



SEPTEMBER 2022

- 02 Sep Hike Taggart Peak
- 02 Sep Cycle Twilight Ride Fairfield Island. 1.5 hours
- 2-6 Sep Trip Yoho NP Lake O'Hara Day hiking
- 03 Sep Cycle Flat 45 KM Return Chilliwack area
- 07 Sep Hike Flora Loop
- 10-12 Sep Trip Backpack Upper Pierce Lake/MT MacFarlane
- 12-14 Sep Trip Cycle Vancouver Island 75 KM per Day
- 13-15 Sep Trip, Backpack, Copper Ridge, MT Baker/North Cascades area
- 17 Sep Hike Wedgemount Lake/Cook/Glacier
- 18 Sep Cycle Fairfield Island to Cheam Wetlands Flat. 60 KM
- 21 Sep Hike Lake Ann MT Baker
- 24 Sep Hike Illal Peaks , Coquihalla
- 24 Sep Hike Frosty MT True summit. Manning Park
- 26 Sep Trail Maintenance, Slesse Memorial trail
- 26 Sep Club Meeting Yarrow Community Hall Guest speakers Miriam and Len Soet will share their experiences walking 800 km to Santiago on the Camino trail.
- 27 Sep Hike MT Baker Ptarmigan Ridge

TAGGART MT – SEPT. 2



Hiked up Taggart Mountain with Elizabeth Backman and Frank. Thanks to Elizabeth for leading. It was a most interesting trail with a variety of forest and plants to observe along the way. A few mosquitoes near the swamp made their attempts.

11 KM Return and 850 MR Elevation Gain



by **Elizabeth B** + photos by **Karl V**

LAKE O'HARA IN YOHO NATIONAL PARK – SEPT. 2 – 6

I had been trying to get reservations for Lake O'Hara for the past 6 years. When the lottery was done in January, I was number 11600 in line, so I had zero chance of getting a reservation. Thankfully it was just not me entering the lottery and Dillon and Denise were able to secure 2 tent pads.



Hike 1: After setting up camp and having lunch the group decided to hike to **Lake McArthur**. The hike was great despite the haze from the smoke. There are many different interconnecting trails in the area giving you many different options on how to get to your destinations. We used the following trails for the hike. Grandview, McArthur Pass, McArthur cut off, Highline McArthur and Low-level McArthur trail.

Hike 2: The **Alpine Circuit** is considered one of the best day hikes in the world. Although it was a bit hazy from the smoke, we had good weather. We left the Lake O'Hara campground on the Grandview trail which leads to Lake O'Hara. After a short distance on the Lake O'Hara trail, we took a sharp left turn on the Huber Ledges/Wiwaxy trail which is part of the Alpine circuit.



After arriving at Lake Oesa, we took the Yukness Ledges Alpine circuit trail followed by the All Soul's Alpine Route. If you want a shorter hiking day the 3 trails on the Alpine circuit can each, be done separately. After coming down the All-Soul's Alpine route at Schaffer Lake we took the Big Larch trail back to Lake O'Hara and then the Grandview trail back to the campsite.



Hike 3: We took the Grandview trail, McArthur Pass trail, Odaray Highline trail and ended up on **Odaray Grandview Prospect**. This Hike is restricted. Only two groups per day are allowed as it passes by an animal corridor and it's not open for the entire hiking season so not many people get to

hike this trail per year. You have to sign up at the trailhead the day you hike. The problem is it's about an hour hike to the trailhead from the campground and you will not be allowed to do this hike if two groups got to the trailhead earlier than you.



Fortunately, our group has a great guy named DAVE B and he got up extra early to go to the trail board to sign us up. Another group did get there before Dave but thankfully we got the second slot. Dave arrived back at the campground around 8 am to give us the good news. Of course, all the ladies showered him with love and bacon, eggs and toast for breakfast making me jealous. This was the last day of the trip, so we packed up the tents and stored our extra gear in the storage building before heading out on the hike. An hour into the hike and a few minutes after passing the trailhead sign that had all the warnings, sign in sheet, and number of fines you could get if you went in this area without permission. We were surprised by a Parks Canada Crew who checked that we had permission. Unfortunately, there was a lot of haze from the smoke so the pictures are not that clear.



