



MANNING PARK DOWNHILL SKI – FEB. 3



Ski day at Manning today was sunny and we all enjoyed the mostly empty ski hills. Even when the snow started in the afternoon we were out there! Thanks for a great time everyone! By **Christine C**

GIBSON MEADOWS/POLAND LAKE; 'RECON' SS – FEB. 6

No this SS hike was not posted; it was scheduled to address a special request. During discussions with senior staff at the Manning Resort Ski Hill to once again obtain permission to gain parking access at and get approval to cross the ski runs, I was asked if members of the COC would guide members of the ski hill staff to Poland Lake via our meadow route. Of course, was my answer. A date was suggested and agreed to. I suggested this date as this route is best done when there is a good snow cover to bury all the blow downs. Usually by February that is the case, unfortunately it turned out the snow conditions were marginal at best. During the discussion with staff, I indicated I was interested in exploring a possible route from the first meadow lake directly to the Horseshoe Run on the Bear Chair. To explore this suggested route meant, potentially, some

serious bushwhacking and possibly traversing a challenging ravine. Consequently, I wanted a small group of folks who I knew from experience were game for an adventure. I spoke to over 12 club members, in the end 8 were able to commit to the date. Everything was set and confirmed, but.....I usually do one last e-mail check after dinner (the evening before a hike) and to my disappointment there was an e-mail from the ski hill manager (Adam Laurie) who indicated a pressing problem had arisen and that he would not be able to join us...darn. I immediately notified the 'recon team' advising them of the situation, everyone was still keen to go as planned.

The drive was uneventful, once at the hill Irene picked up the SS user passes, and we headed up. As in the past everyone congregated at the base of the Wagon Wheel run where we depart the ski hill and head into the forest to start the trek up into the meadows. The new snow before us was moderately deep (25cm) and completely un-tracked. For many of us it was the first time this year where we actually had to break/set a trail. Our path was more convoluted than usual. In the past with deeper snow cover we were able to walk over many of the fallen trees, this time for safety reasons it was best to walk around them.

At the second meadow we strained our eyes to spot the 'sentinel' tree with the flagging tape we use as a marker to turn into the forest to start the climb up to the summer access trail to the lake. Every year the tape gets higher as the tree grows upward, accentuated by the low snow cover. The climb up through the forest is so 'organic'. It's almost as if the forest senses and welcomes us back then guides us this way then that way until we step onto the summer trail to the lake. We always seem to reach the trail in virtually the same spot give or take 25m, we recognized the area immediately. From there it is a short walk to the lake and then across it to the cabin. It took 2hrs and 45min from the Visitor Centre to the cabin. We had been told that a wolverine had recently been spotted around the cabin. Darn, no track or sight of the creature. A bit of a wind was starting to come up so we sheltered behind the cabin for protection as we ate our snacks and lunch.



Of course there was the 'must do' photo standing on the cabin roof before we packed up and headed back across the lake and down. There was now a gusty wind whipping across the lake, it was raw! Once off the lake the air was still.

The plan when we reached the first lake (closest to the ski hill) was to follow a GPS track through the forest across to the new SS trail that parallels the Horseshoe Ski run up to the start of the summer route to the lake; it didn't go well. On the ground the topography was way more undulating than indicated by the contour maps. Slopes we found ourselves on were steep making footing awkward. In short order we started to angle downward and found ourselves in a creek ravine. I knew where we were. Hans Roos had bushwhacked this ravine from the first lake down to the ski hill back around 2005. It was challenging then, more so now as the low snow cover forced us back and forth across the creek on snow bridges and snow-covered logs. John McL. led the way, he was clearly enjoying this unplanned adventure.

We popped out on the connector trail between the Horseshoe run and bottom of the blue chair. What fun we had enjoying the challenge and the route finding. Traversing such terrain is not for everyone. From there it was short downhill walk to the Visitor Centre. The group had set a clear route up to Poland Lake for the Feb.11 group to follow. The hikers were: Carol A., Irene H., John McL., Iraj F., Peter E., Mark S., Paul L., Fred H.

by **Gary B.**

MANNING PARK NORDIC SKI – FEB. 8



It was excellent snow and track conditions plus a beautiful day at Manning today for our Nordic skiing.

