



ZOA SNOWSHOE – JAN. 6

With a string of dark rainy days behind our backs, we especially appreciated the cobalt blue skies that stood out in stark contrast to the bright white snow. But a thick layer of fog blanketed the valleys. Would we get a view at the top?

The first 20-minutes of snowshoeing were on a gradual grade. When we crossed the creek and regrouped at the base of the pipeline, some of us started taking layers off. Even though we weren't warm yet, we knew we very soon would be. The pipeline is the steepest part of the route, on a broad open slope marked with ski tracks and a trampled snowshoe track. In one hour, we were at the highest point on the pipeline and had done over half of the elevation gain (377m).



From there we turned left and headed west through a forest of evergreens laden with fresh snow. In another half an hour, we emerged into the open views on the ridge. To our northwest were Vicuna & Guanaco Peaks. But to our southwest, the triplets were shrouded in fog. The sparse subalpine trees took on a ghostly appearance. Some of the ice on their branches resembled a bramble bush while other ice looked like it had been chiseled by the direction of the wind.



We settled in for lunch, me keeping an eye out for that fog to part. Was that Sheri's voice? Sure enough. She surprised us all when she showed up, vibrant as ever. After about 45-minutes and a "Happy New Year!" toast (thanks Danny for the Baileys!), my hopes for seeing the triplets was beginning to fade. COCers were starting to pack up. But I was stubbornly stalling, having seen parts of Falls Lake below us come into view. When Mary called, "Look!" and we could see a peak through the mist, I said to her that in 10-minutes we'd have a clear view. We started calling for the others to come look. Some went to go retrieve others who had already started going down.



It was a frenzy of excitement and chatter when all 16 of us crowded into the small clearing. Sure enough, the veil parted and Thar, Nak + Yak were right before us. We could also see all of Coquihalla Mt. to the distant left and the partial view of Falls Lake. Bingo!

Descending was fun, taking half the time it took to ascend. Some of us lingered longer on the ridge, taking photos and reluctant to leave the amazing vistas. By 2:30pm we were all back. A day well spent.

Stats: 9.2 km / 690m gain / 1848m high

Participants: Sue A, Peter E, Iraj F, Danny G, David G, Janice H, Fred H, Joe K, Narisi M, Leora P, Mary R, Mark S, Karen S, Annett W, Lori Y + **Joce T**

LIGHTENING LAKES



This was a great snowshoe outing around Lightning Lake. Thanks to **Carol Ault** for organizing. Here are some photos, of a dry day with a fair bit of sun. We had a group of 18 snowshoe around the entire perimeter of Lightning Lake which included a branch (side) snowshoe to Strike Lake for lunch.

Total 10 km, and 4 hours (includes stopping for lunch).



BY KARL V

MANNING PARK WINTER RETREAT – JAN. 8-9



It was a great 3 days up at Manning Park skiing, snowshoeing and cross-country skiing. Twenty members enjoyed the comforts of two deluxe cabins at the resort with hot tubing and swimming in the pool. The first night was a fantastic potluck dinner and the second was at the Pine restaurant also at the resort.

Thank you very much **Sheryl H** and **Gary B** for all your hard work in organizing this event.

By **Fred H**

CULTUS LAKE LOOP – JAN. 9

A cloudy but dry day made this hike in my favorite local forest a good choice. With the high point on Teapot Hill being only 395m, it would be an easy hike, right? Wrong. There's three significant dips and swells along the 8 km Horse Trail which more than doubles the elevation gain.



We parked by the yellow gate a wee ways up Edmeston Rd. The first stretch of trail was fairly level, until the junction to International Ridge. We turned right, staying on the Horse trail that soon began to climb. Seemingly illuminated moss was everywhere, clinging in clumps to branches and cloaking their trunks. We passed ancient stumps marked with ax cuts, hollowed blacken shells of dead trees and a fast-flowing creek just before the Watt Trail junction. That's where we turned right. We scoured the woods for an old truck that Jan

had discover about ten years ago. But we didn't find it. Apparently, Jan did quite a bit of maintenance work on these trails this past summer. Many thanks, Jan!



