



MARCH 2022 EVENTS

- 01 Mar Snowshoe Fat Dog Manning Park 15 KM Return and 700 MR Elevation.
- 05 Mar Cycle Chilliwack Area Dykes 30 KM
- 09 Mar Snowshoe Zupjok Peak 10 KM Return & 720 MR Elevation
- 12 Mar Snowshoe Gibson Meadow Poland Lake 10 KM Return 300 MR Elevation Gain
- 19 Mar Hike Taggart Peak Fondue 11 KM return 850 MR Elevation Gain
- 19 Mar Chainsaw Familiarization Course
- 20 Mar Snowshoe MT Kelly Manning Park. 10.4 KM Return and 600 MR Elevation
- 22 Mar Trail Maintenance, Tamhi
- 22 Mar Bicycle Maintenance Workshop
- 23 Mar Bicycle Maintenance Workshop
- 24 Mar Trail Maintenance, Tolmie
- 24 Mar Hike Vedder Mountain Ridge Trail 11 KM Return & 420 MR Elevation Gain.
- 26 MR Snowshoe Fat Dog 18 KM Return & 800 MR Elevation Gain
- 28 Mar Club Meeting Guest speaker, Cascade Skyline Gondola project
- 29 Mar Snowshoe Flat Iron 11.5 KM Return and 900 MR Elevation gain

- 6 Snowshoes
- 1 Cycle
- 2 Hikes
- 1 Course
- 2 Cycle Workshops
- 1 Club Meeting
- 1 Trail Maintenance

LAKE O'HARA AND LAKE LOUISE AREA - FEB 24 TO MARCH 4

We were all pretty excited when this trip finally came together. It was originally planned for March 2020 but due to Covid and the closure of ACC huts the trip was delayed until this year.

Lake O'Hara is located in Yoho National Park at an elevation of 2,020 meters and provides visitors with some of the most prized views in the Canadian Rockies. It is situated on the Great Divide in the valley immediately to the west of Lake Louise. Parks Canada provides a lottery bus service to take hikers up to the lake in the summer. In the winter the Lake O'Hara area is accessed by snowshoeing or skiing 11 km up the snow-covered road into the pristine backcountry. The lake and the surrounding valleys are very quiet in the winter seeing very few visitors compared to the summer months.



The hut that we stayed in at Lake O'Hara was named after Elizabeth Parker, one of the founding members of the Alpine Club of Canada. The log cabin structures were built in 1912 (Wiwaxy Cabin) and 1919 (main hut). The hut sleeps 24 in summer and normally 20 in winter but due to Covid restrictions we were limited to 15 people. It was special having the hut solely for our group from the COC.

The plan for the week was to spend our first night at the Lake Louise Hostel, the next three nights at the Elizabeth Parker Hut at Lake O'Hara and then return to the Lake Louise Hostel for another four nights and do day trips in the local area.

LAKE O'HARA - Feb 25 to 28 Feb

Feb. 25 - Stats: 12.2 km / 590m gain / 2076m high at [cabin](#)

We all met at the Lake Louise hostel on the evening of 24 Feb following our long drive and discussed our plans for the following days at Lake O'Hara. We discussed routes that we thought would be appropriate and did a brief review of avalanche awareness and use of our avalanche gear. Everyone brought beacons, shovels and probes for the trip. The avalanche conditions and weather looked favourable for the following three days although temperatures were forecast to be on the cold side for our departure the following morning.



When we woke up Friday morning to start our trip up to Lake O'Hara, the wind chill was -35C, however, temperatures were forecast to moderate by mid-day and the following days looked much warmer. We decided to delay our departure until 11 am to give the sun a chance to warm things up a bit. We drove the 10 km from Lake Louise to the Lake O'Hara trail head and found that it was still bitterly cold in the parking lot. Once on the trail, however, we were protected from the wind and the temperature was quite comfortable for our trek up to the hut. We had 12 people on snowshoes and three on backcountry skis. It took us about 4 1/2 hours to make it to the hut with a stop half-way for lunch. As we arrived at the hut the views of the mountains with the clear blue sky and setting sun were spectacular. I often tell people that Lake O'Hara is one of my favourite places in the world and I felt this again as we arrived at the Elizabeth Parker Hut.



Once in the hut we all got busy starting the fire, melting drinking water, preparing dinner and getting settled into our cozy alpine hut. After dinner we discussed plans for the following day and decided that we would try and make it to Lake McArthur.

