



DESERT HIKING TRIP – MONTH OF OCTOBER

1 to 3 Oct - This trip was planned for October 2020 and again in 2021, however, COVID caused it to be delayed until this year. Most of us departed from home at the beginning of October for the long drive south. We had a variety of vehicles for the trip and for sleeping in including motorhomes, trailers (big and small), camper trucks, cars and tents.

4 Oct - Our first destination was Valley of Fire State Park about an hour's drive west of Las Vegas. This is Nevada's oldest and largest state park. It is a brilliant outdoor destination filled with panoramic vistas, hiking trails, 2000-year-old petroglyphs, scenic drives and stunning red and pink rock formations. We stayed here for two nights, camped amongst the amazing rock formations, and did a number of great hikes.

5 – 8 Oct – South rim of the Grand Canyon. On our first day here, we hiked part way down the South Kaibab Trail. The next day we did the entire South Kaibab / Bright Angel Trail to the bottom of the canyon and back up. It was a long day, 31 km and 1500 m of elevation but it was well worth the effort. On the final day we hiked portions of the Rim Trail.

9 Oct – Drove from the Grand Canyon to Page Arizona where we boondock camped at the Lone Rock Primitive Campground on an arm of Lake Powell. A massive monolithic rock dominates the view of the lake.

Oct 10 - morning tour of upper Antelope Canyon. Absolutely beautiful lighting in a tight slot canyon of red rock. In the afternoon some of us toured the lower Antelope Canyon. It

was twice as long as the upper slot canyon with the same depth, ladders, and a narrower serpentine trail. The canyons are on Navajo land and visitors are required to take a guided tour. It was well worth it to see these impressive slot canyons.





Most of us also toured Horseshoe Bend on the Colorado River during the day.

11 Oct - We had wanted to hike The Wave, a popular hike that requires winning a lottery to gain access. Unfortunately, we were not successful, so we hike Buckskin Gulch which was in the same area.

Oct 12 – Travelled from Page to Zion National Park.



Oct 13- first day hiking in Zion National Park. We hiked the Virgin River a long slot canyon at the end of the Zion canyon. We waded up the Virgin River for six miles. The knee-deep water was quite cold but the Narrows was spectacular. The cliffs on either

side rise straight up over 700 meters.

Oct 14 -second day in Zion National park. We hiked the Subway which required us to obtain a permit. Fortunately, we were successful this time and enjoyed another day of river walking to this unique geologic feature which really does resemble a subway tube.



Oct 15- We hiked Angels Landing, one of the most popular hikes in Zion. It is known for the steep drops on either side of the trail and definitely is not for those with a fear of heights. Absolutely amazing views, incredible trail blasted into the rock, shored up by boulders and concrete all the way up. The trail was built by the Civilian Conservation Corp during the Depression. This was a government project to help the unemployed. We saw evidence of their work in most of the places we visited on this trip. We all felt that Angels Landing was like the best Via Ferata any of us could imagine with chains, steep

drop offs on both sides, narrow rock bridges, and chimney scrambles. Lots of adrenaline! On our way down we saw two condors riding the updraft from the canyon below. Stunningly beautiful.



Oct 16 - drove from Zion National Park to Bryce National Park and enjoyed beautiful rim views during an afternoon stroll.



