



**SILVER DAISY – JULY 1**



Wonderful day on our bike-hike up to Silver Daisy. Clear skies, beautiful sunshine, stunning views and great company. Thanks to Peter, Fred and Patrick for the day.



25km, 1355m ele gain. Of this total, 20km rtn and 1000m ele gain was a bike up on the Canim mines road (steep and loose rocky sections but overall a good ride). Had to push the bikes a few times going up (some of us more than others). So fun coming down! The third time I've bike hiked this and so much more enjoyable than on foot on that road!

By **Carmen P**

**YAK PEAK – JULY 4**



On Tuesday 11 hikers from the COC hiked to the top of Yak Peak (2039mt) and then to Nak Peak (2009mt). Both peaks along with Zopkios Peak and Thar Peak form the backbone of what is called Zopkios Ridge which is the rock prominence that is to the north of highway 5 at Coquihalla Pass.







To get to the peak is officially only 5.5km and 800+mts but since we did both peaks and the extra km from the parking lot it turned into 8.km +1000mt over 7 1/2hrs. The trail is quite bushy in spots and is relentlessly straight up starting with a swamp, then steep trail in forest and then big rock hopping followed by slab walking, alpine trail, snow slabs and then more rock hopping to get to the summit. The decent is not much easier as you constantly have to watch where you place your feet, your brain gets quite a workout over the 7 hours. It was a beautiful day in the alpine and thanks to Jan, Michelle, Cameron, Johnny, Jerry, Sheri, Lucy, Jim and Iraj for making it a very good hiking day.  
By **John McL**

## POLAND LAKE – JULY 7



Great bike hike day to Poland Lake with Patrick. We escaped the downpours from the thunderstorm (got them on the drive home) but heard the loud rolling thunder as we biked down. Lots of fun! Two hours up, 1hr 15m down.



By **Carmen P**

## TCT FROM TAMIHI, JULY 7







What a great way to spend a Friday afternoon, with a nice easy 7km hike with about 200m elevation gain, followed by a nice cold beer at Sidekick. Was great to chat with some interesting members we didn't know before. Thanks for sharing your stories with us, Dan K, Alicia P and Jim A. Rusty, the service dog, was a delight.

by **Tim & Bernadette Yochim**

## ARCHIBALD – JULY 8



Hiked Mt Archibald today. 10 of us COC group led by Brian Threlfall who has done this trail a few times before. (After a bouncy 45-minute 4x4 drive up the FSR.) It was an interesting trail with some difficult steep slippery sections in the trees. But well worth the climb. Awesome views of the Cheam range to the east and Mt Baker, Slesse, Tomyhoi, Border peaks to the south. Thanks, Brian for planning and leading this fabulous outing.



Participants were: Lori B, Ingrid F, Cameron G, Irene H, Cathy U, Tim & Bernadette Y

By **Brian Threlfall + Herb Chlebek** (report & photo)

## CRATERS OF THE MOON, GRAND TETONS + YELLOWSTONE – JUNE 24-JULY 8



Six women did 10 hikes in 12 days. From lofty summits to river-carved canyons and erupting geysers to colorful springs, it was all ours to behold in this diverse land of contrasts.

**JUNE 25 – COLCHUCK LAKE** is the beginning (or end) of the 29km Enchantments trail by Leavenworth WA. Unless you win the lottery, you cannot do this 3-day trek. We did get beautiful views of the Enchantment Mountain range before turning left for the final stretch to the lake. The color of the lake was amazing. Two prominent black granite mountains complimented the lake's turquoise-green colors.



As we were lounging on its banks, we spotted a white mountain goat on a protruding piece of land that was jutting out into the lake. I grabbed my Fujifilm and set off, bushwhacking along the shore. As I turned a corner, knowing I was getting nearer and hoping he didn't take off, he suddenly was there! He checked me out and then started coming right for me! OK, so I was standing on the edge of a significantly high cliff. High enough, that if he butted me off, I'd be hurt. So I slowly backed up. He ended up standing barely an arm's length away from me but was more interested in the fresh greens than in me. Phew. Later we all saw him right by the trail going down.





We were about 20 minutes away from the trailhead when it started to pour. Stats: 15.75 km / 900m gain / 1700m high

On our way to Lyon's Ferry campsite, we stopped in at **PALOUSE FALLS** and did a 1-hour hike down to the top of the falls. I just had to get closer to those pinnacles.



A faint trail led left, past the chain-link fence and along the top of the canyon, then dropped down into it.



## JUNE 28 – CRATERS OF THE MOON NP

We did 5 smaller hikes or walks in this park in about 4 hours:

1) Devil's Garden 2) Inferno Cone 3) Tree Molds 4) Broken Top Loop & 5) Caves Trail. The latter was our favorite, the Indian Cave leading us through three large underground chambers before we crawled through a small opening, back into daylight. It was also the busiest trail.



The vast volumes of lava in this park were not a result of volcanic eruptions but came from deep fissures know as the Great Rift. Its amazing how flowers like Larkspur, Buckwheat, Monkey & Penstemon can grow on this black cinder ground.



