



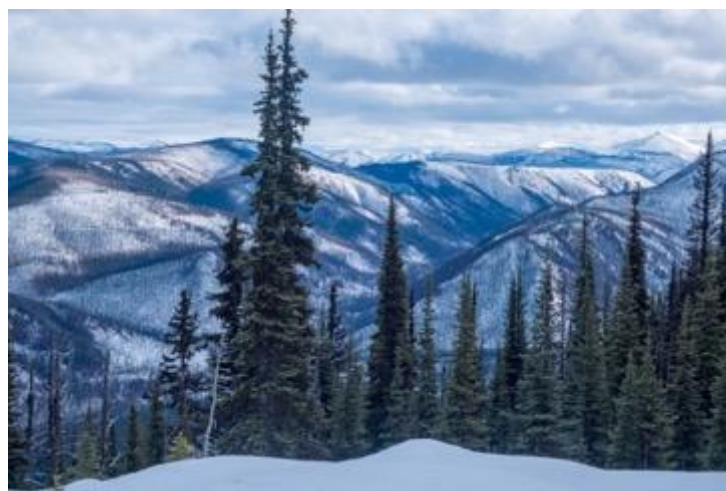
WINDY JOE – FEB. 2



After a bout of freezing temperatures, the weather became unusually warm. This resulted in old crunchy snow underfoot with no need to break trail. The first 2 km followed alongside the Similkameen River before beginning a gradual steady climb to the summit. The long route through the forest on an old FSR, did not provide many views till reaching the junction to Mt. Frosty & Monument 83 just past the 5km mark and then the grand finally at the end by the decommissioned 1950 fire lookout tower.



From the east to the west white clad mountains of the North Cascades were ours to behold. The upper story of the tower has signs that point and name the surrounding peaks. John found a vintage bottle with liquor in it. I asked him if it was trustworthy to drink. Sue piped up, while smacking her lips, that her and Paul had given it a test try and it was delicious!



We were back at the parking lot by 4:00pm.

Stats: 16.5 km / 775m gain / 1839m high

Thanks, Tracy for organizing this day. Along to enjoy it were: Owen W, Val S, Don F, Denise D, Lori Y, Johnny G, Charlotte H, Dave B, Maurice D, Ingrid F, Janice H, John Mc, Sue A, Christine C, Iraj F, Joce T (report + pics) + **Tracy G**

FAT DOG – FEB. 3



It was a lovely day with Terry Ashe Bergen and Lonja Johnson. We micro-spiked (carried our snowshoes) up Fat Dog trail to the ridge where we had lunch. We met some COC members, who tried to ski the trail which was impossible to hard.



The weather held and we even saw a few holes of blue sky. Terry didn't have micro-spikes, so she put on her snowshoes coming downhill. Wonderful to get out and enjoy a day in the woods. Stats 14km - 9:30 - 15:00
By Irene H

CYCLE TOUR DE CHILLIWACK – FEB. 9, 2024

I met 9 other intrepid COC cyclists at the Vedder dog park on a frosty morning. Most of us were wearing our winter riding gear, which is a necessity this time of year. Fortunately, the sun was blazing brightly by the 10:00 AM departure, and there was no wind, which made for very pleasant riding conditions.

As this was “Go by Bike” week, I wanted to show the riders the various trails, dikes, and bike routes available for them in the Chilliwack area. I also encouraged them to register and log today's ride with “Go by Bike”.



The route started with crossing the Vedder Bridge and then cycling on the south side of the Vedder Rotary Trail. We rode along the Vedder River, taking some of the Browne Creek trails as we approached Yarrow. Then we went onto the dike and carried on to the Keith Wilson Bridge. We took the trail under the bridge to get to the other side of the road and then crossed the bridge by riding on the sidewalk.