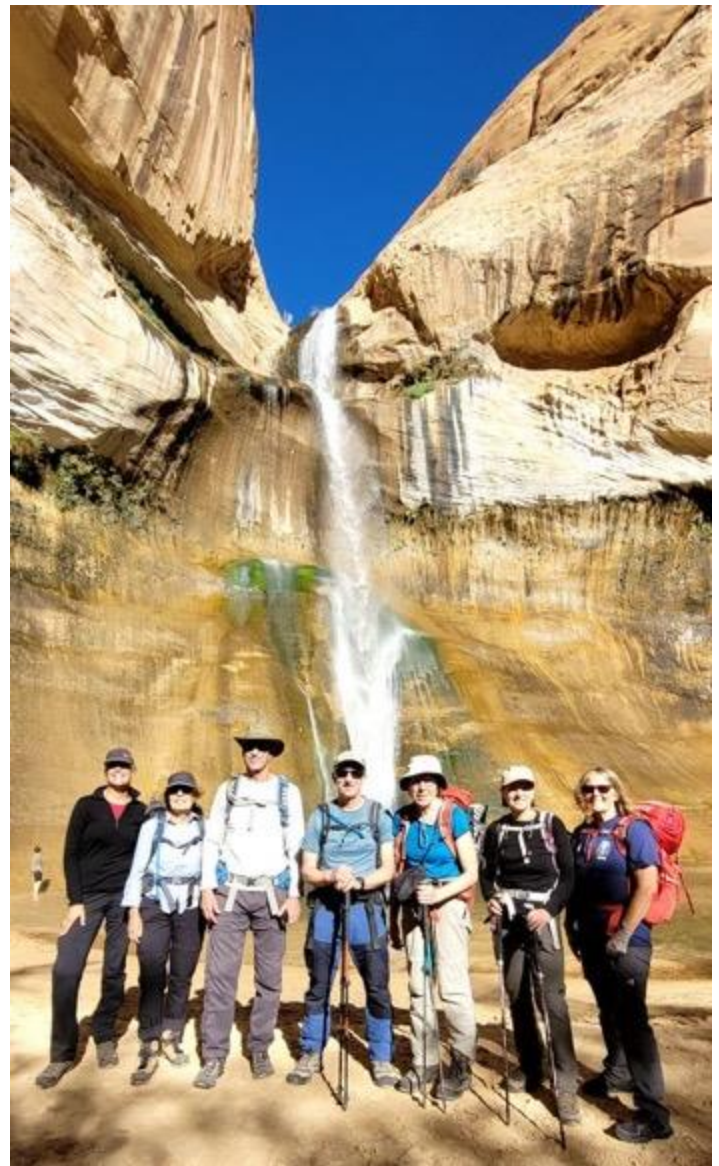
Oct 17- hiking down into the hoodoos at Bryce National Park, which has the greatest number of hoodoos in the world.



So many unique formations, tunnels, windows, serpentine paths and steep switchbacks. It really feels like you are on another planet.



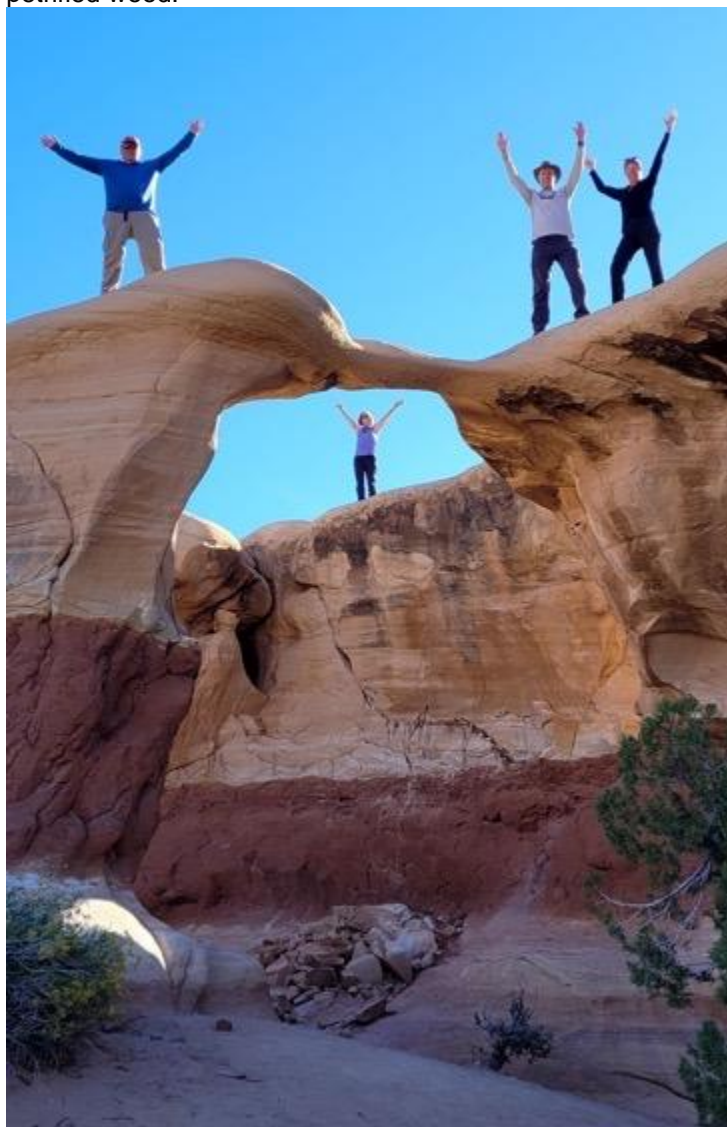
Oct 18 - Our first day in Escalante National Park. Hiked crisscrossing the Escalante River through a lush canyon to the towering Natural Bridge. We boondocked in a beautiful BLM campsite with expansive views of the Grand Staircase.