Feb. 26 -- To [McArthur Lake](#). Stats: 7.26 km / 500m gain



We awoke on Saturday morning to clear blue skies and much warmer temperatures than the day before. Following breakfast, we all gathered outside the hut to practice with our avalanche gear before setting off. It was a beautiful day to go up to Lake McArthur and the views again were amazing. Al did a great job navigating up towards the lake.





Just before we arrived there was a rather steep section to climb through to get to the lake. We chose the most conservative route we could find up this slope, spread out and made our way up. The valley that Lake McArthur sits in is separate from the valley that Lake O'Hara is in so we had the entire ring of mountains around the lake to take in when we stopped for lunch. The skiers managed to get a few turns in on the slopes around the lake and then we all made our way back to the hut. By the time we arrived we were all pretty much done. The stats did not make the days trip sound all that difficult but most of us felt it was quite a bit harder than we had thought it would be. Well worth the effort though. Exploring the heart of the Rockies in the winter does not get much better. Following dinner and a few games of cards we were all fell into bed and slept fitfully.

Feb. 27 – To [Obabin Lake](#). Stats: 3.5 km / 370m gain



Our destination for Sunday was Opabin Lake. While some of us had been to Lake McArthur before in the winter, none of us had been to Lake Opabin except in the summer. We had reviewed the area on our maps the night before and felt comfortable with the route we had chosen. We knew that the trail was used by skiers traversing the Opabin Glacier on route to the Valley of the Ten Peaks. The avalanche danger

was also relatively low so we thought it would be a good opportunity to explore this area. The weather had clouded over during the night but we were still able to see some of the mountains. It took us about 20 minutes to make our way from the Elizabeth Parker Hut over to Lake O'Hara.



We crossed over to the east side of the lake and had a look at the Seven Veil Falls. We then skirted south along the shoreline to the beginning of the Opabin Plateau Trail. There are two routes up to the plateau. We chose the more easterly of the two routes since it was not as steep and had less exposure to avalanche risk.



Johnston Canyon – March 1

In this second phase of our trip, Cal organized 3 excursions in Banff National Park. Because of the weather forecast being more on the cloudy side, we headed for the canyon. Several in our original Lake O'Hara group, spent the next 3 days downhill or cross-country skiing.



The trail was steep enough and followed a narrow gully up to the plateau. There was a steep lip at the top that was a bit difficult to get over, but everyone made it. The views were rather limited, so the group did not venture too far once reaching the top. Heather enjoyed a great ski down the gully back to the lake. That evening back at the hut we celebrated Denise's 60th birthday. It was probably a bit different than most of her other birthday parties and a good time was had by all.

Feb. 28 – *Ski/Snowshoe out to the parking lot*



Two Parks Canada Rangers had made a visit to the hut on Sunday afternoon and told us that the forecast was calling for 30 to 40 cm of snow on Monday. Fortunately, when we woke up on Monday morning there was only a few centimeters on the ground. The journey back down did not seem much easier than the trip up even though it was downhill and the packs were lighter. Unfortunately, for the skiers, the trail was not steep enough to generate any real momentum, so we weren't any faster than the snowshoers. We were back in the parking lot by 12:30 and then made our way back to the Lake Louise Hostel. All in all, a great trip and chance to explore the area around Lake O'Hara. We now have some good ideas for additional places to explore the next time we go back.
- By **Dave B**



A prospector named Johnston discovered this creek in the 1880s. The first half of the trail to the upper falls that followed alongside the creek, was busy with people. We expected this, so had put on micro-spikes. The idea was to regroup at the highest waterfalls which were 2.6 km in. I got so excited about all the photo ops that I shot ahead of the group, following close behind an older gentleman who referred to himself as "grandpa" and what I assume were his 2 adult grandchildren, all three equipped with ice-climbing gear. He became a true inspiration for us as we watched him quickly and smoothly climb up one of the three icefalls at the upper waterfalls, during our return journey.



The lower falls had a metal bridge by a large pool and then a 10' tunnel carved through the rock, which gave us close up access to the falls with their icicles and deep blue pools. Then 2 km farther, just before the turn off to the upper falls,

we dropped down to the floor of the creek where the water had carved a high island and cave in the rock. We stopped for lunch at the top of the upper falls. What a great lunch spot, being able to watch the climbers make their way up the three ice falls. It was an ice-climbers' playground.



