



## POLAND LAKE/GIBSON MEADOWS - APRIL 1

Our group of 14, including one guest, had another great day SS'ing into the Lake via the Blue Chair/Gibson Meadows route. The ticket staff were aware that we would be arriving about 9AM so our waiver passes were ready for us and we were on our way up the ski hill 9:30ish. Of course there was the usual 'grunt' climbing the 150m vertical gain from the parking area to where we left the groomed ski hill and headed into the woods. Considering the amount of new snow over the past several weeks and spring conditions repeated thawing and freezing, it was fairly easy going. For the most part there was a layer of fresh powder snow 5-10cms deep on top of a relatively firm crust of frozen snow that held our weight as we walked on it. We made good time and reached the cabin literally at 12 NOON.



After a 30-minute lunch stop and the usual group photo on the cabin roof, it was time to head back. As the area around the cabin is well treed, we hadn't noticed that a cold easterly wind had risen and greeted us head on as we crossed the lake. When we approached the location where we had intersected with the Summer Trail on the way up and were about to head down, four young women approached us. They had climb up the Horseshoe route (with permission) and hiked in following the summer trail. One of them described that route as a 'march.... 😊' and asked if they

might follow our route back to the parking area. I told them what they would encounter and did my best to access their knowledge and skill level. I said that as long as they 'faithfully' followed our track they should be fine.

When we were back at the parking area shortly after 2pm, we informed the staff of our return and told them the four women (whom they were aware of) would likely return following our track.

I want to thank the following individuals for being a part of this great day: Carol A., Cheri K., Don McD., Dave S., Christine C., Frank B., Johnny G., George D., Karrie H., Charlotte H., Ed W., Stelian A., and Randy K. ( guest). For 5, this was there first time SS'ing to Poland lake on this route. I'll bet they will be doing it again in the future.

By **Gary Baker**

## WENDY THOMPSON HUT – APRIL 4 TO 6







Six members of the COC snowshoed into Wendy Thompson Hut from 4 to 6 April. The hut is located in the Marriot Basin, on the north side of Highway 99 about 40 km past Pemberton. It is a 7.5 km and 670-meter snowshoe into the hut. The trailhead is at 1281m and the hut is located at 1850 m. It is a beautiful snowshoe trip into the hut on a forested trail with outstanding views. We could not have had better weather with two days of outstanding sunny weather and then a cooler day to come out on. Everyone enjoyed the hut as it was nice and cozy with a lot of character.



The hut is a two-storey gothic arch design that accommodates 16 people in the upper sleeping loft. It has wood heat, a large kitchen, solar lighting on both levels, USB chargers and a large common area. It is located in a excellent location with great views of the surrounding mountains. It was built in the year 2000 and was renovated in 2015 when washrooms were built attached to the main hut by a covered breezeway.



On our second day we decided to try and make it to the top of the saddle near Peak 2300. This is a popular route for backcountry skiers and with the avalanche danger being moderate we thought it was doable. We chose a conservative route that avoided the cornices above and were rewarded with amazing views at the top.



We all carried beacons, shovels and probes for this trip since as we were venturing into areas where avalanches are a possibility.





On our final day the snowshoe out passed quickly as we were lighter and not carrying our packs (and firewood) uphill.



For the trip home we decided to drive back through Lillooet and Lytton as we had come up through Vancouver and Whistler. It was a really nice drive with stops made at the Abundance Artisan Bakery and the Fort Berrens Winery, both in Lillooet.

Thanks to all who participated. We all agreed it was a destination worthy of a return trip.

Trip participants: Val Stevenson, John McLellan, Allana Warkentin, Carol Ault and Dave Sawatsky

By **Dave Beihn**

## **SPIRIT CAVES – APRIL 4**

We met across from the trailhead in a tiny parking area at the historic cemetery which is also directly across from the Welcome to Yale sign. Some decent photos were taken there before we even started hiking. It would have been interesting to wander through the cemetery, but hiking was the program at hand.

