



EIGHT DAY HIKES IN AND AROUND TUCSON & PHOENIX, ARIZONA - MARCH 25–APRIL 1

Eleven COC participants: Al D, Cal F & Deb, Iraj F, Johnny G, Dave B & Val S, Brigitte G & Anne O'L + Case & Joce T



Case & I, Johnny & Coulette + Brigitte & Anne took five days to drive to Tucson, staying every night in or near a state or national park and starting each day with a walk before the long day of driving. Our first night was spent at Smith Rock SP in Oregon where we ran into Tammy Wall & Elizabeth. This is definitely a park we'd like to revisit and do a longer hike in. The second night we stayed close to Redding, in the Sycamore Grove (Red Bluff) campsite beside the I-5. The third night was spent in Carrizo NP, where we boon-docked in a remote area along a gravel road. Another park we want to go back to, to explore further. Then our final night, on the way east we stayed in Mojave Desert at the Hole-in-the-Wall campsite. It was so terribly windy there, that Brigitte's tent pole broke!

The evening of March 24 we all gathered at the Koa Lazydays Tucson campsite where most of us were staying for the next 5 nights. The other six had just spent a week in Palm Springs.

Four years earlier, Case & I had left the rest of our group in Palm Springs and gone ahead to explore the Suspicion Mountains in Arizona for the next trip. The day after we returned home, the borders closed due to Covid. Now we were finally getting out to do this trip. We had gleaned info from the visitor centers and locals and tidbits from members of the club who'd hiked there before. Thankfully we were able to do all but one of the planned hikes.

MADERA CANYON – MARCH 25

1-hour drive southeast of Tucson



Since Case & I did Mt. Wrightson 4 years earlier, (which is the highest peak in Arizona and a challenging hike), we decided to do Madera Canyon instead. The small group that decided to go for the peak, didn't get very far. There was 6" of snow in the upper parking lot. Brigitte & Al ended up doing it the end of the week, after the sun had melted a lot of the snow.

This hike was easy going, on a family-friendly trail. We went one way, starting at the lower elevation by Madera Canyon picnic area and gradually going upwards to the lower Mt. Wrightson parking lot.

We saw five wild turkeys and had two sightings of a total of seven white-tailed deer! Mexican Blue Oak trees with their twisted rough bark, smooth white Sycamore trees and Cholla Cactus with their bright yellow fruits lined the creek that the trail followed alongside for about 2/3 of the way.

Approximate stats: 6 km / 300m gain

PICACHO PEAK – MARCH 26

1-hour drive north of Tucson



This popular hike was short but intense. It juts out right beside the highway that runs from Tucson to Phoenix. Half of it involves scrambling, sometimes straight up a cliff. But with the help of cables, railings and even nets, we pulled, hoisted, and squeezed our way to the summit.

We got an early start to ensure a parking spot. The trail led up an open slope with tall Saguaro Cactus and purple lupines, to the base of a red rock wall. Then it turned sharply to the right and led us along the cliff to a ridge where we could see both sides of the flat land surrounding this isolated mountain.



We could not have descended along the cliff wall without the help of the iron rail. It was so steep, and the loose gravel made it unstable underfoot. From there the trail angled round the other side of the mountain and became even steeper, some sections being vertical.

In not much more than an hour we arrived at the summit. Once back down, thankfully all of us in one piece, we agreed that it was fun.

Stats: 5.3 km / 610m gain

Participants: Brigitte G, Johnny G, Anne O'L, Case & Joce T

In the afternoon we visited East Suagaro National Park and did a 1-hour walk on the Forest Cactus trail.

SEVEN FALLS TRAIL IN BEAR CANYON – MARCH 27

Catalina State Park

We got an early start, knowing the sooner I got the tickets for the shuttle, the better chance that we wouldn't have to wait too long. After a 45-minute drive northeast, I secured 11 tickets with only a half-an-hour wait. This time was easily filled in at the visitor center. The bus left every 30 minutes and dropped us off 10-minutes later on the Bear Canyon gravel road. We walked it for about 15-minutes before we came to a turn-around area with a shelter and kiosk. There the narrow trail began, leading us along Bear Creek.



ROMERO CANYON POOLS – MARCH 28

Catalina State Park



We had to cross this creek seven times (one way). Heavier rain from recent days meant the crossings were more time-consuming and trickier on wet slippery rock. Most of us removed our hiking boots at the second crossing. With some good teamwork, we all made it. The trail began to gain some elevation just before we got to the Seven Falls. Wow! At the base of each booming fall was a golden pool. The highest falls were harder to see, as they were more distant.



