



## COC TRAIL MAINTENANCE - JUNE 2023

During June members of the COC plus Trails BC volunteers worked eight days on maintaining trails which included adding curbs to 4 bridges, clearing the grass at the Pierce Lake trailhead parking area, clearing deadfall on Pierce Lake trail to just past the log bridge, doing minor repairs to the log bridge, clearing windfall, alder & willow brush and soft vegetation on sections of the 14km long Paleface section of the TCT. Clearing the Jessica section of the KVR route in the Coquihalla. The section of the TCT by Portia and Needle Creek was delayed due to the high fire risk and limited access. Once again, the good turn out with a variety of skills



and great sense of humour made for rewarding days on the trail.

The Jessica Section of the TCT is on the 100-year-old KVR railbed with interesting features such as the large rock cut.



And even a bus shelter which Margaret shared with her British friends trying to travel across Canada using public transit.

The work involved some removal of windfall, but mainly trimming the soft vegetation in the sunlit sections. No bears this year. It is amazing how well this 100year old railbed has performed.





The happy crew at the end of the day, Jim S, Margret T, Eileen R, Kelly H, Ingrid F, Leon L, Em & Heinz B, Rob B, Jim A



Signage was added to recognize Emil Anderson Group for the repurposed lumber they provided and the other contributors that made our bridge projects possible.



Railings were added to the log bridge on the Tolmie Section and curbs were added to 4 bridges in Thurston Meadows.



Three members hiked Pierce Lake Trail to clear the reported deadfall across the trail. Sue A and Lorenz B at the trailhead.





Jim A tackles some large fir trees across the trail. Sue and Lorenz did the heavy lifting.



Sue A checks out the log bridge and removed the bark from the railing.

We removed the bark off the railing and re-secured some loose posts and slip resistant plates. The log bridge continues to perform effectively. Several downed trees were cleared a short distance beyond the bridge. A hiker returning from the Lake indicated there were no significant trees across the trail further up the trail. It was about 3:30 and due to the large number of downed trees that we had cleared we were out of gas; we were out of fuel for the chainsaw too so we decide to leave the upper level for another day.

The next trip was to the TCT Paleface section. The Silver Skagit Road is closed to the public due to ongoing road repair work; however, the contractor allowed our TCT trail crews access and a radio so we could give our location on the road to avoid conflicts with the construction vehicles. We were able to clear windfall and encroaching alder and willow brush plus soft vegetation for about 5km of the Paleface section of the trail. We were not able to clear the trail last year so the growth was quite thick on many sections of it.



Windfall was mainly small alder trees.



The chainsaw, power trimmers and loppers were used to clear the encroaching brush of "the green wall" as Rob calls it. Before clearing.



After the brush is removed but before the final trimming of the soft vegetation.



After the final trimming of the soft vegetation.



Fortunately, there was no significant erosion from the atmospheric river of 2022. This was the only minor crossing with some erosion. There is minimal impact on access.



The Happy crew after the clearing work – Lucy S, Ingrid F, Rob B, Christine C, Lorenz B, Jim A, Ray L and photo by Leon L.



It was a joint effort with members from COC and Trails BC as shown by the shirt and the flag - Lucy S, Ingrid F, Leon L, Christine C. photo by **Jim A.**

## TCT ON BC TRAILS DAY – JUNE 3



Forty members of the club headed out June 3 to visit a local section of the Trans Canada trail.

The Chilliwack Outdoor Club celebrated B.C. Trails Day with a hike along the Trans Canada trail. Forty members met June 3 and split into two teams. Half started from Riverside Campground along Chilliwack Lake Road. The other half began at Thurston Meadows. Eventually they met in the middle, but along the way they discovered clues for how to find hidden caches full of hiking prizes sponsored by the Chilliwack Outdoor Club, Mt. Waddington Outdoors and Bright Source.

At key stops like Angel Wing Pond and Leon LeBrun Bridge, hikers were given a history of the area and found out more about the continuing need for stewardship of this precious resource. Many participants were new members of the club with several new to Chilliwack.