When we got to the 918 Road junction, we turned left. This got us onto the Watt Creek trail that looped round the back of Teapot Hill, on the south-facing slope which was the original trail. The last stretch was especially steep but short-lived. Even us adults had fun searching for the teapots & cups. They came in all shapes, sizes & colors. Some were tucked into or on stumps and some were hanging high up in branches which left us wondering, "How did they get the teapots up there?" Sue & Brigitte came up with the idea to gather some of them for our group shot after lunch. Don't worry, they put them back.



On our way down the main trail, we spotted even more of them. Back at the 918 Rd. junction, we did a quick right and then left, back onto the Horse trail. At the next junction we turned left onto the Seven Sisters trail (there's no mention of the Seven Sisters on that sign). Three of the seven over-500-year-old Douglas Firs remain standing. The trail then came out at the Entrance Bay campsite which we cut through till we got to the Loon sign on the other side of the Columbia Valley Highway. We crossed over and checked out the

beach, before walking along the road for about 10 minutes on the final leg of our journey.

Stats: 17.5 km / 892m gain / 395m high point / 9:00am-2:30pm. Participants: Sue A, Denise D, Brigitte G, Brian H, Lonja J, Jan S, Owen W (went halfway), Lori Y + **Joce T**

ELK MT. SUNSET – JAN. 12

Nineteen COCers tromped up the steep trail with the intention of watching the sky from the summit. It was the day before a full moon and other than low lying fog, the skies were clear. And what a grand display it was! First a hint of pink in the east, then at 4:30pm to bold orange, yellow, red & gold as the sun set in the southwest and finally to velvet black with twinkling stars and the moon. Venus, Mars, Jupiter + Saturn were also visible, looking more like prominent stars but without the sparkle.



By 2:00pm we were on the way, passing a lot of people coming down while we were going up. There was only one other group of four that left when we did and later shared the summit with us. At about the halfway mark, we strapped on our micro-spikes. As we approached the viewpoint, the last little stretch was very steep. This familiar point offered expansive views to the west of Sumas Prairie. From there we completed the last quarter of the route mostly in the open. A final set of stairs landed us on the rolling slopes of the summit. It was then 4:30pm, 10 minutes before sunset.





We pulled out our thick winter coats, hot drinks and Denise her lawn chair, settling in for a show of the sky. Wow! We feasted our eyes on the colorful sunset above Cultus Lake, the under belly of the fog glowing gold and a pink hue to the east & south on Slesse, the Border Peaks. McGuire and Mt. Baker. But where was that moon? As hikers were packing up to leave, a few of us followed Peter a bit farther up the trail and found it shining down on the Cheam Range.

We stuck close together during the dark descent. The forest trees had ample orange reflectors to guide the way. We were back down by 7:00pm.

Stats: 9.6 km / 890m gain / 1470m high / 3:45 hours MT

Participants: Jim A, Patty A, Elizabeth B, Denise D, Peter E, Jeff Frederick (newbie), David G, Darcy G, Danny G, Fred H, Irene H, Brian H, Lonja J, Paul L, Bote M, Gregg S, Lori Y + Case & **Joce T**

CAMBIE CREEK – JAN. 12



Another great club outing, this time snowshoeing Cambie Creek Trail. **Gary B** led 14 of us on a beautiful winter's day and wonderful outing.
By **Dave Stephen**

SEYMOUR SUNSET SNOWSHOE – JAN. 15



We witnessed a spectacular sunset that never seemed to end on Mt. Seymour first pump. Thanks to **Cal Francis** of the COC for organizing. 14 of us did the climb. We were also entertained by a young guy trying his stuff off a harmless cornice. Great evening.
By **Danny G**

GLORIA LOOKOUT – JAN. 15

Want a good work out? A REAL good workout? This is the one. It's great in the shoulder season because it is lower. As the up keeps going on & on, you start to think, "Are we there yet???" It was deceiving because after climbing 2 hours through beautiful forest (similar to the Cultus Lake Forest), you begin to see the sky through the trees and think we're almost on the ridge. Not so.



