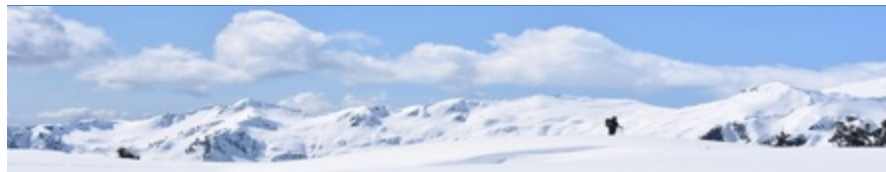


THE TRIPPER



Newsletter of the Chilliwack Outdoor Club

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

TRIP REPORT

WALK - FORT TO FORT LANGLEY – MARCH 21



6 COC members went for a walk on the Fort to Fort trail in Langley. We started at the Langley Fort parking lot and turned around at Derby Reach Campground. The weather surprised us with sunshine. We managed a very enjoyable 14 km and a lovely treat at a local First Nations restaurant. Annlee, YuWen, Barb, Robbin, Ann and **Irene**

ABBOTSFORD URBAN FOREST - MARCH 24



Since winter of 2015 I have facilitated an annual urban forest hike in Abbotsford. Why? One reason is the city has many kilometers of trails many of which go through ravine forest within city limits. So take advantage of them. The plan was to hike about 4 hours.



Last minute other commitments would make this day a short hike of under three hours. As in years past our hike, just a casual walk for many Tripper readers, began at Horn Creek Park. Horn Creek Park trail is a couple of blocks north of Seven Oaks shopping mall. Past Horn Creek we trekked through the Old Riverside ravine trail. Besides trekking across McClure Ave down a short street we were in ravines and amongst the trees. Evidence of the ice-storms were everywhere.



Past Riverside we connected with the Discovery Trail. Instead of heading west for more ravine jaunting we head east in open fields ending just off the Mission Highway.

Here we circled around a nameless pond before returning to the trailhead. Thanks to Paul who is a bird watcher and his wife Bev, Steve and I were well entertained with their identifying bird songs.

Oh why the daffodil picture. A lonely flower it was showing its glory on the edge of a ravine. Though the day had to be cut short we still had time for refreshments at Klik.

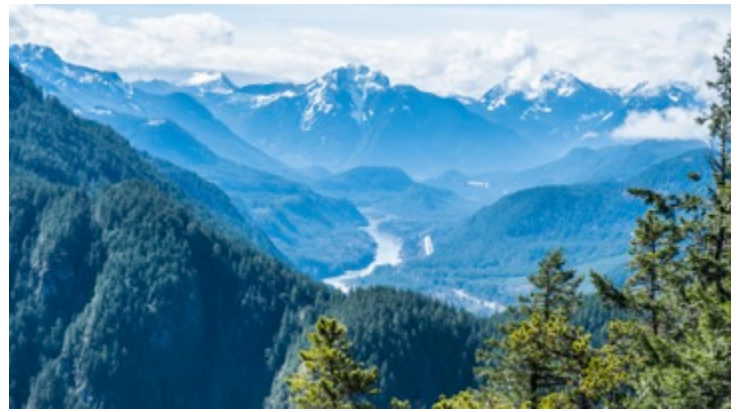
- Dave Ortis

HICKS LAKE – MARCH 30, GOOD FRIDAY



The weather wasn't looking too promising but several COC showed up to hike around Hicks lake. Started off at the day parking lot, we headed down the logging road. Came to the creek crossing which was a little wider than usual. Had to hop and use our balance skills without getting a soaker. Did the group shot at the little beach at the far end of the lake. Headed back on the trail to the campground. Have to say, the trail from the campground back to the day parking is non-existent. I guess the water level at the lake was too high? Ventured around the beaver pond to add a few more clicks. Decided on Muddy waters as the coffee shop but it was packed and so some of us headed over to Green Star Cafe. Thank you Suzi for letting us know some of the history of your town. Judy, Walter, Suzi, YuWen, Ann, Carol, Lynn, Patrick and Irene

MT. LINCOLN – APRIL 11



Short but steep. In fact it's the steepest hike (38.7% grade) in the *103 Hikes in SW BC* book. There are 3 ropes to climb, including 1 with cables and a few sections of scrambling. This trail exists because it was used to access and service the old TV relay station at the summit. We headed to the canyon to escape the rain in the Fraser Valley and it certainly paid off.

At 9:40am eleven of us set off on an immediately steep trail with 47 switchbacks. It zigzagged between mounds of light-green moss highlighted by the morning sun and offered glimpses of the town of Yale and the Fraser River through the pine trees. Soon we came to the rocky sections. Caution was necessary since the combination of wet rock and moss made for a slippery slope. Higher yet and we came to the rock wall that we had to duck under where the stone jutted out too far to safely walk round it. The south slope there was steaming from the sun warming and melting the morning dew.



