



ELK MT. – MAY 2



It was a great day hiking Elk Mountain with a good group of hikers: Fred, Don, Mark, Christine, Lonja, Brian, Kim, Lorenz, Patrick, Brigitte, Jim



by **Iraj F**

GOLD CREEK – MAY 2

This trail has much to offer; two waterfalls, a crescent shaped beach by Gold Creek with Golden Ears & Edge Mt. highlighted against a cobalt blue sky and a stretch of metal bridges going through marshes on the Golden Ears trail, leading to the best view of the day. The route is challenging for its length and rooty rocky sections. But there were not too many steep parts. We started (9:30am) from the West Canyon parking lot since the East Canyon lot was closed due to a landslide blocking the road.



In a few minutes we turned right onto the Menzies trail which led us to the bridge that crossed over Gold Creek. Then we were on the Lower Canyon trail. We turned off of it twice to visit the Lower and Upper Falls. The latter is not a signed trail. After days of rainfall, it was a good time to see the falls. It was a steep but short climb back up to the main East Canyon trail. We carried on north, passing the connector bridge and .07 km later arrived at Viewpoint Beach. There we had a sit, snack and soak in the sun.

Backtracking to the connector bridge, we passed over to the West Canyon trail. Round the bend the slope became



steeper and in about 20-minutes we branched off to the right onto the Golden Ears trail, over the metal bridges and past the Alder Flats campsite. Another 20 minutes of the steep grade and voila! The Edge and Golden Ears Mts (1680m) were right before us. A talus slope provided us with good boulders to sit on for lunch.



The final portion of the loop was downhill except for about 60m of gain to a viewpoint overlooking the canyon. By 3:00pm most of us were back at the parking lot where we had our very first tail-gate party of this year. Peter even brought a mini table along. Cold drinks in hand, chips & almonds on the table and boots pulled off of sore feet and replaced with plastic clogs. Ahh. That felt good.

Stats: 20.15 km / 815m gain / 592m high point / 5:05 hours moving time

Along for this fine day were: Sue A, Terry B, Peter F, Charlotte H, Irene H, Bote M, Owen W, Ziff + Case & **Joce T**

MT. LAUGHTON – MAY 11

This adventure kept us hanging onto our seats – literally. Not only did it involve hiking and snowshoeing, but also 4x4ing. Thanks to Case & our FJ & Bote & Cal for driving some pretty challenging terrain. The Cheam Range was up close and personal. It was a gorgeous day!

Thirteen COCers + two young Dutchies, piled into three 4x4 vehicles. Down Chilliwack Lake Rd we went, turning left at the road leading to Mt. Cheam. After the bridge we turned right onto Foley Creek Rd, which became riddled with big potholes past where a steep FSR branched off to the left. We were glad to leave it behind, turning left onto Airplane Creek FSR, crossing a narrow bridge over the Chilliwack River and then locking the vehicles into 4WD.

There was one sketchy spot where we all jumped out to watch the 4x4s negotiate a steep drop. And then 2.5 km later where Cal parked, just before a very eroded stretch. Thanks to Cal, for stopping to cut back some of those protruding branches along the road. Two years earlier when we did this hike/snowshoe, the snow had started just after the eroded stretch. But this time Case & Bote got us all the way to the trailhead. The trade-off was that those pesky alder branches were not entirely covered in snow anymore, so we had to scramble up and over and through them on wet snow.



Temperatures were well into the 20s already well before noon. Highs hit 28C by midafternoon. At 1350m we regrouped and put on our snowshoes. From there we could see the umpteen snow-clad peaks, and half of the Cheam Range. As we gained height, now angling towards the north, the views just kept getting better. Two years earlier only 4 of our large group made it to the knoll. This time all of us did.

We had to cut into the forest for about 20 hard-working



minutes before turning left and ascending the final east-facing slope. During the descent one of our group ended up falling into a tree well. It got quite narrow between the trees for a bit which was OK going up but made for some tricky stepping on the way down.

Lunch was, needless-to-say, a leisurely affair, taking a good hour that flew by quickly. We were sitting in a huge amphitheater with the prominent jagged peaks of Mt Cheam, Lady, Knight, Baby Munday, Stewart, the Still + Welch looming before us. Lining the southern and western horizons were the familiar Rexford, Slesse, Crossover & MacFarlane peaks.



Downhill proved to be a bit easier in the alders. At that point we were anticipating those ice-cold drinks. We began to filter in at 2:30pm, sitting in the shade between the two 4x4s. Eventually we got up, thinking that was the end of our wonderful day. But it was not to be so...

