



## LAKE ANN – AUG. 2



18.4 km / 635 m gain

Annette, Ingrid, Gayle (guest) and I started out excited for the day. This was the first time for Ingrid and Annette to hike this trail. The trail descends thru the forest to a beautiful vibrant green grassy meadow with fireweed and white flowers still blooming. After the meadow you start a gradual ascent through the forest and the trail meanders. There is a slight descent to Swift Creek where the ascent starts again, this time not as a gradual, getting glimpses of Mt Baker and Herman's Saddle. The trail leaves the forest where the ascent is steadier and steeper becoming rockier as you cross several rock talus fields where the final steeper ascent to the lake awaits you. Knowing the lake is within reach (500ish m views of various mtn peaks, Shuksan and glaciers) keeps



you focused off the rocky trail. As you summit, the view of lake and various peaks are awe inspiring. We thoroughly enjoyed the views of the lake, mountains, and glaciers with the sound of rushing water run-off.



On the way down we found a patch of snow, where we couldn't resist photo ops and making snow angels, great way too cool off!!! The ascent back thru the forest gave us a



respite from the open ridge of sunshine and heat. As we crossed thru the meadows we enjoyed a cool breeze, never really losing it as it wafted through the trees when we started the final ascent to the parking lot.

Lots of laughter, sharing stories made for another great day.  
By **Dorothy F**

## FLAT IRON – AUG. 3



This is a traditional winter excursion for our club, seldom done without snowshoes. So being at the defrosted tarn nestled in the smooth granite slopes leading up to the Flat Iron, was a treat. Irene even took a swim!



It was a pleasant surprise to meet Joe K at the top. There we got close-up views of the neighbouring Needle Peak, which is only 211m higher than Flat Iron's summit.



Stats: 12 km / 950m gain / 1898m high / 4:45 hours MT  
Along were: Denise D, Ingrid F, Joe K, Patrick R, Dave S, Joce T (pics) Bill W + **Irene H**

## FROSTY MT – AUG. 6



Great day up Mt Frosty today with Patrick R.  
By **Carmen P**



## FERNIE – AUG 12 - 16

23 members from The Chilliwack Outdoor Club drove 1000km and camped at the Fernie Provincial Park.



Day 1: **Spineback** trail and **Goldilocks** loop. 10km and 850m ascent. Very warm in the afternoon. Spectacular scenery.

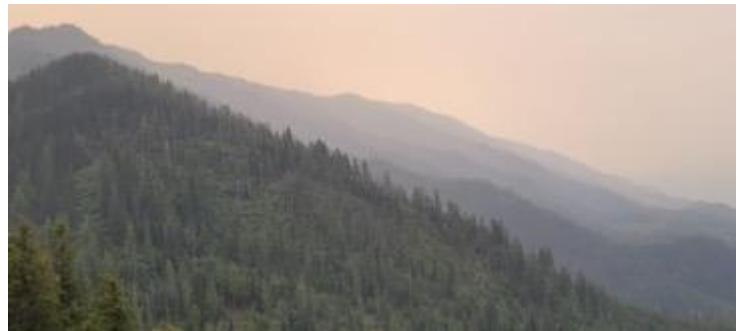


Day 2: **Mt Hosmer** trail. 9km, 900m.

It was a hot one, 30 plus degrees so we started early at 7 a.m. There was controlled fire burn that filled the valley with smoke. Luckily, we escaped the smoke and heat as we climbed our way through the forest canopy to lunch at the summit. To avoid the heat on the descent, we hiked like horses going back to the barn.



Day 3: Some took a day of rest to enjoy the sites and vibe of downtown Fernie, and others went mountain biking or rafting down the river for the day.



Day 4: 11 of us opted for an easy hike due to high forecast temps and increasing smoke and decreasing air quality. You can see the increasing smoke levels in the photos. **Castle** mountain has a nice overlook of Fernie. About 12km and 600m. It was interesting to see the changing flora as we went up. Aspen, Douglas fir, pine and surprisingly some very healthy Larch trees.



