

Mountain Skills and Trip Coordinator Course
Saturday May 24th.

Saturday morning came earlier than any of us would have liked after a late night Friday. Despite being tired we all managed to get out of the hostel and be on the road just after 9:00.



We stopped on the highway to do some map reading, and then made our way to our destination for the day. We did our introductions and talked about what to talk about before leaving for a trip, then off we went. We walked up a creek for a few minutes before stopping for our first lesson on the trail. We learned to look behind us all through the day so we know what our trail will look like on the way out... a great way to navigate your way out of an “alternate location” if you don’t have a map and/or a compass.

A ways up the trail we were stopped again for another map reading session. At this point it was discovered by all that we had completely missed our first waypoint... Oops! Just goes to show that being just a few meters off the beaten trail can make a big difference. A little further up we got a good look at what the power of nature can do. The huge horseshoe shaped slide in the side of the mountain had us all in awe! We gave this area the wide berth and continued on.

When we stopped for lunch we learned about icky ticks and how to get rid of them. During the presentation John looked beside him and spotted one on the ground. We all got a good look and then tossed it back in the bush.



We approached the “pinch point” along the creek and did a lot of creek hopping, where some decided to demonstrate how not to cross a creek. Just passed the creek we stopped for more lessons. We learned about clouds, weather patterns, hydration, wildlife and so much more!

At this point we decided it was getting late and it was time to head back. One lucky participant got to be the first leader and had to deal with “B!@#%Y Betty” and a hiker with a bum knee. It was just after this that Steve decided it was time to learn to build emergency shelter. We were split into three groups, each with a different tarp and had a go. It was quite a surprise to learn that the best shelter is one that is flat and just above the ground as it keeps the heat in and the wind and rain out. We all had fun “sleeping” with each other in all the different shelters.



Wow, what a long day. Around 8:30 we finally we made it back to the hostel! Melayne was given the task of coordinating supper while everyone else took well deserved turns showering. After a fantastic supper of sheppards pie, home made baked beans, quinoa salad, Greek salad and of course dessert we were given the task of finding our destination for Sunday as well as a couple of other tasks. At this point everyone was so tired that I’m not sure any of us did well figuring it out, lol. Finally at about 11:00 we all headed for bed and wow did we sleep. Thanks Steve and Sandy for a fantastic and exhausting day!

Amanda, Jacqui and Randy