

THE TRIPPER



Newsletter of the Chilliwack Outdoor Club

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

TRIP REPORT

GLORIA LOOKOUT SATURDAY AUGUST 26

www.intherivervalley.com states "that Chilliwack's newest trail boasts incredible views of Mt Cheam, Lady, Harrison Lake and the city of Chilliwack." It was that and so much more with a 245-degree view from Cultus Lake to Sumas Mountain around to Lady! The views on August 26th were only slightly hampered by the normal local pollution in the valley but no forest fire smoke. The 11.3 km hike plus the walk up the trail added up to close to 14km and a 1500m-elevation gain. The trail was soft and easy on the feet but we ran into 2 wasp nests with almost everyone get stung. Brian was the "winner" with 6 stings! 7 members and 2 guests braved this steep hike and were rewarded with beer/ice water and nachos at the Bistro at Garrison afterwards.



- Brian, Irene, Maurice, Dorothy, Lynn, Patrick and guests Mike and Sandra, **Lori**

CAPE SCOTT – SEPT. 7 - 11

Cape Scott was very good to us! Dan Koenig, Robbin Yager and Lori Bodkin ventured out of the Fraser Valley and up to the north coast of Vancouver Island at a perfect time in September. With the horse flies finished for the season and the torrential rains not yet sweeping down on the rain forest of the north coast we lucked out and had Nels Bight beach almost to ourselves for 4 days and 3 nights. The sun shone brightly each day making this paradise more like the white sand beaches of Hawaii than Canada.



Some of the highlights included campfires on the beach each night (no fire ban up there!), Dan's 45 minute swim in the ocean, a side trip to Cape Scott lighthouse to hear 200km hour wind stories by Harvey the lighthouse keeper, a comfortable night in the ranger cabin and wild boar ribs and fresh prawns served by Ken Bodkin, Lori's brother who lives in the village of Holberg. Dan also was able to get a quick self-tour of the famous Ronning Gardens on the last day.

But alas we didn't get away without a good washing of our rain gear and the car. The day we hiked out we were greeted by north island rain and a bit of mud on the trail and just to make sure that we remembered that the weather up there can change at a moment's notice it monsooned all the way from Holberg to 15 km north of Campbell River as if to give us a hearty fare thee well.



-Lori

ZOA MT. + FALLS LAKE – SEPT. 7

Palmer's Pond on the HBC trail was the original plan for the day but Cindy had to turn back when the road got too rough for her 2WD. Judy was told it would be fine but that was not so. So plan B? We were back to dealing with poor visibility and haze. So we decided to get back on Hwy. 5 and continue driving east to Falls Lake exit. With Thar, Nak & Yak Peaks being close to the viewpoint we'd get a bit of a view anyways.



It's the first time I did this hike without snow. It looked quite different. There was low autumn colored brush on the steep pipeline way and there was a defined trail winding through green forest. It took us half the time to get to the viewpoint as it would've if we were snowshoeing. We could barely make out Falls Lake down below through the haze. Climbing was harder. We felt the smoke in our lungs and throats. The sun was red again but became more yellow towards noon.

Of course we couldn't just walk by those big juicy blueberries. They were so sweet! We weren't the only ones enjoying them. Four grouse were pecking at the clusters, not paying us much attention. One got within 5' of us. On the way down we took the old trail to the lake. The alders formed a tree tunnel with pink sunlight filtering through the branches.



We took our time at the lake, soaking our feet in the not so cold water. Watching the fish jump. Vic found a toad close to shore. When he touched it, it spread its limbs out and played dead. We were all grieving for it but then suddenly it came alive again and dove for deeper waters. We took the newer trail back to the vehicles.

Stats: 9.5 km / 680m gain / 1818m high

The die-hards that came despite the haze: Jerzy B, Vic D, Judy P, Cindy W + **Joce T**

POLAND LAKE - SEPT. - 9



At Strawberry Flats cool temperature and threatening rain were a strong encouragement to get hiking. Across the road from the Flats went us five; Steve H, Sharon R, Carolyn H, Al C and I onto the North Gibson trail. Gibson is parallel to the road before heading 4 km up the steep hill to the top where the orange chair lift ends. Club Tread says the trail is 16 km return but the park sign says 19 to the campsite where we stopped for lunch.



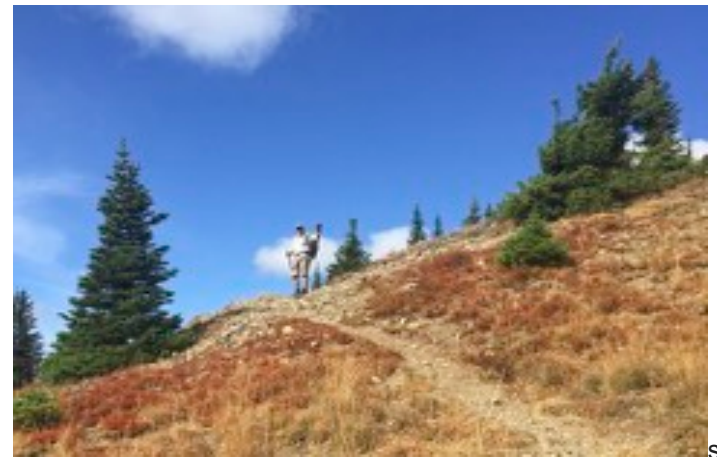
The ascent to the end of the orange chair lift was a steady climb that on a clear day offered fine views of the Cascades. But, not today. Low cloud and for most of the hike a misty rain. Normally this would be discouraging for us. But, we felt otherwise. The rain was refreshing after a summer of heat and smoke. Not enough rain to soak the trail as often we kicked up dust. Once on top we hiked the ups and downs of the trail along the east side of the lake through the forest. At the north end of the lake we stopped for a leisurely lunch.



