



### JANUARY CHILLIWACK OUTDOOR CLUB ACTIVITIES

- 01 Jan Vedder River Trail walk 2 1/2 Hours, minimal elevation gain
- 05 Jan Snowshoe Cambie creek loop. Manning Park 7.5 KM return and 100 MR elevation gain
- 09 Jan Snowshoe Gibson Meadows. Manning Park 7 km return and 250 MR elevation gain  
150 MR elevation.
- 14 Jan Snowshoe/Micro spike Dragons Back, Hope BC, 9 KM return and 600 MR elevation.
- 15 Jan Walk, Vedder river. Chilliwack BC. 2 hours, minimal elevation.
- 20 Jan Snowshoe Lighting Lake & Flash Lake loop 12 KM Return
- 22 Jan Hike McKee Peak 10 KM Return and 250 MR elevation gain.
- 22 Jan Snowshoe Memaloose Peak Manning Park 16KM return and 900 MR elevation gain.
- 24 Jan Snowshoe Windy Joe Manning Park 14 KM Return and 650 MR Elevation gain.
- 26 Jan Microspike Hollyburn MT, Cypress Bowl, Night hike. 7.5 KM Return and 450 MR elevation gain.
- 28 Jan Walk, Vedder river. Chilliwack BC. 2 hours, minimal elevation.
- Jan-Apr Trip Every Thu to Sat during the week. Whistler. Skiing, Snowshoe, Cross country.
- 31 Jan Club Meeting Guest Speaker Don Bates, 800-km Camino de Santiago from St. Jean Pied de Port in southwest France to Santiago in northwest Spain trail.
- 1 Club Meeting
- 3 Walks
- 6 Snowshoes
- 2 Hikes

### CAMBIE CREEK LOOP SS – JAN. 5

Judy P., Irene, Annette, Ingrid, Johnny G., Carol M., Steve C., and Leah. I should have been more explicit that we departed at 8:30AM so sadly we left the 14th individual behind. She decided to drive up on her own. Unfortunately, she didn't catch up to us until we were back near the



parking area, but she did get to experience the bushwhacking and gravel pit.

The road was in rough shape, due to the heavy truck traffic using it during the road closures on Hwy #1 and the Coq. This was not a problem! Once at the trailhead the temperatures were in the mid minus teens and there had been lots of fresh snow. Fortunately, much of the trail had seen some traffic. I will give both Lorenz and Johnny the 'Gorilla' Award for breaking trail, when needed. Along the way Cal repeatedly tried to knock snow off overhanging trees, in the process he and Ted managed to get stuck in a small tree well. They had a heck of a time getting out. It was a good lesson for all, tree wells are dangerous, avoid tree wells.

Never one to miss the opportunity to go 'bushwhacking' we turned off the return trail approx. 300m from the parking area (we could see it) to venture through the woods (fun, deep snow going) and across the gravel pit adjacent to the parking area. Most folks have no idea or knowledge that there is a gravel pit there. It looks like a large open field when covered with snow. Before scrambling over the snow wall (they have to push the snow when clearing the parking area somewhere) to the cars we took the opportunity to do the 'Cal' flop. Talk about turtles trapped on their back. it was a fun day, hopefully the first of many in the snow!



I was taken back by the amount of traffic on the return drive, mostly commuters from the interior heading for the Lower Mainland. And it had to happen, after driving to Manning Park to ski and snowshoe and hike for some 20 years, I finally took a rock that cracked my windshield. Darn!!!!



One last note. Cal and I (and our passengers) stopped at the entrance to the Skagit Valley Park. This is the access route to Delacey Grove the original destination for this SS hike. The destination was changed to Cambie Creek as we 'heard' that the park was closed and that the bridge over the Skagit River had been washed out. Indeed, the bridge over the river has been damaged, the steps at the far end of the bridge have been washed out and it's a 20' drop to solid ground below. Unfortunately, this is not the only issue. The river has radically changed course and no longer flows under the bridge (the bridge is now high and dry). The river channel is now a good 70-80m south of the former channel. To access the Delacey Camp site will now require a 45km drive down the Silver-Skagit FSR (not winter maintained) and a 12+km hike, north, to the camp site along the Skagit Valley Park cross over trail. How sad!