Previous posts about this hike said it was steep with narrow trails carved out of the steep side slopes of the mountain. They were understating it. The beginning of this hike starts out immediately straight up and doesn't relent for a long time. It is Steep, Steeper and Really STEEP, with lots of scrambling up short vertical rock and root sections.



The long steep part of the trail is truly carved out of the side of the steep mountain bank. To be fair most of it is quite ok, as it is a foot and a half to 2 feet wide but parts of it are crumbled away and Very narrow. You definitely do not want to trip or lose your balance anywhere along the trail until it gets into the forest section, where it becomes a beautiful needle base trail for the most part. It is still a fairly relentless climb but has sections of flatter relief to give old guys a break. We crossed a nice stream that had an option of crossing on small boulders or going across a flattened log and a board. I chose the boulders on the way up and the log



on the way down. We continued UP and got a nice peek through the trees at the Fraser River and Yale a long way below.



Continuing UP we eventually got to a major viewpoint where most of the group had a food break. I never eat before reaching the objective, so just enjoyed the view and the company. There was a flat outcrop of rock that was blocked by a cable to keep fools like me from falling off the mountain. Mark suggested I go out onto the outcrop and he would take a picture. I had a look but couldn't get to it directly, but could access it by going through the trees. This would take too long so I said I would do it on the way back. He said he was just joking. But I wasn't. When we got back to that point, I did go out there and my photo is in the photos posted.

After a long break we carried on. Jocelyn said the trail was pretty mild after this, but one must always judge those comments based on who is giving them. Jocelyn is a heavy duty hiker. Sure enough, there was still a lot of UP in the trail ahead. However, this part of the trail was really beautiful. Totally in the moss covered trees and beautiful ground cover. I love this kind of trail as much as the viewpoint type.



Fairly quickly we came to a sizeable outcrop of rock. This is

where the caves are. However, you would never know it unless you were told, or shown because you have to climb/scramble up and over the back of those rocks to get to the caves. They were very interesting and fun. I enjoyed getting to them as much as seeing them as the route was quite challenging. When we were finished playing at the caves and climbed back up to the top of the rocks, we took our official lunch break and it was a long one. Charlotte blessed each of us with a little chocolate Easter egg, which I overlooked taking a picture of.

When we were all done our lunch break Jocelyn decided we hadn't worked hard enough so drove us further up the trail to a little opening. The trail actually continued on for a ways and a couple of the group went to where the trail ended saying it wasn't far and that it just petered out. Now we head down. I put my microspikes on because I can't afford to slip or lose my balance which I find is too easily done. The trip down was uneventful and the highway came suddenly as a bit of a surprise. Always a nice thing.



It was a wonderful day with really nice people and another challenging hike in the bag. I was quite happy that I wasn't even tired after the hike.

Jocelyn suggested we stop at the Blue Moose Coffee House in Hope for a get together. It is nice to see she can suggest more than just UP. (Jocelyn is one of the sweetest, nicest people you could meet). I really enjoy getting together after a hike as it seems to kind of put a cherry on the cake, so to speak.

Another day living life.

Stats: 7 km / 623m gain / 640m high point / 3:25 hours MT

Participants: Heather F, Peter F, Charlotte H, Michelle K, Judy P, Mark S, **Don T** (report) + **Joce T**