Within 2 hours we were all at the rounded open summit, nestled nicely on a rocky bluff with wonderful views of the peaks to the south and east and even to our north. Cal, Johnny & Dawn had done the Spirit Caves before but never this one. They all agreed this hike was much nicer, offering such expansive views at the summit.

It was warm and windless and no one was in a hurry to have lunch. So we stayed a good hour. Then back down

after a careful descent, we headed to the Blue Moose in Hope and spent another hour sipping on soup and socializing. Good times.

Stats: 5 km / 580m gain

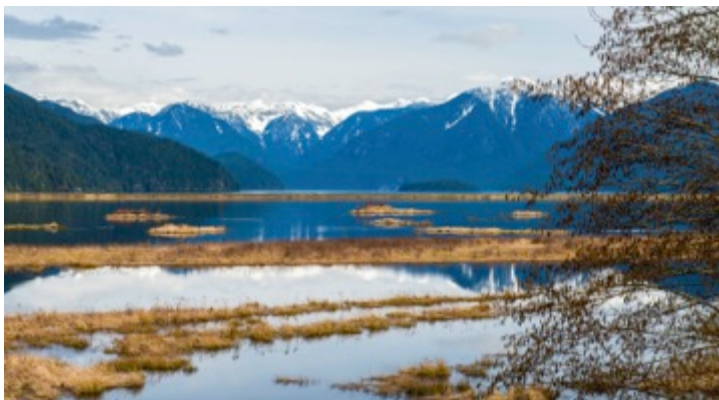
Thanks for all who came out on the gorgeous day: Dave B, Terry B, Heather B, Dawn Deitzer, Cal F, Johnny G, Irene H, Margaret T, Robbin Y + **Joce T**

PITT WILDLIFE LOOP - APRIL 18



Pitt Wildlife Loop a.k.a. Pitt Lake Wildlife Reserve. Definitely more a walk than a hike, but a healthy walk nonetheless. Linda I joined Ray D, Steven K and myself at trail's head.

The scenery of the marsh has its own beauty. Though for a bird sanctuary there were few of the feathery creatures this day. We did see many fisher folks. In spite of the lack of bird sightings it was a beautiful day with awesome scenery. Ray's pictures show a sampling enticing one to hike this sanctuary again. Thanks for the good pics Ray.



Our trek was first along the Pitt Lake Dyke. At the UBC Forestry site we headed south on the Swan Dyke. From Swan we continued south on the Mountain Dyke. We stopped for lunch at one of the bird viewing towers. Lunch devoured we continued on Mountain turning west onto the



Homilk'um Dyke. At the junction we hoped to return via the Crane Dyke. It was closed due to nesting Sandhill Cranes. We were able to head south on Crane, a longer route, connecting with the Snake Rock Dyke and access road.

Here a kindly gentleman offered us a ride back to our cars about 4 km away. Being courteous COCers we accepted. He was a conductor for the CPR. And wouldn't you know it? Ray also worked for the CPR many moons ago. Stories were shared about common acquaintances.

For friends or family who may not enjoy the rigors of hiking mountain trails there is a good chance they would enjoy walking this pristine bird sanctuary. In the summer time a concession stand is available in the parking lot at the end of Rannie Road.

Ah yes the after hike highlight. Good treats and fellowship at a coffee shop the name which this senior's brain forgot. - **Dave Ortis**

ELK MT. - APRIL 18

Winter is still here on Elk Mt. We put our micro spikes on about 3/4 of the way to the first lookout. By the time we got on the ridge we were in about 18 or more inches of fresh snow. Johnny figured there was about 4 ft. of snow up there. Margaret and I just fell into the steps...over our knees. We complained about the long steps, but they had been put in by someone before our group so of course they followed them.





We made it to the wide look out on the ridge and called it a day. It was tough going but we had fun and the weather cooperated. We did have the sun peek out occasionally. We made it up and back in good time and most of us went off to Waves to indulge in some sweets and special tea and coffees.



Thanks for joining me Claudine, Heather, Jan, Johnny, Lori, Margaret, Patrick, Wayne – **Judy**

SEA TO SUMMIT TRAIL – APRIL 19

This trail begins at sea level and climbs steeply to the lodge at the top of the gondola. Cal was the only person who'd hiked this trail before so he was our guide. The trail is well marked (just follow the Sea to Summit markers) and had several level and downhill sections.



We had a later start (10:45am) in part because our group was large: 14 of us had to wait in line to use the two outhouses. And we didn't realize right away that one of our own was missing. We had mingled with the tourists at Shannon Falls and separated into smaller groups. Cal went out to search and soon found her. It ended up that we went back where she was because the other trail was closed. It was a level walk past the gondola parking lot to the Stawamus Chief Trail. Turning right, we immediately started climbing, up many stairs and along Shannon Falls till the junction for the Upper Shannon Falls trail at 280m / marker #68.