We weren't far from the trailhead when we heard a big bang! Sue said right away, "It's a blown tire!" She was right. What to do? Bote was a bit ahead of us and didn't see us. I knew from personal experience, that the jack would be too short because of the lift that was later installed on our FJ. Our young Dutchie, Folker said he'd try catch Bote. He sprinted

over one km downhill! When he got sight of Bote, who had their windows open, he tried to get their attention by yelling. But it wasn't working. So he put his fingers in his mouth, took a deep breath and gave it all he had – his loudest whistle possible. And it worked!

Bote was welcomed with happy cheers when he appeared about 20-minutes later. With a team of six men now at work, Owen and us three women settled in to watch the show. All we were missing was our popcorn and beer. Oh ya. We had those at our tail-gate party. It was like a good movie involving 1) suspense: "Will those few rocks holding the three tires on a downwards slope hold???" 2) educational: "So that's how they're going to lift the axle high enough to change the tire" and 3) emotional, "Yay!!! Bote's here with his Jack-all and Patrick with his expertise. And then the ending: success!

So our adventure came to a conclusion, with again, some great team work. The Dutchies said they had an outstanding day! They don't have mountains and rarely snow in the Netherlands.

Cal had been waiting down below for us for quite a while. They decided to go for dinner and if they still couldn't contact us, they'd come back. Thankfully that wasn't necessary.

Stats: 6.7 km / 560m gain / 1591m high. Cal's group did 1.5 km farther & 275m more elevation gain

Along for this had-it-all day were: Sue A, Deb B, Folker D, Denise D, Peter F, Cal F, Danny G, Sonia J, Bote M, Jaco N, Patrick R, Susan V, Owen W, Case & **Joce T**

FLORA PEAK – MAY 12



It was a fantastic day hiking Flora Peak with a great group of hikers. Dave, Cal, Mary, Owen, Brian, Sue, Paul, Lorenz, Denise, Lonja

by **Iraj F**

STAWAMUS CHIEF – MAY 19



This hike was led by Irene Hofler to the 3rd peak of The Chief in Squamish. We had a great group of 7, nice drive in, great weather and a nice meal at the Tree House in Squamish after the hike. The only drawback were the crowds but even most of those disappeared after the turnoff for the first peak, thanks Irene for a great outing.



Participants: Dave B, Denise D, Danny G, Carolyn H, Corrine H, John McL (report + photos), **Irene H**

RAVENS BLUFFS – MAY 23

Although this hike was not so long, I hesitate to call it moderate. The first half was more like a grind, on a root strung steep trail. Ten hikers parked by the railway tracks on Norrish Creek Rd, crossed the busy CPR tracks by a colorful graffiti bridge (9:30am) and followed alongside the river, leaving the main Ravens Bluff trail after about 10 minutes. We walked through a naturalist's camp (too chilly for that) and climbed right on the edge of a high bank that had slid away three years prior during the atmospheric rivers.



Then we left that trail to connect with the main one, and soon began the relentless climb to the T-junction by the fallen log. There are six viewpoints along the Bluff trail, some of them numbered. The first two are overgrown. But the third one protrudes onto a rock knoll, overlooking Deroche and the town of Mission in the distance. We turned left, leaving the main trail once again, crossing a creek and then stopping at the tiny cabin built on a sharply angled slope that offered views of Dewdney Mt. This is one of six shelter-cabins built by Wulf Pirang. He also built the Dewdney Grind cabin in memory of his neighbor's sixth son, Ben Von Hardenberg who died in 2003 in a helicopter accident while fighting forest fires.



Only 10-minutes past the cabin was the paragliders' launch

on Little Nicomen Peak where we settled in to have lunch in the warm sun. Case & our guest from Australia, Harry had stayed on the main trail and gone to the southern viewpoint. They ended up getting back to the parking lot just 5-minutes before we did. They don't have mountains in Australia, so as Harry put it, "This was the limit of his capabilities".



After a 40-minute lunchbreak, we backtracked and reconnected with the Bluff trail at the T-junction. Then about 15-minutes of uphill got us to the fifth viewpoint overlooking Deroche with Nicomen Slough below us and on the other side of the valley was the brown-watered Fraser River at the base of Sumas Mt. There was a bouquet of fresh flowers in a pot on top of the bench. This bench was built in memory of Wanda (who passed away in 2018) by a group named the Hiker Babes of which Sheri Kampman is a member. They hike this trail regularly.

