



ALPINE SKI DAY MANNING – MARCH 1



Funtastic ski day at Manning where the snow was thick and fast! Managed to corral a few of us up top for the group shot...the rest were having a blast in the powder! Great day on the slopes and hoping for several more before winter ends.
By **Christine C**

POLAND LAKE SS HIKE- MARCH 2



This is a hike I've done dozens of times but due to an injury I didn't think I'd be able to do it and I asked Paul L., Don F., and Dave B. to share the leadership role for the day. As the

event date neared, I convinced myself I would, with the help of drugs (☺), be able to tough it out and decided to join the group and contribute in the capacity of 'Sweep'. I know the terrain on this route to the lake like the back of my hand. It was interesting, being at the back, watching them suss their way around, through and up challenging and tricky terrain. THANK YOU Paul, Don, and Dave.... you did a great job!!!!!!



Officially SSers are required to park at the lodge or at Strawberry Flats and take the shuttle bus up to the hill, but as in all likelihood there was at least one person in each of the vehicles who held a season ski pass, that was a ticket to drive to and park at the ski hill. I think it is fair to say we have never seen so little ground snow cover this time of year in Manning. But about 60+cm of fresh heavy powder had fallen the previous few days which was great for the skiers but made trail breaking on SSers a real grunt and slow going. Fallen trees that, in the past, we walked over we had to walk around and in one case actually walked under it. The usual wind-blown smooth snow cover on the lake and marsh lands looked like smooth ocean waves with open deep creeks flowing into, meandering through them. These required frequent detours, often on higher uneven ground. The creek gully between the lake and marshes is an area to avoid at the best of times, with so little snow this was even more so 'a no go area'. That said, we did cross the creek twice on



solid snow bridges. With the meadows behind us we were faced with the steady, steep climb up to the Summer Trail leading to the lake. This was challenging going, but those out front did a great job switch backing up the slope at a relatively civil angle. I didn't feel the need to use the heel lifts on the SS at all.

We were fighting the clock, fatigue and hunger were setting in so the call was made to stop about 50m below the summer trail for a rest and food break. Over lunch the decision was made to call it a day.

It was a great adventure, the forest was so peaceful, returning back across the meadow was absolutely sublime. It was a perfect case where the destination would have been a bonus but what a journey. It was a near perfect day. Those (all 19) along for the journey were: Dave B., Don F., Paul L., Jocelyn T (photos), Dave S., George D., Ed W., Grete H., Lori B., Lonja B., Allana W., Denise D., Sandra O., Ingrid F., Peter E., Margaret T., Val S., and Peter.

by **Gary Baker**

Sumas Mt – March 7



This hike is so close to home and such a diverse trail, featuring three bridges, a gully, a weeping rock wall, old-growth cedars & spruces and beautiful views to from four different viewpoints. Our destination was the lake, but when we got there at 12:15 and I asked who would like to go for

the summit, only one person did not. So on we went which made for a tough but very satisfying day.

By 9:45am we were on the way. The sun was highlighting the bright green moss on the trees and the water flowing in Chadsey Creek. We did a small and then a larger dip to two wood bridges. Then through the fern section and into the gully, past the pond and an hour later at the FSR. There we turned left and in about 5 minutes were at the first viewpoint overlooking the Fraser River winding through Matsqui Prairie and backed up by the town of Mission.

We backtracked again on the FSR and turned into the forest just past the bend. They stripped the land to build houses close to the trail. In about half an hour we arrived at the northern viewpoint of Nicomen & Dewdney mountains. As we were pulling on our micro-spikes, Sheri K showed up! She had to finish her chores first so didn't want to make any commitments. She joined us till the summit. We were now in full on snow but did not have to break any trail.



Next came the narrow trail on a steep slope and then crossing Chadsey Creek on a third wood bridge followed by a rock face equipped with a rope. The trees kept getting larger as we gained height. Just over two hours from the start we got to the lake. When David walked out on the ice and beckoned us to follow, we thought he was crazy. That ice didn't look very thick. A bit farther along the northern edge of the lake, we parked ourselves by a campsite & rope swing for a snack.

Then on, through a huge grove of old-growth cedars and then zigzagging up on a very steep slope. There were a few sketchy parts where we had to take our time and do strong kick-steps into the ice. Us women stuck together on that slope. As we stopped briefly for a breather and were looking down at the three men coming up, three massive snow-bombs suddenly dropped down on them! When the ground began to level off a bit, the route curved to the left, past the radio towers to the right and past a tarn, through old-growth spruces and voila!



