



JUNE 2022 ACTIVITIES

- 01 June Hike Stein Valley 21 to 26 KM 961 MR Elevation Gain
- 02 Jun Trail Maintenance, Jessica and Portia
- 03 Jun Hike Dewney Grind Peak 1000 MR Elevation
- 07 Jun Trail Maintenance, Portia to Needle Creek
- 09 Jun Trail Maintenance, Coquihalla
- 11 Jun Outdoor Course facilitated by Hope Mountain Centre for Outdoor Learning.
- 14 Jun Trail Maintenance, Upper Silverhope
- Jun Trip RV Convoy, Day hiking, Backpacking, Whitehorse, Dawson City, Klane NP
- 15-19 Jun Trip Olympic Peninsula WA State Day Hiking & Car camping, 5 days
- 18 Jun Cycle Lulu Island Loop 66 KM
- 26 Jun-Jul 01 Cycle Trip Heart of the Kootenays
- 21-23 Jun Trip Backpack Garibaldi Lake
- 22 Jun Trail Maintenance, Upper Silverhope to Paleface Pass
- 24 Jun Hike Squamish Chief 7KM & 700 MR Elevation Gain
- 25 Jun Cycle Rotary Trail Chilliwack 3 Hours
- 27 Jun Lindeman Lake Hike & Paddle 3.5 KM & 240 MR Elevation Easy Paddle
- 27 Jun Chilliwack Outdoor Club Summer BBQ
- 28 Jun Trail Maintenance, Paleface FSR and Pass
- 29-06 Jul Trip Canoe/day hiking, Murtle Lake Wells Gray Provincial Park
- 30 Jun Cycle Birchwood Dairy, Flat, 50 KM
- 3 Hikes
- 1 BBQ
- 6 Trail Maintenance
- 1 Outdoor Course
- 3 Cycle
- 1 Paddle & Hike
- 5 Club Trips

STEIN VALLEY NLAKA-PAMUX HERITAGE TRAIL: JUNE 1

Finally, after three years, this trail opened to the public once again. This day started at 6:30am and didn't end till 9:30pm. Things didn't all go as planned but that didn't take away from our enjoying this beautiful river valley. This trail has been used for thousands of years by the Nlaka-pamux people. They still hunt and harvest in the Stein watershed.

When we arrived at the Lytton Reacton two-car ferry terminal, there were six vehicles in front of us. That meant a 45-minute wait. And that meant we probably wouldn't make it to the suspension bridge as planned. We decided to cross with 2 vehicles so we wouldn't have to wait an extra ½ hour. So Sonia parked her car there and we squished 4 hikers' gear into Ingrid's car and 4 extra hikers into ours. It wasn't even a ten-minute drive to the trailhead from the other side of the Fraser River. The men operating the currant & cable ferry said they'd probably be shutting it down the next day because of rising water.



By 11:00am we were on the trail, after taking the traditional

group shot by the big sign. I found myself doing constant stops. There was a smorgasbord of wildflowers that I just had to photograph. Soon we crossed a bridge over the raging Stryen Creek. And soon after that we came to the Asking Rock which is a place of historical and spiritual significance to the Nlaka-pamux people. It's the tradition that they stop there and pray before continuing their journey through the valley. In about a km we came to the memorial tree that has 4 commemorative plaques nailed onto it. It also had a cicada that was in the process of metamorphosis. Weird, seeing it shed its skin and wings.



In 1 hour, we veered slightly off of the Stein River trail to have lunch at the Devil's Staircase campsite. But there wasn't much time to linger. Thereafter started the steepest part of the trail, climbing up to cross several bolder slopes. John McLellan had done this hike 2 days prior and warned me about the landslide section, and how to cross it. I recognized it from his photo. It did take cautious carefully placed steps, but we made a good team, passing the poles and directing each other as to where to place our feet.



Thanks Christine F for flagging me down at the unsigned junction. The wall covered in pictographs was not to be

missed. It is a Unesco Heritage site. Shortly after the junction, about 1/3 way in, we decided to split into two groups with a 3:00pm turn back time. The first group of 7 set a pretty brisk pace. Between Tee Pee camp and Earl's Cabin camp, was the prettiest piece of forest. Large cedars grew along fast-flowing creeks that zigzagged through soft ground strewn with pine needles. John warned that there would be blow-down past the Devil's Staircase. There was but not so bad. Sheri was just saying that we didn't see anyone else on the trail today when we rounded the bend and came upon a large group of young adults at the Earls Cabin campsite. They were friendly fire-fighters, based in Lytton and were the reason the blow-down wasn't so bad.

