

THE TRIPPER



Newsletter of the Chilliwack Outdoor Club C/O 381 Cedar St., Cultus Lake B.C. V2R 4Z1

TRIP REPORT

BAJA MEXICO – JAN. 16 – FEB. 16 TO END OF FEB.

This was a combination road trip / outdoor adventure trip. Not only did we go hiking but we also went whale watching, sightseeing, snorkeling & kayaking. We limited our driving time to about 6 hours a day. We got into the routine of setting up our lawn chairs and having happy hour while watching the sunset, usually over the ocean. After dinner in our van & 2 trailers, we'd get together and play games at Simon & Irene's "place" or watch movies at Dave & Terry's "place".



The first few days it rained and we stuck to driving the I5 south. Then about halfway through California we turned west and travelled along the coast. We walked through the historic fishing town of Monterey, did a morning hike on cliffs high above the ocean where we watched a surge channel slamming waves up that were higher than a house! We checked out the Hearst Castle and were amazed at the elephant seals at Ragged Point. It was the peak time for birthing and mating. There were hundreds of them lying on the beach. It was a relief to get through the busy traffic of Los Angeles and then San Diego. Irene's walkie-talkies came in real handy.



On our eighth day we crossed the border at Tecate. Once we got our VISAs and SIM cards for the cell phones and pesos, we headed into the Baja. We spent our first night close to Ensenada by La Bufadora in a campsite along the beach. We soon realized a peculiar thing about the beach: there was steam coming up from the sand! When we dug down it was too hot to stand in! A local passerby showed us where the main vent was. The next morning we piled into Dave's pickup and headed for Agua Caliente where we soaked in hot springs an hour's drive into the bush.



The next day was mostly driving. The landscape changed to desert. We found a roadside spot for the night by a shrine named La Virgin where the vegetation now consisted of cactus and trees that looked like Joshua Trees. Now and then we'd see a group of palm trees, evidence of an underground spring.



Day 13 we went whale watching by Guerrero. Within minutes we saw action. At one point my heart was in my throat when a monstrous grey mother whale swam right under our very small boat. A bit later a male, which was smaller and lighter in color, swam alongside our boat. We could touch it. Eventually we were surrounded on all four sides by whales and in the distance could see one breaching! Day 16 we did the sea walk through La Paz, which was decorated with beautiful sculptures and had many pelicans perched along the beach.



The next day, after a total of about 45 hours of driving from home, we finally reached our destination: Todos Santos. Case's cousin, Margariete came to greet us with dinner and had arranged a nice vacant ocean-view lot for us to camp on. Robbin & Anne joined us the following day. Our first day there Margeriete came and led us on a local hike through some gullies and canyons. The next day we drove out farther and then hiked to a huge rock that was perched at an awkward angle on some smaller rocks on top of a hill. A few



of us managed to climb up the narrow chimney to get to the base of the rock that the natives believe to have spiritual powers. Before heading back we visited this annual festival in San Blas for local ranchers that dates back to the 1700s. We were the only 'gringos' there. All the men wore white cowboy hats. A small band played Mexican music while a priest gave blessings in the chapel and cowboys strutted back & forth on their magnificent horses.



On our fifth and last day there we did a beach walk. Case & Dave swam into the powerful waves. Case had burnt his bathing suit the night before by putting it too close to the stove to dry. There wasn't much left of it. So he went in with his clothes on. It was somewhat sentimental goodbyes when Case & I left to return on our own. After 3 weeks of traveling together we had definitely bonded.



One thing we learned about the Mexican maps: if it says an “undivided highway” don’t expect too much. We found ourselves on a lonesome dirt road and on another occasion on a road in which the bridge had washed out (flash flooding) and there were no signs to indicate that it was no longer drivable.



We checked out two remote towns of La Purisima & San Jose. Then were advised to do a detour, which cost us a few hours. We did a beautiful hike in San Pedro de Martir NP. The road was paved all 90 km to the park at 2400m. But it was quite steep in places. For the first time we saw tall trees in Mexico and even patches of snow. We hiked the Altar Trail (8.5 km / 350m gain) to over 2800m. There was a grove of Aspen trees, which are the last ones to grow that close to the equator. A beautiful viewpoint overlooked the valley below.