By **Gary Baker**

### GIBSON MEADOWS DESTINATION SS - JAN. 9

I was joined by: Carol A., Ben Z., Peter E., Cheryl B., Cal F., Lorenz B., Christine C., Johnny G., Sheryl H. (who went telemark skiing), Linda I. & Wayne, Irene H., Colin F.

The purpose of this hike, besides being on snowshoes, in the forest, having fun with good company was 1) to explore the rerouted trails from Strawberry Flats to the base of the ski hill, 2) check out the New Manning Resort procedures to be used and followed by SSs and 3) explore possible new access routes into the Gibson Meadows. Potentially much to do and I admit I had set my expectations at a very low 'bar'

based on my solo effort trying to do the same the week before.

Over 25 club members confirmed or indicated a desire to do this hike. Hwy #3 was its typical winter self with additional potholes thrown in for good measure. Really nothing out of the ordinary! Only 13 folks strapped on their snowshoes at the Strawberry Flats parking area. The sky was a brilliant blue most of the day with temperatures in the low single digits, almost shirt sleeve weather.

The group was a balanced group of some of the strongest and most experienced SS's in the club, who had a good idea of what to expect and had the knowledge and skills to traverse un-tracked terrain safely. To them this was another 'adventure'. The newcomers would have a set track to follow, at least that was the plan. The first section of the trail from Strawberry Flats up to the Ski hill had seen some traffic but had a fresh dump of snow required some track setting.

Due to equipment issues, we got somewhat spread out, re-grouping where the new re-route portion of the trail started. The flimsy rope barrier I had encountered the week before had been torn down (no surprise). Some flagging tape had been wrapped around a tree to mark the start of the re-route. On close inspection, the writing indicated the trail went to the left. That was the first and last piece of flagging tape I saw until we reached the parking area at the ski hill.



Cal had a GPS track of the supposed new route, which surprised me as I had searched the Resort website for it and found nothing. I had plotted a route on my GPS that I thought would approximate the route. Within metres of stepping onto this new trail it was obvious we would be making up the route as we went.

'/Those who wander about are not necessarily lost'./ Nearly 2 hours later we saw and made our way into the ski hill parking area. Some marked trail, hey.... I think the seasoned SS'ers in the group were in their element, having a ball. As for what those new to snowshoeing were thinking, they probably were not too sure about all this, this is crazy stuff. There is now a well-set trail from Strawberry Flats to the ski hill, but it



is not the resort trail. This may or may not be problematic for them or future users.

The sun was brilliantly, warming and there was a grooming machine parallel to the access track, the lot that made a fine place to stop for lunch. After a leisurely lunch we picked up the required ski hill access passes to proceed across the ski area towards the new 'upper' trail leading to the ridge trail to Poland Lake. To access this new trail, we had to cross and then proceed up the busiest area on the entire ski hill. There were directional signs to follow.

Once on the new trail, or what we thought was the trail, we promptly lost our way. No big deal as the plan was to detour off the trail and search out a route towards the Meadows. We basically started to follow the path I had made the week before.

As we went on further the terrain and snow conditions really upped the challenge to move forward. The snow was deep and soft. Along here I think this hike set a new record for face plants and falls into tree wells. At one point there were three (3) people flailing about in self rescue or being helped up/out by others. At one point I thought I heard rescuers say, "Here take this shovel and dig yourself out!". No one was hurt or in danger, and there was lots of good natured laughter.

We didn't get very far, 'Time to fold' (as Johnny Cash sang) and head back. I knew we could reach the Meadows from where we were as we had done it in reverse many years before. Hopefully we won't have to.

Back at the parking area, I had to wait for Sheryl to finish her day of skiing. The others proceeded down the lower T-bars ski area (which is closed due to flood damage) and followed the X-C tracks back to Strawberry Flats. In all the group covered approx. 6.5-7km with approx. 200m of climbing. On the surface an easy day,.

