



COC TRAIL MAINTENANCE - MAY 2023

During April and May members of the COC plus Trails BC volunteers worked to add TCT signage, repair bridges, clear deadfall, and trim vegetation on sections of the TCT from Cultus Lake to Chilliwack Lake plus Hicks Creek section on the Sliver Skagit Road. We spent 10 days on various sections of the TCT with a great turnout each day which reduced the number of workdays required. Many hands with a variety of skills and great sense of humour made for rewarding days on the trail.



There were some cool tasks preparing the bridge abutments near 1km marker past the Riverside CG. Rob noted Brad's lifting power was impressive. The bridge deck will be constructed in June.



The happy crew – Jim S, Johnny G, Rob B, Tim M, Ingrid F, Brad M, Gary A, Leon L



While our crew completed the trimming following a 4-hectare fire on Larsons Bench, Sue A noted the TCT acted as a fire break. A cigarette from a passing car on Chilliwack Lake Road was assumed to be the cause of the fire. Hard to believe that still happens! So destructive!



We were able to access the Hicks Creek section through the construction zones on the Silver Skagit Road. The area was last cleared two years ago before the atmospheric river flood. There were many trees down so it was a full day of cutting and clearing. Fortunately, there was no significant root ball damage of the trail.



The spring runoff eroded a portion of the abutment on a Thurston Meadows bridge, so rocks were shifted to reinforce the bank. That large rock was in the middle of the stream bed – Kelly’s experience with the come-along was beneficial. Emily provided advice on the placement, Debbie S levelled the ramp, while Heinz removed the come-along cable.





Tim Y had a great tool to clear small debris and save his back, a small rake which worked great.



The happy crew after we left the construction zone – Hein B, Ray L, Ziff H, Tim Y, Ingrid F, Pat S, Debbie S, Darcy G, Don R, Janet R, Emily B, Leon L, Rob B note he changed shoes after working.



The next work sections will be on the Coquihalla corridor and the Paleface pass sections so join us if you have time.

– Jim Alkins

STEIN VALLEY – MAY 19



On Wednesday 19 members of the COC did the Lower Stein trail just north of Lytton. We made it to the campsite before Earls Cabin which is still about 18km as we started late because of construction delays and ferry traffic which was a bit of a pain.

But the weather and the sound of the roaring river along with the rock art, spring flowers and the perfect hiking temperature not to mention the picnic at the end plus a great group of hikers made it a great outing.



- John McLellan

VEDDER ROTARY TRAIL LOOP CYCLE - MAY 3



A perfect day for a ride around the loop!
21 km / 2 hours

- Jackie Palaposki Chambers

PITT MEADOWS CYCLE – MAY 10



Awesome weather, awesome scenery, awesome group. 10 of us COC members had a marvelous ride today starting on Pitt Meadows dykes from near Osprey Village over to do the Minnehada loop, the PoCo trail, Colony Farm trails and back to the start point via country roads. Nothing but smiles today from Herb, Janice, Jackie, Peter, Danny, Maureen, Don, Claudine, Sonia and Brigitte. Bonus was the relaxed lunch and coffee stop at Waves in PoCo.

- Herb Chlebek

FLAT IRON – MAY 11



On Thursday a group from the COC SS to the top of The Flatiron on an absolutely beautiful day. Most people are sick of the snow by now but if you get a nice day there is nothing better than spring SS. The snow was hard which meant easier hiking and it was warm with very little wind except in a couple of spots.



In the end I show us doing 14.3km, +861mt in 6 1/2 hours, thanks to David G, Iraj F, Sue A and Dave B for a great outing in the alpine, good crew to hike with.

- John Mclellan

LYNN PEAK – SOUTH NEEDLE – MAY 13

This was a challenging hike, gaining most of its elevation (1080m) in only 4.4 km out of the 21 km. The heat was doable, because we climbed in the shade of the forest and had the ocean and river breezes to lower the temperatures. Nevertheless, once leaving the gradual grade of the paved bicycle Seymour Valley Trailway at 5.7 km, we were still sweating buckets. My 3 liters of water disappeared by the end of the day.