It being 2:50pm, we knew this would be our turn-back point. It would've been another 2.5 km and 100m gain to the suspension bridge, but we realized that was no longer an option. At this point it felt great to sit and have a longer break. Michelle commented that this was the first hike this year during which she was really sweating. By the end of the day, I drank a gallon of water! Since this whole trail followed alongside the Stein River, running out of water was not a concern. And the river kept the temps down a bit.



Would we get back to the parking lot in time to catch the ferry before the 6:30 – 7:00pm break? We did get back at 6:15pm but missed the ferry by 5 minutes. When we phoned Fat Jack's to see if we could have dinner there (they're open till 8:00pm), they said no. I guess 13 hungry hikers was just too much at that time of day. There were no other restaurants till Hope. By the time we got there it was 9:00pm. We were all tired and smelly so decided to go through a drive through and head for home.

Stats to Earls Cabin: 25 km / 824m gain / 539m high point

Participants were: Sonia AF, Lorenz B, Christine C, Peter E, Peter F, Igrid F, Iraj F, Christine F, Sheri K, Michelle K, Cathy U + Case & **Joce T**

WILD PACIFIC COAST AT OLYMPIC NP, WASHINGTON, US: JUNE 15-19

Olympic National Park, along the Washington state coast is a good pre-summer destination because many trails are still snowbound where we live but not here at the ocean. After being shut out of the US for almost 2 years it was good to be back. Our base camp was at Lost Resort at Ozette Lake a non-frills camping area but with a lodge that boasted incredible pizza and beer! You do need to race to the ONE shower that is on site after a hike. Right Cal? Right Jackie? (Jackie won by a hand that got to the doorknob first).



First day was Ozette Triangle hike right from our campground. 17 kms of forest, old homestead (Ahlstrom's Prairie) and out to the beach, Cape Alava and return in a triangle shape. After the challenging travel the previous day (a ferry broke down, so we all had to re-route and arrived late) we were able to sit in the afternoon sun at camp and soak up some relaxation.



Next day we headed through a bit of mud...ok a LOT of mud that wanted to grab and keep your boots over several kms

through coastal forest then we glimpsed the ocean, sand and surf at Shi Shi (pronounced shy-shy) Beach and Point of the Arches. This hike was 16 kms out and back. Since we were going to Cape Flattery we thought we'd pay homage to that area and flattered each other endlessly on the beaches: "love your hat", "look how easily you jumped over the creek", "you hike so well" ...and on and on! We then drove to Cape Flattery, the northwesternmost land in the contiguous (say 3X fast) US a rugged last part of the US continent before heading out to the ocean's vastness.



For dinner, John McLellan went fishing and brought back a fresh whole salmon for us all! Actually, he got it from a native Makah angler at Neah Bay (we all chipped in) which he then masterfully BBQ'd for us hungry folk back at the camp and everyone brought out potluck dishes. The salmon was tender and delicious! There was so much left over we all had salmon sandwiches on the next day's hike, and no one was wanting to eat anyone else's lunch (all the same). Thanks John!



Next day we went to the best of the three beaches: aptly named Second Beach (imaginative!). Total of 9 kms in the forest then onto the beach with two natural arches to see. While everyone was together anytime we were on the forest trail it was fun

watching everyone fan out far and wide as we got to explore

tide pools and little nooks and crannies filled with anemones (or enemies if too hard to say), starfish, crabs, trapped fish like sculpins and gooseneck barnacles attached to pretty much anything (which Google search tells me is a delicacy



in Portugal and Spain: "In Spain and Portugal gooseneck barnacles are harvested as a delicacy with the peduncle being the part that's eaten. Steaming, peeling off the outer skin, and dipping in butter is the preferred method of consumption but let's be honest — you can pretty much dip anything in melted butter and it's good." OK then! Who knew!?? We could have made dinner out of these guys. Then again, which part is the peduncle?



We had a leisurely lunch with plenty of sauntering at Teawhit headland before returning back because the tide was coming in rather quickly...this is why I started the group early in the am so we could be seeing the beach at the lowest possible tide. I didn't think they'd get out on the beach for 1 am so opted to get out to the beach for 9 or 10 which they only grumbled a little about.

Tons of walking over 4 days and one minor incident: a blister on Tracy's foot that was the size of a grapefruit (that's what

Tracy recalls). Luckily, we had nurses in attendance and others with lesser knowledge but lots of courage who all wanted to lance it and forget about the human attached to it. All ended well.



