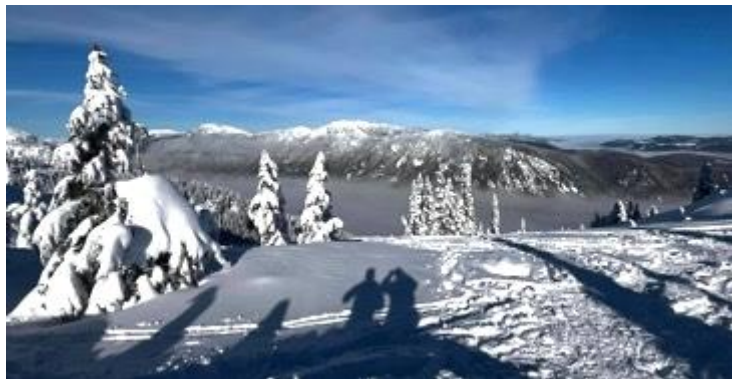




MANNING PARK SKI – FEB. 3



The Three amigos braved the cold today at Manning Park, it was -19C in the beginning of the day. Lorenz, Graham, and I had very good snow conditions with some fresh powder still to be found. Surprisingly there was a lot of schools on the slopes, enduring the cold and fresh air as well. Great to see.



By **Fred Hahn**

SASQUATCH SKI – FEB. 6

Another pristine ski day at Sasquatch. Lots of untracked powder in the morning off the Green Chair which is closed Monday-Thursday. Just a spectacular day.



by **Herb Chlebek**

EAGLE BLUFFS – FEB. 11



A glorious day at Eagle Bluffs with my COC friends. Hard to pick a better day. Thanks for leading this one, **Cal Francis**

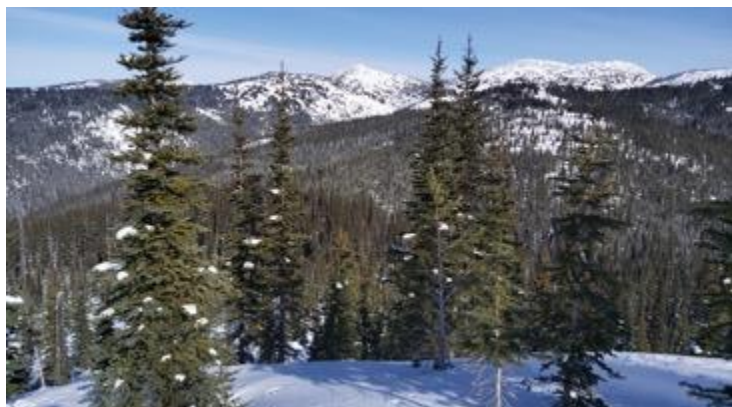
BURNT KNOLL – FEB. 13

Participants were: Iraj Filsoofi, Johnny Grimm, Fred Hahn, and David Graham.

It was a cold morning to start; -14°C. We hiked using microspikes 6.5 km to the trail fork, where you head right up the slope to Fat Dog. Opposite to that we headed left for 1/2 km which required snowshoes to the top. It warmed up in sunshine. We found a protected partly treed spot to shelter us from a cool wind, before heading back down the way we



came. On the way back we met a group of military cadets, a total of 16 including 3 leaders. Their plan was to camp overnight for a few nights.... in the area of Burnt Knoll.



Total time of six hours to complete 14 km return, about 500 - 600 M elevation gain. The trip included lunch on the summit and a few drinks along the way.

by **Karl Vietnieks**

ELK MT – FEB. 14



Beauty of a micro spike up Elk today.
Led by **Cal F** along with Deborah, Tricia, Lorenz, Ling and moi. By Dave Stephen

CROSS COUNTRY SKI DAY TRIP – FEB. 15 STRAWBERRY FLATS, MANNING PARK

Participants (7)

1. John Coles
2. Beverly Coles
3. Don Field
4. Allan Smith
5. Christine Faulconbridge
6. Theresa Gregson
7. Jim Flom (organizer)

Type of activity; classic (diagonal stride) cross country (Nordic) skiing

Trails were great. Well packed and groomed, fast conditions. It was beautiful.

The routes are well marked, and most skiers were familiar with the terrain and getting around. No obstacles.

Weather conditions: Weather in Chilliwack was 2 degrees C with light winds ESE 34 kph. Weather at the Nordic Centre started out at minus 5 and rose slowly to near zero by the time we finished at 2 pm. Skies were partly sunny when we got there, increasingly cloudy throughout the day with flurries starting just as we were leaving.

