

Newsletter of the Chilliwack Outdoor Club

TRIP REPORTS

GARY BAKER HONORY LIFE MEMBERSHIP ANNOUNCEMENT

At the May 31 Club meeting, Gary Baker was awarded with Honorary Lifetime Membership in the Chilliwack Outdoor Club. This honour is presented as special recognition of an individual's extraordinary level of service to the club over a period of at least 8 to 10 years.



I have had the pleasure of working with Gary on the board in the past year and a half and appreciate his enthusiasm, work ethic and knowledge of the club's history.

I interviewed several people and want to share with you Gary's involvement in the COC. Gary Baker once told me he believes that "Volunteerism is one's ticket to earth" and isn't the COC fortunate that he thinks that way!

Gary Baker moved to Chilliwack from Vancouver Island on October 31, 2000 and attended his first club meeting the next month because he asked himself

"How do you meet people in a new community?" At his first meeting he signed on to become Membership Secretary.

His list of activities and involvement is extensive:

He has been on the board directly or working on subcommittees for **all** of the past 20 years since joining the COC.

Over the years he has been on the Executive in one capacity or another: 3 years as President, Vice President, Director at



Large, Director of Sub Committees...he knows the club history most intimately having been there when policies were changed, constitution changes, the club went through some hard financial times, etc.

If you have taken his Bike maintenance workshop (recently via Zoom) you have crowded into his garage at Cultus Lake as he explained with passion, humour and knowledge how to care for your bike so it is safe and roadworthy. He has been giving that workshop regularly for over 10 years and is seen as an experienced cyclist having led many trips over the years both locally and internationally.

Snowshoeing is another of Gary's loves and he is famous for his annual Poland Lake trek in February which we look forward to again post pandemic. When he leads any outings he has been described as "meticulously prepared and very knowledgeable". He has also given his Snowshoeing 101 workshop to libraries and to COC members over many years including this past spring via Zoom to our members.

He has been the tireless organizer of the club's Xmas party for over 15 years now.

He also spearheads for the past 10 years the Vedder Mtn Trails Assn and represents the COC there. He is actively involved in the COC trail maintenance initiatives like Vedder Mtn Trail, Pierce Lake Trail and the TransCanada Trail.

While he has recently stepped down from the board he assures us he will still come back to do workshops, lead outings and assist with trail maintenance.

Gary, congratulations on receiving Honorary Lifetime Membership with the Chilliwack Outdoor Club.

Christine Camilleri Vice-President

EVANS PEAK - JUNE 1

Want a shoulder-season challenge? This is the one! As if the slippery rooty boggy steep slopes weren't enough, the 28C temperatures also sapped us of our strength. Once leaving the Viewpoint trail from the West Canyon trail and turning right onto the Evans/Alouette trail 45 minutes later, the 45-degree grade unrelentingly carried on with a small flat spot about an hour from the junction. We plopped down there where you had partial views of Alouette Lake to the east and Evans Peak to the north.



I had forewarned our sweating heaving hikers that this was not going to be a time to relax and pat ourselves on the back. We were just over halfway there. We did take a nice 15-minute break before carrying on. The next stretch was a pretty piece of forest that followed alongside a stream & waterfall. About half an hour later we got to a junction and a creek crossing, where left leads to Alouette Mt. and right to Evans. This is where patches of snow began. It was a relief to feel the muggy temperatures drop.

Now the trail gave us a bit of a break from the steep grade. We got a bit off track, but it was a nice mistake, leading us to an open area of snow through which a golden creek flowed.



A quick look at our GPSs and we were back on track. Through a boggy mosquitoinfested section and then we stopped at the base of the very steep granite slopes leading to the ridge. There we packed up our poles and pulled our gloves out for the rope sections.

The thick roots that draped like

tentacles over the smooth rock face, made good hand and foot holds to haul our bodies ever upwards. The two rope sections were almost back-to-back.