Oct 19 - Our second day in Escalante National Park we hiked to lower Calf Creek Falls. A beautiful hike through a sculpted canyon along a beautiful trout-filled stream with lots of lush plant life. We finished our hike at a stunning 124 ft. waterfall.



We capped off our day walking through the Escalante Petrified Forest state park. where we viewed rainbow-hued petrified wood.



Oct 20 - Our last day in Escalante National Park. We started our day at Devil's Garden where we explored and played on the whimsical sandstone rock formations. We posed on natural bridges and took chances on those narrow spans to get some amazing pictures.

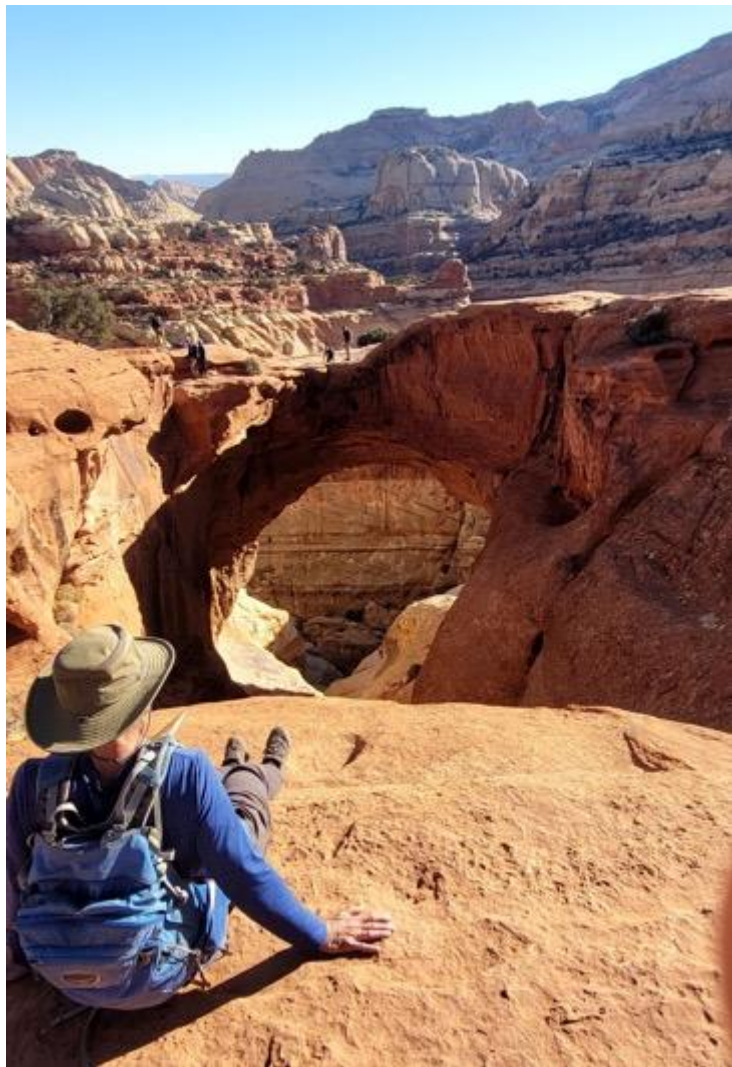


During the afternoon we hiked the Dry Forks slot canyons, Peekaboo and Spooky. Squeezed, pushed and pulled our way through a series of fun and challenging slot canyons



requiring a 12 ft climb, assisted with a rope we brought along, 10-ft lowering into boulder drops, and maneuvering for a 1/4 mile through endless 10-inch-wide gaps. So much fun!

Oct 21- We left our amazing campsite on the BLM land in Escalante National Park. A beautiful drive on the scenic byway 12 to Torres, a cute Western town with beautiful tree-lined streets and a bubbling canal. In the afternoon we took a scenic drive around Capitol Reef National Park, checked out Fruita and the visitor center before setting up camp on BLM land again.



Oct 22 - Hiking in Capital Reef National Park. Hiked up to Cassidy Arch, over the plateau and up to an overlook looking down on Fruita. We hiked down a beautiful switchback trail in a rush to get the last of the homemade pies made from the fruit of the old Mormon settlement. Following the hike the forecast called for a drastic drop in temperature with snow and high winds. We decided it would be better to be down lower in Moab, so we headed out a day early.



Oct 23 - First rain of the trip in Moab. Had a leisurely breakfast, visitor Center with movie, first driving view of Arches National Park with snow, sleet and some hail. Ended the day with a dinner out with the group.



