

Central Alberta Mountain Club Fall 2018 / Winter 2019 Trip Schedule

Note: All winter activities are weather permitting and cancelled at discretion of coordinator

Date	Trip	Trip Coordinator	Type	Distance	Elevation	Time	# Participants	Comments
Oct 13	Coliseum	Tricia & Mark Bateman 403.352.3877 T_bateman@shaw.ca	Intermediate Hike	14 km	680 m	5-6 hrs	12	New route up; old route down. Followed by wiener roast and s'mores at Beaver Dam Campsite
Nov 3	Twin Lakes / Crimson Lake connector	Amanda Brosius 403.348.7506 A_mclean1@hotmail.com	Easy Bike Ride	~25 km	~100 m	3-4 hrs	No limit	Suitable for mountain and hybrid bikes (minimum of 2" tires suggested); not suitable for road bikes
Dec 1	Sheep Mountain	Tricia & Mark Bateman 403.352.3877 T_bateman@shaw.ca	Easy to Intermediate Snowshoe	~10 km	~300 m	5 hours	12	Ya Ha Tinda area
Dec 8	Rummel Lake	Amanda Brosius 403.348.7506 A_mclean1@hotmail.com	Intermediate Snowshoe or Hike	12 km	400 m	4-5 hrs	12	
Jan 12	JJ Collette	Debby and Jeff Kirtzinger 403.877.8540 Debby.kirtzinger@wolfcreek.ab.ca	Easy X Country Ski	~10 km	Some up and down depending on route	~2 hrs	No limit	Meet at JJ Collette @ 10AM. Bring your own smokie/potluck finger food for lunch at Kirtzinger's back yard fire pit. Condiments provided
Jan 13	Medicine River	Pat Staniforth Smith 403.307.7380 Patss.pss@gmail.com	Easy Snow Shoe & Social	5-6 km	minimal	3-4 hrs	No limit	Leave Red Deer at 9:30 AM; 20 minute drive West. Wiener roast to follow; participants bring own food & hot drink.
Jan 19	Elk Pass to Blueberry Hill	Shelly & Ron Dommier 403.302.2214 Shelly.domier@wolfcreek.ab.ca	Intermediate X-Country Ski with some steep sections	17 km	250 m	6 hrs	15	Meet at AMA @ 6:45 AM and leave by 7:00. Dommier's are hoping to book Saturday night at Ribbon Creek hostel

January 12, 2019

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Jan 20	Linn Valley CANCELLED	Tricia & Mark Bateman 403.352.3877 T_bateman@shaw.ca	Skate Social / Shinny hockey					
Jan 26	White rabbit recreation area	Pat Staniforth Smith 403.307.7380 Pats.pss@gmail.com	Intermediate snowshoe	10-14 km	150 m	6-7 hrs	12	Leave Red Deer at 7:00 AM.
Feb 8 - 10	Lake Louise Ski Resort	Janice Fenwick 403.347.9643 Fenwickj@telus.net	Downhill Skiing				No limit	Staying at Lake Louise Hostel Friday & Saturday nights. Participants responsible for booking own accommodations
Feb 15- 17	Lake Louise area	Claudette Cyr 403.704.5688 Klodie5050@gmail.com	Intermediate X-country ski on Saturday; snowshoe Sunday				8	Staying at Lake Louise Hostel Friday & Saturday nights; 8 beds reserved, contact Claudette.
Feb 16- 17	Lake Louise area	Shelly & Ron Domier 403.302.2214 Shelly.domier@wolfcreek.ab.ca	Intermediate Snowshoe	8-12 km	~400 m	4-5 hrs	15	Meet at AMA @ 6:45 AM and leaving by 7:00. Staying at Lake Louise Hostel Saturday night. Participants responsible for booking own accommodations
Feb 17	Moose Meadows to Ink Pots, return via Johnston Canyon	Shelly & Ron Domier 403.302.2214 Shelly.domier@wolfcreek.ab.ca	Intermediate Snowshoe or hike	11.4 km	685 m	4-6 hrs	15	Meet at Moose Meadows Parking Lot
Feb 23	Sawmill	Tricia & Mark Bateman 403.352.3877 T_bateman@shaw.ca	Intermediate Snowshoe	~12 km	~300 m	5 hrs	12	Cumulative elevation gain ~ 600m
March 1	Riverbend Golf Course	Debby and Jeff Kirtzinger 403.877.8540 Debby.kirtzinger@wolfcreek.ab.ca	Easy or Intermediate x-country ski	~10 km	Minimal to some hills	1-2 hrs	No limit	Meet at 6:00 PM for Full Moon Ski. The perimeter is easy; the adventurous can ski the more

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								advanced back hills. Meet for cold beverage and appetizer post ski; location TBD.
Mar 9	Fish Lake area	Tricia & Mark Bateman 403.352.3877 T_bateman@shaw.ca	Easy Snowshoe or hike	~10 km	minimal	4 hours	No limit	Leave Red Deer at 7:00 AM; snowshoe for ~4 hours followed by Weiner roast and S'mores
Mar 15-17	Lake Louise Ski Resort	Tamara Amendt 403.872.6942 wtamendt@shaw.ca	Downhill Saturday and Sunday; option for x-country Sunday				No limit	Stay at Lake Louise Hostel Friday and Saturday nights; book own accommodations. Dinner together at Bill Peytos on Saturday.
April 27 & 28	Nordegg Area	Terry Lakey 403.505.3808 Heartmt14@rocketmail.com	Hikes	Variable	variable		No limit	April Exodus: Hikes to be determined by conditions, participants and coordinators. Make own arrangements for Shunda Hostel