The guys elected to stay put there while we continued the short distance to the final sixth viewpoint. There we could see Sumas Prairie in the background but the peaks of Tomyhoi, Slesse & Mt. Baker were covered by cloud.

During the descent we stayed on the main trail and arrived at the parking lot at 1:45. While we were having our tail-gate social, we watched the bridge bend slightly when heavy dump-trucks filled with gravel and pulling a full trailer, drove over it. We also watched two eagles soar close by over Norrish Creek and two fast long trains zoom over the tracks.

Stats: 7.5 km / 595m gain / 474m high point

Participants: Sue A, Lonja B, Lorenz B, Christine C, Cal F, Peter F, Christine Foell, Harry VanPraag (visitor) + Case & **Joce T**

MT. CRICKMER – MAY 31

This day we experienced three "firsts": 1) For 19 of the 21 hikers, it was their first time on this mountain. 2) It was the first time we used quads to get to the trailhead. 3) It was the first time we had a birthday party on a summit.



Organizing this excursion took a bit more time than most. A big thank you to my husband, for getting two quads prepped with custom cut boards to fit four passengers on each and he even bought a small utility trailer for the gear. The quad ride wasn't as bumpy as I expected. I guess my lawn-chair cushions helped and the road was in pretty good shape. After Case & Owen dropped off the first eight, they shuttled back to collect the other eight who had hiked to around the halfway point. Three women were cycling up. Rather than the first group waiting around, we set out at a relaxed pace, Charlotte with her clippers to clear some branches and me with my red flagging tape to mark the way. Turns out the trail wasn't that hard to follow and not as overgrown as I had been warned about. The others caught up to us about 1/3-way in. Once we hung a left, leaving the old logging road, the slope became steeper. Soon we ran into patches of snow which turned into a solid layer as we neared the summit.



What a 360-degree view greeted us at the summit! This one single day, in between all the rainy days, was even better



than the forecast predicted. The afternoon clouds did not close in and in fact lifted from nearby Golden Ears & Robie Reid Peaks during our long lunchbreak. To our immediate left was Alouette Lake and to our immediate right was Stave Lake. Both are very long and narrow, something you cannot see from below. To the south and west Vancouver Island & the ocean lined the horizon with the skyscrapers of Vancouver to the right and the Fraser River gleaming in the sun.



As we were absorbing the fantastic views, Sheri caught Sonia off-guard and sprayed her all over with this blue stringy stuff! Escape was futile. It was quite entertaining. A few of us women had carried party goodies in our backpacks, for Sonia's birthday party. My sparkly candle got a bit wet because my pack was at the bottom of the pile in the mini trailer and some of the water bottles leaked. But it still managed to produce a slight fizzle. And Sheri brought candies & shooter cups for the Fireball Whisky. Sonia used the beautiful self-made Mt. Rexford mug that Allana gave her (no we didn't fill it up). Charlotte brought her birthday bear that sang a merry tune while we made a toast to Sonia and passed around mini-cupcakes with colorful sprinkles. Sonia loves to celebrate festive occasions and often brings goodies along to share with the group. This time it was our turn to spoil her.



Eventually, we packed up and headed down, some glissading down the snow slopes. The first ten of us kept hiking past the trailhead while the others regrouped there and filled the quad seats before heading down. We were almost back at the parking area before they picked us up. Terry had lost her watch on the trail and Sonia ran back to look for it. In the meantime, Charlotte lost her cell phone during our brief quad ride. Both were found. Those were the only glitches out of a complex day.



Of course, the cooler chest & lawn chairs came out once back at the vehicles. Even once everyone was back, most of us were in no hurry to move, even though it was approaching the dinner hour. Sheri got up and lumbered over to her truck but stopped herself abruptly as she was about to start the engine. She realized Irene's head was right beside her big exhaust pipe! Phew.

Stats return from trailhead: 9:15 km / 862m gain / 1378m high

From the gate by Florence FSR, it would've been an additional 9 km return / 475m gain

Along for this fun-filled day were: Elizabeth B, Terry B, Lonja B, Patty C, Denise D, Cal F, David G, Charlotte H, Irene H, Brian H, Sonia J, Sheri K, Terry K, Denise P, Allana W, Cindy W, Owen W + Case T, our 2 dutch students, Peter & Folker & **Joce T**

2024 MULTI DAY TRIPS

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: jhmclellan@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 Warkentine: 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

Position	Name	E-mail
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