail is in good condition and quite doable.

For the most part this trail follows Eaton Creek, which looked more like a river than a creek with its gushing white water.

At 10:00am 11 hikers zigzagged up through the pretty forest, crossing a log bridge with a tall waterfall cascading before us. In one hour we came to some log benches after crossing an old wood walkway. There we waited till the whole group was caught up. A face on the tree behind the bench says "half way". But this is not true. We were only one third of the way.



In the last km before the lake where the ground levels off more and there's a big pond + views of Eaton Peak, the bridge is broken. But we just carefully made our way over some logs + part of the broken bridge with Grant's guidance and thankfully no one fell in. Next we crossed a third log bridge with a leaning rail and finally a boulder field before coming to Eaton Lake where we all had a "wow" moment.

A sharp ridge of mountains made a beautiful backdrop to the sparkling blue lake that was now void of ice. Many fish were jumping close to the log-jam at the lake outlet. Reg was regretting not having brought his fishing rod. Cal looked very comfy in his nice lawn chair (no we didn't think the frame was an antenna). Too soon it was time to go again, after a 3-hour ascent. Downhill took us another 2 hours. The sun had



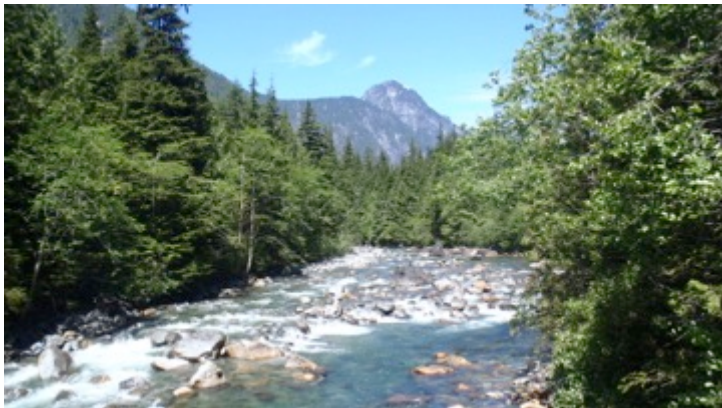


come out and was filtering through the trees, illuminating the bright green moss on the forest floor. It was 4:00pm by the time we reached our 4WDs and we still had to drive home so we by-passed the restaurants.

Stats: 14.3 km / 1005m gain / 1345m high

Along for another wonderful COC expedition were: Terry B, Jerzy B, Christine F, Cal F, Liz L, Grant N, Reg S, Jim S, Margaret T + Case & **Joce T**

## GOLDEN EARS CANYON LOOP - JULY 1

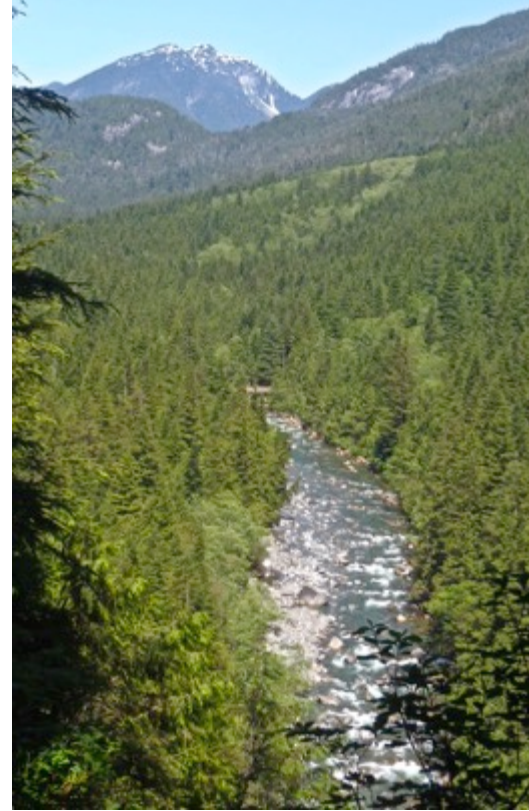


Our first trail was the Lower Falls Trail. Destination, Gold Creek Lower Falls just over 2.7 km where the trail ended. Well sort of ended. After a couple of attempts we successfully found a guessing kilometer steep connector trail to the East Canyon Trail.



