



THE TOLKIEN GROUP - AUGUST 4-8

A team of 10 COC mountaineers hiked deep into the Coast Mountains near Darcy BC to climb some of the most magnificent mountains in BC. This trip challenged all of us in many different ways. There was serious height exposure, route finding challenges, weather challenges, and physical challenges. By working together as a team, we overcame our challenges, and achieved our objectives without any injuries. We returned home with huge smiles on our faces.

The first day of mountaineering, we climbed Gandolf (2391 m) and Aragorn (2435m).



Gandolf Summit (PC Redina)



Gandolf and Aragorn (PC Redina)



Heading towards Aragorn (PC Redina)

The second day of climbing, we attempted Sadowfax (2345 m). However, we turned around shortly before the summit due to rain and high winds. (Cindy and Sheri summited Shadowfax on the last day).



Waiting out the storm on Shadowface (PC Jocelyn)

On the third day of mountaineering, we climbed Frodo (2189 m) and Peregrine (2269 m).

Quoting Jocelyn: "This was an intense four days of mountaineering and hiking. At times it came very close to pushing us beyond our limits. It was challenging in more

ways than one. The rocky steep terrain, the cold often wet weather, route-finding and class 3+ scrambles that required utmost caution and teamwork. But other than one small injury and some bruises, we all pulled through and formed some strong bonds with our two tight groups, walking each other through those extremely exposed sections when adrenaline was running high”.



Frodo summit shot (PC Jocelyn)

It was an honour for me to lead such a wonderful band of happy accomplished mountaineers.



The Mountaineers – L-R – Jocelyn, Redina, Jamie, Jim, Carmen, Johnny, Owen W, Sonia, Sheri, and Cindy. (PC Jocelyn)

by **Owen Williams**

For a more comprehensive report, please follow the following link to Jocelyn’s story.

https://www.withmytwofeet.com/post/tolkien-mountains?fbclid=IwY2xjawMkfWhleHRuA2FibQIxMQABHlaCwRq7K9ZNHcZDitWdez1O12rw2eaJPGTTI5NtTxQKEJjip_c5EkcF0rZi_aem_oW1fL4Uxv4M6kM5avqcFpQ

LONE GOAT - AUGUST 4



EC Manning BC Day

Hiked to Lone Goat on the Skyline 2 trail, then on return took spur trail to top of Snowcamp and down and returned back to Strawberry Flats to my car. Met a Vancouver Hiking Meetup group and shared the final hike up and relaxing lunch break on top. The day was warm and a cool refreshing breeze blew through the shaded forest and groups of trees along the way. Total estimated 23.5 km return for both peaks; and 1168 meters elevation gain for Lone Goat plus the spur trail up Snowcamp. Est total net elevation gain about 1400 meters. Start around 9:40am at trailhead, and reached Lone Goat at 1:15pm, including a 15-minute stop on the main trail below. (net 3 hours 20 minutes) to summit.



Nice long lunch break, summited Snowcamp on way back, and took a more relaxed pace and rest breaks along the way. It was a totally awesome day, and spiritually refreshing.

By **Karl Vietnieks**

VEDDER MT – AUG. 8



Six of us, Jan, Patrick, Mary, David, William and myself, enjoyed a beautiful hike along Vedder Mountain Ridge today. The trail was easy and pleasant, with just enough hills, valleys, and a few rope sections to keep things interesting. We were treated to great views both north and south—this forest really is something special. Big thanks to the COC crew who came out; hiking is always better with good company! Looking forward to our next adventure. 🌲👟



By Tracy Goodwin

SEYMOUR MT – AUG. 9



Wonderful day hiking up to 3rd peak on Seymour. I had not realized the trail was so rough, rooty and rocky. It seemed easier in the winter when there's snow covering everything. Ascended 691 over 9.44 km in 6.5-hour day. The sun peaked out many times and the view was amazing. Thank you for joining me, Simon, Denise, Cal, Rose, Sonia, Elizabeth, Patty, and Susan.

By Irene Hofler

MT. WEBB – AUG. 10



Mount Webb was another to do hike on my list. We did 25km hike in the heat of the day 11.5 hours total 9 hours moving time and all made it to the top. Thanks Fred, Karl, David and Denise to join me on this hike. Special thanks to David to stay with Karl on the way down and Denise who hiked the day before and came to do this hike with us. She was inspiring us and full of energy.