## JUNE 29 – TABLE MT. in Grand Teton NP

This was our most challenging but also our most beautiful hike. It got us face to face with the Grand Tetons. As the ranger told us, it's less popular because it's the only hike accessible from the west side of the park and is right on the border so people don't realize it's in the park.

Having read the reviews on All Trails, we chose to do the steeper straighter Face trail instead of the curving North Teton trail because the latter had too much snow on it yet





## JUNE 30 – PHELPS LAKE

After a two-hour drive, we arrived at the trailhead which is located in the southeast corner of the park. It was a nice moderate hike after a difficult one the day before. But we learned quickly that we had to get to the parking lots early to secure a spot. There were many more people on the east side, with several visitor centers and the most scenic Teton highway winding along the Teton mountain range that juts up from the plains. John Rockefeller began buying land here in the 1920s and ended up donating 32,000 acres of it to the federal government to ensure protection of this region.

and required a sketchy creek crossing. Clusters of purple lupines & yellow arnicas amongst white-barked aspens, colored the landscape. Once we reached the meadows the grade eased, and the vistas were breath taking! Soon we could see the flat Table Mt, with the tips of the Grand Tetons behind it, luring us on. We talked to three women coming our way. They did this hike every week. It was the first week they did not need to use their snowshoes. Good timing for us!



Large patches of soft snow had footpaths to mark the way. As we neared the base of the Table, it became harder to breath in the thinning air and the now snow-free scree slopes became steep once again. This summit was actually 85m higher than the summit of Mt. Baker!

A few minutes down the trail is the Rockefeller Interpretive Center, well worth a visit. The trail wound round the lake, us doing it counterclockwise. We stopped at the 23' high Jumping Rock, where a cluster of teenagers were daring each other to do just that, jump! Charlotte took a chilly swim there and Heather actually jumped!



Clambering onto the summit, we realized it wasn't the shape of a table. It was narrower. And wow! The three Tetons loomed right before us! Two friendly marmots kept us company during lunch as a dark cloud moved above us and briefly shed some hail.

Later we stopped in at the Jenny Lake Visitor Center where life-size statues of days-gone-by made for an impressive exhibit. Also there was a large 3-D map of the park with trails.

Stats: 13.9 km / 1274m gain / 3385m high

Stats: 13 km / 310m gain / 2020m high





After dinner we drove out to Mormon Row to watch the sunset behind the Tetons. A few of the original barns from the 1880s still stand there.

**JULY 1 – TAGGART & BRADLY LAKES** on Canada Day



This trail features the most and largest variety of wildflowers. After getting someone to photograph our Canadian maple leaf tattoos on our legs (thanks Charlotte!), we walked along the eastern shores, passing several viewpoints of the Grand Tetons, till we got to a bridge by the mouth of Bradley Lake. There was a nice long log bench there where we had lunch.



A second stop at the south end of Taggart Lake didn't last too long. It was getting too hot, the bugs were out with a vengeance and it being a weekend, there were hordes of people there.

Stats: 10 km / 400m gain

**JULY 2 – LAKE SOLITUDE**



This was a long hike, but with only a few short steep sections. The first one being right at the beginning, once disembarked. Most people get the 15-minute water-taxi across Jenny Lake and then hike ½ mile up to Inspiration Point overlooking Jenny Lake with a short side-hike to Hidden Falls. Much fewer carry on through Cascade Canyon and then up to Lake Solitude. We weren't far down the trail when we ran into a mother moose grazing with her calf!



The trail winds alongside Cascade Creek for the most part. A meadow filled with Glacier Lilies stood out against the cobalt blue sky. There was no snow on the ground till we got to the open area by the lake. The lake itself was still mostly frozen. The slightly submerged edges of ice were a deep turquoise blue. So pretty. When we arrived at the boat dock, we weren't very happy about having to wait 45 minutes in a long





line in the hot sun to get a boat ride back. Our bodies were yearning to sit.

This was our last hike in the Grand Tetons NP.

Stats: 23.55 km / 855m gain / 2753m high

**JULY 3** – We crossed the northern border into Yellowstone Park this day. Temperatures were about 5C cooler in this park and there was far more wildlife. It was a land buzzing and gushing with volcanic activity.



**AVALANCHE PEAK** is on the southeast side of the park. It was a relief to be doing a shorter hike once again, albeit steep. The upper half of the trail was on scree. At the summit it was very windy. You could see the massive Yellowstone Lake on the horizon.



Again we were blessed with sunshine as was typical of the weather there, with clouds usually moving in by midafternoon. But were we in for a storm! We changed our mind about doing a 1-hour hike to the Hole-in-the-Wall, when it started to pour. As we were leaving that parking lot, a huge elk leapt in front of the truck in front of us, barely missing being hit! It joined two other elk in the forest, all of them going berserk, sensing the storm overhead. As we drove down the highway, about 8 trees lay across the road. We were thankful to have been able to get back to our campsite. The next morning Heather & Tammy said how it was pretty cool, being in their tents and everything being illuminated from the constant lightening.



Stats: 7.4 km / 680m gain / 3221m high

**JULY 4** – This was more of a sightseeing day, but at the end of it we were devoid of any energy. We started out early again, since the Old Faithful geyser is a very popular one. It erupts every 1:30 hours. And erupt it did. But there was so much more to see. A network of boardwalks led us past turquoise & orange springs & pools, bubbling grey mud puddles, spouting fumaroles and gushing geysers.



