

## JULY 2022 ACTIVITIES

01 Jul Hike Slesse Memorial Trail 17KM Return and 960 MR Elevation  
 02 Jul Hike Dragon's Back Trail Hope BC 5KM Return 472 MR Elevation  
 02 Jul Paddle & Hike Lindeman lake 3.5 KM return and 340 MR elevation gain.  
 03 Jul Hike Dewney Grind Peak 1000MR Elevation Gain  
 03 Jul Cycle Canyon to Coast Trail 36 KM Loop  
 05 Jul Hike Rolley Peak 12.2 KM Return & 613 MR Elevation Gain  
 05 Jul Hike Goat Ridge 8 KM Return and 976 MR Elevation Gain  
 07-16 Jul Backpack, Day hike, Car camping, Strathcona PP Vancouver Island  
 10-14 Jul Trip Backpack, Marriot Basin, Wendy Thompson Hut, Pemberton Area  
 11 Jul Hike MT ST Benedict Mission area 6.9 KM & 618 MR Elevation  
 12 Jul Cycle Scenic Tour de Vancouver 60 KM  
 12 Jul Trail Maintenance Slesse, Paleface, Tolmie, Pierce, Vedder, Silver Skagit  
 16 Jul Trail Maintenance Slesse, Paleface, Tolmie, Pierce, Vedder, Silver Skagit  
 16 Jul Cycle Fairfield Island 50 KM  
 18 Jul Trail Maintenance Slesse, Paleface, Tolmie, Pierce, Vedder, Silver Skagit  
 19 Jul Trail Maintenance Slesse, Paleface, Tolmie, Pierce, Vedder, Silver Skagit  
 19 Jul Cycle Vedder Dyke 42 KM Flat  
 19-20 Jul Trip, Backpack, Illal Meadows, Coquihalla  
 20 Jul Trail Maintenance Slesse, Paleface, Tolmie, Pierce, Vedder, Silver Skagit  
 20 Jul Hike Skyline 1 Manning Park 20 KM Return 950 MR Elevation Gain  
 20 Jul Hike MT Rexford 14 KM Return 1450 MR Elevation Gain  
 21 Jul Trail Maintenance Slesse, Paleface, Tolmie, Pierce, Vedder, Silver Skagit

24 Jul Cycle Fairfield Island 30 KM Flat  
 24-28 Jul Trip Glacier & Revelstoke NP Day Hiking, Camping  
 Jul Trip Backpack, Howe Sound Crest trail, 3 days.  
 27 Jul Hike MT Kelly Manning Park 8 KM Return and 600 MR Elevation Gain.

## MT. SLESSE – JULY 1



It was a warm and sunny morn that greeted 22 hikers setting off to celebrate Canada Day with an inspiring trek up Mount Slesse. Some had pride painted on their faces, others dressed in red and white and still others carrying a flag to fly at the summit. We met at the Vedder Dog park at 8:00 am with the intention of boots on the ground at 9:30 but first there was a bit of work to be done. Flood repairs resulted in a greatly improved road over previous years, but improvements stopped about 500 metres short of the trail head where a significant washout prevented further vehicle access. The area leading up to the washout had grown in considerably and we needed to park discreetly to make way for the 4X4 club that may or may not have been planning a trip up the same road later in the day.



Jim Alkins was well equipped for trail clearing and shortly before the washout he began stopping every few metres to clear away brush. Before long he was joined by Bre, Krys, Iraj and Gary while Ingrid herded them up the trail with Jim's Toyota (apologies if I missed any of the trail clearing crew). In the meantime, those who parked a little further back hiked to the trail head and everyone was ready to go at 9:30 as planned.



was lots of bear scat on the trail but none of it was steaming, so not to worry.

Shortly after the rock scramble where the trail leaves the old logging road, we hit the snow line. Many of us donned micro spikes for the final ascent to the propeller. We enjoyed a

leisurely lunch at the propeller before breaking up into our car groups to descend to the trail head.