Finished the day by dipping into Chilliwack Lake to cool off followed with cold refreshment.

By Iraj F

QU:QO TRAIL – AUG. 10



Exploration of Qo:Qo lem extension. 8k, 353 metres. Good morning to get out and beat the heat. Annette L, Carol A, Jim A, Terry B, Lucy S
By **Ingrid Fischer**

MONASHEE PROVINCIAL PARK - AUG 10



Johnny Grimm, Patrick Ramsden, Lori Young and I (Carmen) started our backpack and hiking adventure in Monashee Provincial Park. This time, we would start from the EAST side of the park (I had done a trip before starting from the west side). However, since we were all equipped with Tacomas and able to easily drive the FSR to the TH I chose this route (with plenty of research). This way brings you higher in the alpine quicker, avoids the apparent 'bridge wash out' from Little Peters Lake to Big Peters Lake. I did prefer this route to the West side - we saw NO other people the entire trip.



We decided to go clockwise and hit Cariboo Pass, successfully summit Mt Fostall (Yay!), camp at Big Peters Lake, visit Fawn Lake and Valley of the Moon (Yay!), Camp Margie Lake and then back out at the TH. We started the days early (yep, early rise folks!) and were able to successfully summit and visit all of the areas I had planned which actually brought us out one day early. What a wonderful awesome trip with a great group of amazing folks. This was a very memorable trip and I'm grateful for the company and the amazing views/weather! There was a good



deal of route-finding and some obvious trail sections. The campsites were great, leave NO TRACE. Respect the private Sol Lake Lodge trails. Bring a rope and/or bear bin for food as only Big Peters Camp had a decent locker/cache. We did have a downpour one night but by the morning it was all clear and crisp 😊 All days we had beautiful sun and clear skies.



To answer the inevitable 'how were the bugs question' - yes, there are bugs to be expected in the forests/alpine this time of year. They are always manageable and will vary from time of the day and day to day.

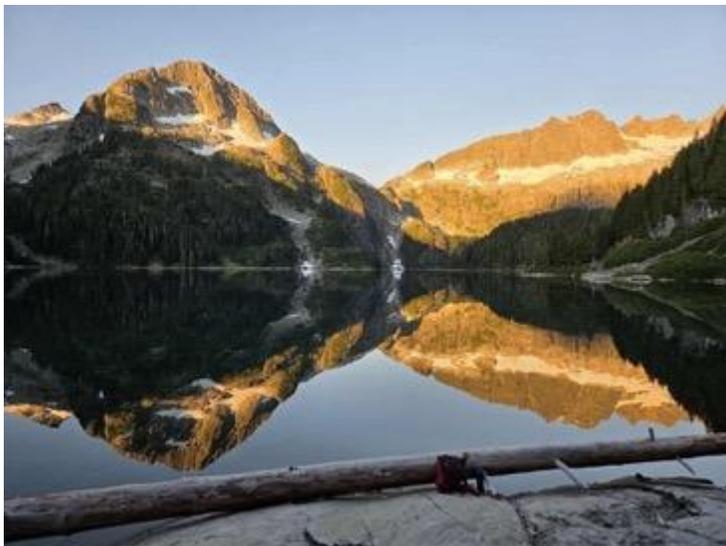
By **Carmen Pellegrino**

LAKE LOVELY WATER – AUG. 11





Aug 11 from Squamish, 4 amazing people helicoptered into Lake Lovely in Tantalus Provincial Park. The short walk to the campground gifted us with a beautiful colour lake and amazing swimming, even at 7am! With intentions to climb a bunch of the surrounding peaks, we only managed to conquer one, but all the scenery was definitely amazing! Unfortunately, we felt the glaciers were too unstable to cross while we were there due to the extreme melt. They expected those glaciers to be completely melted in 5 years!



Thank you to **Cindy Weslewski** for organizing an amazing trip! Report and pics by Sheri K

WELLS PEAK – AUG. 20

After a few hot days, slightly cooler temperatures lured us out on this moderate hike by Hope. Compared to last time I hiked this trail (probably almost a decade ago), it has greatly improved. The trail is much more defined and well-marked. The Mt. Hope FSR is rough in spots so a 4x4 is necessary. We parked at the same trailhead that is used for Mt. Hope (1153m).

