



EATON LAKE – JUNE 6

On Thursday the COC led by Cal did Eaton Lake, located about 16km down the gravel road that leads to Ross Lake. It is steep but the foot bed is still in pretty good condition. Just being in this old established forest with the tall trees with very little vegetation on the forest floor was wonderful. Thanks for a great hike, Cal and to everybody for coming out and making it a wonderful day, thanks John M.



Terry, Lorenz, Karl, Johnny, Irene, Pat, Ziff, John Mc (photos & report) + **Cal F**

KOOTENAY CYCLING LOOP - JUNE 9-14



Our days of pedaling in this beautiful part of our province followed a pretty similar pattern. Cycle on the road and/or

trail, stop for various breaks by rivers or overlooks or waterfalls, look for coffee or pastries or ice cream, set up camp in municipal campgrounds, take in some town sights or gardens or trails or a swim, enjoy well-earned happy hours and dinners, tell stories by the fire, then sleep and get rejuvenated for the next day's adventure.



Highlights included wonderful weather (only one evening of rain), enjoying the great variety of road and trail travel, the gorgeous mountains and rivers and flowers and sky, seeing two black bears as we cycled past, watching a bull moose swim in Summit Lake, crossing a river via a cable car, a delicious taco dinner made by Cal, a tasty spaghetti dinner made by Freddy, and comfortable camaraderie.

A big thanks goes out to Dave who drove everyone's camping gear every day to the next town and then hopped on his bike to travel back to meet us on route. This made for a very light cycling load for all of us.

Stats:

Nelson - Kaslo	78km	1000m gain
Kaslo - Sandon - New Denver	61km	1024m gain
New Denver - Nakusp	51km	675m gain
Nakusp - New Denver	53km	721m gain
New Denver - Slocan		33km 605m gain
Slocan - Nelson	68km	921m gain



Thanks to a great group of old and new COC friends who made this trip so enjoyable!



On behalf of Dave S and I, thanks to: Deborah B, Susan A, Fred H, Peter E, Patrick R, John C, and Cal F. ~ **Carol Ault**

VICTORIA CYCLE – JUNE 12

Today, Wednesday, a fun group of 9 COC members traveled by car, ferry and bicycle in order to have lunch at the Fisherman's Wharf in Victoria.





Well it wasn't just for the lunch, it was for the awesome riding on the Lochside and Galloping Goose trails, the spectacular sunny day, the camaraderie and the smiling faces. The fish and chips and ice cream at the wharf were a delicious bonus. We arrived at the harbour to witness the start of a non-motorized water-craft race to Alaska, very cool. Not surprisingly, the ferry, the trails and the wharf all were packed with other cyclists today. Our total riding distance was 73 km and our group members were Danny Greig, Maureen Smith, Kim McLellan, Irene Hofler, Liz Lynch, Frank Bowley, Lynne Davidson, Charlotte Hall and me, **Herb Chlebek**.

Hozameen Lake – JUNE 12

For all 20 of us, it was our first time on this trail. We're used to seeing the Hozameens from the opposite Manning Park side. The trail was in good condition, clear of blow-down. An emerald, green lake awaited us at the end of it, with the jagged peaks of the Hozameens jutting up from its surface. Echoes greeted us as we approached and had a "wow!" moment.



By 10:40am, after driving 60km on the Silver Skagit gravel road, we parked at the locked rusty gate on the border of Canada/US. It had been almost a 2-hour drive, but the road was in good condition, having had extensive and impressive repairs after the 2021 atmospheric rivers ravaged the Skagit River's banks, rerouting large sections of it.

We walked for 2.5 km along the Ross River to get to the trailhead, passing overgrown campsites and huts in need of repair. Umpteen stumps covered the vast plain at the north end of the 37km-long lake. A historic cabin and kiosk were at the trailhead. A gradually graded trail wound through second-growth forest, past branches draped with Old Man's Beard lichens and along Smoky Spindles that look like white asparagus. Yellow Oregon Grapes, Bunchberry Dogwood and white Amanita mushrooms decorated the landscape.



Our excitement mounted when we got our first peeks of the peaks and glittering green water through the trees. In minutes we discovered that our constant flow of conversation was being bounced back to us. So we yodeled back. Peter braved the frigid waters and took a dip. Well more than a dip – he stayed in at least 20-minutes, making it look quite comfortable. But we weren't fooled. Although Sonia rose to the challenge and dove in too. Afterall, she did have a reputation to uphold.



By midafternoon we were back at the gate, settling in for refreshments while regrouping.

