



YELLOW ASTER BUTTE – SEPT 4

14 km / 862 m gain



A beautiful sunny day to head out on this popular hike at Mt Baker. The trail climbs steadily thru the forest with many switchbacks before coming out to a more open area with a more gradual climb along a ridge (still gaining more elevation) with views of Mt Baker, Shuksan and other peaks. The clear blue skies gave us a pause to take in all the beauty of peaks and the start of fall colors. The trail comes to a flatter section where views of Tomyhoi and several tarns was a nice spot to take a short rest before ascending the last very steep section to the false summit.



The stunning views of Tomyhoi, Canadian and American Border Peaks and Larrabee gave us all numerous chances to stop to catch our breath and admire the peaks before we continued on upwards. The false summit was the perfect to stop, rest our weary legs and have lunch while enjoying the 360 degrees views. Five members of the group decided to head to the true summit, while the rest of us enjoyed the views before deciding it was time to leave and head back down. Eating wild blueberries, warm sunshine on the back, blue skies were enjoyed while the others caught up to us. We all enjoyed the several cool breezes plus the shade of the forest once we entered it. Ingrid I, Elizabeth B, Heather R, Lori Y, Susan V, Irene H, Lynn D, and Don G all enjoyed this spectacular hike.



by Dorothy Franson

PEAKS AND PALEOLITHS - SEPT 6-17

Tumbler Ridge UNESCO Global Geopark and Willmore Wilderness

Just the facts: Participants – 16

Activities – 8 hikes in 10 days

Cumulative stats – 115K, 4,841metres

The Tumbler Ridge UNESCO Global Geopark comprises a portion of the eastern slopes of the Hart Ranges of the northern Rocky Mountains of British Columbia. High glaciated summits characterise the southern boundary, which is partially the divide between waters flowing northeast into the Murray and Wapiti Rivers, and waters flowing southwest into the Parsnip and Fraser Rivers. The highest point is the summit of Bulley Glacier Peak, 2630 m above sea level. The lowest elevation, at the northern boundary where Salt Creek

enters the Murray River, is 663 m above sea level. There are six provincial parks within the Tumbler Ridge UNESCO Global Geopark. (*Global Geopark Network*) The next closest Global Geo park is in Perce', Quebec, 5,206 kilometers away.



This trip began somewhat inauspiciously with most participants encountering heavy smoke on their second day of travel toward Tumbler Ridge. Most of the smoke was coming from a fire well to the west in the Nechako region, but another fire in the area was not only a source of smoke but also potentially blocking access to hikes planned on the eastern side of the Geopark. Fortunately, the winds changed, and smoke was only an issue for the first hike to **Mt Spieker**. (13K, 548M).



The Mt. Spieker trail is only defined for the first kilometer to the ridge and then it is up to hikers to determine where they want to go. We chose to go to aptly named Neck and were rewarded with three male caribou grazing near a tarn, marmots, rock ptarmigan and a merlin.

On the second day we woke to a forecast of rain, for which we were thankful as it would continue to settle the smoke and opened the road to the east. We began with a short hike to **Babcock falls**, and then continued on to the **Tarns and Towers**, The **Shipyards and Titanic** and finally the **Boulder Gardens**. Lots of interesting geological formations, short challenging scrambles and fossils on these trails. A lone mountain goat watched our exploration of the Titanic. All



Trails would put the day at 10K and 300M but it was much longer with exploration.

The **Bootski Lake** trail (11.4K, 694M) required an hour of driving over a rough gravel road to access. The first bit of the trail on an old logging road was rife with bear tracks but nary a bear was seen. The trail then goes steeply up through the forest before breaking out in the Alpine and once again it is up to the hikers to decide their route to the lake, enjoying breathtaking views no matter what route is chosen.





After taking a rest day we set off for **Cowmoose** (15.4K, 786M). Thankfully the road was in much better condition than the route to Bootski. As with most hiking in this area the trail is only defined through the treed areas and then opens up to exploration, in this case ATV trails provided a variety of options for ascent and descent.



Half the group chose a shorter loop turning back down shortly before the summit, while the other half did the big loop. The full loop includes several tarns on top and a stroll along the edge of a precipitous cliff which overlooks more ponds below on the east side, and a jumble of fallen rock on the west side.