After about an hour we had to press on, in an effort to beat the crowds. It was a US holiday. A quick stop at the Black Sand Basin, then the Biscuit Basin and then the Grand Prismatic Basin, home to the world's largest spring! Well we



tried to stop there, but there was no parking left. There were many many tourists. I didn't mind walking farther to escape the gong show. So we drove a bit farther north, turning left to the Freight Train trailhead. As I suspected, there was ample room for parking there, as it's mostly hikers and cyclers using the trail. This did make for a long 18 km walk though, most of it on a broad gravel straight flat trail. Not our favorite kind of trail to walk on. But it was a trade-off.



At the far junction in the Midway Basin, we turned left, climbing a bit to the overlook of Prismatic Springs. This I found to be a better view than just on the other side where those hordes of tourists were walking on boardwalks. Then back we went, turning left at the nearby junction and heading towards Fairy Falls. They're narrow + tall, being the 7<sup>th</sup> highest in the park.



The plan was to do the loop from there, the trail taking us along the swamp. But at a further junction, after having walked through some bog, a couple advised us to turn back because it was even more boggy & buggy if we'd continued. So we turned left to check out the Imperial geyser before heading back. This was



my favorite geyser. Partly because it was more secluded from the crowds but also because the creek flowing from it and the pool itself was so colorful with its deep turquoise and bright calcified orange and white.

By the time we were back in the van, we were feeling pretty done. Heather had left us back at the lookout and taken the shorter route to the Prismatic Basin parking lot which is where Janice's truck was parked. We picked her up there, after me doing a fast walk, weaving between tourists on the Fountain Paint Pots boardwalk. She convinced us to do one more little walk to see the Grand Prismatic at ground level and closer up. The steam changed colors, reflecting those in and around the pool.

We drove from the mid-west side of the park to the center to Canyon Village campsite.

Stats for **FAIRY FALLS TRAIL**: 18.5 km / 326m gain

Total steps for the day: almost 35,000!

### **JULY 5 – MT. WASHBURN**



This is the most popular short hike in Yellowstone NP. It's mostly on a deactivated FSR, leading to the only fully staffed





Stats: 4 km / 140m gain

We drove over the bridge to the North Rim, parked at the first parking lot and walked to 4 different viewpoints, the first one getting us right to the top of the upper falls. We drove to the last one at Inspiration Point.



fire-lookout tower built in the 1930s. It's one of three still in use and provides a 360-degree view of  $\frac{3}{4}$  of the park including Yellowstone Lake + canyon + numerous peaks. An indoor heated room has a telescope and signs identifying the peaks. Just before the summit we spotted a herd of mountain sheep. Stats: 10 km / 490m gain / 3122m high

### JULY 6 – YELLOWSTONE CANYON – South & North Rim trails



Afterwards we drove to Mammoth Hot Springs Village in the very northwest corner of the park. We ate in the only restaurant there, while elk slept on the lawns. Then after dinner we drove to the upper Mammoth Terrace loop (no RVs allowed). From there I walked down on boardwalk, taking plenty of photos of the layered calcified springs in the evening light. They looked like dripping marshmallows.

### JULY 7 – HELLROARING

The canyon is 32 km long and up to 305m deep. We did a crossover, swapping keys along the South Rim, from Uncle Tom's parking lot to Artists Point. The upper and lower falls were a sight to see. It was an easy walk along the upper edge of the canyon. The rhyolite lava rock lining areas along the emerald-green river, ranged in colors from white to gold, amber, lilac, orange, black. A feast for the eyes.

We ditched the more challenging hike on the itinerary, as we were all getting rather tired after 10 days of hiking. We were advised to go at dawn to the Beartooth Hwy at the east side of the park. That's where a lot of wildlife would be out and about. This is the most scenic highway in America. We drove 10km of it, turning around at Slough Creek Rd. Traffic was getting a show of two pronghorn who were butting heads in the middle of the highway. We also spotted bison but at this point we'd seen so many of them, it wasn't as exciting anymore.



As we drove back to our campsite, we hopped out to do a small hike to Hellroaring suspension bridge, after checking out the petrified redwood tree. This 1-hour hike had a



## NORVAN FALLS - JULY 10

Lynn Canyon, North Vancouver

Ingrid, Annette and I headed out on this day hike. It has been on my list to do for quite a while and was looking forward to the day.



meadow loaded with wildflowers. The bridge was a sturdy affair, high above the canyon. Well worth the effort.



Back at camp it was mid-afternoon. Charlotte & I decided to head for home, rather than do the whole 15-hour drive in one day that the others were planning to do.



Once we crossed the border we left the land of fairy tales, volcanoes & peaks behind us. Cell reception, fresh produce and restaurants were available once again. And we could get back to our cherry addiction that we'd acquired during the long drive those first few days.