## ELSAY LAKE – AUG. 11



Day 5: Today was a hike to the **Three Sisters** mountains. A positively gorgeous trail and the highlight of this trip. Much to see, like the Bisaro canyon caves and awesome alpine meadows. It was a 1.5-hour drive to the trailhead on a rough road and even a gnarly 4X4 section, but it was worth it. Most of the group stopped in the Alpine bowl but a small number hiked up to the peak. Our group had to get back for a dinner out and taking down our campsite for an early next morning departure.



We were lucky the smoke seemed to stay away from our hike area like magic.

Along were: Carol A, Lorenz B, Christine F, Brian F, Ingrid F, Paul L, Peter E, Carolyn M, Judy P, Carmen P, Maureen S, Herb S (report + photos), Lucy S, David S, Allana W, ... Thanks again **Fred H** or planning and leading this awesome week.



Our aim was to get a good workout in, before we would leave on our designated trips to Fernie and Tour Mt. Blanc. This hike was that and so much more. The trail was rough, rooty and in some areas, overgrown. It was interspersed with forest and four boulder slopes. It was a true test of one's endurance. Unlike most hikes, most of the elevation gain was on the **return** journey, with plenty of ups & downs in-between.

We started out from the Mt. Seymour ski resort at 7:45am, at a relaxed pace, knowing this'd be a long day. Sheri & Brigitte decided at the last minute to go for both Elsay Peak and the Lake. Crazy. But they did it, getting back to the parking lot when we did! After about 1 hour on the Mt. Seymour trail, we hit a T-junction. That's where Sheri & Brigitte turned left but we turned right, onto the Elsay Lake trail.

We were now on uncharted territory, immediately doing a steep drop on the Wes's Staircase section. Later in the day as we had to climb up it, it seemed to be unending. When we got deeper into the valley, the grade levelled off, traversing under the cliffs of Pump, Tim Jones, Mt. Seymour + Runner Peaks. Parts of the trail were in the forest, overgrown with prickly bramble bushes that made it hard to see where to place our feet. The narrow trail was angled with the slope and dropped off sharply to the side. Cairns and square orange markers provided ample direction.

After about 3:30 hours on the Elsay Lake trail, just after we spotted a black bear on the distant opposite slope, we dropped almost straight down a narrow debris chute. Not as high as Wes's staircase though. Then we soon came to the lowest point on the trail that ambled back upwards again, crossing a sketchy creek with large boulders and then a few small meadows, before finally arriving at the circular lake.





Everyone took their time at lunch, soaking their feet in the cool water – except for me. I hiked to the opposite end of the lake to photograph the hut that is maintained by BC Parks. But it didn't look very maintained. There's an outhouse not far from it. Back at the lake, I don't think any of us were entirely relaxed, knowing we had to go all the way back and it would be even more demanding.



Sure enough, after coming up that chute, we were beet red in the face and wet from the sweat. I drank 4 liters of water that day! Back across the boulder slopes and forest paths we went, noticing a hovering helicopter as we got closer to the base of Wes's Staircase. So we sat on the rocks and watched as North Shore Rescue air-lifted two people up and out. Later we learned that the lady had broken her ankle.

We arrived at the parking lot at 6:30pm. As we were removing our gear, my eyes wandered over to the buildings lining the lot. My that guy had a head of dark hair. Wait! That wasn't a human, it was a bear! He certainly wasn't afraid of us and confidently ambled towards the large garbage bin,

only separated from us by a 5' high concrete lego-block wall. Two bears in one day and a rescue! Quite the day. We all agreed that this hike was harder than doing Mt. Outram, which Irene had just done the week before.



We stopped in at A&W for a fast-food dinner, before heading home.