Back in the USA we did a few hikes in Joshua Tree NP: Ryan Mt & Fortynine Palms Oasis before heading back to the I5 and then home. – **Joce T**

After Jocelyn and Case left, the six of us, Terry, Dave, Robbin, Ann, Simon and myself carried on south. We wanted to go around to Hwy 1 near the Cabos and then head north. We ended up in Los Barriles at RV Norte park. Beautiful beach, lovely sunsets and sunrise, we camped here for 4 nights. It is a busy little town and more touristy and expensive than I liked but we did use it as a base to adventure to Sol de Mayo and El Triunfo. Highlights were a waterfall/hike, cactus garden, quaint family restaurants and

of course all the people one gets to meet. Next stop was La Paz area. We found a free beach and boondocked for a few days at El Tecolote. From here, we explored La Paz, toured the island of Espiritu Santo, swam with the whale sharks and sea lions, drank some really strong margaritas, and had a little fun with a vehicle and the sand. There was some great hiking along the beach. We started moving north a few days later, stopping at Loreto (the pelicans were amazing) then Puerto Escondido for night to do laundry and shower. On our way to the Bay of Concepcion, disaster did struck and poor Robbin’s trailer broke a spring. Fortuna was looking down on her, for she was able to pullover (pullovers are few on the Hwy), immediately some ranchers came, assessed her problem, took the spring, welded it, came back and reinstalled it. Robbin, Ann, Terry, and Dave did have to spend the night on the side of the highway (never drive at night). Meanwhile, Simon and I had a restless night at coyote beach wondering what happen to them. Cell phone service / WiFi is great when you’re in the cities but doesn’t exist on the long stretches of Hwy. We did reconnect the next day and camped at Coyote beach. This area, around the bay of Concepcion is a fantastic area for kayaking, snorkelling and hiking in the hills. This is where a lot snowbirds head for the winter because you can pull any type of RV right on the beach. Terry and Dave had to leave after a few days but the kayaks did make a quick dip. Simon and I wanted to see what the local Cdn’s do her all winter so we stayed a little longer. Had a great time at a benefit concert for an orphanage. After a week, we headed north, next stop San Ignacio to catch up with Robbin and Ann. They got to explore west from here to the Pacific Ocean and highly recommended it- so next time, it’s on our radar.



There is so much of the Baja that we did not cover. From the US border to Cabo it is over 1700KM and the Baja is split into 2 provinces. After we left San Ignacio, our goal was to head north and back to the border. We didn’t spend too much time in Baja California. The trip was a great experience. Would I do it again? Yes, there is so much to see so I would stay even longer in one area to explore. Did we have some challenges? Yes there were some very stressful moments especially on the roadways. One does appreciate US and Can roads. Did I feel unsafe? Never thought about it - but you try and travel wisely. I used “the traveller’s guide to Camping in Mexico’s Baja” by Mike and Terry Church and

maps.me, loverlander and a paper paper for navigation. If you have a desire to see the Baja by RV, let us know and we will be happy to share our experiences.....Cheers **Irene H**

MT. SAINT HELENS - MARCH 2



MT Saint Helens is an Epic hike. After April 1st of every year you need a permit by lottery to hike this MT. You have better odds of winning the lotto 649 then getting a permit so we had to go before April 1st. Darren and I have been looking for a weather window for a long time which is why when we found one it was short notice. Only 3 members came on this hike. There were no trail reports. We left Chilliwack at 10pm and arrived at the trailhead shortly after 4am. The road had been ploughed a couple days before.



The first quarter of the hike is through the forest. Upon leaving the forest the sun came up giving us specular views for the rest of the day. The sun was brutal and we were thankful for the odd clouds, which blocked the sun for short periods. My pack was full so I had no room for my good camera. Micro spike, Snowshoes and Crampons were needed. Peter and Darren made it to the summit. I ran out of energy before the summit but I still had had great day with awesome views. We could clearly see MT Hood to the south and MT Adams to the east. There must have been about 100 people on the trail and about 90% of them were packing skis. We were all off the trail shortly after 4pm. The



large parking lot was packed. There were many snowmobiles, cross-country skiers, and family's out enjoying the day. I shall do this hike again next year.



Participants were **Cal F**, Darren J and Peter V. Falls Lake and beyond – March 9

FALLS LAKE AND BEYOND – MARCH 9

We're used to looking down on Falls Lake from Zoa Peak rather than visa versa. But we thought this is a change and best to do it before the ice starts to thin. For most of us it was the first time we ventured onto the lake and into the narrow valley west of it. This snowshoe was rated as "easy" but for the few of us who didn't take snowshoes, it was quite the work out, sometimes post-holing up to our hips.



Fifteen COCers geared up alongside Hwy. 5 by exit 221, where there were a surprising amount of vehicles parked. As snow was drifting down, we thought, "What happened? The forecast was for sun". We followed a well-trod path, first on the pipeline road and then turning left at the base of the steep slope leading up to Zoa. Through the forest we went and in 1.5 km were at the lake's eastern shore.

Now Thar's jagged peak was looming above us to our left. Zoa was a more mellow hump, which we got closer to as we crossed to the other end of the lake. We then angled right, avoiding the boulder slope and entering the forest once again but this time without any kind of path. Soon two of our micro-spikers decided to turn back. They ventured up the steep pipeline slope instead, while waiting for our return.