## NORTH BUTTE + OYSTER DOME - APRIL 12

13 people started from the Upper Parking Lot. We started out walking up the fairly steep and active logging road occasionally having to move off the road for loaded logging trucks coming down or empty ones going up. It was quite interesting having such huge trucks going by just a couple of feet from you. Especially the loaded ones. When we started on the road, we were told that we would head off on a trail less than a half an hour up the road. We walked by a sign that said Lizard Lake/Lilly Lake trail, but the sign didn't say Alternate Incline Trail, which is what we were looking for. A long time later we stopped for our leader, Jocelyn to check her GPS, but she realized she had lost her reading glasses. In a couple of minutes Frank walks up and asks if anyone had lost a pair of reading glasses. They were Jocelyn's. Incredibly, they were found on the road and in the part where the truck tires travel and trucks had gone by. Miraculously, they were undamaged. After she checked her GPS, we were forced to conclude that we should have turned at that sign which was a very long way back. The reading glasses weren't finished their adventure either. The conclusion was to continue up the logging road and connect with a different trail later. We walked on that logging road for about a month and a half. Just before we were about to turn another page of the calendar we came to where they were loading the logging trucks and one was in the process of being loaded but there was no room to get by it. A scene from the TV series Mud Mountain Haulers. We had to wait until the truck was loaded and gone before we could continue on, stopping for a couple of minutes to talk to the nice fellow that was in charge of the loading. After more logging road and getting dangerously close to having to turn the second page of the calendar we came to the trailhead. Now maybe we can get to hiking instead of logging road walking.

The trail wound through the forest and turned out to be very pretty with the trail itself being smooth and easy. It wasn't too long before we got to Lizard Lake. A pretty little lake with a campsite and tables.



After a break it was off on the trail again toward Lilly Lake but before we got there, we took the trail up to North Butte and the lookout. This was real hiking with steep gnarly bits and

tight switchbacks. Frank and I got there first and not knowing where to go, we went to the highest rock outcrop visible which was quite a bit higher than the lookout point. After a couple of minutes, we noticed that the group was going to a different spot which turned out to be the lookout, so we hiked back down and joined them. We discovered that Al showed up and we were now a group of 14. After spending quite a few minutes enjoying the great view, we headed back down to continue to Lilly Lake where there was another camping area. There was also a beaver dam. I think this lake was even prettier than Lizard Lake. We spent another few minutes here before heading off to Oyster Dome. The trail toward Oyster Dome was really interesting with all kinds of stuff to see including HUGE boulders, pretty creeks and the largest fungus I have ever seen. After a bit we got to the upward section of the trail, which was even steeper and gnarlier than the section to North Butte. As I've said before, I love this kind of trail. Oyster Dome proved to be a very outstanding objective. The view was Spectacular. It's no wonder it is such a popular hiking destination. However, most hikers start from the opposite side of the mountain and directly off Chuckanut Drive.



We lunched and lounged for a long time here including getting the mandatory COC Flag group shot. This is where the adventure of Jocelyn's reading glasses continues. When I saw her wearing them looking at her gps again, I noticed that one of the arms was missing. When I asked her what happened to her glasses, she sheepishly said she dropped them and stepped on them. I hope she buys them in bulk.

😊 The sun was shining and the sky was clear and with that view no one seemed in any hurry to give it up. Eventually we ran out of excuses and decided it was time to head back down. After getting back down the steep gnarly section the trail back was easy walking and uneventful. The trail incline was quite mild and I concluded it was made that way for mountain bikers as we passed a lot of them as they were pedaling up. Eventually, we got back to the logging road and after about a 2-minute walk up it, we got to our vehicles at the Upper Parking Lot. Now it was time to head home with a





stop in Sumas at El Nopal for dinner where 7 of us enjoyed their fine Mexican cuisine. Their portions are huge, and they serve Pacifico draft. El Nopal and Paso Del Norte, in Blaine, are the only two places I have found Pacifico in draft. Everywhere else in the bottle.

Another great day of hiking with great company.

Stats: 18 km / 790m gain / 706m high point / 5:25 hours MT

Along were: Frank B, Lorenz B, Christine C, Ingrid F, Peter F, Simon & Irene H, Linda I, Sheri K, Ling S, Al S, Allana W, **Don T** (report) + **Joce T**

## WILD HAZEL CULTUS LOOP – APRIL 15

This hike was so close to home for most of us, and yet for all but one of us, it was the first time we did the first half of it. The forecast was for showers in the afternoon, but we just had a few sprinkles in the last hour. It didn't deter 14 hardy hikers from coming out. Two were new.