As I was waiting for Sheryl two skiers approached me and asked, "How was the SSing?". On hearing my comments, they said I should talk to Vern, the Resort Manager which I said I planned to do when I got home. At which point they said, "He is standing right there."...../pure serendipity. /By the time you get to read this report You will have already learned the outcome of that conversation.

By **Gary B**

## DRAGON'S BACK – JAN. 14

Stairs, ropes, caves, molten ice falls and deep dark forest. It all made for a whimsical retreat into the woods. Would we need micro-spikes or snowshoes? We took both and most switched to spikes shortly after the Stone Garden. Would we have to hike an extra km just to get to the trailhead? Nope, we parked a bit past the base of the short spur leading to the trailhead. The sign states that the elevation gain is 330m but that doesn't account for the dips and swells of the dragon's back. So the cumulative gain is 400m.



Just beyond the waterfall by the wooden bridge, we continued on broad switchbacks, past a few frozen waterfalls where the icicles had melded into one solid coat of ice. The cave was actually a high gap between truck-sized boulders and a cliff. We did the loop counter-clockwise, which meant a shorter but steeper climb. Once at our destination we had views to the south, east and north. The town of Hope spread out below us and Hope Mt was just across from us, separated by the Skagit River Valley, which was lined with Wells, Grant, Eaton, Silver + Stoneman Peaks.





Thirteen of us had a lovely lunch but not for too long, as it was still rather chilly out. We took our time descending, often on ice. And of course, we had a stop & play time at the Tarzan swing near the trailhead. Tracey, Denise & Sheri gave it a go.

Stats: 5.3 km / 400m gain / 482m high point

Participants: Steve C, Denise D, Tracey G, Johnny G, Wayne H, Fred, H, Iraj H, Sheri K, Liz L, Mark S, Maureen S, Joce T (report + pics) + **Cal F** (leader).

### LIGHTNING LAKES LOOP SS - JAN. 20

I was joined by: Carol A., Christine C., Tracy G., Iraq F., Brian F., Charlotte H., and Allan S.

One learns to rolls with the punches, so to speak. This SS hike was originally scheduled for Jan. 13, but weather uncertainly dictated it was best to postpone and re-schedule. On the 20th, Chilliwack awoke to a typical Winter MONSOON. Over breakfast, thoughts went through my mind as to how many and who of the folks that had signed up would take one look outside, roll over and stay home. Nearly half of the folks on my participation list did. Note to self, don't be disappointed it's just human nature at work. There was a repeat lesson to be learned here\*.\*

Chilliwack and Manning Park are essentially in different weather regions. When it is raining in Chilliwack, 90% of the time at Manning it is snowing or just overcast. Sometimes, it can be rather pleasant. This time it was the latter, the temp hovered around freezing and the skies were mostly light clouds with wonderful periods of warming sun. It was a very nice day to be in the mountains.

So the lesson is, if it looks awful outside here, the odds are VERY good that the weather will be just fine at Manning. Long-time members of the club are mostly aware of this pattern. I was surprised when a LONG-time member (he will remain anonymous.... 😊) sent me a text of regrets. I appreciated being told, which brings up another point.

As trip organizers (I feel comfortable speaking for others on this point.) we are doing our best to keep participants abreast of plans, changing situations, etc. This is a two-way street. If your plans change, please try and give the organizer as much advance notice as possible. He/she may have folks on a wait list. We do check right up to the last minute as to you situation. Should you be delayed for a few minutes we'll wait for you, I for one depart on TIME. With all the different communication tools available to us communication attempts sometime go astray. In my case it's best to Tel or text to 604 991 3591 or e-mail.



The drive to and from Manning was interesting and challenging. The traffic was very light, the road was mostly bare of snow and ice until we summited Allison Pass, after which there was compact snow. That's an interesting part, the challenging part was dodging a gazillion POT holes. On the drive back we watched 'semis' doing slaloms down the road to avoid the worst of them. 'B' trains with their multiple trailers looked like snakes. Just west of the # 9 access ramp onto Hwy # 1, within 300-400m, there were 3 cars with the left front tire in shreds and wheel rim dented (steel) or shattered (aluminum). When driving, be alert!!!