We went about halfway through a valley until we got to a lovely spot a bit higher up at the west end of the boulder slope where we could see the Zopkios Range at the far end of the valley. Some of the larger boulders were protruding through the snow layer and creating soft white bumps at the base of the steep slopes between Nak & Thar Peaks. It looked quite pretty. By now it had stopped snowing and there were patches of blue sky among the high clouds. As we were eating our lunch four snowboarders appeared to our southwest. They slid right up to us, pulled their snowboards apart (which were actually two skies stuck together) and continued skiing to the lake.

Six of us opted after lunch to return via the boulder slope. And we did not regret it. There were plenty of photo ops. Joe & Vic found a roomy cave between some massive boulders. And a lonely baby evergreen growing on another massive black rock. And yes, Vic was right. When we'd been trudging in through the forest, he said he saw ski tracks and then footprints leading up the very steep gully towards Thar Peak. Now that we were at the base of that slope we could clearly see the tracks. Crazy.



By 2:00 we were back at the vehicles. Most of us went to the Blue Moose afterwards.

Stats: 9.3 km / 215m gain / 1320m high

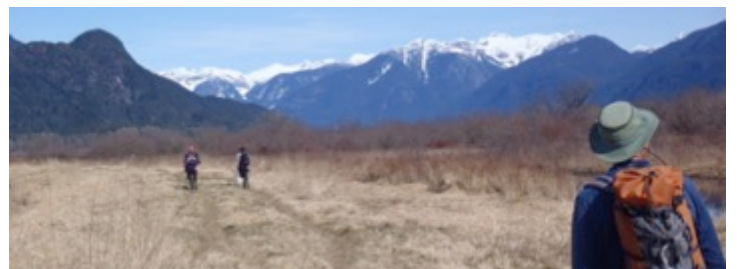
Participants were: Jim A, Renee C, Dawn D, Vic D, Peter E, Carolyn H, Joe K, Steven K, Judy P, Patrick R, Reg S, Margaret T, Peter V, Ted + **Joce T**

PITT-ADDINGTON RECREATION AREA A.K.A.
PITT LAKE LOOP, PITT MEADOWS - MARCH 16



Sue, Bill, myself, Roseanne and hubby Paul enjoyed good fellowship and refreshments after a beautiful outdoors day.

Roseanne and Paul's little buddy Alice was a pouting pooch because she could not join us in the coffee shop. ☹️ But she was an enthusiastic and awesome hiker. 😊





We took on the Pitt Lake Loop dykes: Pitt Lake, Swan, Mountain, Homilkum, Crane and Pitt River. Not for the faint of heart. We hiked. We conquered!!!! - **Dave Ortis**

GRASSY & BOJO PEAKS – MARCH 16

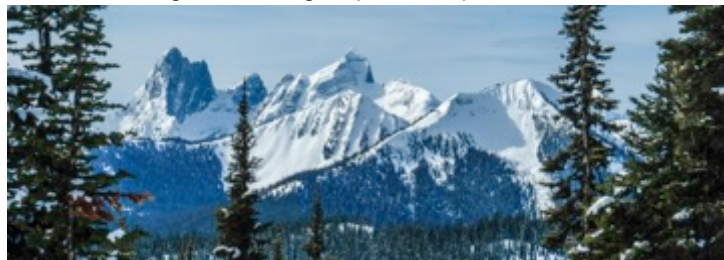


It was a picture perfect day with peaks galore to feast our eyes on. We spent \$10.00 and took the orange chair up to the ridge. It proved to be a wise choice. The conditions of the snow and breaking trail were enough of a challenge for most. Thanks to Al for being our guide. He was the only one who'd done this route before.

Just after the chairlift opened at 9:00am, they had to stop it 6 times for our group. I'm surprised the growing line up of skiers behind us remained so patient. Once on top, after another 6 stops, we put our snowshoes on, and proceeded down the left side of the ski slope, crossing it where it leveled out, and took another broad groomed stretch to a junction and sign to Poland Lake. Now the path became narrower, winding through trees and upwards to another junction. Left was the summer trail and right was the less used trail to Grassy. Now the slope became steeper but it wasn't long before we were at the peak, soaking up the all round views.

We stayed on the higher ridge, which had, some very steep but shorter ups & downs, with clearings here & there where we had views again. What made this more challenging was the trail breaking and by 11:00am the sun

was making the snow soft and sticky. It was like snowshoeing with weights on your feet. About halfway through this stretch a couple young 'uns joined us. They'd followed our footsteps and got more than they bargained for. When we offered them the front position they quickly declined, saying we had more experience. So we took them under our wings and our group size expanded to 13.