As usual, we parked by the yellow gate along Edmeston Rd. But this time we crossed the road after walking back towards Columbia Valley Hwy for a wee bit. We tied a red tape on a sapling at the trailhead for you future hikers who feel inspired by our adventure.

The Wild Hazel portion of the trail started out at a steep slant, soon turning right at a junction to do a mini loop before rejoining the main trail again. This turned into Liumchen Creek FSR which soon came to an unsigned TCT trail that followed along the left side of the Liumchen FSR for over 2 km. The TCT was on a mountain bike tire-trod path with several significant puddles surrounded by bog. It led us to a 4-way FSR junction where we turned right onto the F350 FSR.

This was the hardest part, climbing steeply upwards, through forest strewn with ancient stumps notched with ax springboard cuts. At the highest of 3 sharp switchbacks, we had a bit of a view between the trees. There we parked ourselves for a much needed lunch, at 600m altitude. A draft coming up the mountain side kept the temperatures a bit too

cool for a lengthy lunch break. An eagle entertained us as it soared not far from us.



Just a hop & a skip from our spot was the very broken-down truck where we took our group shot. With most of the uphill behind us, we approached the fork in the trail. It can get a bit confusing, because both trails are International Ridge. But the left one goes up to the ridge and the right one skirts the north-facing slope, giving us glimpses of Cultus Lake and the valley. The latter was the way we went, now being on familiar ground for most of us.



This area of forest is my favorite, with its moss coated trees and fern covered ground. International Ridge trail ended at the intersection to Watt Creek trail. We kept going straight, on the Cultus Lake Horse trail which got us back to our vehicles at 2:30pm. Half of us ended our outing at the Waves coffee shop in Garrison Crossing.

Stats: 14.7 km / 748m gain / 627m high point / Participants: Joan A, Elizabeth B, Kim & John B, Ingrid F, Charlotte H, Paul L, Michelle K, Bote M, Rewa Moksha (newbie), Anne O'L, Cathy U, Owen Williams (newbie) + **Joce T**



## HOOVER LAKE – APRIL 19

What to do on a not-so-sure about the forecast day and when the snow is still quite low in the mountains. This local hike seemed to fit the bill. What I don't like as much about this hike is that 80% of it is on a deactivated FSR. Seventeen of us set out with a steady flow of conversations, ready to turn left at the Hoover Lake trail 3 km down the road. After a quick weather check in the morning, I thought to run it by the group and see if they'd be OK with stretching out our morning hike by doing the trail along the perimeter of the lake. That way when the sun was scheduled to come out at 1:00pm, we'd be at the north-facing viewpoint where we'd have lunch.



Remnants of logging days gone by were very evident along the lake trail. The decrepit corduroy logging roads wound through the dark forest. Once at the lake we turned left, hiking on a boardwalk to a tiny peninsula that jutted out into the lake. After a snack we returned to where we'd arrived at the lake, but then immediately turned right, doing a clockwise loop round about 2/3 of the lake. A bridge with a broken handrail, two viewpoints of the lake with log benches and a gnarly dead tree were interesting to see.



When we got to the FSR, we turned right and after about 15 minutes were back on the FSR that we'd come up on. More uphill got us an expansive view of Stave Lake to our west. My All-Trails app led us to a north-facing viewpoint at 1:00pm that overlooks the upper half of Stave Lake. Robie

Reid Mt. stayed hidden behind the clouds. We didn't sit too long because it was still rather cold. The sun did not come out on schedule. It waited an extra hour, so we didn't feel its warmth till we were on our way down. It was neat to see the backlit steam coming off of the gravel road because of the warm/cold contrasts.