Participants: Dave B, Christine C, Denise D, Charlotte H, Kim, Dillon, Jessica + **Cal F**

CHILLIWACK CYCLE – SEPT. 3



What a perfect day for a ride with Liz, Iraj and myself. It was a good temperature, nice change. 47 km total and a nice big hill to challenge us. With a lovely stop at Chestnut Springs in Yarrow for coffee and treats. Thanks for organizing and leading the way **Iraj F.** by **Tracy**

FLORA LOOP – SEPT 7



Beautiful cool and breezy day, started with smoke at the trailhead then over 1000 meter we were above the smoke. Challenging hike to Flora Peak with spectacular 360 view, down to Flora Lake with beautiful turquoise colour then many bolder fields to cross.



19km. long 1470m elevation gain, 8 hours moving time. Great group of hikers Audrey V, Mark S, Sheri K, David G, Patrick R, **Iraj F.**

MT. MCFARLANE – SEPT. 10-11



Our backpacking trip to Upper Pierce Lake and Mount Macfarlane got cut short because of the fires. But we made the best of our time and managed to get some great photos of the surrounding mountains and both of the beautiful lakes. I had the most spectacular campsite. This hike is now at the top of my list as the hardest hike I've done to date. Over 1840 m elevation gain total to the top of Mount MacFarlane.



Thanks Jana Day and Stelian Anton for the great companionship! We did it! by **Tracy G**

SOUTHERN VANCOUVER ISLAND CYCLE TOUR - SEPT. 12-14

Out for adventure were Herb H, Don F, Iraj F, Annette, Leora P, Caroline M, Maureen S., Patrick R., Sheryl H & me (on our tandem bike), ten in all. Eight of us met up to catch the 10AM ferry to Swartz Bay and do the ride from there to Brentwood Bay through Sidney and following the Lockside Trail before crossing the Upper Saanich Peninsula to catch the ferry to

Mill Bay. Oh, it was 'bluebird day', clear skies and a very pleasant cycling temperature....WONDERFUL. The ride from the Mill Bay ferry terminal along the foreshore to the Village of Mill Bay on a day like this is so 'soul' enriching. At the village we stopped at a new Co-Op gas and convenience store for ice cream, milkshakes, etc. to fuel up before the climb up to Shawnigan Lake.

We followed a route I was introduced to on one of my 'Rando' rides that bypasses the use of Hwy # 1 and the lower part of the main road up to the lake. This route meanders through two subdivisions connected by a short gravel trail and bridge over a gully. Where we reconnected with the Shawnigan Lake Rd. we were confronted with 'Road closed, local traffic only' signage. Now what? Experience has taught me that there is a high probability that as cyclists we could get through this closure, so we decided to have a look. Approximately 1km up the road there were more barriers and a flagman. the road was completely dug out to install new concrete culverts. The flagger explained the situation and directed us to the suggested detour route. I knew the way (I'd ridden the same road less than a month earlier). As this was happening a construction worker began approaching us screaming obscenities, we were not impressed. With the info the flagger provided we reversed our direction and headed for the detour. Perhaps I found the construction worker's behavior more disturbing than others did. A little digging indicated the road repairs were being done on behalf of the Ministry of Highways, so de facto the constructors were at arms-length working for and representing the Government. With some more digging, I got the name of the Highway project engineer and his e-mail address. I politely described what happened, expressed my displeasure and copied the Deputy Minister of the Ministry of Highways. Will something come of it...we'll see.