Some pretty big snow hats were hanging onto evergreen branches. While we were waiting for the rest of the group to negotiate those steep downhill slopes, Joe made a huge happy face in one of them. Rob grabbed some Witch's Beard moss for eyebrows and a mustache. We wanted a nice bushy one like Vic's. On we went. Rob saw a snow rabbit! At the base of the final steep slope to Bojo we came across the path coming up from the summer trail. A final push to the top but not before 3 of the guys played a game of bowling with snowballs down an open slope.



Bojo had even better views than Grassy because there were fewer trees. After a long leisurely lunch we headed back, this time going right, onto the connector to the summer trail. This well-packed trail had a gradual incline and carried on for the most part along the ridge. Then it angled away and back to the ski slopes. Here our group split in half, one half opting to snowshoe down to the parking lot. The other half snowshoed up to the chairlift. With just 10 minutes to spare, we made it and had a gentle relaxing ride down, with amazing views once again. Stats: 10 km / 455m gain / Grassy: 1860m high & Bojo: 1890m high

Thanks to all who came out on this beautiful day: Gary B, Lori B, Vic D, Robert E, Joe K, Diane P, Patrick R, Al S, Brian T, Peter V + **Joce T**

NORVAN FALLS – MARCH 20

What to do when the avalanche danger is “considerable!!!” in even the lower elevations of the mountains? So we stuck to a green hike, hoping 30m high Norvan Falls would still be partially frozen. The trail was covered mostly in ice, thus requiring micro-spikes 100% of the way, but the falls were not. There was plenty of gushing water though.



We had an unusually small group of 3 this day. That was OK. It gave us more time to meander and socialize along the way. We parked at the Lynn Headwaters Regional Park area. Crossing the bridge over Lynn Creek (it's more like a river), we promptly put on our micro-spikes when we saw the wide way completely cover in snow/ice. The Cedar Mill Trail runs parallel to the right side of Lynn Creek. We passed the remains of an old log transporter from the early 1900s that the forest had reclaimed. Two trees were growing out of its frame.

About halfway there we came to a clearing called Third Debris Chute. We had clear views of Goat Ridge by Grouse Mt. and Mt. Fromme to the west. Crossing the clearing we came to a junction where we got onto the narrower Lynn Headwaters Trail. This led us to the suspension bridge over Norvan Creek. We had fun swinging it back & forth. From there it was just 200m up to the falls where we had lunch.

We set a more leisurely pace going back, this time at the clearing staying left at the junction, which kept us on the Lynn Headwater Trail. This trail was higher and had a bit more elevation to it. Its such a pretty forest with ample wood bridges and massive old stumps marked with ancient ax cuts they used for footholds.



It was the first time this year we did not take Hotshots along or our thick winter gear. But that was a mistake. It was so warm in the Fraser Valley the last few days, it being over 20 degrees. It was not warm in Lynn Valley. Dawn had even come wearing shorts under her pants. As we were nearing the end of our hike, Peter teased Dawn and said she should wear her shorts as it had now warmed up and others were also wearing shorts. She said, “OK” and abruptly stopped. As I turned around to take the picture I said, “Those are not shorts!” In her haste she had stripped down to her panties. lol



By mid afternoon we were back and stopped at the quaint café by the entrance gates before heading into congested traffic. With good ol' ACC & HOV the drive was relaxing to the point that Peter in the back had a lovely nap while us women gabbed about womanly things.

Stats: 15 km / 455m gain / 431m high

Participants: Dawn L, Peter V + **Joce T**

GARIBALDI SNOWSHOE - MARCH 29 TO 31

There is really nothing as exciting as seeing the days get warmer and longer as spring arrives. The flowers are coming up; the leaves sprout out so quickly. So you would think one would be done with snow. But really spring snowshoeing is also very amazing. So I was very excited and happy to see the forecast for 3 days of sunshine on the last weekend of March. On Friday morning (29 March) Al and I drove off to Squamish to start our 3-day outing to Garibaldi. As always we stopped at the Zephyr for lunch and one of their amazing Zephyr cookies (which I am sure weighs almost a pound!). The road was snowy still so we hoisted on our packs to trudge through slushy snow for about 2 km to the parking lot. Packs are heavier with winter camping but we were happy to come out under 40 pounds (around 37 pounds but then I did add in the cookie to eat later, so maybe more). The start of the trail was actually clear of snow till 2.5 km mark. Then it was packed snow with quite a few holes from people walking up in boots or shoes. I could imagine some people had quite a bit of pain as some of the post holes were as deep as my leg. The Garibaldi trail is a challenge mentally. The grade is almost completely the same (fairly gentle) and all the trees look the same and it is hard to even know where you are as there are now views till the Barrier at 7 km. Then we were happy to see we only had 1.5 km left to Taylor Meadows. The campsite there has a new closed in shelter with great views of Black Tusk. The snow was soft so it was easy to create a flat spot to put up our tent. Surprisingly we were completely alone there.