Three of us met at the Old Canadian Tire. One pair drove from Agassiz and another pair drove from Rosedale. Roads were clear to Allison Pass then the left lane had some snow on it to the resort. Gibson's Pass Road was packed and loose snow. We got to the Nordic Centre around 9:30 am, where we took care of trail passes and rentals. We were on the snow at Strawberry Flats by 10:15. We stopped for lunch at the warming hut at noon. Beverly and John very kindly provided firewood, although Manning had two good bundles there too. We wrapped up lunch around 1 pm, and everyone paired off or skied as desired with a re-group for departure at 2 pm.



9:30 am arrive at Nordic Centre / 10:15 Strawberry Flats / Noon lunch break at the warming hut / 12:45 back on the snow / 2:00 pm meet up at the cars for departure / 2:30 pm return rentals and snack time at the country store / 4-ish back to the Wack

This was a great day, and everything went without a hitch (except for when I left my skis at the Nordic Centre and had to go back for them!). The Agassiz, Rosedale and Chilliwack teams converged at the Nordic Centre like Swiss watches. We took care of trail tickets, ski rentals and waxing, and continued on to Strawberry Flats. Strawberry Flats is an ideal "base camp" for this kind of adventure, with its warming hut, gentle terrain, easy vehicle access, and outhouses.



For our seven, we had all seven colours of the rainbow for abilities present. We even had one first-time cross-country skier, who was enthusiastic and had previous downhill experience, so learning was easy. Two of us chose their own adventure, and the rest of us made our way to the T-bar, where yes, they do still allow cross country trail pass holders go up the T-bar once per day. You can go to the Day Lodge if you like and ski back down the easier T-bar slope. The T-bar slope is a good place to go over basic skills like climbing, descending, turning, and the ever popular getting up after a fall. Two of us tested the T-bar!

Weather and trail conditions were perfect, and it was less busy than we expected. We kept the shape of the day informal and did not require participants to stay together as long as they had a buddy or a good plan. Everyone reconnected for lunch and group photos.

If you rent equipment: the person who fitted our first-timer was not attentive to seeing that the boots were properly laced. We took care of the boots on the trail. I did mention it to the Nordic shop manager when we returned the rentals. Also, another skier noted uneven wear on the bottom of the

skis. This impacted the grip and the skier's "kick." Switching left and right skis helped this. It will be worthwhile to be attentive to these details when renting gear.

My personal goals on this trip were first of all to see that everyone got there and back safely, and that everyone had fun, especially our first timer. Shoutout to Beverly and John for bringing firewood! Thank you to all who came and helped make it the fun day that it was. I loved the company and conversations, and of course the skiing!

By **Jim Flom**, 3-year member

TCT MAINTENANCE – FEB. 17



On February 17, 8 members of the COC, lead by Jim A, reinforced a bridge on a section of the Trans Canada Trail near Thurston Meadows. This bridge will now support the heavier equipment needed to bring in fill that will be used to elevate the trail. The elevated TCT will enable people to use the trail during high water periods or until the beavers build higher dams.

By **Owen Williams**

FAT DOG IN MANNING PARK – FEB. 20





What a beautiful day to be in Manning Park and snowshoeing up to the summit of Fat Dog! With Freddy and Sheri leading the way, we easily spiked up the trail until we reached the alpine where the snow was much deeper. After some well-deserved lunch, a race, and some escapades through the bush and fresh snow we made our way back.



15 km / 740m gain / about 6 hours

Thanks to a great group - Freddy H, Sheri K, Danny G, Janice H, Patty A, Elizabeth B, Brian H, Lori Y, Cal F, and Patrick R!
-by **Carol Ault**

MEMALOOSE MT – FEB. 26



A fun challenging day snowshoeing up Memaloose trail in Manning Park with the COC gang. With 4 Km undulating snowshoe in before beginning the very steep and deep climb up to the summit. I would like to thank everyone for the great effort to make it to the summit where we enjoyed beautiful views from the lookout. With a few face plants and bum slides on the descent, everyone made it down safely with some laughs.