Stats: 15.6 km / 655m gain / 525m high / 4:10 hours MT

Participants: Lonja Berggren (newbie) Dave B, Frank B, Lorenz B, Iraj F, Laura F, Johnny G, Danny G, Charlotte H, John & Mo Laf, Geoff L, Glen R, Keah S (newbie), Isabell Sens (visiting from Germany), Cathy U + **Joce T**

## EARTH DAY VEDDER MTN TRAIL ASSN CLEAN UP – APRIL 22



It was an all hands event with volunteers loading up an EMPTY container to the brim with tires, jeep doors, beer cans, pop bottles, a TV (!), so many bricks you could build a tiny house, a BOAT, nails, shingles, car parts — radiator, mirrors, fenders, exhaust pipe, realtor signs, pillows, mattress springs, wood, rebar, pipes, and the list goes on. Refreshments and camaraderie all around after. We had lots of help from young and old out enjoying the trails today. So many people pitched in. Another fabulous event.





BY CHRISTINE C

## IAGO PEAK – APRIL 27



Iago Peak (1737mt) is west of the bathrooms at the Coquihalla Pass. We did 13.5km, +700mt in 5 1/2 hrs and we couldn't have asked for better weather, at the end it had to be in the 20's and even at the top we had no wind, it was shorts and t-shirt weather. We were going to drop off Iago and go over to Great Bear which is 1/2km away, but the avalanche danger was high in the alpine so I decided it'd be better to wait till the snow had consolidated more.



While we were eating at the food truck a huge avalanche came off of Yak and came tumbling down the full length of the mountain. Another great day in the alpine, plenty of snow still left and some great trips to be enjoyed, thanks to Don F, Tara P, Johnny G, Sheri K, Sue Abegg, Mark S, Tracy G, Iraj F and to Carmen P and her dog sss Skagit.  
By **John McL**



## SLHANAY & ECHO LAKE HIKES –

### APRIL 28-29

After doing Slhanay hike, looking at the stats we figured Echo Lake wouldn't be much harder. But there's a reason why the author of Destination Hikes book allowed 7 hours for Echo Lake, not 4.5 hours as in Slhanay.

### SLHANAY – APRIL 28



Six of us met at the Mamquam River FSR and then drove 1.4 km to the trailhead. The clingy cold wet weather finally left, and we had two hot days, with temperatures peaking up to 28C! So off we went at 11:30am, in shorts and tank tops.

The trail led us through an area of huge moss-covered boulders, till it came to the bottom of a high rock wall. There we turned right, skirting it, then passing a gully with a rope and then arriving at an expansive viewpoint overlooking the town of Squamish backed up by the Tantalus Mountain range. Across from us was our objective for the next day. Even from our distance, we could make out the high waterfalls gushing from Echo Lake.



All GPSs came out when we arrived at a 4-way junction. The side-trail to Tony's lookout was one not to be missed, with its memorial bench on a smooth rocky bluff overlooking the neighboring narrower north side of the more popular Stawamus Chief, Howe Sound and the town of Squamish. I remembered from last year that once back on the main trail,



the left turn onto the shorter steeper trail leading to the summit, was easy to miss. There were no markers. Relying on my GPS, we turned onto it but soon found we were on an unfamiliar trail. Later I discovered that there's 3 trails leading to the summit, and very quickly when we'd left the more defined trail, there was another easy to miss junction. So we'd ended up taking the left trail up and the right trail down, avoiding the middle trail. At the rounded open summit Garabaldi & Mamquam Mtns dominated the horizon.

After lunch there, we backtracked a bit to the base of the rock, and then turned east, to skirt the rocky summit and loop round to the north onto a more defined trail with a more gradual descent. This completed the larger of the two loops.

Sonia & I had loaded two coolers with ice and drinks. We pulled out our backpacker lawn chairs upon our return at 5:00pm and all enjoyed a relaxing break before driving the few km to the hostel.

Stats: 9.2 km / 860m gain / 682m high / 4:45 hours moving time

Participants: Dave B, Peter F, Charlotte H, Sonia J, Sheri K, **Joce T**

### ECHO LAKE – APRIL 29

This day was a full body workout, full of challenges. It required pushing, pulling, twisting, bending, balancing & hoisting. It required big time teamwork, which we accomplished like a well-oiled machine. Yes, the recent heavy rainfall and sudden high temperatures made for amazing waterfalls. But it also meant crossing a rushing raging river + jumping numerous creeks. Shannon Falls did not look as impressive anymore, after having climbed alongside Monmouth Creek which was one very long 900m high waterfall!