The next morning we woke up to completely blue skies, very frozen solid snow and sunshine. We quickly had breakfast so we could head up to Panorama Ridge while everything was still frozen so it would be safer. The avalanche risk was low but we knew the afternoon sun could create local avalanches and snow slumps.



Shortly after leaving the campsite everything opened up and there were great views of surrounding peaks and stunning close up of the Tusk. We took the summer route up. Somehow it seemed steeper in snow. There were lots of cornices but the ridge is wide so by staying in the middle we were safe. We did not go up to the highest point as that part was very steep and there was a cornice all around the top. It did not matter, as the view was spectacular. Plus it was just us and a shy ptarmigan.



The sun was so warm and there was only a gentle breeze. We were back down to the valley by 1. As we headed back we could see some small avalanches and slumps on the ridges. The snow was definitely melting. We headed down towards Garibaldi Lake where we encountered many day hikers, many who were very poorly prepared for a winter hike – runners (some without socks), no warm clothes, one woman who even asked me if there were washrooms with water up here! So we were happy to go back to our solitude at the campsite.



The next morning the sun woke us up around 6 and we broke camp. I was surprised how solid the snow was when trying to get our pegs out. Luckily our ice axes helped with that. We were back to our truck before lunch so we stopped for another amazing meal at the Zephyr (a chicken peanut satay rice bowl and a huge serving of apple fruit crisp).

10 km day 1, about 16 km day 2, 10 km day 3

- **Sue L and Al S**

SECOND ANNUAL TAGGART PEAK CHOCOLATE FONDUE – MARCH 30

Lori B. Brian T. Margaret T. Irene H. Karen B. Sharon R. Allen C. Renee C.

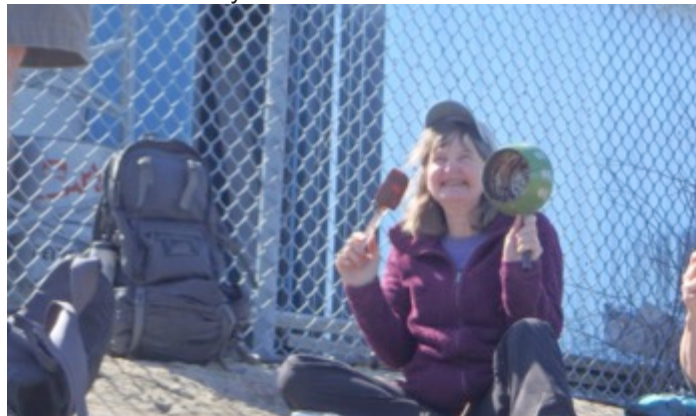
Saturday March 30th dawned bright and sunny and our group met at the bottom of The Abby Grind with Taggart Peak as our goal. As usual The Grind was well attended with many cars already in the parking lot when we arrived at 8 am. The 8 people and 3 dogs were happy as they headed up the steepest part of the hike that the air was still relatively cool. A quick break at the first lookout gave us time to regroup and enjoy the view. As we headed up the next section of the trail



we grouped together into faster group who forged ahead and a more leisurely group with Brian being the dedicated sweep person.

As we approached the frog pond we were not disappointed as the frogs serenaded us as we approached before going silent as we passed and the dogs happily cooled their toes and had a well deserved drink.

The rest of the trail was enjoyable as the stinging nettle had only just erupted through the forest floor and the Oregon grape only slightly tugged at our legs. Unlike the 2018 hike we never had to don our micro spikes as there were only a few very small patches of snow that were hidden deep in the shadows. Rather than complaints of the bother of lingering snow the discussion instead turned to how desperately dry the forest was this year.

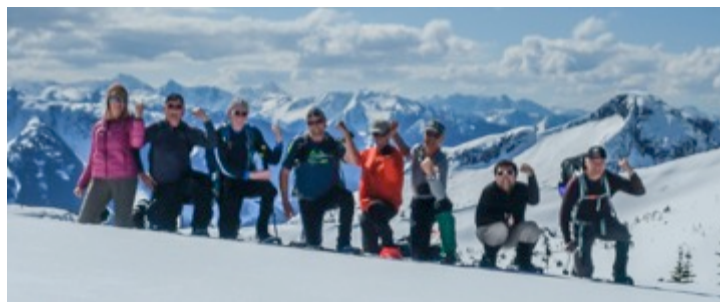


As with all hikes the destination is all about the picnic so we got right down to business when we arrived at the top with lunch and then a hearty dessert of the chocolate fondue. It is amazing to see how well the bananas and strawberries fare on a hike and how quickly they can be devoured once covered in melted chocolate and whip cream!