Once past the detour we picked up the TCT and rode toward the Kinsol Trestle. By the time we reached the trestle there was no doubt that we had a cheetah in the group. Patrick was in FULL on race mode, speeding ahead. I had to give him explicit directions, where to wait, etc. I was in fear that this go



like 'hell' exuberance was going to bite him/us in the end.....☺. we lingered at the trestle before continuing on the TCT toward Glenora, one of my favorite country stops. The last time I rode this section of trail it was actually a narrow single track, now it was a wide hard packed gravel trail' even on his 25mm racing tires Patrick had no traction or steering issues (again he was gone!). From Glenora we had a 5km decent to downtown Duncan.

We had all booked into the Fairweather Motel, an aging facility that had seen better days. On my cycle travels I have stayed in countless motels like this. All I hope for is clean towels and sheets, a decent bed, soap and shampoo. I have to say this motel exceeded my expectations in countless ways. I highly recommend it! For dinner we walked several blocks to the 'Dog House Restaurant'. It was OK.

This was Iraj's first bicycle tour. He has a wonderful bike, great for dike riding, but the gearing challenged him on the rolling roads that are ubiquitous on the island. He was spent and was having doubts about continuing. I was hopeful that a beer, good food and a night's rest would perk him up and he would be ready to ride in the morning, the out and back ride to Cowichan Lake, a gravel day. The plan was to ride the Cowichan Lake Trail up to the Village of Cowichan Lake (30 km) and ride the TCT the 30km back to Duncan. As we were returning to Duncan we were riding 'light', no travel gear. At breakfast Iraj expressed some doubts about riding. It was his call, he decided to ride.

To our surprise we found out that the cafe next to the motel served breakfasts. It was a very pleasant find! At this point Herb, Caroline and Maureen left the group to ride directly to Duke Point on the route I had mapped out, including a side trip to the Famous Crow and Gate Pub. Annette and Leora, who had been visiting friends in Duncan and had ridden to Duncan on the weekend, now joined the group. On leaving the motel we went in search for the start of the Lake Cowichan Trail which we eventually found. The trail surface

was very much like what we experienced on the Rotary Vedder Trail, hard packed gravel...Patrick once again off like a bullet! Part way up the trail we find it is CLOSED for repairs. No big deal as the trail closely paralleled the highway at this point, onto the highway we go. In short order we were past the construction site and back onto the trail. The trail actually skirts the Cowichan Village core depositing users near a heritage park. Hunger was setting in, it was a beautiful day. Lunch on a cafe patio with a cold beer was in order but the only cafe that fit the bill was closed. Lunch on the patio of the local Tim Horton's would have to do.

The plan was to ride the TCT back to Duncan, it is on the south side of the Cowichan River, the Cowichan Lake Trail (CLT) is in on the north side. Together they made for a nice loop to the Lake and back to Duncan. Sadly, the TCT was nowhere near in the condition of the CLT. Extensive repairs were in the works that involved many sections of loose gravel. Patrick's narrow tires didn't cut it, so the first opportunity he had to cross the river and return to the CLT or the highway he was gone. We did set up a meeting location in town. To get back to the downtown area we had to leave the TCT and ride a local trail with more ups and downs like that on a miniature roller coaster or BMX cycle pump track. I was thoroughly enjoying it on the tandem, but as Sheryl really couldn't see what was coming, she was beginning to feel sea sick. Once in Duncan we found Patrick, Annette and Leora headed off to stay at their friends' place. The rest of us found a wonderful brew pub and enjoyed a pint or two.



Day # 3 we headed north picking up one of my very favourite roads on the Island, Richards Trail, I find it SO pastoral. Chemainus was our planned coffee stop, at a wonderful back lane bakery...it was closed, permanently. We cruised the main street, more closed eateries. We did find a great little cafe, The Willow Street Cafe where for some reason there were a lot of RCMP officers milling about. It turns out it was get a free coffee/greet you neighborhood cop social. On our way again we picked up the Chemainus/Ladysmith Trail, which I had not ridden before. What a delight it was. At Ladysmith cyclists have to ride a 5km section of the Hwy # 1.

Fortunately, the paved shoulder is really WIDE, but the traffic noise is awful, worse than awful!!!!!!

