



GIBSON MEADOWS AND POLAND LAKE- MARCH 2

The company was wonderful, the skies were mostly blue, the temperature was spring like. The only disappointment was the snow. Three out of four still made for a very good day! The ski hill staff had forewarned me that the snow was structurally very weak, that it lacked cohesion. We avoided any snow bridges across the creek and steep slopes when we could. This led to some interesting deviations from our usual path up to the first tarn and between the Meadows. Once at the lake we followed the Summer Parks Branch Trail around the north side of the lake to reach the cabin where we settled down for our lunch break and the obligatory photo standing on the cabin roof.



Leaving the cabin we followed the southern shore of the lake, the shaded side back to the trail. One of the many joys of this hike is 'bounding' in the deep, soft snow from the Summer Trail down to the Meadows as the uphill trail is usual packed out making for tricky footing. Not this time, the best footing was to stay in our uphill track on the way down, which most of us did. Once down to the Meadows we broke into two groups, the gazelles and the strollers. By my count we had 5 folks who were doing this hike for the first time! To one and all, thank you for being part a wonderful group: Fred H., Carol A., Cal F., Carmen P., Lynn M., Trish T., Alana W., Lori B., Jen M., Brian, Ildiko T. & her guest Darryl H., Peter E., Johnny G., Tiffany O, Dave G., & Brian H. See you all next year!!!

By **Gary Baker**

LICKMAN PONDS TO HILLKEEP PARK – MARCH 18

via south face of Chilliwack Mountain.

13 participants, 13K, 400 metre gain.



The Lickman Ponds trail starts in a parking lot on the north end of Lickman Road just after it becomes Chilliwack Mountain Road. The Lickman Ponds trail runs southwest from the parking to Yale Road. On unofficial track near the terminus branches left across a vacant lot and ends at an abandoned road at the base of Chilliwack Mountain. This abandoned road and the myriad of trails that branch from it leading to the top of the mountain were the target of the hike. The hike had been posted as exploratory, but the group was

too big to manage for actual exploration so I tracked a route the day before. The trails are mostly in good condition but there are a few easily navigable blowdowns and depending to the trails chosen, a bit of light bushwacking at the summit



before the trail connects to Hillkeep. Keep an eye out for waist high telephone lines near the summit. Our route took us to a lunch spot on the north side of the mountain with a view across the Fraser to Deroche. We saw lots of evidence of deer on the mountain and were treated to a close encounter with three deer on our way down.

Our route including looping Hillkeep park and a side trip to the Hillkeep lookout took approximately 13K and 400 metres to complete. There are lots of trails to explore on future trips but it looks like development is being contemplated on the vacant lot at the base of the mountain so access from the south side could be compromised soon. The track below is a partial track from the exit of Hillkeep Park to the base of the mountain via the north lookout. Participants Johnny G, Carolyn H, Caroline M, Danny G, Lonja J, William W, Karl V, Brian H, Dorothy F, Bernadette Y by **Ingrid Fischer**

NAVIGATION COURSE – MARCH 22



Chilliwack outdoor club had a navigation course today lead by **David Biehn**, who shared his skills in GPS, map and compass use. It was a full class of 20 members who attended for the very informative and interactive course. Dave spoke on longitude latitudes and degrees minutes seconds UTM, DDM and U10. He cleared the muddy waters to help us understand what most of the acronyms on maps and GPS mean. Thanks again Dave for this navigation course it was very well presented, and now I may know how to find my home.

VEDDER MTN RIDGE - APRIL 7



On this dark cloudy day, many of us thought we were going to have a real test of our rain gear. However, we managed to dodge most of the rain and had a really great walk in the forest. There were no views to be had until our stop at the south viewpoint on our way down. But Cal offered a play-by-play description of what was to be “seen” through the cloud cover for our COC friend from Squamish. Afterwards, some of us stopped at Amble for coffee, and then it really started to pour. Lucky us!

Thanks to: Susan A, Brian H, Cal F, Lucy S, Johnny G, Lorenz B, Jackie C, Jennifer D, and Patty C. ~ **Carol A.**

LITTLE NICOMEN PEAK-RAVEN'S BLUFF – APRIL 11



10.5 km / 480 m

Violet, Bela, Ingrid, Lynn M, Jen M, Laura F, Cathy U, Annette



A slightly cooler start as we started out on the flat section along Norrish Creek, however warming up quickly as we started up the steep steady rocky and rooty trail. The climb is relentless until you reach Raven's bluff with the occasional views towards Mission. We then headed a short distance to where the trail branches off to the left (easy to miss) to follow the trail thru a beautiful forest (same trail as Nicomen Peak). It comes to a fork at an old logging/service road where we hung a left heading up once again, over more rock and very puddles, that covered the entire road, having to skirt around them.



