



KVR BIKEPACKING - JUNE 30-JULY 4



Since the weather was sunny and hot, we tried to get out on the trail pretty early each day. It was a relief to be able to cool off and swim in the Kettle River and many lakes along the way. The varied scenery was very special - ranchland and meadows, tree canopied track, outlooks over valleys with mountains in the distance, and trails through communities and alongside rivers and lakes.



On this KVR (Kettle Valley Rail Trail) five-day bikepacking ride, we cycled from Midway to Osoyoos following the Kettle & West Kettle Rivers, then via Arlington and Hydraulic Lakes, through Myra Canyon to Chute Lake and finally descended back down to the sandy beaches of Penticton, Okanagan Falls and Osoyoos.

The rail trail offered a lot of variety too - from meadows to packed easy grade to loose sand (ready to grab your tires and take you down) to gnarly stony track to trestle bridges and tunnels (complete with train sounds).



Sometimes it was a challenge to keep our bikes upright and going! But mostly we just sailed along enjoying the journey and the company of our friends. Those who were interested in the history of the KVR were able to read multiple



information signs, look at artifacts, and crawl into 110-year-old stone ovens.



We all packed our camping gear and water and camped at various campsites along the way; private, recreation sites, and provincial sites. While riding through Oliver we stopped in to see Jerry & Lorraine U, friends from the COC, and enjoyed a shady rest and a feast off their apricot tree.

What a beautiful area of our province! And what a wonderful trip with great COC friends!

Stats:

Midway to Beaverdell	75 km
Beaverdell to Hydraulic Lake	57 km
Hydraulic Lake to Chute Lake	52 km
Chute Lake to OK Falls	74 km
OK Falls to Osoyoos	54 km
Total:	312 km

On behalf of Dave S and I, thanks to: Susan A, Janice H, Sonia LJ, Deborah B, Fred H, Gary B, Peter E, and Iraj F.
By **Carol Ault & Dave S**

LULU LOOP CYCLE – JULY 1



We had a great ride today from Lulu Island through Richmond and to Steveston, 66 km, 5:20 TT, 4:00 MT, 108 m gain. Thank you, Herb Chlebek, for leading us on this challenging route-finding ride.



By **Herb Chlebek**

SPENCER MT – JULY 4



Spencer's Peak is down the Tamihi FSR to the end so almost to the American border. They are actively logging in the area and we had to pull over and let a logging truck by on the way in. This hike was my first time on this trail and with a little bit of work could be a great local hike, the footbed is good, great wildflowers and the view at the top was spectacular though I would have preferred to go much earlier in the year when there is a lot more snow but then you would miss the wildflowers. The trail is 14km but we added another 3 as we parked at the big water bar about 1.5km from the trail head and walked up the road from there. Thanks **Carmen P** for a great day in the alpine and for some lively discussions about everything, your friend **John M.**

SLOLLICUM PEAK - JULY 5

This excursion ended up being shorter than we first anticipated, thanks to the yellow gate being closed but not locked. Turning onto the Slollicum FSR, we soon passed the Slollicum Peak trail (old FSR) that led straight up to the 900m high trailhead. We drove another 5 km. At the yellow gate, two motorcyclists that we talked to, had checked the gate and found it to be unlocked. Yay! That shaved off several more km of FSR hiking which is not my favorite thing to do. When we parked at the upper trailhead, lo and behold, there was David G, one of our own. He'd started out earlier, from the lower trailhead, then gone the wrong way where we parked and wasted half an hour. Good thing is, he joined us for the summit hike.



After a 45-minute heavy breathing grunt on a very steep trail through the forest, we got onto the ridge where we had our first "Wow!" moment. There lay the dark blue Slollicum Lake, surrounded by mountains. Of the more outstanding, there was Mt. Urquhart to the northeast with its pointed peak and the broad Old Settler still clinging to some snow to the east.

The ridge walk dipped and swelled on a narrow path in the sub-alpines where a few small patches of snow were quickly melting in the spring sun. At the summit 360-degree views were ours to enjoy. To our left was the massive Harrison Lake with Long Island below us. We could not see the northern end of the lake. And to our right was Slollicum Lake.



There was the Cheam Range to the south and the Breakenridge Range to the northeast.

