



CAMC
CENTRAL ALBERTA MOUNTAIN CLUB

July 2008 Newsletter
www.camchiking.ca

Next Meeting

Wednesday September 10, 2008

GENERAL MEETING 7:30 pm at Kerrywood Nature Centre – 6300- 45
Avenue

Just a friendly reminder from your Newsletter Editor to the Trip Leaders; please ask for a volunteer to write the Trip Report before the hike and to submit it to newsletter@camchiking.ca. Thanks

TRIP LEADER'S COURSE – Jack Burns

Update:

This year's Trip Leaders Course is about to kick off with the evening session (administration and map using) scheduled for **Wednesday 16 July in Red Deer** vice the previously advertised 17 July. Please note this change.

The weekend dates of 19 and 20 July are still a go with evening accommodation for both the Friday and Saturday nights available at Steve Irwin's home in Canmore. We will be hiking in Kananaskis both days; details will be available at the Wednesday evening session.

Course participants are expected to attend all sessions. Cost is \$25. Maps will be provided.

If you have any questions, please give me a call at 403 346-7127.

Jack Burns

Ever wanted to know what to do if you are lost? What if you stumble into a grizzly? What are all those squiggly lines on the map? What is the secret to crossing a scree slope? What does that high streaky cloud mean for the next day? How do you deal with that individual who just can't keep up or who can't slow down? Have you ever asked yourself any of these questions either as an individual or someone leading a group?

With the Club taking on a new and dynamic approach to our trips, there is an ever increasing importance for trip leaders to be able to answer these questions. Thus the genesis for a trip leader's course whose aim is to improve wilderness skills with a particular emphasis on leadership. In years to come, all trip leaders will be required to have had this course as well as a first aid course. So if you aspire to be a trip leader or simply want to improve your wilderness skills, this is the course for you.

This course will consist of two full days of on the trail instruction, learning and practising your skills in the hiking environment and one evening of classroom work. Content will include trip administration, map reading, compass and GPS use, leadership, group behaviour, travel techniques, emergency procedures and weather. Course instructors are Steve Irwin and Jack Burns. Course dates are 7-9 PM on 17th of July in Red Deer and the weekend of 19-20 July in Kananaskis. **The cost of this course is \$25.**

Info regarding August 16 HIKE

Anyone interested in the Crowsnest scramble for the weekend of August 16, please note that I will be out of the province until August 7. If you are interested in taking in this scramble, please contact me after my return. I plan to stay at the Allison Creek Campground and scramble Mt. Crowsnest on Saturday. Ideas for Sunday include climbing Turtle Mountain or perhaps Window Mountain or if not the mountain at least in to Window Lake. For descriptions of these locations check in Hiking the Historic Crowsnest Pass, where that authors Jane Ross and Willian Tracy state that you need plenty of time - 5 hours one way to do Crowsnest but that "one-armed people and pet dogs have made it to the top". This being said though, do read the description thoroughly as this is a scramble.

Thank you
Sylvia Baran, Trip Leader August 16

Trip Reports

Tamarack Trail Backpack June 30-31 July 01-02, 2008 Submitted by Sylvia Baran

The Tamarack Trail is located in Waterton National Park, a 4-hour drive from Red Deer. The trail takes you through a backcountry area of the park system that follows much of the Continental Divide. It's 37 km in length and has lots of elevation changes throughout with an overall elevation change of 1000m.

There are few backpacking trails in Waterton, and this one is considered a premier trip. Permits must be arranged. The number of backcountry tent sites are scarce, perhaps in a nod to cutting down on backcountry traffic and the wildlife stress it creates - or more realistically older established campgrounds without much upgrading over the years. We noticed that a tent pad was located beside the cooking site at Twin Lakes - not an ideal arrangement. Bear poles are not fitted with cable and pulleys so you need to bring your own. An advantage to the wildlife that can get caught in cables left carelessly dangling.

Day 1 - Saturday June 30

Our crew of six in two tents met at the boat launch in Waterton for lunch. At the check-in for trail permits and conditions, it was confirmed there was lots of snow. Undaunted we positioned vehicles at either end of the trail. One car went to Akamina Parkway and the Lineham trailhead, the other at Rock Wall Canyon, our start point for the trip. Most will hike in the opposite direction to loose elevation. Hiking backwards though gave us the advantage of dealing with the snow conditions if they proved to be to onerous.

First surprise? Kevin and Lauren were at the Red Rock trailhead getting ready to go up to Goat Lake with some friends for one night. Hellos and hugs were exchanged.