Next, we cycled on the dike that curved northeast towards Chilliwack. After about 4 km, we approached Industrial Way and turned left. We carried on to Lickman Road and stopped at the Co-op Gas station for a snack break or “garage gourmet” as Gary calls it. I then led the group to the Hope River and

the Rotary Trail along side of it. We rode to Young Street and then north through Fairfield Island until we reached the Fraser River at the end of McDonald Road. A paved road (Ballam) beside the river took us to the north dikes, which are part of the Canyon to Coast Trail. You can follow the dikes to Rosedale or shorten the ride by turning off sooner, which is what we did. We turned right at Carey Road and followed it to Jespersion and then Camp River Road where we turned right and then left on Hope River Road.

Our next turn was a left to access the foot bridge crossing the Hope River. This took us to Quarry Road, and a right on Portage Road took us to Portage Park, which is also along Yale Road and across from Broadway, a designated bike route. We cycled the separated bike path on Broadway that tuned on to Airport Road. After crossing Young, we took the Rail Trail that went parallel to the tracks, including over the freeway on a bike bridge attached to the railway bridge. All we had to do next was to follow the Rail Trail signs through Sardis and Garrison Crossing to our starting point at Vedder Park.

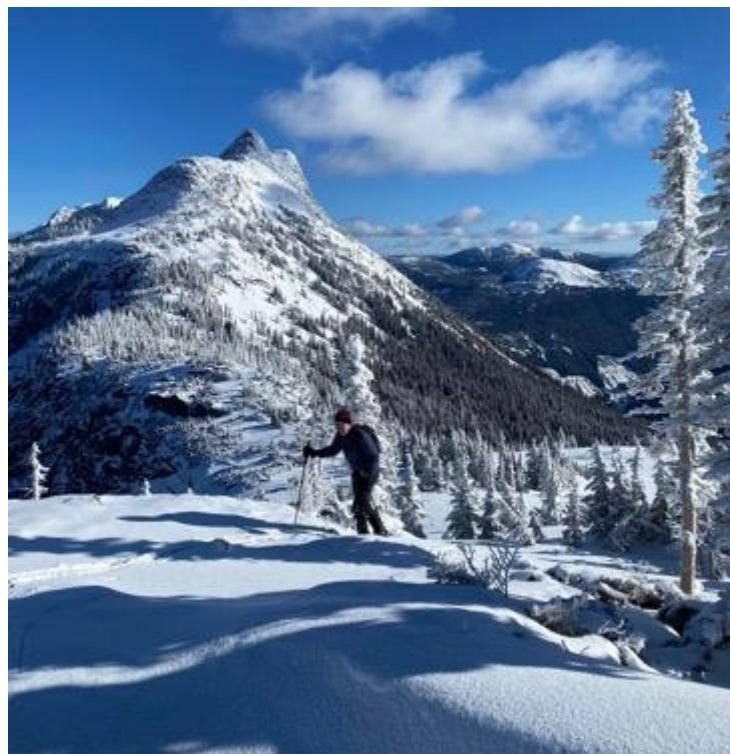


Altogether, we cycled **55 km**, a good distance for a winter ride. We then rewarded ourselves by enjoying the coffee and other refreshments from Amble Coffee truck. Those accompanying me on the tour were: Gerald F, Vivian F, Danny G, Christine F, Gary B (sweep), David B, Lori Y, Sue A, and Peter E. **Sheryl H** (leader).

FLAT IRON –FEB. 9



“Blue bird” day! Amazing blue skies and fresh tracks.



BY MARK S & JAN S

LIGHTNING LAKE LOOP SS – FEB 10

This hike was posted as a very easy SS hike, and at 9 km in length with only 100m of elevation gain it indeed is. It was my hope to post a welcoming SS hike for folks somewhat new to the sport. As it turned out there was a nice balance of new folks to the sport and seasoned SS veterans: Jocelyn T (photos), Irene H. Janet R. (a guest), Margaret T., Lonja B., Sheryl H., Sandra O., Ingrid F., Denise D., & Johnny G.