Rosa Parks created a beautiful Youtube video of the day <https://www.youtube.com/watch?v=lbYFkaDgHe4>



Participants: Trip Leader **Cal F**, Tracy G, Darlene G, Alison J, Jan S, David B, Val S, Charlene D, Cathy U, Jim A, Krys P, **Ingrid F** (reporter), Bre F, Carmen P, Iraj F, Joan S, Gary A, Sue L, Al L, Rosa A, Mark S and Brian F.

Photo credit for group shot: Ingrid F + for bridge shot: Jim A

Trail Stats: 15K return, 994 metres

## GOAT RIDGE – JULY 5



8.1 km 1114 elevation gain, 5 hours moving time. The group met at 8am at Vedder Park and carpooled to the trail head close to the Chilliwack Lake. Great cool and sunny day. Hiked this challenging mountain to the second peak with a magnificent view of all three lakes. We parked by the trailhead on Chilliwack Road. The first few hundred meters was flat. Then it followed along the river in the forest on a steep incline and first assisted rope. Comparing this hike to Grouse Grind, it has the same incline/distance ratio of 3.8 but twice the distance and carrying an average 15lb. pack.



Participants Al, Jan, Mark, Lynne, Lorenz and Iraj F

## ROLLEY PEAK - JULY 5TH



12.2 km rtn 613 m gain  
Cathy U and I chose to head to Rolley Peak via the logging road, which is less steep and more km. I had downloaded the All-Trails map which came in very handy as there are quite a few spur roads which branch off the main road.



It is a steady climb with several steeper sections, with lush green forest, and purple, pink and white Foxglove blooming on both sides of the trail with a grouse cooing. It all made for a nice ascent to the viewing platform. The last 1-2 km is the steepest section, when all of a sudden the platform appears giving such amazing views of Stave Lake. The platform gave us a chance to enjoy the solitude during lunch while soaking up the sunshine and views of Stave Lake.



By Dorothy Franson

## MT. ST. BENEDICT – JULY 11

This was a picture-perfect day. Last year we did this hike a month earlier and ran into snow just past the lake, making that steep slope impossible to do without micro-spikes. Not so this time.

At 9:30am 2 4WDs parked at the upper trailhead, therefore cutting off 1:30 hours of hiking through the forest. In half an hour 9 hikers arrived at McKay Lake. Skunk cabbage and the remains of fallen trees lined the shore. Another 10 minutes of hiking got us to the bottom of the steep slope leading to the ridge. No switchbacks there, it was straight up.



Once on the ridge we ran into a few patches of mushy snow but not enough to need micro-spikes. Our objective was now in sight. We passed the shallow clear tarn and climbed up another steep section, passing the paragliders' trail to our left, before arriving at the summit. Wow! Above Stave Lake, on the horizon were nearby Golden Ears, Robie Reid & Judge Howay. To our more distant southeast & south were the familiar Border Peaks, Tomyhoi & Mt. Baker.

Dave entertained us with a demonstration of his latest & greatest piece of outdoor clothing: a vinyl jacket with a built-in zip up bug net for the face. But Jerry's item sold better simply because he bought his hat with drop down netting at the dollar store. Yes, those mosquitoes were out in full force.



But they didn't stop us from taking a nice long lunch break while basking on the rocks in the warm sun.

During our descent that warm sun was getting pretty hot. So once back at the vehicles, it was a pleasant surprise when Denise hauled a cooler full of ice-cold drinks out for us to enjoy. Jerry who lives close by, had to be dropped off at his place. He invited us all to have a tour of his beautiful 2 acres of hobby farm & yard. It looked like a park. And then we got ice-cold popsicles! Thanks Denise and Jerry!