Everyone came together for a refreshment break, complete with ice cream, at the Pierce Lake trailhead before carrying on for more hiking.

The volunteer-driven Chilliwack Outdoor Club was established in 1976 and supports non-motorized activities in the great outdoors like hiking, backpacking, cycling, kayaking and snowshoeing. The club boasts a membership exceeding 300, with some coming from as far away as North Vancouver, Kelowna and Washington State. Twenty are heading overseas this summer for a bucket-list tour of Tour Du Mont Blanc, covering 169 kilometres of alpine terrain over 10 days in France, Italy and Switzerland.

By the **Chilliwack Progress**

## SPENCER PEAK – JUNE 3

Once upon a time 18 hikers and 1 dog decided to adventure " **Spencer Peak** ". The leader was awesome. The adventure was full of rocks 🪨 bushes, branches and loose rocks. Then a few kms inside the forest there were great moments of brief shadows and ☀️ sun and incredible views the whole time.

There were 💧 cute little waterfalls and a muddy pond where the snow melted. Bubble (the dog) had a lot of fun in it and cooled down in the heat. The snow paths at the top were

a refreshing and a great time to played 🌈 . When we reached the cabin ) the relaxing moments started. We hung out at beautiful views and enjoyed a long lunch. It was a good decision to come down the other way, doing a loop

which was easier. At the end we celebrated with " 🍻 cheers" and everyone was happy. The End.

By **Sonia J**



COC Hike. Organized and led by Jocelyn Timmermans +17.

I've been following the Spencer Peak hikes for probably 4 years and have always wanted to do it, because it is the closest you can get to the spectacular Mt Tomyhoi. After I summited Mt McGuire a year and a half ago, for my 77th birthday, I was looking down at it and saw how much closer it was to Tomyhoi, so it went on my Must Do list. When Jocelyn posted this hike in Chilliwack Outdoor Club, I had no choice but to join the group hike. I was concerned about not having had enough recovery time from that serious workout up Fly's Canyon on Wednesday and this turned out to be a legitimate concern. However, suffering seems to be why I do stuff.

It turned out to be a very long day. I got up at 5am and picked up Brigitte at 7:30 and got home at 9:05 pm. 16 hour day.

After I picked up Brigitte, we drove up Chilliwack Lake Road to the entrance to the FSR. Unfortunately, I headed down the wrong FSR and ended up in Cultus Lake and then had to go back to Chilliwack Lake Road. Oh well, it was only an extra couple of hours of driving, and I got a photo of a super tame deer beside the road. We successfully picked the correct branch this time and after many kilometers of FSR with sharp cross ditches and potholes we got to the staging area. This was just before a very deep and sharp washout. For some reason I decided not to do it, which is strange because I did it last August with no problem. Probably tired and not thinking clearly.

Case Timmermans had his Toyota FJ and did it and then shuttled most of us to where you couldn't go anymore and we all regrouped there, before heading out on the so-called trail. It turned out to be no trail at all but a washed-out logging road with endless boulders and loose rocks. I had endured enough of this on Wednesday to last most of a lifetime but here I was enduring it again. However, the mountain views were spectacular with Mt Tomyhoi dominating the scenery. There were also many little waterfalls along the road dispelling crystal clear mountain runoff water. Case even took out a cup and had a cupful.

Continuing up the rocky road and very frequently looking back at Mt Tomyhoi and the surrounding mountains, we eventually came to a short cut that was part of the plan. It was an interesting shortcut, to be polite. Straight up the side of the mountain, through very old cutblock debris that was mostly rotten. You had to be extremely careful where you placed your foot and there weren't that many options for it. However, there were many places to put your foot that would have resulted in falling through with unpleasant results. I love scrambling, but this was ridiculous. Eventually we got to the end of it and into the forest.



We followed footprints hoping they knew where they were going and eventually came to a flagged trail. We also had to cross large slippery patches of snow. The worst part of the snow was that it was so bright and when we got back into a patch of forest, we were virtually blind. We finally got to the BCMS cabin, and it was more impressive than all the online photos I've seen of it. To find something like this at the top of a peak is amazing. After inspecting the cabin, I headed over



to where the group was hanging out, enjoying the incredible view and waiting to do a group photo. That spot and the view from it, was deeply memorable. Also, a very short walk across the ridge and away from that view brought me to the north view which was dominated by Mt McGuire which I summited with my good friend Mark Schmale. A definite highlight summit.