Thanks to the team of five women who came along on this adventure and helped make it happen: Denise D, Heather F, Charlotte H, Janice H, Tammy W + **Joce T**

For a more detailed account of this trip, check out my three blogs at: [withmytwofeet.com](http://withmytwofeet.com)



We parked in the first area we came to, which was nice, as the rest is pay parking. The first 1.7 km. the trail is wide and gravel. There is a junction, and we went to the right, which turns out to be more challenging. We decided to take this route on our way to the falls rather than on the return. The trail has numerous sets of stairs to climb, bridges, gnarly roots, rocks, dry creek beds and carpeted forest floor which makes it very interesting and challenging.



There were a few spots where you could see mtn peaks however they were invisible due to cloud cover. Eventually the trail joins up with the main one, where you continue for about another 3ish km to the waterfalls. The water



was low allowing us to sit on a log and a rock to have lunch, and a well-deserved break while watching the waterfall.

We headed back along the same trail taking in the beauty of the forest. We stayed on the main trail enjoying the sounds of



the creek and occasionally seeing old forestry equipment. All three of us enjoyed the day. By **Dorothy Franson**

## FIRST BROS. MT. – JULY 14



This is a premier hike that is the best one to do if you're out to see wildflowers. So I was surprised to find that of the eight in our group, six had never done it before. In fact, Narasi had taken a day off of work all the way out in Surrey, in order to join us for this day. It was his first time out with our club. He was not disappointed. Conditions could not have been better. Clear skies, lower temperatures, no wind and rolling meadows dotted with flowers all colors of the rainbow, as far as the eye could see. The surrounding peaks framed the horizon. One of them was our destination for the day.

The first three km were a gentle downhill to the Buckhorn backcountry campsite where there are new outhouses and the old one by the picnic table has been removed. Then we went through a bit of forest, up to the heather meadows



where the grade levelled off and a bit left off-trail to a tarn before dropping down and doing the steep climb to the ridge. There was a short steep scramble bit and soon we were at the summit.



Iraj was already there, talking to a man. I was thinking, "Oh good. He can take our group shot." When I approached, he sauntered up to me. As he was looking at me in a too familiar way which I found impertinent of him, I asked rather coldly, "Do I know you?" When he spoke and said, "It's me, Dave Walton", I was shocked! He had his sunglasses on, so I didn't recognize him. Dave and me shared many adventures together with my FJ as we fulfilled our goal to do all the hikes in the "103 Hikes in Southwestern BC" book. I hadn't seen him since before Covid, as he has moved to Keremeos.

Dave joined our group on the return journey and got the seat of honor at our traditional tailgate party in the parking lot.

Maureen's carload headed for home while ours had a delicious dinner on the outdoor patio at Manning Park lodge. But I'm not sure who got home first, as she had to deal with a flat tire. After the three men in her car helped her replace it, she could still only drive 80km to get home.

Stats: 21.4 km / 830m gain / 2272m high

All in all, it was an outstanding day. Thanks for all who came out to make it so: Iraj F, Peter F, David G (named Scotty if there's more than one David in the group), Jaco N, Narasimhan MK (newbie), Patrick R, Maureen S, Dave Walton + **Joce T**



## BC PARKS DAY – 15 JULY



Representing the Club, Lori and Ken attended the Manning Park Parks Day event on Saturday, 15 July. The Club had one of 10 displays set up next to the Lightning Lakes Day Use area. We were able to talk about the Club with about 30 people, providing information on Club activities. On display were overnight and day packs, a brochure about the Club providing contact information, a summer and a winter Tripper, as well as a number of photos of club activities.

We enjoyed talking to the other exhibitors, learning about their involvement with Manning Park, with the Rangers about plans to replace bridges on the Monument 78 and Monument 83 trails, as well as obtaining an update on the road repairs to Ross Lake on the Skagit. While plans are in place, and work has begun, it will be at least a year for plans to be implemented. Overall, this was a very interesting day.

By **Ken Ortis**

## SNOWCAMP – SKYLINE 2 - JULY 15



Stats: 19 km, 900 Accent, 6+ hrs (everyones' device is so different, these are aprox)

We were up at the trailhead by 9:30 and we got a decent start considering the drive. I was a little worried about the sun, but the trail heads through the shady forest. At aprox 5k, there were a few peekaboo spots where one sees Snowcamp, Lonegoat and Red Mountain. We stopped at Skyline 1 viewpoint for a quick snack and to see the eastern ridge and Hozamens. Wow, this view never disappoints. The trail dips down in the forest for aprox 110 m (the dreaded coming up). The last half hour, we were in the alpine with the flowers. There were not as many flowers as I expected but I found clusters of color.



We lingered up there, eating lunch, taking in all the scenery. Of course, there were the usually pesky flies and horseflies but there were butterflies everywhere. They were entertaining to watch. The mountain views were stunning too. That is why we hike. We ended up enjoying each other's company at dinner in the Bear den. Nostalgic. Thanks for a great day – **John McL** (photos), Rose S, Denise, Sue A, Dave B, Val S, Simon H, **Irene H**.



## BANFF EGYPT LAKE TRAVERS – JULY 14-16



On July 13th I led a group on a four-day Sunshine Village -> Vista Lake traverse backpack. There were six of us signed up for this trip but unfortunately two of the guys were stuck on the number one highway before Golden overnight because of a multi vehicle accident which shut down the highway from afternoon till well past the planned start hiking time the next morning. Thank goodness they were not involved in the accident however they did not end up joining us for the trip because of the highway shut down but also the smoke forecast. So it ended being myself, Janice, Lori and Sheri on this trip.

