



## KANANASKIS COUNTRY – SEPT 8-12

25 of us met in Kananaskis country/Peter Lougheed provincial park. Most arrived on the 7th and settled into Boulton creek campground. A super campground that even has its own residential bears! We met in the evening to discuss our hike for Monday.

### SEPT. 8: MT LIPSETT



A moderate hike was a good choice for the whole group. Views up top were amazing especially looking across at Mist mountain. 14.2 km and 698 m elevation gain was a good one to start with for us flatlanders!

### SEPT 9: TENT RIDGE.

A 10.1 km/843 m elevation gain ridge that was not for everyone. It has some exposure and scrambling to get to amazing views. **Al Dukart** kindly agreed to lead this group of daring hikers.

Following report by Chelsey Swedberg:

#### TENT RIDGE

Ridge Horseshoe Loop, specs from the AllTrails: 10.1 km, 843 m gain, loop. Our group started at 9.30 am and ended at about 4 pm. We did the Hike Tuesday September 9th. The morning was clear skies, sunny, crisp and clean air, most of the smoke had cleared and the temperature was about 15



degrees starting on the trail. **Al** led the group, 16 of us went. We started in the trees from the parking lot, we got to subalpine with nice meadow flowers within an hour. Lots of flower variations were still out.



We got to the ridge in about 2 hours, then we hit some scrambling the first half of the ridge, just 2 spots were a bit risky. When we got onto the ridge and out of the tree line we immediately were surrounded by mountains and had spectacular views. As we continued to climb the ridge more mountain ranges became in view. We had multiple breaks along the ridge, as the views were so stunning, we wanted to stop and soak in the views. Halfway through the ridge, at the



"U" part of the horseshoe, we were exposed to gnarly mountain cliff edges from absolutely stunning mountain peaks beside our ridge. Near the end of the horseshoe, we see valleys with a lake and more mountain ranges, and mount Assiniboine was in this view! We eventually descended back into the tree line, there was some shale coming down from the ridge before the tree line and found our cars in the parking lot again. Personal comments, Al did a good job leading! The group was accommodating for one another, and really enjoyed the hike and eachothers' company.

The moderate group came with me (Mary Ann) to **CHESTER LAKE, ELEPHANT ROCKS AND THREE LAKES VALLEY.**



Beautiful glacial blue lakes surrounded by craggy peaks. A beautiful snowshoe in the winter as well. 9.33 km/419 m e.g., to Elephant rocks.



**SEPT 10:** The whole group went to **BURSTALL.PASS.**

16.25 km/654 m. e.g. A lovely, wooded walk that led to open willow flats. Numerous water crossings were easy to navigate. The flats were surrounded by massive peaks and as we traveled across the Robertson Glacier came into view.



A steady climb through more forest opened up to breathtaking views at the pass. Snow peak, Mt Birdwood, Pigs tail and Commonwealth peak were our views for lunch. A little farther down the trail led to a lookout over a beautiful valley and Lemon Lake. On the trail was a massive, fresh bear dig but we didn't see the bear. This was a very rewarding day that everyone enjoyed.



**SEPT. 11:** Cammy led the group up **POCATERRA RIDGE**. This ridge hike offered far-reaching superb views. There were three high points along the way, the first one being the most challenging. One vehicle was parked at the opposite north end of the ridge which later transferred three drivers back to the starting point. We were in the forest about half an hour and then came out into an expansive valley surrounded by rock walls to our left and in front of us. At the end of the valley, we turned right (north) to climb steeply up to the ridge.



We had a break at the summit before descending to the col which involved a bit of scrambling and teamwork. The ridge stayed parallel to the rock wall to our left. We could clearly see the surrounding peaks and the two peaks we were yet to ascend before dropping down to Hwy. 40.



Back in the forest, we passed through an area with larches of which a few were starting to change to their golden color. At the parking lot, Cammy & Greg opened up their van and started serving us ice-cold drinks while we waited for everyone to arrive. What a treat!



Stats: 10 km / 1067m gain / 2672m high

Participants were: Lorenz B, Al D, Irene H, Sari K, Tom & Donna, Denise D, Janice H, Charlotte H, Brian H, Sonja J, Lonja J, Rose S & Rob E, Chelsey S, Joce T (report & pics), **Cammy** (coordinator) & Greg P

The moderate group headed to **ELBOW LAKE AND EDWORTHY FALLS**.