We had an uneventful hike down to the parking lot although we were amazed by the crowds of people out for a quick day hike up the Grind. Of the 51 cars parked in the parking lot we only met two groups of two hikers each heading all the way up to Taggart Peak. These stats were dutifully emailed to Gary for the "how many cars in the parking lot" survey.

With 5 out of 8 of our group being newbies to the annual Chocolate Fondue...maybe I'll see some more return takers next year.

FLAT IRON – MARCH 30



We just couldn't let the winter go by without doing the Needle. We went beyond the saddle this time, to the summit of Flat Iron on a most beautiful day. There was no wind, full sun and warm no-jacket temperatures.

Before 9:00am we were on the trail, having parked at the maintenance sheds. We were warned later that we could've been towed. Half of our group put snowshoes on right away; the other half did on the slope at the base of the Needle. There was a bit of post-holing for the micro-spikers during the first stretch through the forest. In less than an hour we were at the first viewpoint overlooking Hwy. 5 and to the NW: Great Bear & Iago, then north were Lama, Alpaca, Vicuna & Guanaco and the NE were Yak & Nak. As we continued up the ridge the Needle came into close-up view to our left and Flat Iron with its big long cornice a bit farther away to our right. But the cornices were not as big as they usually are at



this time of year. In 2 hours we arrived at the saddle (1826m) where we now could see the expansive North Cascades and Illal, Jim Kelly + Coquihalla Mtns to the left. After lunch we continued on along the ridge to the right, dipping down only to have to regain that elevation. Past the snow covered lake we trudged, staying close to the rock on the right side of the steep open slope below Flat Iron's summit. It took 40 minutes to get from the saddle to the summit.



We parked our gear a second time and went wandering round the round flat summit. With the 360-degree view we could see countless number of peaks, the Needle being the closest. It's always a pleasure to have a "Newby" with us; Joe kept pointing out the more familiar peaks to Peter. Last year there were two tall green radio towers up there. Now there's one. It looks like they removed the older one and replaced it with a new one.



By 1:00 we began the return journey. A few of our group glissaded down the first slope and a few shorter sections past the saddle. Dark clouds had begun to build up behind Yak Peak, which was still illuminated by the sun. There were such stunning contrasts in the white-capped peaks and then the black granite cliffs of the Needle and the cobalt blue sky with it's cotton-ball clouds.

Stats: 11.5 km / 890m gain / 1897m high



Participants: Jim A, Steve C, Mario D, Johnny G, Joe K, Patrick R, Peter V + **Joce T**

105 HIKES IN AND AROUND SOUTHWESTERN BRITISH COLUMBIA / GREYSTONE BOOKS, 2018 STEPHEN HUI

I have, sitting before me, a few 1st editions of the 1973 version of 103 Hikes in Southwestern British Columbia by David/Mary Macaree, BCMC and the Mountaineers the initial support and publishers. The 2nd edition in 1980 was yet another best seller as interest in mountain rambling ever waxed. Jack Bryceland took over from the Macarees, and his revised and updated fifth edition of 103 Hikes in Southwestern British Columbia (2001) raised the standards yet higher (Jack did later editions also in which the quality was more impressive). The 1973, 1980, 1987 and 1994 editions of 103 Hikes in Southwestern British Columbia had established the guidebook as a go to beauty for those keen on taking to mountain trails and vistas. There was much overlap and continuity between the publications of David/Mary Macaree and Jack Bryceland. The most recent publication, though, of 105 Hikes In and Around Southwestern British Columbia omits a variety of previous trails but describes significantly more terrain to be trekked, including "Hikes South of Vancouver" into the USA.