Stats: 22km / 1600 m gain / 1270m high point / 8:10 hours moving time

Thanks to you diehards who came out for this challenging hike: Lorenz B, Denise D, Ingrid F, Charlotte H, Irene H, Brigitte G, Sheri K & **Joce T**

## DESOLATION SOUND KAYAK – AUG 20



Another awesome kayak trip on Desolation sound marine park with members of the Chilliwack outdoor club. Peter Epp was our trip leader for the week. We had some smoke in the air but for the most part skies were very good compared to all the smoke on the mainland. We saw schools of dolphins and huge schools of herring with humpback whales cruising by our campsite day and night. We all have fun jumping and swimming of the rocks after a day of paddling.





Thanks **Peter Epp** for organizing 👍😎 (photos by Fred H)

## LINDEMAN SUMMIT – AUG. 18

Wow! What a day. One that we won't soon forget. This is my favorite hike in the Chilliwack River Valley, but it's also one of the most challenging hikes. You get extensive views from the summit, and can easily access the turquoise Upper Hanging Lake from the col.

This trail took about 700 hours and 40 volunteers from our club to create. The project was spearheaded in 2016 by Harry Waldron. Thanks so much Harry.

Two 4x4s made it up to the trailhead. The first 3 km were a mellow 227m gain on a very overgrown-with-alder FSR. Then it turned left for a 20-minute grunt alongside a creek, crossing a second even-more-overgrown FSR and then the grade tapered off somewhat. In 2 hours, we arrived at the meadow. From there the boulders started and didn't stop. We climbed up a gully through which a bubbling brook

flowed, rimmed by pink Alpine Fireweed & yellow Monkey flowers. Once on top of the gully a rock slope opened up the view to our destination, the col. From there we'd made some decisions as to where we'd want to go: down the lake or up to the summit.



We all had our moment of awe when cresting the col (1:30 hours from the meadow). The lake sparkled in the sun. Charlotte opted to do the 20-minute descent to the lake. The rest of us began the even more demanding ascent. I'd never experienced so many large loose boulders before. We had to use utmost caution on this steep slope. A few times a small rock let loose, and we got the familiar call, "ROCK!!!" David decided, after a too close encounter with the rocks, to turn back. He called it, "Road burn". Once we acquired the higher ledge, where we'd cross the slope to continue on the right side, Sonia & Joan decided to go down to the lake. It took the five of us 1 hour from the col to get to the summit.



From there it was even more amazing. We could see the big billows of smoke from four forest fires in the distance. Two were actually just on the other side of the mountain range on opposite side of Chilliwack Lake. But the sky was clear, the sweltering hot temperatures we'd been experiencing all week had dropped down to the mid 20s and





there was no burnt smell in the air. Perfect conditions. 360-degree views. We could see both Hanging Lakes and umpteen peaks all round.

On the way back to the col, we stayed left on the slope above the lake, therefore avoiding a lot of those big boulders and staying more on the dirt. This was the route showing up on the All Trails app. Our uphill route was the one we did seven years ago, so as to avoid the steep snow slope. This time there was no snow on the trail.

Charlotte & David were waiting at the col. We regrouped down at the meadow, knowing the four fasties that were swimming at the lake, would catch up to us. Boy were we glad to have those boulders behind our backs. By 6:30pm all of us had filtered in from the forest, weary & worn, battered and bruised, but with a keen sense of accomplishment. The reward was well worth the effort.



Although it was late, none of us were in a hurry as we enjoyed our typical tailgate party. Later in Chilliwack at the parking lot, we had to laugh as we saw how awkwardly we were all walking while transferring our gear. Rigor mortis. Stats: 17.56 km / 1708m gain! / 2268m high / 7:40 hours moving time.



Participants were: Jim A, Heather F, David G, Charlotte H, Sonia J, Sheri K, Joan S, Owen W + **Joce T**

## WELLS PEAK – AUG. 24



Great morning today up Wells peak with Andrew and **Cameron P**. Up in 2hrs and down around 12:30pm.



Smoke started to roll in but overall, it wasn't too bad when we were up there. Made it up to the true summit! Thanks guys!



Masthead of North Cascades as seen from Lindeman Peak – 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

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