

THE TRIPPER



Newsletter of the Chilliwack Outdoor Club

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

TRIP REPORT

HBC 1849 TRAIL - JULY 22

Four intrepid hikers, one trail dog "Kenya" a mascot named "RC" and a Trail Angel to assist us on our journey, all set out on this damp Saturday for what turned out to be a wonderful adventure into the wilderness.

As we do plan to do a presentation for the Club, I won't go into a lot of detail here. The second day to Manson's ridge was rainy with low clouds so no views which was a shame, but the rest of the week was sunny and dry so we had no complaints.



Lori B. Irene H. Allana S. And myself with some help from Brian Threfall, (trail angel) he came into Jacobson Lake with our extra supplies and saved us from having to pack a whole weeks worth of food; journeyed over the mountains for 74 km over a period of 8 days, Brian also picked us up at Tulameen and as fate would have it he arrived at the end of the trail at the same time as we did.

We had a great time, and fought off a horde of mosquitoes, had some smoke from the fires one morning, there were two lakes, Palmers pond, and Lodestone Lake, as well as the Tulameen river and at the end of it all a swim in Otter lake at Tulameen, so we were able to wash off the dust....

Had trouble finding the water source at Olivine camp, but inside the bear cache we found instructions on how to find it, going back 100 meters and down 350 meters, was a log with an underground spring coming up alongside of it. It was flagged, but could have been marked a bit better, it was a good job we found the water, as hiking out the next morning it was 3.5 km before we came upon another water source.



My favorite camp was Horsegaurd camp as there was a sandy beach, and the Tulameen river (which is surprisingly warm) flowing just past it, a wonderful setting.

At Sowaqua, at three a.m. a Bull Elk gave us quite a fright by bellowing loudly nearby. Took awhile to figure out what it was.

If anyone has the time I really recommend this hike, the trail was well maintained, well marked and the camps were great.

Lodestone had no bear cache, but we hoisted o our food into the trees tied up in a tarp, and had no problems.





On the Tulameen end of the trail there were lots of berries, and therefore a lot of bear scat as well so we tried to sing as loudly as possible, we never met any bruins so it must have worked, the alpine flowers on this trip were absolutely beautiful I have never seen Lupine as tall or as many different varieties of flowers as we did here.



-Terry B

THE FIRST BROTHER AND HEATHER TRAIL - JULY 26

On the rumour that amazing flowers were to be found on the Heather Trail, several groups of the COC made their way up to Manning Park to see what was blooming this year. Our group of 6 was one of the later ones hoping to catch an eyeful on July 26th, and the meadows did not disappoint although we heard later that just one week after this, the flowers were already fading.



The dusty trail right from the parking lot to the campground had us spreading out to avoid breathing it in, but otherwise we couldn't ask for a more perfect day. Bright blue sky

served as the perfect backdrop for a tapestry of primary colours. Ox Eye daisies and fire red paintbrush, tall blue lupines and yellow arnica. Many others were changing to seed which created an interesting structural contrast in the bright green leaves, herbs, and grasses.



By mid day as we approached the First Brother (elevation 2272 meters) - our goal for the day, temperatures were in the high 20's but a light breeze kept four of us in high energy to summit. The wind at the top was delicious, and after almost losing the sign board to the wind over the edge we thought it best to return on the hot dusty trail.



Our day was complete with tasty food at the Manning Park restaurant where we enjoyed perfectly chilled brews to tame that dust. Although that dust still had the upper hand covering our very dirty legs, well hidden under the table.

Thanks to fellow hikers: Sheryl H, Case T., Reg S., Christine H., Allen S.