Herb, Dan, John, Maureen, Leora and guest Maxine had a great day.

Unfortunately, the group photos I took didn't turn out because the camera was on a weird setting. I should have put my

reading glasses on for taking the photos. 😞

Did about 20km total distance with about 300m total ascent.

By **Herb C**

POLAND LAKE VIA GIBSON MEADOWS - FEB. 11

I was anticipating a strong turnout for what has become an annual club SS event. I wasn't disappointed. I had set the size limit at 20 and all the spaces were claimed within 24hrs. with a wait list that kept growing. What was surprising was that in the end 6 members on the wait list moved up onto the active list with one space not filled. This turnover made for constant participant monitoring.

As the event organizer I was fixated on the weather forecast and the snow reports as the event date approached. And did it snow, there was over 50cm of fresh snow since our hike to the lake only 4 days before. I envisioned plowing through knee deep snow.



The meet up unfolded as planned. When we got to the ski hill the parking lot was almost full, it was a 'ski powder day'. The crowds made getting the SS passes a rather chaotic affair delaying our start up the mountain. At 9:45AM we headed out. The toughest climb on this entire route was going up the Blue Chair hill accounting for approx. 40% of the total route elevation gain. At the top of the ski hill climb we got our first glimpse of the impact of the new snowfall; the trail set

Monday was buried, barely discernible. We were going to have to do some serious trail re-setting. Actually, it wasn't so bad as the hard packed trail under foot provided solid footing...The lead was changed repeatedly sharing the trail breaking task. Following the trail for most of the way was easy except on the open lake and meadows where wind swept snow had covered it completely.

At the 'sentinel tree' with all the years of flagging tape fluttering in a gentle breeze we stopped to water up and consume some high calorie snack food. The climb up to the summer trail went by surprisingly quickly. Considering the route through the forest is very organic it is never the same year to year. I think the route this year was amongst the very best ways up we have ever taken, Thank the 'guiding trees' and the 'recon' crew's efforts the previous Monday.



Once on the upper trail we crossed the lake and settled in for lunch in brilliant sunshine, which we had ALL day! Of course, we took the rooftop cabin photo! on the way back when we reached the point to decent down to the meadows, I encouraged folks to let their inner child free and bound down off the trail through the deep powder snow. I went 'sweep' to ensure we left no one behind as folks fanned out to either side of the groomed trail. Enthusiasm for 'bounded' waned faster than I anticipated as most folks gravitated back to the trail in short order. Once down to the meadows (near the sentinel tree) there was a group flop (in honor of Cal) accompanied with the usual laughs. From there it was steady walk, following our inbound trail back down to the

parking lot. There was one frightening surprise along the way, at least it got my attention. On the way in the lead group, to avoid a short section of steep narrow terrain elected to climb over a 'mound' of snow, likely a big rock, a stump.....Descending down the back side one would not likely see the open hole to the downhill side of it. On the return hike I could see the hole was HUGE, DEEP and a TANGLE of ROOTS. OH MY.....The snow bridge over the buried stump was narrow; it was an accident trap. As I was sweep, I was grateful that everyone got by safely. NOTE to SELF: Go around this when we go back, which I intend to do soon.

The weather was fantastic, the snow conditions proved to be very manageable, the group worked well together: WHAT a DAY!!!

The 18 participants were: Margaret T., Joe K., Lee T., Judy McC., Don F., Maureen S., Herb C., Gerald F., Grete H., Caroline M., Pram N., Linda I., Charlotte H., Lori B., Vivian F., Brian T., Kevin D.

By **Gary B**

ELK MT. – FEB. 11



It was a clear cool morning with great views. David and Lorenz joined me on this hike. 10km return, 4 hours moving time.



By **Iraj F**

MANNING DOWNHILL SKIING – FEB 13



Another fun day on the slopes at Manning!!

By **Christine Camerelli**

ZOA – FEB. 15



A few shots from our adventures today while hiking up to Zoa Peak. Charlotte, Lucy, Judy, Lori, me and John, Iraj, Peter, Peter and Mark.