We walked about 20-minutes on an FSR lined with alders that shaped a tree tunnel. Then we turned right and began a

steep ascent first through forest and then mostly in the subalpine.

The clouds hovered close to the mountains in the morning. Once on the ridge, after a short but very steep section, we turned right and were soon at the summit where we had lunch. The Skagit River Valley was visible but not much else.



As we descended and headed for the lower knoll at the other end of the ridge, the clouds began to lift. To our south we could see a close neighbour, Grant Peak (2100m) and Mt. Redoubt (2438m) farther back on the horizon.



We were constantly being deterred on our return journey. We just couldn't pass by those ample delicious blueberry bushes without tasting them. And of course, we ended our excursion with the traditional tailgate party. It was a fun relaxing day out with nine of us.

Stats: 7 km / 719m gain / 1846m high / 3:10 hours MT / 4WD

Participants: Sue A, Denise D, Peter F, Charlotte H, Jaco N, Patrick R, Karl V, + **Joce T**

ALPACA PEAK – AUG. 20



Had a great hike to Alpaca Pk via Zupjok and Llama with David, Charlene, Allan. Cool morning, windy & cold on top but otherwise nice day. Just a few steps shy of 20 km.



By Jan Simons

PANORAMA PEAK – AUG. 22

Garibaldi Park



Wow. What a three-day adventure we had! We climbed 2600m in two days and another 340 on our "rest" day in between.

We had to fit five paddle boards and five women and all our overnight & hiking gear into and onto my hummer. Little Sue took one look at my rack and said, "We need a ladder". I

pointed at my son, Nathan and said, "No we don't". We couldn't leave till 7:30pm, having acquired a day-permit for two vehicles the day before. By the time we got our keys and unloaded and carried those heavy paddle boards to our room and settled into bed, it was midnight. We had to get up 6:00am the next morning.



I wasn't so sure about doing this very long hike with so much elevation gain in one day. But we did it and thoroughly enjoyed it. We met Iraj at the trailhead. On this perfect weather day, there were many hikers out and about. Once in Taylor Meadows, the forest thinned out and the views opened up. In the meadows were numerous boardwalks and wildflowers that were nearing the end of their bloom. At the 3-way junction to Helm Lake & Mt and Panorama Ridge, we had a break. I wasn't too pleased when a Whisky Jack swooped down on me from behind and grabbed the power bar right out of my hand!



As we gained elevation, we could see all three tarns in the valley, all in various colours, surrounded by three accessible peaks: the Black Tusk, Helm Peak + Panorama Peak. Familiar territory but revisiting it after a long absence made it new to me once again.

The summit was crowded. Garibaldi Lake was deep turquoise and large. The Tantalus Mountain Range stood out in the west. Needless to say, we took a very long lunch break. The last hour of the hike, conversation stopped as

body parts were aching and causing some pain. We were suffering in silence, watching those signs and thinking, "only a few more km". At the parking lot (5:00pm) that ice cold watermelon was a real treat (thanks Charlotte).

Stats: 29 km / 1625m gain / 2093m high / 8:20 hours MT

Participants: Sue A, Denise D, Iraj F, Charlotte H, Janice H + Joce T

CIRQUE LAKE – AUG. 23

Callaghan Lake Provincial Park



This was our "rest" day in between two bigger hikes. We got to sleep in the morning -- all the way till 7:30am! This was a first-time paddle/hike for all of us. Thanks, Denise for lending me your paddle board.

It being a Saturday, the parking lot was over-flowing. No motorized boats are permitted on this lake. After blowing up the boards, we packed our gear onto them and set off on Callaghan Lake. This was a 2km paddle that took us 1:10 hour. So peaceful.



I didn't dare change my sitting position on the board because of my precious load that I didn't want to tip over and lose. Denise & Charlotte made it look so easy.

The first 20-minutes were fairly flat through the forest. And then it became very steep on the edge of a boulder field, but had enough secure foot and hand holds. On the other side of the Sea-to-Sky Highway were the Black Tusk & Garibaldi Mtns on the horizon.