With temperatures soaring to 28C, doing another pool / waterfall hike was a logical thing to do. But although it's a canyon, most of the hike was out in the open. After about a km on a gravel road, we stayed left at the Montrose Pools junction, turning onto a narrow trail that led through slopes filled with Saguaro Cactus and wildflowers.



The trail led us to the largest pool where a small crowd was sitting, enjoying the surroundings. Several people slipped on a nearby spot. No hard done, they just got wet. Our curiosity got the better of us so Dave, Al, Brigitte & I carefully climbed to the next two higher pools. The view from the tops of the falls was also amazing.

Stats: 13.5 km / 500m gain / 1033m high

Almost the whole group came out for this hike, with the exception of Johnny.



It continued to climb till we got to the first of the pools. At this point, you'd think it's the end of the trail. But we had to cross a creek by a pool and then a faint trail led us 10-minutes later to another pool being fed by a picturesque waterfall. We had a nice long lunch break, soaking our feet in the cool gold water.

On the way back, I led three others on a faint trail, down and along the first set of shallow pools. There were a few short but powerful waterfalls there that had carved several very round water-filled bowls in the smooth rock.



This was a short steep trail with expansive views of the city and the Superstition Mountains. There were so many people on the trail, it was like an obstacle course. I ran into Cal & Deb who'd started earlier. Nearing the summit, there were sections that required a bit of scrambling. On the summit Iraj showed up.

Stats: 11.2 km / 503m gain / 1152m high point

Participants: Al D, Iraj F, Cal F & Deb, Brigitte G, Anne O'L + Case & Joce T



Stats: 2.4 km / 411m gain / 830m high

Once back down, we were eager to get settled in at the Apache Junction Koa campsite where we stayed for the next five nights. It was only a 15-minute drive from the Superstition Mts.

THE FLAT IRON – MARCH 30

In the Superstition Mountains



Back at camp Johnny & Coulette treated us to dinner at their place. Wow. It was sooo delicious! In one huge wok bowl, they made Spanish Chorizo Chicken Paella. Added to that was salad, herb bread and apple pie with icecream. What a special way to end our stay in Tucson. As the sun set the sky turned bright pink. Thanks Johnny & Coulette!

CAMELBACK MT – MARCH 29

We drove 2 hours in the morning to Phoenix and headed straight to the trailhead. Well we tried to. But it was so busy, it being Good Friday and right in the eastern part of the city in a wealthy district. Some of the houses looked more like hotels. We ended up parking along the street, 1.24 km away from the trailhead. It was another hot day. No such thing as trees for shade. Brigitte & Al were hiking Mt. Wrightson. Iraj & Anne were also having a hard time finding a parking spot. So Case & I figured let's just do it and get in and out as soon as possible. We did the Cholla trail return.



Case & I had done this challenging hike in 2020. I told the group it was "a must do".

There were such interesting rock shapes, from the upside-down iron, to the large smooth bowl to the pillars at the highest levels. We parked at the Lost Dutchman campsite as the sun was rising. A gentle green slope filled with wildflowers led us to the Siphon Draw. This was a broad

stretch of smooth red rock that slanted up high on both sides to meet with high cliffs. Once at the top of it, we had to veer off to the left, onto rough rock and up a steep gully for the next hour. Just below the ridge the slope was almost vertical.



Phew. With the steep part behind us, we could relax more. It was only a 10-minute level walk to the right to the broad Flat Iron. From there you could see the vast expanse of flat land with Phoenix in the distance.



After lunch Brigitte, Al & I headed for the pillars on the left. I knew there was a trail there, having done it four year prior. But I didn't know how to get to the summit. So it was a real treat when we did. Brigitte had talked to a lady earlier who said we should summit it. But how? We came to a seemingly dead end. Just as we were about to give up on it, we saw this lady and her friends squeezing through a small gap between big boulders. Ah ha! That's how you summit! After a bit of scrambling, we were there. Wow! We were looking down on the upside-down Flat Iron and we could see a large part of the Superstition Mountain range to our south.

Stats: 13 km / 1030m gain / 1400m high

Participants: Dave B & Val S, Al D, Brigitte G, Johnny G, Iraj F, Anne O'L, Case + Joce T

Silly Mt – March 31



We were strongly advised by staff at the campsite, to not hike in the Superstition Mountains this day. It had rained hard all night, and the risk of flash-flooding was too high.