At 7:45am we met at Squamish Watersports where Owen and Lonja were waiting for us. By 8:00am Will was whisking



us off to the trailhead in a boat. Thankfully the tide was high so he could get us farther upstream on the Squamish River. But we still had to follow a pink-flagged trail to the trailhead by a gravel flood plain. The Destination Hikes book said not to cross over the creek. But when we got there, we were wondering which creek?? There were several, all flowing into the river. So we followed the square brown markers till we got to a point where we could see the trail carry on, on the other side.

The creek looked more like a river, but a narrow one. It wouldn't be too hard to cross, right? Wrong. The current was very powerful. A big thanks to the guys for helping us ladies cross and to Sonia for letting us use her water-shoes (we threw them back and forth). I'm not sure how Peter managed to stay standing in knee deep freezing water for over 10 minutes!



As soon as we entered the forest, we stayed left at a junction which took us onto the most difficult part of the trail, often involving scrambling.



Several chains, ropes and roots were there to aid the way. Sometimes the ledges were so narrow, we couldn't even get



our whole foot onto them. But then there were roots to hang onto. The views of the falls were spectacular!!! Often we were close enough to touch them. Mini rainbows and smooth black curved water-carved rock were a sight not often seen.

The upper half of the falls opened up the forest more, giving us views

of Sky Pilot Mt. At 800m we ran into snow. Time to strap on the microspikes. We were relieved to finally arrive at Echo Lake, 3:50 hours moving time later. But no swimming for Sonia & Peter since the lake was still totally frozen.



Going down, we stayed to the left at both junctions, as suggested by the signs. This trail was in the forest, and although it was slightly longer, it wasn't as steep, so we made good time on the descent. We still had to jump some creeks but by this time, we were becoming pros at it. Tired pros. I phoned the Water sports personnel at the mid-way bypass trail junction.

As we exited the dense forest, we knew we'd have to cross that creek (river) again, and that the water would be even higher. We'd agreed to keep our boots on, since we were then close to the end of the trail. The ladies formed a human



chain, but Lonja, who was the lightest of all of us, was almost swept away twice with the current, on both ends. Dave told me to cross a little farther upstream, the way he'd just gone. When I was halfway across, I felt myself starting to lose my balance. Owen and Dave were reaching out to me. I was yelling at Owen, "Grab my camera!!!" So he did, just as Dave grabbed my hand. Phew.



It was a very welcome sight when we arrived at the shore at 4:00ish and Will was waiting for us. And it was a sweaty, dirty, sopping wet-from-the-thighs-down tired group, now marked with battle scars of scrapes, scratches and bruises that settled into the rubber boat for the 20-minute ride back to civilization. We were limp and relaxed with our hair flying in the wind and with victorious smiles on our faces.

We ended our day having dinner at the Howe Sound Brewing Co. Pub where we had a toast to a grand and most rewarding adventure!

Stats: 9.1 km / 1095m gain / 921m high / 7:10 hours moving time

Participants: Dave B, Lonja B, Peter F, Charlotte H, Sonia J, Sheri K, Owen W + **Joce T**

## APRIL TRAIL MAINTENANCE



Another day on the TCT putting in another bridge that had deteriorated with time. We were 2km along the trail on the Tamahi section so other than bringing in tools we have to use all local material so we have to fall the trees, then skin them, then cut the cedar into planks for the top boards and then cut the posts for the railings, all from material we find in the forest 🌲 Another great job by the COC trail maintenance crew on the TCT. By **John McL**