The trail in the forest then leveled

off somewhat and we entered a clearing where we passed under the gondola and could see glimpses of Howe Sound. Up we went, once again, sometimes with the aid of ropes or chains. We passed the upper falls and emerged onto a rocky bluff overlooking Squamish and Howe Sound. With the sun shining and two Stellar Jays keeping us company, we had lunch. But our climb was not completed yet. So on we went for the final 1/3 of our journey. We turned left at the junction for Shannon Basin Loop, staying on the Upper Sea to Summit Trail. After a section of fairly level forest, we passed under the gondola a second time.

Then came the final grunt for the top. Thoughts of yummy snacks and even more expansive views lured us on. More ropes were there to assist us up the smooth granite rocks. The lodge was a welcome sight. By the end of our 1 to 1.5 hour stay there, the sun had come out in full force and Sky Pilot's peaks were revealed in all their glory.

Of course we had to play around on the suspension bridge before loading up in the gondola (\$15.00) for the ride down.



Did we really climb all that way up??? Sheesh. That looked steep.

All 14 of us went to Squamish and ate at the Howe Sound Brewing Pub for dinner, thus avoiding rush hour. All 14 of us agreed it was a day very well spent. Good times.

Stats: 9.8 km / 1115m accumulative elevation gain / 880m high

Participants were: Terry B, Roberto Darnel, Dawn D, Alexandra deZeeuw, Vic D, **Cal F**, Krystyna Grzeskowiak, Anne O, Karen S, Dan & friend + Case & **Joce T**

CAPILANO PACIFIC TRAIL - APRIL 21

Our hike began on the shores where the Capilano River enters Burrard Inlet across from Stanley Park. The weather was sunny but a cool wind blew off the white caps water. Winds that encouraged us to get moving on the trail that led us behind Park Royal Shopping Mall alongside the river when soon we were in the old growth forest.

What really impressed me was this canyon within minutes of downtown Vancouver could be so forest quiet. A truly respite break from the din of the city and urban sprawl of the north shore. Even with the many hikers and joggers we met all of us John and Mo L, Sharon R, Allen C, Steven K, Anne O and yours truly enjoyed the beauty of the calming voices of forest and river.



On our way to Cleveland Dam and lake we trekked the Capilano trail crossing many bridges connecting with the Shinlgebolt trail and then we were at the dam. About 2 hours and 7.5 km from our start in Ambleside Park. Here we enjoyed lunch.



Returning via another trail on the east side of the river later connecting with the Coho Loop trail. Shortly we crossed the Pipeline Bridge and continuing our return to Ambleside back on the Capilano trail.



At Ambleside John and Mo were not able to join the rest of us for refreshments. We five chose to return immediately to Abbotsford for good goodies and liquids at Klik.

- **Dave Ortis**

ARTIST POINT - MT BAKER - APRIL 22

We had the perfect conditions for snowshoeing at Mt. Baker. Sunscreen, sunglasses and a hat were all necessities. A group of 11 plus 1 dog, started out around 10 am. By the first little bump, everyone started taking off a layer of clothing, definitely t-shirt weather. We headed towards Table Mt. Almost at the ridge; we met a couple of guys who braved a night in a tent. They mentioned that they had a lot of wind but they were warm enough in their winter tent. They graciously offered us their bag of cashews and cookies - snack time. We stopped for another snack at the base of Table Mt. Some went up a little higher while others turned and headed towards Huntoon point. Eventually, everyone got to the top of Huntoon point where we stayed for a while

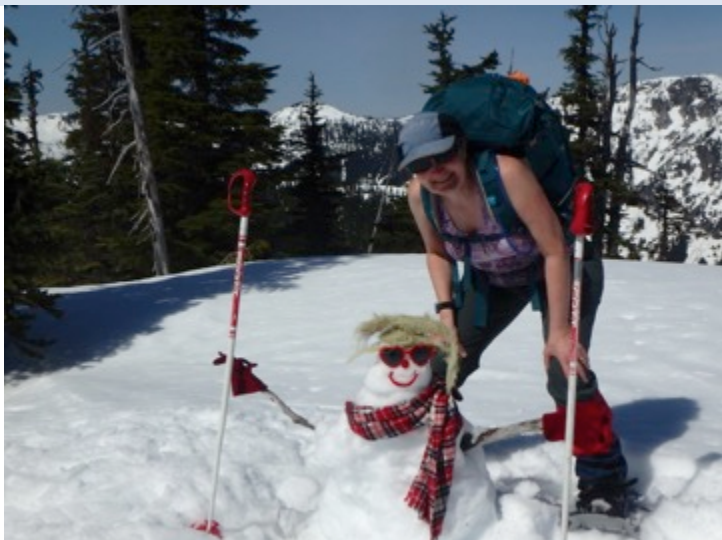


and took our group photos. The sun, however, was not cooperating and was playing peak a boo with a few clouds. The views are breathtaking no matter where you are on this hill. We played the naming game - which mountain is that? Heading down, some of us try to slide. The snow was too slushy for a good ride even with a plastic seat. Four of us went over to investigate the house and check out the snow on the roof.