From there it was only 5 minutes to the ridge and then came the views. It took a bit before we settled for lunch. There was so much to see and so many photos to take. To our left was the close-up Mt. Blanshard and right beside it the broad face of the Edge Mt. which had 8 waterfalls flowing from it. Golden Ears was tucked in behind it so we couldn't see it. But also up close was Robie Reid. Such rewarding views. Lunch was a long leisurely affair. Thanks for the strawberries, Lorenz.



Going down went almost twice as fast. As we waited by the junction to the Viewpoint trail, Don came and plopped down and looked accusingly at Cal. He said, "You didn't tell me it would be this hard! And I'm afraid of heights!" Plus he'd run out of water so was getting dehydrated. If you get to know Don, you'll know you can't take him too seriously. Despite the challenges we faced this day, we had a great time.



Stats: 12.5 km / 1060m gain / 1120m high / 5:45 hours MT

Along for this adventure were: Lorenz B, Tiffany M, Don Mc, **Joce T** (reporter & pics) Poebe Z + Cal F

Mt. St. Benedict - June 9

Hiked to the summit of Mount St. Benedict in west Mission, off Dewdney Trunk Rd. This was a Chilliwack Outdoor Club event organized by one of the key COC organizers Jocelyn. I have yet to meet a person in this club that is not a joy to be associated with. I also had the pleasure of hiking with Brigitte and Mark, who are the other two players in our Three Muskateers mini group.



It was a very interesting hike. It started out with an immediate upward grade right off the road and kept it up for quite a way. No chance for your legs to warm up. The trail was full of roots and rocks with some sections of nice trail thrown in to give you a chance to just walk normally. Then we got into the snow, and it was on very steep inclines most of the time. The sad part is that it was sugar snow which is extremely slippery, and crampons would have been better than the smaller toothed micro-spikes we all used. It was quite doable

with micro-spikes, but you had to be very careful. A lot of toe kicks into the snow to get a foot purchase. On the way up the clouds were very low and there was a good chance we wouldn't get any views at all, but as we ascended, they began lifting quite a bit. Not totally, but enough to see some of the surrounding terrain, including the summit.

Eventually we got to a tiny cairn at which point the trail direction became quite challenging. Even with a GPS. We did some pretty good bushwhacking but eventually made it to the summit where we had lunch.



We got some decent views but the spectacular Mt Robie Reid and Mt Judge Howay played hide and seek with us instead of showing off their majesty. It's a definite shame they were so shy, especially Robie Reid as it was amazingly close and would have been a fabulous sight.

Eventually it was time to head down, which was really sketchy due to the even softer sugar snow on top of the hard snow base. I only slipped on my butt 3 or 4 times with one really good, unintentional bum slide about 20 feet into a tree well. Oh well, no damage done. I righted myself and crawled out of the tree well and got up and carried on. We got back to the beautiful little McKay Lake with its glass surface and crystal-clear water.



After loitering for photos for a while we carried on back to the vehicles. There were some great conversations and after

everybody thanked Jocelyn for organizing the hike, we carried on down the rough Forest Service Road and home. Another great day and another summit in the books.

Relish the Struggle.

Stats: 8.7 km / 644m gain / 1290m 4 hours MT

Participants: Gary A, Dave B, Lorenz B, Denise D, Brigette G, Tracey G, Irene H, Liz L, Ling L, Don Mc, Colleen Mc (1st time), Bote M, Mark S, Jan S, **Don T** (reporter), Phoebe, Case & **Joce T**

TIKWALUS HERITAGE HBC TRAIL - JUNE 16

Take a step back in time as history comes to life on this trail, with the aid of 9 big signs. Thanks to the Hope Mountain Centre who'd cleared this trail the end of May, we were able to hike unhindered. The first 2 km were a sweaty steep grunt and a little farther inland, off of the ridge, the mosquitoes were nasty. Berni was the smart one, who came equipped with a sprayed head-net. We were anxious to get going as we had regrouped at the fork at the beginning of the loop. Once up on the open ridge and moving, the bugs didn't bug us as much. Burnt skeletons of trees from the 2004 fire, poked up from baby Lodge-pole Pines growing in their place. Instead of having lunch at the campsite as we usually do, we stopped earlier on the Bluff trail by the viewpoint where the breeze kept the bugs at bay.