We had to drop down about 40m on another boulder field. The deep cobalt blue lake stood out starkly against Hidden Mt. I was the only one of the four of us who did not take a dip. It was entertaining watching the other hikers jump in. They all came up gasping from the shock and uttering some forceful expletives. Apparently after the first dip, going in the second time wasn't quite as bad.

Stats: 5.6 km / 341m gain / 1530m high

BRANDYWINE PEAK – AUG. 24

On our third and final day in the Whistler area, we did a third hike. Thanks to my hummer, we were able to drive to the upper parking lot which shaved about 600m gain off of the hike.



Brandywine Mt is located in the Powder Mountain Icefield of the Pacific Ranges in the Coast Mountains, about 25km west of Whistler.

We began this hike, thinking we'll see how far we get. Having done a 29km climb just two days prior, we didn't know how much umph we had left in our bodies. Last time I did it I recall it being quite difficult. But not this day. We got a much earlier start and beat the heat, doing all the climbing before lunchtime.



It didn't take long on the trail before we were in the Brandywine Meadows. It was such a serene setting, with a crystal-clear creek winding through moss covered meadows with a backdrop of Brandywine Mountain. We walked to the end of the valley, crossed this fast-slowng creek by rock hopping with the help of this gentleman and then began the long steep climb up to the ridge. The fine gravel & dirt mixture made for unstable footholds. When we crested the ridge, we had our "Wow!!!" moment. The jagged peaks of Fee Mt were right before us with a deep valley surrounded by black cliffs between us.



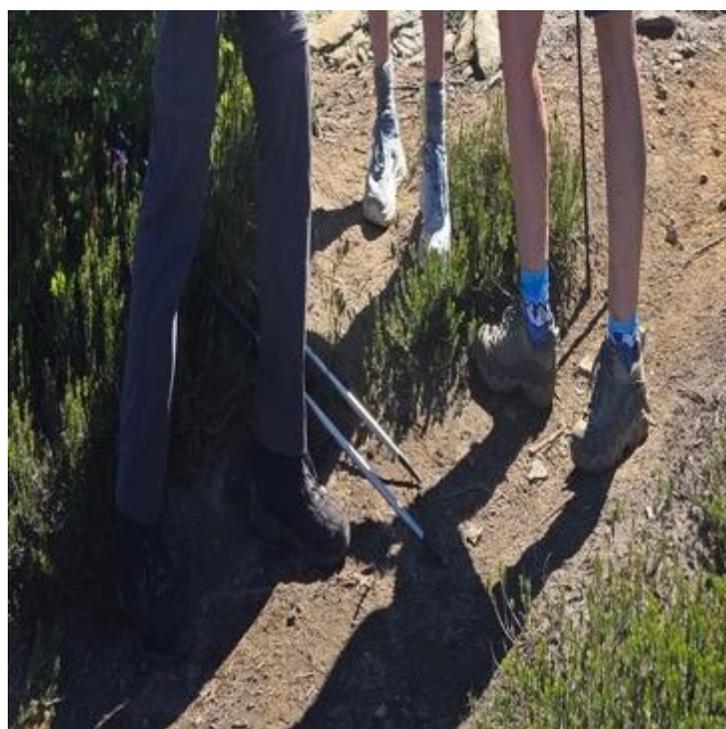
Once on the ridge, I checked my GPS and saw that we were already about 2/3 of the way to the summit, with the steepest part behind us. So we agreed to continue. There were more boulders and a few scrambly sections. As it turned out, four of us made the summit. Number five decided to wait at the

first scrambly spot. Later we met her in the meadows down below.



Stats: 12.8 km / 948m gain / 2160m high / 5:15 hours MT
Participants for the last two days were: Sue A, Denise D, Charlotte H, Janice H + **Joce T**

TABLE MT & HUTTON POINT - AUG. 22



7.8 km 240 m

Beautiful blue skies with no clouds to be seen with sunshine was a perfect way to spend the day doing a shorter hike with minimal elevation gain. We headed to Huntoon Point first, passing several tarns where Shuksan gave perfect reflections. Hiking both ways gave us stunning views of Mt Baker and Shuksan. We had a short snack break, before heading back to hike Table Mtn., where once again the views were outstanding. The trail has several steep sections with a narrower rocky scree section. The trail has several short forest sections and many open areas where the view is 360 degrees. Arriving at the summit, where there were two tarns side by side, we headed to the right where views of Chain Lakes, Shuksan, and other peaks, just added to the "wow" factor.