Oct 24 – The mornings hike was to Delicate Arch, the most famous of all the arches in the park. There was mist and fog which cleared as shafts of sunbeams speared through the clouds. Beautiful views opened up and the arch looked magnificent. It was a magical morning well worth getting up at an ungodly hour!



In the afternoon we hiked the Devil's Garden loop. Hiking, scrambling, posing, and helping one another up to the Pine Arch, Tunnel Arch, Navajo Arch, Partition Arch, Landscape Arch, Double O Arches, the Dark Angel, private Arch, and all the viewpoints in between. An exciting adventure getting everyone down the primitive trail back to our cars. Another great day!



Oct 25 - A very long hike in Canyonlands National Park. We drove a long way into the more remote Needles section of the park for an adventurous hike with lots of scrambling, stone staircases, slot canyons, caverns and overlooks, walking in washes and alongside watercourses.



It was warm in the sunshine but very chilly in any shaded areas and still some snow in places. Few people and very dramatic scenery.



Oct 26- last group hike of this trip. Arches National Park in the morning crawling over, around and viewing the Double Arch, West Window, East window, and Tunnel Arches. In the afternoon we used our limited entry permit to the Fiery Furnace area of Arches National Park. This is a self-guided, physically demanding, maze-like hike. We climbed up irregular, broken sandstone, worked our way along narrow ledges above steep drop offs, climbed through gaps, wedged

our way through narrow slot canyons, jumped across crevasses, squeezed, and pulled ourselves up and through passages in the rock. It was an adult playground, a maze on steroids! This adventurous hike/scramble was a great way to conclude a fantastic hiking adventure with the COC in the southwestern United States National Parks.



Trip Participants –Val S, Cal F, Deborah B, Dennis D, Christine C, Alan S, Sue L, Carol A, Cindy W Steve W, Irene H, Simon H by **Dave B** / photo credits go to **Cindy W**

NEEDLE & FLAT IRON – OCT. 1



From the trailhead we hiked up a steepish grade to get to a long ascending ridge to the T-Junction in the trail. Left goes to the Needle and right goes to Flatiron. We first hiked up and climbed Flatiron.



Participants were Sonya and Darcy

by **Karl V**

YELLOW ASTER BUTTE – OCT. 5

To go or not to go? The day before it was very hazy in Sumas Prairie, but the Weather Network did not post an air quality alert. So we took a chance and it paid off – big time. The previous two weeks we'd hiked the Lake Anne and Ptarmigan Ridge trails. The first got very close to Mt. Shuksan and the second to Mt. Baker. This hike kept both of them in sight most of the time but brought us closest to the border mountains: Mt. Spencer, the American Border Peak, Larrabee, Slesse + Tomyhoi. Our destination was the true summit of Yellow Aster Butte.



When we parked at 9:45am, we were a bit dismayed to see smoke hovering in the lower slopes not too far east of us. The burnt smell was stronger than the previous two weeks. But just as with those other two hikes, the smell disappeared in the forest and the air stayed clear. In about half an hour we were above the tree line where the trail then turned from north to west. Back lit bushes and groundcovers lit up in blazing yellows, golds, reds and oranges. As we passed far below the butte, Welcome Pass with its High Divide trail came into view to the west. Turning north again we stopped at the junction to Tomyhoi, before the final steep climb up the butte. A valley lay before us with four green-water tarns. You could see the trail to Tomyhoi winding through it.

Getting into low gear, we trudged up to the south butte. This is where many hikers stop, because the extra 45-minute return hike to the true summit and north butte, involves some scrambling and exposure. We had lunch first. Such views on all sides! Most dominant were Tomyhoi to the north, Spencer, American Border Peak & Larrabee all in a row to the northeast with Tomyhoi Lake at their base. And then High Pass, Winchester & Shuksan to the east & southeast. Mt. Baker did not steal the show this time, showing herself in the more distant southwest.



Darlene offered to stay and guard our backpacks while we did the north butte. It was a bit sketchy, just below the summit where the smooth slab of granite did not offer much in the way of hand and foot holds. We stayed more to the left of the ridge on the way down. There wasn't a lot of room on that summit, so we didn't linger too long.



Back at the south summit we regrouped and set off, now moving at a faster pace which kicked up more dust on the very dry trail. As we neared the tree line and waited to regroup, we started picking the very sweet blueberries. It was hard to tear ourselves away from them. But the prospect of another one of those monster margarita drinks at El Nopals lured us on.

By 5:00pm we were there and enjoying our traditional ending to another wonderful day in the Mt. Baker wilderness.