Once off the highway we headed towards Village of Cedar and the planned side trip to the Crow and Gate Pub. The road was quiet, paved and hilly...Patrick was gone. I guess the directions I gave him were not clear enough as at the point I asked that he wait there was no Patrick. Perhaps he had gone straight to the pub. When we got there, no Patrick. Yes, he had missed the turn and 'pub' signage and had ridden into the village area. There was some consternation shall we say. After amassing some extra mileage, he rejoined us in time to have a bite to eat. The place was packed (it was 12:30pm) but we managed to get a table inside. The patio would have been much nicer. Being so busy the serve was SLOW, We had to be at the Duck Point ferry terminal by 2:45 and we had a good 10km of riding to do. We did get out shortly after 2 and got to the ferry with time to spare. The weather was ideal for riding, overall the roads were quiet, we had no mechanicals or flats, it was a wonderful ride.

P.S. I did get a reply from the Deputy Ministry, apologizing for the contractor actions and indicating that there would be appropriate follow up.

by **Gary B** & photos by **Herb H**

WEDGEMOUNT LAKE/GLACIER - SEPT.17



Photo by Joan

Four of us hiked up to Wedgemount Lake, with intention of a brief visit to the glacier, and a part way hike up Mt. Cook. However, the glacier grabbed our interest with its large retreat over the last two years; and one of the several ice caves we observed at the current edge of the glacier. Estimate 15 km return with 1500 meters net elevation gain, as the new lake to glacier section is not included in All Trails stats for Wedgemount Lake.

A big thanks to Heather, Lori, and Joan for signing up for this event and sharing in the adventure of the day.



BY **KARL V**

CYCLE FAIRFIELD ISLAND – SEPT. 18



Perfect day for Sunday Cycle! Fairfield Park to Cheam Wetlands and back, 47km on mostly quiet roads and dike. Thank you, Geoff, Don, Liz and Cal, for joining me!
by **Jackie P**

LAKE ANN – SEPT. 21

Near Mt. Baker ski area

I finally got around to posting this beautiful hike. There were two groups of 9 with our group going first and the other group about a half hour behind us. There was another member that came later as she was held up at the border getting a Visa, for a total of 10.



It was a lovely and scenic drive to the trailhead which is about 3.4 kms past the Mt Baker Ski Chalet. The trail starts out innocently enough and is a nice smooth dirt trail until it is neither innocent nor smooth. As you can see in the elevation profile in fairly short order it starts to head down and also starts to show sections of annoying rocky trail surface. There is a lot of this surface, all the way to the lake, ranging from mildly rocky to ugly rocky and throws in quite a few rock fields as well. Every step had to be managed through all of this. The bonus was the never-ending spectacular views. Everything that wasn't below my feet was either pretty or beautiful or spectacular. I will admit that even some of the trail itself was very interesting and unique. The descent includes long switchbacks which eventually lead you to the valley floor. Crossing the valley was quite interesting with creek crossings and muddy sections that we were able to navigate around as there has been so little precipitation. After crossing the valley part, we started up toward the lake, which took us through the worst of the rock fields but we finally made it to the pretty little Lake Ann which was tucked in a bowl. We had lunch on a rocky mound overlooking the lake and staring right at the majestic Mt Shuksan with its prominent glaciers. One of the things that I found interesting is that Shuksan is a long way from Mt Baker, but from home they look joined together. While we were there a group of 4 decided they were going to head off toward Mt Shuksan to try to get to the glaciers or at least get some good photos of it. Jocelyn, our photography guru definitely did get them which you can see in the Chilliwack Outdoor Club Public page.