We started out on the Community Forest trail, staying left at the first sign. At the fork to Gloria, it warns of the gain and grade of the slope. The trail follows alongside the left of Ford Creek & Falls on a narrow spine of land, before angling away from it at about the 850m mark where the snow started.



Then it arches round the top of the creek to the ridge where the Gloria-Thurston trail connects from the left. Phew. Made it. Slesse stood out sharply to the left and Elk Mountain Ridge was across from us. From the ridge it was 100m drop to the lookout. We could tell by the snow that no one had been up there recently.



What a payoff at the end! Not only the satisfaction that we made it, but one of the best views of the Fraser Valley, reaching from Sumas Mt all the way to where the valley ends in the east. Mt. Cheam & Lady peaks were closest to us. This viewpoint is only 36m higher than Elk Mt and offers full views to the north whereas Elk does more to the south.

Stats: 13.9 km / 1337m gain / 1515m high / 5:40 hours MT
Participants: Sue A, Denise D, Brigitte G, Charlotte H, Irene H, Sheri K + **Joce T**

WINDY JOE – JAN. 18



It was another super day in the mountains of Manning park. Hiking with the COC group, up to Windy Joe, old fire lookout station built in 1950. The building is still solid as a rock. Thanks **Irene H** for organizing this snowshoe.



By **Danny G**

ELPHIN LAKES HUT – JAN. 20-21

Twenty of us embarked on a fantastic overnight snowshoe adventure to the Elfin Lakes Shelter in Garibaldi Park. The trip began with an early breakfast at White Spot, where we indulged in copious amounts of pancakes, eggs, sausages, and their famous smashed potatoes. After we were sufficiently fueled, our **trip leader, Cal F** gathered us for a detailed briefing about the journey ahead. With spirits high, we headed to the lower parking lot, where chains were put on the tires to ensure safe travel on the icy mountain roads. From there, we piled into the vehicles and made our way to the upper parking lot. The hike began with a challenging 4 km ascent to the warming hut. Due to the lack of snow on this section of the trail, we strapped our snowshoes to our backpacks and relied on microspikes for traction.



The climb was steady, but the promise of adventure kept us moving. After a brief rest at the warming hut, we continued along the next 6 km of the trail. As we progressed, the light began to change, creating an ethereal atmosphere as evening approached. The snow deepened gradually, but we remained in our microspikes, enjoying the crisp mountain air and the camaraderie of our group. Eventually, we arrived at the Elfin Lakes Shelter, nestled in the heart of the stunning alpine landscape.

The shelter, heated by propane and illuminated by a solar light panel, provided a cozy respite from the cold. After settling in, we prepared dinner and shared stories of past adventures. The warmth of the shelter and the sense of community made for a perfect end to the day. Exhausted but content, we all turned in early to prepare for the next morning's hike.



Our return journey began before dawn. With headlamps lighting the way, we set off to catch the sunrise. The trail was serene and quiet, and as the sun began to rise, it bathed the Tantalus Mountain Range in soft, golden light. Mount Garibaldi Peak sparkled in the early morning sun, and the ridge of Round Mountain revealed its rugged beauty. The scene was breathtaking and made the early wake-up call well worth it.

In total, we traveled 22 km with an elevation gain of 816 meters. The combination of challenging climbs, spectacular views, and shared moments with friends made this trip an unforgettable experience. The Elfin Lakes Shelter adventure will undoubtedly be a cherished memory for all who participated.

By **Maureen Smith**

SUMAS SUMMIT – JAN. 21



By 8:30am ten of us were on the way. But just as I was thinking, "I'm not so sure about the frost in the trail", I slipped and fell backwards. So I promptly put on my micro-spikes and kept them on for ¾ of the hike. Two dips to cross bridges over creeks, past the fern patch, through the gully, left at the

FSR to get the view over Mission and the Fraser River, backtrack to cross the road and continue past the weeping rock, to cross Chadsey Creek on another bridge before arriving at Chadsey Lake. Yes, it was frozen. We had a brief snack-stop and then carried on along the left side of the lake, through the grove of old-growth cedars and then up the steepest section of the trail that levelled off about 40-minutes later where the Lost Lake Rd met the radio towers to our right.