The last day some of us finished up the trip in the mountains again. We said goodbye to some of our group and the beaches and headed up to Hurricane Ridge at 1700 plus meters near Port Angeles. We hiked Hurricane Hill, 11 kms, because the longer hike we wanted to do (and I had done on another COC trip 7 years before) was still closed due to snow and a road washout. It does pay to keep checking conditions as they change year over year. That time 7 years ago was hot, dry and we needed to carry plenty of water on the exposed ridge. This time there was a lot of snow in the parking lot and on the mountain and it was a "puffy" kind of day (you had to wear a jacket).



With me on this epic adventure was: John McLellan, Jackie Chambers, Tracy Goodwin, Iraj Filsoofi, Cal Francis, Mary Schlater, Anne O'Leary, Al Smith and Sue Lawrence and myself: **Christine Camilleri**.

LULU ISLAND LOOP: JUNE 18

How good it is to be out doing some leisurely cycle touring again, particularly on a route I have done many times over the years with members of the C.O.C. This time joined by Carol A., Dave S., Danny G., Linda I., Don F., Annette., Leora P., Sheryl H., and Patrick R.

As in the past we met up at the Hamilton Community Centre (with restrooms) in east Richmond. After the obligatory safety talk, off we went riding easterly past the Queensborough Shopping district towards the Queensbough Bridge, our first incline. Oh, Oh: something felt wrong with my bike, really WRONG and we were less than 2 km into the ride. I had, in fact, anticipated the problem and had plans to carry the tool needed to fix it, but of course I forgot it. I knew the closest bike store was a good 5+ km away in the wrong direction. Time to think outside the box. Where might I find the tool, I needed? An auto repair shop of course and where might I find such a shop nearby. Small one-man auto shops are often found in strip commercial warehouse complexes and there just happened to be such a complex with several auto repair shops, literally beside us.



The others likely wondered why I had detoured into the complex and had ridden up to an open shop door. If you don't ask for help, they can't say, "Yes.". The owner graciously offered to help, and he had the 'right' sized tool I

needed to fix the bike. I thanked him and we were on our way, just like that. My son's business (de'Brand) is located near there. On one of my visits to see him I intend to visit that Auto shop and give the owner a gift card for Tim Hortons.

Once over the bridge we rode a short section of S.E Marine Dr. We then turned into the Burnaby Industrial Park with its wide, quiet, tree lined roads before accessing a series of pathways along the North Arm of the Fraser River through Burnaby and Vancouver to the RAV SkyTrain Bridge and cycle bridge. We crossed over the river back to Lulu Is. into the City of Richmond. From there we rode by the 'money laundering den' (River Rock Casino) and over another bridge to Sea Island (site of YVR), around the Outlet Mall and through the community of Burkeville, over another bridge and then onto the West Richmond Dike Trail all the way to Steveston. To my delight, a small herd of 'Belted Galloway' cows were pastured on the lush foreshore grasses beside the dike.

Once in Steveston we had the 'required' stop for fish and chips at 'Pagos' floating Restaurant before meandering along the Steveston waterfront boardwalks. Wow, have they been built up over the past several years? This year we bypassed No. 5 Rd (The Highway to Heaven) and took the Hwy # 99 diversion route by the BC Ferries Maintenance Yards, over Hwy # 99 connecting to Steveston Hwy which we followed out to the Recreation and Entertainment Centre at # 6 Rd. What an isolated location for these facilities.



From there we headed north along the somewhat busy, narrow, shoulderless # 6 Rd. This was a deliberate choice; I had a reason (Ask me about it sometime.). Rather than follow # 6 Rd all the way to North River Rd (along the north arm of the Fraser R.) we headed east along the Westminster Hwy bike path then 'N' on # 7 Rd through cranberry fields to N. River Rd. Once on River Rd., we followed it to its end. From there it was a short ride (about .5km) to the cars. Oh, the weather. The forecast was a bit concerning, but Richmond tends to be drier than other areas of the Lower Mainland. When we first arrived at the community centre, we experienced what in Ireland would be described as a 'mist'. It

did get somewhat heavier but still on the 'light' side', no need to dawn heavier rain gear. Within short order the precipitation stopped, we had a day with very little wind and a very comfortable riding temperature.

It was a good one! By **Gary Baker**

STAWAMUS CHIEF – JUNE 24

Cal and **Charlotte** (reporter) met at the Safeway parking lot at 7:30, Darlene, Alison, and Elizebeth met at Colossus in Langley, Linda was picked up at the Fraser Heights rec center and Rosa, Nadine and Arnold met the group at the trail head.

The Stawamus Chief is an intermediate rated hike, one of North Americas largest granite Monoliths. Located at the Stawamus Chief Provincial Park. There are many stairs to start this well marked path with signposts pointing the way to each peak. The goal for the day was to summit all three peaks.