We started July 13th- UP EARLY EARLY to drop one vehicle off at Vista Lakes TH (off of HWY 93). This will be our exit TH at the end of our trip.

Arrived at Sunshine Village Ski resort/hill. Took the Sunshine Gondola which shaved off 525m ele gain.

Start Backpack Sunshine Village Access Point 2200m ele, down over Simpson pass trail @ 2135m ele, Healy Pass 2330, then to camp at Egypt Lake 1995m ele. Total distance to camp 12.6km.



Our original plan was to try for a day hike and summit Pharaoh or Sphinx Peak once we arrived at Egypt Lake camp. However, our plans changed as the forest fire smoke was just getting worse. We sat around deciding what to do.

Then we finally decided to day hike to Scrab Lake and the falls, which was a great choice!

July 14th Leave Egypt Lake camp @ 1955m up over Whistling pass @ 2300m, to camp at Ball Pass camp @ 1900m (10km). I planned a side trip up Ball Pass a short 2.7km with 400m ele gain which was beautiful!



July 15th Leave Ball Pass Camp @1900m, past shadow lake camp @ 1845m, Gibbon Pass @ 2300m to Camp at Twin lakes camp @2055m (12.1km). Twin Lakes Camp was beautiful and thankfully that night the smoke began to clear!

July 16th Leave Twin Lakes Camp @ 2055m and passed Arnica and Vista Lakes to exit Vista Lakes TH at HWY 93 (car parked) @ 1690m, 7.2km

All in all, a great trip, would have liked some clearer views but the ones we got were still pretty good.

By **Carmen P**

## FLATIRON– JULY 16

Coquihalla Summit  
15.5 km / 860m gain



Owen, Karrie and I headed out on a nice sunny day and arrived at a very full parking lot, opting to park at the Zopkios Rest Area side. The very rocky and rooty trail ascends very quickly though the forest, offering occasional glimpses of mtn peaks. The trail pops out of the forest offering views of Yak, Zak, and Markhor. The granite ridge offers breathtaking views of Markhor, Needle, Flatiron, Zupjok, Llama and Alpaca. At the rock cairn trail marker for Needle and Flatiron, we hung a right descending quickly only to ascend to Tasty lake-a perfect place for lunch and a nice rest taking in the





magnificent views with a refreshing breeze. We started the final ascent to the summit (no true established trail, tho easy to find your way up) where the wind was a bit more brisk, though not chilly. We thoroughly enjoyed the 360-degree views of the Needle, Illal, peaks towards Whistler, etc. blue skies made an awe inspiring day. Soon it was time to head back down the trail, taking in the views. We all enjoyed the day and good conversations.



by Dorothy F

## WELCOME PASS – JULY 21



This hike was the ultimate for a good workout. It was a grunt going up and a thigh-burner going down. But the views

on the ridge were amazing! Half of our group are booked to do the Mt. Blanc trek in August. This hike was certainly good preparation for it.



At 10:00am three 4x4s parked at the trailhead after doing about a 10-minute drive on an unsigned FSR. After maybe 10 minutes of reasonable hiking on the Welcome Pass trail, the unreasonable started. Thankfully there were 66 switchbacks to tone down the steepness of the slope somewhat. Brief stops for drinks were very necessary as we were sweating buckets. After 850m gain through forest, we emerged onto the ridge and High Divide trail. Left would take you west to Excelsior Peak but we turned right.



As agreed, we'd regroup at the junction. But the bugs were awful. The horseflies liked to take bites out of our skin. Nasty creatures. So it was thankful we were when the rest of the group arrived. We were promptly off, negotiating an even steeper but much shorter slope to get to the highest point on this ridge. The peaks surrounding us were up close and personal, many of them familiar. To name a few of the largest closest ones; Tomyhoi, Yellow Aster Butte and behind them to the northeast were the Border Peaks, Larrabee & Winchester. Then east was Sefrit Mt, south was Mt. Shuksan & southwest was the mighty Mt. Baker, the only peak being obscured by cloud.

Lunch was a long leisurely affair, with a blessedly cool wind that blew away the bugs. By 3:00pm most of us were back at the vehicles. We all rinsed the dust off of our exposed skin in the cold-water reservoir right by the parking area. Then came



the tailgate party with ice-cold drinks (thanks Simon). Two of the vehicles had dinner at El Nopals afterwards. A great way to end a great day.

Stats: 10.8 km / 1064m gain / 1750m high / 3:50 hours MT

Thanks to all who came out: Denise D, Susan F, Peter F, Brigitte G, Charlotte H, Simon & Irene H, Sheri K, Carmen P, Case & **Joce T**

## GLORIA LOOKOUT – JUNE 23



Well, this trail is a grunt. My Garmin showed going up was 7.42k with a 1200+m elevation gain. My calves were not happy and my quads certainly didn't like coming down. Harley, the energetic dog, had no problem. The route going up is in the shade of the trees while the top was rewarding with clear open views. Usually, you don't see anyone but we came upon a couple lounging in Helix chairs at the lookout. 4 more humans and a dog made the point crowded so they left us.