Thankfully, at least for the time being, the former Canadian Tire parking lot makes for a superb meet up location. We assembled at 7:45AM and were all on our way at the designated departure time. The drive was uneventful, and



the roads were dry and bare all the way to the Manning Park Lodge and to the lightning Lake parking area. When we arrived, there were no other cars. This was not the case on our return, the lot was FULL and the area was swarming with folks.

Nine of the group elected to carry their SSs or leave them behind and put on their micro-spikes. They most likely had a easier time walking the trail than the two of us on SSs. What little snow there was on the trail was packed down flat and solid.

We had the trail to ourselves until we reached the Rainbow Bridge where we stopped for the obligatory photos. From there we continued along the east side of the southern arm of the Lake, reaching the far end in record time. It was only 11ish but we decided to stop for snacks/lunch and to feed the Whisky Jacks. It's amazing how quickly they arrive on mass, such fun!



From this point on we encountered numerous hikers as we headed back towards the Rainbow Bridge (along the west side of the lake) including an Australian couple who thought it was rather cold... 🥶. We were back at the cars shortly after 2pm. Being early the decision was to head to the Blue Moose, where a really interesting back story came to light. Sandy O. had been a member of the club way back in the 90s but left to raise a family. She recently rejoined the club,

this was her first outing. While with the club back then she became good friends with Margaret T. Margaret even went to Sandra's wedding (in Victoria) but over the years they had lost touch with one another. Introductions were made all around at the meet up and they shared a ride to Manning, both sensing they know one another from somewhere in their past. That's as far as it developed, through the hike and during the drive back to the Blue Mouse. You can visualize the situation, "you look familiar " but I'm not sure". Over coffee/tea the realization happened; 25yrs of separation evaporated and all the wonderful times together in their past flooded their conversation. Sandra's husband works as a pharmacist in Hope, on leaving the 'Mouse' they walked over to the pharmacy to surprise Steve. The reunion was complete!
by Gary Baker

WHISTLER BLACKCOMB ADVENTURES



In early February 8 COCers smiled and tempted fate as we flew like falcons off the peaks of Whistler Blackcomb and swooped down onto the glaciers and snowfields below. The spectacular Coast Mountains put on a magnificent display of gnarliness in the cold winter sun. These countless glaciated peaks surrounding us made us feel up close and personal to the last ice age.



Skiers: Ron D, Karin D, Pat R, Denise D, Sue R, and Stellian A, and Owen W (report + pics). Leader: **Cindy W**

IAGO SUMMIT – FEB. 12



What a spectacular exhilarating day! Cobalt blue skies and freshly fallen powder snow. Conditions could not have been better. This day exceeded our expectations. The forecast was for a cloudy morning and sun in the afternoon. It was sunny all day, with no wind.



We parked by the restrooms off of exit #217 and started out at 10:00am. The winter landscape was awe inspiring. Progress ground to a halt when Danny's snowshoe straps disintegrated. Doctor Iraj came to the rescue along with several others pulling all sorts of goodies out of their backpacks like duct tape, stretchable rope, knives and Sue even had scissors! The snowshoe fix lasted throughout the excursion. A job well done. In about an hour we arrived at the meadow where we could see both Great Bear & Iago Peaks. From there we started to climb more. With Al and his GPS in the lead, there was no chance of getting lost which is easy to do at the turn-off to Zupjok ridge.



After a bit of zigzagging through the forest, the trees began to thin out as we approached the ridge. Then our excitement

mounted as views opened up to the surrounding peaks. Most prominent were Yak to the east, Markhor & the Needle to the south and Alpaca, Vicuna & Guanaco to the north. A final grunt on the bald slopes before the summit and then our "WOW!" moments. Sheri stepped out a big valentine's heart in the snow while we plopped and sunk in for a leisurely lunch. What a panorama!