Instead, they suggested hiking this nearby trail. It was more of a leg-stretcher than a hike. The nicest part of the trail was the small botanical loop at the parking lot. Short was good, because the rain did not let up and the air was cold.

Stats: 4.6 km / 240m gain

Participants: Dave B & Val S, Al D, Cal F & Deb, Brigitte G, Anne O'L, Case & Joce T

FERMONT SADDLE TO LONE TREE TO GERONIMO'S CAVE – APRIL 1

I so wanted to do this trail and this was our last chance. So I was relieved to see patches of blue sky when I woke in the morning. We were advised four years ago, by an older couple who'd grown up there, to do the loop.

First we had to drive 8 miles on the pothole-ridden gravel Piralta Road. Two young people were parked beside us, gearing up for the day. They ended up staying with us for the whole hike.



We took the well-maintained Piralta trail to Fermont Saddle. It wound through a valley book-ended by bronze pinnacle rock formations. Clusters of pink Prickly Pear cactus were in full bloom. When we reached the saddle, we got our first view of Weaver's Needle with tiny Lone tree off to the right.

The legend goes that in 1845 Don Piralta discovered a lode of gold in the shadow the Weaver's Needle. A few decades later Jacob Waltz, a German immigrant who locals named "the Dutchman", claimed on his deathbed in 1891 that he'd found Piralta's mine. But to this day, it has yet to be found.



Turning east (right) we hiked about 10 minutes to the Lone Tree where the best needle views were to be had. After lunch the plan was to return via the same trail. It had started raining and having done the research, I knew there was a sketchy spot without hand or footholds and a lot of smooth rock to traverse. So I thought it'd be too dangerous. But three in the group really wanted to go. And truth be told, so did I. So we decided to give it a go and see how far we got.

The farther we got, the less inclined we were to turn around if things got rough. That would've made for a very long day. The smooth rock actually had a slightly coarse surface which made slipping much less likely. Up we went, skirting along the highest part of the ridge. We were surprised to come

upon two young people at the beginning of the base of a cliff that had eroded at the base, leaving an overhang to hang around under for shelter from the rain while we were regrouping. Of course, we had to pry them for trail info, as they'd come up the Cave trail from the parking lot. They confirmed that there was one spot where we'd have to let ourselves slide a bit to get down it.



Not far past where we met them, we saw a much larger gap at the cliff base and a faint trail leading to it. Soon we were at Geronimo's Cave. Blackened rock on the roof showed evidence of many hearth fires. Not far past the cave, we left the cliffs, and we began a steeper descent on the broad bedrock. A small gully led to the sketchy spot. I'd gone ahead to scout it out and stuck to an even narrower gully to the right which had footholds in the rock, but they were quite wet from a creek and a body-drop was required at the bottom. The others didn't want to take my route and stayed on the broad rock, showing great teamwork as they helped one another slowly and cautiously descend. They formed a human barrier at the bottom of the sketchy part, giving Violet & Bela more security in case of a fall.

Violet & Bela live in Chilliwack and hooked up with us for part of the Flat Iron hike and for this one. When I asked her later if she'd ever come out with our club again, she promptly proclaimed, "No!" But she was pretty proud of herself, and I assured her that this hike was not the norm. Back at home there's many easier hikes to choose from.

Stats: 9.75 km / 632m gain

Participants: Al D, Cal F, Iraj F, Bela & Violet, Case & Joce T

For a more detailed account of this trip check out my blogs at: withmytwo feet.com

LOST LAKE AND ROCK TRAIL, CHUCKANUT RIDGE SOUTH OF BELLINGHAM WA APRIL 12

Approx 5.5 hours out and back with lunch

Our group of 8 decided to find Lost Lake and also hop on the Rock Trail for a full day of hiking. We ended up trekking almost 17 kms and 675 m elevation gain.



We parked at Lost Lake trail head and entered the lush forest soon encountering trilliums, flowering currents, salmonberries, oregon grape and skunk cabbage. We meandered on an easy trail but we had to be wary of junctions as this is a place to actually get lost in — biking trails and other hiking trails criss-cross the whole area. We made it to Lost Lake and stopped for lunch on a rock outcropping over the lake watching the mist swirl over the lake and showing us bits of blue sky.



