



MAY EVENTS

- 1 – Harrison Grind Lookout via Campbell Lake - organized by Cal F
- 2 – Chadsey Lake to Eastern Lookout – by Dorothy F
- 3 – Diez Vistas – by Cal F
- 4 – Rotary, duck farm, Qoqolem Loop – by Irene H
- 10 – Ramble Loop via Vedder Dog Park – by Irene H
- 13 – Promontory, Mt. Thom Loop – by Irene H
- 16 – Rotary, Vedder River Loop 21km – by Irene H
- 18 – Stanley Park Loop – by Irene H
- 23 – Watt Creek, Teapot Hill & Seven Sisters Loop – by Ingrid F
- 23 – Kayak Gulf Islands – by Christine F
- 24 – Chilliwack Loop Cycle – by Cal F
- 24 – Elk to Thurston Rock Cairn – Karl V
- 25 – Qoqolem to Parameter Rd – by Dorothy
- 25 – Eaton Lake – by Cal F
- 25 – Sumas Super Grind – by Teresa K
- 27 – Pitt Poco Dykes Cycle – by Herb C
- 28 – Galiano Island Cycle – by Cal F
- 28 – Kelly Peak – by Karl V
- 30 – Flora Peak – by Iraj F

**CHADSEY LAKE- EASTERN LOOKOUT-
BAKERS ROCK LOOP – MAY 2**

Annette W, Leora, Cal, Johnny, Tricia, Brian, Kevin, Jan, Deborah
10.5 km 462 m



A nice sunny day with warm temps greeted us in the upper parking lot, where we started this hike. This was a new hike for several members. It was easy to miss the trailhead if you are not paying attention. The trail starts with a short ascent into the forest coming out on a service road that you follow a short distance before heading back into the forest where the



trail descends thru old growth forest reaching a creek with a waterfall. From here the trail is a steady climb to the lake. We stopped for a short rest and snack on a rock bluff overlooking the lake. From here we hiked to the far end of the lake where the trail begins a steady uphill climb over rocks, roots and several switchbacks. Such a beautiful forest with several trilliums starting to bloom.



At the first viewpoint, we took a left turn where approx 10 min later we arrived at the Eastern Lookout, offering incredible views of the Fraser River, Chwk Mtn, Vedder Canal, Hyw #1, Cheam, Lady and so much more to be seen. A slight haze clouded the views, still fantastic. A few brave souls headed down a short steep ascent to Bakers Rock...some of us managed to climb up the rock while a few watched us. Once when all of us accomplished Bakers Rock, we headed back down from Eastern Lookout taking a trail that leads by the towers to a service road.

We hiked down the service road back to the parking lot (this is easier than the steepish descent thru the forest back to the lake).

By **Dorothy F**

RAMBLE – MAY 10

18+ km - 546 m - 5 energetic members joined me on my ramble. I forgot to mention in the post that we will be walking around 4-6 hrs. Opps, but the hearty bunch decided to accept the challenge. The weather held out until a few sprinkles at the end. We started out from the dog park, passed Sidekick and then headed down the first nations road. We passed the cemetery - the community has poured a lot of love into this place. Following the creek, we headed towards Main beach. I



needed to add more Km, so we then did a loop, adding in the backside of the golf course, and on to Cultus Lake trail. We stopped for a 20 min lunch/snack break at main beach then walked on the small lakeshore trail that heads to the group campground. We walked up the road til the Mtn bike trail (opps took a wrong turn) which avoids busy Parmeter road. We got onto the adaptive bike trail and stopped briefly at Q lookout. On the way down, there was talk of icecream, so we aimed of Banter's - Yummy ending to our 5-hour hike - thanks Simon, Trish, Owen, Lori, Cal
by **Irene H**

PROMONTORY- MT. THOM RAMBLE – MAY 13



20+ K - 896 Ascent/864 Descent - just over 5 hours
Another hardy bunch joined me on another ramble. This time we headed toward promontory backside trail from Chilliwack Lake Road. We headed up the salmon trail (heard that the long stair route will be permanently closed) and then wound through the streets till the water tower road. Great view up here - headed down a little trail to walker creek trail then up to Mt. Thom.