Thanks to **John Mc** for posting and leading. Zoa Peak. 7.2km, 602 m elev gain, 3.56 hrs. The pipeline workers cleared the road and the parking lot for us - we had to wait for a bit but really grateful to them!

By **Tracy Goodwin**

CASCADE LOOKOUT – FEB. 16



Dan K, Leora F, Don F, Annette W & John L taking photo. Nordic ski from highway 3 to Cascade Lookout. Cloudless day 16km round trip, 31/4 hr up on 3-5 inches of new snow. Leisurly downhill coast out. Fantastic day!!

By **John Laframboise**

ELK MT. – FEB. 23



This was a great winter hike to the ridge. It was a little windy at the lower section but calm on the ridge. We didn't make it to the windsock because the snow was too deep. Fred, John, Joan,

Maurice, Mark. By **Iraj F**

MT. CARTMEL SS HIKE - FEB. 21

It has been a long, long time since I have snowshoed to the summit of Mt. Cartmell. I must admit I was befuddled by conflicting information of the measured length of this hike. The 'hill's info was incorrect (or poorly worded), much of the trail info on All Trails IMO was incorrect and my own computer route mapping was way off. On the ground I recorded it at 4.5km, one way, from the Sasquatch Lodge and customer Service Centre to the summit with approx. 570m of vertical, much of it being rather steep. I had forgotten about the steep part!

As folks were coming from the South Surrey area and Abby as well as Chilliwack and Agassiz the principle meet-up location was at the Sasquatch Inn where carpooling was arranged, and we proceeded up the mountain. A reported 18cm of snow had fallen overnight, thankfully the road up was mostly bare. The final 3-4 km however was a nightmare to drive due to an endless series of deep, closely spaced potholes..... more like pits, mine shafts. Picking up our 'passes' was straight forward although I was mildly upset that they had no trail maps. I took a photo of their counter map and map QR code as I had no idea how well the trails might be marked. As it turned out I had no need to be worried, IMHO these were amongst the best marked SS trails I've hiked.

Good job Sasquatch Resort management. The route up does



an excellent job of separating the SS trail from the downhill ski runs, but at a price. Some of the uphill pitches were very steep and not SS friendly. The heel elevators on my SSs, which I seldom use were real calf savers. Where it wasn't steep it was very undulating through the forest. What vistas there might have been were obscured by heavy fog. Although on the decent there were brief breaks in the cloud cover affording limits views of the Sasquatch Resort and it's immediate ring of mountains.

As the hike in was shorter than anticipated we elected (some folks with less enthusiasm) to walk the Ridge Trail back and down to the lodge. The views down into the resort basin were good, but for many this was a bit of a trudge; made even less appealing as for most of the routine the climb up to the top of the Blue Chair was all too visible. There is a 'cat trick' below the chair summit that eliminates the final climb and presents a shorted decent down to the lodge. Five of the group decided this was the preferred way to, four went over the top and followed the Ridge Trail (well most of it) down to the lodge. I found the decent down the hard packed, groomed ski run very unforgiving under foot, rather bone jarring, hard on the body.



I was joined on this trek by Judy P., Frank B., Peter E., Maureen S., Keah S., & Pram N., Lorenz B., & Carolyn M.
By **Gary B**

SKAGIT RIVER TRAIL – FEB. 24

Lori wasn't so sure about doing this hike, following two days or bitterly cold temperatures in harsh blasting winds in the Fraser Valley. Thankfully, with Brian's persuasion and an agreement to turn back if anyone got too cold, they did not cancel. It turned out to be a relaxing much enjoyed day.

The parking lot at Sumallo Grove (8.3 km west of Manning Park lodge), was closed to the public ever since the bridge was washed away in the November 2021 floods. But there's enough room for three vehicles to park right in front of the

concrete barrier beside Hwy. 3. It was a balmy -12.5C when we started out at 9:00am and went up to -8C by noon.