From here it was an easy ascent on an old logging road. We continued onward for about another 4 km to Viewpoint Beach. From here we could see Golden Ears and Raven Peak. Still plenty of snow on top. I'm not sure but I think it was Raven Peak we could see what must have been a large cornice at the top. Along with others we enjoyed relaxing and eating lunch in the sun.

The beach was also our turnaround point for Bob J, Christine



C, Reg S, Geoff L and me. A kilometer back down the trail we hiked then on the East-West Connector Trail. We crossed over what looked like a fairly new bridge and ascended to the West Canyon Trail. We climbed a steady heavily rooted and rocky climb to a viewpoint overlooking

Gold Creek and Golden Ears Valley.

Continuing on close to the highway we turned onto the Menzies Trail that led us to the Gold Creek parking lot completing about a 15 km trek. It wasn't long before we were enjoying refreshments at the Black Sheep Pub.

- **Dave Ortis**

## CONWAY TRAIL TO MILE HIGH CAMP –

JULY 5

This trail is in need of some TLC. But since I posted my pics on our Facebook site, 4 hours of voluntary labor have been put into cutting back the alders from the trail. Wearing shorts was a mistake. Snow prevented us from summiting but the Mile High Camp was a just reward. The nice thing about this hike is it offers views already before you even start the hike and then constantly throughout. The view from Jones Lake is beautiful. And there was no lack of water sources along the way.





At 10:00am we were parked at the end of the FSR, having shaved half an hour of road walking off thanks to our trusty FJ. Case had gone back to pick up the others who parked farther

back. Bolder hoping on slippery stones through gushing creeks, bushwhacking through alder for almost 2 hours one way and traversing three snowfields made for a challenging hike. It took us four hours to get to Mile High Camp. We could see the prominent peaks of the Cheam Range well before that already. But at the camp they were that much closer.



On the way through the brush, Vic who was leading us began singing (there was a lot of fresh bear scat on the trail). I thought his choice of song was appropriate: he was singing the Disney song from the 7 dwarfs; "Hi Ho, Hi Ho..." as the 7 of us ducked and shoved through the alders. It was a relief when we entered the forest 2 hours later. We helped each other cross one particular gushing creek where the log crossing had broken. We weren't going to turn back. We

were almost in the alpine. So we bushwhacked a bit higher upstream and very carefully crossed. Caution was also used when crossing the snowfields, keeping both poles anchored and digging our feet in one step at a time.



Foley, Welch, the Still, Stewart, Baby Mundy, Knight, Lady and Cheam were all right there, up close and personal. Amazing. Conway Peak was behind us and even closer. After lunch and the traditional group shot, usually the gang is rearing and ready to go back down but I looked and no one had moved. It was just too comfortable sitting there after a 4-hour climb and the views too gorgeous to get going.



Descending took 3 hours. Back through the alders we formed a lofty chorus to keep the bears at bay. Some hidden talents were discovered. We didn't get back to the vehicles till 6:30pm, all sweaty and tired. So we by-passed the restaurants again.

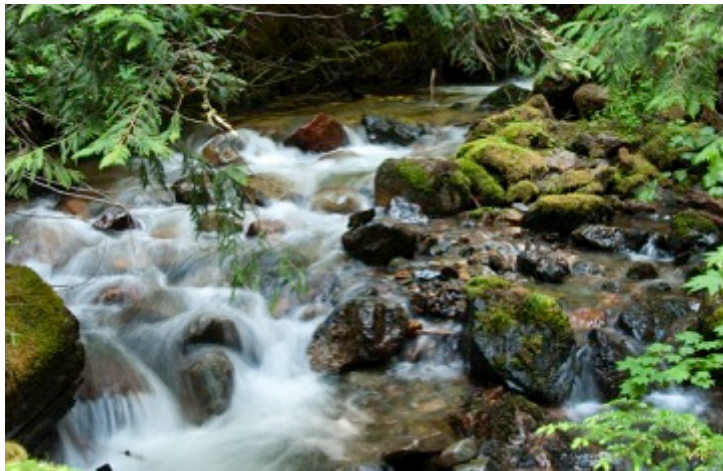
Stats: 13.7 km / 1000m gain / 1655m high