Report by **Robbin Yager**

WOODLAND WALK TRAIL

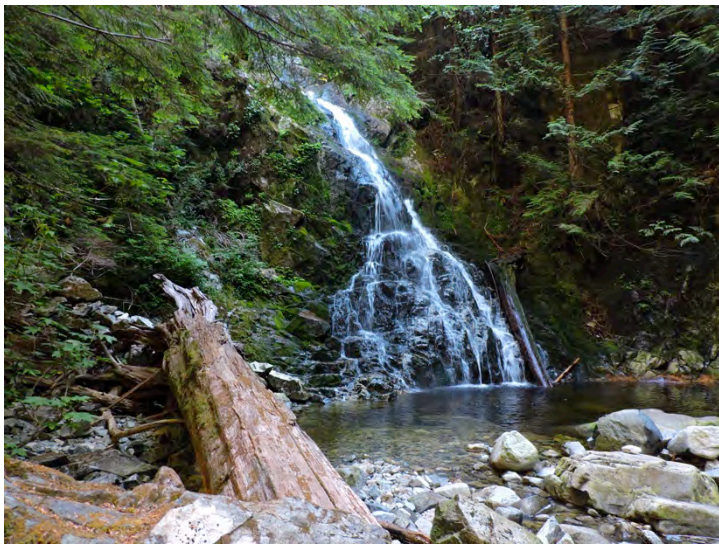
PINECONE BURKE PROVINCIAL PARK

JULY 29

The Woodland trailhead is off Harper Road at Harper Road Gate. Greeting us next was the cracking sounds from a rod a gun club the invaded our tranquil forest hike for several kilometers.



A short distance and an easy climb through the forest soon found us arriving at the power lines. Walking for 15 minutes under the lines we found the sign leading us back into the forest onto the Lower Woodland Walk trail. From here and for most of the 6 to 7 km hike we discovered that decades of the forest's natural reclamation had converted an old logging road into a true trail. There were many amazing stumps that once stood tall. Now some are nursery stumps and others hollowed with age enabling one, two or more folks able to stand inside and imagine the beauty of a forest long past.



At the junction of the Upper and Lower Loop trails we opted to hike the upper loop our destination Sawblade Falls. The falls is at the end of a short spur. A beautiful spot where we lingered then headed to the Lower Loop trail. There is a rock outcropping where we enjoyed lunch with a view of mountains to the west and through the trees we could see Coquitlam Lake.

Lunch ended we climbed the approximate 250 m steep descent down the Lower Loop trail and headed back to the trailhead. Along the way Sharon R, Al C, Manfred H, Patrick R, Lynn M and I stopped for group shot on a giant stump. Thanks Manfred for the pictures.

Pictures done stomachs were growling for a Dairy Queen treat. With a little sleuthing we found our spot, satisfied our pangs and unanimously agreed what a peaceful forest walk, save for the sounds of gunshots, is Pinecone Burke Provincial Park.

-Dave Ortis

TENQUILLE LAKE - AUG. 1 - 4



Originally we were scheduled to fly into Assiniboine Park Aug. 2. But the day before we were supposed to leave, they notified me that the park had closed due to the forest fire situation. What to do now? Trying to organize a plan B at the last minute was a challenge. By the end of the day I'd packed and unpacked my overnight backpack 3 times! But I'm glad we stuck to it. Even with the haze from the fires, this park had much to offer with a massive lake, large newer cabin and 4 accessible peaks.



Day 1: Half of our day was spent driving, northwest of Pemberton and then right onto the Hurley River FSR. There are 3 ways to get to the lake. One starts from Owl Lakes on the D'Arcy Rd and is a 3 day backpack. The other starts at the beginning of the Hurley River Rd from the Pemberton Valley floor. The third is the most doable, driving with our

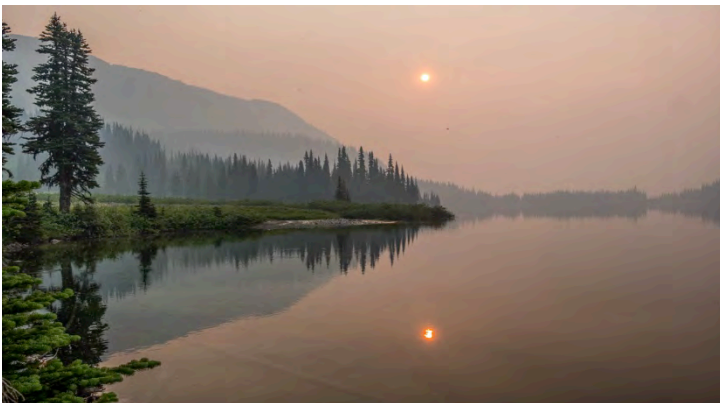
high clearance 4WD to the yellow sign that says Tenquille Lake and Branch 12 spray painted in black letters over it. A right turn and small half hour, negotiating numerous water bars got us to the trailhead where there's a kiosk.