The different eco-system was interesting, especially all the wildflowers. If you looked hard, you could see the top of the bridge by Hells Gate at the end of the Fraser River below. To our north was nearby Gate Mt. We'd done it a few years ago but it was so overgrown and the higher third of the original trail coming up was buried in a land slide. That 1858 trail (or what's left of it) comes very close to the campsite. There's a food cache, picnic table and outhouse at the campsite. After a brief break we carried on, on the Lakes trail which runs parallel to the Bluffs trail. We could see the lower ridge that



we'd come up on, backed up by Spuzzum Mt. to our right (west). Deeper into the forest we stopped at the creek where the Lake House used to be. From 1858 – 1860 miners would come up with their mule trains loaded with supplies and have a nice rest with refreshments there. Aug. 1860 Mt. Wetherill from Boston Bar wrote that a squatter named Gibson was illegally selling whisky from Lake House. As the local judge could not find anyone to testify against Gibson, he solved the problem by sending an officer to burn down the house.



Sure enough, as I had warned, the last few km were kneegrinders. Case hiked down backwards. I knew this would be a hotter drier climate, so I packed a cooler chest with beer and pop along. When Jackie came to the parking lot and I asked if she wanted a cold beer, she placed her hand on my shoulder, looked me in the eye and thanked me as if I'd just given her the most amazing gift.

Stats: 13.8 km / 1010m gain / 948m high point / 4:30 hours MT

Participants were: Jackie C, Lorenz B, Denise D, Brigitte G, Irene H, Tim & Berni Y, Poebe Z + Case & **Joce T**

THE NORTH SHORE 'END TO END' - JUNE 24

As the event day approached, I really began to have second thoughts about this route. Sheryl and I had pe-ridden and driven much of the planned route the previous weekend. I had real concerns about two sections of the route; the first just west of the north end of the Ironworkers Bridge (a very congested commercial area) and the second to the west of the Village of Dundarave where the road gets narrower, with no shoulders in many places, poor sight lines and is traversed by way too many expensive, fast cars driven by 'driven' people (if you get my drift). On the pre-ride we decided rather than do an out and back we'd return to our start by crossing the Lions Gate Bridge, going through Stanley Park and along the Vancouver waterfront. I now had a great alternative route: The Village-to-Village Bridges **Loop.** The route would be to the picturesque seaside villages of Deep Cove and Dundarave. This illiminated one of the areas of concern.

We started the ride on a quiet street behind the Fred Deely Harley Davidson Dealership on Boundary Rd. where there is a wonderful motorcycle museum (worth seeing). From there we headed north via a series of designated bike paths/routes and over the Ironworkers Memorial Second Narrows Bridge.

The bridge has a tragic history. On June 17, 1958, while under construction, two spans collapsed into the inlet killing 18 workers. It was rebuilt and open to traffic in 1960. Back in those days provisions for pedestrians were basis to say the least, riding the sidewalk was terrifying.



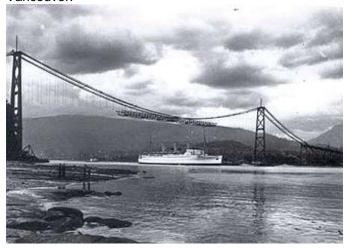
There was no sidewalk roadway separation and the railings were waist high. In the 1980s a traffic separation barrier was added, narrowing the sideway even more. And, oh the winds!!!!. With wide handlebars, the wind and the low railing riding over this bridge was not much fun, many a time I elected to walk. Finally new wide pedestrian/ cycle paths were added in the late 2000s with HIGH anti 'jumper' railings. This bridge now has one of the best, safest cycle paths of any bridge in the area.