Then onward to the newly constructed Rock Trail where we were enthralled with huge rock slabs that soar up through the forest. These sandstone rocks were formed during the Eocene and are deposits from ancient flooding prior to the uplift of the Cascades — the sediments were carried from the Rockies in meandering tropical rivers! Some larger pebbles can be seen in the layers of rock where the river slowed down for a time.



We also encountered cool holes in the rocks that echoed when we talked into them. These are “tafoni” and are made by algae and chemical weathering. Tafone sounds like an ice cream flavour!

We never did see much sun and some agreed it was far more magical with the mist. We all had a good time and meeting for eats and beer at Anthony’s in Bellingham on the waterfront was welcome after a hard day enjoying the outdoors.

On the trip: Sandra Owens, Dave Stephen., Simon and Irene H, Lonja B, Christine Falconbridge, Christine Foell, Leader: **Christine Camilleri** (3 Christines on one trip!)

TAGGART PEAK - APRIL 14



We were lucky to have a beautiful spring day to enjoy this hike. Almost everyone who joined in had not been to Taggart Peak before. It was good that we had an early start to the day because the beginning of this trail, the Abby Grind, is often very busy. Without any warm up, the trail is quite steep and unrelenting. After about 2km we came to the bluff that offers a view to the south of our gorgeous Fraser Valley. We enjoyed a nice break there.



The trail then takes you through a deciduous forest in an easterly direction and climbs steadily with a few downward sections - not really "undulating" like my post said! Along the way, we came to a pond where we were treated to a choir of frogs who were very busy making a lot of noise! Apparently only the male frogs croak. They did not even stop their songs as we quietly strolled by their pond. I guess they had other things on their minds - pick me, pick me!! A short time later, after hiking through a tall stand of conifers, down an old logging road, and up the final ascent, we popped out onto the clearing that is Taggart Peak. From the rocky top there are

nice views to the north and west. You can also see the towers of Sumas peak not too far away. Lunch and tea are always a treat at the top a mountain aren't they? Our hike down seemed quick and we took the opportunity to take in another stop at the lookout before descending down the steep final few kms. Thanks to a great group of COC friends who made this hike so enjoyable!

Stats:

11.5 km and 850m elevation gain

~ 3 hrs up and 2 hrs down plus breaks

Thanks to: Monique S, Gary A, Paul L, Johnny G, John C, Freddy H, John M, Peter E, Lori Y, and Judy P. ~ **Carol Ault**

TIKWALUS HERITAGE TRAIL – APRIL 17

We followed in the footsteps of the 1848 HBC fur-traders and the 1858 gold miners, reading the large signs along the way that took us back into history. Temperatures started out at a cool 3C (good for keeping those ticks away) but by the time we were at the campsite for lunch, it was a warm 17C in the sun.



The first 2.6 km were steep, leading through a forest with a plush bright green moss groundcover. A few Calypso pink flowers peeked through. We regrouped at the second sign, which offered an open view of Black Canyon backed up by Spuzzum Mt. With the steep slopes behind us, we carried on through forest with old growth red cedars and board crossings over moss-edged creeks. We regrouped at the junction to the loop, where we turned left onto the Bluffs trail. This led us onto an open ridge where blackened trees stood out against the young lodgepole pines.

A third stop was made at the large sign by the best view, overlooking the Fraser River winding through Black Canyon and the Hell's Gate tunnel. After dropping down a bit, we continued with a lake to our right, before coming out by the campsite which is equipped with an outhouse and benches surrounding a fire pit. We lingered in the warm sun, for almost an hour. There were three long-time members of the



club with us, whom we hadn't seen for a while. So it was a reunion of sorts.



Yellow Avalanche Lilies and the less common Yew trees dotted the landscape on the first part of the other half of the loop on the Lakes trail. We passed another lake on our left and then crossed a higher ridge, leading again through the 2004 forest-fire area and looking down on the lower parallel ridge of the Bluffs trail. A final stop back at the first viewpoint, and then those last few steep kilometers that are always so hard on the knees.



Our vehicle load stopped at the Blue Moose in Hope at 3:30pm before heading home.

Stats: 12.5 km / 1100m gain / 920m high

Thanks to you 13 who came out on this beautiful day: Gary A, Carol A, Elizabeth B, Lonja B, Iraj F, Brigitte G, Irene H, John Laf, John K, Paul L, Rose S, Maureen S + **Joce T**

PITT MEADOWS CYCLE - APRIL 19



It was a fabulous bluebird day for an awesome 60km ride on trails and dykes. Pitt Meadows, Minnehada, PoCo trail, 80% on scenic trails and dykes away from traffic.