We started the hike from the new Lightning Lake RV camping area. It is a full-service facility with \*heated\* washrooms and showers, a winter oasis. There was some confusion concerning the start location (my error, sorry Brian). With the group finally together, we headed off clockwise over the Lightning Lake retention Dam to proceed along the easterly side of the lake. Along this side the trail traversed some steep sided terrain, with potential avalanche zones. I had to check the avalanche reports (it was rated 'moderate'). Not much to worry about, but at one area that displayed all of the terrain and many of the snow conditions (overhead cornices) associated with avalanches we crossed one at a time. With the constant thawing/freezing, mixed SS and foot traffic, and heavy tree bombs pounding the trail I found the snow conditions rather unpleasant, very uneven.



As we rounded the south end of Flash Lake it was time for lunch. There was a wonderful sloped, clear area bathed in sunshine. Perfect! This was the first area we encountered other hikers; it is unusual to see 'occasional' recreation SS'er (they are easy to spot) this far out from the parking areas. The walk back along the western shore of the two lakes felt and is longer than along the eastern shore, thanks to a bay on Lightning Lake on which there were two fisherman enjoying some ice fishing. In years past we walked across the ice, saving almost .5 km of walking.

It was a fun day. FUN FACTOR: HIGH!!!!\*

By Gary B

**MEMALOOSE PEAK – JAN. 22**



Cal began this adventure by accessing a GPS track from some hikers who had summited Memaloose Peak earlier in January. A large group of COC SS hikers met at the Allison Pass works yard and we quickly sorted out the two groups that would be heading up the mountain. Cal assured us that he “loves us all”, but it would be better to have two groups of eight rather than one large group of sixteen. Jan set off at a

quick pace and we enjoyed the packed trail as it wound beside Memaloose Creek. The sky was blue, the air was fresh, and here and there the sun peaked through the trees. It was a beautiful start to the day. Cal’s group was right behind.

After a few km, the track took a sharp turn to the right and basically went straight up the mountain for about a km. Whoa! That was definitely the longest steepest snowshoeing section I’ve ever hiked. Thank goodness for heel lifts on the snowshoes. As the trail levelled out slightly and we came into the alpine, the warm sun and beautiful views greeted us. Our group stopped for a short lunch break with views of Hozameen and the Cascades in the distance. With Memaloose Peak within sight, the final push to the top from our lookout was made within 45 min. The first group had a nice long break - taking photos, enjoying our snacks and tea, breathing in the mountain beauty. We were careful to avoid getting too close to the cornices on the north/east side of the peak.



Just as the first group was beginning to make our way down, the second group arrived at the peak. It was a great accomplishment for everyone there! Of course, there was time for more visiting, more photos, and more enjoyment of the views. The hike down was certainly not as strenuous as the hike up. We were also pleasantly surprised that the steep section was reasonably easy to navigate. By this time in the afternoon the snow was quite slushy until we came back down to the creek. There the snow was hard packed and icy. We met up with some other COC friends who had also been out for a day in the snow - Terry B, Allana W, Ingrid F, and Michelle.

What a wonderful snowshoe trip this was, especially since many of us had never been up to Memaloose Peak. A big thank you to Gary for volunteering to return much earlier than planned when a member of the group was unable to continue any further. Thanks Cal for doing such a great job of leading!

Memaloose Peak - 1945m  
 ~ 900m elevation gain  
 15.5 - 16km (depending on your device!)



Sonia J, Rosa P, Iraj F, Gary B, Johnny G, Wayne H, Rose S, Jan S, Diane W, John W, Peter E, Joan S, Mark S, Collin F, **Carol A** (report) + **Cal F**

### McKee Peak – Jan. 22



McKee Peak in Abbotsford on Saturday. This fascinating hike was organized by Ted VanAsseldonk, who lived right at the trailhead for 17 years and hiked it many times a week. He had so much knowledge about it that he was as much a tour guide as a trip leader. There were 12 of us and it was an almost magical time due to all the history and stories behind the trails and unique rock formations. I did this hike a few years ago and it was just a nice hike because the commentary was missing.