We had a long leisurely lunch break and another long leisurely tail-gate party. Cheers to a successful and wonderful day.

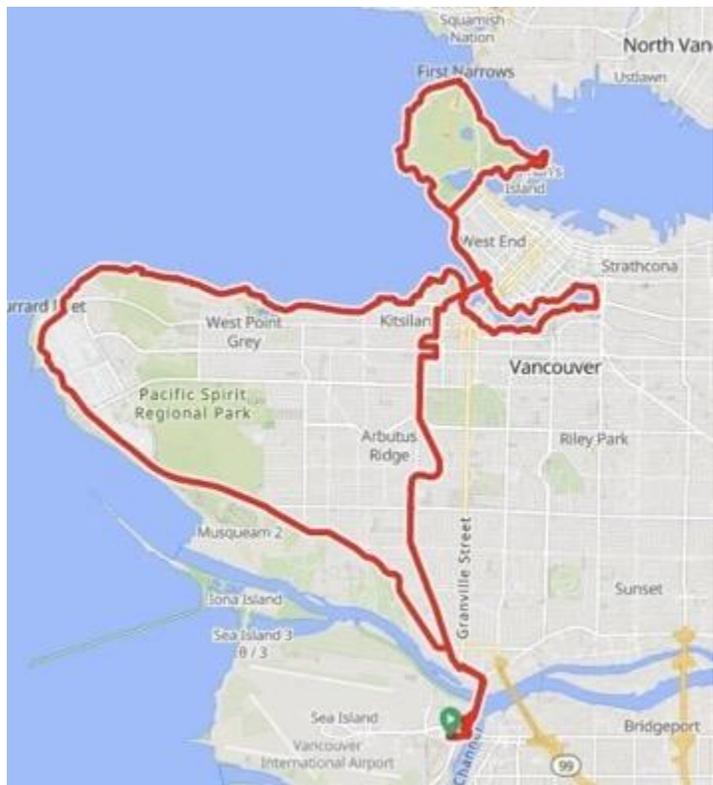
Stats: 7 km / 811m gain / 1573m high / 3 hours MT



Participants: Lorenz B, Dorothy F, David G, Brian H, Sheri K, Joan S, Peter V, Cindy W + **Joce T**

VANCOUVER CYCLE – JULY 8





Five of us COC members had a most awesome ride on Vancouver bike ways and bike paths. It was a most scenic 60km ride with perfect riding weather. We all enjoyed a delicious lunch at the Athlete's Village Tap and Barrel on our way around False Creek.

By **Herb C**

LIUMCHEN RIDGE – JULY 8



This hike is so close to home, beginning east of Cultus Lake, but it's surprising how many hikers are unfamiliar with it. It was a first for everyone in our group today, except for Mary & I. The views were exceptional, and they started right from the 1445m high parking spot where we could see the Cheam Range.

Barely 10 minutes into the hike and we already got expansive views at the radio tower with Robie Reid & Judge Howe being the prominent peaks on the horizon -- northwest. The FSR was in good shape, you just had to be careful with the water-bars. Our eyeballs needed a few seconds to adjust to

the sun versus shade contrast on the FSR in the early morning light. Therefore, we missed a few dips. It made for a brief shock, and then a good laugh.

After climbing zigzags through a furry treed forest for half an hour, we emerged onto the ridge. Wow!!! With such little effort and we already had full on vistas of our destinations and so many nearby neighbouring peaks. We did a short ascent left to Windy Knob where we could see Sumas Prairie & Mountain and the Cheam Range with the Chilliwack River Valley below it.



This route has several losses and gains in elevation. It follows along the ridge leading to Liumchen Mt. After Windy Knob we dropped down again and were careful in the forest to not miss the trail going up to Old Baldy & Church Mtns. There's only 38m difference between the two, but Old Baldy has a better treeless view. Then we dropped down again, only to climb back up on a less distinct ridge trail where clusters of Douglas Firs grew on the edge. The open meadow dotted with wildflowers, was our destination. We were at almost the same height as Old Baldy.



Right before us was Liumchen Peak. And so many familiar peaks all around us.