Going down took half the time, as is typical when snowshoeing. Hats off to those who broke trail, namely Al, Denise, Sonia & Sue.

Stats: 12 km / 750m gain / 1758m high

Thanks for coming out: Sue A, Lonja B, Denise D, Iraj F, Danny G, Irene H, Sheri K, Sonia J, Herb S, Al S + **Joce T**

MEMALOOSE PEAK –FEB. 22

We went snowshoeing to Memaloose Peak and had a great day with a good group of hikers.



Stats: 15 km / 800m gain / 6 hours moving time



Participants were: Johnny G, Denise D, Allana W, Lory Y, Lorenz B, Lonja J, Dave B, Sheri K and **Iraj F**.

MARA PEAK – FEB. 23

We discovered this route just a few years ago. It's a beauty and fast becoming a favorite, offering expansive vistas from the southeast to northwest.

At first our hopes of doing it got smashed. When we went to get our free backcountry passes, she asked for us to show her the route on the map and then after asking a supervisor on the phone, she stated that we could not do it. Then the lady on the phone asked which group it was? When we promptly responded, "Chilliwack Outdoor Club", she promptly replied, "It's OK then". Phew. Many thanks to Gary B for paving the way.

We started at the base of the blue chairlift, staying to the right edge of the ski slope. Just before the top of the lift we turned (2:00) into the forest. That's where we needed to change from micro-spikes to snowshoes. Some sections were quite steep, so we had to do some kick-stepping. Thanks Mary, for breaking trail. There was no new snow for 11 days, but no one had taken this route yet so there was no hard under layer. One of our group turned back due to snowshoe issues, about 2/3 way to the summit. Thanks Ingrid, for



accompanying him. There were no views in the forest but then came our WOW! moment, on a rounded bald summit with eye-popping views. Starting in the southeast was Mt. Frosty, then Castle & Freezeout Peaks, then the North Cascades and to the west and northwest were Rideout, Silvertip + Silverdaisy Mountains.

A raven kept us company during lunch, squawking now and then in a low guttural voice. We were actually sitting on grass! We'd never seen such a lack of snow in Manning Park before. But the chairlifts were still running.



After lunch we carried on east along the ridge. At the end of it Silverdaisy was in clear view. From there it was right and downwards till we got to the Gibsons Meadows.

Because of the shallow snow, we had to jump the creek or cross snow crusted logs on thin ice. In the third meadow we told Terry to do a real quick step on the moving ice and then jump onto the bank. She barely made it and landed in a heap



on the other side. We couldn't help but laugh. Thankfully she was too.

Not long after the third meadow, instead of angling to the right, we followed some footprints which led us further down the narrowing gully. Then they crossed over the creek and climbed up the steep slope. GPS in hand, we connected to the route we'd come up on. A bit of a scramble through very thick brush and we were back on the ski slope. A nearby idle skier looked bewildered when I popped out from the evergreens.

Our return was close to 4:00pm when the ski operations come to a stop. We headed for home, happy to have had such a wonderful day.

Stats: 7.9 km / 590m gain / 1818m high

Thanks for coming out: Terry B, Ingrid F, Janice H, Mary R, Stanley Wiens (newby)+ **Joce T**

MT. THOM –FEB. 24



Mt Thom night hike was magical! What you are so familiar with during the day takes on mystery and intrigue by night! Headlamps full blast we were the only ones out there with NO RAIN, dry trail, bit of wind at times and NO MOON to

compete with our own lights lol! What a fun time meeting different members and taking on the darkness with humour and our own lightness of being. Thanks for coming out Lonja, Owen, Alicia, Lee, Starla. Still looking for that moon...



By Christine C

TRAIL MAINTENANCE

Building the national dream.

We are the navvies who work upon the trail,
Swingin' our shovels in the cold winter sun,
Layin' down trail and buildin' the bridges,
Bendin' our backs 'til Jim A is done.