We had spectacular views and beautiful trails with some decent short, steep sections that got my heart rate up. The company was great, and I got to meet some hikers that I hadn't met before. Always a nice thing. It was definitely a well spent 4 hours with 9 kms and 440 meters elevation gain.



Another great day.  
By **Don T** (report) + **Ted VA**

### Hollyburn Mt. Sunset SS – Jan. 26

I've always wanted to do a sunset hike, so when Cal Francis posted a January 26<sup>th</sup> sunset hike up Hollyburn Mountain, I took advantage of no Zoom meetings in my calendar, took the afternoon off work, and signed up for the hike.



Those of us out Chilliwack way met in the parking lot behind Safeway at the Chilliwack mall to organize car-pooling and get info about where to meet at Cypress. Driving through a fog bank that had settled over Langley, it was nice to break out back into the sunshine – eventually amassing our group of 18 at the trailhead.

We departed around 3 pm. The day was warm, and the snow was solidly packed down, with a sugary layer on top. Microspikes were a necessity. I feel like each time I tackle an icy trail, my bond with my microspikes deepens even more. It was a relatively steady uphill, with quite a few other hikers [and some determined snowshoers] making their way up and

down. It was my first North Shore hiking experience, so it was a busier trail than I'm used to. Trying not to begrudge anyone else getting outside, I focused on the views, fresh air, and good company.



As we got to the steeper portion of the hike, we met a group of students coming down carrying a variety of wood forms. They told us to look for their sculpture on the right-hand side at the top of the hill. They had built an arched architecturally styled snow shelter of sorts, which was a great prop for photos. I was equally impressed that they had carried the equipment and forms up and down the treacherous hill and hacked out a structure from such terrible snow, as I was with their design capabilities.

Around this point, the group split into two, with the faster group going up ahead. In the end, everyone arrived in time for the sunset. The views were breathtaking, surrounded by a panorama of peaks. We settled in with snacks and drinks and cameras in hand, ready for the show – which did not disappoint.



As the sun dipped down the horizon, an explosion of colours took over the sky, looking towards Howe Sound. Shades of pink, red, gold, orange, and yellow mingled with the deepening darkness, silhouettes of trees and outlines of



mountains. We took photo after photo, oohed and ahed, then eventually made our way back down in the darkness in two groups, moving towards the city lights below.

As a hike, it was pretty straight forward – up the hill, down the hill. But I don't think there is ever a run-of-the-mill sunset. It's like nature reinvents herself each time, throwing out a different array of colours, giving us the biggest show right before night closes in. We all say we love nature, the mountains, the lakes and so on – but I've been thinking more lately about how nature loves us back—providing us with all we need to feed our bodies and souls. I felt loved by nature this night.

Incidentally, I also met a very nice Doberman.



By **Michelle K** (report) + **Cal F**

*Masthead of Hollyburn Mt. by Sonia Jacobsen*

## C.O.C. - 2022 MULTI DAY TRIPS

**TRIP:** DOWNHILL SKIING, CROSS COUNTRY SKIING, SNOWSHOEING AT WHISTLER FROM JANUARY THRU APRIL 2022

**LEADER:** CINDY WASLEWSKY AT TWIN-CREEKS@SHAW.CA

**DATES:** FROM JANUARY TO APRIL, EVERY WEEK, LEAVE ON THURSDAY, COME BACK FRIDAY OR SATURDAY OR, STAY AT EMBARC RESORTS, LAST MINUTE BOOKING, DATES UNKNOWN, WILL BE POSTED

**GROUP SIZE:** ANYBODY WELCOME, NO LIMIT

**TRIP:** SKI & SS INTO THE ELIZABETH PARKER HUT IN YOHO NP & IN LAKE LOUISE

**LEADER:** DAVE BIEHN AT DAVE.BIEHN@GMAIL.COM

**DATES:** FEB 24 – MARCH 04 2022, LAKE LOUISE HOSTEL FEB 24, 28-MAR 04, HUT FEB 25-28

**GROUP SIZE:** 15-16 OR

**TRIP:** UP THE ALCAN HWY EARLY JUNE, THROUGH WHITEHORSE, UP TO DAWSON CITY, OPTION TO DRIVE THE DEMPSTER HWY, LOOP UP TO KLUANE NP, WHITEHORSE, RETURN ON THE CASSIAR HWY TO MAKE A LOOP RETURN THE LAST WEEK OF JUNE.