Stats: 6.9 km / 618m gain / 1280m high

Out for this wonderful day were: Carol A, Jerry B, Terry B, Lorenz, Denise D, Allana S, Lucy S, Dave S + **Joce T**

## **DELLA FALLS BACKPACK, STRATHCONA PP, VANCOUVER ISLAND JULY 11-12**

The Alberni Valley is rich in mining history and Della Falls and Lake was the site of a productive mine at the beginning of the century. We were walking along the same trails pack horses used to take gold ore out and along the way we noticed mining equipment, cables and buckets rusting. Joe Drinkwater canoed Great Central Lake to the end where

the trail head now is and explored the area at that time. He climbed high enough to look down on a lake which he then bushwhacked down to and noticed gold in the quartz-bearing rock along the shore. He claimed some claims. Hearing a roaring sound as he cautiously made for the outlet of the lake, he was astonished to see the water outflow tumbling down to the valley floor 440m in three series of falls. He named the lake and falls after his wife Della who often accompanied him on his trips.



We also wanted to paddle the lake (yeah sure) but opted for the Della Falls Water Taxi instead and if Joe had the option, I think he would have taken it. With Skipper Steve giving us some history of the area, we ripped across the water for over 45 mins to the trailhead where we were dropped off with our packs and our adventure began.

The trail is not as sweet as Della looks in her picture posing with her husband. Though a somewhat gradual enough climb we first went through mosquito alley where mud was deep. We clambered over many creeks balancing our packs, walked over skinny bridges and trod rough terrain that included 154 deadfall trees to get over (I counted on the way back!)



Nice lunch spot along the Drinkwater River with places to camp and then on to kilometer 11 for our PNE ride aka cable car crossing over the rushing river. Gloves came out and we

nervously eyed the box we were to get into. Two hikers at a time and two packs got loaded in and we zinged the first two over. Momentum carries you to the middle then hand over hand you haul along to the end and disembark gracefully haha. Cammy and I screamed like we were on a roller coaster...what fun! Ingrid waved like a queen and Tracy and Mary Ann looked experienced. Thankfully everyone arrived safe with no hands caught in any cable! We all thought that so far this was the highlight of the trip. So charmingly BC wild west.



Next we got into huge boulder fields along the river. Again, not so bad except when you have a pack on and it's your first trip in two plus years due to Covid. No hand rails or ropes to assist — you are on your own (coming back Tracy was hanging upside down clutching a tree branch with her pack pulling her towards the rocks and river and then with superhuman strength I watched her right herself and carry on...still don't know how she got out of that! (Good ol' adrenaline I guess!))

Finally we are into snow at 580 m and catch our first



glimpse of Della Falls in the distance. We made camp after a long and arduous 16 km trip where we also lost an hour of time because my phone fell on the trail, so we retrace and find it a km or so back (thanks Cammy!). From now on its tucked in a safer place and is not camouflaged with brown leather.

Pleasant, flat, clean campsites along the river but expect a wilderness setting. Somewhat neglected for sure (the pit toilet needs attention!) but all in all a fabulous reward. Few bugs but nothing to worry about. We told stories about new gear designs ("Gotta get that!"), marvelled at Cammy's chair, Tracy's extensive food cache, Mary Ann's bear story and Ingrid's yellow crocs (legendary) and I don't know what I did or said I was so tired lol.

Next day we wake up refreshed and ready to hike up to Love Lake (another name from Joe D). This was a well-maintained trail, 9 kms switchbacking 650 m up to incredible views of the valley, Nine Peaks and a fabulous look at Della Falls from above ("not so tall now are ya Della!") and Great Central Lake in the distance. Love Lake was still frozen as we got onto snow and no one ventured down to make us all slushies.



Coming down to the valley floor we scoot past our campsite and are on the way to Della Falls — a quick 15 minutes away to stand at the base and gaze up at only one third of the falls that we can see clearly because she is cascading in three tiers. The thunderous roar makes talking difficult and the top way up is catching the last rays of the sun. It's an amazing thing to be there in that setting with the tallest waterfall in Canada.