Stats: 9.7 km / 720m gain / 1718m high / 4 hours MT

Participants: Lorenz B, Christine F, Annet M, Mary R, Al S, Greg S, Peter V, Cindy W & **Joce T**

SNOWCAMP MOUNTAIN HIKE – JULY 8



We started our hike by taking the scenic Skyline I trail in Manning Park, then took a sharp right at the first major viewpoint toward Snowcamp Mountain. As we ascended, the meadows opened up into a breathtaking display of wildflowers stretching across the alpine slopes. The full hike covered 19 km with 948 m of elevation gain, and took us 5.5 hours, including a lovely lunch at the ridge with sweeping views. It was a hot day, but a welcome breeze helped, especially near the top. Bugs were present but manageable.



COC members on the hike were Susan V., Danny G., Mark S., Jan S., and **Elizabeth B.**

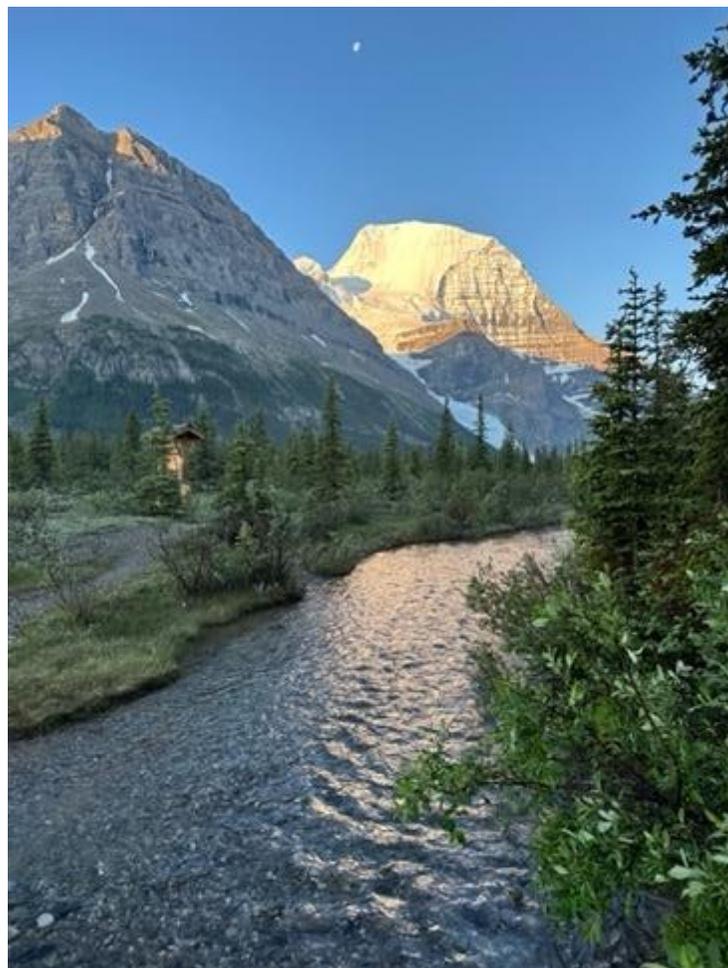
BERG LAKE TRIP – JULY 13-19

July 13-

After a devastating flood back in July of '21, the Berg Lake trail was fully restored and ready for campers in July of '25. I was lucky enough to get 2 tent pads for 4 nights. 4 of us arrived at the Robson visitor center to check in and pickup our permits. Allana, Christine C, Lucy and I set up camp at Robson meadows campsite anticipating an early morning flight to Robson pass.

July 14-

After a rainy night, we packed up camp and headed to "the pit" at 8:00 a.m. There was no rush as there was a weather



delay and we didn't fly out until 12:50. Thankfully we could hang out at the cafe until it was time to go. A 10-minute flight to Robson pass saved us a full day of hiking with loaded packs. Glorious! After setting up camp we took in the amazing views of the meadow, the surrounding mountains and glaciers and of course the star of the show, mt. Robson. July 15-

Rain in the forecast was wrong! We woke to a bluebird day so we quickly decided that snowbird pass was our destination. It was a tough but amazing day traveling over moraine with substantial elevation gain.