We thought it would be a somewhat easier day but once we heard about **RAE LAKE** from another hiker, we decided to explore and explore we did! Our easy 8.7 km/533 m. e.g. day turned into 18 km! Well worth it though. A beautiful blue lake surrounded by a massive mountainous bowl of impressive peaks. Eye candy everywhere we looked on this trail.



### **SEPT. 12: RAWSON LAKE**

Friday brought a change of plans as a few were done with ridges. So a moderate hike up to Rawson lake sounded good to all. 6.8 km/526 m. e.g. A beautiful, wooded trail especially at the beginning walking along upper Kananaskis Lake. 5 intrepid hikers decided to tackle Sarrail Ridge nearly doubling the distance and elevation gain. They even met a bear up there!! This was a very enjoyable last hike of our week in K



country. Thanks to AI for his excellent leadership. A really amazing group of COC hikers.



Until next time. **Mary Ann Dykshoorn**

## DOLOMITES HUT-TO-HUT HIKING TRIP – AUG. 21–28



Eight COC members — Jen M, Nadine B, Danny G, Brigitte G, Ann O, Cal F, Deb B, and leader Elizabeth B — spent an unforgettable eight days exploring the majestic Dolomites of northern Italy on a hut-to-hut hiking adventure.



The journey began at the stunning turquoise waters of Lago di Braies, a picture-perfect alpine lake that set the tone for the rest of the trip. Each day brought a new landscape of dramatic peaks, lush meadows, and high alpine passes — along with warm hospitality and hearty meals at the mountain rifugi.

Day 2 proved to be the most demanding, with steep ascents



and descents that tested our legs and stamina, but we were rewarded with panoramic views, a refreshing mountain lake to dip our feet in, and thought-provoking visits to preserved World War I sites along the trail.



We enjoyed exploring Cinque Torri the evening before and were treated to a beautiful sunrise over the rock formations the next morning — a peaceful and striking scene that captured the spirit of the Dolomites. From challenging hikes to shared laughs over delicious dinners, and from breathtaking scenery to the joy of hiking in one of the world's most stunning mountain ranges, it was a memorable week. From start to finish, the trip offered a rewarding mix of physical challenge, natural beauty, and cultural history.  
Trip Leader: **Elizabeth Backman**

## PIT POCO CYCLE – SEPT. 2

7 of us on my club ride today, through Pitt, Poco, Minnekhada, Colony farms. A wonderful 55km ride that is 80% off road away from traffic. A nice stop in Poco for lunch. I always try to keep this ride at a casual pace with lots of time to socialize.



I think a good time was had by all.

Herb, Don Tocher, Maureen Smith, Janice Kennedy, Jaco Noteboom, Monica Pfenniger, Rob - Monica's husband was a guest.



By **Herb Chlebek**

## CONWAY PEAK – SEPT. 2

The Cheam Range could already be viewed from Jones Lake. We shaved 2 km off of the hike (one-way), thanks to my hummer. The route was quite diverse. It started on an overgrown FSR on a gentle grade that became rather in-your-face bush-whacky just before it entered more dense forest and became a narrow trail. There were numerous little dips where tributaries (some dried up) eroded the earth. Then came the corduroy road, a remnant of the elusive Lucky Four mine which soon led to Mile High camp in the subalpines. From there the trail did broad switchbacks through loads of blueberry bushes and then a bit of easy scrambling to the ridge where left led to the summit and right to the Lucky Four



Mine at the base of Foley Mt. But it was to remain a mystery for now, as we agreed at the summit on this hot muggy day, that extending the hike by more than an hour was not going to happen. The hike was challenging enough as it was.

On our way back we were very grateful for the streams. We had to top up our water supply. I drank almost 4 litres of water this day!



Stats: 17 km / 1290 m gain / 1936m high / 7 hours MT / 4WDParticipants: Denise D, Dave G, Kart V, + **Joce T**

## COC MULTI DAY CYCLE/CAMP TRIP SEP 2-5



Southern Gulf Islands - Gulf Island cycle/camping outing, on Galiano, Mayne and Saltspring Islands. Trip leaders were Iraj Filsoofi and Don Field.



The COC member participants were; Carmen Pellegrino, Cammy Pieper, Leora Polson, Annette Weber, Heather Burles, Patrick Ramsden, Iraj Filsoofi and Don Field .