Stats: 10.5 km / 1041m gain / 1892m high

Thanks for making this such a great day: Jim A, Al Dukart (visiting from Vernon), Charlotte H, Peter F, Darlene G, Jan S + **Joce T**

SLESSE MOUNTAIN TRAIL HIKE AND CLEARING – OCT. 13

On 13 October the firesmoke.ca site indicated the Slesse Mountain area would have low smoke levels so four members of the club (Jim S, Patrick R, Fizz H and Jim A) decided to proceed with the trip to the propeller on Slesse Mountain.

It was noted on a Facebook post that the turnoff near the start of the trail was not clearly marked so Jim S fabricated a sign which was attached to a tree at the T-intersection to clarify the turnoff.



Due to the high fire risk only hand saws and loppers were taken. Clusters of alder and willow trees extending across the trail and restricting access were removed. All the pinch points along the trail from the trailhead to the monument were removed. The trip down was much easier.



We had a short lunch break at the monument and enjoyed the views of Slesse Peak and the valley in the forefront.



Because time was short, the decision was taken to proceed more quickly to the propeller with Fizz, a new member of the Club, leading the way. The section of alder near the top of the old FSR, which was not cleared during previous trail clearing work, was left for another day when power trimmers can be used safely. The views were spectacular with the fall colours and clear sky.



Don McDonald previously shared the 1962 MacLean's Magazine article by Fred McClement on the crash of flight 810 which had us all sensitive to the previous disaster and the significance of the propeller. The link is <https://archive.macleans.ca/article/1962/7/14/the-strange-legacy-of-flight-810s-crash-on-mt-slesse>



After a short, quiet break and as the sun began to slip behind Slesse Mountain, we made our way back down to the trail head. Fizz noted that the only time he hikes in the dark is if he made a mistake.



repairs to Chilliwack River Road by the fish hatchery that require the closure of the TCT in that location possibly for another 2 months.

by **Jim Alkins**

CONWAY PEAK – OCT. 10



Three of us did the Conway Peak hike. Great fun, beautiful autumn color, lots of wind trying to blow us away at the top! You have a gorgeous 360 view at the summit, surrounded by mountain peaks. You have close up views of the Cheam range. We decided we would definitely recommend this hike in the autumn on a dry day.



There is a short section of trail through the woods with quite a steep drop on one side and the trail is narrow with nothing to grab on the other side if you slip. So you want it dry for that. Plus there are a number of creek crossings, which are low at this time of year. If you are worried about the paint job on your vehicle, it would be good to park about a km down the Jones Flat Creek fsr and walk the last km. There's also a bad spot on that last km that took careful navigation. We all really enjoyed this hike!

by **Darcy & Carmen**

WATERSPRITE LAKE VIA DEMON RIDGE – OCT. 15

In a spirit of exploration, we met at the parking lot by the Mamquam River FSR & Hwy 99 junction. From there three 4-wheel drive vehicles set off for a 1 hour & 20km drive to the trailhead. At 9-mile bridge, we turned left off of the Mamquam River FSR and onto the Skookum Creek FSR. That's when the gravel road got rougher, especially the last ½ km before the parking lot.



By 10:00am we were on the trail which was on an overgrown logging road. It didn't take too long before we could see the impressive Garabaldi Mt. to our northwest and Mamquam Mt. to our northeast. When we regrouped at the Demon Ridge junction, four decided to take the lower shorter route to the lake. Nine of us were eager to climb up to the ridge. For all of us, we were on unfamiliar ground.

The trail continued on a gradual FSR grade, running higher but parallel to the Watersprite Lake trail. The ridge trail was fainter and we had to rely more on markers to guide the way. About an hour west of Demon Peak, the trail stopped on all our GPSs. It's also where the logging road stopped and a steeper rougher trail continued on to open rocky terrain. But there were enough markers of pink flagging tape or orange squares nailed on the trees or rock cairns. It was hard to believe it was the middle of October, with temperatures hitting the upper 20Cs.

It didn't take long on this trail to get to the most beautiful part of the ridge where the views opened up to a horizon full of fabulous peaks from west to east. I felt privileged to be so close to Mamquam Mt. (2489m) which I'd only previously viewed from afar or seen mostly obscured by cloud. In 3:20 hours of moving time, we arrived at Demon Peak. You can continue from there and bag Dreadnought Peak as well. But we were relieved to find the narrow steep trail leading to the lake. There's a small green sign just below the peak, pointing the way. You pass east of the rock summit and then immediately turn south, dropping sharply for 300m through old growth forest to Watersprite Lake.