This cuts the elevation gain in half. There was no loitering at the parking lot because the mosquitoes were terrible. I'd never seen pink sunlight in the forest before. Neat. We also saw some very fresh bear scat full of berries. So the four of us stuck together. After about an hour of steeper climbing the trail leveled off. Board walkways had deteriorated but we could easily walk beside them. In a few hours we were at the junction to the valley trail. From there we were in the open alpine valley, walking through meadows abounding with wildflowers leading up to peaks on both sides of us. From Tenquille Pass it's a 60m-drop to the lake.

The large cabin is fully equipped with pans, 2 large picnic tables, a wood stove and a big loft with about 6 foamies. There's a kayak under it. You do get wet when you sit in it but its great for fishing. A stream separates the campsite from the cabin and provides nice cool drinking water. A corner of it also became our refrigerator. A hop and a skip from the cabin is the large green lake. So peaceful. Dan even went swimming in it! And the view from the outhouse couldn't get much better. All those flowers in the meadows with Tenquille Mt. & Finch Ridge as a backdrop. It being mid week, we had to share the cabin with only 2 other hikers.

Stats: 7.5 km / 535m gain / 1640m high



Day 2: We woke to an uncommon sunrise. The sun was red and reflecting in the lake. This day we bagged our first peak, summiting Mt. McLeod. We found a faint trail at the west end of the lake. It branched off of the lake trail and was well flagged. This trail is not mentioned in the "103 Hikes in SW BC" book. The one that it does mention, starting from Tenquille Pass, no longer exists according to Club Tread reports. We also looked and couldn't find it. The trail we used led us steeply up the flowered slope, alongside a creek to Fossil Pass. Wary marmots were watching us pass by.



We could only see the nearest peaks due to the heavy haze. The smoke smell hung heavy in the air. Right on the pass would've led us to Copper Mound but we went left. Mt. McLeod's summit seemed far away but it wasn't too long before we'd found our way to the top, following the rock cairns (no pink flagging tapes beyond the pass) and crossing over some snow fields.



The limited hazy view lent a mystical effect. To our north the slope dropped off sharply. We stood atop a high cliff. To the SE layer upon layer of gentle slopes disappeared into the haze. And to the west was Copper Mound, connected by the ridge. When we descended, Joe and I hung back at the boulders by the pass and patiently waited for the marmots to reappear. Success! He was looking at us like, "What are you???" The haze had lifted by mid afternoon so we could see all of Tenquille Lake below us. We had a break for a few hours and then did a pre dinner one-hour walk round the



lake. There are a few more campsites on the north side of it. We also found a make shift raft farther down. We didn't stop to check if it'd float or sink. Dan ate a fresh trout for dinner. It was too small to share. We forgive you Dan. Dan kept Case entertained by playing Crib with him.

Stats: 7.8 km / 617m gain / 2150m high

Day 3: We bagged a second peak. This one was more challenging, with some exposure in a few sections. Through the meadows we went, north and then east. Again, the book says to go to the end of the trail by the creek and then up through the meadows. Not. We had ended up on a very steep dangerous slope without proper footholds or handholds. We found the correct route on our return trip by following footprints. So we built a rock cairn & pink flagging tapes where you should leave the trail. Do not go all the way to the creek.

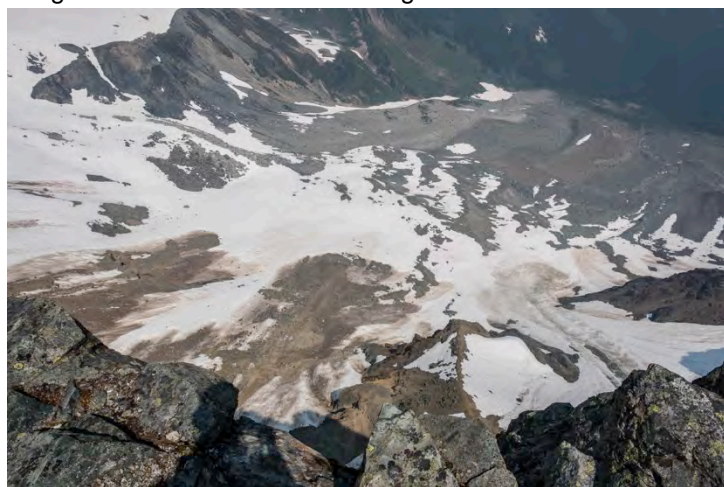


When we left the meadows we again encountered a tricky section. As we came to a mini waterfall the guys stopped to fill their bottles. But this is not a good way to climb up. Stay to the far right on the embankment. Dan ended up slipping on the wet rock by the waterfall and wrenched his back. As Joe stepped on the dirt path at the base of the falls part of it fell away. There's a narrow path where you can scramble up the rock to the right. Once through that section the going got easier and after crossing a snowfield we were at the summit. Goat Mt. is accessible from here but involves crossing large