Stats: 17.4 km / 524m gain / 919m high point

Along for the day were: Sue A, Elizabeth B, Dave B, Lorenz B, Christine C, Patty C, Iraj F + friend, Peter F, Johnny G, Sheri K, Sonia L, Jen M (new), Mary R, Mark S, Pat S, Susan V, Lori Y, Case + **Joce T**

OLYMPIC MARINE PARK BACKPACK – JUNE 18-23



Nine COCers left for a six-day trek into the Olympic National Park in Washington State. We hiked from Shi Shi Beach to Rialto Beach, covering approximately 60km over four full days with two very short days of a few kms to get in and out.



Our hike was mainly on the beach where we encountered everything from beautifully packed sand to huge slippery boulders, where a few of us did take a tumble (thankfully no serious injuries!) We had only one wet wet day, unfortunately on the most difficult day, otherwise our weather was lovely, and we enjoyed a couple of gorgeous sunsets.

We saw many starfish, witnessed soaring eagles, heard sea lions crying, deer prancing on the beaches, a dead sea lion, and even an adorable, beached seal pup that we learned may have been put there by its mother while she was off fishing.



One of our highlights was searching for the many petroglyphs at Wedding Rocks! An enjoyable time had by all, and we all said probably one of the hardest treks we've done. Thank you, **John M** for organizing this trip for us and for **Johnny G** who took over as leader!



Our group included Johnny G, Don F, Irene H, Denise D, Janice, Anne O, Cindy W, Cammy P and myself., **Brigitte G**



HOWE SOUND ISLANDS – JUNE 20-23



We had a great time, camping at Poteau Cove and hiking Sea to Sky, Leaders Peak on Anvil, Gambier and Bowen Islands. Had fantastic weather and company.



Along for this trip were: Lonja B, Ingrid F, Charlotte H, Sheri K, Cal F, & Debra B. Thanks for organizing it: **Al S & Sue L**

SPENCER PEAK – JUNE 20

Premier, classic, spectacular, and gob-smacked are some of the words used by our group to describe the views upon reaching the summit. Last year when I did this one for the first time, I decided it'd be a must-do annual hike. With views 95% of the time and a mostly gradual grade, it's hard to beat.

I didn't expect all three 4x4s to drive through the washout 1.8 km from the trailhead. But Sari & Peter insisted. So Lorenz didn't have to shuttle people with my FJ. They had to hit the gas to get up the opposite steep slope while aiming very



carefully so their rear right tire wouldn't skit too far to the edge. Going back proved to be easier. We parked at an altitude of 910m and were on the trail by 9:45am. Within 15 minutes we already had clear close views of Tomyhoi Mt. As we gained altitude, the Canadian & American Border peaks + Larrabee Mt. were exposed along with more distant peaks of the North Cascades with Tomyhoi Lake in between.

72% of this route is on deactivated FSR so it was a gradual grade for the most part and quite rocky on the lower half. When we reached a junction, we stayed left (straight) and soon came to a small waterfall on a moss-covered bank. This was the only source of water on the trail. Soon after that the FSR turned to the left and about 10-minutes from there we came to a dirt bank which we briefly had to climb up. We were now heading north to get onto the ridge. The open slope was covered with yellow Avalanche Lilies, and we could see Mt. Baker as well now. We just had to stop and marvel and take photos. Then on we trudged, through old-growth forest and a moist meadow full of budding shoots and patches of snow.



When we emerged onto the ridge, we were on solid snow and doing several drops & climbs before finally reaching the alpine hut 2.5 hours later. Just a hop & a skip from one of the cleanest and most well-equipped huts I've ever seen, we



arrived at our destination. Wide open grass slopes dotted with purple phlox, red Stonecrop and white Western Spring Beauties made for the perfect lunch spot. And wow! Those peaks were so close to us, surrounding us on both sides, including McGuire to our northeast. Needless to say, we were in no hurry to leave.

By 4:00pm we were back at the vehicles, pulling off our sweaty boots and grabbing our ice-cold drinks. Again, no one was in a hurry to leave even though it was nearing the dinner hour. The heat and efforts of the hike made us all very lethargic.

Stats: 14.2 km / 960m gain / 1662m high

Thanks for all of you who came out on this outstanding day: Lorenz B, Elizabeth B, Patty C, Peter F, Sheri K, Sari Keinonen (new) Michelle K, Paul L, Lucy S, Pat S, Susan V + **Joce T**

SKYLINE 1 – SOUTH GIBSON, MANNING PARK – JUNE 28



What a brilliant display of wildflowers we saw! The trail was free of snow, temperatures were around 15C and the sun shone all day. We couldn't have had better conditions.