We enjoyed our lunch and then dreaded the anticipated 100m up before the long down. We took lots of breaks to rest our muscles and made it back down in 3 hours. Great day, thanks Cameron, **Denise** (photo credits), Simon, Harley for joining me, **Irene H**

## THE BEACHES AND BRIDGES OF BURRARD – JULY 4

An Urban Cycle Tour

A beautiful sunny day, very warm; but thanks to the proximity to the ocean and the gentle breeze, a very comfortable riding temperature. And being a weekday the traffic, where we had to deal with, was very light...wonderful. What a great day to ride!

We met up at the Land Conservation Area at Maplewood Flats (load of parking) on Dollarton Hwy in the District of North Vancouver. After a search for the public washroom, we assemble and started the ride 'east' towards Deep Cove. This road is a VERY heavily used urban cycle route. It's wide and although much of the road is designated 40kph I think the traffic tends to flow considerably faster (☹️). Planning the route using my mapping App indicated that there were major road/access directional changes accessing the main street and public dock and (beach #1) in Deep Cove. Were there ever. The two blocks of the village commercial area were closed to all vehicle and pedestrian traffic. The tourist based merchants must be hurting. To get anywhere near the 'beach' the detour routes traffic through narrow residential streets. What's that line; " If you want to stop losing people, stop leading folks to unfamiliar terrain." And there were only six of us (Sonia A., Patrick R., Danny G., George D. & Jim F.) Sonia where are you? Likely on another one of her magical photo shoots.

Together again we started to retrace our route back westward. I told the group a short 2-minute detour was in order, as I wanted to visit my middle son's (Dano) new home to be, currently under construction. Everyone was agreeable (or they held their tongue...☺️). Once there I found my son in amongst the construction workers (he had signed on as one of the crew) and we all had a fun tour through the main floor of the house, enjoying what would be a wonderful view of Burrard Inlet (towards Port Moody, SFU and on a clear day of Mt. Baker). Saying my goodbyes, Cates Park and our next beach were next.

We now had to traverse the one area where the traffic can be crazy busy. Fortunately the Dist. of N.Van. has done some thoughtful bike-path re-routing and added wide shoulders where we had to share the roadway.





Literally, once through there we were on the SPIRIT Trail which we would follow to the Longsdale Key historic docks, Burrard shipyards (now Seaspan where the owner's (the Washington's) yacht was moored. They use this yacht as their Vancouver residence, their 'other one' roams the world. Following the trail we picked our way through the waterfront condos, some more Seaspan shipyards, and the Mosquito Creek floating home village (how neat) where we saw a FN traditional war canoe full of tourist paddling into the harbour.



The trail continues westward through the Capilano FN community at the northend of the Lion Gate bridge into Ambleside Park ( Beach # 3) and continues parallel to the former PGE rail line ( now CN) to Dundarave (Beach # 4) where we stopped at a trendy sidewalk bakery and cafe for lunch.

Hard to leave, but leave we must; back towards Ambleside Park and the Lions Gates Bridge along quiet roads with upscale homes and apartments (this is West Vancouver the wealthiest postal codes in Canada). The bridge represents the longest and highest climb on the route, but it's a modest 3-4%. It's always a treat to see a ship past underneath while stand at mid span. The next stop was Prospect Point in Stanley Park which was crawling with tourist (to be expected). Leaving the 'Point' it's a sweeping downhill glide to Ferguson Point and Third Beach (Beach # 5). Continuing on we rode by Second Beach & Pool (our beach #6) and Lost Lagoon toward Coal Harbour.

The next 2.4km was crazy busy...cyclist and pedestrians along the waterfront pathway to the cruise ship terminal. This is 'rental bike alley'. Folks on renal tandems are the scariest. Seeing the crowds increase as we neared to cruise ship terminal we doubled back and accessed the underground roadway below Canada Place (used mainly by tourist buses and taxis serving the Convention Centre). This road hugs

the waterfront docks and old warehouses, bypassing Gastown ending at Crab Park. From there we followed bike routes through the belly of the DTEE towards the trendy Wall Street residential district to New Brighton Park and pool (Beach # 7). The pool replaced the very polluted salt water filled shortline pool (one of my childhood hangouts). I was at the park on June 17, 1958 when two spans of the bridge collapsed into the harbour killing 19 iron workers (I did not see it fall).



From here it was a short ride over the Iron Workers Memorial Second Narrows Bridge. The route was 60kms.  
By **Gary Baker**

## KANANASKIS – JULY 24-27



COC spent a week in Kananaskis Country which is located about 25km south of highway 1 about a 1/2 hour's drive southeast of Canmore on highway 40. This area was developed in the mid 80's to hold the 1988 Winter Olympics and the Nakisha ski hill is located just beside the Ribbon Creek Hostel where 1/2 of the 15 people that were on the trip stayed with the other half staying at the Mt Kidd RV park another 8min drive south of the hostel.





Day 1: After a long drive we hiked the Troll's Falls trail, which is a short hike north of the hostel, series of falls spread over a 4-5km hike.



Day 3: Hike to Rummel Lake and then to the pass @ 2402mt and 15km. While at the pass a storm moved in with howling winds and rain pellets and we literally had to run for it, I looked back at the pass 20 minutes later and it was all blue sky.