We found a shady spot, to have lunch while taking in the incredible views. After lunch we did a bit of exploring, deciding to come back and to do more exploring would be so worthwhile.

The view of Table Mtn. from the parking lot or from the Chain Lakes trail doesn't give you any idea how big it is or the epic views. This was Kevin's first time hiking in this area of Mt Baker and my first time hiking Table.

By **Dorothy Franson**

SCT – Aug 13-23



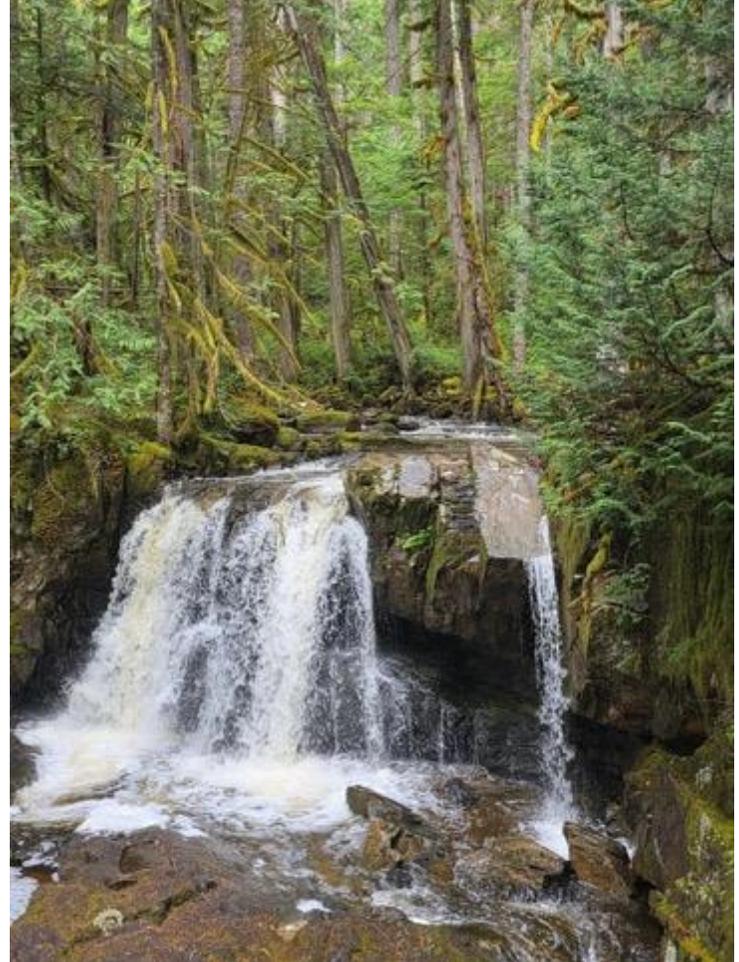
Sunshine Coast Trail 180 km - Canada's longest hut to hut trail, Aug 13th - 23rd. The Beginning.....Brian Hoskins, Lonja Johnson and myself set out to do a 180 km's and equivalent of Mount Kilimanjaro, 20,000 feet up and 20,000 feet down. I have trekked Kilimanjaro, I think the SCT was more

challenging. 🤔

We parked Lonja's vehicle at the SCT Kiosk next to the Saltery Bay ferry terminal and took a shuttle from there. We made a 7 day food drop at the Shingle Mill Pub & Bistro. We then carried on to the Lund Resort where we stayed overnight.

Day 1 - woke up at the Lund Resort to start our adventure, we arranged for the water taxi to take us over to Sarah Point. We hiked 16 km to Manzanita Hut where we first ran into the Frenchies, Guy, Viciki and Natalie. We enjoyed their company so much that we changed our schedule to match theirs.