One hundred and fifty-four fallen trees were not going to detain five tired, happy, wilderness backpackers who arrived 5 minutes early for our scheduled departure with the water taxi.



On this epic adventure were Ingrid Fischer, Mary Ann Dykshoorn, Tracy Goodwin, Cammy Pieper and leader Christine Camilleri.

Suggested logistics for 10-day trip: Frontcountry camp at Sproat Lake PP for Della Falls part of trip, this way you have a site with car camping tent up when returning from backpack. Do the backpack first, then rest one day on return. Then on to Strathcona Butte c/g for Elk River Trail and Bedwell Lake trail. Set up camp for 2-3 days. Last leg from Mt Washington ski area (Paradise Meadows) TH backpack the loop via Helen Mackenzie Lake to Cirplet Lake, camp 1 or 2 nights, hike either Castlecrag or Albert Edward then onto Kwai camp for one night then out to parking lot.

**-Christine Camilleri**

## **BEDWELL LAKE AND ELK RIVER DAY HIKES, STRATHCONA PP - JULY 14**

From our base camp in Buttle Campground 7 of us took two vehicles about 40 mins drive but near the trailhead abandoned our two-wheel car and piled into the truck for the final gravel ascent. Bedwell Lake and Baby Bedwell is accessed via the best trail I have ever seen in BC! Beautiful stairs, walkways, bridges, cribbing, ladders that took us along 7 kms of steep at times trail (especially at the beginning for the first three plus kilometers) and over rivers and creeks. At



950m we got into snow and enjoyed lunch at Baby Bedwell. A few of us pushed on to Bedwell Lake for the views of islands and peaks through the clouds. Another glorious day! With me was Marg T, Carolyn H, Cammy P, Lori Y, Mary Ann D, Ingrid F. - **Christine Camilleri**



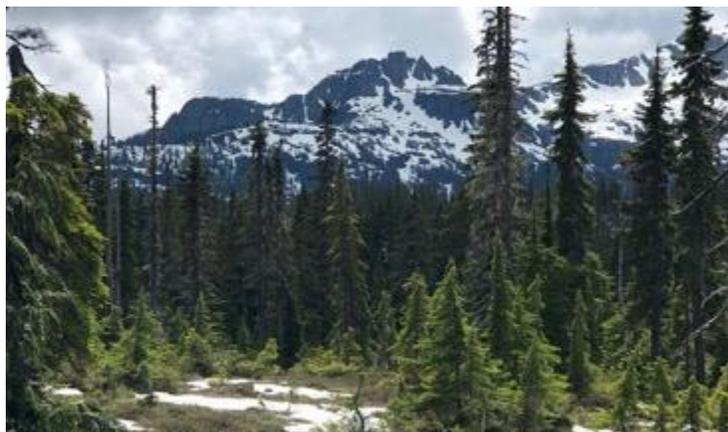
Ingrid and Lori took on the Elk River trail for about half its length and enjoyed fine views of the valley and peaks all around. The weather was changing so we decided to wait one more day for things to clear before tackling Paradise Meadows up at Mt Washington ski resort.



## PARADISE MEADOWS BACKPACK LOOP VIA HELEN MACK LAKE ONTO CIRCLET LAKE CAMP AND KWAI LAKE, STRATHCONA PP JULY 17-19



Since spring was waking up here (skunk cabbage just emerging and heather starting to bloom), the route from the trailhead along to Helen Mackenzie Lake was muddy and waterfilled. Once we were past the lake, we got onto snow near Circlet Lake where we were going to camp. Still more snow at 1250m. When we got there the overflow camping pads were snow free, but the main camp was snowbound!



This is a remote backcountry wilderness camp with a modern toilet structure (clean!), food cache and even sink for washup. The tent pads were new and warm in the sun to dry our boots and I counted at least 8 for the overflow so lots of room and we had nice neighbours.



