



QOQO:LEM – NOV. 2



New faces, familiar faces & 17 hikers. Three left before the group photo. Qoqo:lem Cultus Lake loop.
 On the hike were: Linda, Kevin D, Cal F, Carolyn H, Dennine, Deborah B, Alysha (sp?), Jennifer D, Steen, Patty, David G, Joe K, Don F, Danielle G, Al, Sue, HB
 By **Heather Burles**

Charlotte used her whistling skills to get the groups' attention at the parking lot. A head count, walkie talkies given to the sweep and one of the faster hikers, and we were good to go.

Most of this hike is on a deactivated FSR. The average grade is 11.1%. We'd completed 745m gain & 4.5 km by the time we got to an open viewpoint of Harrison River & Lake + Echo Island to the northwest. The final 20-minutes were off of the FSR and onto a trail that wound through a beautiful fir and hemlock forest.



BEAR MT – NOV. 4



A record-breaking group of 30 came out for this not-too-strenuous but longer hike on a beautiful autumn day.

I always enjoy hearing first-timer's reactions when they pop out of the forest and get those close-up views of the Cheam Range and Sumas Prairie. You don't even get a glimpse till you get to the very end of the route.

Seventeen of us went for drinks and goodies to the Old Settler Pub in Harrison Hot Springs afterwards. It was a great way to end a great day.

Stats: 18 km / 1049m gain / 1082m high / 5:10 hours MT

Participants were: Stelian A, Sue A, Carol A, Ken A, Lori B, Lorenz B, John C, Kevin D, Denise D, Iraj F, Laura F, Ingrid F, David G, Johnny G, Danny G, Charlotte H, Irene H, Simon H, Brian H, Lonja J, Dawn L, John Mc, Monica P (new), Patrick R, Mary R, Al S, Cindy W, Susan V, Greg + **Joce T**

VEDDER MT – NOV. 8



Vedder Mtn Ridge -- 12 COC members trekking 11 kms carrying day packs and smiles. Yesterday was a great day out in the fresh air and it was nice to connect with my COC friends and meet some new ones: Mary, Louise, Dave S, Patrick Ramsden, Jim Alkins, Cal Francis, Lori Bodkin, Gary Baker, Char D, Owen Williams, Christine Faulconbridge. What a great November outing!

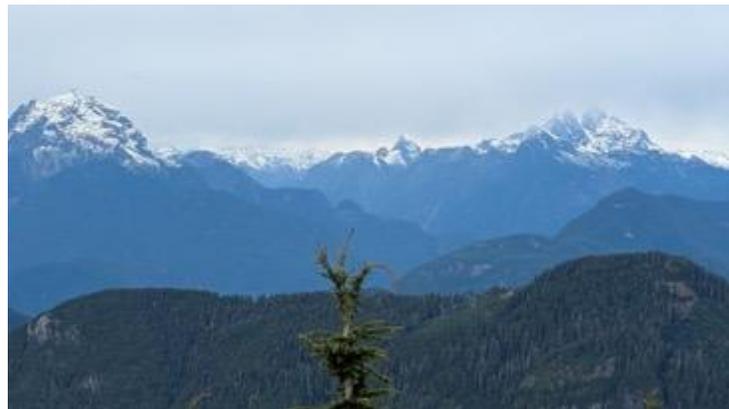


By **Christine Camilleri**

MT. ST. BENEDICT VIA CASCADE FALLS – NOV. 12



Five of us left for Mt St Benedict all hoping the weather would hold long enough for us to enjoy a scenic view before the anticipated rain comes rolling in. Leaving Cascade Falls at 0800, stopping to admire the thunderous spectacle before heading steadily uphill on our 1100+m climb. We progressed through gentle switchbacks and a de-commissioned skid road (that's how Kevin describes it) to its end, entering the forest for a final push to the summit. Our only obstacle being a couple of huge fallen trees to work around.



The summit greeted us with a panorama of snow-clad mountains and so glad that the rain held off. Rain finally caught up with us just before returning to our vehicles - couldn't have asked for a better day- a great outing with great company.

By **David Graham**

QOQQA;LEM LOOP – NOV. 14



Thanks to **Irene Hofler**, for organizing the great Friday hike from Qoqo:lem trail to Yarrow to Chilliwack River loop. Ten of us met and hiked from Qoqo:lem trailhead up to the old railroad grade which intersects the new Qoqo:lem trail. We hiked a further 4 to 5 km further west and connected with a FSR and took a trail #203 right and down a few forks and switchbacks down to the Vedder Mtn. Road. A brief stop at the coffee shop, we followed the main dike eastward back to the Qoqo:lem parking lot.

It was a fine day, with cloudy skies and no rain. Report by Karl V

ELK MT – Nov. 28



A great COC hike today up Elk on a fine blue sunshine crisp cool day. Fresh snow, blue skies, excellent company, made it for a refreshing fulfilling hike. Nine of us started up and most made it to the rock cairn looking towards Thurston Peak.



By **Karl Vietnieks**

VEDDER RIDGE TRAIL MAINTENANCE – Nov. 30



What a beautiful, sunny, clear and cold last day of November. Our trail crew cleared blow downs with Patrick's new electric chainsaw and hauled in 100 metal treads which were added to the wooden walkways near the end of the trail to reduce the slip hazard. Having some time to spare (Jim A is always on the lookout for more opportunities!) we headed over to put up additional rails on the bridge on the escarpment face so no one falls off as they make their way down the trail from the top...railings were added for safety — it was a good day all around!