Four hours, 12km and 500m later we reached Upper Twin Lakes our home for the next two days. Average snow depth throughout the campground was six feet. Only little islands of ground were visible. Our camp mates from Drumheller occupied one of these, the other just fit one of our tents, and one tent went on the snow. Upper Twin Lake at 1970m was still frozen. About twenty feet out, we chipped out enough ice to create a water hole. Luckily there was a small bare patch of ground with flat stones and logs for a cook site. The bears would have had fun with out packs on the poles as the snow gave them a 5-6 foot height advantage. A beautiful evening capped off a scorcher of a day.

Day 2 - Sunday June 31

Big blue skies and warm air currents already, greeted us for breakfast. Today's destination was Sage Pass. This is a 1.5-km side trip from the lake and rises to 2131m elevation. Once in the pass you stand on the boundary of the National Park and look into British Columbia and the logging industry. Roads crisscross the expanse of forest in front of you. A surreal feeling overcomes you as you look back to isolated backcountry on the one side and heavily logged not so isolated backcountry on the other side of the pass. There are two obvious ridges to climb from this point. One begins right at the col and takes you westerly to look down over the lakes. The other less obvious route takes you east and then north to the height of the Castle River Divide Ridge at 2350m. Although no route is marked or indicated on the map for this trip, common sense leads where others have gone before and once out of the snow we discovered a nice little trail right to the top. The view of the Continental Divide from here is big and wide and high. Towering snow-covered peaks emanate from Montana, British Columbia and Alberta and crowd along the divide like soldiers.

That evening, several of us explored independently about for the trail that would take us from Lower Twin Lakes to Lone Lake, our next destination. While it was apparent where

the trail had to go, the trail itself was obscured by lots of snow and subject to frequent rock fall from the face of a large cirque it passed beneath. The trail then catapulted steeply over another pass. It would be a challenging trail even without the snow cover so group consensus was that it wasn't worth the risk on this trip.

Day 3 - July 01, Canada

We broke camp early and headed back toward our starting trailhead for 3.5 km to the Snowshoe Campground we had passed on day 1. By 8 a.m. we had breakfast cooking and saluted Canada in song and with our Canadian bacon! We won't mention who had trouble with the words. We stowed our gear on the front porch of the ranger station located at the campground and headed up to Avion Ridge. Again this is not a clear-cut trail and requires route finding. Up through snow, again in the 4-6 foot depths, we took the obvious route and found ourselves out on a beautiful scree ridge with a nice little scree trail in front of us. At this point it contoured around for about 3km to reach Newman Peak at 2420m. It was so hot we stayed only long enough for the views and pictures - very unusual behaviour among a group of ridge walkers when there was oodles of ridge to walk. But the heat and common sense prevailed.

The highlight of the evening was the flies. Big and numerous and assertive, they tried to take off with one of the cooking pots! Luckily, supper was almost done.

Day 4 - July 02

Nothing beats the sound of a morning thunderstorm in the mountains. The big bass notes seem to peel off one from another to create a sustained reverb while the birds add treble to the melody and the raindrops form the percussion ensemble in nature's orchestra.

What a change the previous 3 days of heat had made to the landscape. Waterton is known for its wide and unusual variety of plant life and today was no exception. Yellow balsam, yellow viola, glacier lily, paint brush, bear grass, larkspur, geranium, lupine, buttercup, clematis, roses, monkey puzzle, strawberry, arnica, thimbleberry columbine, potentilla, speedwell, moss campion, anemone, globe flowers, western beauty, camus golden rod, pussytoes, jasmine, rhododendron, mock orange and a whole bunch more were competing for the most beautiful gown at the ball. And the sweet smell of it all hanging on the sultry air was heady. Of course some of the smell was bug dope.

After a nice hike out and lots of pictures, we repeated the car shuttle and made our way to Waterton. Some of us had a shower, some a change of clothes, an ice cream and latte. Being the experienced hikers we are, the rain hit just as we left the park. Timing is everything in life. Next time - we'll complete the Tamarack.

Mount Lawrence Grassi – July 5, 2008

This was a steep, steep hike. Oh yah did I say it was steep. For me it was a challenge and for a few of our group of 5. It was a fabulous day for a hike and we stayed on trail; didn't lose it. The views at the top were great and it was a fabulous cardio-workout. An unrelentless climb up and down. Debby definitely made it a "hands" on hike and a slide down---a few holes in the shorts. But everyone made it off this hike alive.