Trip highlights over the four days of excellent weather included Montague Prov Park camping, Sturdes Bay bakery and the Hummingbird Pub. A day spent on Mayne Island included a lunch meet up at Miners Bay, with island resident and club member Lisa Siddons, and visits to the Lighthouse and Japanese Garden. The Saltspring touring from Long Harbour included Ganges for lunch then south for an overnight at Ruckle Park before riding the last day to Fulford Harbour and ferry travel to Swartz Bay then ferry to Tswassassen.

Thank you to everyone for a fun and enjoyable getaway.

**-Don Field**

## HELIOTROPE RIDGE TRAIL - SEPT.10



Written by Heather Burles: Thanks to Don F & Iraj F for leading Gulf Islands cycling trip. In between hills hills hills and more hills on Galiano, Mayne & Saltspring Islands we visited bakeries bakeries bakeries as well as lighthouses, Japanese Gardens, parks. Don has a wealth of historical knowledge about these islands. Lots of fun and laughter.



Great hike up to Heliotrope Camps & upper slopes of Heliotrope Ridge. Sunny on Mt. Baker. Redina, Kevin, Scout, and I left a cloudy Chilliwack morning to enjoy blue skies in the open alpine slopes of NW Mt. Baker, Heliotrope.



We hiked beyond the end of the trail up to a bare rocky slope recently exposed after melting of glacial ice. 12 - 13 km return, and adding further 250 meters net elevation gain, to approximate 800 m in total.

The plan was also to hike to the Coleman Glacier lookout in afternoon but forgot that the glacial ice melt accelerated during the day, therefore making for high water and an impassable creek to get there.

By **Karl Vietniek**

## GOAT PEAK WEST – SEPT. 19



Brilliant autumn colors -- this was the hike to do. It's a tough one. The terrain on the Devil's Staircase was very steep. But the payoff was worth it.

About half of the hike was on a more gradual grade in the forest. And then came our first viewpoint. "Wow!" - the crowning jewel, Mt. Baker.

Next was the Devil's Staircase, a narrow slanting path. The last stretch to the ridge was straight up. Views from the ridge were of Yellow Aster Butte, Tomyhoi, The Canadian & American Border Peaks, Larrabee, the Pleiades + Slesse.



We had a nice long break at the summit from where you could see the nearby neighboring mountains: namely Hannegan, Sefrit, Shuksan & Baker. The south summit which was a hop & a skip from the west summit, did not look doable. There were too many loose rocks on too steep of a slope. The true summit to the northeast is a technical climb.



Stats: 16.67 km / 1284m gain / 2015m high / 5:30 hours

Participants: Denise D, Kevin D, Teresa K, Sheri K, Bote M, Karl V, + **Joce T**

## JIM WICKWIRE: MOUNTAINEERING ICON

Jim Wickwire was the first American to summit K2 (elevation 28,251 ft.) in September 1978. K2 is considered a much more difficult climb than Everest and Jim, much to the surprise of many, survived an overnight bivouac beneath the summit of K2 at 27,000 feet, serious implications for his body. Jim had pioneered challenging climbs on Mt. Rainier's Willis Wall (East Rib) in the 1960s and his four attempts on Everest (1982, 1984, 1993, 2003) are legendary as are climbs in South America.

Jim had contacted Arnold Shives and I a few months ago, his interest in Jack Kerouac and Thomas Merton an ongoing one. So, we agreed to meet Thursday September 4 in Lynden at TheNewsroom Pub and linger over lunch and talk mountaineering history (much untold and told by some in a questionable manner). Jim has a substantive library of about 7,000 books and many of these books are about high end mountaineering history—he generously offered Arnold and I virtually any books we might be interested in, he in the process, at 85, of downloading and shrinking his library.

When with Jim and listening in on his K2 climb, I was reminded of two Canadians, Jim Haberl-Don Culver who reached the summit of K2 in 1993, Culver dying in the descent. Jim Haberl died when skiing in the Wrangell-St. Elias National Park in 1999, Haberl Hut in the Tantalus Range (near Squamish-Whistler) honouring his mountaineering life. I was fortunate in 2006 (100<sup>th</sup> anniversary of the Alpine Club of Canada-ACC) to trek and climb in the area for a week, ACC supported the event. Jim Wickwire did mention, though, how much he appreciated the two books published by Haberl (*K2: Dreams and Reality* and *Risking Adventure: Mountaineering Journey Around the World*). I might add that Sue Oakey-Baker's book, *Finding Jim*, is a must read, Sue and Jim Haberl partners and having done many a mountaineering trip together before his death. But, Jim Wickwire did hold Jim Haberl in high regard and Sue's honest and probing book a heart told story close to the raw bones.