On day five we opted for a complete change of scenery with a hike through mixed coniferous and deciduous forest to **Bergeron Falls** (11.9K, 542 M) which plummet over 100 metres over a sandstone lip into a horseshoe shaped bowl. Plummet is a bit of hyperbole considering the tiny trickle of water on that day, but it wasn't hard to imagine what a spectacle they would be during the freshet. We were occasionally distracted by picking the abundant high bush cranberries on this day.





On day six we were headed back to the alpine and **Holzworth Meadows and Theropod Peak** (7.6K., 5.81M). By this time our ranks were somewhat diminished as hikers began to drift away to respond to other demands on their time, but two local family members joined in to make us 7 for the day. There had been lots of reports of a sow grizzly and cubs in the area so there was some comfort in the larger group. We saw a lot of grizzly sign throughout the day, she'd been digging out marmot holes and excavating large tracts of the alpine, but we never saw her. (I was told that a few days later a hiker sacrificed her cell phone and her ID in her efforts to get out of the grizzly's way.)



The last day on the Tumbler ridge portion of the trip was to **Kinuseo Falls and the Stone Corral**. Kinuseo Falls are the 5th highest falls in BC, after Della, Hunlen, Takakkaw and Helmcken. On this day, we finally saw a very healthy black bear on the road home.



After Kinuseo Falls most of the group disbursed to various locations but five of us continued on to Wilmore Wilderness to do the final and biggest hike, Mount Stearn 15K, 1,003M. The trail head is near Sulpher Gates which is the dramatic confluence of the Sulpher and Smoky rivers. There is a seal in the mailbox at the top of Mount Stearn, seems an odd place to keep one. Turns out it is part of the Passport to the Peaks program sponsored by the town of Grande Cache. There are 21 hikeable peaks in the area, each one has a seal for hikers to certify their ascent, something to think about....



By **Ingrid Fischer**

HAHN PEAK - SEPT. 7



8:45 am start , 6:30 pm finish. Good lunch breaks. Very warm to hot day made it tiring scrambling up Hahn, and up and down along the ridge. Lot of smoke, worst during mid-day at the hottest part.

In Mt. Baker area, by Lake Anne



By Karl Vietnieks

WIDGEON WATERWAYS – SEPT. 9



Fabulous day on Widgeon waterways with friends. The clear water never ceases to amaze. Like Shelley remarked, it's like paddling in a swimming pool. With Maureen Smith, Shelley Rowe, Allana Warkentin.



By Herb Chlebek

WHISTLER-BLACKCOMB TREK: SEPT 16-18/19

Partial Lunar Eclipse-Harvest Supermoon

I timed our COC Whistler-Blackcomb trek to coincide with the Partial Lunar Eclipse or the Harvest Supermoon---such a sight to see for those who took to the night darkness under the thick star night, lamp of the night brightening mountains and lowlands. Whistler-Blackcomb in the snow white winter and Whistler-Blackcomb in the varied hues of autumn are different places to be.



Most arrived on Monday September 16th and we did a 3:00-5:00 pm round trip from the Hostel in Function Junction to

see the much decorated and graffiti lush train wreck (occurred in 1956), box cars strewn in all directions— we minced across the swaying bridge that spans foaming Cheakamus river, fine photos taken of the many box cars now almost 70 years in the forest. Then, back to the Hostel for a lingering dinner and planned trek by gondola to Blackcomb next day.



We had a slight delay on the gondola Tuesday September 17, so Vail gave us each \$10.00 coupons. We were on Overlord-Decker loop trek from about 10:30 am-3:30 pm, a detour up the mountainside to Blackcomb Lake, then the Decker loop to lovely little Decker tarn (where we lunched). Owen, Carmen and Sue were so taken by Decker Peak, they summited the beauty (and such a beauty it is with spacious views) Thursday September 19th the day after our formal trek was over.

We ended the day with a variety of pizza dinners at the much admired Creekbread-Wood-fired Pizza in Creekside (site of the original Whistler back in 1965). We managed to negotiate much cheaper costs for the gondolas, so the easier elevation gain was not as expensive as initially thought.