Isabel, Debby, Ross, Peggy, Michael

Here are the GPS stats for the Mount Lawrence Grassi trip:

Participants: 5

Distance: 11.3km

Start Time: 10:16am

Finish Time: 5:13pm

Moving Time: 3h 32mins

Overall Time: 6h 57mins

Beginning Elevation: 1674m

Minimum Elevation: 1674m

Maximum Elevation: 2724m

Elevation Gain: 1050m

Moving Average: 3.2km/h

Overall Average: 1.6km/h

Trailhead: N51 03.705 W115 25.098

Rockbound Lake-Helena Ridge – July 12, 2008

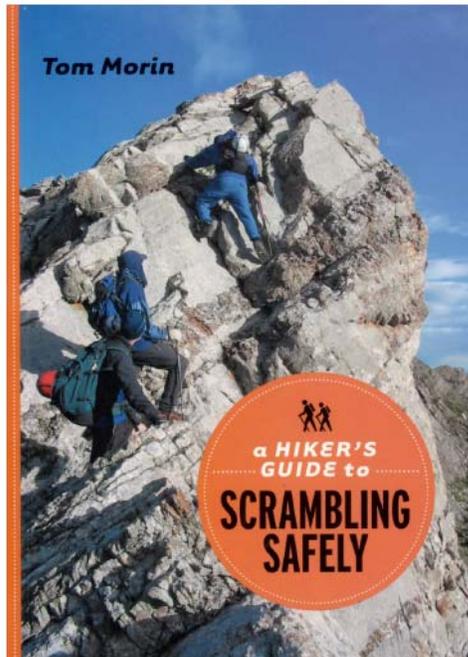
Another fabulous day for an awesome hike. A few of us stayed at the Castle Mountain Hostel on Friday which made a nice start to Saturday morning. We started this Hike at 7am due to the length and elevation. The gradual ascent to Tower Lake was nice and easy. Then on to Rockbound Lake, a bit more of an incline; this was approx 8.6 km in. The sky was blue; the flowers were plentiful including shooting stars; columbine, Indian paintbrush and various other flowers in all colors of the rainbow. It was a photographers dream and Bill did take advantage of this. A bit of a scramble up to the knob where we had lunch. Then more scrambling up to Helena Ridge. Definitely a challenge and a bit tricky in some spots, but at the top WOW, what a panoramic view up there. This was definitely one of those Summits that you felt like you hiked to the “top of the world”. It was quite windy, so there were a few photos taken and then downward ho. Not as bad as I thought going down here; however it was a bit challenging farther on, but we all did OK. This was Wynn’s first hike this year (I believe) with new boots and she did amazing. A bit tiring but she made it. The hike down was loooooong and seemed to take forever. Over-all a great hike and awesome view at the Peak. It was a long, tiring day, but definitely worth doing. Bill did do the Castle Mountain Peak and said it was awesome; he joined us on the way down at about Rockbound Lake.



Michael, Bill, Wynn, Karen, Cheryl, Isabel, Willa, Jabbar, Ken

GPS Stats for Rockbound/Helena
Participants: 9
Distance: 22.8km
Start Time: 7:20am
Finish Time: 4:37pm *
Moving Time: 6h 31mins *
Overall Time: 9h 17mins *
Beginning Elevation: 1460m
Minimum Elevation: 1460m
Maximum Elevation: 2896m
Elevation Gain: 1436m
Moving Average: 3.5km/h *
Overall Average: 2.5km/h *
Trailhead: N51 16.128 W115 54.957
** stats that apply only to Michael*

Book Review **Submitted by Sylvia Baran**



I have a hard time explaining what scrambling means. So when I saw this book I glanced through it and thought why not... maybe there's something in here that will help.

There's lots of information here to help the hiker who wants to advance to the next level of exploring in the mountains. The author, Tom Morin brings many years of experience shaped by "starting with the easy stuff" and building his skills and ability over many years of safe successful mountaineering.

Morin writes clearly and with an underlying message of safety that all of us can learn from. He includes brief accounts of actual accidents and discusses what went wrong - or right - from his point of view.

If you are interested in learning how objective and subjective dangers influence your scramble, the rating systems, what some basic mountaineering skills are that you need in your scramblers toolkit, and when to tell that you're not scrambling but doing something else more dangerous, check out this book from Rocky Mountain Books www.rmbooks.com under the climbing category on the toolbar to the left of the page. At just 112 pages, it's worth spending a night and a coffee on. Oh, and as Morin says, don't forget to read the front of the book too 'cause that's where you find out the authors background, expertise and intent of the book.

Treasurer's Report

Carmelle O'Shea

Our bank balance as at July 2, 2008 stands at \$3194.34.

We had 5 new members join the CAMC since our last meeting in June. Membership total is 66.

Turkey Trek – October 25-26, 2008

I know that it is early to be talking about a wind down weekend of hiking for the CAMC, when some of us haven't even got out on a hike this season yet. But I wanted to pass on some information to those who are new to the club, and have not yet been to one of our Turkey Trek weekends. There are some changes as well as to how the weekend will be organized that I wish to pass on to the members – new and ongoing members.