So over the mountains and over the slides,
In the devil's club tearing our hides,
Up the Chilliwack on way to Gaspé,
Swingin' our picks and drawin' no pay.
Apologies to Gordon Lightfoot.

Building a new route for the Trans Canada Trail in the darkest depths of the Chilliwack River Valley forest with the Chilliwack Outdoor Club.

Gang Boss – Jim Alkins.

Navvies – Jim S, Tim Y, Pat R, Kelly, Andrea C, Emily B, Heinz B, Lorenz B, John M, Ingrid F, **Owen W**



Masthead: Views south from Mara Ridge

2024 MULTI DAY TRIPS

TRIP: Hilton Grand Vacation Club in Whistler - 1 to 2 nights. Will post with short notice. Resort skiing but can also snowshoe, cross country ski, or just explore Whistler.
DATE: Jan–May **LIMIT:** 6
CONTACT: Cindy Waslewsky: twin-creeks@shaw.ca

TRIP: Kees & Claire / Wendy Thompson – backcountry ski
DATE: Feb-March **LIMIT:** 12
CONTACT: Cindy Waslewsky: twin-creeks@shaw.ca

TRIP: Bow to Yoho Traverse – ski traverse with guide, training, catered + portered. Dinner at Truffle Pig in Field.
DATE: March 26-31 **LIMIT:** 6
CONTACT: Cindy Waslewsky: twin-creeks@shaw.ca

TRIP: Arizona, New Mexico & Utah – day hiking & car camping (RV convoy) in Serpentine Mountains, Sagauo NP, Cataline SP, Kodacrome SP
DATE: March 25 – April 13 **LIMIT:** 12 – this trip is now full but I can put you on a waiting list
CONTACT: Jocelyn Timmermans: jocelyntimmermans@hotmail.com

TRIP: Kees & Claire – snowshoe
DATE: April 5-7 **LIMIT:** 8
CONTACT: Dave Biehn: dave.biehn@gmail.com

TRIP: Golden Ears – beginner backpack. Evening workshop Wednesday, easy backpack Sat/Sun.
DATE: April 10 + 13-14 **LIMIT:** 10
CONTACT: Al smith & Sue Lawrence: hikethepeak@gmail.com

TRIP: Spain – day hiking
DATE: June-July **LIMIT:** 6
CONTACT: Jaco Noteboom: jaconoteboom@gmail.com

TRIP: Kootenay Loop Cycling – 340km road & rail – no ebikes
DATE: Jun 9-15 **LIMIT:** 10
CONTACT: Carol Ault: carolault@gmail.com

TRIP: Castlegar to Christina Lake Cycling - 190km rail trail, may be supported – ebikes permitted
DATE: June 16-17 **NO LIMIT**
CONTACT: Gary Baker: garywbaker@shaw.ca

TRIP: Olympic Marine Park – backpack, 115 km
DATE: 3RD week of June **LIMIT:** 12
CONTACT: John McLellan: jhmclellan@shaw.ca

TRIP: Austrian & Swiss Alps – hut to hut, 80km & 6000m gain **DATE:** July
CONTACT: Christine Camilleri: 4christinecamilleri@gmail.com

TRIP: Howe Sound Crest Trail – backpack
DATE: July-Aug **LIMIT:** 8
CONTACT: Cindy Waslewsky: twin-creeks@shaw.ca

TRIP: Howe Sound Islands – day hikes. Car camping in Porteau Cove, water taxi or ferry to islands.