Close up views of the Robson glacier and lake were a most beautiful distraction. A final push up to the meadows was an unexpected treasure. They were lush and green with a sparkling clear stream and an even more amazing view of Robson. After a relaxing break by the stream, we were refreshed for the final climb to snowbird pass. It looked deceptively close but was another hour away. A small herd of goats were fun to see. At the pass, looking at reef icefields truly was an amazing site to see. A river of ice, filling the valley, with no end in sight from start to finish. Just a glimpse of how much ice filled these valleys not that long ago. Heading down required special attention to footing as we made our way back to camp. A challenging, tiring, rewarding and oh so memorable day.

July 16-

Tobaggon falls and Hargreave glacier and lake were our goal for the day. The timing was perfect for wildflower filled meadows which we really enjoyed. The falls are aptly named



as I could imagine zooming down on a crazy carpet! The rushing waters have, over time, carved some really interesting shapes in the rock. To see the lake, we had to climb up a short steep hill. The views from there were impressive. The lake, its own unique color, the glacier just a shadow of what it once was. Another day of exploring this beautiful and unique place.

July 17- Mumm basin. It used to be a loop, but a massive landslide has blocked part of the route. Still, just climbing to the basin rewarded us with unending views, lush meadows,



rocky cliffs and of course majestic Robson. We could see all three glaciers from up there. Robson, Berg and Mist. Far across the valley we could see our trail to snowbird pass. A most enjoyable lunch break was sitting on the rocks in the sun with a light breeze and just taking in the views that surrounded us. Such a magnificent place!



July 18-

Time to leave our home base for 4 nights. We enjoyed our stay here as it's less busy than Berg and closer to the hikes we wanted to do. This was a water filled day as we passed through the valley of a thousand falls. Oh, ya, and the rain. By the time we got to Whitehorn camp (about halfway back to the trailhead) I was ready for a change into some warm clothes. Dinner was postponed as we assisted a lady that had spilt boiling water in her lap. Thankfully a ranger was at the cabin and SARs was called. A Heli ride out for her and her son saved her from what would have been a very painful walk out.



July 19 - Last day on the trail. A beautiful day as we walked along Kinney Lake and Robson River. Very busy stretch of the trail as many do this as a day hike. Reaching the truck our first stop was the cafe for a coffee then a bite to eat in Valemount. A relaxing trip home with Allana at the wheel. She's a very good driver! Thanks to Allana, Christine C, and Lucy for joining me on this amazing adventure to Mount Robson provincial park.

By **Mary Ann Dykshoorn**

HARRISON FIRE LOOKOUT – JULY 16



Thanks to **Karl V** for leading hike to Harrison Fire Lookout & sharing his memories of working there in the 70s. My first visit. Jim A shared memories of the volunteer work that went into rebuilding & restoring this piece of history.

Report by Heather Burles

SECOND BROS. MT – JULY 19

If you wanted to see wildflowers at their peak, Manning Park's heather meadows was the place to go. The abundance of blooms has been exceptional this year. It was a relaxing day, meandering through the rolling meadows, surrounded by mountains on all sides. The first half an hour & 4 km, were a gradual downhill. We took a quick break by Buckhorn campsite, the lowest part of the Heather Trail. From there it was mostly uphill. Soon we were in the

meadows dotted with yellow arnicas, purple lupines, pink daisies, deep red Indian Paint brush, blue Larkspur & white Cow Parsnip. That's where we ran into my daughter, Chelsey and my niece, Alicia (actually I told them we'd be hiking there the day before).



The only steep part of the trail was the slope leading to the Second & First Bros. summits. About halfway up to the ridge, at a bend in the trail we turned left. There was no trail there, but we soon connected to a faint trail along the ridge leading to the Second Bros.



This was our first time on the Second Bros. summit. First Bros. is 52m higher than Second Bros. After a leisurely lunch break, we began our descent. Chelsey & Alicia went on to summit the First Bros. as well. The sun was shining more on the way back. The last 40-minutes of gradual uphill seemed to go on forever.

Ahhh. Cold drinks. Tail gate party for tired hikers. Chelsey & Alicia showed up a bit later. Our carload had delicious dinner on the outdoor patio at the Manning Park lodge. It was a great way to end a lovely day.