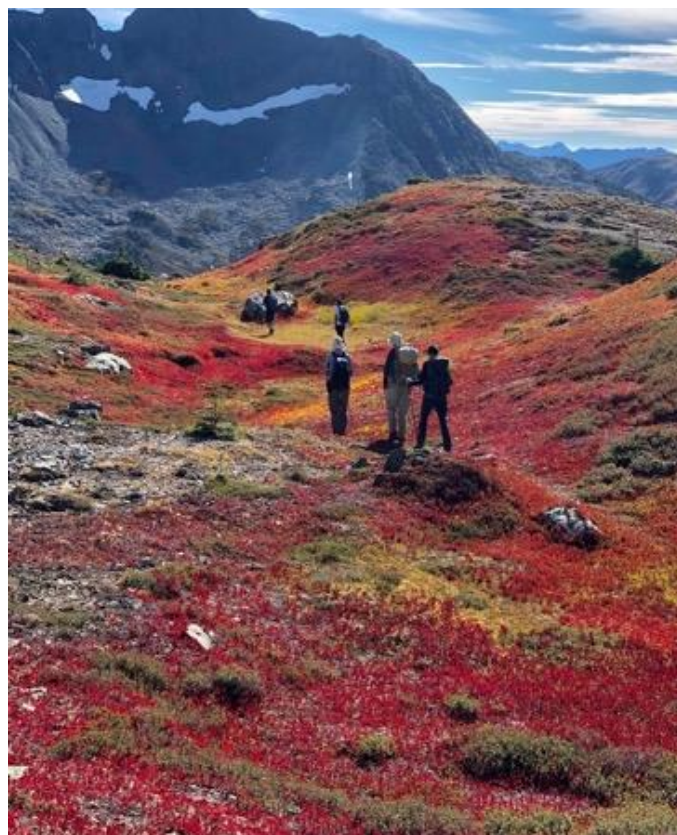
After the group of 4 returned our group headed out around the lake. At the far end of the lake, I made an error and ended way up in a rock field. When I realized my error, I had to find a way down to the lake where everyone else was. It's a good thing I love adventure because it was one. There was no trail, so I had to very slowly and carefully negotiate my way down through the boulders. It was challenging and fun but was holding everyone else up. We began the return journey and I found myself at the back where the solo person was. She was going slow, so I stayed with her while the others went ahead. As we were going along, I found out that this was her first hike after a long layoff due to a knee replacement. I also found out that she suffered from arthritis pain in her foot. She's obviously one tough lady.



Eventually, after we reached the valley floor, she had to sit down for a long rest and asked me to please go on and that she would be ok on her own. Seeing that she had made it to the lake on her own and that she seemed uncomfortable with me staying with her, I reluctantly relented. Now on my own, as well, I headed across the valley and got to the other side where it was going to be all UP. This is a unique hike to me because you go down at the beginning when you are fresh and across the valley and up the other side while still fresh. On the way back you get to the UP part and you are anything but fresh. Unless you are one of those young folk that doesn't know what tired is. At the beginning of the climb all was good, but I have to admit that the more UP I did the more tired I

became. However, the magic is putting one foot in front of the other. Eventually I got back to the parking lot and joined the others. We had a nice drive back to Sumas where most of us went to the El Nopal Mexican restaurant for good food and good fun. Another wonderful day in the mountains.
Participants: Gundrun A, Minna B, Denise D, Johnny G, Peter F, Cal F, Janice H, Linda I, Kim McL, Carolyn M, Anne O'L, Maureen S, Ling S, Anita U, Cindy W, Tim Y, Joanne Z,
-report by **Don T** + photos by **Joce T**

ILLAL PEAK – SEPT. 24



A beautiful day to enjoy autumn colour spectacle in the ILLAL; Eight of us hiked from a spur logging road off the Tolumeen FSR at 16km. The route followed a section of logging road, then through a forest, a mixed area of forest and meadow, and then ridge walk to the twin Peaks of ILLAL.



Nice lunch stop by the last tarn on our way, then summited both peaks before returning back to the car. 21 to 23 km based on a few gps, elevation gain estimated to be from 720 to 750 meters.