In Stephen Hue's Destination Hikes book he states that the Homestead trail is "bike-free". If I did this hike again, I'd definitely bike instead of walk the long lower loop. There was nowhere on the loop that I didn't see bicycles or bicycle tracks. At the Hydraulics connector trail, just over the bridge and across from the two concrete picnic tables, we started

the steep climb up a trail that at times was hard to see. Stelian tied some pink flagging to the trees. There were several giant old-growth Douglas Firs and Western Red Cedars, especially as we neared the ridge. Roots, fallen logs and rocks near the top required using all fours and being in rather undignified positions at times. Sonia got stuck, straddled on a log because her legs weren't quite long enough to reach the other side.

A little poem nailed to a tree about ¾ way up read: "Does the road wind uphill all the way? Yes, to the very end. Will the day's journey take the whole long day? From morn to night, my friend. Christina Rossetti (1830-94), up-hill." At the 3-way junction on the ridge we turned right. At first you couldn't see a trail, but soon a faint path wound upwards, with some glimpses of Grouse Mt showing through the trees. A bit of a dip and back along the spine of the ridge we climbed. At about 1000m patches of snow were present.



We had our "WOW!!!" moment when we emerged into the open and got our first views of Vancouver to the south, Mt. Seymour + Seymour River valley to our east and Grouse, Dam & Crown Mtns to our west. Sonia surprised us with some treats: hats & Mother's Day drinking glasses for us women and a toast + sweet squares for all five of us. Thank you, Sonia!

On went the microspikes for the descent. Once down the Hydraulics trail, we sat limp from fatigue and wet from the sweat on the picnic tables for a much-needed break. We got curious looks from some cyclers, followed by questions and then congratulations. We took the short Hydraulic connector trail to the flat 5.1 km Fisherman's trail which was more like a narrow gravel road. This trail/road followed to the right of the Seymour River. We did a short walk through a cool dark tunnel beside the trail before turning right onto the 1.2 km Homestead trail that led uphill before we got to the Rice Lake parking lot. We couldn't pop open our ice-cold beer fast enough. It was 5:30pm but thirst dominated hunger. With our boots off, and the ability to sit and sip, we were not in a big hurry to leave.



Stats: 21 km / 1350m gain / 1160m high

Thanks for coming out on this successful exploratory expedition: Stelian Anton (newbie), Brigitte G, Sonia J, Owen W

- Jocelyn Timmermans

WILDERNESS FIRST AID COURSE – MAY 13



Wilderness first aid info session with our own COC member Paul Levett and Tianna from Fraser Valley SAR on Saturday May 13 at Thompson Regional Park up Chilliwack Lake Rd was hands on, fun and we learned so much. Thanks to both Paul and Tianna for their hard work and showing us all the

"ropes", "burritos" and how to at least have some idea for how to deal with a situation we never counted on. Still much to learn but it's a start!



- Christine Camelleri

VANCOUVER CYCLE – MAY 17



Beautiful day for a marvelous sight-seeing bike tour of Vancouver. 10 of us COC members rode 60km hitting the best cycle routes Vancouver has to offer.



- Herb Chlebek

STRIKE LAKE MANNING PARK – MAY 19

On Friday May 19, Ingrid, Lucy, Adriana and I headed to Manning Park to hike to Strike Lake Camp. There was an air quality advisory alert due to forest fires in Northern BC and Alberta so we were pleasantly surprised and very happy to see blue skies, sunshine and no haze when we arrived.



We headed out, crossing over Rainbow Bridge and continued along the trail. Glacier lilies were in bloom, birds chirping, lots of butterflies with one hitching a ride on Lucy's hand (it departed before I could get a picture), fishing jumping in the lake, pine scented breezes, sounds of creeks running at capacity made for a pleasant, relatively easy hike. Lots of marsh, wetlands and creeks between Lightning, Flash and Strike Lakes made for interesting scenery.



We enjoyed a leisurely lunch break at Strike Camp before heading back, crossing over at the far end of Lightning Lake, enjoying the shady trail.

We all managed to cross a rather large creek on a narrow slippery log with no one falling in!

We stopped for treats at the Lodge and just as we turned onto the highway there was a large brown bear, sitting on the shoulder deciding if he should cross or not. A few kms further down the highway we spotted a black bear cub as well.

An enjoyable day was had by all.