The weather was so nice and cool, great hiking temperature. The crows, ravens, and eagles were either squawking away or soaring on the up drafts. We stopped for a quick lunch on top, then heading down, adding the extra horse trail loop. Cal mentions a freezer full of icecream, so we headed over to his and Deborah's house. Enjoyed a cone on their front yard. As we were walking down Sylvan, there was talk of heading up Crimson Ridge. As we got closer, most of us were pooped-next time. A 5-hour 15-minute walk was enough for all. Thanks for joining me, Tricia, Bill, Deborah, Cal, Eileen, Kevin, Simon, Char
 by Irene H

ROTARY – VEDDER TRAIL - MAY 16



Another great walk and get together. Thank you to everyone who joined me along the Rotary Vedder trail. The weather held, no showers. Nice to catch up with fellow members while getting in some training for the upcoming summer hikes. 21 km - 5 hrs.
 By Irene H

STANLEY PARK LOOP - MAY 18



Leaving rainy Chilliwack for brighter skies in Vancouver. The wind was still cool but the sun felt nice. 10 of us headed out for a 17.5km walk over the Lions gate bridge and around Stanley Park. We had a lovely lunch break by the smiling buddhas and ended at Persian restaurant for an early dinner. Thanks Ingrid, John, Karl, Monica, Emilia, Deborah, Simon,

Carolyn, Simon, and me. Also, Cal and Lorenz (bike riders) for joining us at dinner. Cheers
 By Irene H

WATT CREEK TO EDMESTON LOOP VIA TEAPOT HILL AND SEVEN SISTERS – MAY 23



22k+, 1039 metres, 7.5 hours total. Great day for 16 hikers, 11 did the full loop, 3 did the crossover of 11K and 1 had to do an early exit at Clear Creek Campground. Thanks to Joan for taking an early exit to keep the sore hiker company. As Trish said, we are only enjoying ourselves as much as the hiker who is enjoying themselves the least.
 By Ingrid F

CHILLIWACK OUTDOOR CLUB SOUTHERN GULF ISLANDS KAYAK TRIP – MAY 23-JUNE 1

Mayne, Saturna, Prevost, Saltspring, Wallace, Galliano Islands



Five Club members ferried over to Mayne Island on May 23rd and convened at "The Barn". The residence of Lisa S. & Pat R. for a potluck dinner to which we had also invited Robin Y, a former club member who now lives on Mayne Island to join us.

We were regretting missing out on the annual club Barbecue, but the pot luck was very delicious with a great assortment of food and deserts. The following day we enjoyed being tourists on Mayne and went to a health fair, at the Mayne Agrec Hall, visited the tiny museum, and shopped at the interesting thrift store. We also practiced self-rescues and group rescues both on and off the water.

On May 25th Sunday 6 of us set out for **Winter Cove on Saturna Island**, Lisa stayed home to pack and Peter M had a sore shoulder so had just come along to assist Christine. The trip to Saturna was 14 km return and was quite enjoyable with unloaded boats.



On Monday it was the beginning of our actual camping trip for 5 nights and the first two nights were spent at **James Bay on Prevost Island**. While we were crossing the **Trincomali Channel** my kayak rudder wires slipped off of the a post, and I was attempting to canoe paddle the kayak but just going in circles until someone told me to pull rudder up: much better now it was going straight...we made it across 10 km and a 3 hour paddle without any more problems.



The following day, Wednesday the group less Christine (as she wasn't feeling well) and myself, set out for **Ganges** 17 km round trip, on **Saltspring Island** to the hardware store to get some parts to secure my rudder. I explored **Prevost Island** which was an old homestead with orchard donated to the government as a park by Thomas and Jennifer Simons and quite delightful we even had an outhouse....



Thursday we kayaked over to **Wallace Island** another 17 km and another lovely camp that used to be a resort, we landed in **Conover bay** and explored and learned of the history of this camp site. The wind came up Thursday night and we had some rain, but it ended by the time we got up, so all was well. The group debated only spending one night on Wallace as there was wind predicted for Saturday, and we had to cross Active Pass which none of us wanted to attempt in the current with wind. But the weather kept changing and the next day predicted better weather. Also we had already paid for campsites on **Montague on Galliano Island** and found that we were too late to change the nights. So we spent a second night on Wallace as originally planned. Friday May 30 found us on the water at 9:30 a.m. It was a great paddle with calm waters, and lots of sunshine, we

made camp at 1:00 pm having covered roughly 6 km. Montague was a government site that we had paid for in advance.



It was agreed by all to get the Hummingbird bus to the pub for supper and it was a \$3.00 round trip for each of us added to our dinner bill, food was great, but a tad expensive, but it was wonderful to have a change of pace. We had a bonfire on this last night and a good visit.