## 2023 MULTI DAY TRIPS

**TRIP:** Howe Sounds Islands – car camping / day hike, camp at Porteau Cove

**DATE:** June 7

**CONTACT:** Al Smith & Sue Lawrence  
hikethepeak@gmail.com

**LIMIT:** 8

**TRIP:** Bella Bella Kayak

**DATE:** June

**CONTACT:** Dave Biehn [dave.biehn@gmail.com](mailto:dave.biehn@gmail.com)

**LIMIT:** 8

**TRIP:** West Coast Trail – backpack

**DATE:** June

**CONTACT:** John McLellan [jhmclellan@shaw.ca](mailto:jhmclellan@shaw.ca)

**LIMIT:** 10

**TRIP:** Garibaldi Lake – backpack

**DATE:** June 14

**CONTACT:** Al Smith & Sue Lawrence

[hikethepeak@gmail.com](mailto:hikethepeak@gmail.com)

**LIMIT:** 6

**TRIP:** Craters of the Moon, Grand Teton, Yellowstone, Badlands National Parks – car & RV camping

**DATE:** June 26 – July 13

**CONTACT:** Jocelyn Timmermans

[jocelyntimmermans@hotmail.com](mailto:jocelyntimmermans@hotmail.com)

**TRIP:** Illal Meadows – backpack

**DATE:** July

**CONTACT:** Allana Warkentine [allanalee@shaw.ca](mailto:allanalee@shaw.ca)

**LIMIT:** 10

**TRIP:** Banff – backpack

**DATE:** July 12-16

**CONTACT:** Skagit Pellegrino

[carmen.pellegrino80@gmail.com](mailto:carmen.pellegrino80@gmail.com)

**LIMIT:** 4 - FULL

**TRIP:** Kananaskis – Ribbon Creek Hostel

**DATE:** July 23-28

**CONTACT:** Ron Dart [rdart@shaw.ca](mailto:rdart@shaw.ca)

**LIMIT:** 10

**TRIP:** Waterton / Glacier National Parks – car camping / day hike

**DATE:** July 22

**CONTACT:** Cindy Waslewski [twin-creeks@shaw.ca](mailto:twin-creeks@shaw.ca)

**TRIP:** Mt. Frosty via Windy Joe trail – backpack

**DATE:** August 5

**CONTACT:** Terry Bergen [terrybergen@shaw.ca](mailto:terrybergen@shaw.ca)

**LIMIT:** 8

**TRIP:** Fernie

**DATE:** August 12

**CONTACT:** Fred Hahn [freddyhahnjr@gmail.com](mailto:freddyhahnjr@gmail.com)

**LIMIT:** 15

**TRIP:** Skoki Trail Loop in Banff Nation Park – backpack  
44km on horseshoe-shaped trip with many side trips

**DATE:** mid July to beginning August

**CONTACT:** Christine Camilleri

[4christinecamilleri@gmail.com](mailto:4christinecamilleri@gmail.com)

**LIMIT:** 8

**TRIP:** Desolation Sound – Kayak

**DATE:** August 20

**CONTACT:** Fred Hahn & Peter Epp

[freddyhahnjr@gmail.com](mailto:freddyhahnjr@gmail.com)

**LIMIT:** 12

**TRIP:** Tour de Mount Blanc – trekking tour

**DATE:** Aug. 28 – Sept. 6

**CONTACT:** Irene Hofler [ishofler@gmail.com](mailto:ishofler@gmail.com)

**LIMIT:** FULL

**TRIP:** Mowich camp / Hozomeen Ridge - backpack

**DATE:** September 16

**CONTACT:** Terry Bergen [terrybergen@shaw.ca](mailto:terrybergen@shaw.ca)

**LIMIT:** 10

**TRIP:** North Cascades, northeast of Mt. Baker: Sahale Peak, Blue Lake, Hidden Lake Lookout, Sourdough Mt.

– car camping / day hikes

**DATE:** end of September – dates dependent on weather

**CONTACT:** Jocelyn Timmermans

[jocelyntimmermans@hotmail.com](mailto:jocelyntimmermans@hotmail.com)

**LIMIT:** 12

Masthead of Silhanay, Squamish by Joce T



# CLUB INFORMATION

## Notice to Trip Participants

It is understood that risk is inherent to some degree in all outdoor activities. Please ensure that you understand the risks involved and are prepared to accept them. As a participant, you are responsible for your own safety and equipment at all times. Trip organizers are not professional guides—they are simply club members who have volunteered their time for your enjoyment.