Day 2: You start from the Hostel to hike Mt Allen, which is 19km, +1756mt on the Centennial trail to the top of Mt Allen @ 2819mt, highest maintained trail in Canada and you can continue all the way to Canmore.







Day 4: We started up Pocaterra Ridge but the wind was so bad that most turned back and did Ptarmigan Cirque and part way up Mt Rae.



Later Irag and I hiked up Paradise Valley to just below Grizzly Peak.



Day 5: hiked to Baldy Peak pass south and then to Midnight Peak @ 2332mt +1034mt, this was a short drive from the hostel. I would like to thank Steve & Christine, Joce & Case, Cammy & Greg, Lorenz, Allana, Cindy, Christine F, Iraj, Jerry



U, Jaco & Grace for coming out on this club trip and making it a memorable trip.

by **John McL**

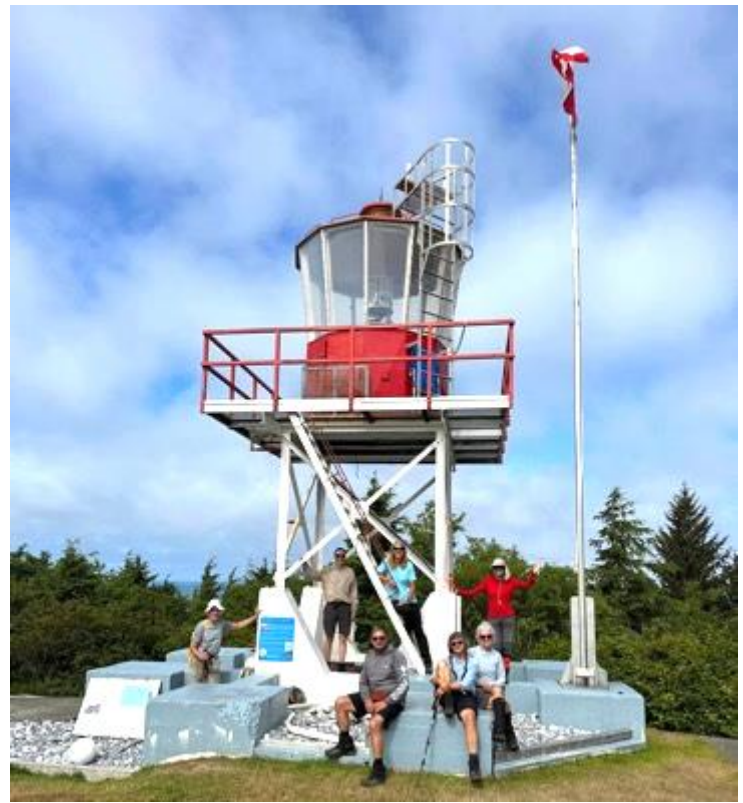
## CAPE SCOTT PROVINCIAL PARK JULY 25 – 29







Day 1 drive to trailhead, backpack to Eric Lake  
 Day 2 backpack to Nels Bight  
 Day 3 day hike up Cape Scott lighthouse  
 Day 4 backpack to San Josef Second Beach  
 Day 5 backpack out and head home



Great group of people and we stayed dry.

Participants: Jim A, **Heather B** (report + photos) Brigitte G, Johnny G, Anne O'L, Lori Y, **Darcy Grainger**



### SLESSE MEMORIAL TRAIL – JULY 27

A beautiful sunny day promised a great day for Geoff, Joan, Cathy and myself to hike up to the propeller cairn at Mt Slesse. I was able to drive thru the last washout (quite proud of myself) arriving at the trail head, with cooler temperatures.



The trail starts out through a beautiful old growth forest, undulating till it reaches the bridge. After the bridge the ascent starts as you climb steadily through a variety of





terrain. A few glimpses of mountain peaks is a taste of what is waiting for us. We stopped for a short break at the memorial plaque, swatting the numerous flies that found us a tasty treat. From here we gained even more ascent through meadows, with the final steep ascent before the cairn.



We were all amazed by the beauty of the peaks, while enjoying our lunch, listening to the running streams and we heard a part of glacier break off. All too soon to was time to pack up and head back to the trailhead for the drive home. Despite the hiking challenges we encountered, we all agreed it was a great day.



By Dorothy F

## ELK MT. - JULY 27



Elk is a great go to hike when you want something close, short and bit challenging. Love the cool forest, actually had a bit of a breeze going up. Some of us took a more leisurely pace - meeting everyone at the flag for a wonderful view. Great 4-hour day.