Thanks to all who came out for the challenging and rewarding hike: Dave B, Heather B, Vic D, Irene H, Brenda L + Case & **Joce T**

## SKAGIT RIVER TRAIL - JULY 8

If I recall the last time I hiked the Skagit Trail the gate entrance to Sumallo Grove and the trailhead was closed. Not this time. We parked at the trailhead. Donning our





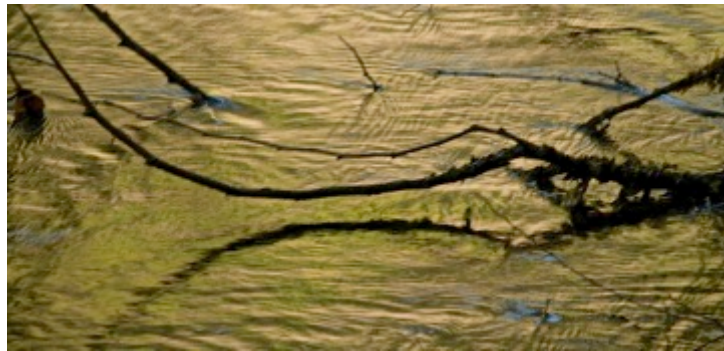
packs Patrick R, Lynn M, Eileen R, Pat R, Bob J, Allen C, Jan S, Pat H and I headed south crossing the walking bridge over the Skagit for what turned out to be a 20 km return hike. Hot, but what a beautiful day it was with the refreshing smell of forest. And the sounds of the Skagit and its feeding tributaries were soothing.

Photo opportunity and beauty appreciation stop at Delacey Camp after which we headed to the Ecological Reserve where we stopped for lunch. Tummies satisfied we continued on toward what I think according to a Skagit Trail website is designated as the slide. Here we turned back. On our return we slowed our pace because, well energy conservation is important for some of us oldies.



The only human sounds was the joy of our fellowship and meeting a lone fisherman heading south faster than our pace. He was gracious enough to take our group photo with Eileen's camera. Thanks Eileen for the other shots taken by Eileen. We met more folks on our return some of whom were camped at Delacey Camp

Back at the Sumallo, cars loaded what next? To the Blue Moose of course. There we met Ray and Pat who joined us around the outdoors table of good fellowship.



**-Dave Ortis**

## FLATIRON / THE NEEDLE – JULY 12



Wednesday's hike had 13 enthusiastic hikers eager to climb up the Needle Peak or Flatiron. The sunny weather was perfect; a cool breeze kept the temperature comfortable. We started up around 9:45am. The first hour of the trail switches back and forth through the trees. But you know as soon as you see "the white sign", the alpine and views are just around the corner. Wow, those views are breathtaking and as usual, everyone tries to remember all those strange animal peak names, which lie on the other side.

At the junction the group splits, 5 going to summit the Needle and 8 going to Flatiron. Here we met a father and his 6 & 8 year old sons, taking pictures of a family of ptarmigans. The kids and dad had already done Needle peak the day before and now they were also heading towards Flatiron. Nice to





see families out on the trails. Our group headed towards Flatiron, which is one of my favorite hikes. What more can you ask for – fantastic views, and a cool cold lake. We stopped first at the lake for lunch, then hiked up the dirt patch on the right to Flatiron. The photographers were at their glory, snapping pictures everywhere.



On the way down, Joe headed for the gully of snow. Taking out his “butt” sliding gear, he joyfully glissaded down, having to self-arrest once to change directions. Some of us decided a nap by the lake was more our style. We rendezvoused with Needle group who had their own stories of trying to find the scramble up the Needle. Thankfully, they met some climbers who guided them up. This is a tough hike to find the easy route. Great tip from Joe, if you leave anything behind, FLAG the spot so that you can find your gear later. What a fantastic day – finishing off with ice cream or cool drinks at the kiosk on the other side of the highway.

Stats: for Flatiron: 10 km / 1036m gain / 1890m high

Participants: Jerzy B, Rossana C, Deb H, Wayne H, Christine H, Dan K, Joe K, Sue L, Karen S, Joce T (pics) Tammy W + **Irene H**

## FLORA PEAK – JULY 14

Of the five of us regulars who summited this peak, it was a first for four of us. Such a familiar trail to us, often snowshoed in the winter, and we didn't realize the view could get even better.