Day 2 - Manzanita Hut to Rieveley Pond Hut 17.5 km
 Day 3 - Rieveley Pond Hut to Tony's Point (tented) 21.9 km
 Day 4 - Tony's Point to Confederation Lake Hut 18.7 km
 Day 5 - Confederation Lake Hut to West Tin Hat 15.2 km
 Day 6 - Tin Hat Hut to Elk Lake Hut 20 km
 Day 7 - Elk Lake Hut to Walt Hill Hut 14.1 km
 Day 8 - Walt Hill to Golden Stanley Hut 21.5 km
 Day 9 - Golden Stanley to Fairview Hut 26.3 km
 Day 10 - Fairview Hut to SCT Kiosk 6.8 km



There were some long days with back packs, but we persevered. We met some really great people on the trail, a couple from the city, Milan & Emily, a couple from Manitoba and our wonderful friends from Montreal and surrounding area.

I have never seen so many various types of frogs, toads, tadpoles in various stages and sizes. And garter snakes, there were literally hundreds along lost lake and other areas, simply amazing. We met some hikers who said they saw a Grizzley, however, no bears for us.

If I were to go back I would go to Fairview Bay and explore Rainy Day Lake area. Such a great accomplishment. Thanks Brian Hoskins and Lonja Johnson for joining me on this epic journey, you guys rocked it and HEY....."I'm STILL

KICKING IT" 🤔😂😂😂😂 (Saturday Night Live reference, Sally O' Malley, IYKYK).

By **Allana Warkentine**

PALEFACE PASS CYCLE CROSS OVER: AUG.

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(L to R): Bob, Patrick, Gary, & Yves

First, it was a scorching hot day even in the alpine! This is a route that my friend Bob Koen (who has given several presentations to the club on his cycling and kayaking adventures) and I have been wanting to ride for years. As the COC has been so involved with the clearing of this route, I decided to post it as a club event and invite COC members to accept the challenge. Patrick Ramsden and Yves Gauthier were keen to join in!

The first challenge was deciding from which direction to do this ride. After some deliberation (involving Jim Alkins and others), the decision was to go East to West, which proved to be the better call. The challenge then was arranging transportation to the Silver-Hope FSR trailhead. Yves' wife, Beverly, and my wife, Sheryl, graciously agreed to come along for the drive and ferry the vehicles back to Chilliwack. From Chilliwack Lake we would ride the 42km on Chilliwack Lake Rd. back to town.

The bikes: Bob K. decided to ride his 25yr old MT. bike with tires that were fat for that period with front suspension (overall worked well); Patrick rode his Brodie gravel bike (no front shock) with very low gearing and 48mm very tough 'slick' tires (actually an OK choice but it made for a very bone rattling ride on the Paleface FSR descent); I was riding my Priority 600s FAT tire (29x 2.2in) gravel bike with front suspension (overall worked well); Yves was using his full suspension e-assist MTB (overall the best performer on this ride). All these bikes were suitable for a route of this nature, but they all had their pros and cons. Given a choice, I'd want to ride a full suspension MTB although weight would be an issue without e-assist.

The first part of the ride was on the section of an old FSR that club members, doing trail maintenance, use to access the deactivated portion of the road, now the trail up towards

Paleface Pass. Vehicles can get up to a boulder field that blocks further vehicle access. Up to this point was very easy riding. We carried the bikes across this barrier, and then the real riding/climbing started. The road angled upward for the next 10+km. The incline was challenging with much of the trail bed covered with ground vegetation. This vegetation obscured surface depressions and 'sink holes'. Should you not see them, ride into one, you'd fall over in an instant (Patrick and I both went down). There was a lot of 'HIKE A BIKE' throughout this climb, dictated mostly by a rider's skill and strength. I probably pushed/walked the bike up to 80% of the climb. Both Bob and Yves are skilled MT bikers, and it showed as they were able to navigate the steeper and trickier sections much better than Patrick and I. There was no question that Yves with the e-assist bike had the easiest time of it. The 'e' boost gave him the torque to power through tough sections at low speed. Wonderful, I want one!!!!!!



We stopped at the bridge for a lunch break before continuing the climb up to and over the summit.

About a kilometer above the bridge, we encountered a solo young British bikepacker going W to E. He was not HAPPY.

He said the climb up from the lake was brutal, and he was terrified of encountering bears. We could hear him singing away as we approached him. We warned him of the hidden sink holes and wished him well. Lower on the trail there were very few signs of bear activity, up high lots of scat everywhere.

Shortly after summiting, the old FSR road ended, and we started down the 'connector' trail to the Paleface FSR road. No wonder he was unhappy; this trail is a magnificent hiking trail but very steep. Pushing a loaded touring bike up it would be very hard!