Past the falls the trail became more remote with a bit more of a steeper grade, leaving the creek and entering forest. About half a km before the ink pots, we began a gradual descent. 5.6 km from the start we entered a wide open area with high mountains lining the more distant horizon. The ink pots are actually five pools. Water percolates from their sandy bottoms, marking the outlets of underground springs, where water and air bubble upwards. Because these underground springs are so shallow, the water temperature stays at 4 C all year round. The milky green pools fill more slowly than the blue pools, causing a heavier suspension of fine materials and hence the different colors.



Lunch and then headed back, stopping at the lower falls for a group shot. Stats: 11.2 km / 543m gain / 1742m high

Participants were: Carol A, Lorenz B, Denise D, Ingrid F, Heather F, Iraj F, Irene H, Anne O'L, Val S, Joce T + Cal F

Sulfur Mt. – March 2



We started this day with a half hour walk through [Marble Canyon](#). Although it was a short hike, it had much to offer. We cautiously leaned over the edge of the bridges (I think 6 in total) to have a look way down the narrow crack carved smooth by ancient glacier melt that was filled with abrasive pebbles and silt.

Black remains of trees stood stark against the white snow. They were left by the 2003 forest fire that burned 170 square acres for 40 days in Kootenay NP.



From there we drove about an hour and met up in the town of Banff by the Sulfur Mt. gondola. The logical part of me thought, "Why hike up there when there's a gondola to take you?" But it was worth it, the many switchbacks making for a not-so-steep micro-spike climb. We were blessed upon reaching the top of the gondola 1 ½ hours later, to see all the surrounding peaks because the weather had cleared. And there were many of them. Most of us carried on the extra km on the touristy boardwalk to the summit of Sulfur Mt where the old cosmic ray station stands. It was built in 1956 and

dismantled in 1978. It was one of 99 cosmic ray stations in the world, 9 being in Canada and this one being the highest and most important.



To our east was the close by long range of Mt. Rundle, the slopes all leaning at the same angle. To our west was the Sundance Range and to the northeast lay the town of Banff.



We all took the gondola down, after checking out the educational exhibits upstairs. Then we did about an hour of shopping and met up for dinner at a pub. It was a great way to end another great day.

Stats: 5.5 km / 700m gain / 2281m high

Carol A, Dave B, Denise D, Iraj F, Ingrid F, Irene H, Anne O'Leary, Val S, Joce T,+ Cal F

Bow Lake – March 3

We were now into our seventh consecutive day of snowshoeing / micro-spiking. The weather seemed to match our mood or perhaps it was the other way around. But as we drove by the booth after paying for our day pass to the Icefield Parkway, I was having second thoughts. A sign said the highway was getting low maintenance, but it was still open. I was not so comfortable driving. It felt like I was going snow-blind, barely being able to decipher the packed tire tracks from the powder. Everything was white in a flat light, with high white snowbanks on the sides of the highway and fat white snowflakes falling down.



We stopped at Mistaya Canyon, which is 12 km north of Bow Lake. Following our GPS tracks, because you could not see any tracks by the highway in the snow, we went right of the iron railing and got onto a more packed trail under about 6" of fresh snow.

It was a short walk down to the narrow high canyon. But we

could've extended it by doing the 7km loop. This was not appealing because our visibility was quite limited. So after snowshoeing along the canyon to some exposed parts of the river which flows from higher up Peyto Lake, we got back to our two cars and drove south to Bow Lake.



Parking just by the highway, we snowshoed down the road to the lodge by the lake, which has been closed since Covid. Again we were subjected to much white. In fact, it became rather interesting because we could not see a horizon. Neat for photos. Cal directed us to go right smack down the middle of the lake where there was less risk of avalanche. We could barely make out the shrouded shapes of the nearby cliffs. When we neared the end of the lake where some stunted trees were growing, we stopped and had lunch.

At this point I think most of us were starting to feel rather done. Tired. Looking forward to catching up on our sleep and



taking a holiday from our holiday. We all agreed to turn back and drive back before weather conditions got even worse.