I was joined by a fun group of COC members, Don, Maureen, Irene, Liz, Kim and Sonia. We had a nice lunch stop at Waves in PoCo.



By **Herb Chlebek**

EAGLE BLUFFS VIA BLACK MT. – APRIL 22

What better way to celebrate Earth Day than to be out in the nature on a brilliantly sunny day? Walking 99% of the way on a snow-covered slippery slidey trail, was a trade-off. We ran into only three people which is very unusual for such a popular trail. The cobalt blue sky highlighted expansive views of Vancouver, Howe Sound and the Pacific Ocean and the comradery of 14 enthusiastic COCers made for a wonderful day.

By 10:00am we left the Cypress Bowl parking lot and quickly discovered we'd be walking on snow all day. The stone stairs



were buried as were the tarns higher up. We cautiously took our time on the first steep slope. Thanks to those who lent one of their micro-spikes to those of us who didn't have any (my mistake -- I should've mentioned it in the club post).

We regrouped at the first junction to the Cabin Lake trail where we turned right. In about 5-10 minutes we were at the turn off to Black Mt + Cabin Lake which can be seen from the junction. We carried on left, onto the Baden-Powell trail. The next section was more level and evidence of the tarns seeped through the snow in spots where a faint blue tinted the white. Next we came to a high open point that overlooked Howe Sound and the Lions.



From there it was downhill to the bluffs. It was so nice to have the bluffs all to ourselves. Well – almost. We had to guard our lunches from the ravens and Whisky Jacks. A baby raven kept “cawing” until mother came and stuffed food down it's throat. Also there was one other couple who later took our group shot. Right before and below us was Horseshoe Bay with ferries going back and forth on the very blue Pacific. Vancouver Island lined the horizon and the skyscrapers of the city with the harbor full of ships stood out to our southeast. Needless to say, lunch was a leisurely affair, sitting in the warm sun, high above the city on our lofty perch among the entertaining birds.

On the way back we climbed the mound that soon led to the north summit of Black Mt. From there the Lions were best

viewed. Then it was back on the main trail and soon back on the steep slopes where much caution was needed, as the sun had now made the snow soft and mushy. By 3:00pm we were all back at the parking lot. Our carload went to Troll's restaurant in picturesque Horseshoe Bay, to avoid the worst of the rush-hour. Fish & chips were a great way to end the day.



Stats: 9:45 km / 630m gain / 1248m high

Participants were: Terry B, Lorenz B, Lori B, Lonja B, Peter E, Peter F, Cal F, Danny G, Fred H, Brian H, Dave S, Susan V, Case T + **Joce T**

KEES AND CLAIRE HUT – APRIL 22–25

Four members of the COC recently journeyed into the Kees & Claire hut which is located in the magnificent backcountry behind Whistler Mountain in Garibaldi Provincial Park. The park, which was established in 1920, is adjacent to and just south of the Whistler Blackcomb ski area and offers a tremendous backcountry experience. It has been the dream of many since the 60's to build a series of huts through the area known as the Spearhead Traverse. In 2007 a young couple of backcountry enthusiasts were killed crossing the Wapta Traverse in Banff National Park. Right away a movement was started to build a hut in their name and in 2015 the project, with donations from Kees' and Claire's families, was started. The project took over three years to complete. At a cost of 3.1M (helicopter costs were over a million alone) the hut was opened in September 2018 and was named the Kees & Claire hut. Located at 1967 meters near Singing Pass, with the Fitsimmons Range to the south and the Spearhead Range to the north, it is a world class hut with world class 360 degrees of mountain views. The hut is open year-round with lots of peaks to scramble up in summer months.

We left Chilliwack on Monday, April 22 around noon and drove to Whistler. We stayed that night in the HI Canada Hostel in the Function Junction area just a few kilometers

south of Whistler Village. Originally part of the Whistler Athletes' Village during the 2010 Winter Olympics, the hostel is a short walk from hiking trails around the Cheakamus River. We made a short hike before dinner to the 'the Train Wreck'. In 1956 there was a train wreck on the old BCR line from Vancouver to Prince George and they could not remove a number of the cars so they left them in place. The train cars have been painted up over the years by graffiti artists and for a number of years was used as a local spot for mountain bikers who set up ramps over the rail cars. Today, the trail makes for a short stroll for those visiting the area.