Our micro-spikes stayed on for the whole hike. Parts of the parking lot were a sheet of ice. But soon we were on a hard-packed crusty old snow path. Just after the Silverdaisy Mt. junction, we turned left onto a short side-trail that led to the abandoned Foundation Mines with an antique truck parked in front of a few collapsed cabins. These cabins were occupied by miners until 1950. Mine shafts were drilled into the mountainside above the cabins, in search of copper and silver ore. The falls right beside the mine shaft, were completely frozen. We agreed to check it out again on the way back, thinking the lighting would be better then.



We passed the destruction of a huge landslide that occurred a few years ago. The grey and ripped bark on the nearby trees that still stood, gave testimony to how high the water had risen (about 5'!). A bit farther up another small bridge was blown out so we carefully crossed the creek on not-so-thick-ice. We found a better crossing on the way back. In just over 5 km we arrived at the Delacy campsite which was the destination.

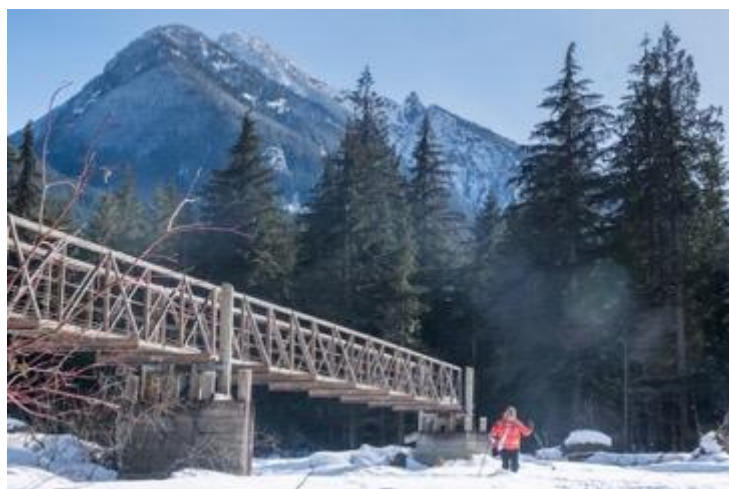
Most of this trail follows alongside the Skagit River, staying fairly level. The green water glittered in the sun and odd icicle formations hugged rocks and fallen trees in the water. Old

growth cedars and Douglas Firs loomed above us. In Somallo Grove some of the giants are almost 500 years old.

Lori made an excellent guide, filling us in about the history of the Silver Daisy mine and showing us how to distinguish a Douglas Fir by its pinecones. Her mouse story was quite entertaining. She also talked to the inhabitants of a hollow tree that had a perfectly square hole in it. We passed a flipflop dangling off of the end of a frozen log along the trail. Silly.



Lunch was at the campsite in the sun where we stayed for half an hour before turning back. I was the only one that attempted the very narrow half-washed away sketchy trail to the cave which is boarded off, in an effort to stop people from walking through the mine's tunnels. My strong desire to photograph the mouth of the cave, prompted me to climb up there. It did indeed look like a monster's mouth with the icicles being its fangs.



Stats: 11.9 km / 270 m cumulative gain / 680m high point

By 3:00pm we were back in Chilliwack. Thanks, Lori, for organizing this lovely day. Participants: Brian, Jessica, **Joce T** (report + pics), Cathy U, Qing Z + **Lori B**

MT KLAUDT - FEB. 24

Event organized by Jocelyn Timmermans.

The weather forecast predicted -5°C at the mountain summit and no precipitation until 3pm. Well, it was snowing and -7°C in the parking lot when we got there. It was also windy and generally unpleasant. In fact, I couldn't take all the photos I wanted to because my fingers were too cold to activate the screen's shutter spot.



This was an interesting and physically demanding snowshoe trip. Interesting because Jocelyn was supposed to lead it, but it turned out we had volunteer leaders, so instead of going the easier and shorter way to the trailhead, we took the hardest possible route up the mountain and back down to the trailhead. That gave us a great workout in foot and a half deep powder snow, which is a good workout on level ground, but very challenging going up very steep slopes due to the snowshoes wanting to slide back down the slope as you step up. It is at least as challenging going down because it is easy for the snowshoes to become skis whether you want them to, or not. It is easiest to descend in the deep untracked snow beside the track, as it provides you with a more secure and predictable traction situation.