Hopefully we didn't scare our newby, Jane off. We kept up a slower but steady pace (starting out at 9:30am), knowing

this would be a challenging hike. Once through the forest almost two hours later, we came to the open ridge where many Indian Paintbrush bloom. But it was dry and they were starting to wither. Once round the corner and over the creek feeding the long waterfall, we turned north, facing the rocky bluffs we'd soon be passing. At the col we turned left, climbing right of the bolder slope. Joe put extra pink flagging tape up to guide the way.



Patches of purple penstemon stood out against the rock. Squirrels skittered about. There were some exposed sections along the steep narrow climb to the top but it was doable. A patch of fresh back lit blooms: Indian Paintbrush, daisy and lupines looked so pretty against the black cliff. When we approached the rounded summit with its tall rock cairn, we were in awe.



Familiar peaks surrounded us on all sides and the whole of Chilliwack Lake could be seen. A few steps down to our north and all of Flora Lake lay right below us. To the west the backs of the Gargoyles above Lindeman Lake were up close and personal. I never knew Greendrop Lake was so long. And I could go on...





Three quarters of an hour later and we were still reluctant to leave the top.



But we did, getting back at 5:30pm.

Stats: 15 km / 1405m gain / 1950m high

Thanks to all who came out for this amazing hike: Terry B & her doggie Kenya, Steve C, Jane Harris, **Irene H**, Joe K + **Joce T**

## HEATHER TRAIL TO FIRST BROTHER –

JULY 15



As I am often given to questioning what new can be said about hiking a familiar trail that has been popular with COC members over the years? Very little. Driving 15 km off the Hope Princeton Highway we arrived at the lower parking lot and were on the trail about 9:45. We did the descent to Buckhorn Camp where we took a break and were warmly greeted by the Whisky Jacks. Break over we now trekked steadily upward.



Before arriving at the junction to the top of First Brother and to the Kicking Horse Campground we stopped for lunch comfortably perching ourselves on rocks. This was the last place all of us were together. We were Victor D, Gurek B, Walter and Judy W, Ron T, Eileen R, Carolyn H, Tammy W, James R and me. James from Bridge Lake was visiting his son in Langley. He wanted to hike with club again. Told me, "The one thing I miss about living at the coast is hiking with the COC."



Lunch over we continued trekking to the junction. Where, four of us chose not to ascend to the top of First. Couple of us poky ones were not on the scene when the others did their ascent to the top. The four of us together, we relaxed then chose to hike along the trail to Kicking Horse looking for the trail to Second Brother. Didn't go far enough but still the seemingly endless meadows with flowers in their majestic fullness was worth the extra trekking. Such a time on a well frequented hike is definitely not boring. Who could be bored in the midst of such beauty?



Though the conditions for hiking were ideal with a cool breeze, clear atmosphere and bright sunshine a troubling scene was on the horizon. To the north near Princeton we could see rising forest fire smoke. To remind us how dry the forest along the trail in many places we kicked up a lot of dust evidenced on our clothes and packs.

Back at the trailhead two carloads left because it was getting late. Tammy waited for two hikers. Only minutes later they showed then off to Lightning Lakes picnic ground to pick up Wells J who had hitched a ride so that he could hike the trails around Lightning Lakes.

The day was getting late so many bypassed stopping in Hope for refreshments. Before I forget. Thanks Eileen for the pictures.

**-Dave Ortis**

## EXCELSIOR PEAK – JULY 19



Winter tends to stay a bit longer in this area just across the border, so close to Mt. Baker. Contrary to what we were told at the rangers station, the trail was free of snow, but just barely. And not all of the wild flowers were in bloom yet. There are three ways to get to Excelsior Ridge. Welcome Pass is shorter but steeper and Damfino is on a gravel road that's not always open. It's the easiest way, the trailhead being higher at 1265m.

At 9:00am we parked at the Excelsior trailhead just off of Hwy 542 that leads to Mt. Baker. Twelve of us kept a steady pace up to the ridge. Just before the meadows and junction we passed through a beautiful section of old growth forest made up of Western Hemlock and spruce trees. As we emerged onto the ridge we saw the sign-post for the junction of the Damfino and ridge trails. West led to Church Mt. and east to High Pass. Just a hop and a skip from this junction was another fork. We stayed left, knowing the right to the south slope was steeper.