17 km / 270m gain

- Dorothy Franson

GOLD CREEK – MAY 19



We started from the Gold Creek parking lot directly onto the Lower Falls trail, which is a relatively flat, but pretty trail along Gold Creek and ending at the Lower Falls. These falls are



very popular because they are gorgeous and were really flowing. After much picture taking, we headed straight up the very rugged trail to East Canyon trail and up that until we got to the trailhead down to Upper Falls. This trail wasn't as gnarly as I remembered it until the last bit, which was very gnarly. Much more picture taking. I went down a side trail to get right onto the large flat rocks that are right at the falls. I left my poles on the trail junction to the main trail, hoping the others would come down, but when I got back up only Peter was there waiting for me. I convinced him to go have a look, so just the two of us got the full majestic, experience of them. Back on the East Canyon trail we continued on to Viewpoint Beach, which definitely deserved its name. People decided they needed to take a long break here to enjoy the beauty of the mountains and the crystal clear Gold Creek.



Eventually, we got going again and hiked back to the bridge across the creek and up to the 3-way junction of East Canyon, West Canyon and Alder Flats. The last part of the East Canyon trail up to the junction is rocky and has good elevation gain. We then started our climb up to Alder Flats which is a worthy trail full of roots and steps and many corrugated bridges. From Alder Flats the group continued up to a great viewpoint which was .5 kms of a washed out

logging road of boulders and feels like it goes on for days. I've done this 5 times and didn't feel like I did enough bad things to have to endure it again, so I waited at Alder Flats and enjoyed my lunch on a very comfortable piece of ground with my back against a tree. There was some kind of party going on and I was entertained by these folks that sounded like rugby players.

Eventually the group returned, and we headed back down to the junction and hiked along West Canyon trail, which is a good workout with lots of stairs and roots and rocks until we eventually got over that hill and down to the road section. There was one more viewpoint overlooking Gold Creek and then a long plod to Menzies Trail which took us down to the main road where we walked across the bridge and to the parking lot.

A truly wonderful thing happened in the parking lot. Jocelyn had brought ice cold beer, so a tail gate party ensued. There is Nothing better than an ice-cold beer after a good hike. Thanks Jocelyn; for the beer and the hike.

Joce's stats to viewpoint: 18.47 kms. / 785m elevation gain / 587m high

Participants were: Lonja B, Herb Chl, Peter F, Brigitte G, Charlotte H, Sheri K, Pat Sellard (newbie), Maureen S

- **Don Tocher** (report) + **Joce Timmermans**

VICTORIA CYCLE – MAY 24



Wednesday was a perfect day for our COC group bike ride from Swartz Bay to Victoria and return. Cool but nicely sunny. We arrived at the Tsawassen ferry terminal, parked and walked our bikes onto the 7am ferry. This required a very early morning get up time for most of us. Special kudos to the folks who came all the way from Chilliwack for this fabulous ride.





On the way down we made our usual pig photo shoot stop. This huge hog has been in the same spot for all 3 times I've done this ride. It was 33km to Spinnakers where we had a jovial 2 hour stop for beer, lunch and more beer. After lunch we rode over to Fisherman's Wharf for a wander to admire the interesting little buildings and shops and to enjoy an ice cream cone for dessert. Then again past the Parliament buildings and the inner harbour and our return to catch the 5 pm ferry. It was a long but very enjoyable day and well timed to miss the rush hour traffic.



9 of us came from the mainland: Herb, Don, Daniel, Maureen, Caroline, Charlotte, Danny, Kim and Sonia. Karen joined us at Sidney where she currently lives. The return ride was 40km for a 73km total.

- Herb Chlebek

BEAR MT – MAY 26



This is one of the more challenging shoulder-season hikes because of the 19 km length and the record-breaking pace Sonia & Mary set. It didn't help that Sonia forgot her phone/camera so there was nothing to slow her down, unlike Brigitte who weighed her 25 lb pack down with who-knows-what so she could train for her upcoming West Coast trail trek. No, we didn't have to do their pace, but somehow, we all stayed fairly close together and stopped only once during the ascent.

Most of this hike is on a deactivated FSR, with the last kilometer winding through a pretty fir & hemlock forest. By 9:00am we were on our way, soon passing the RN Mine and staying right at the fork in the road. Within half an hour we were at the waterfalls and 1:30 hours from the start we were grateful for a 15-minute break at the first expansive viewpoint overlooking Harrison Lake & river. We had gained 800m & 5.4 km and were relieved to know that most of the elevation gain was behind us.