snowfields and dropping down again before going up. It's 80m higher than Tenquille. We were more than grateful to be where we were. To our north the valley was curved and very deep. We were standing on the edge of a gigantic precipice that had been carved out by a glacier. Some of the massive stones on the top of the cliffs looked like they'd been sliced through with a giant knife.



Back at the cabin we parked our chairs on the little beach by the shore of the lake, and just relaxed in the sun in the meadows while Dan took the kayak out on the lake and caught another trout. That evening 2 more hikers arrived.



Stats: 7.5 km / 760m gain / 2391m high

Day 4: We packed and headed down, first covering our skin with the usual layer of bug spray. It was Friday and we encountered several vehicles driving up as we were driving down. By noon we were back at the parking lot. We decided to drive back by way of Skookumchuk, which took us on logging roads along the west side of Harrison Lake. It did take a hour or so longer but we avoided traffic and got to see the quaint village of Skookumchuk with its church that has 3 red steeples, the new dam, logging camp and of course the lake.

Thanks guys for sticking with me while plans kept changing on Monday. We made a great team: Dan K, Joe K, Case T + **Joce T**

EATON LAKE TRIP REPORT – AUG. 1



Eaton Lake trailhead graffiti: Pure Hell. Not true. On a hot day a short, steep trail with plenty of shade and occasional views of roaring waterfalls qualifies as Almost Heaven. A swim in the lake made it Pure Heaven despite smoke haze blurring the mountains. On the trail our group of three met a larger group of hikers from Chilliwack and South Africa. Thanks to Cal F for the photo of COC bathing beauties Irene H, **Heather B** & Carolyn H at Eaton Lake. On the way home we stopped at the Owl Street Café for treats. 9 km return, ~3100 ft elevation gain

NORVAN FALLS - AUGUST 5



Norvan Falls trail is 14 km return, but add 2 to 3 km because the road to the trailhead from the End of the Line General Store is closed. Closure is due to erosion. Local traffic and pedestrians only. Rather than walk the road to the trailhead we opted for the Varley Trail named after

one of the Group of Seven painters. The 1.3 km trail led us back to Lynn Valley road. About a half km later we were at the Norvan trailhead.

What I call the Norvan Trail is actually a combination of the Lynn Loop, Cedar Mills and Headwaters trails. Norvan proper is a 200 m spur off Headwaters. Like the expression states, “whatever”. At the junction of the spur we continued maybe 20 m along Headwaters to the suspension bridge over Norvan Creek.



But, I'm getting a little ahead of myself. Located in Lynn Headwaters Regional Park our trail's journey trail began at the bridge over Lynn Creek. Here Lynn Loop trail began which led into Cedar Mills. Both are virtually flat and run parallel to Lynn Creek. Trails easily accessible to most folks. Four km later we were at the end of Cedar at the Third Debris Chute. An open spot where one can view mountains. Not today because smoke mostly hid the view.



Not deterred we continued along the Headwaters, a well rooted and rocky easy upward climb. But not so easy today because as we all noted that the day's humidity felt exceptionally heavy. Still a nice trek through second growth forest with many leftover giant stumps from the logging era of the 1920s and 30s. After the bridge we climb the spur to our leisurely lunch spot below the falls. Rested and tummies satisfied we retraced our steps bypassing Varley trail and sticking to the road. Why the bypass? Al C, Lynn M, Parick R, Sharon R and I were salivating for the good treats at the general store. —**Dave O**

HELIATROPE RIDGE – AUG. 9

With the visibility being forecast for only 2 miles due to the forest fire smoke, we decided to do this hike which brought us right up close to the massive blue Coleman Glacier. There were 4 creek crossings, the third one being the most challenging. For that one we took the time to remove our boots and put our sandals on.