Next morning, I rested in camp enjoying the solitude while Ingrid and Lori went up more snow 400 m to check out Mt Albert Edward and Castlecrag. Clouds were lifting so they got some great views before heading down and packing up to tramp out to Kwai campground along Whiskey Meadows (more like lots-of-water meadows) about 3.25 kms.



This was an easy day and we got there early enough to set up camp and check out the Cruikshank Canyon overlook (3.8 kms rt).



Nice tent pads right near the lake but more of a frontcountry experience here because of the proximity to the trailhead (8 kms to the vehicles with minimal elevation gain).



Our total kms backpacked on this loop in this beautiful part of Vancouver Island was 28 kms with our additional side treks and ramblings. With me on this epic adventure were Ingrid F and Lori Y. Thanks for coming out.



- Christine Camilleri

## CYCLING IN CHILLIWACK- JULY 19



Great day for cycling. Started from Vedder Park followed



Chilliwack River west to Keith Wilson bridge, North under Hwy1 ( water level under the bridge was night had to do some walking ) to Barrowtown pump station to McDonald Park, east over Hwy1 to #5 side road and Yarrow. Stopped at Chestnut Bakery in Yarrow for coffee and cinnamon rolls then continue along Chilliwack River back to Vedder Park. 3 hours moving time 40km long. Participants: Cal F, Don M, Frank B, Kim B, John B, Russ Y, Iraj F

## ILLAL MEADOWS - JULY 19-20

For the past 5 years Al and I have been doing this backpack every year in the middle of July. Often we have taken other people along who don't do a lot of backpacking because it is fairly easy and you get a lot of views for little effort. Or at least that is what we tell ourselves. But this time we realized there are some difficulties with this backpack.



This year being a high snowpack year and very late start to summer, we were not even sure the meadow would be snow free. But with a few weeks of warm sunshine Sue, Denise, Al and I headed off early in the morning. When you turn off on



the highway on to the forest service road you quickly leave the noise behind you as you go east. We suddenly hit a sign in the middle of the road saying the road was closed. What to do? Well, the road did not look undriveable and there had been work done recently so we cautiously headed on. No problems. Apart from some washboard and potholes the road was in fine shape. We got to the trailhead road to find 3 other vehicles. This short 3 km access road to the trailhead is no longer driveable. After about ½ a km there is a huge washout with abrupt, steep sides. The road is lovely to walk with some beautiful lupine and paintbrush flowers. The cool breeze was keeping mosquitoes at bay. Soon enough we reached the trailhead where the work begins.



I always tell people it is an easy hike, but I realize it is a fairly steep 3 km jaunt up through the forest to the start of the meadows. I always think that I have made it when the meadows open up and I can see some of the mountains. But alas the climbing continues. At this point it was getting warm, and the mosquitoes had found me. The snowfields were a bit larger than most years, but the meadows were very open. We stopped for lunch at a small waterfall flowing under a snowfield and then pushed on.

By the time we got to lake by Jim Kelly the wind was really howling. We walked around looking for a sheltered spot a bit farther from the lake. I thought I found a flatter calmer spot but as we began to put up our tent, we realized the wind was worse. Suddenly a powerful gust swooped up our tent and slammed it down again causing the pole to rip a 6-inch gash in the fly. We had brought our ultra-light to save weight. What were we thinking? Illal is always windy so not a good place for a lightweight tent. We did some field repairs and moved back to the lake to camp beside a little snow field with a bit less wind.