We put the trail behind us and were once again on a cleared FSR (thanks to Jim A. and all the other folks who did this work). Within short order, we were at the top of the descent down the Paleface FSR to the lake. Any expectation that we were going to enjoy a quick descent rapidly vanished. The road surface was rough, a constant field of loose large rocks, sand, and soft gravel. Yves, Bob and I 'unlocked' our front suspension forks, which cushioned the bumps and washboard. Patrick's bike with its fixed fork made for a jarring ride. With the loose gravel surface, there were sections where walking down, at least for several of us was a safer



choice. Yves with the full suspension bike was flying! Part way down, he asked if he could go ahead and ride onto Chilliwack solo. We all said yes!

Once on the Chilliwack Lake FSR, the challenging stuff was over. We rode 7.5km to the Provincial Campsite where we re-filled our water bottles. From the trailhead to the campsite was 27.5km; the time to get there took us 6hrs 55mins. Then we started the 42 km descent back to Chilliwack into a very strong headwind...darn it. This was where Patrick's Brodie gravel bike was in its element; he very quickly disappeared down the road ahead of us. He must have stopped at the 5 Cedars Campground because as he was leaving, I shouted, he heard me and stopped. He suggested we could get a Coke from their canteen, so he checked it out. They didn't have Coke, but the free, cold Pepsi (they offered) sure hit the spot. We ended up sitting with the owners in their covered canteen area, enjoying a conversation about activity along the river. There had been a hiker fatality (on Flora Mtn it turned out). I casually asked where along the river we might pick up cell service. Surprisingly, they told us their location was in a localized reception hot site, so I called home. As it was near 6pm, Sheryl was delighted to hear from us. She suggested she could drive out to get us. We struck a deal; we'd ride on to Thompson Park where we could meet her for a ride back to Cultus Lake.

The total riding (and Hike a Bike) distance was 63km (Yves did the full 70km). Are we glad we did it? Absolutely! Would any of us do it again? Not likely.

This is a physically demanding route that is surprisingly isolated with steep grades (both up and down). Cyclists planning to ride over Paleface best be strong hill climbers (with or without e-assist) with good X-country trail and steep downhill riding skills. They should carry appropriate emergency and survival gear. A local bike mechanic (who has ridden Paleface several times) said to me, "It's much safer to ride Hwy # 1 from Chilliwack to Hope than to ride Paleface solo."

Where to next.....!

By **Gary Baker & Sheryl Henderson**

4TH BROTHER FRIDAY AUG.29



EC Manning Park: Turned out to be a solo hike, completed during the day despite being delayed on Highway 1 due to a truck collision with a car on the freeway. Beautiful day, mostly sunny with a few clouds to start, hike of 29 km return included a segment of 3.5 km return between Kicking Horse Camp and Fourth Brother summit. 10-1/4 hours includes lunch breaks, and rest stops mostly on the return back to the trailhead. Distance 29 km return. Without GPS using All trails stats estimated Elevation gain of 1030 to 1070 meters. Met only a few people on the way in but met several groups of back-packers on my way out, asking how far to the camp area. Enjoyed a cooling breeze by mid-evening, packed up and left for the long drive home in the dark. Heavy traffic both ways on Highway 3; 8:30 to 10:00 pm

By **Karl V**

Masthead: The Black Tusk

My Soul Lives in these Mountains

Many are the books that describe a variety of hikes, climbs, scrambles and off path treks in BC but rare is the book that deals with an in depth reflection on a specific region in BC---such is the compelling attraction of this book, the subtitle the map of the book: "A Collection of Stories, Poems, & Paintings of the Chilliwack Cascades". Those who live in the area and have done most of the hikes and climbs, as I have, certainly understand how our soul could live in such mountains.

I was fortunate to chat with Peter Scott before writing this review, more background and history to the book not included in this generous overview of significant years of life spent in the Chilliwack Cascades. The combination of "Stories" that cover a multitude of 1st Nations myths, Scott's formative years in the Chilliwack Cascades and the 1978-1979 combination of Chilliwack Search and Rescue-RCMP project to discover old trails and build new ones, Scott the project manager, told in exquisite short chapter reading details, made for an immersion in local mountain life. The short biography speaks much: "Peter Scott was born in Chilliwack in 1956 and raised in Sardis. He grew up in the shadow of the Chilliwack Cascade Mountains, where he spent much of his youth hiking, camping, sketching and painting". Needless to say, Peter writes of what he intimately knows, Chilliwack-Sardis today not the small town it once was but the mountains and lure of them remain the same (for a new generation).