DATE: June 20-23 **LIMIT:** 8
CONTACT: Al & Sue: hikethepeak@gmail.com

TRIP: Mt. Calliope – backpack
DATE: July 8-11 **LIMIT:** 12
CONTACT: Patrick Ramsden: patrickwramsdn@gmail.com

TRIP: ACC Mountaneering Camp – guided, catered, helicoptered in. Register with ACC.
DATE: July 8-13
CONTACTS: Dave Biehn / Cindy Waslewsky: dave.biehn@gmail.com / twin-creeks@shaw.ca

TRIP: Illal Meadows – backpack. Loop route through Illal with help from John McLellan
DATE: July 14-15 **LIMIT:** 8
CONTACT: Al & Sue Lawrence: hikethepeak@gmail.com

TRIP: Monashees – backpack. In and out backpacks. This will be 2 different backpack trips in the Monashees .
DATE: July 17-25 **LIMIT:** 6
CONTACT: Carmen Pellegrino: carmen.pellegrino80@gmail.com

TRIP: Mt. MacDonald & Mt. Webb – backpack.
DATE: July 26-28 **LIMIT:** 12
CONTACT: Allana Warkentin: allanalee@shaw.ca

TRIP: Lake Lovely Water – heli camp & day hiking. Possibly staying in hut, helicopter into Tantalus range to base camp.
DATE: end of July **LIMIT:** 5
CONTACT: Cindy Waslewsky: twin-creeks@shaw.ca

TRIP: Itlaian Dolimites, Alta VIA 1 – guided tour.
DATE: Aug. 10-17 **LIMIT:** this trip is now FULL
CONTACT: Irene Hofler: ishofler@gmail.com

TRIP: Nootka Island – backpack.
DATE: Aug. 4-10 **LIMIT:** 10 – this trip is now FULL
CONTACT: Owen Williams: owen.williams911@gmail.com

TRIP: Mt. Conway & Lucky 4 Mine – backpack.
DATE: AUG. 9-11 **LIMIT:** 10
CONTACT: Allana Warkentine: allanlee@shaw.ca

TRIP: Bella-Bella Kayak – camping.
DATE: Aug. 12-19 **LIMIT:** 8
CONTACT: Dave Biehn: dave.biehn@gmail.com

TRIP: Cancer Ride – 100km/day for 2 days. Need to raise \$2500.00 in donations.
DATE: Aug. 24-25
CONTACT: Dave Biehn: dave.biehn@gmail.com

TRIP: Italian Dolomites, Alta VIA 2. Register with bookatreking.com
DATE: early Sept
CONTACT: Cindy Waslewsky: twin-creeks@shaw.ca

TRIP: Camp Mowach in Manning Park – backpack

DATE: Sept. TBD **LIMIT:** 10

CONTACT: Terry Bergen: terrybergen@shaw.ca

TRIP: Mt. Frosty via PCT Trail – backpack

DATE: Sept. TBD **LIMIT:** 10

CONTACT: Terry Bergen: terrybergen@shaw.ca

TRIP: Dave Thompson Highway – car camping / day hiking

DATE: Sept. TBD **LIMIT:** 10

CONTACT: Mary Ann Dykshoorn: madykshoorn@gmail.com

TRIP: Peaks & Paleoliths – car camping / day hiking. Two days to drive to Tumbler Ridge. This is a UNESCO Global Geo Park. Return via Alberta & Mt. Robson.

DATE: Sept 6-20 **LIMIT:** 12

CONTACT: Ingrid Fischer: ingyfisc@gmail.com

TRIP: North Cascades – car camping / day hiking. Southeast of Mt. Baker. Sahale Pass, Blue Lake, Hidden Lake Lookout + Sourdough Mt.

DATE: end of Sept. for max 4 days TBD **LIMIT:** 12

CONTACT: Jocelyn Timmermans:
jocelyntimmermans@hotmail.com

TRIP: Illal Meadows – backpack

DATE: Sept. 27-29 **LIMIT:** 8

CONTACT: Allana Warkentine: allanalee@shaw.ca

TRIP: Gold Ridge Chilcotin – backpack

DATE: Early Oct. TBD **LIMIT:** 12

CONTACT: Jaco Noteboom: jaconoteboom@gmail.com

February Trail building photos



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	pairs of crampons	2	ice axes
2	avalanche transceivers	2	avalanche probes
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

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