Stats: Mistaya Canyon: ½ km / 35m gain

Bow Lake: 3.8 k m / 22m gain / 1961m high / 1:10 hours

Participants: Carol A, Denise D, Ingrid F, Irene H, Anne O'L, Joce T + Cal F

The Natural Bridges



Most of us found time to check out the Natural Bridges just off of highway 1 west of Field. Of all the canyons we'd seen, this one was the most intriguing. We entered a small opening in the rocks, at the edge of a frozen pool that opened to a large round chamber. We stood in awe, taking in the patterns in the rock, the fast flowing river that we could see through a small hole in the middle of the chamber and the ten foot tall blue icicles that formed a small cubicle just big enough to stand in. What an odd sensation to be walking on the river, separated only by a sheet of ice in a cavity that is usually filled with an angry raging churning powerful mass of water. Looking straight up, you could see the sky through gaps in the granite.



A big thanks to Dave B & Cal F who organized this trip. We went home with many fond memories, feelings of accomplishment and stronger bonds with members of our COC family. - by **Joce T** (reports + pics) + **Cal F**

From **Dave B**: Thanks to all who participated and made this a great trip for me.

Trip participants: Dave, Val, Heather F, Cal, Irene, Ingrid, Denise, Sue, Alan, Anne, Jocelyn (pics), Patrick, Carol, Iraj, Lorenz

ZUPJOK PEAK – MARCH 9

COQUIHALLA SUMMIT REC AREA

Participants: **Cal** (organizer) Jan, Herb, David, Tracy, Mark, Carol, Sheri, Judy, Janice, and Sue were present. I know I am missing one but cannot think of their name.

Leaving Chilliwack at very close to 9:00am we arrived at the trailhead at about 10:15 and were moving by 10:30. The weather was predicted to be clear and cold, -15 or so, but was not that cold at all. Parking did not cause any issues for us, lots of room. We just had to be very careful around all the traffic and big trucks.





We snowshoed and a few micro-spiked up, definitely able to do both. This hike is rated as difficult and at least the last half of it is. The peak is 1835 meters above sea level, and the hike has an elevation gain of 718m. The first 2 kms have a nice and easy 39 m elevation gain. Great to warm up. The flat part of the trail branches out to 3 different destinations: Zupjok, Iago, and Ottomite (a much easier hike if you are interested). The next 1.75 kms have about 204 m gain; low but not flat. That's 3.75 kms with only 243 m in total. The last 1.56 kms have 431 m elevation gain. Total hike in and back is about 9.5 km according to my tracker.

The snow conditions were great and there was a well packed main trail, so traction was pretty good. Which I enjoyed because when we got into the steep and winding switch-back part, traction was necessary. From the start of the steep climbing, the heel lifts went up quite a lot, and I was grateful to have a pair of snowshoes with them on.



On the way up we met a couple people coming back down that had different reports of the weather on the top. First, we were to expect VICIOUS winds. Then the second group told us it was a bit breezy.

We reached the summit at 1:00pm. By the time we got to the top there was basically no wind to report at all, and clear blue sky for what seems like hundreds of miles. And endless 360-degree views; looking at many summits climbed in

previous hikes: Needle, Flat Iron, Iago, Zopikos and Yak Peak. PERFECT DAY. Lunch, pictures and much reflection was had by all.

When coming down, we went off the main trail a lot, to take advantage of some of the fluffy, deeper powder under the trees. A good time was had by the entire group of 12 of us.

We returned to our vehicles close to 4:30 pm. So a 6 hour hike which included at least a half hour for lunch and pics.

-by Tracey G

KELLY MT. – MARCH 20



I signed up for the snowshoe up Mt. Kelly the night before and was fortunate there was a seat to spare in Ingrid's car so I didn't have to drive up on my own. I hadn't done Mt. Kelly before although I've seen it pop up often, so glad to get the chance to go. In the group were Ingrid, Cal, Sheri, Tracy, and me.

Initially, it was to be something of a sunset snowshoe, but the weather wasn't cooperating. It snowed pretty steadily, and views were limited. We mostly enjoyed just being in a snowy winter wonderland.

The trail was well packed, so we started off in microspikes. Early on we came across a lone hiker [he'd forgotten his snowshoes] coming down the trail. We stopped to say hello and Sheri recognized him from her last [and only other time] up Mt. Kelly. Apparently, the last time he'd made a snowman, which Sheri remembered. She asked if he'd made one on this day as well and he became quite emotional telling us that he had made a snowman, dressed him in blue and yellow for photos, and was going to go home to write a prayer or poem for his countrymen back in the Ukraine. He said he'd been alone on the mountain, enjoying the quiet, hearing only the beating of his own heart, but in his head also hearing the



bombs dropping on his homeland. And so this year's snowman had a much more sombre meaning.