Stats: 18.3 km / 1290m gain / 944m high

Thanks for coming along: Sue A, Carol A, Lorenz B, David G, Irene H, Sheri K, Paul L, John McL + **Joce T**

ALPINE SKI DAY MANNING – MARCH 8



But we first dropped down, turning left just before the summit to the most expansive view of all; from Dewdney Mt in the north to Vedder Mt in the south and all the in-betweens: the Fraser River, Chilliwack, the Cheam Range. So many familiar sights. There wasn't a lot of room on this snowy bank and there was no nice warm sun.

Downhill skiing at Manning Park started with amazing conditions and an empty hill. There were not even 30 skiers. We owned the trails and enjoyed comfortable temperatures at 4 degrees. The snow felt like glue as our bodies were jerked by the suction under our skis and a face plant could happen any minute. We thanked our lucky stars for the fun we did have, called it a day and headed out with an order of French fries for the ride home.



So after a bit we climbed back up to the summit and parked there for lunch. It took three tries for the group shot because John wouldn't stop talking. Good times.

By **Christine C**

BEAR MT – MARCH 16



This was a challenging, long hike. More so because half of it was still under snow. Hindsight, snowshoes would've been a bit better than micro-spikes. Most of our steps were sinkers, but just to the ankles. Although about a tenth of them were shin high. I didn't expect the snow to be that low (650m) but most of this trail was in the forest on an old FSR, on a west-facing slope that doesn't see the sun till mid-afternoon. And the massive body of water that makes up Harrison Lake, keeps the temperatures a bit cooler.

We left the summit at 2:20pm and arrived at the vehicles by 5:00pm. We were all good and tired but experiencing a keen sense of gratification. Glad to have gotten out while the sun was shining, before the 5-days of rain in the forecast.

The steady more gradually graded slope led us past the gold mine, the turquoise vintage car-wreck, the mini-Bridal Veil Falls, the footbridge clinging to a cliff and then to our one-and-only stop during the ascent. It offered views of Sumas Prairie to the southwest, Harrison River and Lake to the west



and the Breakenridge Mountain Range to the north. At this point we were 2/3 of the way, having done 800m gain and being at 800m elevation. That's where we strapped on our micro-spikes and gators.

The last 1/3 of the hike took more time since we had to negotiate the snow. The odd deep steps were body-hoisters and slowed us down. Past the turn off to a frozen Bear Lake, along the creek, then past the small lake, through the alder-tree-tunnel and left at the fork. From there we followed the pink flagging tapes and soon turned another left onto the submerged forest trail. A bit of a drop, a creek crossing and then following the adequate pink ribbons and orange square markers up the final steep stretch.



I knew what was coming, as you can't see any views till the very end. It was my pleasure to hear the "Wow!"s coming from the three in our group that had never been there before. For Peter especially, coming from Holland of which half is below sea-level, this was a real treat! Looming before us was the majestic Cheam Range with Conway Mt. separate but close to it.

With a warm wind and full-on sun, we were in no rush to leave our lofty perch. Sandeep put his wet socks on the warm rock to dry and Peter was busy sending pics to his friends in Holland. Three young people from Chilliwack came about ten minutes after we'd arrived. Otherwise, there was no one else on the mountain.

After an hour of resting our tired bodies, we set off once again. What took us 3:45 hours moving time to ascend, took 2:50 hours to descend. I felt like I was walking like a drunken sailor on the soft wet snow, doing a bit of boot-sliding along the way. The lower half of the mountain was no longer in the shade. We had stripped down to our T-shirts by the time we got back to the car at 5:00pm.

This was Sandeep Ghuman & Deena Barclay's first time out with our club. It was a rather tough introduction. Thanks, Peter, for leading the way in the snow. Peter said he forgot all about his sore legs when he set his sights on that amazing view at the summit.



Stats: 20.15 km / 1216m gain / 1071m high

By **Joce T**

BLUE HERON RESERVE - MARCH 15-16



It was a great two days at the Blue Heron Reserve with guided tours led by Kristen and Kassa. Thank you for all the information on the Herons and the history of the reserve .. everyone enjoyed it ...