Once over the bridge we rode the Dollarton Hwy (a very popular cycle route) to Deep Cove, nestled on the shores of Seymour Inlet. Several of the group had never been there before. The views across and up the inlet were sublime. FYI:

Deep Cove is a kayaking Meca, but not on sunny weekends, way too crowded.

From Deep Cove we retraced our route back towards the industrial heartland of the north shore (coal port, grain elevators and shipyards). Once past the busy commercial area to the west of the Second Narrow Bridges we followed a series of bike routes to the start of the SPIRIT TRAIL. This trail took us to long piers jutting into Burrard Inlet (across from the Vancouver waterfront), through the trendy Quay area, along the shoreline with marinas and floating homes, behind the Park Royal Malls, through Ambleside Park and along the West Vancouver waterfront with all the luxury condominium towers. We stopped for lunch on the pier at Dundarave Village; also a first for some. From the pier we had great views of English Bay and Point Grey (home of UBC).

We followed the Spirit Trail back to the Lions Gate Bridge. This iconic bridge was built by the Giunness family and opened in 1939 to provide access to their property development. They virtual owned all of what is now West Vancouver.



The sidewalks over the Lions Gate Bridge used to be worse than those on the Second Narrows. They are now amongst the best. The views from the centre span in every direction are stunning. Once over the bridge we exited towards Prospect Point and down to Third Beach and Lost Lagoon. This section of the park road has a designated cycle lane and the VDP no longer tickets cyclist for exceeding the 30KPH speed limit. BLISS!!!!!

Existing the park, we followed the waterfront pedestrian/cycle paths to Canada Place, onto Crab Park, into the Wall St. Neighbourhood. It has become a very trendy residential area of old two story apartments. Side bar: Shortly after leaving Crab Park Irene had a flat right in front of a Brewery (a rest stop, and a quick pint was very tempting).

One more stop was in order. We made a short detour to stop at the Tiaga Factory outlet store. Pockets several hundreds of dollars lighter we road back to the cars. With a local McDonald's only several blocks away and on the way to Hwy # 1 we stopped for ice cream and cold drinks in the garden patio.

It was a GOOD Day! Thanks, for coming along: Irene H., Brigitte G. Denise D., Sonia J. Submitted by: **Gary Baker**

FLAT IRON - JUNE 30

A group of 12 headed out on this hot day with two different destinations. Us 5 women went for Flat Iron and its choice of tarns, to beat the heat. The other 7 went for the bolder strewn scrambly Needle. We split off in opposite directions after an hour of steep ascent in the forest and then another hour on the open ridge leading to the saddle which was mostly on snow.



Our plan was to soak in the larger tarn, halfway up the smooth granite slopes leading up to the Flat Iron's flat summit. But it was still mostly frozen, with just its edges having melted and leaving a strip of blue ice on the edge. We decided to carry on and stop on the way down. Staying right and climbing up the rock edge above the north-facing cliff face, we passed rich pink heather and pale purple penstemon clinging to scraps of dirt between the warm stone.



As soon as we were at the summit we wasted no time in taking our boots off and soaking in the small tarns. No ice

there. They were like bathtubs. But then Irene told us after testing two tarns, that it's not a good idea to disrupt the delicate balance in the water with our sun-screened skin and detergent-washed clothes. That made sense.

We clustered together for lunch in the one strip of shade cast by the tall green radio tower on the summit. The double peaks of the Needle were not too far away, being only 90m higher than Flat Iron summit. There's not much difference in elevation gain though, because of the drop on the ridge to Flat Iron before the climb up to its summit.