Tuesday morning, we started off for the grind up Singing Pass trail which starts from the bottom of the Whistler ski hill. The trail to the hut is 14 km and 1450 meters of elevation gain. It felt like more! We started off in our boots but switched to snowshoes a few kilometers up the trail. It took us 7.5 hrs up. It is a bit of a grind, to say the least, with snowshoes and packs. We had great weather for the hike in and the views of Black Tusk, Panorama Ridge, Garibaldi Mountain and Fissile Peak were spectacular. We were all pretty happy to see the hut come into view and enjoyed relaxing in the hut that evening. It really is one of the nicest mountain huts in Canada.



The next day we planned on snowshoeing up to Whirlwind Peak which sits beside Fissile. On a clear day the views from here are spectacular. Unfortunately, the weather was not great with low cloud hanging around the mountains and reduced visibility. We changed plans and did a lower level trek around Russet Lake and circled around to the west of Whirlwind Peak towards Cheakamus Lake. The clouds and scenery made for some great photography. Still a great day, with some Ansel Adams type scenery, but not the day we had hoped for.



Thursday, we packed up early and headed back down Singing Pass Trail. Our packs were lighter and gravity was working with us so it only took four hours to get back to the trailhead.

It was a great trip enjoyed by all of us. We will probably do this again in the summer months since there is lots to explore in the area. In the summer you can take the Peak Express chairlift to the top of Whistler which makes the hike into the hut a lot easier.

Thanks to Carol A, John M, Jerry U for making this a great trip!

By **Dave Beihn**

2024 MULTI DAY TRIPS

TRIP: Spain – day hiking

DATE: June-July **LIMIT:** 6

CONTACT: Jaco Noteboom: jaconoteboom@gmail.com

TRIP: Kootenay Loop Cycling – 340km road & rail – no ebikes

DATE: Jun 9-15 **LIMIT:** 10

CONTACT: Carol Ault: carolault@gmail.com

TRIP: Castlegar to Christina Lake Cycling - 190km rail trail, may be supported – ebikes permitted

DATE: June 16-17 **NO LIMIT**

CONTACT: Gary Baker: garywbaker@shaw.ca

TRIP: Olympic Marine Park – backpack, 115 km

DATE: 3RD week of June **LIMIT:** 12

CONTACT: John McLellan: jmclellan@shaw.ca

TRIP: Austrian & Swiss Alps – hut to hut, 80km & 6000m gain **DATE:** July

CONTACT: Christine Camilleri:

4christinecamilleri@gmail.com

TRIP: Howe Sound Crest Trail – backpack

DATE: July-Aug **LIMIT:** 8

CONTACT: Cindy Waslewsky: twin-creeks@shaw.ca

TRIP: Howe Sound Islands – day hikes. Car camping in Porteau Cove, water taxi or ferry to islands.

DATE: June 20-23 **LIMIT:** 8

CONTACT: Al & Sue: hikethepeak@gmail.com

TRIP: Mt. Calliope – backpack

DATE: July 8-11 **LIMIT:** 12

CONTACT: Patrick Ramsden:

patrickwramsdn@gmail.com

TRIP: ACC Mountaineering Camp – guided, catered, helicoptered in. Register with ACC.

DATE: July 8-13

CONTACTS: Dave Biehn / Cindy Waslewsky:

dave.biehn@gmail.com / twin-creeks@shaw.ca

TRIP: Illal Meadows – backpack. Loop route through Illal with help from John McLellan

DATE: July 14-15 **LIMIT:** 8

CONTACT: Al & Sue Lawrence: hikethepeak@gmail.com

TRIP: Monashees – backpack. In and out backpacks. This will be 2 different backpack trips in the Monashees .

DATE: July 17-25 **LIMIT:** 6

CONTACT: Carmen Pellegrino:

carmen.pellegrino80@gmail.com

TRIP: Mt. MacDonald & Mt. Webb – backpack.

DATE: July 26-28 **LIMIT:** 12

CONTACT: Allana Warkentin: allanalee@shaw.ca

TRIP: Lake Lovely Water – heli camp & day hiking.

Possibly staying in hut, helicopter into Tantalus range to base camp.

DATE: end of July **LIMIT:** 5

CONTACT: Cindy Waslewsky: twin-creeks@shaw.ca

TRIP: Itlaian Dolimites, Alta VIA 1 – guided tour.