Wednesday September 18th, it was up the gondola from Blackcomb, then Peak to Peak larger gondola across



Fitzsimmons to Whistler. The mood was misty, not much to see as we headed up above Harmony Lake, higher still past Sun Bowl to Symphony Lake (clouds parting the higher we ascended, lush meadows before us, rock faces and ridges above us, Symphony Bowl a spacious gift, trail leading us onwards, upwards and forwards, High Note our mentor and guide. It was then to the crossroads near Piccolo Peak, Musical Bumps going in one direction, High Note backside of Piccolo the other direction, azure blue Cheakamus Lake below us, across the Valley imposing Tusk. We concluded doing Half Note to Pika's Traverse, a few in the group hoping to get to Whistler Peak but construction crews being stubborn and an obstinate No. The day ended with a fine dinner at Roland's Pub and Restaurant in Creekside.

As mentioned above, a few in the group lingered at WB until September 19, Sue, Carmen and Owen doing a climb and scramble to the summit of Decker—it was a splendid 3-4 trip to WB and so much yet more to see—ski-snowshoe adventures yet before us at WB and the Callaghan Valley this winter.

I might add that Audain Art Museum has a special collection of the paintings of Tom Thomson on until October 14th for those interested in the history of the Canadian Group of 7—also one of the finest permanent collections in Canada of Emily Carr paintings—a must see if in WB Thursday-Sundays.

There was a light skiff of snow on the summit of Whistler and the upper ridge of 7th Heaven this week, so hopefully one and all last Spring did their deed to ULLR and we will have a snow bounty this winter, COC on the hills regularly.

Piz Gloria
Ron Dart

Participants
Carmen Pellegrino, Owen Williams, Monique Simard, Irene Hofler, Heather Ramsay, Greg Schlitt, Tristin Bowman, Susan Abegg, Carol Campbell, Ron Dart (trip organizer)



By Ron Dart

DAVID THOMPSON COUNTRY - SEPT 19-26

12 intrepid hikers met together to explore the David Thompson country (highway 11) in Alberta. Along for the adventure were Lucy, Lonja, Linda, Christine, Al, Ingrid, Cal, Deb, Cammy, Greg, Danny and myself. The area was new to most. Only Al had hiked here before many years ago.



20th- woke to rain so we decided to start a bit later and chose a shorter hike to Siffleur falls. The weather started to improve as we crossed the north Saskatchewan River on a suspended bridge (someone just had to get it swinging 😊). Then another bridge over the Siffleur river led

to a lovely forest walk, steep canyons, rushing water and numerous waterfalls. An interesting and varied hike.



21st- Coliseum Mountain was our destination today. Overnight snow frosted the mountains adding to their beauty. Light snow on the trail did not affect us too much. This is the most popular trail around Nordegg and now we know why. Considered a moderate trail because of all the thoughtfully placed switchbacks (thank you trailbuilders), leading through quiet forests and meadows. One last push through a cliff band brought us to the summit of Yahareskin (the mountain with the cap on). 360 views looking over Nordegg and surrounding snow-capped peaks were spectacular on this site of the first fire lookout (1925). Very windy!

The end of a fabulous day was a stop at the Miners Cafe for a piece of their world-famous pie (well, area famous that is). Delicious!!

22nd- Allstones Lake/Ridge. Steady climb on a good path through forests and beautiful viewpoints. The higher we went the better they were. Abraham lake, mt Michener and in the distance the Kootenay plains provided unending gorgeous vistas to see. Most pushed on to the ridge while a few of us enjoyed our lunch at a perfect place to take in the views. Windy again!! Heading back down the views were even better. Very rewarding day.



23- The group decided to split up today. Some went to the sunset hike off the ice fields parkway, a few to explore the cline/coral canyon and some to explore the local area. We first headed to the dam where we walked along the shore of the reservoir and up to a viewpoint overlooking Abraham Lake. So blue when the sun shines on it. Windy (a common occurrence in this valley)! Walking on the dam we saw where the N Sask river is blocked forming Abraham Lake. The dam flooded some graves and traditional hunting grounds of the Stoney/Nakoda people. Being close to Nordegg warranted another visit to the Miners Cafe for lunch (tough day ☹️). Last stop, Allstones canyon. Very interesting rock walls gouged out from the creek that flowed through there before the dam was built. A nice down day for some of us.



25- A change of pace led us to the Ice Fields Parkway and Helen Lake. A familiar hike to some it was definitely worth a redo. Unsettled weather added to the beauty of the hike with big fluffy clouds flying overhead. Some relaxed at the lake while a few went up to the plateau. Spectacular views were enjoyed by all. Definitely worth seeing again and again!