Reflecting quietly on his words we continued our way up, eventually meeting another group coming down the hill which included Sonia and her dog Bubble. I also met Redina Borros for the first time in person which was nice after following her adventures on Facebook. As is typical, I can't remember the names of anyone else in the group but do remember the other dog, aptly named Summit. He was exceedingly fluffy and tolerated my determined efforts to pet him.

Although Cal was feeling a little under the weather he led us on a steady pace up, and we changed to snowshoes once in the meadow, taking a right through the trees to get to a better viewpoint [there was no view, but the snow was pretty], where we stopped for lunch. Tracy gamely tried to take a group photo by propping her cell phone up on her backpack with limited success – but points for trying!



We didn't linger on the summit [which on Mt. Kelly is more of a meandering high point] staying only long enough to have lunch, hear about Cal's exciting adventures in a Nepalese hospital – which had us laughing although it sure wasn't funny at the time, get a bit chilled, and layer up for the trek back down. Cal, Sheri, and Tracy took the slightly more direct and adventurous route down. Ingrid, who wasn't taking any chances risking a twisted ankle or some other injury right before her impending departure for her Spain hiking vacation, stayed on the main trail. I wasn't about to risk leaving the

driver of our vehicle out of my sight, so I stuck with Ingrid on the main trail.

We were moving pretty quickly downhill [gravity will do that], and we all got tanglefoot and took a tumble at some point. Thankfully, I think Cal was only able to get one re-enactment on camera.

Mt Kelly is rated as a moderate trail, about 7.5 km roundtrip, with 570 meters elevation. I don't recall we kept track of our time, but it took about four hours up and down and despite leaving around 3pm we returned in daylight. I was a great day out – thanks to Cal for organizing and thanks to Ingrid for driving.

-by **Michelle K** (report) + **Cal F** (organizer)

VEDDER MT. – MARCH 24



Vedder Mountain Ridge Trail, 9 km, 388 m
Organized by: **Cal F**
Participants: Mark, Iraj, Charlotte and Cal



We left the Vedder Park at 10am, Cal drove to the trailhead with his Jeep we started the hike at 10:20.

It was beautiful sunny cool and windy day perfect for hike. Trail was relatively dry with few fallen trees, we moved smaller trees and left the larger ones for trail maintenance crew.



Pond was still frozen but no ice on the trail. We scrambled up the ropes. At the ridge we ran into another member Charlotte hiking with her friend. We could see magnificent Mount Baker on the south side and Fraser valley on the west side. After 20 min. break we hit down and arrived at the trailhead at 1:20pm took us three hours total for this hike.

-by Iraj F

FAT DOG RIDGE SS – MARCH 26



Typical, it was pouring rain as we (the three of us, Christine C., Fred H. and I) left Chilliwack to a cloudy day (with sunny breaks) in Manning Park. The drive was uneventful, and the ongoing repairs to Hwy # 3 were definitely visible and greatly appreciated. We arrived at the Cambie Creek parking area to see other folks gearing up for a day on the snow. There was a mother, daughter, and dog (I learned they had links to COC). They were opting to 'boot' it up as were a young couple (from Chilliwack). This was a choice that Fred also

made. The trail was packed down 'hard' and all five of them had no problem walking to the summit sans snowshoes. Christine and I opted to use ours.

There was also a threesome, clearly a grandfather his son and a grandson (about 3yrs old). They were going to the Big Buck Campsite to do an over-nighter. WOW! The little guy looked ready to go!

With a hard packed trail before us this was literally a walk in the park. It became clear early as we started up the trail that Christine was not that clear as to exactly where we were going. When we reached the upper junction for the Cambie Creek Loop and we pointed out we were turning to the right and going up the first of the steeper climbs on the Fat Dog (FD) Trail the 'light bulb' went off, she realized FD was not Cambie Creek. The climb was the start of a relentless 5+km grunt to the summit.