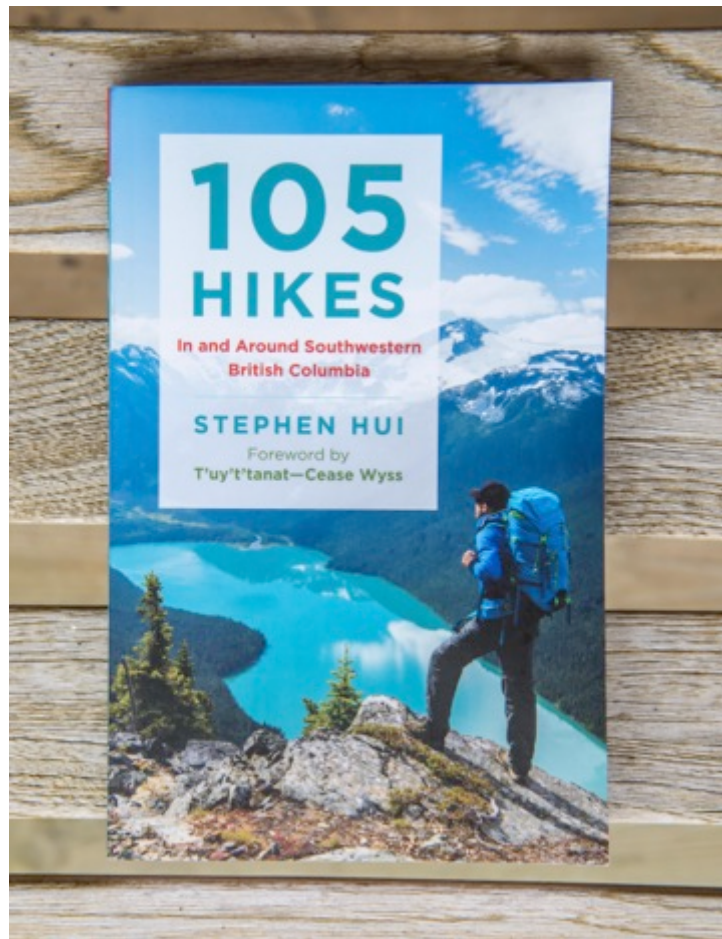
105 Hikes is, wisely so, shaped into 4 comprehensive sections: 1) Hikes North of Vancouver, 2) Hikes East of Vancouver, 3) Hikes West of Vancouver and 4) Hikes South of Vancouver (Northern Washington). Each of the North, East, West and South hikes are divided into a variety of Worthwhile, Good, Very Good, Excellent and Amazing treks

(in ascending order of quality trips), level of difficulty parsed

into Easy, Moderate, Difficult and Advanced. Each 2 page trip description highlights the distance covered, elevation gained, round trip time, a map and many fine photos that cannot but draw and interest the aspiring trekker. The general introduction to the book is needful for those who are new to the mountains so that a safe and secure trip is done and fine memories remain of days on trails, summits and sights worth the seeing.

There can be no doubt that 105 Hikes In and Around Southwestern British Columbia is the next step and most up to date guide book for those interested in exploring various trekking possibilities in, broadly speaking, the Lower Mainland mountain region of BC and Northern Washington. I

was somewhat disappointed that Jack Bryceland was not



mentioned in the kudos offered Mary and David Macaree (obviously a tale to be told about such an omission) in the "Tribute" section at the beginning of the book. We have been most fortunate in 2018 to have had 2 books published on mountain trekking and climbs in Southwestern BC, 105 Hikes a primer and entrée into mountain rambling and hiking, The Glorious Mountains of Vancouver's North Shore: A Peakbagger's Guide a tome for those with more mountain maturity, skills and experience.