After that great day, we headed to El Nopal for happy hour and had drinks and snacks - Alana, Terry, Lynn, Patrick, Cal, Brenda, Roberto, Jan, Fotis, Redina, **Irene** and Scout

THE NEEDLE – APRIL 25



What a stellar day! The weather was magnificent. The six of us could not have asked for a better day. We started snowshoeing around 9:15. Already knew it would be a t-shirt, hat, sunscreen and sunglasses day. There is still a lot of snow up there for the end of April.



We hit the ridge and the first view of the mountains around 10:45. The sun and breeze were already warm. As we climbed along the ridge, the views were breathtaking. Everyone stopped to take pictures. We came upon some heart shape sunglasses, red mittens, and red scarf. With a little artistic flair, Dawn built a little snow-girl, aka "April". Too funny, but the mountain was ours, we met no one else. At the top of the ridge, we stopped for a nice, long, leisurely lunch. The sun felt so good.



Eventually, we left that spot and headed back down. We met "April" again, but had to do some repairs: her head melted. We figured it took us approx 3 hours up, 1 hour lunch and 2 to slide back down. The snow was not great for sliding but a few of us had some interesting slips. Anyone going up in the woods, please look for Terry's thermos....Great fun, ended with a stop at the Blue Moose - John G, Dave B, Terry, Dawn, Jerzy, and **Irene**

MULTI DAY TRIPS

SOUTHERN SUNSHINE COAST TRAIL, POWELL RIVER

May 29 – 31 LIMIT: 10

Day hike, stay at hut

Ron Dart: rdart@shaw.ca

LORD OF THE RINGS PEAK, NORTH OF WHISTLER

July 2 – 5 LIMIT: 10

Day hike, stay at hut

Ron Dart: rdart@shaw.ca

THE DEWDNEY TRAIL, CASCADE MTS.

June 29 – July 3, Canada Day weekend

5 day backpack, tenting LIMIT: 12

Terry Bergen: terrybergen@shaw.ca

THE 3 SISTERS WILDERNESS. PACIFIC CREST TRAIL, CENTRAL OREGON

July 7 – 15 LIMIT: 10

8 day backpack, tenting

John McLellan: jhmclellan@shaw.ca

THE SNOWY MTS, KEREMEOS

July 28 – Aug. 3 LIMIT: 10

4 or 5 day backpack, tenting

Joce Timmermans: jocelyntimmermans@hotmail.com

MOWICH CAMP AT HOZOMMEN PEAK, MANNING PARK

Aug 4 - 6 BC Day weekend LIMIT: 12

3 day backpack

Terry Bergen: terrybergen@shaw.ca

ASSINIBOINE & BUGAGOOS PROV PARK

Aug. 12 – 19 LIMIT: 12

Day hiking, tenting Trip is FULL

Joce Timmermans: jocelyntimmermans@hotmail.com

TONQUIN VALLEY, OVAL/BALD PEAKS – MIETTE, JASPER MP, ALBERTA

Aug. 19 – 26 LIMIT: 10

Day hike, 2 day backpack, car camp, tenting, hut

Ron Dart: rdart@shaw.ca

BELLA COOLA, BC

Sept. 6 – 15 LIMIT: 12

Day hiking & grizzly bear watching, car camping

Margaret Tranah: Margaret_tranah@hotmail.com

COPPER RIDGE OR EXCELSIOR RIDGE, MT. BAKER AREA

Sept 12 – 16 LIMIT: 6

4 day backpacking, tenting

Sue Lawrence / Al Smith at gwelu@telus.net

HIGH RIDGE, WHISTLER-BLACKCOMB

Sept 26 – 29 LIMIT: 8

Day hike, hostel Ron Dart: rdart@shaw.ca

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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Vice President	vacant	
Past President	Ken Hurley 604-792-9029	kwhurley@gmail.com
Presentations & speakers	Ray Daws 604-724-7746	raydio@shaw.ca
Treasurer	Irene Hofler 604-824-6741	ihofler@telus.net
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Mail checks to: Secretary:	Danielle Goulet 438-871-1623	dapatnic@gmail.com
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Equipment Managers: Richard Aikema - aquatic (canoes) richard.aikema@abbotsfordcommunityservices.com		
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