Saturday we woke up to rain, and it was cold, but I thought not windy so it was all right. On this morning timing was everything, we couldn't cross over the pass until the Ferries had gone through, and the currents were flowing a little



slower. So we had to put up in the rain and wait it out. I was getting chilled, and layered up, waiting until a little past noon when we set out to cross the Active Pass, approximately 6 or 7 km. It went very well landing at 2 pm. Now comes the hard part, tide was out, and we had a lot of gear to pack up to the road, and boats to load, at least it warmed us up....

Many thanks to **Christine and Lisa** for planning and making this wonderful adventure come about for all of us involved and for anyone that is a club member and would like to rent a lovely suite at a very reasonable rate "The Barn" has it...2 nights for 100.00 on Mayne Island contact lbsiddons@gmail.com
Along for this trip were Christine F. Lisa S. Pat R. Danielle G. Monica P. Report by **Terry Bergen**

THURSTON PEAK – MAY 24



Hike starting shortly after 8:30 am, taking about 7-1/4 hours including lunch break at the cairn, and another break in the meadow nearest Thurston Peak. It was a beautiful warm spring day with blue skies; and near Elk Peak dozens of hikers enjoying the flowers covering the slopes, and just plain chilling out.
By **Karl V**

QOQOLEM-PARMATER RD-CULTUS LAKE-RAIL GRADE LOOP – MAY 26

10 km, 434 m
Charlene, Heather



A nice sunny day to hike through the forest (becoming one of my fav). When we got to the section of trail that leads to Parameter, we pretended we couldn't read the sign and hiked down. There are tons of work being done on the trail with wide curved banks for the mountain biking community (not too sure in the future if it will be bikes only).



Lots of chirping birds were to be heard. The section

between Parameter Rd and Cultus Lake is thru a beautiful forest...the trees are amazing. We had a snack and a short rest before we headed back on the TCT before crossing Columbia Valley Hwy to connect with the Rail Grade, for a gradual climb back to Qoqolem - a very nice way to spend an afternoon.



By Dorothy F

NORDHEIM EAST - EC MANNING PARK MAY 28

A great COC hike with Kevin, the original destination target for Kelly Peak & bit further was extended to Nordheim East. 23 km return with 1125 meters net elevation gain. Good time getting to Kelly Peak lookout, a little over 2 hours. After break we hiked down and to the meadow to the west, further we hiked parallel to the ridge of small hills, then cutting up to the third hill and hiked all the way to Nordheim East. Nordheim West will be hiked later in the summer. Considerable snow in meadows, on the ridge, and plenty of bare open ridge spots and slopes as well. The increasingly warm to very warm weather drained energy, and the snow made it in some areas. Putting on microspikes on return made it a lot less effort. It turned out to be a 11 hour hike including two lunch stops, and frequent shade rest stops in both directions. est +25°C or more directly on the snow sections of the ridge, forest was a lot more pleasant to hike through.



By Karl V

FLORA PEAK - MAY 30

This was a challenging hike but well worth the effort. The 360-degree views from the summit were amazing and personal, as many of us had summited several of the surrounding peaks. Williams, Goetz, Porcupine Ridge to Goat Peak, Wittenberg, Paleface, Chilliwack Lake, Lindeman, MacDonald, Webb, Rexford, Slesse, MacFarlane, to name a few.



In about one hour we arrived at the first viewpoint. The steepest part below the saddle was behind us. After that the forest began to thin out, allowing glimpses of views to the south. As the ground leveled, we wandered through a stretch of red Indian Paintbrush and purple Flox. All too soon we were climbing again. About half an hour below the saddle we strapped on our micro-spikes. On the open slope just below the saddle pink algae streaked through the snow.



Once on the saddle we saw a few hikers from the first group that had started an hour earlier, making their final push for the summit. We took cautious steps, on the steep slopes, sometimes needing to kick-step in snow that was getting softer by the minute.



We all had our “Wow!!!” moments on top and a long leisurely lunch break. How could you not with these views and the sun to keep us warm? Thanks, Iraj F for organizing this amazing hike.

Stats: 12.5 km / 1292m gain / 1928m high / 5:05 hours MT

Participants: Sue A, Elizabeth B, Gregg, Lonja B, Charlene D, Irene H, Denise D, Kevin D, Dorothy F, Cal F, Brian H, Brigitte G, Sheri K, Joce T (report + pics), Kyle V By **Iraj F**

2025 MULTI-DAY TRIPS

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: 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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