After the group photo we started to head back but, there were some in the group that had no desire to go back down that short cut, while some did. Eventually, we headed down the regular route which was a much more pleasant way to go. The trip back had fabulous views almost full time, but it still wasn't pleasant due to the rock filled footing. Even the mountain goat, Brigitte slipped on a rock and fell on her back. Unhurt due to the 28 lb pack she had on for training for her upcoming West Coast Trail hike.

We got back to the road, and some hiked the couple of kms to the group parking and some took the shuttle ride from Case. There was a precedent set by Jocelyn at our Golden Ears hike to have a tailgate party at the end of the hike, so Brigitte brought a dozen beer and I brought a six pack to add to it. Irene had chips and the tailgate party was a success. There were very few in the group that weren't tired.



I'm looking forward to the next one, but it better not have any rocks on the route. Relish the Struggle. By **Don T**

Stats: 12 km / 950m gain / 1668m high

Participants: Sue A, Lori B, Lorenz B, Heather B, Ingrid F, Simon & Irene H, **Sonia J** (report), Carmen P, Sarah Robertson (newbie), Maureen S, **Don T** (report), Cathy U, Owen W, Lori Y, Ziff + Case & **Joce T** (photos)

### INTERNATIONAL RIDGE – JUNE 3



International Ridge trailhead begins 2 km up the Horse Trail. After that, the first km or so are a little overgrown but easy to hike and the trail is obvious. It clears beyond that and is in good shape.



Stats: 17 km / 1374m gain / 5 hrs

By **Jan Simons**

## HOWE SOUND ISLANDS TRIP – JUNE 7-10

I love Howe Sound. The many blue, smoothly rounded islands keep drawing me in. A few years ago, John LaFramboise led some hiking trips to Howe Sound islands, but work stopped me from going. So finally this year I said to Al “Lets plan that trip to those islands”. I am so glad that we did.



We needed at least 9 to get a reasonable cost for the water taxis to the islands. In the end there were 11 of us. On the first day we met in Lions Bay to get an overview of the islands we planned to visit. Tunnels Bluff hike has a small parking lot and there really is no free parking at all. Being that it was a weekday we all managed to get spots fairly easily even if we had to walk a bit to the trailhead. The trail is fairly short, not too steep, so soon enough we were on some cliff rocks looking down into Howe Sound. It looked so idyllic and beautiful – all that very blue ocean and tons of shapely islands. We could see Bowen, Gambier and Anvil quite well.



We camped at Porteau Cove as our home base. I can remember driving by Porteau Cove years ago, thinking “why would anyone want to camp so close to the Sea to Sky highway?”. But once you go into this park it is obvious why. Most of the campsites are waterfront spots. You have your own little beach right by your tent. It is really not that noisy once the traffic settles for the evening. You do hear the occasional roar of motorbikes. But being right by the ocean with mountains and gorgeous sunsets, what more would you

want. In fact it is very difficult to book this campsite. It fills up the day the sites open. I love it there. There are really cozy walk-in campsites with a comfortable clean covered picnic shelter to share. Some of us stayed at the walk in and some at the car sites. Both seemed very lovely. If you walk down to the far end of the walk-in sites, the beach is very pleasant for swimming, although a little bit cold. However, there are also warm showers for post ocean swim.



The next morning we got up early to car pool to Horseshoe Bay to catch our water taxi. It was quite fun and exhilarating being in a little boat zooming over the waves. We docked at the government wharf on Gambier Island right beside Camp

Fircom. It is used for outdoor school camps, UBC Campout and many kids and parent camps.