I felt very sorry for the poor lady that had the misfortune to join us as this was her first snowshoe experience. She did quite a few of the descents sitting down and sliding down on her bum. What a nightmare it must have been for her. However, as wrong as this route was, it was the most adventurous and therefore the most rewarding. When we finally turned up from the trailhead, we followed an existing trail recently made by someone else, which made the job easier for the people breaking trail at the front of our group.

Eventually, we got to a nice open spot where the leaders declared it lunch time. During this break, reviewing of GPS tracks and where we still had to go to reach the summit took place. When a consensus had finally been reached it was declared that we were only about 2/3 way to the summit. After more discussion it was agreed that with no views to be had due to very poor visibility plus all the work we had already put in, it was time to say we will leave the summit for a clear day.



After group pictures by Jocelyn and people struggling to get onto their feet from their awkward sitting positions (a couple of folks had to be pulled up) we headed down. It wasn't long before we bumped into the person that had made the track we were following. This was funny because we were supposed to meet Mary Harrower Riddolls in the parking lot, but due to lost messages we missed her. After she waited 45 minutes for us, she decided she was going to do it anyway so off she went. This woman is an amazing hiker/snowshoe machine who led us down the service road and then did shortcuts through the forest and broke trail the whole way. Thank you, Mary!

We finally got to the lodge where we went in for a beer and fun conversation. We had a bonus in that the road to the lodge was in really good shape, so they must have just graded it. It is usually full of big potholes which looks like it took thousands of mortar rounds.

Well, that's a wrap on another great outing.

Stats: 8.35 km / 490m gain / 1260m high point

Participants: Sue A, Terry B, Frank B, Lorenz B, Peter F, Irene H, Annette L, Carolyn M, Mary R, Mark S, Maureen S, Case T, Cathy Y, Qing Z,

by **Don Tocher** (report) + **Joce T**

2023 MULTI DAY TRIPS

TRIP: Wendy Thompson Hut

DATE: March 25

CONTACT: Dave Biehn dave.biehn@gmail.com

LIMIT: 8

TRIP: Illal Meadows – backpack & winter camping

DATE: April 5

CONTACT: Al Smith & Sue Lawrence

hikethepeak@gmail.com

LIMIT: 6

TRIP: Monument 83

DATE: May 20

CONTACT: Allana Warkentine allanalee@shaw.ca

LIMIT: 6

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

LIMIT: 8

TRIP: West Coast Trail – backpack

DATE: June

CONTACT: John McLellan jhmclellan@shaw.ca

LIMIT: 10

TRIP: Garibaldi Lake – backpack

DATE: June 14

CONTACT: Al Smith & Sue Lawrence

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

TRIP: Illal Meadows – backpack

DATE: July

CONTACT: Allana Warkentine allanalee@shaw.ca

LIMIT: 10

TRIP: Banff – backpack

DATE: July 12-16

CONTACT: Skagit Pellegrino

carmen.pellegrino80@gmail.com

LIMIT: 4 - FULL

TRIP: Kananaskis – Ribbon Creek Hostel

DATE: July 23-28

CONTACT: Ron Dart rdart@shaw.ca

LIMIT: 10

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

DATE: July 22

CONTACT: Cindy Waslewski twin-creeks@shaw.ca

TRIP: Mt. Frosty via Windy Joe trail – backpack

DATE: August 5

CONTACT: Terry Bergen terrybergen@shaw.ca

LIMIT: 8

TRIP: Fernie

DATE: August 12

CONTACT: Fred Hahn 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

LIMIT: 8

TRIP: Desolation Sound – Kayak

DATE: August 20

CONTACT: Fred Hahn & Peter Epp

freddyhahnjr@gmail.com

LIMIT: 12

TRIP: Tour de Mount Blanc – trekking tour

DATE: Aug. 28 – Sept. 6

CONTACT: Irene Hofler ishofler@gmail.com

LIMIT: FULL

TRIP: Mowich camp / Hozameen Ridge - backpack

DATE: September 16

CONTACT: Terry Bergen terrybergen@shaw.ca

LIMIT: 10

Masthead by Herb Chlebek of Poland Lake Snowshoe

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

CLUB CONTACTS

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