By **Johnny Grimm**

WATT CREEK HORSE TRAIL – MARCH 22



We had such a fun time and great workout doing the Watt Creek to Edmeston Rd hike. We only saw one other person in the 3 1/2 hours we were on the trail. Because I listened very closely to Owen's talk at the last meeting, I made sure we all ate chocolate on the hike.

Alltrails said it would be 8.4km, the signs on the trail said 10km, the track I did on Alltrails said 11.5. Not sure how long it was, but it was 3 1/2 hours including a snack break and about 500m elevation gain.

By **Bernadette Yochim**

HOPE LOOKOUT – MARCH 23



What can be better than a COC Saturday morning hike? The Hope Lookout was a great shoulder season workout as we climbed up a steep, short trail to the top. This is Hope's "grind" with wonderful clear views at the top, a kids' cache complete with goodies, a sign in book with fun entries, a loo with a view! and history lessons from 1949 showing what the town looked like then... (hint -- it still looks the same though



without the Kettle Valley Railway slicing through the middle of town!) Did not know that Emil Anderson constructed the Hope-Princeton Hwy in 1949?

Fresh air and good times!

By **Christine C**

VEDDER MT. RIDGE – MARCH 28



Vedder Mtn Ridge Trail is a wonderful trail that has it all: surprises, a bit of heart pumping elevation gains and losses but what I'd call undulating, interesting features (wooden boardwalks, sturdy stairs, beautifully knotted ropes perfect for stability, ponds, super green undergrowth, soft trail underfoot, easy to follow, well signed, walking up, over and around ridges covered with open forest so you can see a ways) and up at the top: views, views views...right here in our



own backyard. The Chilliwack Outdoor Club officially maintains this trail and it is well used by the public. Thanks to all the volunteers that make this trail so accessible and safe (Jim A. even brought a wrench and fixed the anchor and tightened others up at the top! Now that is multi-tasking!)



Bit less than 11 kms and 4.5 hours of leisurely hiking with 10 people and chocolate Easter eggs for dessert! Beautiful half day outing. Jim A. Carol A, Dave S, Jaco, Ken, Lonja, Ingrid, Brian H, John McL
By **Christine Camilleri**

STOLO CHEAM CEMETERY & CHEAM WETLANDS PARK - MARCH 31

What a near perfect cycling day. First a big thanks to the folks along for the ride: Sheryl H., Christine C. Steve W., Peter E., Terry K., Alicia P., Jim H., Liz L., Jacqui C., Sonia L., & Fred H. We met up at Fairfield Park then headed out to ride the Fraser River dike towards Rosedale. Being a holiday weekend, the dike was 'way' busier than usual; good to see as this is a wonderful alternative to the mega crowds using the Rotary Vedder River trails. Along the way we encountered several equestrians, out of respect and safety we came to a full stop to let them pass which they really appreciated. Most trained horses are usually comfortable with the sight and movements of cyclists but as the riders pointed out even with the most docile horse, ' This is not always the case.'. Take note!

As much as I like riding Ferry Road to Hwy # 9, the climb up the hill from the south end of the Agassiz Bridge towards the roundabout with the volume and speed of traffic is not to everyone's' liking. So, we took Bustin Rd. past the 'very' high tech' greenhouse and nursery to Old Yale Rd. stopping at the

T.H/convenience store at the # 9 roundabout for a 'bio break'.

Leaving there we rode Hwy # 9 back towards Agassiz to Victor Rd. This is a road that in all likelihood most folks have ever really noticed or paid any attention to and if they did, they likely wondered, ' Where does it go?'. It is across from the Stolo Cannabis Store. None of the group (sans Sheryl and me) had any idea where it actually went. It skirts, for almost its full 2.5 km length, a massive gravel removal area: aka a gravel pit. Oh, it's a gravel road and Alicia sadly had a flat.

Peter and I stayed back to manhandle the repair as the others rode on. I can usually remove tires without tools, in this case crowbars have been helpful. When the three of us reached the cemetery, the entire group was comfortably seated on the grass, leaning against the cemetery fence soaking up the sunshine. Talk about 'laid back'.



I thought they might all be seated in the cemetery gazebo. Food was consumed, the obligatory group photo with the club flag taken, we backtracked to the connector road leading to the rural residential area with its open fields and the large cattle feed lots behind The Cheam Wetlands Park.



I had first explored and ridden the connector road some 20years ago when it was a blackberry covered path. Now any 2 wheeldrive can navigate it. In spots it is muddy and there are numerous water filled holes that we were able to easily ride around.