I felt so happy but also melancholy being there. When my son Josh (who is now 34) was 2, we started going to summer camps at Camp Fircom. I worked as a nurse, a counselor, a director at mums and kids' camps and attended as a camper at parent camps with Al for 3 years. What a magical, special camp it is. I had not been there for many years and while it had changed quite a lot, just being there I could still feel all the love and acceptance I felt when I was there so long ago. I had been up to Mount Artaban so many times long ago and one thing I did forget was how darn steep that last portion of the hike was. The forest is open and very lush and green. So it was wonderful to hike there despite the effort the last bit took. We had a bit of time at the end waiting for the water taxi after the hike, so I took the opportunity to swim in the bay. Sometimes when I was at Fircom I went for night swims and watched the phosphorescence all around me. So I just pretended I could see it as I swam that afternoon.

The next morning was cloudy but we could still see all the mountain tops so we headed off for Horseshoe Bay. This time we caught the ferry to Bowen Island. Just as we were about to get off the ferry, a guy asked Al where we were going. And then he told us of a cidery that was right by the bottom of one of the trails coming off Mount Gardiner. It would shorten our hike and what better way to end a hike than with local cider. So we all agreed this was a good idea.

Then all through the hike every time we came to a trail junction, someone would ask: "Is this the trail we will take to get to the cidery?" The trail to Mount Gardiner starts a few kilometres from the ferry but the route to the trailhead goes by a beautiful park, a fish ladder and a lovely peaceful lake. Then you start to climb up and up, but the grade is fairly reasonable. We shared the top with a mum and two girls about 9 years old. They were true hikers saying how much fun they had getting to the top. It was rather a grey day but that made it rather interesting as the horizon blended with the sky making the ocean islands look rather mysterious just floating there. We ate lunch and then headed steeply downhill to Riley's Cidery. We went into the tasting room to be welcomed by the nicest tasting room host I have ever met. He knew so much about apples and gave us all ample tasting samples of all 7 types of cider for free. They had apple encyclopedias documenting the over 3000 types of apples in the world with copies of paintings of these apples that were done by women centuries ago. This particular cidery has an orchard with around 1000 varieties of apples. My favourite was the Sip and Tell cider. Shortly after we arrived the rain began so we enjoyed some cider under cover before catching the bus back to Snug Cove to head back to Horseshoe Bay.



The rain did let up but then worsened overnight. In the morning it was quite rainy. We all agreed it was best to leave Anvil Island for another time. Leading Peak was the place I most wanted to hike so be assured we will try this trip again next year. Thank you John for your inspiration to do this trip. Thanks to everyone for making this a really enjoyable hike.



Lisa, Lucy, Annette, Leora, Bridgette, Jackie, Denise, John and Mo  
by **Sue & Al**

## THREE FALLS TRAIL – JUNE 8

A small group of three hiked the Three Falls trail this day. Plans were switched several times before we even started hiking; 1<sup>st</sup>; due to the poor air quality warnings in the Fraser Valley, I thought to exit the valley and head east. 2<sup>nd</sup>; on the drive there we decided to head for Manning Park instead of Yale and do the First Bros. Mt. where a lot of flowers would be blooming. 3<sup>rd</sup>; When we inquired at the lodge, we found out the gate halfway up the road wouldn't open till July 1<sup>st</sup>. So we checked out the map and decided to do the short & easy All Trails hike, since I hadn't done it before and it was one I could knock off in the Destination Hikes book. And it'd get us off of the trail before temperatures started to soar.



We parked at Strawberry Flats in Manning Park, heading west on a broad fire access road. Soon we got to the Skyline/Three Falls junction where we turned right. Purple & yellow violets and orange Indian Paintbrush lined the way. In 2 km we were at the base of the downhill-ski bunny slope. Most of the trail to Derek Falls was on a gradually slanted downward slope. It traverses the steep-sided valley of Nepopekum Creek.

At 3.1 km we arrived at Shadow Falls with its log fence. From there we had a good view of Red Mt to the west. To the left of the barrier was a side-trail that got us down to the falls. At 3.2 km was the wood sign for Nepopekum Falls. But we searched for it and did not see it. Apparently it was across the valley from us, high and narrow, gushing off of a cliff wall. The best was saved for last – Derek Falls. Wow! We passed a few sketchy looking trails till we got to the bolder slope. Then we took the less defined trail down to the falls.