DATE: Aug. 10-17 **LIMIT:** this trip is now FULL

CONTACT: Irene Hofler: ishofler@gmail.com

TRIP: Mt. Conway & Lucky 4 Mine – backpack.

DATE: AUG. 9-11 **LIMIT:** 10

CONTACT: Allana Warkentine: allanlee@shaw.ca

TRIP: Bella-Bella Kayak – camping.

DATE: Aug. 12-19 **LIMIT:** 8

CONTACT: Dave Biehn: dave.biehn@gmail.com

TRIP: Cancer Ride – 100km/day for 2 days. Need to raise \$2500.00 in donations.

DATE: Aug. 24-25

CONTACT: Dave Biehn: dave.biehn@gmail.com

TRIP: Italian Dolomites, Alta VIA 2. Register with bookatreking.com

DATE: early Sept

CONTACT: Cindy Waslewsky: twin-creeks@shaw.ca

TRIP: Camp Mowach in Manning Park – backpack

DATE: Sept. TBD **LIMIT:** 10

CONTACT: Terry Bergen: terrybergen@shaw.ca

TRIP: Mt. Frosty via PCT Trail – backpack

DATE: Sept. TBD **LIMIT:** 10

CONTACT: Terry Bergen: terrybergen@shaw.ca

TRIP: Dave Thompson Highway – car camping / day hiking

DATE: Sept. TBD **LIMIT:** 10

CONTACT: Mary Ann Dykshoorn: madykshoorn@gmail.com

TRIP: Peaks & Paleoliths – car camping / day hiking. Two days to drive to Tumbler Ridge. This is a UNESCO Global Geo Park. Return via Alberta & Mt. Robson.

DATE: Sept 6-20 **LIMIT:** 12

CONTACT: Ingrid Fischer: ingyfisc@gmail.com

TRIP: North Cascades – car camping / day hiking. Southeast of Mt. Baker. Sahale Pass, Blue Lake, Hidden Lake Lookout + Sourdough Mt.

DATE: end of Sept. for max 4 days TBD **LIMIT:** 12

CONTACT: Jocelyn Timmermans:

jocelyntimmermans@hotmail.com

TRIP: Illal Meadows – backpack

DATE: Sept. 27-29 **LIMIT:** 8

CONTACT: Allana Warkentine: allanalee@shaw.ca

TRIP: Gold Ridge Chilcotin – backpack

DATE: Early Oct. TBD **LIMIT:** 12

CONTACT: Jaco Noteboom: jaconoteboom@gmail.com

CLUB INFORMATION

Notice to Trip Participants

It is understood that risk is inherent to some degree in all outdoor activities. Please ensure that you understand the risks involved and are prepared to accept them. As a participant, you are responsible for your own safety and equipment at all times. Trip organizers are not professional guides—they are simply club members who have volunteered their time for your enjoyment.

Inform the trip organizer of any medical conditions that he or she should be aware of in an emergency, for example: diabetes, asthma, and bee sting reactions. Ensure that your previous experience, ability and fitness level are adequate for the trip. Be sure that your equipment and clothing are adequate for the trip. Stay with the group. Wait for other group members frequently and at all route junctions. Tell the trip organizer if you must turn back. **Be safe and enjoy!**

Required Equipment

Trip organizers will be pleased to answer any questions regarding the required equipment for any outing. For more information, it is recommended that you visit one of the many websites that provide such information. Some recommended sites are: www.valhallapure.com (club sponsor), www.backpacker.com and www.mec.ca.

Safety first, last, and always! It is the responsibility of trip participants to be equipped appropriately. Plan for the **worst!**

The Ten Essentials

Before you hit any trail, no matter how easy, no matter how short, no matter how close to home, make sure your backpack is loaded with the ten essentials. When in the backcountry you are responsible for your own safety, and any one of these ten items may help to save your life. Carry them all and know how to use them.

1. Map
2. Compass
3. Extra clothing
4. Sunglasses and sunscreen
5. Headlamp/flashlight
6. First-aid supplies
7. Fire starter
8. Matches
9. Knife
10. Extra food and water

Equipment for Club Members' Use

2	Shovels	2	ice axes
2	pairs of crampons	2	avalanche probes
2	avalanche transceivers		
2	pairs of snowshoes		
			contact 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

CLUB CONTACTS

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