Lunch done we retraced our steps back to the trailhead. But not before our group shot. Thanks Carolyn for the pictures. While heading back down below the orange chair lift we heard music coming from a group playing below at the ski shack. Nice sound.

Hike over we headed home but not before a refreshment stop in Hope.

- Dave Ortis



This was a small Wed. group, just John Laframboise and myself. I've avoided this hike because of the drop! Foolish me! It is a stellar hike and so worth the climb up in the middle of the trek. I will be doing it again.



-Judy P.

PTAGMIGAN RIDGE HIKE – SEPT. 16

For obvious reasons Ptarmigan Ridge is one of the most popular hikes within an hour's drive of the Fraser Valley. From the trail's start at Artist's Point to journey's end below the backside of Coleman's Pinnacle near the base of Mt. Baker the views are open to gorgeous scenes of valleys and mountains. Sadly our view was hampered by forest fire smoke that settled in the night before. Fortunately wind had blown much of it away making for a clearer view of mountains on our return trek.

Of us nine most had not hiked Ptarmigan before. For some this was the first time to Baker National Forest. Sharon R, Carolyn H, Pat H, Amma V, Karen S, Reg S, Sue M, Delaina R and I were in unison about this being a must hike.

We chose not to hike to Camp Kiser preferring instead to relax and eat and, in spite of the smoke, enjoy the scenery.



No problem crossing several snow fields. Along the way we met many skiers. One said he was a September skier. Most were intent on skiing even down some of the larger patches.

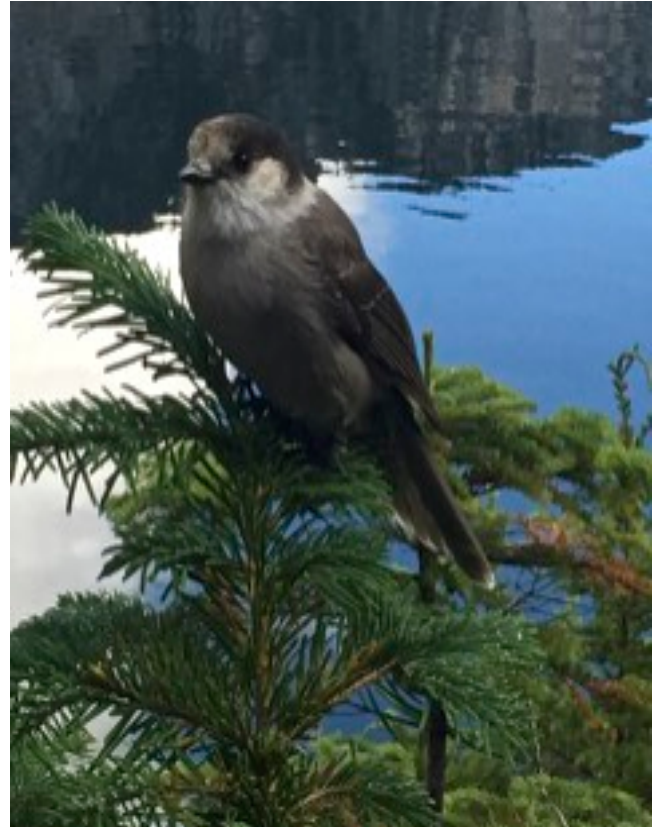
We did not see mountain goats but we did see what seemed like a pilgrimage of hikers. No problem. Those we greeted were friendly the faster hikers were graciously given room to pass the slower folks. Perhaps the large number of hikers were determined to get in a Baker hike before the storms of the season move in.



On the road again our goal was the town of Glacier and ice-cream. Post-hike treats is a great Chilliwack Outdoor Club tradition. Mmmm, there is nothing like a good tradition! Unfortunately Graham's Grocery Store did not accept Canadian currency. Fortunately that group of folks with Canadian cash got their ice cream at Edaleens in Sumas.



- Dave Ortis



Each time I do this hike I think it gets steeper, but perhaps I'm just getting older!! It was a nice day and most of the group had not done this hike before. The last bridge crossing is iffy, but the water was low so could just cross on the rocks.



The really good news is Kelly Pearce informed me that Justin Brown and Ian Koch are going to be rebuilding the bridge this fall! Enjoyed the hike, enjoyed the group, had fun feeding the Whiskey Jacks a good day!



