



TEAPOT HILL FROM WATT CREEK – DEC. 4



It was a crisp morning (-4C) with 6" of fresh snow. We started from Watt Creek trailhead by Cultus Lake to Teapot Hill and back. It was an easy hike; 7 km return / 400-meter elevation gain / 2.5 hours leisurely hike.



Attendees; Karl V, Jan S, and Iraj F.

ELK MOUNTAIN – DEC. 9





We started at the trail head at 9am and were back in the parking lot at 2pm. It was a beautiful sunny day, little breezy on the ridge. There was fresh snow all the way up to the ridge and some icy sections before the lookout. After the first lookout we had to break the trail in knee deep snow to the windsock.



Attendees; Fred H and **Iraj F.**

INTERNATIONAL RIDGE – DEC. 11

We hiked the International trail, beginning at Edmeston Road by Cultus Lake. We had no end point destination in mind, just a set return time at 2:00 pm (5-1/2 hours total, including lunch break).

Quote from Facebook:

It was a great hike Sunday morning for the club; a hike in which we used micro-spikes much of the way. There were a few patches of snow, up to 20+ cm, more continuous where we had lunch at 850 meters elevation before we headed back down. It was 8:40 am to start and 2:10 pm finishing off with



This photo by Jan S

14 km return & 750 - 800 meters elevation gain. Cloudy, a few sunny breaks, and rain free. It was a wonderful outing with wonderful company. Its great to meet new people. Thanks to Johnny G, Irene H, Terry B, Allana W, and Heather B for joining in this event.



By **Karl V**

MEMALOOSE PEAK SNOWSHOEING – DEC. 15



We started at the trailhead by the back of the maintenance yard at 8:30am and were back at the parking lot at 4 pm. 12.5km return / 600M elevation gain. To the peak is 16km / 900M.



It was packed snow on the first 4km, then we had to break trail on steep grades and deep snow up to the first lookout at 1850 meter where we decided to take a break and return otherwise we would have run into dark. Very challenging hike.



Attendees: Mark S, Fred H, Don F and **Iraj F**

WINDY JOE SNOWSHOE - DEC 17



As we left Chilliwack the weather was a mix of snow and rain, but as often happens, by the time we got to Manning Park, the skies were blue with just a few clouds. Ten enthusiastic snowshoers headed out on the Windy Joe trail. Most of us





one by one the straps virtually snapped into small pieces! Thankfully, a few hikers had extra straps in their backpacks and Allana was all fixed up in no time! Whew! It was a reminder to all of us that we need to include some items for emergency repairs on each trip.



were quite careful to pack lots of warm clothes since the temperature at the vehicles was -10 when we left in the early afternoon.

The hike down in the falling dark with our headlamps and Christmas lights was magical! The gentle snowfall added a lovely touch to the mood. We arrived back at our vehicles together and then some of us stopped in at the Manning Park restaurant to have a bite to eat. I must say that the drive home in the dark was a bit harrowing - the snow was coming down heavily and the highway had not yet been plowed! We were all thankful to get back home safe and sound.



A big thank you to a wonderful group: Audrey V, Allana W, Irene H, Gary B, Fred H, Johnny G, Dave S, Paul L, and Karl V. - **Carol A.**

Stats:
600+m elev gain; 16+ km return; ~ 3hrs up and ~ 2:20 down

The trail was in amazing condition with recent work done to remove some trees that had come down. There was a packed trail all the way up to the fire tower, so this made the trek a little less strenuous. After the long steady uphill climb, we were thankful for the shelter of the fire tower to have a good rest. After our snacks, shared chocolates, warm beverages, stories and laughs, we began to get ready to head down. However, as Allana put her snowshoes back on,



HAPPY NEW YEAR!

May this year take you on many adventures.
My wish for you is that you put on so many miles - you wear out your hiking boots.
All the best in 2023 everyone.
Thank you, David and Val, for your hospitality tonight. I'm glad we got up and danced. Beautiful evening! By **Tracy G**



Masthead by Iraj F taken from Elk Mt.

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 Cal Francis to use: calfrancis@gmail.com

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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