Full disclosure: I have done this hike many times, although mostly in the 2000s with Hans Roos (a former COC Prez and Honorary Life Member) and it sure didn't seem to be as long as the trail guides seemed to report. As I said in my invitation post I saw distances in the upper teens and an elevation gain in the 700m. Range. For the record, we had two GPS tracks logged for the day's outing, both indicated we had gone approximately 15.25km and 620m of elevation gain. Don't let the numbers fool you, this can be a challenging hike... snow conditions dictate everything!

TAGGART PEAK SPRING FONDUE - MARCH 27

Lori B. (leader), Brian T, Margaret T, Judy P, Ron D, and Betsy N.



Back to the story, I think Fred is cross bred with Wolverines, he disappeared off the front like he was nuclear powered (a claim made by scientist who have tracked the speed and climbing abilities of these animals). He claims to have had several lengthy naps along the way as he waited for Christine and me. Christine, retrospectively, acknowledges she was suffering, which was rather obvious to me, so I elected to hang back with her. She had just returned from several weeks on Maui, too much beach time and perhaps a few too many Mai Tais....Upward we went.

Shortly after reaching the alpine, we met two men, one on skis the other on SSs, with BIG FULL packs heading down. We learned they had camped at the saddle between Big Buck and the FD Ridge for several days and had hiked and skied Brothers # 1&2. This was the 32nd consequent year one of them had done this winter camping trip. Rather humbling!!!

Fred was awaked from his slumber on the ridge by Christine's and my chatter as I 'egged' her on. To say she was taken back by the stunning views of the Brothers and other mountains that bracketed the horizon in every direction and the massive cornices is an understatement. Photos taken we retreated from the ridge to the shelter of trees for a quick lunch as the wind was a bit raw.

Going down Christine was in fine form; I was now in chase mode. It took us 3hrs, 20min to ascend and 2hrs and 5mins to descend. Going down we passed three young women 'booting' it and a couple stopped along the trail enjoy a bite to eat and the view. They were from Maple Ridge; she had been a member of the club, but work schedules prevented her from doing many outings. What she did say was reading the Tripper inspired her and her husband to do some of the hikes, both one day and multi-day hikes on their own. Neat..... plug for the Tripper! We also saw four skiers 'skinning up' and speculated they might beat us down. They didn't.

How me....I had stopped, spoken with and learned something about folks from every group we had encountered along the trail.

An interesting observation. The mother daughter team elected to 'boot' it down, the young couple and the three of us used our SSs. There were many more 'post hole' imprints along the trail present as we descended, than were on the trail on the way up, as the snow had softened up considerably. When someone 'post holes' while descending the propensity is to pitch forward. With one's leg deep in a hole this vastly increases the likelihood of sustaining an ankle or knee strain or worse.

This hike was on my to do list for this year. Mission accomplished with fun hiking companions. Thanks.

-by **Gary B**

Upon looking out the window that morn,
a full spring moon in the sky brightly shon.

Six of us met at the bottom of the Grind
with visions of the chocolate fondue to find.

We grunted and groaned for a mile or two,
At the top of the Grind the sky was not blue.

The first day of Spring can bring much weather,
Sun, rain, snow...blue sky and whatever!

It's funny how the memories fade over time,
I didn't remember this hike being such a grind.

We talked and we shared as we went up the steep hill,
The trail in good shape but all 6 of us it did kill.

We sighted a tower as we crested Taggart Peak,
and knew this was the place of rest we did seek.

A good clear view we had on three sides,
Now we could sit and eat and for a while abide.

But the first day of spring can be rather fickle,
the snow came down suddenly and made us all wiggle.

So we gulped down our lunch and our warm chocolate
fondue,
And ran into the forest before we'd have to build an igloo.

Down the mountain we went using our quads and our knees,
I'm so out of shape, send a helicopter please!

The first day of spring gave its finest and best,
At the top of Taggart Peak with the fondue as our quest.



-by **Lori B**

FLAT IRON – MARCH 29

We just couldn't get through the winter without doing this popular scenic Needle / Flat Iron route. It's a beauty especially on this perfect-weather day.



Twelve of us put on snowshoes and started the steep ascent through the forest to the viewpoint. That first hour was the steepest, gaining 372m in only 1.67km on a 32% grade slope. This is steeper than the Abby Grind. Once at the viewpoint we were out in the open alpine with fantastic views all round. Right across from us, separated from a valley that held Hwy 5, were the 3 humps of Alpaca, Vicuna & Guanaco and then the dominant Yak followed by Nak & Thar. To our east were Markhor & southeast the Needle with its two peaks. As we trudged on past the rocks that looks like whales' backs, and the stunted trees leaning to the left because of the wind and then up the open slope at the base

of the Needle's ridge, we arrived at the saddle where the views open up to the North Cascades with Jim Kelly & Coquihalla Mt. to the left.