montani semper liberi
- **Ron Dart**

Masthead: North Cascades from the saddle of the Needle

2019 C.O.C MULTI DAY TRIPS

TRIP: MAY 6-10, DAY HIKE/BIKE IN THE OKANOGAN & SPRING WINE FESTIVAL

LEADER: IRENE HOFER @ IHOFLER@TELUS.NET

ACCOMD: TRYING FOR A HOUSE THROUGH AIR BNB, 10 PEOPLE MAX

TRIP: MAY 22-23, OVERNIGHT HIKE AT MEGHER CREEK, PEMBERTON AREA

LEADER: LORI BODKIN @ FIRECHICK@TELUS.NET

ACCOMD: TENTING

TRIP: MAY 27-30, CENTRAL SECTION OF THE SUNSHINE COAST TRAIL

LEADER: RON DART @ RDART@SHAW.CA

ACCOMD: HUT TO HUT, 10 PEOPLE MAX

TRIP: JUNE 10-14, SOUTHERN SECTION OF THE SUNSHINE COAST TRAIL

LEADER: RON DART @ RDART@SHAW.CA

ACCOMD: HUT TO HUT, 10 PEOPLE MAX

TRIP: MAY 25-JUNE 01, KAYAK THE BROKEN ISLANDS GROUP, VAN ISLAND

LEADER: DAVE BIEHN @ DAVE.BIEHN@GMAIL.COM

ACCOMD: WILDERNESS TENTING, 6 PEOPLE MAX

TRIP: JUNE 21-23, HIKE THE DEWDNEY TRAIL TO HORSEGUARD CABIN

LEADER: CHRISTINE CAMILLERI @ 4CHRISTINECAMILLERI@GMAIL.COM

ACCOMD: TENTING & POSSIBLE CABIN, 8 PEOPLE MAX

TRIP: JUNE 29-JULY 01, HIKE THE DEWDNEY TRAIL TO HORSEGUARD CABIN

LEADER: TERRY BERGEN @ TERRYBERGEN@SHAW.CA

ACCOMD: TENTING & POSSIBLE CABIN, 8 PEOPLE MAX

TRIP: JULY 8 -13, HIKING IN STRATHCONA PROV PARK, VAN ISLAND

LEADER: MARG TRANAH @ MARGARET_TRANAH@HOTMAIL.COM

ACCOMD: CAR CAMPING & TENTING

TRIP: JULY 08-12, DAY HIKING IN THE WHISTLER - BLACKCOMB AREA

LEADER: RON DART @ RDART@SHAW.CA

ACCOMD: STAY AT ONE OF THE HUTS, 8 PEOPLE MAX

TRIP: JULY 13-28, SAWTOOTH MTNS IN IDAHO & BEARTOOTH WILDERNESS IN WYOMING.

LEADER: JOHN MCLELLAN @ JHMCLELLAN@SHAW.CA

ACCOMD: 2-4 DAY BACKPACKS SO WILDERNESS TENTING, DAY HIKING, 10 MAX --FULL

TRIP: JULY 27-AUG 05, HIKING FROM THE WHEELER HUT, GLACIER NP (CANADA)

LEADER: JUDY PASEMKO @ JUDYPASEMKO@SHAW.CA

ACCOMD: STAY AT THE WHEELER AND ASULKAN HUTS, 12 PEOPLE MAX

TRIP: JULY 27-AUG 05, DAY HIKING IN THE JUMBO GLACIER AREA OF B.C.

LEADER: CHRISTINE CRAIGEN @ COZYTOES4US@GMAIL.COM

ACCOMD: CAR CAMPING, 10 PEOPLE MAX

TRIP: JULY 27-AUG 05, DAY HIKING IN GLACIER NP (U.S.)

LEADER: CHRISTINE CAMILLERI @
4CHRISTINECAMILLERI@GMAIL.COM

ACCOMD: CAR CAMPING, 8 PEOPLE MAX

TRIP: JULY 29 – AUG 1 HEATHER TRAIL IN MANNING PARK

LEADER: JOCELYN TIMMERMANS

JOCELYNTIMMERMANS@HOTMAIL.COM

ACCOMD; TENTING, 10 PEOPLE MAX -- FULL

TRIP: AUG 03-05, 3 DAY BACKPACK TO MOWICH CAMP @
MANNING PARK

LEADER: TERRY BERGEN @ TERRYBERGEN@SHAW.CA

ACCOMD: TENTING, 12 PEOPLE MAX

TRIP: AUG 25 - 30, HIKING IN TO HUT IN TONQUIN VALLEY,
JASPER NP

LEADER: RON DART @ RDART@SHAW.CA

ACCOMD: HUT AND TENTING, 10 PEOPLE MAX

TRIP: AUG 17/18, OVERNIGHT TO PIERCE LAKE/MT
MACFARLANE

LEADER: GRANT ACHESON @
ACHESONGRANT9@GMAIL.COM

ACCOMD: TENTING, 10 PEOPLE MAX

TRIP: AUG 12 -17, Monashee PP, KEREMOS B.C.

LEADER: JOCE TIMMERMANS & DAVE WALTON @
JOCELYNTIMMERMANS@HOTMAIL.COM

ACCOMD: BACKPACK AND WILDERNESS TENTING, 10
PEOPLE MAX -- FULL

TRIP: SEPT 02-05, DAY HIKING FROM JACOBSEN LAKE,
TULAMEEN FSR

LEADER: CHRISTINE CAMILLERI @
4CHRISTINECAMILLERI@GMAIL.COM

ACCOMD: CAR CAMP/TENTING, 8 PEOPLE MAX

TRIP: SEPT 07-14, BIKE THE CASCADE LOOP, 700K
WASHINGTON & B.C.

LEADER: STUART WOOD @ STUART_WOOD@SHAW.CA

ACCOMD: TENTING, MOTEL, 4/6 PEOPLE MAX

TRIP: SEPT 16-20, BACKPACK THE ROCK WALL, KOOTENAY
NP

LEADER: SUE LAWRENCE & AL SMITH @
GWELU@TELUS.NET

ACCOMD: WILDERNESS TENTING, 8 PEOPLE MAX

TRIP: SEPT 25-28, DAY HIKING AT WHISTLER-BLACKCOMB

LEADER: RON DART @ RDART@SHAW.CA

ACCOMD: STAY AT HUT, 8 PEOPLE MAX

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. The equipment is being examined to determine its state of repair and will be reviewed by the Board of Directors as to what should be retained, scrapped or sold.

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	orrke@shaw.ca
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