Mountain shadow had covered most of the lake by the time we got there (3:45pm). We were supposed to meet up with the other 4 hikers, but they'd left just 15 minutes prior. So we did not linger too long, doing another sharp but short drop from the lake, entering the forest with its plank foot-bridges, and then negotiating the long talus slope scattered with tree skeletons blanched white by the sun. Once we were on the overgrown FSR the going was easy. We all got to the parking lot within 15 minutes of each other and right before it started getting dark (6:30pm).



The plan was to go out for dinner in Squamish but by the time we got back to the highway at 8:00pm, we decided not to. We were all sticky, dirty & tired. The McDonalds drive-through sufficed.

Stats: 15.2 km / 1215m gain / 1758m high

Participants were: Pedro A, Elizabeth B, Shannon & Rob B, Peter F, Darlene G, Charlotte H, Carolyn H, Ling S, Cathy U, Karl V + Case & **Joce T**

SILVER LAKE LOOP - OCT 15

Thankfully the weather cooperated to make this a very pleasant day for a bike ride. There were blue skies, it got quite warm, and there was surprisingly little smoke in the air. We had a 10AM meet up on 2nd Ave. at Huntington a 200m ride to the Sumas Border crossing. There were 12 of us (Sonia V. & Linda I.) riding e-bikes, 8 folks on singles (Patrick R., Rose and Don E., Fred H., Monique S., Kim McL., Susan A., & Mark S.) and 1 tandem (Sheryl and me).

The border traffic was VERY little. Those of us with Nexus cards rode through the Nexus Lane; the others rolled their bikes through the pedestrian area. First time I've been asked to provide proof of COVID vaccinations.



Once across we meandered through residential Sumas and headed south on North Telegraph Rd. (mostly flat with one small, short hill). We then turned eastward on South Pass Rd. Whenever you see road names like Pass, View, Eagle, High, etc. you can almost be guaranteed it involves going up. For 10km this road was an ongoing series of railway grade or only slightly steeper short pitches that accounted for 80% of the overall climbing along this entire loop. We were now at Kendall Rd. This is the road that goes from Sumas and connects with the Mt. Baker Hwy. This 6+km stretch of highway has a decent paved shoulder and is inclined 'railway grade' 'downward'. 😊 Tandems don't climb well, they are like a loaded semi-trailer truck on climbs, they are generally faster than regular single bikes on the flats, but OH going downhill they come into their own.

We had waited until everyone had started toward Kendall, the 'greyhounds' (Patrick and Fred) were now the better part of a kilometer out front. So the chase was on! We cranked our speed up to 40kph+ and began passing the singles and e-bikes honking our old fashioned horn as we approached them then sprinted by (NOTE: e- assist bikes only get power up to 32kph, after that it's pedal power only). Catching Fred and Patrick proved to be more challenging, but slowly we reeled them in. They had no idea that we were bearing down on them; not wanting to surprise them the horn blared. They were working hard, having fun (so were we); I'm not sure that they heard the horn as there was a look of surprise as we accelerated past them. Now they were in chase mode. Chasing and catching a tandem doing near 40kph is beyond the strength of most recreational riders. We dropped the pace just enough that Fred bridged the gap (with Patrick in hot pursuit). Drafting, slip streaming a tandem is a

real thrill as your speed goes way *UP* and your effort goes way *Down.* Seeing the smile on their faces as we coasted to a stop at the junction with the Mt. Baker Hwy made the effort to catch and overtake them, oh so worthwhile. Within a few minutes the group was back together and we rode on to Maple Falls where the plan was to purchase lunch supplies as there was a wonderful little deli there. The operative word was 'was'.



It had become a COVID casualty. Fortunately there were snacks, packaged wraps and sandwiches, and 'adult' refreshment beverages.... 😊. At Maple Falls we left the highway and headed north on Silver Lake Rd. (approx. 5km) to Silver Lake County Park. This is a wonderful little lake side park with picnic areas. The speedsters didn't heed my instructions to ride to the main parking area at the end of the access road as the main picnic area is adjacent to it. No, they stopped at a small picnic area adjacent to the boat launch, a pleasing spot but it doesn't (IMHO) hold a candle to the main picnic area. I waved as we sailed past them followed by all the others. Those at the first picnic area had settled in, it was only after they had finished their lunches did, they ride over to join the rest of us.