Nice to see club members, Kim B, John, Dave, Denise, Rebecca, and Paul ....cheers **Irene H**

## MT. OUTRAM – JULY 29

I can admit to really tired and achy feet after this hike. Mt Outram was a long 10+ hour day with an elevation gain of 1800m. The trail starts out lovely through the forest. About 2hrs up, there's a good creek to replenish water which turns out to be a lifesaver on the way down. Another 1hr, and we were up in the alpine and on the ridge at the bottom of the bowl. We took a small rest break before the ugly rocky slope. On the slope, I bumped into John Leblanc. Did a brief catch up and told him to come back hiking with the club. Back to that 1+ hour of ugly slope, many of the rocks are not stable and one really needs to concentrate on each step. Plus you gain a lot of your elevation on this section. One of Denise's poles did not survive the journey down. We had a lovely lunch on top and watched 2 scramblers (not our group) go to the last point. The clouds obscured our views on one side but views south were tremendous. That's why we hike. On the way down, Herb had some fun in the snow. One snowball hit its target, Patrick. Again, the views are amazing. Quite a few



## FERNDALE CYCLE – JULY 31



tenters buckled down at the second lake. That's a long haul to carry gear but there must be a nice rewarding sunrise and sunset. Finished the hike with a deserving DQ treat in Hope.



Great day, thanks for joining me, Denise, Owen, Sherri, Herb, and Patrick. By **Irene H**



Today Gary B from the Chilliwack Outdoor club led 13 riders on a super fun day of touring. Thanks Gary such a great day. We started in Everson and followed mostly very quiet back roads to Ferndale. Experiencing only one flat tire early on before lunch. Then south to the Hovander Farm Historic Site with some gorgeous buildings and gardens. Onward to the adjacent Tenant Lake Wetlands and Fragrance Gardens. Then on the way back, travelling north, to Ferndale we stopped for lunch at the Chihuahua Mexican Restaurant. Oh my gosh was the food and the service ever top notch. After we got through traffic and started making time, we experienced another flat. Just part of cycling long distances, I guess.



Leaving Ferndale, the route looped north through Lynden then back to Everson. The approximate riding distance is 66 km according to my tracker. Brigitte Maria Gietema, Jackie N Jack Paloposki-Chambers, Annette Weber, Maureen Smith, Gary Baker our leader, Don Tocher, Caroline Murphy, Alpasos Jacobsen, Patrick Ramsden, Denise, Pran and Bev and I were able to make it today.

By **Gary B** and **Tracy G** (report & photos)



## 2023 MULTI DAY TRIPS

**TRIP:** Fernie  
**DATE:** August 12  
**CONTACT:** Fred Hahn [freddyhahnjr@gmail.com](mailto:freddyhahnjr@gmail.com)  
**LIMIT:** 15

**TRIP:** Skoki Trail Loop in Banff National Park – backpack  
44km on horseshoe-shaped trip with many side trips  
**DATE:** mid July to beginning August  
**CONTACT:** Christine Camilleri  
[4christinecamilleri@gmail.com](mailto:4christinecamilleri@gmail.com)  
**LIMIT:** 8

**TRIP:** Desolation Sound – Kayak  
**DATE:** August 20  
**CONTACT:** Fred Hahn & Peter Epp  
[freddyhahnjr@gmail.com](mailto:freddyhahnjr@gmail.com)  
**LIMIT:** 12

**TRIP:** Tour de Mount Blanc – trekking tour  
**DATE:** Aug. 28 – Sept. 6  
**CONTACT:** Irene Hofler [ishofler@gmail.com](mailto:ishofler@gmail.com)  
**LIMIT:** FULL

**TRIP:** North Cascades, northeast of Mt. Baker: Sahale Peak,  
Blue Lake, Hidden Lake Lookout, Sourdough Mt.  
– car camping / day hikes  
**DATE:** end of September – dates are weather dependent  
**CONTACT:** Jocelyn Timmermans  
[jocelyntimmermans@hotmail.com](mailto:jocelyntimmermans@hotmail.com)  
**LIMIT:** 12 (two groups going)



Photo by John Mcl.

Masthead of Mt. Allan in Kananaskis 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

2 Shovels	2 ice axes
2 pairs of crampons	2 avalanche probes
2 avalanche transceivers	
2 pairs of snowshoes	
	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:	Christine Camilleri	<a href="mailto:4christinecamilleri@gmail.com">4christinecamilleri@gmail.com</a>
Vice President:		
Secretary:	Jackie Chambers	<a href="mailto:Jackie.p.chambers@hotmail.com">Jackie.p.chambers@hotmail.com</a>
Treasurer:	Carol Ault	<a href="mailto:carolault@gmail.com">carolault@gmail.com</a>
Executive:	Tracy Goodwin Cal Francis Carol Ault Pat Ramsden Charlotte Hall Paul Levett	<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:chartuff@hotmail.com">chartuff@hotmail.com</a> <a href="mailto:plevett@sasktel.net">plevett@sasktel.net</a>
Membership:	Tim Yochim	<a href="mailto:membershipsecretarycoc@gmail.com">membershipsecretarycoc@gmail.com</a>
Past President & FMCBC Rep:		
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:	Ingrid Fisher	<a href="mailto:ingyfisc@gmail.com">ingyfisc@gmail.com</a>
Newsletter Pub:	Jocelyn Timmermans	<a href="mailto:jocelyntimmermans@hotmail.com">jocelyntimmermans@hotmail.com</a>
Website :	Christine Camilleri	<a href="mailto:4christinecamilleri@gamil.com">4christinecamilleri@gamil.com</a>
Vedder Mt Trail Ass'n:	Gary Baker	604-858-4928 <a href="mailto:garybaker@shaw.ca">garybaker@shaw.ca</a>