We were all very grateful when we arrived at the paraglide launch as we were fatigued and hungry. (All tails info on distance was not accurate). We enjoyed our much-needed break as ate lunch and enjoyed the views of Nicomen Slough and the Fraser River.

After our break we headed down another trail that takes you to a cabin with windows and raised chairs where you can sit and take it all in. The trail leads you back to the main trail, where the rocks and roots await you. We took our time ensuring there were no falls causing injury.

All in all a good day, meeting new people, interesting conversations and laughter

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Dorothy Franson

TIKWALUS HERITAGE TRAIL - APRIL 18



Johnny, Karrie, Luisa, Lucy, Cathy, Cal, Iraj, Cghirine
A beautiful sunny day without being too hot for this hike as it is a hard hike and in the Fraser Canyon, definitely want to avoid the hot days of summer. Your body quickly warms up as the ascent starts almost right away and steeper as you go. Fairy Slippers were found by Lucy in the first 1 km., a unique flower.

The climb is relentless, gaining lots of elevation in a short distance. A nice viewpoint about 1.5 km in giving nice views of Spuzzum Mtn. giving us a chance to enjoy the view while catching our breath. From here there are a few gentle lopes down but few and far between which you appreciate after climbing up and more up.



The loop trail sign post is at about 4 kmish and having gained about 600 m in elevation. We headed on the Bluffs section, where it is more undulating, arriving at the Bluffs, overlooking the Fraser River, Hwy #1 and Hells Gate Tunnel. There was a nice spot for all of us to find a spot to sit, talking in the views as we enjoyed a well deserved break and lunch. From here the trail descends quickly only to climb back up again!!



At the campsite the Avalanche Lilies are in their full glory - so amazing. The trail continues to climb even more as you continue along a ridge that overlooks the Bluffs. The trail descends quickly taking us back to the loop sign post. Now it is back down the steep trail, with a few shorter uphill sections.

Lucy found Chocolate Lillies starting to bloom near the trailhead, always a treat to see them
Another great day with conversations, laughter and meeting new people and reacquainting with others.

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Dorothy Franson

QOQO:LEM CULTUS LAKE LOOP – APRIL 19

Had picnic lunch at the lake. Next time Patrick will have dessert ready for us.



On the log: Cal F, Dave G, Patrick R, Danny G, Kevin. On solid ground: Simon H, Irene H, Christine C.
by **Heather Burles**

MARCH APRIL 2025 TRAILS MAINTENANCE PROJECTS

During late February and early March COC Trail workers completed a project to raise several sections of the TCT east of Thurston Meadows Campground using a \$5,700 grant

from the Trans Canada Trail Foundation and repurposed planks from Emil Anderson Group and landscape fabric from Ivy League Landscaping. Chris B provided his quad to haul the timbers to the work sites which was also a key contribution to the success of the project.

The first stage was to reinforce a bridge so it could handle the numerous trips by the loaders.

Timber curbs supported by fence posts were placed along the side of the path and landscape fabric was placed above the existing soft soil to hold the gravel fill.



About 120 tons of gravel were delivered to the Thurston Campground.



By **Jim Alkins**

MARCH EVENTS:

2: Gibsons Meadows & Poland Lake – led by Gary Baker

5: Vedder Ridge – by Cal Francis

6: Ravens Bluff – by Elizabeth Backman

6: Manning Park downhill ski – by Owen Williams

11: Manning Park Nordic ski – by Herb Chlebek

14: Manning Park downhill ski – by Rau Steigvilas

18: Lickman Ponds to Hillkeep Park – Ingrid Fishcer

20: Whistler ski – by Heather Ramsay

21: Manning Park downhill ski – by Iraj Filsoofi

26: Elk Mt – by Iraj F

27: Bridlewood Park – by Heather Burles

30: Columbia Valley Cycle – by Iraj F

APRIL EVENTS:

3: Goldtip & Tearse snowshoe – by Cal

5: Three Bridges cycle – by Gary Baker

7: Vedder Mt – by Carol Ault

11: Ravens Bluffs – by Dorothy Franson

13: Flat Iron snowshoe – by Cal F

16: Serpents Back – by Cal F

18: Tikwalus – by Dorothy F

23: Evans Peak – by Cal F

25: Pitt Meadows cycle – by Herb C

26: Elk Mt – by Cal F

2025 MULTI-DAY TRIPS

TRIP: Gulf Islands – Kayaking

DATE: May 24 – June 1 **LIMIT:** 10

CONTACT: Christine Falconbridge

chrisfalconbridge@gmail.com

TRIP: Juan de Fuca trail – backpack

DATE: June 2-6 **LIMIT:** 10

CONTACT: Johnny Grimm johnnylee.grimm@gmail.com

TRIP: Southern Vancouver Island – cycle, camp, ride

DATE: June 9-13 **LIMIT:** 10

CONTACT: Don Field dffield213@gmail.com

TRIP: West Highland Way, Scotland – trek

DATE: June 12-26 **LIMIT:** open

CONTACT: Irene Hofler ishofler@gmail.com

TRIP: Southern Sunshine Coast trail – backpack

DATE: June 20-28 **LIMIT:** 6

CONTACT: Danny Greig dgreig@gmail.com

TRIP: Gravel Rail trail – cycling

DATE: first week of July **LIMIT:** 8

CONTACT: Carol Ault carolault@gmail.com

TRIP: North Cascades Washington Hwy 20 – day hikes

DATE: July 6-12 **LIMIT:** open

CONTACT: Cindy Waslewsky twin-creeks@shaw.ca

TRIP: Illal Meadows – backpack

DATE: July 14-16 **LIMIT:** 8

CONTACT: Sue Lawrence & Al Smith gwelu@telus.net

TRIP: Tolkein Group Mountains – backpack

DATE: mid July **LIMIT:** open

CONTACT: Cindy Waslewsky twin-creeks@shaw.ca

TRIP: Lake Lovely Water – backpack

DATE: late July **LIMIT:** open

CONTACT: Cindy Waslewsky twin-creeks@shaw.ca

TRIP: Mt. Ruth – backpack

DATE: late July **LIMIT:** open

CONTACT: Cindy Waslewsky twin-creeks@shaw.ca

TRIP: Sunshine Coast trail – backpack

DATE: end of July **LIMIT:** 6

CONTACT: Allana Warkentin allanalee@shaw.ca

TRIP: Stone Mt. Park – backpack

DATE: Aug. 1-10 **LIMIT:** 8

CONTACT: Ingrid Fischer ingyfisc@gmail.com

TRIP: Howe Sound Crest trail – backpack

DATE: early August **LIMIT:** open

CONTACT: Cindy Waslewsky twin-creeks@shaw.ca

TRIP: Stein Traverse – backpack

DATE: Aug. 3-12 **LIMIT:** 10

CONTACT: Owen Williams owen.williams911@gmail.com

TRIP: Spring Island – kayaking

DATE: first week of August **LIMIT:** 8

CONTACT: Dave Biehn dave.biehn@gmail.com

TRIP: Monashee Park – backpack

DATE: Aug. 7-16 **LIMIT:** 5

CONTACT: Carmen Pellegrino

carmen.pellegrino@gmail.com

TRIP: Kees & Claire Hut – backpack

DATE: Aug. 19-21 **LIMIT:** 8

CONTACTS: Sue Lawrence & Al Smith gwelu@telus.net

TRIP: Southern Vancouver Island – cycle

DATE: last week of August **LIMIT:** 10

CONTACT: Gary Baker garybaker@shaw.ca

TRIP: Dolomites in Italy – trek

DATE: Aug. 21-28 **LIMIT:** 8

CONTACT: Elizabeth Backman

elizabethbackman@gmail.com

TRIP: Gulf Islands – cycling

DATE: Sept. 2-5 **LIMIT:** 10

CONTACT: Iraj Filsoofi irajfilsoofi@gmail.com

TRIP: Budapest, Hungary – bike & boat

DATE: Sept. 2-10 **LIMIT:** open

CONTACT: Cal Francis calfrancis@gmail.com

TRIP: Kananaskis – day hikes

DATE: Sept. 7-12 **LIMIT:** 14

CONTACT: Mary Ann Dykshoorn

madkyschoorn@gmail.com

TRIP: Mowich in Manning Park – backpack

DATE: Sept. 20-22 **LIMIT:** 8

CONTACT: Terry Bergen terrybergen@shaw.ca

TRIP: San Diego & Southern California – day hikes & camping

DATE: November **LIMIT:** open

CONTACT: Dave Biehn dave.biehn@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 Gary Baker to use: gb@shaw.ca

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

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