

## Helen Lake Cirque Peak/ Bow Falls Trip Report

Seven members, Mark, Tricia, Amanda, Dion, Don, Phil and Janice made their way to Mosquito Hostel anticipating a great weekend of hiking and socializing. This was another first for me never having stayed in hostel before, so I was wondering what it would be like. As usual I was pleasantly surprised. We settled in and got some rest so as to be ready for the challenge of Cirque Peak in the morning.

Our day started out fairly pleasant with some sun good chatter on the trail and beautiful views. We didn't encounter a lot of hikers initially and made our way to the lake. Things changed as they are prone to do in the Rockies and soon we were donning rain gear as the clouds rolled in and rain fell. We trudged on in hope the weather would clear eventually halting at a big boulder perhaps 3/4 of the way up, to discuss our plan. It was unanimous a summit was possible if we all wanted to freeze and risk getting blown into Saskatchewan, so we turned back and headed back to the lake where we warmed up a bit and ate lunch.

The peak will be there another day. We got back early enjoyed some relaxation, food and afterwards a short walk through the campsite. The elevation gain was estimated at 12 feet, both ways! We found the spot where the Bow River and Mosquito Creek join. Somewhere along the way I got the job of writing a trip report I believe it was a conspiracy as I still think I won that coin toss!! It was then back to the hostel for more stories, campfire and some entertainment, in the form of two young couples dancing around the woodstove!



Sunday we were joined by two new members, Bob and Marilyn, who had camped just outside the park and met us at the parking lot. After introductions we headed through the gaggle of tourists on their 20 minute break off the bus, and headed around the lake. Again we had sunshine and an easy walk up to the falls. That's when rain hit us again but only for a brief period before the sun returned. We saw two brave souls standing arms outstretched, at the top of the falls, and wondered how they had reached that point. Another one to check out, another day. We said so long in the parking lot and headed towards home. Not long thereafter we came across a cinnamon grizzly right by the roadside! Must have been the one the cutest Park Ranger I have ever come across on a trail, was looking for on Saturday when she saw us near Helen Lake!! All in all a very nice weekend. Thanks to Amanda for her capable coordination of the group!!

