



**CAMC**  
**CENTRAL ALBERTA MOUNTAIN CLUB**

November 2008 Newsletter  
[www.camchiking.ca](http://www.camchiking.ca)

Well the summer is behind us, and fall is now upon us. It sounds like fun was had by all that attended the Turkey Trek, Hike reports and pictures are attached. Hope everyone had a great summer and a great fall so far. The weather has been fabulous, lots of warm weather to appreciate the outdoors. Isabel

**Next General Meeting will be March 11, 2009 at Kerrywood Nature Centre @ 7:30 pm. See you there. We will be nominating, voting and appointing new executive member for the following positions.:  
President, Treasurer, Newsletter, and Courses chairperson**

## **Treasurer's Report**

Carmelle O'Shea

Our bank balance at October 31, 2008 is \$3144.54.

We saw 3 new members join the CAMC in October and additions to memberships making them into family memberships. Our total count is now 81.

The Turkey Trek once again was a success. We had a nice crowd of about 20 come out for hiking, good socializing, hot tubbing, and fabulous food. The weather held up again for us, so hiking was good. No snow yet, although the ambitious group ran into snow on their way to Wilcox Pass. Back at the hostel, we had sunshine and brisk winds, but no snow. I even got in some leisurely hiking and walks on Saturday around the hostel before and after cooking. Then after stuffing myself silly on Saturday night's meal, it was great to get out and burn off those calories doing All Stone's Creek hike on Sunday.

This year, with everyone booking their own beds at the hostel, it made life so much easier for the treasurer. We did not have a costume party like we had in other years, but that certainly doesn't have to be the norm. So think of a theme, and we can sure do a costume

party next year. Some folks are tossing around the idea of holding the Turkey Trek wind down elsewhere next year for a change of scene. So if you have any suggestions, please let us know.

Thank you to Betty Jaap for helping cook such a wonderful meal again this year. Thank you to all who brought out appetizers, deserts and salads. There was no shortage of food. And lots left over for lunches for Sunday's hikes. Even had pie for breakfast.

Thank you  
Carmelle O'Shea

### **NEXT BIG EVENT –**

**The Best of Banff Film Festival in January.**

**The CAMC usually has a display set up in the foyer to promote the club before and during the Best of Banff. We will be looking for volunteers to man the post and answer questions about the club, hand out membership forms and info. Please let me know if you wish to volunteer for one of the nights. – Carmelle**

### **My report from Turkey Trek trip**

#### **Girls Just Wanna Have Fun!**

Participants Karen, Peggy, Sylvia Laurie, Christine, Kari-Ann, Ann, Pam and Sandy  
On Saturday morning it was girls' day out in the mountains as 9 of us headed out to find the entrance to the Wapiabi Cave System. Sylvia has been in the cave a number of times, but always riding in the back of a vehicle, so wasn't sure of directions. We were pleasantly surprised to see that the way is well signed. To get there - head North on the Forestry Trunk Road just west of Nordegg. Turn left at the sign for Chungo Creek Road and then left again at the sign for the Wapiabi Recreation Area. The total trip is about 35 kilometres on the forestry trunk and logging roads. There is a sign in the area where you park that provides some information about the area and about access to the caves which is only permitted in spring and summer. Bats call the caves their home and hibernate there during the fall and winter. While access to the cave mouth is straight forward, it is highly recommended you contact a guide familiar with the area to take you caving. The Centre for Outdoor Education offers caving trips.

The hike in follows an old logging road along the banks of the Wapiabi Creek. The creek looks like it is prone to frequent flooding with lots of washed out areas, so pass in front of the trap line cabin and keep on an old logging road which eventually turns into a well-defined footpath. The trail leaves the creek bank at a pile of rocks that once was a cairn. There are two outfitter fire pits located here and the trail take-off is marked with surveyor tape. We started up the take-off only to discover that it disappeared as quickly as we had found it. A little investigation though told the tale. A tree had fallen onto the trail and

obscured it, but scout found the way and we were off. The trail goes up quickly so is fairly steep. In one section, it passes through a rock gully and then over a band of rock. Caution will get you through without too much trouble.

Despite the effort of the climb and the sun on our backs, the wind was biting our hands and faces. We stopped for lunch in the trees and a break from the wind. The last push to the top was steep with some snow on the trail to challenge our footing. By now, the wind was starting to pick the lighter people in the group up off their feet!

Most were surprised to see the size of the entrance to the cave. Ropes are usually put in place to assist you as you work your way down. You lose light by about the 10 foot mark, and the feeling can be a bit claustrophobic for some especially given the narrow opening. Once inside the cave there are open caverns, some chokes to explore, and an interesting formation at the bottom called the jailhouse where you can climb behind stalactites coming down from the cave roof and have your picture taken in jail. All this for another time though, when we have a guide with us. From examining the topo maps for the area, I estimated the climb to be 650-700 metres. If you look at the pictures, it is very possible to go further up and look out over the prairie and the gap, but wind kept us at the cave entrance for this day.

We were back to the hostel in plenty of time for some 'horse dovers' and a hot tub for those who were chilled from the wind. Supper was excellent and a big thank you goes to cooks Carmelle, Bonnie and Heather - well done!!