The first peak is the busiest, but we started early enough to avoid the crowds and had no waits at the ladder or chain sections. The view from here is spectacular so we mingled for a bit, took pictures and enjoyed the victory. The group decided to take the path back to the signpost to move onto the next peak. There is another path to the second peak that can be more challenging.



Onto peak number two. This is the largest of the three and this time of day the busiest. The ladder and chain assisted sections on this climb proved to be more difficult to manoeuvre causing a backup in people coming down and going up. The view from this peak includes First and Third peak, we had a well-earned break here and had lunch. No back tracking this time it's onto the next peak

We had consensus on going to the third peak from here to complete the trifecta. This is the highest peak with the coolest viewpoint. This day was one of the hottest of the summer so far, shade and a regroup was in order.

The group chatted about going for dinner to avoid the traffic before we started the long climb down.

The boulder field for most of the ascend was challenging for the group and we had a few skid outs but luckily no injuries. In the parking lot we were treated to a delicious watermelon Rosa and Arnold had in a cooler with ice all day. The heat of the day made the watermelon a pure delight!

Boston pizza was the next stop for dinner while the traffic moved along. Rosa and Arnold had to pass as they had another hike the next day to prepare for. Great day of hiking, thanks Cal for leading this great day.

GARIBALDI LAKE BACKPACK: JUNE 22-24

The first day of summer is 21 June. However, as we prepared for our trip the official parks report said, "expect winter conditions". So as summer began, we headed for winter. It was never really that cold as the sun was gave us lots of warmth when it was shining.

We stopped in Squamish at my favourite café, the Zephyr (which translates to "a soft gentle breeze") for lunch and of course a Zephyr cookie (the best hiking cookie you can find). Then we headed up the trail. It is a wide well-groomed trail which heads up at a steady consistent grade through some beautiful forests. At about the 6 km mark you arrive at the Barrier. This is a very interesting rock wall formation which was formed about 9000 yrs ago when lava flowing from Clinker peak was stopped by the huge glacier in the



Cheakamus valley. When the ice melted a cliff was formed which is also the dam that holds Garibaldi Lake in place. This dam is considered to be unstable so there used to be a sign that recommended no stopping on the Garibaldi trail due to risk of the Barrier breaking. If the Barrier did break, I don't think it would matter where you were on the trail – it would be a huge disaster.



We hit snow on the trail about 2 km from the lake, but it was fairly solid ice so no post holing. When we got to the

campsite, we were looking for the picnic tables. Eventually we realized they were still well buried under several feet of snow. Since there were really no tent pads around, we picked a beautiful lake side spot in the snow. The first night there were very few other campers. It was quite wonderful to have this beautiful spot to ourselves, something unheard of in the summer. We explored the shoreline after supper. As it began to sprinkle with rain, we saw the widest brightest rainbow I have ever seen. The rain timed perfectly as we just got in our tent just when the hard rain began.



The next morning began with blue sky and sun coming over the peaks to warm us up at 6:15. The open areas of the lake had refrozen, so the ice axe was handy to get fresh water. Getting an early start was great as the snow was stiff and frozen on the trail up to Taylor Meadows. Microspikes were essential and made travel fairly easy. We did carry snowshoes, but the firm ice persisted all the way up the ridge. Once we hit the Meadows there were some great views of Black Tusk, Garibaldi (poking up behind Panorama ridge) and to the west, the massive Tantalus range. We used ice axes for the final steep part of the climb. John had never been here before and said that this was one of the most outstanding views that he had ever seen (that is a direct quote!). We stopped on the flat part of the ridge for lunch as some darker clouds moved in. This did not amount to more than just a short period of mild ice pellets falling from the sky. Coming down the ridge was easy as the snow was softer, and we even did some glissading. On the way down we met 4 young French hikers heading up to the ridge with no poles, no ice axe, no microspikes. One woman just had light runners on. It is interesting how different people have different risk tolerance.

We got back to camp and found more campers had arrived. Most of them had no idea that it was still winter at Garibaldi. They had no warm jackets and some had never camped in snow. One woman had her swimsuit and sandals so she

could swim in the lake! That being said the sun was still keeping us warm, and it was a pleasant evening.

The next day we headed out. The trail was still icy so microspikes were nice to have. We passed tons of day hikers and many backpackers heading up for the weekend. So glad we went mid-week. It got warmer and warmer as we went down the trail - summer had arrived. We stopped at Backcountry Brew Pub in Squamish. They were rated at the #1 pub. Although their beer was quite delicious, their food was not so great.

Overall, it was a fantastic trip. Thanks for coming with us John McL (photos). We enjoyed it so much we will be leading this trip again next year in June. Hopefully a bit less snow next year, but even so it is a wonderful, gorgeous place to backpack to.