Start after 9:00 am, and returned to car by 5:30 pm, had a half lunch break by the tarn, and good stops at each of the two peaks.

by **Karl V** + photos by **John McL**

FROSTY MT. WEST-SUMMIT - SEPT. 24



25.7 km 1729 m Elev. gain 12 hrs total
Was posted for Sep. 03. Rescheduled due to Fires.
Scrambled all 4 ridges on Frosty East and Ridgeline to Frosty West.



Visited all 3 of Frosty west's sub-summits on its north-ridge. Descended into Frosty's south-bowl to both tarns. Re-ascended Frosty east over its south-ridge and descended over its north-ridge.



Thereby creating an 8-shaped loop. Hours of fun scrambling. Fast paced hike on the trail. Spent one hour on the west summit alone. As a bonus, we saw 9 (!!) grouse on the trail early morning. Participant: Deep by **Joachim B**

PTARMIGAN RIDGE – SEPT. 27

What a gorgeous day in the Mt. Baker Wilderness! This trail brought us right to the foot of Mt. Baker's Rainbow & Scholes Glaciers. We timed it just right, steering clear of the smoke billowing in the north by the area of the Border Peaks and missing the trail closures for maintenance in the coming week. The alpine trails have relaxing mellow grades, (with the exception of the final short stretch up to the ridge) and offered expansive views 100% of the time.

Just like last week, we had another big group that had to be split in two groups of 8. At 9:45am our first group started out on the Artist Point trail head (1546m) which skirted across the steep talus south-facing slope of Table Mt. In 1.9 km of level and slightly downhill hiking, we arrived at the junction where right goes to the Chain Lakes. From there a gradual uphill got us to the top of a moraine where we were suddenly exposed to close up views of Mt. Baker. On we meandered, past the Coleman Pinnacle. Soon we were at the junction to the three turquoise lakes. That's where we stopped to regroup.



And who rounded the bend from the other end? John Mclellan! It had taken us two hours to get to this point and it took another hour to get to the Portals. Of our group of 16, four did not do the trails end, but opted to do the side trail to the lakes.

It was exciting when we approached the final black-rock section where we could touch the toe of the Scholes Glacier. Four of us women parked ourselves a bit to the east of the final ridge. When three men from the second group came up about 10 minutes later, they saw us but did not recognize us so they proceeded to the end of the trail. We promptly



packed up our lunches and joined them.

What views were ours! It is said that this trail offers the best views in the region, next to summiting Mt. Baker itself. I was not able to get a full group shot. As we were departing, four more hikers showed up. We got back to our vehicle at 4:15pm and left for El Nopals, securing 8 more seats for the rest of the group, excluding one carload.



Stats: 19 km / 700m gain / 1968m high point

Participants: Claudine A, Dave B, Peter E, Cal F, Iraj F, Peter F, Johnny G, Tracey G, Sheri K, Ling S, Jan S, Tim & Bernie Y, Lori Y, Joanne Z + **Joce T**

GREENPEACE CANADA 2022 PHOTO CONTEST WINNER

And just like that... another year wrapped on the Photo Contest! This year was a fun one, our submissions are always super diverse but this year was on another level! From mighty conifers in the Canadian wilderness to the blistering climates of the arctic tundra, you gave us a wide range to work with.



Morning Light, Hope Forest, BC by **Carolyn Hrynyk**

When choosing the theme for a contest like this, I've learned after the first few years that the broader the theme, the better. We know that not every supporter should have to have professional photography equipment and access to the earth's most exotic locations to participate. The ultimate prize of this contest is getting outside, admiring the world around you, observing the bustling metropolitan within the world's forests, and capturing moments. I said it last year and it bears repeating— you folks did not make the judging panel's work easy! With over 700 submissions entered this year and 1900 votes we've found our Top Five winners.

To see the other four winning photos, click on this link: <https://www.greenpeace.org/canada/en/story/54141/2022-photo-contest-winners-announcement/>

Masthead: Mt. Shuksan by Joce T

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	contact Cal Francis to use: calfrancis@gmail.com
2 pairs of snowshoes	

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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