The 36 chapters in *My Soul Lives in these Mountains* combine a series of linked stories, poems and paintings that makes this book a finely threaded together collection of geology, history, amusing treks taken, research done as part of the larger project for Chilliwack Search and Rescue-RCMP and a valuable telling of the 3 fatal airplane crashes in the area. Many are the tales told of meetings with a diversity of wildlife, old trapper cabins, mines and long lingering nights under the lamps of the night. Each chapter (mostly short) fills in many an often unknown part of the history of the mountains from a variety of angles (both geologic and human interaction). The short poems that are often coupled with must read chapters sum up, in sensitive depth, a way of seeing such mountain life in the Chilliwack Cascade Mountains.

The obvious keeper in *My Soul Lives in these Mountains* is the generous paintings done by Peter of the Cascade Mountains: Cheam Range, Border Peaks, Four Sisters, Lady Peak, Mount Tomyhoi, The Still, Lucky Four, McGuire, Isolation, MacFarlane, Rexford, Williams, Liumchen, Slesse, Webb, Red Mountain and many others including Chilliwack-Cultus Lake (many myths worth the reading about in both lakes) Peter, rightly so, gives the nod to Neil Grainger, who hired him to be the project manager and Grainger's mountain project that birthed the compact beauty of a book, *The Mountain Project*. I remember, with much fondness, meeting with Neil and Jack Bryceland (who shaped *103 Hikes in Southwestern British Columbia* through many editions) a

couple of decades ago to discuss his vision to link the naming of the peaks in the area with men killed in WWII. The paintings done by Peter are, in many ways, a book in and of themselves, so much spoken in the visual voice.

Peter studied Art at UBC and he gives his respected nod to those who have shaped and inspired him such as Emily Carr, Bill Reid, Toni Onley, Robert Genn, Don MacIntosh and Gordon Appelbe Smith (UBC artistic mentors). Peter also studied, in 1983, at the Emily Carr School of Art and Design when on Granville Island. It is quite evident, when sitting with Peter's paintings, to see the obvious impact of such guides in his unique, dramatic and dynamic approach to mountain sketches and paintings.

Scott also notes his decision, for a variety of reasons, to move to Quesnel to teach for 30 years, historic family connections in the area. I was taken by some of his chapters on Quesnel, Wells, Bowron Lakes and Barkerville as I have spent some splendid time in the area. The small town of Wells hosts an annual Arts School where my wife regularly attends harp classes where some of the finest harpists converge for a week. It was at the Wells Arts School that Peter took Art classes with Robert Genn. I was in Wells a few weeks ago with my wife for a harp class, visited the Museum there and found a collector's item film, "1939 BC Ski Championships", Wells the centre in the 1930s of ski jumping. But, to the review again.

Peter brings his evocative book to an end with aspects of 1st Nations wisdom, his relationships and relatives via intermarriage, although Peter does not come from a 1st Nations family. But such broader connections do inform his poetry, painting and ways of how to interpret mountain life and its impact on history and communities as they live through the various seasons of the journey.

My Soul Lives in these Mountains is a beauty of a book that integrates various approaches to the Chilliwack Cascade Mountains: 1) myths of the mountains, 2) telling historic tales often not known of the mountains, 3) personal and confessional life and immersion in mountain life, 4) history of significant BC painters and their impact on Peter's unique painting style, 5) photographs that aptly tell the unfolding story, 6) significant 1st Nations myths and intermarriage support and reasons why Peter's soul does live in such mountains. Needless to say, such a soul life, when duly understood, does beckon others to see how their soul might be enriched and deepened, by hearing such a call and summons. This is a must have book for those interested in the layered life of the Chilliwack Cascade Mountains and its perennial appeal.

montani semper liberi

Ron Dart

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	Shovels	2	ice axes
2	pairs of crampons	2	avalanche probes
2	avalanche transceivers		
2	pairs of snowshoes		
			contact Gary Baker to use: gb@shaw.ca

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

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