### **Looking for Gold**

Participants Bertha, Frank, Christine, Kari-Ann, Ann, Sylvia

Usually we have trouble rousing people out of bed for a Sunday hike, but we were on the road by 10am this morning, heading out to Camp Goldeye. Today's trip was planned as a bit of an exploratory to check out possible ski and snowshoe areas. New, old owners (have been previous managers) have taken over management of the centre. They have a rather vague map available of the area, but we missed the trail that we wanted to explore so instead hiked our way around the lake. This is a very nice walk for those of you who haven't explored the area and was a good way to get Saturday's kinks worked out. While chatting with the management, we learned that the area is popular for skiing, but the trails are skier set rather than track set. Goldeye is open year round and caters to individuals and groups. Information about accommodation, meals, amenities and pricing is available on their web site. By noon we were back in Nordegg for a bit of lunch and some hot coffee to warm our hands after another chilly day.

I would also like to thank Carmelle for all her behind the scenes work, pulling the Turkey Trek together for another year. I would encourage everyone to start thinking about how you might be able to help with club activities like this for the coming season. Being like a club is like being on a team - **Together Everyone Achieves More!**

Submitted by Sylvia



**Pictures submitted by Sylvia**

## Allstones Creek Trip Report - October 26, 2008

Submitted by Heather

This creek-walk was attended by Karen Riley, Carmelle O'Shea, and newest member, Heather Bartzis, on the Sunday of the Turkey Trek weekend.

This is just a beautiful walk for this time of year as it is in nice country but not as apt to be snowing yet. Even at that, we felt privileged to be out there at the end of October! There are interesting slabs of brown rock standing up sideways all along the creek. There is no real elevation gain, and the sound of the water is cheerful all the way along. Add a little sunshine, some very fresh mountain air, the chirping of birds, and you have a perfect day!

The trek in to the falls was about 2 hours. We had to do about a dozen creek crossings on the way in, and started out making our 'bridges' out of rocks. These quickly iced up if they got splashed at all. (Just try not to splash when you throw a large rock into a stream!) Tree logs worked better, but there weren't as many of these around. Karen's hiking poles came in very handy as we used them for balance in crossing the logs. The walk was mostly level until we were about an hour in, when we had to portage up and over a steep climb to the left. It might be refreshing just to walk through the water on a warmer day, but we were already a little ch-ch-chilly. Lunch was a quick stop at the falls as it was definitely cooler there.

The trip out took about 1 1/2 hours including a little side trip up the canyon to see what we could see (I think this is called mountain climbing). We looked for a trail of some sort leading back to the highway, but the only one appeared to be a 'higher-ground' trail back to the falls. No-one felt like bush-whacking so ...back down to the creek bed. We got a little smarter on the way out and found a log we could carry with us for stream crossings. The trick here was to get a fairly light piece of wood with a few sturdy 'arms' on it....which helped lodge it onto the rocks for support and kept the rest of it out of the icy water. This made our trip back out about a half an hour shorter. The creek empties into Lake Abraham just south of the road where there is a lovely, sheltered lagoon. (We wondered if this might be a great swimming hole in warmer weather!)

This was a great day! We thought we'd love to extend this hike further another time by going up and around the falls, given more time.

Lessons learned: -The new bear spray being sold this year is *much* stronger than the old stuff and will choke you slowly: don't try to hike with the cap off. (Sorry ladies.)

-Mittens freeze as hard as rocks in October when they are wet (use these to whap the bears with, as you *don't* want to mess with the bear spray).

- Carmelle will climb back down a cliff to get her mitten.
- Turkeys usually get the month of October off. (What an extraordinary dinner!)
- The newcomer gets to submit the trip report. Hey, this was fun!
- The CAMC hiking group is a terrific group of people!

Thanks so much for making me feel welcome, even though I only joined up on the last day of the season. Looking forward to playing with all of you again!

Technical notes: Access point is 30 minutes west of Shunda Creek Hostel/Nordegg on Hwy 11 and is marked from the highway. The creek-walk is to the north of the highway, and you follow the creekbed. Park on the side of the road where the creek runs under Hwy. 11 (or take the next left into the 'random camping' area and make your way back to the road; you can then cross the highway back to the creek or walk through the dry culvert underneath, but watch for rocks in there as it's dark). It really doesn't matter which side of the creek you start on as, most of the time, you will be walking through the middle of it or criss-crossing it by bridges (you get to make them). About 3 1/2 hours to the falls, return trip. We saved "the log" for you. It is leaning against the rock face just to the right of the first firepit you see at the beginning of the hike (beside the little spruce tree). ;-)





Pictures of Allstones Creek Hike submitted by Carmelle

## **Tent Ridge Hike**

Participants Peggy, Frank, Roy and Sylvia

A lesson in how weather and geography play together to change your plans! It was great on the prairie, the sun had been shining, there was no sign of precipitation, and all bode well for a trip into the Shark Mountain area. A check on condition seemed to indicate that all was a go and our trip down seemed to confirm a good day ahead. By the time we got into the higher elevation of the Shark Mountain Area though, conditions had changed some. The tent ridge trail requires a little route finding as it is not marked, That quickly becomes compounded when the trail is covered by about 4 inches of snow! We weren't the only ones out to find our way to the top though, so we set off after 2 fleet-of-foot young men. They made it to the lake, but not to the top of the ridge. We didn't make it to the lake. The snow cover increased significantly and the route we had chosen was up an old avalanche slope that became increasingly steeper, with ice and snow under foot. Prudence was the word of the day as our leader attempted to go over a rock band and slid back about 25 feet before performing a self-arrest- sort of. The rock band was playing music we didn't like! Not to be put off though, we had a great time under big blue skies and a temperature that went from 9 below when we started to plus 1. We all agreed that this is a definite do-over as even the elevation that we got to had some fantastic views.

Submitted by Sylvia

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