After a relaxing cool lunch, we started down, stopping abruptly behind Brigette had when a snowball hit the back of her head. That erupted in a gool 'ol snowball fight between her and Sonia. Once at the large tarn again, Irene & Sonia stripped down to their bathing suites. But Irene only got up to her shins, her feet going numb within seconds. The water was icy cold. Sonia blew us away once again. She has a reputation for swimming in alpine lakes. She submersed herself completely in the little pool flowing directly from the mini lake.

Back at saddle we were glad to have the last of the uphill behind us. As we were searching the Needles slopes for the rest of the gang, we did not see any humans but did see a creature scurrying about. It was either a marmot or a wolverine. Sonia & Denise did a bit of glissading before the

snow ran out. At that point we were starting to anticipate the ice-cold drinks and icecream bars at the food trailer parked by the restrooms. When we got there at 3:00pm we ran into Lorenz. He'd pulled a muscle in his calve while jumping from one rock to another near the top. He joined us while we immensely enjoyed our snacks and took turns standing under the dripping edge of the awning of the trailer. They'd put a sprinkler on the roof of it to keep it cool.

Apparently, the other group returned 45 minutes after we did. It was a wonderful day. Thanks Cal.

Participants: Sonia A, Denise D, Brigette G, Irene H, **Joce T** (report) + Lorenz B, Sheri K, Don Mc, Mark S, Jan S, Phoebe Z, **Cal F**

COC 2021 MULTI DAY HIKING TRIPS

TRIP: HIKE TO THE SADDLE BETWEEN WEBB & MACDONALD PEAKS, CAMP THE NIGHT AND THEN SCRAMBLE UP BOTH PEAKS DATE: END OF JUNE/BEGIN OF JULY, SUBJECT TO WEATHER, 2/3 DAY TRIP LEADER: CINDY WASLEWSKY @ twin-