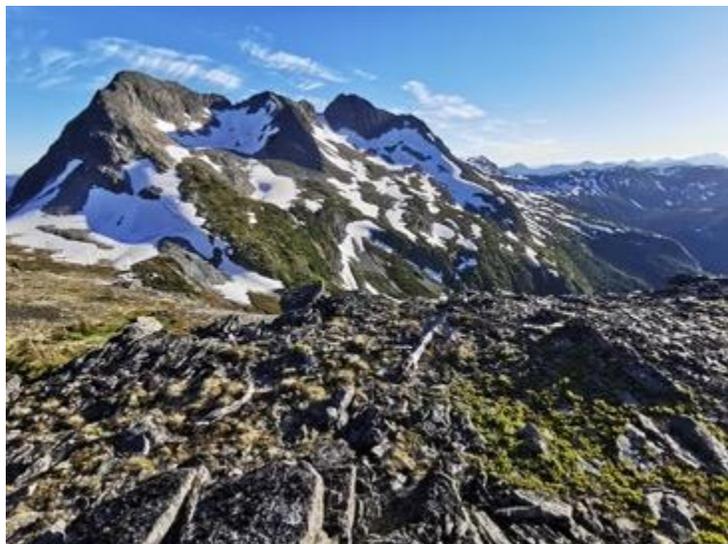
The next thing we realized we forgot was a way to keep our food safe. We usually bring a bear bag or cannister, but we have been doing so much backpacking in parks where food storage or hanging racks are provided that we did not bring anything with us. We have never seen a bear up here so we just double bagged our stuff and put in as high as we could in an alpine tree to keep it away from ground critters. We were lucky this time.



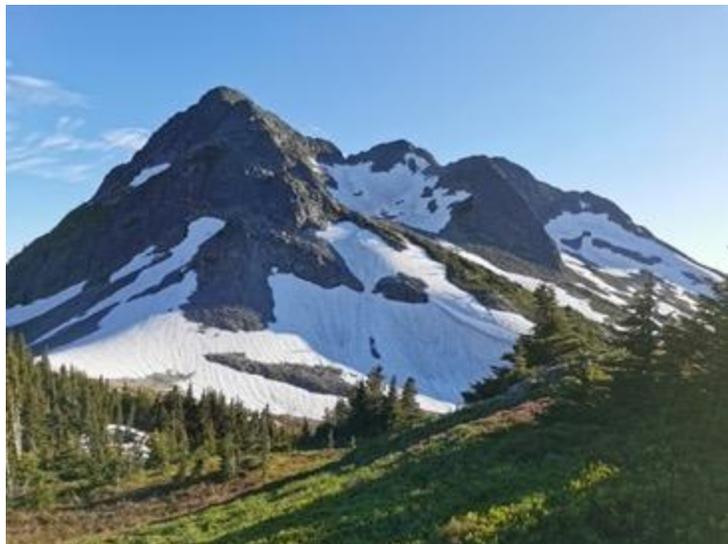
The evening was gorgeous. Despite the furious wind we climbed up to the ridge above the lake to watch the intense colours fill the sky.



From the ridge you can see all the mountains around the Coquihalla highway, the Cheam range, Mt Baker, Old Settler, and many more. Sue had a great app Peak Finder, which helped up identify some of the mountains.



The next day we woke to calm blue sky and pleasantly warm sunshine. And the best part: no mosquitoes and no wind! After a relaxed breakfast we sauntered over the meadow to hike up Illal peak. The meadows are quite rocky but there are also large patches of alpine flowers. It was quite amazing how many flowers there were. Purple, red, yellow, orange, white. We were all convinced there were more flowers blooming by the hour as the snow melted!



The mountains look entirely different in the morning light. This time they were especially beautiful with the remnants of winter snow persisting in striking patterns. When you look east, the mountains are more like rounded blue hills and there are quite a few cut blocks. But to the west the view is outstanding.



All too soon it was time to pack up and head back down. It got warmer and warmer as we descended, and the mosquitoes got worse. But it was all downhill so not too difficult. What we learned: ultralight tents are not good in very windy spots, a bear bag is an important item for the packing list, when you carry an overnight backpack even short hikes can be hard work. It was a wonderful 2 days in the alpine. Thanks for coming along Sue and Denise. It was wonderful to share this little-known paradise with you.