By Al & Sue

THE WEST KOOTENAY LOOP –A BICYCLE TOUR: JUNE 26-JULY 1

The riders were: Carol A., Dave S., Patrick R., Danny G., Lori Y., George D., and Gary B.

Let's start with a few participants' comments. Lori Young and Dave Sawatsky summed up the week wonderfully.

Lori: What a wonderful part of B.C. for a cycling tour. I had been wanting to do this route for a while and it was more than I imagined. Quiet roads for cycling and small towns with friendly people. Rivers and lakes to ride along side and mountain views all around.

Really enjoyed discovering the town of Sandon, so rich in history. Loved riding the Galena trail to New Denver with the cable crossing with a bike! So much fun. Thanks for the memories.

Dave: This bike tour was really packed full of beautiful scenery, riding trails and yes, the weather had turned in our favour just as we got there. A great mix of road and trail riding, swimming, a bit of hiking, lots of stimulating conversation amongst the riders and even a whole lot more ice cream to top it off. I can use only one word to summarize. DELIGHTFUL! Now, as the organizer, here is my 'take'. The cycle tour was long in the planning, first proposed to happen last year, but life intervened with different plans. Although I've organized numerous one day cycle events and a few 2/3-day rides in the past a 6 day ride was new territory for me. The concerns were many: vetting riders' riding abilities (this route had its challenges), daily distance and elevation gain issues, camping arrangements just to name a few. Initially this was to be a 'carry your gear' ride, which would have added



additional concerns. I was delighted when Carol and Dave offered to 'SAG' (aka: Support and Gear) this ride with Carol's galley equipped Teardrop – Sleeper Trailer and Dave's ruck and his willingness to set up advanced camping sites. This offer COMPLETELY changed the nature of the riding and camping experience for the better!!!!

The plan was to depart the Grande Pointe Golf Course (where parking was arranged for a very modest fee) at 11AM on the 26th. in Nelson, like magic, one by one everyone arrived, we transferred all the gear (one large plastic tote container/rider to Dave's truck) and explained that Dave would drive forward to the designated camping site and ride back to join the group. This arrangement meant that Dave would do 50% of his riding 'solo' and would likely do somewhat less total riding than the group. He was fine with this.

On Day # 1 our destination was Kaslo, approximately 75km away. The ride started with a 'big' descent (the Golf Club is located at one of the highest locations in Nelson) then followed the shoreline of Kootenay Lake approx. 36km to Balfour. Balfour is the western terminus of the free 'ferry' that crosses Kootenay Lake. This was our first of many icecream stops we'd have over the next 6 days. This section of the ride was what I'd call somewhat 'bumpy' (aka – many short hills, some steeper than others). The remaining approx. 35+ km was somewhat more undulating (with some longer hills with

moderate grades (<4%). I knew this would be a hardish day and there was some mild grumbling and uncertainty about what was to come. We had one more ice cream stops before Kaslo and also took a short hike to see Fletcher Falls.

At Kaslo we camped at Bob Koen's place, a personal friend who has also given two presentations to the club. He wasn't home, but the doors were unlocked, and the shower was most inviting. Bob returned about one hour after we had showered and pitched our tents, he had been out pre-riding a 200km Randonneuring brevet that happened to include much of our planned route.

Kaslo was one place we could indulge with a restaurant meal. The group accompanied by Bob and his partner, Osa, enjoyed a dinner on the outside patio of the local hotel that overlooked Kootenay Lake and many peaks of the Selkirk Mtn Range.



Day #2: This was to be a shorter day with about 58 km of riding that included a 30km climb averaging 3% (if ridden at a moderate pace it is hardly noticeable) right out of Bob's driveway and a 6 km steepish gravel road (averaging 6% with 12% pitches – HARD to REALLY HARD) into Sandon followed by a 6km steep descent into New Denver. Dave climbed this section and met the group to ride into Sandon. At Sandon we enjoyed more ice cream (George and I agreed the Rootbeer/vanilla float we had was likely the best we had ever had.). While in Sandon we had a personal tour (by the owner) of the 120+year old operational 'run of the river' power plant. He had a neat line; "People were reading the instrument gauges at the plant before anyone currently living on earth was even born!" The tour of the Museum was equally informative and also entertaining. The former included stories of the skullduggery involving the two railways



(CPR and the GNR) competing to be the first to lay track into the town. The latter was the curator with his guitar.