**LEADER:** CINDY WASLEWSKY AT TWIN-CREEKS@SHAW.CA

**DATES:** 3-4 WEEKS IN JUNE 2022

**GROUP SIZE:** 12 MAXIMUM OR

**TRIP:** OLYMPIC PENINSULA, WASHINGTON STATE, CAR CAMPING, DAY HIKES

**LEADER:** CHRISTINE CAMILLERI AT 4CHRISTINECAMILLERI@GMAIL.COM

**DATES:** 5 DAYS AROUND MID JUNE

**GROUP SIZE:** 12 MAXIMUM OR

**TRIP:** BIKING TRIP TO THE “HEART OF THE KOOTENAYS” B.C.

**LEADER:** GARY BAKER AT GARYWBAKER@SHAW.CA

**DATES:** 5-7DAYS OF BIKING ROUGHLY AROUND JUNE 20-30, STARTING AT KASLO OR NELSON

**GROUP SIZE:** 12 MAXIMUM OR

**TRIP:** BACKPACK INTO GARABALDI LAKE, WHISTLER AREA, TENTING

**LEADER:** SUE LAWRENCE AT GWELU@TELUS.NET

**DATES:** JUNE 21-23 3 DAYS/2 NIGHTS TENTING - TUES – THURS

**GROUP SIZE:** MAXIMUM 8

**TRIP:** BACKPACKING TO GARABALDI LAKE PP AT WHISTLER, 2 NIGHT / 3 DAY, TENTING

**LEADER:** CINDY WASLEWSKY AT TWIN-CREEKS@SHAW.CA

**DATES:** TIME ZONE IS 1ST 3 WK OF JULY OR 4TH WK OF AUG DEPENDING ON WEATHER AND SITES

**GROUP SIZE:** 12 MAXIMUM OR

**TRIP:** STRATHCONA PP, VANCOUVER ISLAND, CAR CAMP, DAY HIKE, BACKPACK

**LEADER:** CHRISTINE CAMILLERI AT 4CHRISTINECAMILLERI@GMAIL.COM

**DATES:** APPROXIMATELY JULY 7-16, DEPENDS ON SNOWPACK

**GROUP SIZE:** MAXIMUM 12 OR

**TRIP:** MARRIOT BASIN, ROHR LAKE, PEMBERTON AREA, BACKPACK

**LEADER:** PATRICK RAMSDAN AT PATRICKR@SHAW.CA

**DATES:** JULY 10-14, TENT, STAY AT WENDY THOMPSON HUT 1 NIGHT

**GROUP SIZE:** 6-12 MAXIMUM OR

**TRIP:** BACKPACK THE ILLAL MEADOWS, COQUIHALLA AREA, TENTING

**LEADER:** SUE LAWRENCE AT GWELU@TELUS.NET

**DATES:** JULY 19-20, 2 DAYS/1 NIGHTS TENTING - TUES-WED

**GROUP SIZE:** MAXIMUM 8

**TRIP:** REVELSTOKE & GLACIER NP (JULY 24-28) DAY HIKING, CAR CAMPING

**LEADER:** CAL FRANCIS AT CALFRANCIS@GMAIL.COM

**DATES:** SNOWFLAKE CG JULY 24-28

**GROUP SIZE:** 12 MAXIMUM OR

**TRIP:** BACKPACKING A VARIATION OF THE HOWE SOUND CREST TRAIL, NORTH VAN, 2 NIGHT / 3 DAY, TENTING

**LEADER:** CINDY WASLEWSKY AT TWIN-CREEKS@SHAW.CA

**DATES:** 1ST 3 WK OF JULY TO 4TH WEEK OF AUG DEPENDING ON WEATHER AND SITES

**GROUP SIZE:** 12 MAXIMUM OR

**TRIP:** KOOTENAY NP, DAY HIKING, CAR CAMPING

**LEADER:** CAL FRANCIS @ CALFRANCIS@GMAIL.COM

**DATES:** REDSTREAK CG @ RADIUM BC, JULY 29 – AUG 04

**GROUP SIZE:** 12 MAXIMUM OR



**TRIP:** CAR CAMPING, HIKING & BACKPACKING IN