After photos were taken the entire group headed north from the park for the 22km mostly downhill or flat ride back to Sumas. Descending the first hills, one can see across the border into Columbia Valley. Many years ago, there was a border crossing here. In an emergency that prevented folks living at Cultus Lake or in Columbia Valley from exiting to Chillwack this crossing can be activated again, we've

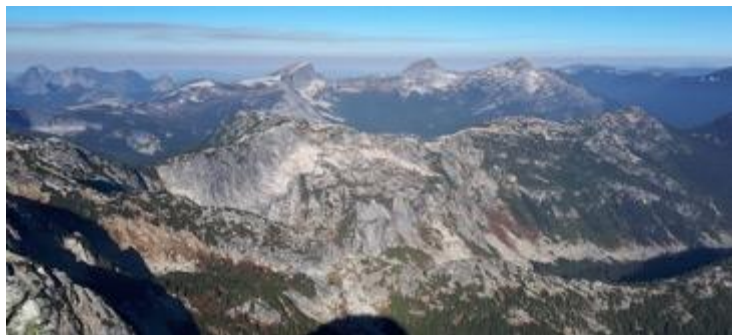


learned. Most club members have no doubt driven to Mt. Baker and likely recall there is a really steep hill climbing from the Sumas Flats into the hills towards Kendall called Reece Hill. Going up on a bike is a real GRUNT, particularly on a tandem which is one reason we rode this loop counter clockwise. But the flip side it's a rocket ride going down, particularly on a tandem. We started down last, and were down long before anyone else, whoopee!

It was a fun day, with great company. Sadly weather days like this are likely to be somewhat limited over the winter months. That said, dry cool (even cold) days can make for wonderful riding when followed by hot chocolate, etc. It's all a matter of layering. I look forward to enticing some of you to give it a try.

by **Gary B**

YAK PEAK – OCT. 16

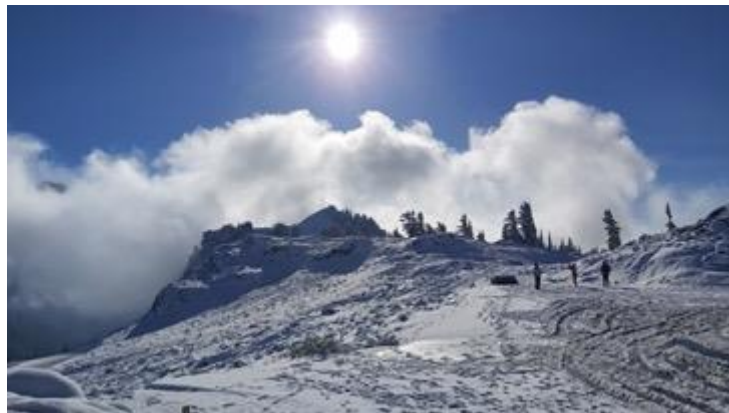


We had a virtually smoke-free day and started early avoiding ascending during the heat as many were doing on this popular hike, yes it was incredibly hot for mid October! I had read Yak Peak was "twice as hard as The Needle" and didn't fully appreciate the comment until attempting to retain footing on the pea gravel of the upper 2/3 of the trail especially where the melt water had washed fine rock over stone slabs which made for an added challenge. This is another hike where dry conditions would be very beneficial and one I'm not likely to repeat anytime soon due to the erosion of the trail. By **Darcy**



Wonderful day up Yak with Darcy. Summited just after 10 and got some awesome pretty clear sunny views. Smoke in the distance but we escaped it for the most part. Made it down early to beat the heat! Kitty litter gravel slip and slide added to the adventure. By **Carmen**

PTARMIGAN RIDGE - OCT. 22



Started out at Picture Lake for mirror photos, then drove up a partly icy road carefully, parked at Lake Ann parking lot and then hiked or walked up the slope and road to Artist Point Parking Lot. We were happy the road up was still open, so we did not start from the very bottom. Saw one vehicle sliding sideways across the road above where I parked.



We hiked in to the east Portal. We had lots of snow... The snow depth increased from 5 cm by car to near 20-25 cm at end of the trail. We had periods of sunshine, cloud and fog, a snow squall, then partly cloudy bit of sun to end .. light ended as we got back to the car.

Stats: 21.6 km return / 9-1/2 hours total including several breaks. Net elevation gain was more than 800 meters. Thank you Daniel & Deanna for joining me on this outing.

by **Karl V**

ZUPJOK PEAK – OCT. 23

What a contrast! Just one week earlier we were hiking in shorts & T-shirts in almost 30C! The haze was so thick in the Fraser Valley that we could not even see the low-lying mountains surrounding Sumas Prairie. The air quality alerts warned people to stay indoors.