**-Sue Lawrence & Al Smith**

## MT. REXFORD – JULY 20



There was no candy-coating this one. It's just plain simple tough. With an average 33% grade, the climb was unrelenting, pushing us to our limits. But boy, what views! With the three Rexford peaks looming before and above us and the Slesse Range right across the valley from us, the vistas just couldn't have gotten much better. There were three main unknowns with big fat question marks at the end: 1) Would snow hinder our progress? Especially higher up on the boulder fields. 2) Would we find the route? It was nice to know that Vic had done this one last year. 3) Would there be washouts from the atmospheric rivers last November?



Seven brave souls with a spirit of exploration, set out at 8:15am, leaving our three 4WDs parked by the broad undrivable washout which was only a 5-minute walk from the Slesse Mt trailhead.

From there we veered off to the left where a white sign points the way to the original Slesse + Rexford trailheads. The Nesakwatch FSR became very rough and rocky for the next ¼ km till the original Slesse trailhead. There were also many alder branches leaning over the FSR. This extra 2 km of road hiking added an hour to the upward and in hike. We stayed left at a fork higher up.

Once at the original Rexford trailhead, the route became unmercifully steep. The first section of trail was the most overgrown. As we neared the first gully we came to abrupt halt when we realized the trail disappeared. Looking up, we could see it continue way up on a vertical dirt bank that had been cut off. Where to go now? We found footsteps leading a bit higher up our side of the gully, crossing and then stopping. Ok, so we'd have to make our way up. Hanging onto branches and scrambling forcefully up, we then turned right, bushwhacking through thick brush for about 5 minutes, to reconnect with the trail. On the way back it wasn't nice getting a neck full of pine needles that stuck to our sweaty slick skin.

After we passed a second gully, with the aid of a rope, the forest trail became more defined. At 1410m the trail started following the base of the west wall of South Illusion Peak. As we neared the tree line, we had to use caution as there were many loose rocks. We were also making more mini-10-breath stops. Once at the boulder field, we followed the cairns, having our sights set on the broad flat bivy rock on the other side of the rocky bowl.

At 1:30pm (3:50 hours moving time later), four of us were at the bivy rock. Phew! We made it! From there we turned right, hiking a few minutes further to a rocky knoll where the southern views lay unobstructed before us: Mt. Baker, the

Slesse Range, Crossover & McFarlane Peaks. As we were having lunch, 2 more hikers got to the bivy rock. I tried coax them into coming just a bit further, but they plopped down on the bivy rock and were not willing to move another muscle. So we joined them, under the towering peaks of Rexford. We saw a few technical climbers higher up.



We spent 1:30 hours up there, having lovely naps on the bivy rock in the warm toasty sun. So glad we all made it. Micro-spikes came in handy for the snow slopes heading down to the rocky bowl. A few times a rock let loose, shooting down the steep slope by the rock wall. Having kept our distance or sticking close together, helped to dodge out of their way in time. Back down at the second gully we wasted no time in refreshing our water supply. A few of us had run out, I myself having taken 2.5 liters along but still ran out right before the gully. Back at the FSR we breathed a sigh of relief. Done. Wow. Roadside flowers lined the way as we walked back to our vehicles, arriving at 7:00pm. Mission accomplished. Well done!



Stats: 14 km / 1452m gain / 1915m high point / 6:40 hours moving time. Along for this adventure were: Terry B, Lorenz B, Charlotte H, Sheri K, Victor K, Allana S + **Joce T**

## SKYLINE 1- JULY 20



20 km / 1010 m gain

A group of 7 fearless, hard hikers started at Lightning Lakes trailhead heading into the cool of the forest before starting the steeper and more intense ascent of the trail (I was aware that this would be the case). The alpine wildflowers were starting to bloom, the mixture of heather in bloom, and the mixture of purple, yellow and white colors was beautiful to see.



The slight breeze along the ridge made it so enjoyable as the views of the Hozomeens, Castle, Frosty, Three Brothers and Baker were awe inspiring. Had a short break at the highest point or the summit before we started the descent to Strawberry Flats. A huge thank you to Simon who stayed back with me as my post covid lungs decided to remind me it is still there, which I wasn't expecting.