Jim's mountaineering journey has been aptly and honestly told in *Addicted to Danger: A Memoir About Affirming Life In The Face of Death* (1998). Jim, most generously, inscribed the book to me with these kindly words, "To Ron Dart, With high regard and great admiration for your many years of commitment to furthering the lasting impact of Thomas Merton for all our lives and what will follow when you're gone---As ever, Jim Wickwire April 25 2025). Arnold Shives and I have done a trilogy of books that threaded together the significance of mountaineering and the humanities, Merton and the North Cascades and Merton, the Beats and the Counter Culture, Arnold doing the paintings-sketches, I the tale and text. Jim had found all three books most meaningful and wanted to talk about them-he had also found a copy of *Alpine Anatomy: The Mountain Art of Arnold Shives*—such a feast of a book, Arnold's many



paintings brought together with superb essays about Arnold

as both a significant Canadian painter but a mountain painter at the highest and most creative level, indebted to the Group of Seven but stepping beyond them.

The primary book that recounts, in not to be forgotten detail, the summiting of K2, by Jim and others, is *The Last Step: The American Ascent of K2* (1980) by Rick Ridgeway. The text, photos and drawings unfold the nature and history of the climb in dramatic and not to be forgotten depth and detail—certainly no idealizing the demands, hazards and challenges of such a summiting. Jim had, months before, sent me a tightly packed box of books that recounted, from various angles, various lives of climbers or other versions of his climbs, including *Lou Whittaker: Memoirs of a Mountain Guide* (1994), Maria Coffey's *Where the Mountain Casts Its Shadow: The Dark Side of Extreme Adventure* (2003), Stephen Venables' *A Slender Thread: Escaping Disaster in the Himalaya* (2000) and *The Roskelley Collection: Nanda Devi, Last Days, and Stories Off the Wall* (2012). Needless to say, Jim plays a significant role in all these mountaineering classics and, as mentioned above, he has more books he is keen to send our way---perhaps a visit to his home in Seattle will answer the call.

But, it was the lingering lunch from 11:00-1:00 at the NewsroomPub with Jim, Arnold-Sue Shives and I that was most memorable for a multiplicity of reasons, Jim's reflections of his layered life as a high level mountaineer and his personal life (and the challenges of

integrating the two). But, for decades of his life journey, Jim has been interested in Jack Kerouac. Kerouac lived in a lookout in the North Cascades at Desolation Peak in the mid-1950s. Many are the Kerouac devotees that make pilgrimages to Kerouac's lookout at the north end of Ross Lake (makes for a full day of more than a 4000 feet elevation gain). I have led many Kerouac keeners to the lookout from which 4 significant and not to be forgotten Kerouac mountain texts were birthed (*Dharma Bums*, *Desolation Angels*, "Lonesome Traveller" and "Desolation Blues"). Kerouac also submitted two fine poems to Merton's short lived poetic beauty, *Monk's Pond*. Jim plans on making the trip to Kerouac's Desolation lookout mid-September 2005, his granddaughters and extended family to join him to a different type of mountain and lookout of sorts than K2, Denali, Everest and many other peaks, ridges and trails trekked and for different reasons.

It was, though, our lovely and meandering journey together at The Newsroom Pub, each of us enjoying chowder soup together, a wide mountain range of ideas and issues discussed, Arnold and Sue contributing such artistic mountain lore, the blend of mountaineering, spirituality and religion not to be missed or ignored. The plan is to meet again, after the longer day to Kerouac's lookout, in the autumn, take in the path way to the lookout trek and continue our journey together as we talk mountaineering history, legends, literature, politics and religion in an organic and listening way and manner, no easy answers to any of such issues as there are no easy answers to mountaineering trips and tragedies (of whom Jim has lived with many in his decades long mountain life).

montani semper liberi  
**Ron Dart**

# 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](http://www.valhallapure.com) (club sponsor), [www.backpacker.com](http://www.backpacker.com) and [www.mec.ca](http://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: <a href="mailto:gb@shaw.ca">gb@shaw.ca</a>

**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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