Stats: 21.4 km / 828m gain / 2220m high / 5:50 hrs MT

Dave B, Janice H, Jos & Annet M, Patty S + **Joce T**

BONNIVEER TRAIL - JULY 25



Good Friday hike with Patrick, we parked at the upper parking lot and hiked into the Heather Trail in Manning Park and turned right at the trail fork. We followed the Bonniveer trail about 5 km to the end of the ridge, turning around right where the trail begins to descend several switchbacks. There were light flower shows, determined we were about a week or two late for the best flower shows. The heather blooms were already brown. Day started cool needing a light jacket, and then made do with just a single layer afterwards. After completing the Bonniveer leg, we hiked to the high point of trail along Big Buck Mtn, before the trail descends to a ravine just before the 2nd and 1st Brother. 7-3/4 hours to complete 22+ km including 1/2-hour lunch. A partly sunny day with pleasant temperatures.
By **Karl Vietnieks**

THREE BRIDGES CYCLE – JULY 29



Four of us cycled the 3 bridges loop plus Barnston Island. It was an awesome 54km ride, a little hot near the end but we all survived with smiling faces. Big bonus was a nice lunch stop at the coffee shop and Bistro at Osprey village. Thanks for the great company, Patrick Ramsden, Janice Kennedy, Maureen Smith. Pics taken with Ray Ban Meta AI sunglasses in no particular order.
By **Herb C**

FLAT IRON – JULY 31

What a day with the COC! 🌞👟
Eighteen of us hit the trail to Flat Iron this morning at 8:50 AM and made it to the top in just three hours - 6 km and 850m of elevation gain! 💪🏔️



There were plenty of laughs and, technically, we only misplaced one hiker for a little while. But don't worry—we found him, and we won't say too much more about that... 😊



Let's just call it an "unplanned solo photo shoot." 😊
Epic views, awesome company, and plenty of stories to go around.
By **Tracy Goodwin**

ALMOST) SUPERB BERG – JULY 7-11

Early on July 7 Jim, Christine, Ingrid and I left for the Berg Lake Trail at the foot of Mt Robson. Finally open after a four year, five-million-dollar reconstruction following flood damage we were eager to see what shape the trail was in and if the scenery could match our expectations primed by social



media posts. Nearing Berg Lake on the afternoon of our second day Jim sustained a minor but serious injury, to say we were fortunate to encounter a doctor at the next shelter who just "happened" to bring a suture kit would be the understatement of the trip. Rangers were notified and soon Jim and Christine were whisked off to the trailhead with Ingrid and I left to spend the next three days hiking in the splendid area around Berg Lake. The weather was unbeatable (sorry Jim and Christine). Highly recommended day trips are the aptly named Toboggan Falls and Snowbird Pass where the glory of the Robson Glacier can be appreciated along with mountain goats and what you'll see at Snowbird Pass itself. The only thing that would have made the trip completely Superb would have been to have spent the entire trip together.

By **Darcy Grainger**

Masthead: Second Bros. Mt in Manning Park

2025 MULTI-DAY TRIPS

TRIP: Monashee Park – backpack

DATE: Aug. **LIMIT:** 5

CONTACT: Carmen Pellegrino

carmen.pellegrino@gmail.com

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

madkyshoorn@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

Position	Name	E-mail
President:	Christine Camilleri	4christinecamilleri@gmail.com 778-808-4126
Secretary:	Elizabeth Backman	elizabethbackman@gmail.com
Treasurer :	Carol Ault 604-316-0709	carolault@gmail.com
Librarian:	Ingrid Fischer	ingyfisc@gmail.com 873-353-7981
Directors at large:		
	Johnny Grimm	johnnygrimm@yahoo.ca 604-997-7823
	Patrick Ramsden - trails	patrickwramdsen@gmail.com 604-702-8232
	Owen Williams	owen.williams911@gmail.com 604-842-3381
	Bev Coles	cocbevcoles@gmail.com
Club Trip Email: chilliwackoutdoorclub@googlegroups.com For trips and announcements to be forwarded to all. Note: also you can post in members: Facebook: Chilliwack Outdoor Club Group		
Newsletter Publisher:	Jocelyn Timmermans	jocelyntimmermans@hotmail.com 604-309-3431
Website :	Christine Camilleri	4christinecamilleri@gamil.com
Membership:	Sharon Bell	cbd1717@gmail.com 250-859-1151
Wedder Mt Trail Ass'n:	Patrick Ramsden	patrickwramdsen@gmail.com