A great epic day was had by Simon, Irene, Bill Jackie, Judy Cathy + **Dorothy Franson**

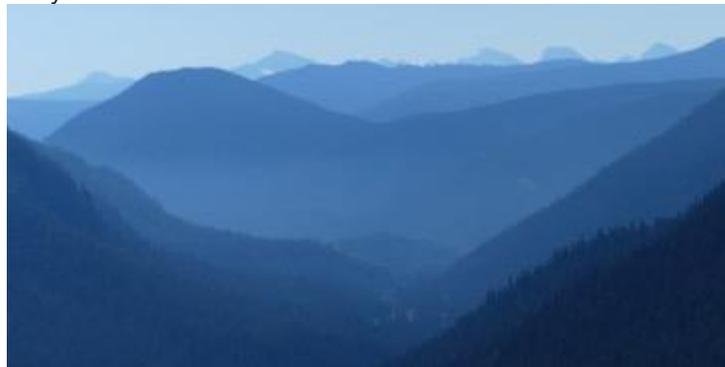
## KELLY MT. - JULY 27

8 km rtn / 570 m gain

Alison, Cathy, Bill, Annette, Dorothy



Sunny blue skies was a great way to start this hike, even though reports I read said it was a summer hike, the trail is not really maintained. Once you got off the service road the forest trail was nice to hike on and navigated a few steeper sections, breaking out into the meadows. Unfortunately, we had to hike on the flowers/heather as there is no established trail. We did our best to avoid them, however not easy.



From the summit we meandered into the bowl and enjoyed a nice leisurely lunch drinking in the views of the Three Brothers. Had hoped to go further along the ridge however didn't see any more flagging tape so made the bowl our turn around spot.

Was quite a warm hike down as we were in full sun and little shade...a cold beer at the lodge was a nice refreshing way to end a great day with COC hiking buddies—**Dorothy Franson**

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

**TRIP:** BACKPACKING A VARIATION OF THE HOWE SOIND 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:** 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

Masthead: Mt. Rexford by Joce T

## 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:		
Vice President:	Christine Camilleri	<a href="mailto:4christinecamilleri@gmail.com">4christinecamilleri@gmail.com</a>
Secretary:	Jackie Chambers	<a href="mailto:Jackie.p.chambers@hotmail.com">Jackie.p.chambers@hotmail.com</a>
Treasurer:	Irene Hofler 604-824-6741	<a href="mailto:ihofler@telus.net">ihofler@telus.net</a>
Executive:	Tracy Goodwin Cal Francis Carol Ault Pat Ramsden Terry Bergen	<a href="mailto:tracy.g22222@gmail.com">tracy.g22222@gmail.com</a> <a href="mailto:calfrancis@gmail.com">calfrancis@gmail.com</a> <a href="mailto:carolault@gmail.com">carolault@gmail.com</a> <a href="mailto:patrickr@shaw.ca">patrickr@shaw.ca</a> <a href="mailto:terrybergen@shaw.ca">terrybergen@shaw.ca</a>
Membership:	Tim Yochim	<a href="mailto:membershipsecretarycoc@gmail.com">membershipsecretarycoc@gmail.com</a>
Past President & FMCBC Rep:	Ken Orr	<a href="mailto:orrke@shaw.ca">orrke@shaw.ca</a>
Club Trip Email:		<a href="mailto:chilliwackoutdoorclub@googlegroups.com">chilliwackoutdoorclub@googlegroups.com</a>
For trips and announcements to be forwarded to all		
Note: also you can post in members: Facebook: Chilliwack Outdoor Club Group		
Librarian:	Carol Ault	<a href="mailto:carolault@gmail.com">carolault@gmail.com</a>
Newsletter Pub:	Jocelyn Timmermans	<a href="mailto:jocelyntimmermans@hotmail.com">jocelyntimmermans@hotmail.com</a>
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