The Turkey Trek takes place on the last weekend in October – 25-26, 2008 at Shunda Creek Hostel just west of Nordegg. Various hikes will be planned for the Saturday and the Sunday. Members can come out Saturday morning as long as you plan to arrive early enough not to hold up a hike scheduled to go that day. (8 am – 9am)

Then on Saturday evening, we all sit down to a full turkey dinner with all the trimmings. The CAMC club pays for the turkey, ham, potatoes, and vegetables. Members are invited to bring 1 potluck item to add to the meal, i.e. salad, or appetizer, or desert. There never is a shortage of food.

Some members volunteer to stay around the hostel to prepare the meal. These members can do a short day hike as well. The members who prepare the meal do not do the clean up afterwards. Those who had a full day of hiking and came back to a wonderful prepared meal take turns cleaning up the hostel. On Sunday, there are usually lots of leftovers to prepare lunches for that day's hikes.

SHUNDA CREEK HOSTEL BOOKING INFO

In the past, the CAMC has reserved a block of beds based on an estimated number of attendants and prepaid the fees as 50% of the total fees was required at the time of booking. Then the treasurer collected the fees from the confirmed number of members attending. This got to be cumbersome, as the numbers would change, and people would back out of coming, or want to come at the last minute. SO.....

This year, it will be up to each member to call the hostel, and make their own reservations.

SHUNDA CREEK HOSTEL Toll free number is 1-888-748-6321. Or you can visit their website and reserve your bed online at www.hihostels.ca/shundacreek

The fee to stay at the hostel per night is \$24.00 plus tax for non hostelling members. There are 47 beds in total at the hostel. I recommend calling to check what their policy is on cancellation of individual bookings as these rules may differ from group bookings.

No sleeping bags are permitted at the Hostel. They provide sheets, pillows and blankets. Check in time is 4 pm – 11 pm. Check out time is 10 – 11 am.

At the September meeting for the CAMC – Sept. 10, 2008 we will be discussing further details of the Turkey Trek as well as have sign up sheets for who will be bringing what item to the dinner.

I hope to see some of you before then.

CAMC Executive

President	Peggy	president@camchiking.ca
Vice President	Doug	vp@cemchiking.ca
Trips Chair	Steve	trips@camchiking.ca
Treasurer/Membership	Carmelle	treasurer@camchiking.ca
Courses Chair	Jack	courses@camchiking.ca
Programs Chair	Maureen	programs@camchiking.ca
Newsletter Editor	Isabel	newsletter@camchiking.ca
Web Editor	Kevin	webeditor@camchiking.ca

Central Alberta Mountain Club

Minutes of the June 11/08 General Meeting

Location: Kerry Wood Nature Centre, June 11, 2008, 7:30pm

Welcome & Introduce Executive: Peggy Gougeon (President), Doug Robson (Vice President), Carmelle O'Shea (Treasurer), Jack Burns (Courses), Steve Irwin (Trips), Isabel Thomson (Newsletter Editor (absent), Maureen McCall (Programs)(absent)

Report from (Vice President) Doug Robson

- Discussed June 21/08 hike to Old Baldy Ridge – Sign up sheets will be out during break for anyone interested in signing up.

Report from Trips Chair (Steve Irwin)

- Discussed Old Kiska Fire Lookout bike trip – cancelled due to rain on June 7/08 –will announce new date when one is set up.

Report from Treasurer (Carmelle O'Shea)

- Bank balance as of May 31/08 - \$2978.00
- Anyone wishing to purchase their new membership for 2008/2009 see Carmelle for forms & waivers. Single Membership - \$20.00, Family Membership - \$30.00
- Can also pick up membership forms at Valhalla.
- We are at 52 members to date.

Report from Course Chair (Jack Burns)

- T-shirts are available for purchase but Jack forgot to bring them tonight so anyone still wishing to purchase a t-shirt can do at our September 10/08 meeting
- Trip Leadership course 1st time- hoping to run annually. Organized by Jack & Steve on evening of July 17/08 to cover admin info July 19 & 20th –Kananaskis-weekend outdoors learning skills – scree crossing, injuries, creek crossing, apply map & compass skills, leading from front or back, weather-Saturday hike will be formal, Sunday hike will be practice skills learned. For further information if you are interested in taking training contact Steve or Jack. Cost of training will be \$25.00. This course will be great for anyone wishing to have some wilderness training.

Report from Newsletter Editor: (Isabel Thomson) (absent)

- Nothing at this time.

Report from Programs Chair (Maureen McCall) (absent)

- Jack did presentation on his trip to Mount Everest Base Camp

Break

Meeting adjourned

Next Meeting – Sep 10, 2008