Inform the trip organizer of any medical conditions that he or she should be aware of in an emergency, for example: diabetes, asthma, and bee sting reactions. Ensure that your previous experience, ability and fitness level are adequate for the trip. Be sure that your equipment and clothing are adequate for the trip. Stay with the group. Wait for other group members frequently and at all route junctions. Tell the trip organizer if you must turn back. **Be safe and enjoy!**

## Required Equipment

Trip organizers will be pleased to answer any questions regarding the required equipment for any outing. For more information, it is recommended that you visit one of the many websites that provide such information. Some recommended sites are: [www.valhallapure.com](http://www.valhallapure.com) (club sponsor), [www.backpacker.com](http://www.backpacker.com) and [www.mec.ca](http://www.mec.ca).

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

## The Ten Essentials

Before you hit any trail, no matter how easy, no matter how short, no matter how close to home, make sure your backpack is loaded with the ten essentials. When in the backcountry you are responsible for your own safety, and any one of these ten items may help to save your life. Carry them all and know how to use them.

1. Map
2. Compass
3. Extra clothing
4. Sunglasses and sunscreen
5. Headlamp/flashlight
6. First-aid supplies
7. Fire starter
8. Matches
9. Knife
10. Extra food and water

## Equipment for Club Members' Use

2 Shovels	2 ice axes
2 pairs of crampons	2 avalanche probes
2 avalanche transceivers	
2 pairs of snowshoes	
	contact Cal Francis to use: <a href="mailto:calfrancis@gmail.com">calfrancis@gmail.com</a>

**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:	Christine Camilleri	<a href="mailto:4christinecamilleri@gmail.com">4christinecamilleri@gmail.com</a>
Vice President:		
Secretary:	Jackie Chambers	<a href="mailto:Jackie.p.chambers@hotmail.com">Jackie.p.chambers@hotmail.com</a>
Treasurer:	Carol Ault	<a href="mailto:carolault@gmail.com">carolault@gmail.com</a>
Executive:	Tracy Goodwin Cal Francis Carol Ault Pat Ramsden Charlotte Hall Paul Levett	<a href="mailto:tracy.g22222@gmail.com">tracy.g22222@gmail.com</a> <a href="mailto:calfrancis@gmail.com">calfrancis@gmail.com</a> <a href="mailto:carolault@gmail.com">carolault@gmail.com</a> <a href="mailto:patrickr@shaw.ca">patrickr@shaw.ca</a> <a href="mailto:chartuff@hotmail.com">chartuff@hotmail.com</a> <a href="mailto:plevett@sasktel.net">plevett@sasktel.net</a>
Membership:	Tim Yochim	<a href="mailto:membershipsecretarycoc@gmail.com">membershipsecretarycoc@gmail.com</a>
Past President & FMCBC Rep:		
Club Trip Email:		<a href="mailto:chilliwackoutdoorclub@googlegroups.com">chilliwackoutdoorclub@googlegroups.com</a>
For trips and announcements to be forwarded to all		
Note: also you can post in members:	Facebook: Chilliwack Outdoor Club Group	
Librarian:	Ingrid Fisher	<a href="mailto:ingyfisc@gmail.com">ingyfisc@gmail.com</a>
Newsletter Pub:	Jocelyn Timmermans	<a href="mailto:jocelyntimmermans@hotmail.com">jocelyntimmermans@hotmail.com</a>
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Vedder Mt Trail Ass'n:	Gary Baker	604-858-4928 <a href="mailto:garybaker@shaw.ca">garybaker@shaw.ca</a>