Three of the five vehicles met at the Spruce Bay parking lot in Lightening Lake campground where I left my car with the after-the-hike goodies in it. Then us four hopped in the other two cars and met the rest of the group at the Strawberry Flats parking lot. This cut about 4km off of the loop that ran parallel to Gibson Pass Rd.

Two hours after our 10:15am start, we emerged from the forest and arrived at the T-junction to the Skyline Ridge trail. By then the clouds hovering over the peaks of the Hozomeens had dispersed, leaving clear views of all those majestic Manning Park peaks; from Frosty to Joker to Freezeout to Hozomeens to Snowcamp and Red Mts. Of course we had to check out the narrow protruding arm of rock that makes for great photo ops. Just don't lose your footing there! But there wasn't enough space for 20 hikers to sit and eat lunch. So we ascended just a bit further to a broader spot. We had then done just over half the elevation gain and 7 km.



Once we got going, heading east on the ridge, we soon entered a vast sloped meadow dotted with yellow Gaugeplant, orange Indian Paintbrush, pink heather and purple Lupine, Penstemon & Larkspur flowers. Our steps automatically slowed. Before us were the series of humps we'd have to traverse on the ridge crest. The lush meadow turned into more rocky ground and then led us through a skeleton tree section scarred by a forest fire. To our right we got glimpses of Splash and Flash lakes in the deep valley below. At each hump we stopped at its high point to check out the northern views as well.

By the time we got to the highest and last hump, we could see all of Mt. Frosty to the southeast and Silverdaisy to the west. Iraj entertained us by taking off his shirt and lying in a large patch of snow. From there on it was mostly downhill,



back into the forest and towards Lightening Lake which we could glimpse through the trees, before hiking that last half km to the parking lot. Quick work was made of unloading the goodies, lawn chairs and cooler chest. Then the 5 drivers jumped into my car and headed back to Strawberry Flats to get the other 4 vehicles.

Whisky Jacks and a chipmunk accompanied us as we rested, chatted some more and had refreshments before driving home.

Stats: 18 km / 1003m gain / 1994m high

Participants were: Elizabeth B, Lynn (guest) Lonja B, Patty C, Iraj F, Johnny G, Irene H, Brian H, Sheri K, Peter K, Michelle K, Paul L, Todd Pratt (new), Denise P, Lucy S, Susan V, Karl V, Folke VH, Lori Y + **Joce T**

TRAIL MAINTENANCE – JUNE



PHOTOS BY JUDY P

MASTHEAD BY JOCE T: NORTH CASCADES AS SEEN FROM SKYLINE RIDGE MANNING PARK

TRIP: Austrian & Swiss Alps – hut to hut, 80km & 6000m gain
DATE: July
CONTACT: Christine Camilleri:
4christinecamilleri@gmail.com

TRIP: Howe Sound Crest Trail – backpack
DATE: July-Aug **LIMIT:** 8
CONTACT: Cindy Waslewsky: twin-creeks@shaw.ca

TRIP: Mt. Calliope – backpack
DATE: July 8-11 **LIMIT:** 12
CONTACT: Patrick Ramsden:
patrickwramsdn@gmail.com

TRIP: ACC Mountaneering Camp – guided, catered, helicoptered in. Register with ACC.
DATE: July 8-13
CONTACTS: Dave Biehn / Cindy Waslewsky:
dave.biehn@gmail.com / twin-creeks@shaw.ca

TRIP: Illal Meadows – backpack. Loop route through Illal with help from John McLellan
DATE: July 14-15 **LIMIT:** 8
CONTACT: Al & Sue Lawrence: hikethepeak@gmail.com

TRIP: Monashees – backpack. In and out backpacks. This will be 2 different backpack trips in the Monashees .
DATE: July 21-29 **LIMIT:** 6
CONTACT: Carmen Pellegrino:
carmen.pellegrino80@gmail.com

TRIP: Mt. MacDonald & Mt. Webb – backpack.
DATE: July 26-28 **LIMIT:** 12
CONTACT: Allana Warkentin: allanalee@shaw.ca

TRIP: Lake Lovely Water – heli camp & day hiking. Possibly staying in hut, helicopter into Tantalus range to base camp.
DATE: end of July **LIMIT:** 5
CONTACT: Cindy Waslewsky: twin-creeks@shaw.ca

TRIP: Italian Dolomites, Alta VIA 1 – guided tour.
DATE: Aug. 10-17 **LIMIT:** this trip is now FULL
CONTACT: Irene Hofler: ishofler@gmail.com

TRIP: Mt. Conway & Lucky 4 Mine – backpack.
DATE: AUG. 9-11 **LIMIT:** 10
CONTACT: Allana Warkentine: allanlee@shaw.ca