creeks@shaw.ca

PEOPLE: 8 PEOPLE MAX

TRIP: HIKING/SCRAMBLING, CAR CAMPING

IN YOHO / ROCKIES AREA

DATE: MID OF JULY 17 - 27 DAY TRIP LEADER: CINDY WASLEWSKY @ twin-

creeks@shaw.ca

PEOPLE: 10 PEOPLE MAX

TRIP: BACKPACK TO PIERCE LAKE, THEN

CLIMB MT MACFARLANE AND OUT DATE: 2 DAY MID JULY, SUBJECT TO

WEATHER

LEADER: MAURICE DODD @

mauricego@gmail.com

PEOPLE: 8 PEOPLE MAX

TRIP: BACKPACK INTO GARABALDI PP, DAY

HIKE IN THE AREA

DATE: LATE JULY - EARLY AUG, 3 DAY TRIP

LEADER: CINDY WASLEWSKY @ twin-

creeks@shaw.ca

PEOPLE: 10 PEOPLE MAX

TRIP: 1 WEEK IN REVELSTOKE & GLACIER NP 1 WEEK IN KOOTENAY NP, HIKING & CAR

CAMPING

DATE: JULY 29 - AUG 12, 14 DAY TRIP

LEADER: GRANT ACHESON @

achesongrant9@gmail.com
PEOPLE: 10 PEOPLE MAX

TRIP: BACKPACK UP THE WINDY JOE TRAIL, CAMP OVERNITE, HIKE TO THE TOP OF FROSTY MTN, CAMP OVERNITE THEN HIKE OUT

DATE: JULY 29-AUG 01, 3 DAY TRIP

LEADER: TERYY BERGEN @

terrybergen@shaw.ca

PEOPLE: 12 PEOPLE MAX

TRIP: BIKE RIDE (240KM+) "THE HEART OF THE KOOTENAY", NELSON/KASLO AREA, BOTH ON AND OFF ROAD

DATE; EITHER AUG 09-15 OR SEPT 07-13, 7 DAY

TRIP

LEADER: GARY BAKER @ garywbaker@shaw.ca

PEOPLE: 8 PEOPLE MAX

TRIP: BACKPACK THE HOWE SOUND CREST TRAIL, NORTH VAN (+ A COUPLE OF PEAKS) DATE: MID JULY, 3 DAYS, SUBJECT TO

WEATHER

LEADER: CINDY WASLEWSKY @ twin-

creeks@shaw.ca

PEOPLE: 8 PEOPLE MAX

TRIP: HELICOPTER IN/HIKE OUT TO BERG

LAKE @ MT ROBSON PP

DATE: MID TO LATE AUGUST

LEADER: MARY ANN DYKSHOORN @ madykshoorn@gmail.com & CAL FRANCIS @

calfrancis@gmail.com

PEOPLE: MAY DO MORE THAN ONE GROUP

SO CHECK WITH MARY ANN OR CAL

TRIP: DAY HIKING / CAR CAMPING HBC TRAIL: MT. DAVIS + PODUNK CREEK

DATE: SOMETIME AUG 15 – 19, WILL PICK

THE 2 BEST WEATHER DAYS

LEADER: JOCELYNTIMMERMANS

jocelyntimmermans@hotmail.com PEOPLE: 12 PEOPLE MAX TRIP: DAY HIKING/CAR CAMPING SOUTH OF MT BAKER AND INTO CASCADES NP ON

HIGHWAY 20

DATE: EARLY TO MID SEPTEMBER

LEADER: CAL FRANCIS @ calfrancis@gmail.com

PEOPLE: 12 PEOPLE MAX

TRIP: BACKPACK THE SUNSHINE COAST TRAIL, WATER TAXI FROM LUND TO SARAH

POINT & END AT POWELL RIVER

DATE: OCT 09-17, 5 DAY TRIP, SUBJECT TO

GETTING HUT RESERVATIONS LEADER: JANE DESBARATS @

janedesbarates91@gmail.com PEOPLE: 8 PEOPLE MAX

TRIP: DAY HIKING/CAR CAMPING IN UTAH (ARCHS, CAPITAL REEF, ZION, BRYCE

CANYON NP, ETC ETC)

DATE: OCT 02-23, 3 WEEK TRIP

LEADER: DAVE BIEHN @ dave.biehn@gmail.com

PEOPLE: 12 PEOPLE MAX

TRIP: DAY HIKE/3-4DAY BACKPACK ON MAUI

HAWAII

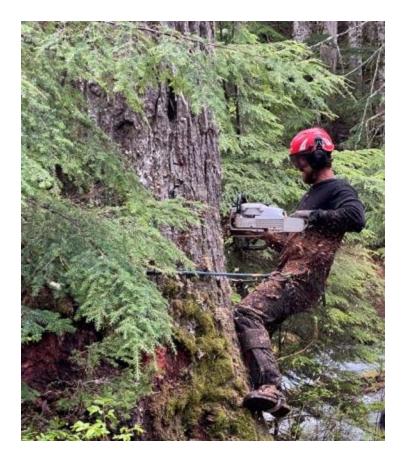
DATE: NOV 06-21, 16 DAYS LEADER: JOHN MCLELLAN @

ihmclellan@shaw.ca

PEOPLE: 10 PEOPLE MAX

Piers Lake Trail Maintenance crew







Our trail maintenance crews have been very busy. A big thank you, especially to **Jim Alkins** who spearheads these projects.





Paleface Pass







Slesse



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
- Compass
- 3. Extra clothing
- 4. Sunglasses and sunscreen
- 5. Headlamp/flashlight
- 6. First-aid supplies
- 7 ------
- 7. Fire starter8. 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 carbineers	5	ice screws contact Cal Francis to use: calfrancis@gmail.com

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

Dura	ation (hrs.)		ion Gain (m)		Difficulty
A	0-4	1	10-500	a	Easy
В	4-7	2	500-1000	b	Moderate
С	7-10	3	1000- 1500	c	Difficult
D	10+	4	1500+	d	Advanced

Position	Name	E-mail	
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