What was carried in over 9 plus kms and back: one chainsaw, various axes and hammers, four drills, tool kit with bits, tons of wood screws and nails. The 100 metal treads were provided by Dan Bradley and Jordan Sim at Rec Sites and Trails.

Another great job by the COC! **Jim A**, Jim S, Ken V, Patrick R, Don F, Christine C – report

MT. MERCER – DEC. 3



Six members hiked to summit Mt. Mercer which involved taking the east side approach. The route involved driving up on a FSR which also takes you to Mt. Cheam, parked near the 700-meter level and from there hiked up a spur logging road, and connected with a trail leading up, through forest, and higher up through parkland and meadows to the summit. Cloud, fog, and snowfall hid most of the views; only saw a bit on our way down.



By **Karl Vietnieks**

SKYLINE TRAIL – DEC. 9



Three of us snowshoed up Skyline 1 from Lightning Lake. 200 meters distance into the burn area on the ridge, beyond the live forest, into the eastern section of the burn area of Skyline 1. Trail breaking was easy to start; few inches of snow and some ice to begin... ending with hip deep powder snow at the highest point of our trip. Great views at lunch time.



Stats: 12.5 km return with 500 + meters elevation gain and 6-3/4 hours including lunch and short breaks.

By **Karl Vietnieks**

FLORA PEAK TRAIL – DEC. 23

This snowshoe trip was to substitute for the scheduled Zoa SS trip cancelled due to closure of the Coquihalla Highway.



Met at our meeting spot by Sleep Country; discussed replacement trip and two of us agreed to snowshoe up the Flora Peak Trail. It was a sunny day, perfect temperatures, and we gained 820 meters elevation to the 1440-meter level. Snow depth increased with elevation; from 25 cm at the trail head to 1 meter at the high point, near an avy zone, where we stopped for lunch and returned back to the car. We covered 8.8 km return in 7.75 hours.

By **Karl Vietnieks**

KENNEDY FALLS - DEC. 26

Lynn Headwaters Regional Park, North Vancouver

Although the stats for this hike look moderate, I'd rate it as a more challenging hike. Most of us took dry footwear along for



the drive home because this trail was VERY wet. In fact, significant sections looked more like a creek than a trail. This meant cautiously picking our steps on slippery rocks and roots.

As we left Abbotsford & Chilliwack, we were all thinking, "We're going to hike in this weather???" The valley was closed in with cloud and the rain was pelting down on my windshield. But as we neared Vancouver, a few patches of blue sky appeared and when we drove into the parking lot, the rain stopped. A sign at the entrance said the gates would close at 3:00pm because it was a holiday. Oh dear. Would we have time to get to the falls, or not?

We started just past 9:30am. Soon we branched off to the right, on the Cedar Tree trail. About 1/3 way in we came to the monstrous gnarly stump. About 2/3 way in was the giant cedar after which the trail gets its name. Parts of the old corduroy logging road were still evident. Yay! We made it to Kennedy Falls 2:17 hours later. The return hike would not take much less time than getting there so we did not linger too long for lunch.



A few of us took all the car keys and forged ahead, thinking to get there before they threatened to shut the gates. But we got there an hour early, with plenty of time to spare and the

parking lot had filled up. Did all those people not see the sign? Hmm.

At the end of the day, my feet were still dry. Poles really helped. Apparently, SAR are not unfamiliar with this trail. I can see how it'd be not so hard to twist an ankle on it. All in all, it was another successful expedition. Six of us stopped at the End of the Line coffee shop for hot drinks afterwards.



Stats: 11.7 km / 527m gain / 475m high / 4 hours MT

Participants were: Iraj F, Laura F, Charlotte H, Brian H, Sonja J, Sheri K, Val S, Patty S + **Joce T**

KELLY MT – DEC. 30



Today was a great day on MT Kelly with friends of the COC. Sunny skies and very little wind, we started our day from the EAM works yard. We had an eager group (of 22) ready to tackle the ascent. We were in luck as a trail was broken, which would make the trek up a whole lot less strenuous. Working our way to the summit and then to the lookout, with

TRAIL MAINTENANCE – DEC. 31



a few breaks along the way we reached our destination for lunch. We were greeted by a few other friends at the lookout for lunch which made for some hugs and catching up. As we worked our way down for our descent enjoying some beautiful views, we took a few short cuts. With tumbles a few bum slides and some laughs we all regrouped back at the vehicles to finish up our snowshoe day.



Participants were: Sue A, David B, Denise D, Iraj F, Christine F, Brigitte G, Johnny G, Brian H, Simon H, Irene H, Janice H, Jenna, John Mc, Cameron G, Patrick R, Mark S, Jan S, Joce T (photos), Audrey V, Susan V, Karl V



by **Fred Hahn**



Some before and after pics of the trail clearing on Wed Dec 31, just west of Tamihi Campground. Lots of trees down after the rain and wind. By Tim Yochim



Masthead: views from Mt. St. Benedict, photo by Dawn L

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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