By noon we were back at the junction to the Skyline trail. Again we made a switch in plans. Instead of adding another 10 km to our hike in the heat of the day and going to the junction of the Skyline trails, we opted to drive up to the Cascade lookout, set up our lawn chairs and feast on far-reaching views while we guarded our snacks from inquisitive little squirrels. One ended up sitting right on my lap!

Stats: 10.7 km / 412m gain / 1397m high

Participants: Charlotte H, Sonia J + **Joce T**

## GARIBALDI BACKPACK TRIP – JUNE 14-17

Backpacking to Garibaldi Lake is one of my favourite places to go. However, I really don't like how crowded it gets in the summer. Or the mosquitoes that congregate often. So going in the shoulder season seems like a good idea.

We picked up Christine in Chilliwack and Owen at a skytrain station near Burnaby, headed off to Squamish to meet Donna and Tom from Vancouver Island. Of course we met at the Zephyr café which is my favourite place in Squamish. The atmosphere is very relaxed, and all the food is so delicious and quite healthy. Just in case you haven't been there, go soon because they are closing in September. And try the incredible Zephyr cookie!

We got to the trailhead and were on our way around noon. The trail just plods up at a steady easy grade through forest of huge trees. The Barrier is well worth a stop. It is amazing to consider that 250 m high wall of crumbly looking rock has been holding back thousands of gallons of water for about 12,000 years after a volcanic eruption from Clinker Peak. It was rather ominous to think about this while we stood there listening to intermittent small rocks quietly fall off the wall.

When we got to Garibaldi Lake we saw the lake was quite low this year and there was still snow around. We all found dry snow free platforms to put up our tents. It really was not that hard a hike into this beautiful campsite by the lake.



The next day we woke up to blue sky and clearing mountain tops. We headed off for Panorama Ridge. The snow was just coming off the meadows so not a lot of flowers yet. But there were some very interesting ones.



My favourite was a clumpy kind of flower with a bunch of small purple flowers that had bright gold specks on it. We did not know what it was. And of course the prolific moss campion was all over the place. It really is a beautiful little flower with different petal shapes and great variety of purples.

We got to the top of Panorama ridge and actually had the place to ourselves for a short while. There are so many people doing the whole thing as a day hike. Phew. What a challenge that would be. The view from the top is always spectacular, no matter how many times I go there. So



incredible. The Black Tusk, Table, Garibaldi peak, Castle Towers Mountain, distant Whistler peaks, Tantalus Range ... you can see so many snowy peaks. We wandered along the ridge a bit before heading back down to the lake.



After dinner we wandered along the lake shore to the ranger's cabin and tried to find the trail to Mt Price. We were not sure if we found it but there was a very overgrown trail farther down the lake shore.

The next morning we packed up and headed back to the cars and said farewells to Donna and Tom before they headed back to the island. Then Christine, Owen, Al and I had another amazing meal at the Zephyr in Squamish before heading home.



**Sue, Al, Owen, Christine, Donna and Tom.** Photos by Sue and Owen

## WEST COAST TRAIL – JUNE 17-25



A group of 8 from the COC just completed the West Coast Trail one of the world's great Oceanside hikes. It is 75km long from Pachena Bay in the north to Gordon River in the south (or vice a versa). In the last 5 years because of the demand, they have opened a 3rd portal where you can take a boat ride from Nitinat Village to Nitinat Narrows (see map)



and start the trail in either direction and this is what we did. We started at the Narrows and hiked north to Tsocowis Creek (17km), the next day we hiked (without the packs) to the Pachena Point lighthouse and back and then to Tsusiat Falls with the packs (20km), then from Tsusiat Falls to the Cribbs (17km), then to Walbran Creek (12km), then Camper Bay 10km, then Thrasher Cove (8km) and then finally on the 7 hiking day to Gordon River (6km) so in the end we did about 90km in 7 hiking days and 2 travel days.