The original plan was to enjoy a rocket ride on the smooth payment down to New Denver as we had information that the cable car on the Galena Trail down to town had been destroyed by flash flooding. BUT, we learned that it had been rebuilt and opened the Friday before we arrived. When two riders popped off the trail as we discussed our options, it had to be the trail! Our first real, honest rail to trail adventurer was to be had. Both the trail and the cable car exceeded our expectations. Once in New Denver we re-provisioned, set up camp, had a swim, enjoyed a campfire...could it really be any better.

Days # 3&4: Over these two days the plan was to ride the approx. 50km to Nakusp (on the Arrow Lakes) and back to New Denver. Again, we had mixed information as to the condition of the Nakusp /Sandon CPR Rail to Trail route, particularly the section from Rosebery (6 km north of New Denver) to Summit Lake. Consequently, we elected to ride the pavement to where the trail crosses the highway where we could meet up with Dave (riding back from Nakusp) and ride the trail down to Nakusp. While waiting for Dave, a young couple arrived along the trail. What an inspiration she was. She was riding a large hand cranked mountain bike style recumbent trike, with her crutches strapped on the back. One leg was strapped into a harness, a seatbelt firmly secured her on the bike. Her left leg had been amputated at the hip. We learned she was a Russian –Canadian who, with



her partner searched out trails to ride throughout B.C. The bike was an e-assist bike fabricated in Italy.

On the ride down toward Nakusp we had to 'bushwhack' for about 1.5km to get around some private property. Where the Trail once again crossed the highway we couldn't find access to it on the other side, not that we searched that hard. The weather was definitely changing in an ominous way. We hightailed it into town and to the campsite. Before we could even start to put our tents up, the thunder started, and the skies opened; we all dashed for cover in and around the shower building. Oh My!!! Then the hail started, the size of Hazelnuts...crazy. As quickly as it started, it stopped, camp was set up and we all went for walk through a railway equipment display and into town. After dinner we enjoyed another campfire and were entertained by players in a local mixed slow pitch ball league playing in a field across the road. Oh, small town life!

As we had missed the lower part of the trail into town, we decided to find it and ride it all the way back to Summit Lake. It was not to be as within 500m of the start the trail was gone, washed away, unpassable. Rather than ride back to the start we elected to climb up a really steep trail up to the highway. I struggled! I think it might have been faster to have ridden back to the start of the trail and gone up the roadway. We rode the trail back up towards Summit Lake, moving to the

highway to avoid the 'bushwacking' and descended the road to the Rosebery Provincial Campground for an impromptu lunch break. I think the group was trying to temper my 'Rando' mindset of 'relentless forward motion (RFM)'.

At the campsite we learned that there was access nearby to ride the N&S Trail back to New Denver. It was wonderful! Back in New Denver – Ice Cream! I missed the exchange but there was talk of dealing with a 'nazi icecreamrista'. There was time to visit the Nikkei Internment Memorial Centre (and Stone Gardens) and the Kohan Refection Gardens, a must if you find yourself in New Denver.

Day # 5 (New Denver to Slocan – 39km): This would be our shortest day, but also the day with the longest, steepest pavement climb of the ride. We had a leisurely start, visited the Local Valhalla Store, huge selection of outdoor items for a town this size, then again New Denver was where the Valhalla franchise started. In the afternoon heat, the climb was challenging but soon behind us. Once in Slocan the group split up, some went to the beach for a swim, other did a boulder scramble of a hike (which I didn't enjoy) and swim.



Returning to camp, we found the local adult refreshment supply store where Patrick reported the local RCMP had setup a roadblock (they didn't question him) and an ice cream shop. The lad doing the scooping had one forearm that put Popeye's arm to shame. Watching him build the

cone, I indicated I'd asked for a single, not a double. He replied, "This is a single!". My thought was, "Are you kidding me!" Dinner and another campfire!

Day # 6 (last day): the first 50km was on the amazing Slocan Rail to Trail route. FLAT! It is also very historic as many of the Japanese internment camps were situated along the former rail line. Man's inhumanity to man!

To help George expedite his return home, (he had a shift the next day) he drove the truck and trailer to Nelson, then returned to the southern trailhead with his car and rode back up the trail to meet us. He met up with us at Slocan Park where we had stopped for lunch. I found the going had been painfully slow, and apparently it showed. The group had not completely exorcised the RFM out of me. At the 40km point Carol had our first flat, cause unknown which was worrisome to me. Re-grouping we rode to the trail end where we said our goodbyes to George and started the highway ride to Nelson.



Remember that BIG descent from the golf course at the start; it was now a BIG ascent to get back up to our cars. But wait, another flat; Dave this time! No doubt about the cause this time, a one-inch roofing nail that had start to penetrate into the rim...very bad. Repairs were tricky as the stem length on the tube was too short for the rim dish. We made it fit. Useful hint: always buy tubes with long stems.