Just past the ranger station on the Mt. Baker Hwy 542, we turned right on Glacier Creek Rd. and drove 8 miles to the large parking lot used also by those who aim to summit Mt. Baker. The road has been improved and is mostly paved. Just watch out for the potholes. At 9:20am we set out on the very well worn path, winding through old growth forest and over several boardwalks including a bridge. The first creek crossing required some balancing skills. There were 2 narrow logs but they were close to the water so falling off would just have resulted in a soaking. The second creek crossing opened up views to the base of the Hog Back and was dotted with colorful flowers. Carefully stepping on wet stones got us across.



Number 3 crossing had a backup of a dozen or so hikers. It was exciting watching people cross in the strong current, almost knee high in white water. The fourth crossing was just before the ridge. As we approached the ridge I knew what was coming and was full of anticipation. It's always even more exciting when you have a "virgin" along with you. Cindy

had never done this hike before. It was the first time all 3 of us got as high as we did.



The glacier stood out before us with its massive sky blue seracs cutting a forceful pattern in the ice. We knew better than to walk on it. A few climbers below us looked like ants in comparison to their surroundings. We continued along the ridge that the glacier had carved out in earlier days. Somehow we took a wrong turn and ended up doing a bit of rock climbing which led us to the base of a gushing waterwheel a bit higher up on a steep snow slope. The water sprayed farther down to us and amazingly, it promptly disappeared, flowing under the snow slope. At the bottom of the slope not far from us, were the jutting towers of ice of the glacier.



Lunch and then carefully down that tricky spot again, doing the crab crawl and going backwards. Soon we ran into the trail. Why not carry on upwards? So we did. What a pleasure to see where the trail stopped: right above the waterfall where we'd just been. Add to that a gushing gorge of water with several more waterwheels and a cluster of seracs right across from us with Mt. Baker's white peak as a backdrop. As Cindy put it, it was such a dramatic view.

On the way down the ridge we saw a group of colorful tents to our left on the Hog Back. By 2:30pm we were back at the car, eager to get going for 2 reasons: as soon as we

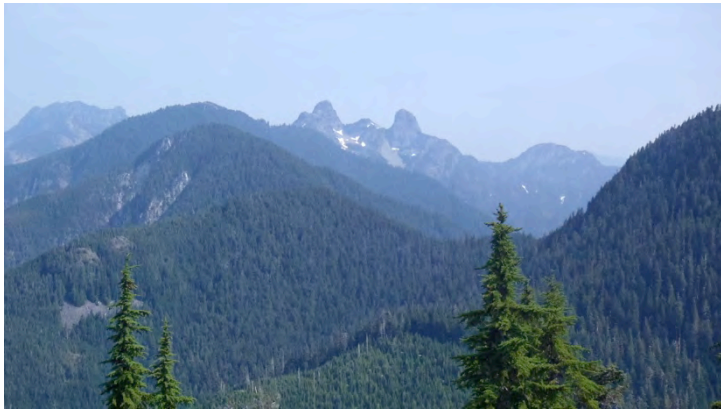
stopped moving the deer flies were landing on us and secondly, for the icecream cone, of course.

Stats: 767m gain / 1766m high

Thanks ladies for a great day: Irene H, Cindy W + **Joce T**

EAGLE BLUFFS, CYPRESS PROVINCIAL PARK - AUG. 12

A haze filtered clear views of Georgia Strait, the islands, Vancouver, the Fraser Delta and lands south. Still Sharon R, Pat H, Irene H, Dorothy F, Christine C, Manfred H and myself all agreed it was a beautiful day for a hike made even more pleasant by the cool breeze. Nice to be hiking on the local mountains after 11 days of oppressive smoggy forest fire smoke. I can't imagine what it is/was like for folks in the interior.



From the trailhead we headed up a pretty steep dusty climb to a junction where we turned off the main trail. This side trail is another climb and certainly a must do. At trails end a great view of the Lions and north up Howe Sound. Returning to the main trail we stopped off at Cabin Lake, an excellent swimming spot evidenced by the number of swimmers and on our return vouched for my Irene and Christine.



From Cabin we headed to the top of Black Mountain with more views and a pretty steep descent into a ravine and then a climb up to Eagle Bluffs. Yep, this trail has undulations giving the feel of double the 360 m elevation gain of this 9 km return hike. Maybe not double for Pat's GPS said 423 m. Sure felt like double to me! Maybe this was due to navigating the rocks and roots, roots and rocks.