This is one of the great hiking trips in the world and we recommend that everybody that lives here should do this trail at least once in their lifetime. I have now done it 11 times but along the way I met an old friend, a photographer who has been photographing the trail with a 4x5 view camera in the hopes of publishing a book of the trail and he has done it 70 times.



We had a great group of hikers and I want to thank Don F, Tracy G, Lucy S, Brigitte G, Iraj F, Cindy W and Johnny G for making it such a wonderful hike. - **John Mclellan.**

## THE CENTENNIAL TRAIL CYCLE - JUNE 26

The Centennial Trail is a 50km rail to trail route completely paved, multi-purpose, non-motorized trail that (from the north) begins at the historic Nakashima Farm off Hwy # 9 approx. 10 miles south of Mt. Vernon, WA and terminates at the touristy town of Snohomish WA. The original plan was for some riders to start at Nakashima Farm (north entry point) for a 100km ride with some starting from Arlington, 10km to the south, making for an 80km round trip ride. We were all to meet at the 'farm', see the 100km riders off then the others to drive south, meet them at Arlington and ride together to Snohomish.

I have ridden dozens of Rail to Trail routes in Canada and the US and consider this route to be one of the easiest out and back rides anywhere. I was confident that all of the riders were capable of doing the full ride even though the group was split 50/50 as to their start location. With this thought in mind I encourage (pushed.....chose your word...😊) to do the full ride. Everyone chose to do so, so off we went, the full group.



The ride south to Arlington, is mostly STP views ( SKY- a brilliant blue, TREES-rustling gently in a breeze, PAVEMENT-oh so smooth) a field here, a house there; just easy riding, a warmup so to speak. Arlington is the first significant point of interest. At the entry into the city there is a trestle bridge right at the junction of the South and North Stilligualmish Rivers. The trail meanders through Arlington (for 7kms) following linear parks and the abandoned rail line with sculptors, murals, and artistic graffiti along the way.

Leaving Arlington behind the trail skirts the rural communities of Sisco, Gethell, and Lake Stevens (the latter a suburb of Everett). I have ridden this trail, literally dozens of times on my Randonneuring rides, often in the dark, late at night. When many of the 'rails to trails' routes were first built the planners were concerned that rogue drivers would access these trails from the driveways and roads they marked,

posing a real threat to users. To prevent this, they installed heavy posts (bollards) to block vehicle access. Usually bollards were placed near the edges of the trail or one was placed in the middle of the trail making the passageway too narrow for vehicles. On this trail they went one step further, placing two bollards such to divide the trail into 3 distinct narrow pathways between them; problematic when you can see them in broad daylight, in the twilight or the dark they are downright dangerous....they even painted them brown. They were ALL GONE, pulled out!!!!!! HURRAH!!!!!!! The leading cause of cyclist injuries on dedicated cycle trails has involved collisions with bollards. NOTE: Delineators that have become ubiquitous in Chilliwack to separate vehicle traffic from cyclists are also a major cause of cyclists' crashes.

It was hot and lunch time. The trail ends on the historic main street of Snohomish. A short ride along this road and we were at a wonderful bakery/cafe. It was clearly focused on serving cyclists with the entrance way lined with bike racks on both sides.



We had a very leisurely lunch and then another 45 minutes was spent wondering the shops along the street with the hope of finding an ice cream store. There was one!



The task now was to follow the same route north to our cars. Return routes always seem longer on the way back, and of course fatigue starts to set in. The plan was to stop every 8-10km or so for rest breaks and for everyone to group up.

This 'sort of' worked. The fastest, stronger riders likely didn't need these breaks, the slower likely wished they had been longer and more frequent. That is the nature of group hikes or rides. That said even two of the strongest riders dismounted and walked to give their legs a break, a change. There was the opportunity for riders to stop in Arlington to cut 10km off the ride. It would have taken all of 10-15 minutes for a vehicle to go back to pick them up. In the end everyone rode the FULL 100km. For some this was the longest ride of their life. Riding 100km in a day is a challenge and a real achievement. Thank you one and all for coming along: Maureen S., Christine C., Patrick R., Herb C., Carol A., David S., Sonia A., Dan K., Danny G., Valerie S., Janice K., Lindsay L., & Kim Mck. By **Gary Baker**