TRAIL MAINTENANCE MARCH



We made a leisurely stop at the Cheam Wetlands Park before heading back along Yale Road to Rosedale where we said 'goodbye' to Christine and Steve who had chosen to start/finish the ride (do the most interesting part) from the Rosedale Post Office parking lot. Facing time constraints Jacqui, from the Wetland Park, and Terry from Rosedale left the group to ride directly back to Fairfield Park. Now a group of 10, we meandered along a maze of roads along endless plantations of cedar hedging plantations back to Fairfield Park.

It was a fun day with no real surprises, the surprises it turns out were to come as Sheryl and I drove home. First we had to detour around the Yale Rd. railway overpass closed by the RCMP to investigate a serious accident at the south end. Then as we approached the Vedder Bridge, we were passed by a Chilliwack Fire Dept. ladder truck, it must be going to Yarrow we thought. Nope, we ended up following it into Cultus Lake. "Oh, crap" as we approached the Community Hall, we could see smoke billowing from our residential area. All vehicle traffic to the area was blocked, we were directed to park in the Main Beach parking lot and to walk home. We unloaded the bikes and rode home stopping to watch the city fire truck in action.

The fire was two streets over from us. The home was one of the 'old' summer cabins, it was completely destroyed. The fire started in a drier exhaust duct. The house next to it had vinyl siding which melted from the fire's heat. I suspect a lot of folks around here will be exploring the replacement of the vinyl siding on their homes (a lot have it) for concrete Hardy Board or metal siding.

by **Gary Baker**

Trail maintenance photos from the Trans Canada Trail in the Chilliwack River Valley. We got over halfway as we started from the other end. Thanks to all who have been coming out as it is very rewarding to see one's handy work take shape over the weeks (I believe today would be the 8th trip out to do this section) so always looking for more volunteers to help out. Do what you can!!!



By **John Mclellan**

2024 MULTI DAY TRIPS

TRIP: Hilton Grand Vacation Club in Whistler - 1 to 2 nights. Will post with short notice. Resort skiing but can also snowshoe, cross country ski, or just explore Whistler.
DATE: Jan-May **LIMIT:** 6
CONTACT: Cindy Waslewsky: twin-creeks@shaw.ca

TRIP: Kees & Claire / Wendy Thompson – backcountry ski
DATE: April 21-25 **LIMIT:** 12 **CONTACT:** Cindy Waslewsky: twin-creeks@shaw.ca

TRIP: Kees & Claire – snowshoe
DATE: April 5-7 **LIMIT:** 8
CONTACT: Dave Biehn: dave.biehn@gmail.com

TRIP: Golden Ears – beginner backpack. Evening workshop Wednesday, easy backpack Sat/Sun.
DATE: April 10 + 13-14 **LIMIT:** 10
CONTACT: Al smith & Sue Lawrence: hikethepeak@gmail.com

TRIP: Spain – day hiking
DATE: June-July **LIMIT:** 6
CONTACT: Jaco Noteboom: jaconoteboom@gmail.com

TRIP: Kootenay Loop Cycling – 340km road & rail – no ebikes
DATE: Jun 9-15 **LIMIT:** 10
CONTACT: Carol Ault: carolault@gmail.com

TRIP: Castlegar to Christina Lake Cycling - 190km rail trail, may be supported – ebikes permitted
DATE: June 16-17 **NO LIMIT**
CONTACT: Gary Baker: garywbaker@shaw.ca

TRIP: Olympic Marine Park – backpack, 115 km
DATE: 3RD week of June **LIMIT:** 12
CONTACT: John McLellan: jhmclellan@shaw.ca

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: Howe Sound Islands – day hikes. Car camping in Porteau Cove, water taxi or ferry to islands.
DATE: June 20-23 **LIMIT:** 8
CONTACT: Al & Sue: hikethepeak@gmail.com

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 17-25 **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: Itlaian Dolimites, Alta VIA 1 – guided tour.
DATE: Aug. 10-17 **LIMIT:** this trip is now FULL
CONTACT: Irene Hofler: ishofler@gmail.com

TRIP: Nootka Island – backpack.
DATE: Aug. 4-10 **LIMIT:** 10 – this trip is now FULL
CONTACT: Owen Williams: owen.williams911@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 Mowach 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

MARCH TRAIL MAINTENANCE



By Judy P



By John McL

Masthead of the Cheam Range by Joce T

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

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