12.25 km total distance / 512m gain / 7.5 hours



By **Fred H**

MASTHEAD BY JOCE T: VIEW FROM IAGO OF THE NEEDLE

2025 MULTI-DAY TRIPS

TRIP: Whistler – downhill skiing

DATE: January through ski season, midweek

CONTACT: Cindy Waslewsky twin-creeks@shaw.ca

TRIP: Wendy Thompson Hut – snowshoe or backcountry skiing

DATE: March 19-21 **LIMIT:** 12

CONTACT: Cindy Waslewsky twin-creeks@shaw.ca

TRIP: Whistler – downhill skiing

DATE: April 2, 16, 22, 30

CONTACT: Cindy Waslewsky twin-creeks@shaw.ca

TRIP: Columbia River Gorge – day hikes

DATE: May 17-24 **LIMIT:** 24

CONTACT: Cal Francis calfrancis@gmail.com

TRIP: Gulf Islands – Kayaking

DATE: May 24 – June 1 **LIMIT:** 10

CONTACT: Christine Falconbridge

chrisfaulconbridge@gamil.com

TRIP: Juan de fuca trail – backpack

DATE: June 2-6 **LIMIT:** 10

CONTACT: Johnny Grimm johnnylee.grimm@gmail.com

TRIP: Southern Vancouver Island – cycle, camp, ride

DATE: June 9-13 **LIMIT:** 10

CONTACT: Don Field dffield213@gmail.com

TRIP: West Highland Way, Scotland – trek

DATE: June 12-26 **LIMIT:** open

CONTACT: Irene Hofler ishofler@gmail.com

TRIP: Southern Sunshine Coast trail – backpack

DATE: June 20-28 **LIMIT:** 6

CONTACT: Danny Greig dgreig@gmail.com

TRIP: Gravel Rail trail – cycling

DATE: first week of July **LIMIT:** 8

CONTACT: Carol Ault carolault@gmail.com

TRIP: North Cascades Washington Hwy 20 – day hikes

DATE: July 6-12 **LIMIT:** open

CONTACT: Cindy Waslewsky twin-creeks@shaw.ca

TRIP: Illal Meadows – backpack

DATE: July 14-16 **LIMIT:** 8

CONTACT: Sue Lawrence & Al Smith gwelu@telus.net

TRIP: Tolkein Group Mountains – backpack

DATE: mid July **LIMIT:** open

CONTACT: Cindy Waslewsky twin-creeks@shaw.ca

TRIP: Lake Lovely Water – backpack

DATE: late July **LIMIT:** open

CONTACT: Cindy Wasleysky twin-creeks@shaw.ca

TRIP: Mt. Ruth – backpack

DATE: late July **LIMIT:** open

CONTACT: Cindy Wasleysky twin-creeks@shaw.ca

TRIP: Sunshine Coast trail – backpack

DATE: end of July **LIMIT:** 6

CONTACT: Allana Warkentin allanalee@shaw.ca

TRIP: Stone Mt. Park – backpack

DATE: Aug. 1-10 **LIMIT:** 8

CONTACT: Ingrid Fischer ingyfisc@gmail.com

TRIP: Howe Sound Crest trail – backpack

DATE: early August **LIMIT:** open

CONTACT: Cindy Waslewsky twin-creeks@shaw.ca

TRIP: Stein Traverse – backpack

DATE: Aug. 3-12 **LIMIT:** 10

CONTACT: Owen Williams owen.williams911@gmail.com

TRIP: Spring Island – kayaking

DATE: first week of August **LIMIT:** 8

CONTACT: Dave Biehn dave.biehn@gmail.com

TRIP: Monashee Park – backpack

DATE: Aug. 7-16 **LIMIT:** 5

CONTACT: Carmen Pellegrino

carmen.pellegrino@gmail.com

TRIP: Kees & Claire Hut – backpack

DATE: Aug. 19-21 **LIMIT:** 8

CONTACTS: Sue Lawrence & Al Smith gwelu@telus.net

TRIP: Southern Vancouver Island – cycle

DATE: last week of August **LIMIT:** 10

CONTACT: Gary Baker garybaker@shaw.ca

TRIP: Dolomites in Italy – trek

DATE: Aug. 21-28 **LIMIT:** 8

CONTACT: Elizabeth Backman

elizabethbackman@gmail.com

TRIP: Gulf Islands – cycling

DATE: Sept. 2-5 **LIMIT:** 10

CONTACT: Iraj Filsoofi irajfilsoofi@gmail.com

TRIP: Budapest, Hungary – bike & boat

DATE: Sept. 2-10 **LIMIT:** open

CONTACT: Cal Francis calfrancis@gmail.com

TRIP: Kananaskis – day hikes

DATE: Sept. 7-12 **LIMIT:** 14

CONTACT: Mary Ann Dykshoorn

madkyschoorn@gmail.com

TRIP: Mowich in Manning Park – backpack

DATE: Sept. 20-22 **LIMIT:** 8

CONTACT: Terry Bergen terrybergen@shaw.ca

TRIP: San Diego & Southern California – day hikes & camping

DATE: November LIMIT: open
CONTACT: Dave Biehn dave.biehn@gmail.com

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 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

Position	Name	E-mail
President: Christine Camilleri 4christinecamilleri@gmail.com 778-808-4126		
Secretary: Elizabeth Backman elizabethbackman@gmail.com		
Treasurer :	Carol Ault 604-316-0709	carolault@gmail.com
Librarian:	Ingrid Fischer	ingyfisc@gmail.com 873-353-7981
Directors at large:		
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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		
Newsletter Publisher: Jocelyn Timmermans jocelyntimmermans@hotmail.com 604-309-3431		
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Membership: Sharon Bell cbd1717@gmail.com 250-859-1151		
Vedder Mt Trail Ass'n: Patrick Ramsden patrickwramsdn@gmail.com		