After lunch we did not entirely retrace our steps. Choosing to bypass Black Mountain we hiked the Baden Powell portion of the trail then retraced our steps near the junction before descending to the trailhead. Refreshment stop was the park's Cypress Creek Grill. Good fellowship as always on COC hikes with the sharing of laughter and stories. Before I forget we passed many tarns and small lakes Owen, Cabin and Cougar to name a few.

-Dave Ortis

ROBSON BIGHT / BROUGHTON ARCHIPELAGO - AUG. 20 -25

Four members of the COC met up in Telegraph Cove on Vancouver Island on August 20th for a five day kayak trip to Robson Bight and the Broughton Archipelago. We hoped to get in some good paddling and possibly see a few killer whales. We were not disappointed.

The waters along Vancouver Island's northeast coast are a great place to view orcas in their natural surroundings. Robson Bight Ecological Reserve was established in 1982 in recognition of the importance of this area to killer whales. Each summer the whales come to rub themselves on the gravel seafloor at Robson Bight. As the top predator on the inland-water food chain, they are also attracted by the annual salmon runs that funnel through the strait starting in late June.

The **Broughton Archipelago** is a British Columbia Marine Park. It is located adjacent to Robson Bight, between the North end of Vancouver Island and the Coast Mountains of mainland BC. The Broughton Archipelago Marine Park consists of hundreds of small islands. These islands are surrounded by small channels which are spectacular to paddle. **The park is rich in wildlife and is home to killer whales, humpback whales, dolphins, porpoises, seals and sea-lions.**

Our trip started out on Monday morning with an easy 10 km paddle down to our campsite at Kaikash Beach on Johnstone Strait. The weather was good with a light overcast cloud layer and calm seas. We enjoyed a great view of the eclipse just after leaving Telegraph Cove. We stopped for a break about half way to our campsite and as we were getting back into our kayaks Allana spotted a pod of orcas coming

around the point not more than 100 meters offshore with a mother and her small calf leading the way. Very impressive! We were all pleased to have seen orcas just one hour into our trip. As we continued our paddle we saw dolphins and porpoises all along our route.



We found Kaikash Beach to be a great campsite with outstanding views of Johnstone Strait so we decided to spend two nights here. On Tuesday morning our plan was to paddle down to Robson Bight. Johnstone Strait was fogged in but it was a straight forward paddle following the coastline down to the Bight so we set off. As we were launching our boats Terry spotted a pod of orcas coming out of the fog just 50 meters offshore. We could not have asked for a better view. After we calmed down a bit we got under way and enjoyed a nice easy paddle down to Robson Bight and back, a distance of about 12 km.



On Wednesday we decided to break camp and head into the Broughton Archipelago with the hopes of seeing humpback whales. We crossed Johnstone Strait and then had to contend with Blackney Pass, an area notorious for strong currents and standing waves during max flood. We had some trouble deciding on the best time to transit through Blackney Pass but decided to have a look and wait out the tide if we had it wrong. As luck would have it we were early and the current was far too strong to paddle against. We

spent a leisurely couple of hours waiting on a beach for the current to subside and then enjoyed an easy paddle through the pass. Easy except for the large bull sea lion guarding the entrance to his pass. As we continued on we spotted a large humpback whale close by. He surfaced several times for air and then made a spectacular deep dive throwing his tail high in the air. Before we knew it we were surrounded by four humpbacks, all close by. It was an exciting 15 minutes watching our own private whale show. Allana seemed to enjoy it the most and celebrated by paddling as fast as she could to the nearest shore.

After an amazing day on the water we finally arrived at our campsite on Flower Island, which lies in Blackfish Sound. Over the next two days we were treated to numerous acrobatic displays by humpback whales breaching and slapping their tails on the water. It was truly impressive to see 30 ton whales leaping completely out of the water. The sound of them landing back in the water was like a bomb going off and could be heard for miles around.

On Thursday we paddled further into the Broughton Archipelago and checked out a few campsites for future trips. Later that evening we enjoyed watching more humpbacks putting on a show just off of our campsite and then paddled out amongst a pod of orcas that were transiting up Blackfish Sound.