Overall, we rode approx. 330km with 12km on gravel roadways and 85+km on designated Rail to Trail routes. The amount of trail riding exceeded my expectations. Six of the riders were riding touring style bikes (no suspension) with moderately wide tires (30-40mm wide) Patrick was riding an older MTB with touring tires and the suspension locked out (most of the time).

I have already been asked if I might lead a ride like this again. Most likely, yes; but I learned a few important lessons I'd want to incorporate into any future multi day rides.

It was so much fun to share the joys (and challenges) of open road and gravel cycle touring with others. Thank you all!

Safe cycling everyone! By **Gary Baker**

MURTLE LAKE KAYAK: JUNE 29-JULY 5

Murtle Lake is a canoe/kayak only lake in Wells Gray Provincial Park (WGPP). WGPP is known for wilderness, spectacular waterfalls, and the Murtle Lake experience.

About 7:00 am on June 29, Fred, Peter and Bill, left Chilliwack for this trip. Around 2:30 pm we arrived at this starting parking lot, loaded the kayaks, and began the 2 km portage. An hour later, we were on the water and paddling about 12 km to set up camp on Leo Island. This was our base for the next 4 days. On Thursday we paddled to Diamond Lagoon and hiked, climbed, sloshed and scrambled to the stunning MacDougall Falls where we enjoyed lunch beside the thunderous flow.



On Friday – Happy Canada Day – we paddled to the trailhead for another scramble to Anderson Lake. The return was memorable for the soaking rain, but we were soon dry and chatting with friends around the campfire. On Saturday Fred and Peter went with another camper to Central Mountain but were unable to complete the climb due to snowpack and inadequate trail markings. On Sunday we packed our gear and paddled to Eagle Point campsite, with a lunch break at Little Anderson campsite. We experienced calm waters, as well as headwinds and choppy waters, but

arrived safe and sound. Along the way we noted that many campsites had wonderful beaches and sites, but many were under a meter of water. After a rainy night, on Monday we explored the lakehead and upper Murtle River. The river is very wide, and we were able to paddle about a kilometer upstream before the current was too strong. We woke up on Tuesday to heavy rains, which continued on and off throughout the day as we broke camp and paddled the +/- 20 km back to the takeout point, followed by the return portage, reloading and trip to Chilliwack. Our adventure ended back in Chilliwack at about 8:45 pm, but the sights, sounds and camaraderie remains.
 By **Bill Weismiller**

TRAIL MAINTENANCE - JUNE

Club members continued the annual maintenance activities along the Trans Canada Trail in support of the Trail BC crew led by Leon Lebrun. Check out the TrailsBC website which provides great information and maps of the TCT including free GPS downloads; TrailsBC / Trans Canada Trail Overviews / Fraser Valley / Hope to Brookmere. Alternate TCT routes and local cycling routes are also presented with local history.

There were 7 workdays on the TCT in the Chilliwack River Valley and the Coquihalla this month, including the following:
June 2 – Sowaqua bridge through Jessica Station to Carolin Mine Road and Portia back to Shylock – recce and remove deadfall and trimming.



The new rock erosion protection at the bridge has made access under the highway very difficult. A board walk is being considered to provide safe access for the Sowaqua crossing.



One of the numerous bears spotted during the trail work.



Em, Heinz, Jessica enjoy the interesting rock escarpment.



Jessica Station provides a water point at the few residential properties.



The old KVR rail bed provides a pleasant route with remnants of the railroad infrastructure.

June 7 – Portia to Needle Creek - remove deadfall and trimming and then repair slide by Carolin Mine Road

Many reminders of the KVR with tunnels, collapsed snow sheds and old bridge abutments plus spectacular views of the canyon.



Ann heading up from the pipeline road to the KVR bridge structure visible in the background.



Remnants of a wooden snow shed and concrete footings.



The snow provided a welcome cooling effect for our lunch break.



A major slide destroyed the rail bed near Carolin Road.



The eager crew Heinz, Em, Don, Rob, Serge, Leon, Deborah, Janet, Ray, Jim constructed a bypass trail for safe passage above the slide.

June 11 – Chilliwack River Valley Tolmie section – remove deadfall and trimming.



There is a requirement for a 20ft bridge to span this eroded section on the Tolmie section.

June 15 – Coquihalla Summit to Larsons Hill / Brodie Station – flood damage assessment.



Leon Lebrun assesses one of the two large washouts on the Coquihalla section between Juliet and Brodie. He discusses the options with four gems Karl, Heinz, Em and Norm that have been maintaining this section of the TCT for many years.