Thanks to Deb Hallinan, Jeremy Grimm, Johnny Grimm, John Laframbois, Liz Lynch, Urek Bigosinsky, Victor Domardzki ~~~**Judy P**

MOUNT SEYMOUR - SEPT. 23

Sun, cloud, hazy horizon and cool temperature welcomed Sharon R, Delaina R, Sue M, Douglas H and myself at Seymour's trailhead. And, as the Seymour Park literature says, this is one busy trail with steady streams of hikers of all ages, even babies being carried on parent's backs. Good to see so many enjoying a bit of a challenging hike. Just thought I would never witness trail congestion at many points.

Our goal was to head to the third peak, Seymour. We changed our minds. Instead we headed to the top of First Peak a.k.a. Pump Peak shown in the picture. On top sometime around noon we enjoyed lunch and feasted on the views of mountains, Vancouver, ocean even on a hazy day.



Shortly after we were on the trail we paused at the Tim Jones memorial. Mr. Jones was an advanced life-support paramedic and a leader of North Shore Rescue. He suddenly died in 2014 while hiking on a Mount Seymour trail.

Group shot done on top of Pump we began the leisurely



return to the trailhead. Nothing eventful to the day besides scrambling over rocks and boulders, boulders and rocks accentuated with roots. Tis truly a north shore trail. Oh yes, before I forget on our ascent we were warned several times about bear sightings. Shucks, we didn't see nary a one.



I must confess that where Seymour trail for a very short distance is the access road to the top of the chair lift before again becoming the trail off the side, we opted to stay on the road. This made for an easier descent to the parking lot. Did we break an unspoken rule of the COC about choosing a road over a trail? I trust not. Oh but I fear a tut, tut, tut for shame. The reasons for our impulsive decision is that we were not alone and more importantly the overwhelming temptation to quickly get to the excellent coffee shop Beans Around The World. The delicious refreshment and goodies made rule breaking worthwhile.

- **Dave Ortis**

CHAIN LAKES LOOP – SEPT. 27

Written by Irene: A perfect day for a hike, good company, great weather and a very scenic trail, what more can you ask for. 14 COC'er's started off from Bagely Lk Ranger station parking lot. We headed up the Wild Goose trail towards Artist point. Most everyone had to peel off a layer of clothes as we enjoyed the warm temperature. The party split at Table mountain; 7 headed up Table Mt and 7 started on Ptarmigan Ridge Trail.



The Ptarmigan trail group took a very leisurely pace. We stopped briefly watching a few grouse cross the trail and listened to someone naming the mountains over Baker Lake. At the chain Lake turnoff, we headed up to the little knoll and stopped for a snack. - great shots of Mt. Baker and Mt. Shuksan. Headed down towards Mazama Lk and then Iceberg, where we stopped for lunch. I (Irene) decided to go for a quick dip – yes it was freezing. We lingered here for a long while, taking in the warm sun and watching the fish jump. The blueberries were plentiful all along the trail. Next we stopped at the grassy knoll over looking Hayes Lake, which has such a deep, green color. Up we headed towards Herman Saddle, the high point of the trip, and stopped to take in the fantastic views. Here the Table Mt. Group caught up with us.

TABLE MT. LOOP



Written by Joce: Seven of us climbed the sharp switch back trail that hugged the vertical east side of Table Mt. Once on it's flat top not only could we see Mt. Baker in all it's glory but also the opposite side with it's picturesque lakes and meadows; a valley vibrant with autumn colors into which we'd descend to complete the loop. Once we got to the west end of Table Mt. we had to find a quicker way down so we could catch up to the others.



There were two cairns on the edge of the cliff. So we chose that way after a failed attempt a bit farther north. But it was quite sketchy, having to look for foot and handholds, which were few and far between. Stepping on the green moss covered rock was not an option. There were a few choice expletives exploding from mouths as scramblers picked their way down the final section of cliff. When Vic got down he asked me, "Were you trying to kill me???"



We took a little side trail to the top of the bluffs in which Iceberg Lake is nestled. From there we could see all 3 lakes lined up beside each other: Iceberg, Hayes & Arbuthnot Lakes, cobalt blue in the soft autumn sun. Then back to the junction, some more downhill and we were back at the main trail. It turns out we missed the rest of our group by minutes at Iceberg Lake. Not knowing that, we limited our lunch break. Sonia bravely swam the frigid waters of the lake. Apparently this is a habit of hers. Then back on track. It was a relief when we heard Irene's voice as we were nearing the saddle. Yay! We were reunited.

Stats: 13.5 km / 880m gain / 1740m high



Irene: We all trekked down the saddle together. At the bridge, took some great, funny group shots. Sonia, bravely had to fish her glasses out the outflow of the lake while being heckled by the crowd. Mission accomplished, glasses



Mt. Baker



retrieved. The whole group then decided to go for dinner, so off to El Nopal for a well deserved meal and beverage. Great to see Case, who joined us for dinner.



Table Mt.



Simon, Diane, Christine H, Ling, Robbin, Regina, **Irene** – Leisure Group

Cal, Jerry, Victor, Heather, Sonia, Pamela, **Jocelyn** – Table Mt. Group



- pics by **Joce T.**

-Masthead is of Manning Park Skyline by **Judy P**

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

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