There the trail did a sharp left, past a picturesque tarn and old-growth spruces, arriving 3-hours from the start at the somewhat overgrown summit. We did another brief stop to put the micro-spikes on for the sharp downhill 20m drop to the more expansive viewpoint. There we parked for a very worthy lunch. We could see from Nicomen Mt. in the north to Mt. Baker in the south. Below was the wide Fraser River, the Vedder Canal and city of Chilliwack. And standing out on the horizon to the right was the familiar Cheam Range. Wow!



After lunch three hikers went a bit further north to the Big Rock. Later Karl showed us his video of Lonja climbing and standing on the rock! It gave us the bejeebers! I thought it'd be better to wait with visiting the Rock till the ice is absent. By 3:30 we were back at the vehicles.

Stats: 17 km / 1075m gain / 919m high

Participants: Sue A, Charlotte H, Brian H, Lonja J, Vic K, Annet Moerman (newbie), Patty S, Karl V, Owen W + **Joce T**

LYNN LOOKOUT – JAN. 24

Rooty, rocky & steep would best describe this hike. Being so close to the ocean, we did not need micro-spikes. The treed Lynn Peak has no views, but the lookout does so we made that our destination for the day.

I'm not sure how Sonia managed to sleep in our car with all the conversation going on, but I guess having just done a double shift at work helped. By 10:00am we crossed the bridge over Lynn Creek by the little museum and first parking lot in Lynn Headwaters Regional Park. Early on in the hike we agreed on the five fasties breaking off into their own group and doing to the peak.

At the kiosk we turned right onto the Lynn Loop trail, following a broad gravel path and staying left at a junction before branching off onto the Lynn Peak trail. That's where the more challenging ascent began.



A steady uphill plateaued briefly about an hour later, by a grove of giant old-growth cedar and fir trees. Two hours from the start we arrived at the lookout. Especially for the first timers, this was a "Wow!" moment. Charlotte's red hair just stood on end at the sights. Before us was the mighty Fraser River flowing in front of the skyscrapers of Vancouver. On the horizon the ocean glittered in front of the mountains of Vancouver Island.

There were only a few patches of snow on the warm dry rock. It would've been a nice spot for an afternoon nap but the threat of rush hour limited our stay to 45 minutes. We kept a close eye on those ravens as we were eating lunch. We made very careful steps on those steep rocky sections during the descent. For the final stretch between the first and second parking lot, we took the short Varley trail that followed along Lynn Creek on raised boardwalks. By 2:30pm we were back at the vehicles. I was thankful for the HOV lane and my auto cruise-control.

Stats: 10.6 km / 825m gain / 982m high



Participants: Sue A, Elizabeth B, Deb B, Denise D, Cal F, Brigitte G, Charlotte H, Brian H, Fred H, Lonja J, Sonia J, Sheri K, Jen M, Patty S, Lori Y + **Joce T**

BEAR MT – JAN. 26



This was a longer hike but not a particularly difficult one. Most of it is on a deactivated FSR therefore the grade is more gradual. Eye popping views to the south are not exposed till the very end of the trail when you emerge from the forest.



Stats: 17.77 km / 1065m gain / 1101m high / 4:55 hours MT
Participants: Sue A, Deborah B, Denise D, Cal F, David G, Irene & Simon H, Fred H Charlotte H, Brian H Karl V. Thanks, **Irene** for organizing this at the last minute.

CHAIN LAKES – JAN. 29



Thank you, **Cal Francis** for organizing an awesome trip to the Chain Lakes. It was an amazing day 14 km / return 5-1/2 hours return including lunch.



By **Karl V**

MASTHEAD BY JOCE T: VIEW FROM ELK MT.

2025 MULTI-DAY TRIPS

TRIP: Whistler – downhill skiing
DATE: January through ski season, midweek
CONTACT: Cindy Waslewsky twin-creeks@shaw.ca

TRIP: Elizabeth Parker Hut, Lake O'Hara & Bow Hut - snowshoe or backcountry skiing
DATE: March 2-8 **LIMIT:** 8
CONTACT: Dave Biehn dave.biehn@gmail.com

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

CLUB CONTACTS

Position	Name	E-mail
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