24- Tuff Puff ridge. Unrelenting climb with amazing views. Numerous viewpoints gave us a chance to rest our legs and enjoy the beautiful scenery. Looking up only urged us to go farther as our destination came into view. Everyone made it to our peak destination which was, again, very windy! The glorious views were well worth the challenge to get there. Everyone enjoyed this “tough” hike.



26- For varying reasons some headed out early. A small group wanted one last short hike. White Goat Falls was the perfect leg stretcher before going. A pretty little hike that

takes in forest trails, creek crossings and rock walls leading to a two-step waterfall. Fun end to a fun and rewarding trip to DT country.

Thanks to all who gave this newbie some ideas and direction. I learned lots from you.

We'll be back!

By **Mary Ann Dykshoorn** (photos by **Lonja B**)

PTARMIGAN RIDGE TO TARNs – SEPT 20

16 km / 600 m

Jan S., Mark S., Denise D., Iraj F.



Fall was definitely happening as we drove to Artist Point, thru clouds with promise of some blue skies peeking through - we were hoping they would all blow away. The clouds didn't blow away, however the clouds moving around quickly, made it very interesting and unique. We did enjoy the blue skies when they did appear.



The temperature was definitely fallish, needing a light jacket keeping us comfortable (at times we did wear puffy jackets and gloves). The trail to the tarns branches off to the left, descending over looser, then a gentler slope over fine pea type gravel, the terrain here is very interesting.



We found a nice open spot just above the tarns for lunch and a rest, enjoying the glacier green of the tarns. We headed down to the tarns after lunch with the cloud cover giving them a darker color. We climbed back up to our lunch spot, putting backpacks on, hiking back up to the main trail with last section being fairly steep. We hiked back thru misty clouds with the sun warming our backs on occasion. Another great day to be out in nature.
by **Dorothy F**

FROSTY BACKPACK & PCT CAMPSITE SEPT 20-22

Stats: 1577 m elevation gain (27 -32 Km)

I almost cancelled this event due to the fact that people kept opting out as time went on and my original group of eight had shrunk to only 3, but as it looked like the weather was going to be good, and nature was calling, three of us: Allana W. Allan M. and myself set out to conquer the climb.



We back packed up the Windy Joe trail to the junction of the Pacific Crest trail and hiked the last 2 km into camp at the last PCT campsite on the 4,265 km trail before civilization.

Along the way

we met a few thru hikers just finishing a five and half month trek from Mexico, (x2 Sweeds, a Brit, Californian and a German) and they were more than willing to share some of their stories with us. There were a few spots on the trail they had to avoid due to the fires in California but other than that it seemed fairly uneventful a great trail!

We left Chilliwack at noon on Friday as I knew the hike into our camp was only 7km and we would be there by dinner time. I had purchased myself a wonderful ultralight pack, and it made a huge difference, also I was assured that there was a water source at the camp, so we were able to keep the weight down.



Left the trail head at 10 to 2:00 and enjoyed a leisurely hike to the camp, arriving there 2 hours and 44 minutes later. Set up tents fixed dinner and we were all settled in by 6 pm. Luckily, we could have a fire as the ban had been lifted.



Heading out on the trail to Frosty which was listed as 10 km, Allana and Allan reached the junction in less than 3 hours...It took me longer as I hike steady but slower. We ran into Cathy U. up there which was pretty exciting. The larches are not yet turning but the sky was blue and the views were spectacular, as were the multiple varieties of fungi!



There was quite a crowd at the summit. I can only imagine what it will be like up there in October when the Larch turn colour. We were back in camp by dinner time and there were two other tents pitched there and the occupants were happy to

share our campfire, so we shared and had an interesting evening sharing our stories. Thanks, Allana and Allan for making such great hiking companions.

By Terry Bergen
CHURCH MT – SEPT. 24

We couldn't have had a better day. The bright autumn colors stood out against a cobalt blue sky. Backlit, the reds looked like they were on fire. We set out at 9:30am on a very well-maintained trail. I was expecting a steep difficult ascent but was pleasantly surprised at how gradually the trail zig-zagged upwards. In 1:30 hours we were out in the open in the meadows where we got our first views of Mt. Baker with its cloud-cap and Mt. Shuksan to the southeast.