Directly to our west the Flat Iron beckoned us to come. But Denise and I were just not feeling very well. So we turned back with Mark who generously offered to drive us home, while the rest of the group continued on to the Flat Iron summit.



Our stats to the saddle were: 4 km / 660m gain / 1831m high
By **Joce T** (report + pics)



Nine of us continued from the saddle towards the peak. The snow on the trail was getting soft in some spots from the intensive sun. There was 100m descend then 130 meter ascend to peak. Just before the ascend we had one short stop then hiked the last stretch which was very steep and slippery right below the peak.

At the peak there were magnificent 360-degree views of the mountains all around. It was windy. We had a 20 min. break, then left the peak at 2pm. Patrick slid on his magic carpet



down the ridge. We had a short stop at the saddle again then descended to the trailhead. We arrived at the parking lot at 4:30pm.



11.7km / 856m gain / 6 hours total time. – by **Iraj F** (report + pics)

Participants were: Patrick, Lorenz B, Iraj F, Danny G, Charlotte H, Sheri K, Al & Sue S, Mark S, Joce T, Lori Y, **Cal** (organizer)

BICYCLE SAFETY AND MAINTENANCE WORKSHOP(S) - MARCH 22/23&29

What a treat to offer the workshop to club members ‘face to face’. I anticipated there would be a high demand. It’s a tight squeeze for more than 6 folks and their bikes to fit in our single car garage, which is already full of bikes (9 to be exact) I scheduled 3 evenings to accommodate the 18 who signed up. The evening all went something like this.

I told stories about some crazy events I had experienced riding a bike in a foreign country, or riding in the middle of the night during a torrential rainstorm when it’s 2C and having to fix a flat, or experiencing scary animals in the middle of nowhere. Oh, there were wonderful enjoyable times too! In between the stories we inspected the bikes to insure they could be ridden safely; were the brakes in good working order. We covered how to change a flat tire and what a clicking or a scrapping sound means when shifting and how to eliminate these sounds that are so annoying. We focused on the importance of keeping the bike clean and how to do so, particularly cleaning and oiling the chain. Chains cause

most of the wear and tear on a bike, chewing up chain rings (at the cranks) and the cogs (on the rear hub). Participants learned how to measure for a worn chain and when to replace it. Three cheers for ‘chain quick links’ and a ‘good multi tool. Photo below of Group # 2:



Each evening concluded with a personal bike fitting session with recommendations on how to address the most common sizing problems, which are seat high, handlebar height and handlebar reach. Most women with bikes more than few years old are riding bikes designed for men, the frames are TOO LONG. Hint for anyone, if you feel that you are stretched out, or you are getting a sore neck when riding change the stem on your bike for a shorter one, preferable that angles up. It’s a cheap fix, easy to do, and will improve your riding comfort.

Probably the biggest info take aways from the workshops were: #1: There are excellent DIYS instructional videos on YouTube and #2: Don’t be afraid to try and do the simple, basic fixes yourself! Photo below of Group # 3:



One last thing! Participants inspected their helmets for wear and tear. If they needed a replacement, I recommended they purchase a helmet with the new MIPS technology which provided considerably more protect against a concussion

should a fall result in one hitting their head, which is almost guaranteed to happen in most falls. They also saw a simple way to place 'emergency information' inside their helmet.

NOTE: I will be starting to post group rides in the near future. These rides will be at a steady but leisurely pace of 50-70km in distance. Most of these rides will be somewhere throughout the lower Fraser Valley or great Vancouver Metro area. I also plan to do rides in the Bellingham, WA. and Mt. Vernon, WA. areas; on the San Juan & Gulf Islands and on Vancouver Is. I also have a multi-day (5-7) cycle tour scheduled for the last week of June in the West Kootenays. If you are interested in doing this ride, there is still room for several more riders.

I hope you join me on one of these trips. Be safe!!!

-by Gary B

CHILLIWACK OUTDOOR CLUB TRIP REPORT – TRAIL MAINTENANCE

The 2022 Trans Canada Trail maintenance program in the Chilliwack River Valley under the leadership of Leon LeBrun has begun. On March 22nd and 24th, we had 9 members of the club participate in clearing deadfall and grubbing the trail to replace sections eroded by the November high water level flooding.