TRIP: Bella-Bella Kayak – camping.
DATE: Aug. 12-19 **LIMIT:** 8
CONTACT: Dave Biehn: dave.biehn@gmail.com

TRIP: Cancer Ride – 100km/day for 2 days. Need to raise \$2500.00 in donations.
DATE: Aug. 24-25
CONTACT: Dave Biehn: dave.biehn@gmail.com

TRIP: Italian Dolomites, Alta VIA 2. Register with bookatreking.com
DATE: early Sept
CONTACT: Cindy Waslewsky: twin-creeks@shaw.ca

TRIP: Camp Mowich in Manning Park – backpack
DATE: Sept. TBD **LIMIT:** 10
CONTACT: Terry Bergen: terrybergen@shaw.ca

TRIP: Mt. Frosty via PCT Trail – backpack
DATE: Sept. TBD **LIMIT:** 10
CONTACT: Terry Bergen: terrybergen@shaw.ca

TRIP: Dave Thompson Highway – car camping / day hiking
DATE: Sept. TBD **LIMIT:** 10
CONTACT: Mary Ann Dykshoorn: madykshoorn@gmail.com

TRIP: Peaks & Paleoliths – car camping / day hiking. Two days to drive to Tumbler Ridge. This is a UNESCO Global Geo Park. Return via Alberta & Mt. Robson.
DATE: Sept 6-20 **LIMIT:** 12
CONTACT: Ingrid Fischer: ingyfisc@gmail.com

TRIP: North Cascades – car camping / day hiking. Southeast of Mt. Baker. Sahale Pass, Blue Lake, Hidden Lake Lookout + Sourdough Mt.
DATE: end of Sept. for max 4 days TBD **LIMIT:** 12
CONTACT: Jocelyn Timmermans:
jocelyntimmermans@hotmail.com

TRIP: Illal Meadows – backpack
DATE: Sept. 27-29 **LIMIT:** 8
CONTACT: Allana Warkentine: allanalee@shaw.ca

TRIP: Gold Ridge Chilcotin – backpack
DATE: Early Oct. TBD **LIMIT:** 12
CONTACT: Jaco Noteboom: jaconoteboom@gmail.com

CLUB INFORMATION

Notice to Trip Participants

It is understood that risk is inherent to some degree in all outdoor activities. Please ensure that you understand the risks involved and are prepared to accept them. As a participant, you are responsible for your own safety and equipment at all times. Trip organizers are not professional guides—they are simply club members who have volunteered their time for your enjoyment.

Inform the trip organizer of any medical conditions that he or she should be aware of in an emergency, for example: diabetes, asthma, and bee sting reactions. Ensure that your previous experience, ability and fitness level are adequate for the trip. Be sure that your equipment and clothing are adequate for the trip. Stay with the group. Wait for other group members frequently and at all route junctions. Tell the trip organizer if you must turn back. **Be safe and enjoy!**

Required Equipment

Trip organizers will be pleased to answer any questions regarding the required equipment for any outing. For more information, it is recommended that you visit one of the many websites that provide such information. Some recommended sites are: www.valhallapure.com (club sponsor), www.backpacker.com and www.mec.ca.

Safety first, last, and always! It is the responsibility of trip participants to be equipped appropriately. Plan for the **worst!**

The Ten Essentials

Before you hit any trail, no matter how easy, no matter how short, no matter how close to home, make sure your backpack is loaded with the ten essentials. When in the backcountry you are responsible for your own safety, and any one of these ten items may help to save your life. Carry them all and know how to use them.

1. Map
2. Compass
3. Extra clothing
4. Sunglasses and sunscreen
5. Headlamp/flashlight
6. First-aid supplies
7. Fire starter
8. Matches
9. Knife
10. Extra food and water

Equipment for Club Members' Use

2	Shovels	2	ice axes
2	pairs of crampons	2	avalanche probes
2	avalanche transceivers		
2	pairs of snowshoes		
			contact 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:	Christine Camilleri	4christinecamilleri@gmail.com
Vice President:		
Secretary:	Jackie Chambers	Jackie.p.chambers@hotmail.com
Treasurer:	Carol Ault	carolault@gmail.com
Executive:	Tracy Goodwin Cal Francis Carol Ault Pat Ramsden Charlotte Hall Paul Levett	tracy.g22222@gmail.com calfrancis@gmail.com carolault@gmail.com patrickr@shaw.ca chartuff@hotmail.com plevett@sasktel.net
Membership:	Tim Yochim	membershipsecretarycoc@gmail.com
Past President & FMCBC Rep:		
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:	Ingrid Fisher	ingyfic@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