June 21 – Chilliwack River Valley Tolmie section west – trimming & bridge recce.



The crew considers the option for the new bridge crossing, while Gary provides training on eating a banana and disposing of the peeling.



The magical trail with numerous large first growth stumps, this one has grown into a second growth tree.



Lorenz

makes the second pass of trimming to enhance visibility along the trail.

June 23 – Coquihalla Summit – Britton Creek to Juliet – brush clearing and recce of flood damage.



The KVR railbed crisscrosses the highway and the Coldwater River from Britton Creek to Brodie Station with a variety of erosion issues.



There are gates in the animal fences with signage in English French and German due to many European visitors travelling on the TCT.



The Juliet Station sign remains.



Leon checks out a TCT sign he erected near Juliet Station about 25 years ago which has survived the flooding and pipeline construction.

June 28 – Chilliwack Lake FSR through Paleface Pass to water falls about 3 km in – trimming and drainage improvements.



Leon enhancing the drainage near the trailhead.

COC ANNUAL BARBECUE



Ray clearing brush in the snow at the top of the pass.



Jim power trimming the low alder growth near the summit.



The TCT through the Chilliwack River valley is a very interesting journey with a variety of conditions. The Tolmie section has several sections which require improvements which will be addressed later this summer.

The flood damage and the ongoing construction activity for the Trans Mountain Pipeline and bridge upgrades have made much of the TCT from Hope to Larson Hill inaccessible. Efforts are being made to secure safe route through the canyon from the Othello Tunnels to Brodie Station at the base of Larson Hill by next year.

By **Jim Alkins**

Masthead: Stein River

C.O.C. - 2022 MULTI DAY TRIPS

TRIP: BACKPACKING TO GARABALDI LAKE PP AT WHISTLER, 2 NIGHT / 3 DAY, TENTING
LEADER: CINDY WASLEWSKY AT TWIN-CREEKS@SHAW.CA
DATES: TIME ZONE IS 1ST 3 WK OF JULY OR 4TH WK OF AUG DEPENDING ON WEATHER AND SITES
GROUP SIZE: 12 MAXIMUM OR

TRIP: STRATHCONA PP, VANCOUVER ISLAND, CAR CAMP, DAY HIKE, BACKPACK
LEADER: CHRISTINE CAMILLERI AT 4CHRISTINECAMILLERI@GMAIL.COM
DATES: APPROXIMATELY JULY 9-19, DEPENDS ON SNOWPACK
GROUP SIZE: MAXIMUM 12 OR

TRIP: MARRIOT BASIN, ROHR LAKE, PEMBERTON AREA, BACKPACK
LEADER: PATRICK RAMSDAN AT PATRICKR@SHAW.CA
DATES: JULY 10-14, TENT, STAY AT WENDY THOMPSON HUT 1 NIGHT
GROUP SIZE: 6-12 MAXIMUM OR

TRIP: BACKPACK THE ILLAL MEADOWS, COQUIHALLA AREA, TENTING
LEADER: SUE LAWRENCE AT GWELU@TELUS.NET
DATES: JULY 19-20, 2 DAYS/1 NIGHTS TENTING - TUES-WED
GROUP SIZE: MAXIMUM 8

TRIP: REVELSTOKE & GLACIER NP (JULY 24-28) DAY HIKING, CAR CAMPING
LEADER: CAL FRANCIS AT CALFRANCIS@GMAIL.COM
DATES: SNOWFLAKE CG JULY 24-28
GROUP SIZE: 12 MAXIMUM OR

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@GMAIL.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

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

| | | | |
|---|--|----|--|
| 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: 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

| 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 | 4christinecamilleri@gmail.com |
| Secretary: | Jackie Chambers | Jackie.p.chambers@hotmail.com |
| Treasurer: | Irene Hofler 604-824-6741 | ihofler@telus.net |
| Executive: | Tracy Goodwin Cal Francis Carol Ault Pat Ramsden Terry Bergen | tracy.g22222@gmail.com calfrancis@gmail.com carolault@gmail.com patrickr@shaw.ca terrybergen@shaw.ca |
| Membership: | Tim Yochim | membershipsecretarycoc@gmail.com |
| Past President & FMCBC Rep: | Ken Orr | orrke@shaw.ca |
| 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 | | |
| Librarian: | Carol Ault | carolault@gmail.com |
| Newsletter Pub: | Jocelyn Timmermans | jocelyntimmermans@hotmail.com |
| Website : | Christine Camilleri | 4christinecamilleri@gamil.com |
| Vedder Mt Trail Ass'n: | Gary Baker | 604-858-4928 garybaker@shaw.ca |