The first day, Tuesday, we were able to complete the realignments along the 2.6km Tamihi Creek section.

On Thursday we worked on approximately 1km section of trail about 1km west of the Slesse Creek bridge.



On March 19th nine members of the Club participated in a chainsaw familiarization course which took place near the March 24 worksite.



They learned about safe operation and maintenance of the saw through practical exercises and discussions.



Shirks shows off his new chainsaw and helmet.



The remnants from the chainsaw course provided seats for the Thursday maintenance work crew lunch.



In various locations small rocks being removed to level the trail turned into large boulders once soil was removed. Heinz and Lorenz lower the rock instead of lifting it as Emilie comes to provide advice.



Large deadfall was removed from the trail



Happy crews grubbing to level the trail.



The new signage for the Trans Canada Trail was also added on both sections.



-by Jim Alkins (photos by Cal)

C.O.C. - 2022 MULTI DAY TRIPS

TRIP: DOWNHILL SKIING, CROSS COUNTRY SKIING, SNOWSHOEING AT WHISTLER FROM JANUARY THRU APRIL 2022

LEADER: CINDY WASLEWSKY AT TWIN-CREEKS@SHAW.CA

DATES: FROM JANUARY TO APRIL, EVERY WEEK, LEAVE ON THURSDAY, COME BACK FRIDAY OR SATURDAY OR, STAY AT EMBARC RESORTS, LAST MINUTE BOOKING, DATES UNKNOWN, WILL BE POSTED

TRIP: UP THE ALCAN HWY EARLY JUNE, THROUGH WHITEHORSE, UP TO DAWSON CITY, OPTION TO DRIVE THE DEMPSTER HWY, LOOP UP TO KLUANE NP, WHITEHORSE, RETURN ON THE CASSIAR HWY TO MAKE A LOOP RETURN THE LAST WEEK OF JUNE.

LEADER: CINDY WASLEWSKY AT TWIN-CREEKS@SHAW.CA

DATES: 3-4 WEEKS IN JUNE 2022

GROUP SIZE: 12 MAXIMUM OR

TRIP: OLYMPIC PENINSULA, WASHINGTON STATE, CAR CAMPING, DAY HIKES

LEADER: CHRISTINE CAMILLERI AT 4CHRISTINECAMILLERI@GMAIL.COM

DATES: 5 DAYS AROUND MID JUNE

GROUP SIZE: 12 MAXIMUM OR

TRIP: BIKING TRIP TO THE "HEART OF THE KOOTENAYS" B.C.

LEADER: GARY BAKER AT GARYWBAKER@SHAW.CA

DATES: 5-7DAYS OF BIKING ROUGHLY AROUND JUNE 20-30, STARTING AT KASLO OR NELSON

GROUP SIZE: 12 MAXIMUM OR

TRIP: BACKPACK INTO GARABALDI LAKE, WHISTLER AREA, TENTING

LEADER: SUE LAWRENCE AT GWELU@TELUS.NET

DATES: JUNE 21-23 3 DAYS/2 NIGHTS TENTING - TUES - THURS

GROUP SIZE: MAXIMUM 8

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 7-16, 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 SOUND 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: CAR CAMPING, HIKING & BACKPACKING IN YUKON (THE KINGS THRONE & THE TOMBSTONE MTNS)

LEADER: JOCE TIMMERMANS AT JOCELYNTIMMERMANS@HOTMAIL.COM

DATES: TRYING TO FIT IT IN THE MONTH OF AUGUST, DAY HIKE KLUANE NP 1ST WEEK AUG & BACKPACK TOMBSTONE MTNS 3RD WEEK AUG

GROUP SIZE: 12 MAXIMUM OR
BACKPACK TOMBSTONES IS NOW FULL – I CAN PUT
YOU ON A WAITING LIST IN CASE OF CANCELLATIONS

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@GNMAIL.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 carbineers	5	ice screws contact Cal Francis to use: calfrancis@gmail.com

Note: All equipment must be returned in the same condition as borrowed or repaired appropriately. The equipment is being examined to determine its state of repair and will be reviewed by the Board of Directors as to what should be retained, scrapped or sold.

Hike Grading System

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
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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.g2222@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
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