Now that we were out in the open there were large sheets of snow, especially on the north slope of Excelsior summit. But the trail was mostly clear, ambling steeply up the NW ridge. Familiar peaks to our north grabbed our attention but our "wow" moment came when we reached the summit and there before us was the mighty Mt. Baker along with 360 degree views of countless peaks to entertain us for our

lengthy lunch break.



Some of us took the 45 minutes before meet up time to scout around, walking farther along the ridge. The wild flowers consisted mostly of yellow arnicas and white valerians with their clustered heads. Avalanche lilies grew in clusters where the snow was busy melting. The lupines were just beginning to bloom. Purple flox and asters dotted the hillsides.



As discussed, we met 1:30am back at the junction. Joe & Vic glissaded down the north-slope of the summit but when Vic was nearing the edge of the snow he ran into a few mounds of heather. Out came a rumble of what were they? Expletives in Polish? Sorry Vic, but it was quite entertaining. By 4:00pm we were back down. Four of us went to El Nopals for dinner as is our tradition on our Baker hikes.



Stats: 16 km / 1175m gain / 1735m high

Thanks for all who came out on this gorgeous day: Grant A, Jerzy B, Vic D, Deb H, Irene H, Joe K & his daughter, Brianna, Reg S, Tammy W + Case & **Joce T**



## SKYLINE 1 HIKE - JULY 22

The sky was cloudy with occasional times when the sun showed its face. Except for few clouds covering the top of the Hozomeens our view of the cascades was clear and made more spectacularly beautiful with the height of the alpine bloom. Evidenced by the good photos by Eileen.

Our starting point was Strawberry Flats. Everyone walked the pace that best pleased him or her. A few hiked in good time. Others? Well we took time outs for momentary scenery gawking and camera clicking.



An obvious and popular stop was the junction just past where Skyline 2 branches off on a heading toward Skagit Valley. Here we peered over the precipice at Thunder Lake and the peaks to the south. Later in the expansive first meadow a kilometer further up the trail we stopped for lunch and a leisurely time of fellowship and simply marvelling at nature and our good fortune to be living in this country we call home.



We made this meadow our 7 km. turn around point. We encountered the usual weekend hikers especially many heading for a night or two at Mowich Camp. We also met about a dozen trail runners mainly on our return to Strawberry. The runners were practicing for the Fat Dog 120

mile race August 11-13. Web site warns this race "is not for beginners". No kidding!



It was good day and the 9 of us; Sharon R, Brenda L, Allen C, Deborah L, Pat H, Lynn M, Patrick R, Eileen R and I treated ourselves to a well-earned reward. Our reward? D.Q. refreshments in Hope.

**-Dave Ortis**

More Rocky Mt. trip pics:



by Cindy W



2017 MULTI DAY TRIPS



by Mary Ann D

the Heather Meadows



by Joce T

-masthead taken on Flat Iron by Joce Timmermans

**TRIP: ASSINIBOINE AND THE BUGABOOS PROV PARK**

**ORGA: JOCE TIMMERMANS AT JOCELYNTIMMERMANS@HOTMAIL.COM**

**DATE: AUG 01-09**

**PART: 6-8 NOW FULL**

**TRIP: HIKING IN THE JASPER NP AREA, FRYATT VALLEY, MALIGNE LAKE, SKYLINE**

**ORGA: RON DART AT RDART@SHAW.CA**

**DATE: AUG 12-20**

**PART: 10**

**TRIP: HIKING CATEDRAL LAKES PROV PARK**

**ORGA: CHRISTINE FAULCONBRIDGE AT CHRISFAULCONBRIDGE@GMAIL.COM**

**DATE: AUGUST 19-27**

**PART: 6-8**

**TRIP: HIKING IN THE BELLA COOLA AREA, GRIZZLEY BEAR VIEWING**

**ORGA: AMRG TRANAH AT MARGARET\_TRANAH@HOTMAIL.COM**

**DATE: SEPT 02-17**

**PART: 6-10**

**TRIP: CAPE SCOTT PROV PARK**

**ORGA: LORI BODKIN AT FIRECHICK@TELUS.NET**

**DATE: SEPT 07-11**

**PART: 6-8**

**TRIP: BACKPACK GLACIER PEAK, WASHINGTON STATE**

**ORGA SUE LAWRENCE AT GWELU@TELUS.NET**

**DATE: SEPT 12-17**

**PART: 6-8**

**TRIP: GREEN LAKE, CHILCOTIN, CANOE OR KAYAK**

**ORGA: JUDY PASEMKO AT JUDYPASEMKO@SHAW.CA**

**DATE: SEPT 23-30**

**PART: 6-8**

**TRIP: HIKE THE LAKES DISTRICT OF NORTH WEST ENGLAND**

**ORGA: STUART WOOD AT STUART\_WOOD@SHAW.CA**

**DATE: OCT 01-08**

**PART: 8-10**



## 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](http://www.valhallapure.com) (club sponsor), [www.backpacker.com](http://www.backpacker.com) and [www.mec.ca](http://www.mec.ca).

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

### 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

### 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
2 avalanche transceivers	? avalanche probes

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

## 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

## CLUB CONTACTS

Position	Name	E-mail
President + FMCBC Rep	Ken Orr 604-858-0813	<a href="mailto:orrke@shaw.ca">orrke@shaw.ca</a>
Vice President	vacant	
Past President	Ken Hurley 604-792-9029	<a href="mailto:kwhurley@gmail.com">kwhurley@gmail.com</a>
Presentations & speakers	Ray Daws 604-724-7746	<a href="mailto:raydio@shaw.ca">raydio@shaw.ca</a>
Treasurer	Irene Hofler 604-824-6741	<a href="mailto:ihofler@telus.net">ihofler@telus.net</a>
<b>Directors:</b>	Paul Schumak 778-868-6474 Ken Hurley 604-792-9029 Margaret Tranah 604-819-8940 Stuart Wood 604-745-0095 Helen Turner 604-792-0972 Gary Baker 604-858-4928	<a href="mailto:paulschumak@hotmail.com">paulschumak@hotmail.com</a> <a href="mailto:robbinyager@gmail.com">robbinyager@gmail.com</a> <a href="mailto:kwhurley@gmail.com">kwhurley@gmail.com</a> <a href="mailto:margaret_tranah@hotmail.com">margaret_tranah@hotmail.com</a> <a href="mailto:Stuart_wood@shaw.ca">Stuart_wood@shaw.ca</a> <a href="mailto:hturner59@gmail.com">hturner59@gmail.com</a> <a href="mailto:garybaker@shaw.ca">garybaker@shaw.ca</a>
Membership Secretary	David Biehn 604-378-9938	<a href="mailto:dave.biehn@gmail.com">dave.biehn@gmail.com</a>
Mail checks to: Secretary:	Danielle Goulet 438-871-1623	<a href="mailto:dapatnic@gmail.com">dapatnic@gmail.com</a>
Club Trip Email	For trips and announcements to be forwarded to all members	<a href="mailto:coctrips@gmail.com">coctrips@gmail.com</a> or <a href="mailto:terrybergen@shaw.ca">terrybergen@shaw.ca</a> Note: Give at least 1-2 days lead-time.
Librarian	Irene Hofler	<a href="mailto:ihofler@telus.net">ihofler@telus.net</a>
Newsletter Pub. 604-854-6267	Jocelyn Timmermans	<a href="mailto:jocelyntimmermans@hotmail.com">jocelyntimmermans@hotmail.com</a>
Website	Amanda Rallings	<a href="mailto:Amanda_rallings@Hotmail.com">Amanda_rallings@Hotmail.com</a>
Vedder Mt Trail Ass'n	Gary Baker 604-858-4928	<a href="mailto:garybaker@shaw.ca">garybaker@shaw.ca</a>
Refreshments	Helen Turner + Lori Bodkin	<a href="mailto:hturner59@gmail.com">hturner59@gmail.com</a> <a href="mailto:firechick@telus.net">firechick@telus.net</a>
<b>Equipment Managers:</b>	<b>Richard Aikema - aquatic (canoes)</b> <a href="mailto:richard.aikema@abbotsfordcommunityservices.com">richard.aikema@abbotsfordcommunityservices.com</a> Mountaineering/hiki John LeBlanc	<a href="mailto:John3@teuls.net">John3@teuls.net</a>