Friday morning we loaded our boats for the final time and started our trip back toward Telegraph Cove. Again we were treated to another great show of humpbacks waving their tails in the air and slapping the water. Our trip home took us through the Plumper Islands, another area known for strong currents. This time we had the current charts figured out and paddled through with a slight current pushing us along. We continued out across Johnstone Strait to Telegraph Cove under sunny skies and glassy water conditions again.

All in all a very good trip that could be summed up as great weather, glassy calm seas and tons of whales! I think it is on everyone's list to do again.

Kayakers - **Terry**, Allana, Monica and Dave.

MOUNT WEBB - AUG. 19

Up the steep mountain we all went,
At the top we were thoroughly spent
We sat on the col and said, "phew!"
As we looked at the beautiful view.
And then it was time to race down,
Not enough daylight to summit the crown
The last push of Mount Webb taunted us,
If only there was a 250 metre bus!
22 km. plus eleven and a half hours in all,
To have a short picnic at the col.
Many flowers, a stinging wasp and a bear,
Were to be seen way up there.
So we were not in the least sorry,
Neither Lucy, nor Brian nor Lori



ZOA – AUG. 23

What a great day to do hike Zoa. I'm thank full for the few fluffy clouds that shaded the sun. Normally, a fantastic winter hike, it's not a bad summer hike too. Eight COC'ers started the trail around 9:30. The trail heads right up the logging road but then turns left and right on to the pipeline cut. One gets a great view of the quickly, at the top of the pipeline before heading into the trees. We made it to the first peak around 11:30ish and had our first lunch break. All enjoying the view of falls lake and the valley below, but

some admit that the winter view is more vibrant with snow and ice on the peaks. We headed over to real peak of Zoa, and had our second stop. There's a great view of Liama - Alpacha ridge and Guanaco.



After a nice rest, we hiked back down and got back the car quite early, 3:30ish. It's a shorter hike but still a good workout to the top. Enjoyed by Margaret, Rose, Jan, Al, Joe, Tammy W, Tammy S and Irene.

MT. REXFORD – AUG. 31

This trail is a climber's access route. It has a 33% average grade. 6 of the 8 km are a grueling continuous steep ascent, first through forest and then along the massive granite wall of South Illusion Peak. Once above the tree line we had to make our way through a boulder field, some boulders being the size of vehicles.



An early start was the only way to do this longer hike/climb. 8:30am we were off, setting a slow even pace. We had parked just before an impassable rockslide. This added 15 minutes to the hike to get to the trailhead. Walk another 15 minutes and then the hard part starts and doesn't end till about 3 hours later. About an hour in is the only source of water, so take plenty of it along! Ropes helped us

climb out of that ravine. Another hour in and we came to the base of the rock wall. The upper half had to be carefully negotiated since there were less trees and more loose rock. This was especially so on the descent. We either stayed very close together or far apart.



Now we could see our destination: the large flat rock nestled in the shoulder of Mt. Rexford's west ridge and the north Nesakwatch Spire. Following the cairns and now pink flagging tapes (thanks again Joe), we climbed slightly upwards and then down. Wow! Those spires so up close and personal were so majestic with their jagged sharp vertical walls. These are left to class 5 climbers. We were more than content to clamber up onto the big flat rock at the base of the spires. Then a hop and a skip west up the knoll to our lunch spot which overlooked the scenic valley with the jagged peaks of the Slesse Range.



There was so much to see: To our south was Cole Mt. still on the Canadian side of the border. Mt. Baker stayed behind cloud. Larrabee, Slesse, Parkes, Crossover & McFarlane lined the western horizon. Not far into our descent, Slesse finally was free of cloud. We'd been watching during our almost hour-long lunch break. Those clouds seemed to cling to her peak. By 5:00pm we were back at the 4WDs after a knee grinding descent.



Stats: 16 km / 1250m gain / 1850m high

Thanks to all who came out for this adventure on a gorgeous day:



Grant A, Dave B, Jerzy B, Vic D, Joe K, Judy P + **Joce T**

-Masthead is of Slesse Range

2017 MULTI DAY TRIPS

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 (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!**

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

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Treasurer	Irene Hofler 604-824-6741	ihofler@telus.net
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Membership Secretary	David Biehn 604-378-9938	dave.biehn@gmail.com
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