The trail veered to the west, over a creek, past red, yellow and orange slopes and finally up the short steep grunt (equipped with a cable) to the subpeak. The true peak is a climbers' route. The two Kidney lakes were then visible to our north. To our west was the ocean, the Border Peaks, Tomyhoi & Larrabee to our northeast, and Mt. Sefrit + Icy Peak to the east. We were in no hurry to leave our lofty perch. But eventually we did, to rejoin two other members of our group that stayed at the base of the steep part.



With the hard part behind us, we took our time going down. Some stopped to go blueberry picking, some to take more fungi photos (there were plenty of mushrooms). The meadows were full of grasshoppers and the thistles crowded with bumblebees. We got back to the parking lot from 3:30-4:00pm. Seven of us had dinner at El Nopals in Sumas. It was a great traditional way to end a wonderful peaceful day.



Stats: 14.5 km / 1252m gain / 1837m high

Participants: Sue A, Terry B, Redina B, Denise D, Peter F, Irene H, Patrick R, Mary R _ Case & **Joce T**

MONUMENT 78, WINDY JOE – SEPT 28/24



A great hike to Monument 78 and five of us crossed the bridge over Castle Creek to the monuments. Windfall was cleared so we gained some extra time, and considering this a bonus, two of us did Windy Joe on our return. 27.5 km with 1120 meters elevation gain with 8:45 am start and 6:00 pm completion. This included 1/2 lunch break at Monument 78 and 1 hour 2nd lunch and relax break at Windy Joe.

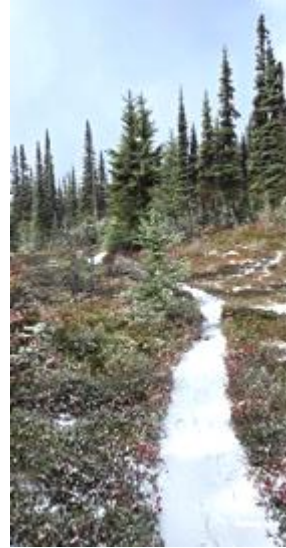


By **Karl V**

ZOA PEAK – SEPT 29

7.5 km / 500 m

Lonja, Linda, Brian, Ling, Judy, Afsana, Tiff and her guest Geoff



The drive to the trailhead was rather rainy and not looking very promising though the night before the weather forecast did look good (I checked 2-3 sites). We arrived at the parking lot with a light rain falling and light snow on trees.

The group consensus was still to go and hope the weather improved. The start of the trail has a steeper incline for the first 2 km before heading into the forest. A light snow covered the pine trees giving a Christmas feel to them. The leaves were starting to change color, giving us time to stop and admire as we caught our breath.

The trail branches off into the forest where a steep climb awaits in the snow-covered trees before becoming just a steady uphill climb. The weather didn't really improve with a light snow falling and at times a very fine snow.



When we reached where the trail branches to the viewpoint (thanks Judy for telling us about it), we headed there to see if we could get any views and see Falls Lake. After we all took pictures of the lake, we headed back a short distance to a large outcropping of rock where we enjoyed lunch taking in the fall colors. At this point in time, seeing that the summit would be completely socked in, the chance of more snow and inclement weather erring on the side of caution, I felt it was best to turn around and the group agreed with me. Heading back, the clouds did roll in more and it started to snow...felt much better about the decision.

Despite the fact we didn't summit, everyone enjoyed the day, even with the snow. The fall colors and promise of views make us want to return when the weather is better.

By **Dorothy F**

CLUB INFORMATION

Notice to Trip Participants

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

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

Required Equipment

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

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

The Ten Essentials

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

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

Equipment for Club Members' Use

2 Shovels	2 ice axes
2 pairs of crampons	2 avalanche probes
2 avalanche transceivers	
2 pairs of snowshoes	
	contact Cal Francis to use: calfrancis@gmail.com

Note: All equipment must be returned in the same condition as borrowed or repaired appropriately. The equipment is being examined to determine its state of repair and will be reviewed by the Board of Directors as to what should be retained, scrapped or sold.

Hike Grading System

Duration (hrs.)	Elevation Gain (m)	Difficulty
A 0-4	1 10-500	a Easy
B 4-7	2 500-1000	b Moderate
C 7-10	3 1000-1500	c Difficult
D 10+	4 1500+	d Advanced

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