We continued on, passing the Bear Lake trail to our right, and frog pond and then turning left onto the trail. Three in our group had never done this hike before. It was a pleasure to see their reactions when we suddenly emerged from the trees and voila – a gorgeous open view of the Cheam Range was right across from us, separated by the valley carved out by the Fraser River. Below us was Agassiz and to our right was Chilliwack. To our west were the mountains by Sasquatch Resort and the Breakenridge Range was to our northwest.



We enjoyed a leisurely and well-earned 45-minute lunch break on the rock bluff by the radio tower. On the way back we did a short walk to Bear Lake, which was filled with waterlilies on its east end. By 3:00pm we were back at the vehicles, pulling off our sweaty boots, setting up our lawn chairs and sipping on ice-cold drinks. A nice way to end the day.

Stats: 19 km / 1287m gain / 1048m high / 5 hours MT (2:30 hours ascent)

Participants: Peter F, Brigitte G, Charlotte H, Irene & Simon H, Sonia J, Mary R, Mark S, Jan S + **Joce T**

2023 MULTI DAY TRIPS

TRIP: Howe Sounds Islands – car camping / day hike, camp at Porteau Cove

DATE: June 7

CONTACT: Al Smith & Sue Lawrence
hikethepeak@gmail.com

LIMIT: 8

TRIP: Bella Bella Kayak

DATE: June

CONTACT: Dave Biehn dave.biehn@gmail.com

LIMIT: 8

TRIP: West Coast Trail – backpack

DATE: June

CONTACT: John McLellan jhmclellan@shaw.ca

LIMIT: 10

TRIP: Garibaldi Lake – backpack

DATE: June 14

CONTACT: Al Smith & Sue Lawrence
hikethepeak@gmail.com

LIMIT: 6

TRIP: Craters of the Moon, Grand Teton, Yellowstone, Badlands National Parks – car & RV camping

DATE: June 26 – July 13

CONTACT: Jocelyn Timmermans
jocelyntimmermans@hotmail.com

TRIP: Illal Meadows – backpack

DATE: July

CONTACT: Allana Warkentine allanalee@shaw.ca

LIMIT: 10

TRIP: Banff – backpack

DATE: July 12-16

CONTACT: Skagit Pellegrino
carmen.pellegrino80@gmail.com

LIMIT: 4 - FULL

TRIP: Kananaskis – Ribbon Creek Hostel

DATE: July 23-28

CONTACT: Ron Dart rdart@shaw.ca

LIMIT: 10

TRIP: Waterton / Glacier National Parks – car camping / day hike

DATE: July 22

CONTACT: Cindy Waslewski twin-creeks@shaw.ca

TRIP: Mt. Frosty via Windy Joe trail – backpack

DATE: August 5

CONTACT: Terry Bergen terrybergen@shaw.ca

LIMIT: 8

TRIP: Fernie

DATE: August 12

CONTACT: Fred Hahn freddyhahnjr@gmail.com

LIMIT: 15

TRIP: Skoki Trail Loop in Banff Nation Park – backpack
44km on horseshoe-shaped trip with many side trips

DATE: mid July to beginning August

CONTACT: Christine Camilleri
4christinecamilleri@gmail.com

LIMIT: 8

TRIP: Desolation Sound – Kayak

DATE: August 20

CONTACT: Fred Hahn & Peter Epp
freddyhahnjr@gmail.com

LIMIT: 12

TRIP: Tour de Mount Blanc – trekking tour

DATE: Aug. 28 – Sept. 6

CONTACT: Irene Hofler ishofler@gmail.com

LIMIT: FULL

TRIP: Mowich camp / Hozameen Ridge - backpack

DATE: September 16

CONTACT: Terry Bergen terrybergen@shaw.ca

LIMIT: 10

TRIP: North Cascades, northeast of Mt. Baker: Sahale Peak, Blue Lake, Hidden Lake Lookout, Sourdough Mt.
– car camping / day hikes

DATE: end of September – dates dependent on weather

CONTACT: Jocelyn Timmermans
jocelyntimmermans@hotmail.com

LIMIT: 12 FULL

Masthead of Vancouver Cycle – Herb Chlebek

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
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