How refreshing it was to get out into cold, clear, crisp air, free of smoke and smog. This is a regular snowshoe we do

almost annually, but it was new to me to be walking on the first of snow of the season. There was much more green to be seen and a decrepit log bridge that I didn't know existed by the creek, was exposed. The gradually graded FSR turned into a trail at a fork. We stayed right, bi-passing the meadow and began the 45-minute grunt up the steep south-facing slope of Zupjok. Nearing the top of that slope, the forest became sparser, opening to southern views of Markhor, the Needle & Flat Iron backed up by the distant North Cascades.



Leaving the dense forest, we turned direction from north to west, trudging up to the summit. Wow wee! What a view! Now we could see the ridge with Lama, Alpaca, Vicuna + Guanaco Peaks. The plan was to continue past the summit along the ridge to Lama. So after lunch, we slipped on our micro-spikes and continued west along the ridge. Two hikers stayed at the summit, starting the return ahead of us.



We agreed on a one-hour turn-back time. But didn't account for the deep drops that we ran into twice. When we got to the second one, we realized we wouldn't have time for Lama; it would be too long of a wait for the other two hikers. Never-the-less, the views were spectacular! To our west was the U-shaped row of black granite peaks: Anderson River, Chamois, Ibex, Stenbok, Gamuza, Serna, Gemse & Reh, of which the highest is Chamois at 1920m.

It was especially pleasant to have 18-year-old Pedro with us. He's living with us for 3 months and is from Holland which



is flat as a pancake, almost half of the country being below sea-level. He couldn't get over the beauty of our mountains. It was the first time in his life that he hiked on snow!

We got back to the parking lot just 20 minutes after the other two hikers. Our vehicle of 6 had dinner at the Home restaurant in Hope.

Stats: 14.4 km / 1049m gain / 1841m high

Thanks to all of you who came out to make this a wonderful day: Pedro A, Jim A, Terry B, David G, Michelle K, Paul L, Don McD, Patrick R, Case & **Joce T**

FLORA LAKE TRAIL – OCT. 28

With a rain filled week and only an afternoon of promised sun, I thought it'd be better to stay local. We did not get rained on this day and we did get a good workout in fresh air with a great group of people, but the clouds stubbornly clung to the peaks surrounding Chilliwack Lake. Never-the-less, it was a day well spent, getting an introduction to winter at the highest point.



The parking lot's yellow gate was locked but there was still toilet paper in the out-house. In a few minutes (9:10am) we got to the signpost, pointing us right, to the Flora Peak trail. Another 10 minutes got us leaving the old FSR and Post Creek and getting onto the well-worn steep trail of Flora Mt. Salal covered the ground and Old Man's Beard lichen hung from the branches of the deciduous trees. Here and there vibrant pink, red & yellow vine maples grew between the



taller trees. Bronz & bright green ferns dotted thick patches of moss.

In just over an hour and at the halfway point, we got to the first viewpoint. Chilliwack Lake stretched out below us while cumulus clouds obscured the peaks. After a break we carried on, soon running into snow. Not much later we strapped on our micro-spikes. By the time we got to our destination; the plateau we were in about half a foot of the soft fluffy stuff. There we parked ourselves for lunch, just before the open steep slope where wildflowers grow in abundance in the summer. No, the white sky did not clear so we did not carry on.



Since the temperatures were well above freezing, the evergreens dropped snow-bombs on us on our way down. Back at the viewpoint we were entertained by the Whisky Jacks. One of them spooked John as he was busy explaining to us and pointing and not seeing when one landed on his hand. It was quite funny. By now the sun had come out. At 2:30ish we arrived at our 2 vehicles which gave us plenty of time to have a sit at the Waves in Garrison Village.

Stats: 9.8 km / 926m gain / 1495m high point

Thanks for coming out: Jerry B, Iraj F, Paul L, John McL, Lucy S, Lori Y + **Joce T**

OUTDOOR COURSE BY HOPE MOUNTAN CENTRE – OCT. 25

Course General Outline:

- 4 hours duration in total
- Member cost = \$20.00 (Actual cost of \$40 per participant of which \$20 subsidised by the COC)
- Maximum of 16 participants per day
- The day will include educational information on forest ecology
- Including the connections between trees and fungi: mycorrhizal versus parasitic
- Identifying nursery trees and the purpose of death and decay within our forests
- Identifying plants that are present and their traditional uses
- Possible animal tracks, markings and scat
- And other information regarding our local fauna



Masthead by Cindy W of Delicate Arch

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

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