YUKON (THE KINGS THRONE & THE TOMBSTONE MTNS)

**LEADER:** JOCE TIMMERMANS AT JOCELYNTIMMERMANS@HOTMAIL.COM

**DATES:** TRYING TO FIT IT IN THE MONTH OF AUGUST, DAY HIKE KLUANE NP 1ST WEEK AUG & BACKPACK TOMBSTONE MTNS 3RD WEEK AUG

**GROUP SIZE:** 12 MAXIMUM OR

BACKPACK TOMBSTONES IS NOW FULL – I CAN PUT YOU ON A WAITING LIST IN CASE OF CANCELLATIONS

**TRIP:** JASPER NP, THE SKYLINE TRAIL, BACKPACK

**LEADER:** CAL FRANCIS AT CALFRANCIS@GMAIL.COM

**DATES:** TENTING AUG 14-15

**GROUP SIZE:** 12 MAXIMUM OR

**TRIP:** JASPER NP, CAR CAMPING, HIKING, KAYAKING, E-BIKING

**LEADER:** CAL FRANCIS AT CALFRANCIS@GMAIL.COM

**DATES:** CAMPING AUG15-21

**GROUP SIZE:** 12 MAXIMUM OR

**TRIP:** JASPER/BANFF ICEFIELD HWY, CAR CAMPING, HIKING, KAYAKING

**LEADER:** CAL FRANCIS AT CALFRANCIS@GMAIL.COM

**DATES:** CAMPING AT WILCOX CG OR MOSQUITO CG AUG 21-25

**GROUP SIZE:** 12 MAXIMUM OR

**TRIP:** ACC GENERAL MTN CAMP AT INTERNATIONAL BASIN

**LEADER:** CINDY WASLEWSKY AT TWIN-CREEKS@SHAW.CA

**DATES:** AUGUST 6-13, HELICOPTER IN FROM NEAR GOLDEN

**GROUP SIZE:** 3 MEMBERS ALREADY SIGNED UP, OPEN

**TRIP:** CAR CAMP AND DAY HIKE SOUTH OF MT BAKER & INTO CASCADES NP ON HIGHWAY 20

**LEADER:** CAL FRANCIS AT CALFRANCIS@GNMAIL.COM

**DATES:** EARLY – MID SEPT 2022, EXACT DATES SENT OUT IN AUGUST

**GROUP SIZE:** 12 MAXIMUM

**TRIP:** BACKPACK IN MANNING PROVINCIAL PARK

**LEADER:** TERRY BERGEN AT TERRYBERGEN@SHAW.CA

**DATES:** 3 DAYS/2NIGHTS TENTING IN MID SEPTEMBER

**GROUP SIZE:** 12 MAXIMUM OR

**TRIP:** BACKPACK COPPER RIDGE, MT BAKER/NORTH CASCADES AREA

**LEADER:** SUE LAWRENCE AT GWELU@TELUS.NET

**DATES:** SEPT 13-15, 3 DAYS/2 NIGHTS TENTING - TUES-THURS

**GROUP SIZE:** MAXIMUM 6

## 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](http://www.valhallapure.com) (club sponsor), [www.backpacker.com](http://www.backpacker.com) and [www.mec.ca](http://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

3	shovels	1	climbing dead man anchor
2	pairs of crampons	13	ice axes
2	avalanche transceivers	1	avalanche probe
6	climbing harnesses & a few carabineers	5	ice screws contact Cal Francis to use: <a href="mailto:calfrancis@gmail.com">calfrancis@gmail.com</a>

**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:		
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