## SKYLINE RIDGE – BOTANIZING I AND II – JUNE 15 & 28

Participants: June 15 - Judy Pasemko, Isabell Sens, Annette Laboucane, Sue Abegg, Sue Felderspeil,

June 28 - Margaret Tranah, Jacob Noteboom

Following a foggy trip to Skyline lead by Brian Threlfall which showed lots of promise for wildflowers, it seemed that follow up trips were necessary to realize the promise. Two in and out trips from Strawberry Flats to the meadows about 300 metres past the look out at the junction to Snow Camp ensued.



On June 15 the avalanche chutes between kilometres 3 and 4 featured an abundance of Avalanche Lilies, Globeflowers, Marsh Marigolds and Fanfoils. Further along the scree slope Forget-Me-Nots, Colombine and Ballhead Waterleaf were putting on the best display. The meadows were not at their showiest but

there were lots of Valerian, Meadow Rue, Eastern Waterleaf, Forget-Me-Knots in bloom, as well as a few Chocolate Lilies. As we sat enjoying our lunch and taking the time to look at some of the tiny flowers, we found Bulbiferous Woodland Stars. Small Flowered Blue-Eyed Mary's, Lance Leaf Spring Beauty and Ternate Desert-parsley. These identifications were low hanging fruit, the meadows are so rich, it would take days to suss out all the species.



It is interesting to watch the evolution of the meadows as the season progresses. By the June 28 visit, the Avalanche lilies had developed seed pods, only a few Globeflowers and Marsh Marigolds were still in bloom. However, Fanfoils still brightened the trail along with Buttercups and Daisy Fleabane.



On the scree slope, Paintbrush were blooming from bright vermillion to soft rose, with Larkspur providing deep blue contrast. The Ballhead Waterleaf were living up to their name having shed their petals in favour of lightly fuzzed balls. The meadows were now dominated by Anemones (Hippies on Sticks or Tow heads), Forget-Me-Nots, Valerian and Louseworts.



For keeners, the meadows are worth a bi-weekly visit, but I think I'll wait until fall when I expect them to be dazzling with Golden Rod and Hellebores.  
By **Ingrid Fischer**

## FROSTY MT – JUNE 30



Mark and I hiked up Mt Frosty today. Perfect weather! Couldn't have asked for a better day.



By **Jan S**

## 2023 MULTI DAY TRIPS

**TRIP:** Illal Meadows – backpack  
**DATE:** July  
**CONTACT:** Allana Warkentine [allanalee@shaw.ca](mailto:allanalee@shaw.ca)  
**LIMIT:** 10

**TRIP:** Banff – backpack  
**DATE:** July 12-16  
**CONTACT:** Skagit Pellegrino  
[carmen.pellegrino80@gmail.com](mailto:carmen.pellegrino80@gmail.com)  
**LIMIT:** 4 - FULL

**TRIP:** Kananaskis – Ribbon Creek Hostel  
**DATE:** July 23-28  
**CONTACT:** Ron Dart [rdart@shaw.ca](mailto:rdart@shaw.ca)  
**LIMIT:** 10

**TRIP:** Waterton / Glacier National Parks – car camping / day hike  
**DATE:** July 22  
**CONTACT:** Cindy Waslewski [twin-creeks@shaw.ca](mailto:twin-creeks@shaw.ca)

**TRIP:** Mt. Frosty via Windy Joe trail – backpack  
**DATE:** August 5  
**CONTACT:** Terry Bergen [terrybergen@shaw.ca](mailto:terrybergen@shaw.ca)  
**LIMIT:** 8

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

**TRIP:** Skoki Trail Loop in Banff Nation 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:** Mowich camp / Hozomeen Ridge - backpack  
**DATE:** September 16  
**CONTACT:** Terry Bergen [terrybergen@shaw.ca](mailto:terrybergen@shaw.ca)  
**LIMIT:** 10

**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)

Masthead of Spencer Mt hike by Joce T



Photo by John McLellan



# 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>
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