

Central Alberta Mountain Club Spring Summer 2019 Trip Schedule

Notes:

1. Activities may be changed or cancelled depending on weather, flooding, smoke, trail closures etc at discretion of coordinator
2. Activities are rated easy, intermediate or challenging and are rated from an experienced person's perspective

Date	Trip	Trip Coordinator	Type	Distance	Elevation	Time	# Participants	Comments
April 20	Sunshine/Lk Louise	Amanda Brosius 403.358.7506 A_mclean1@hotmail.com	Ski / Snow Board				No limit	Traveling by bus to the mountains. Book own spot with <i>Pursuit Adventures</i> . Leave Red Deer 5:30 AM
April 20	Local hike near Red Deer	Sandy Vradenburgh 403.352.0864 sandyvradenburgh@gmail.com	Easy Hike	TBD				Suitable for a strong beginner
April 27 & 28	Nordegg Area	Terry Lakey 403.505.3808 Heartmt14@rocketmail.ocm	Hikes	Variable	Variable		No limit	April Exodus: Hikes to be determined by conditions, participants and coordinators. Make own arrangements for Shunda Hostel
May 5	Dry Island Social	Don Taylor 403.357.2525 Dontaylor25@gmail.com	Easy hikes	Variable	Variable	2-3 hours hiking	No limit	Hikes followed by BBQ lunch (lunch supplied by CAMC)
May 11	Karst Springs	Sherry Shelton 403.350.8476 Sheltonsince2010@yahoo.ca	Easy Hike	9 km	300 m	4-5 hours	10	Appropriate for beginner hikers
May 20	Heart Mtn	Ron & Shelly Domier 403.302.2214 Shelly.domier@wolfcreek.ab.ca	Intermediate Scramble	11 km	875 m	6 hours	15	Meeting will likely be AMA Parking lot at 6:45.

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May 25	Upper Kananaskis Lake	Tricia & Mark Bateman 403.352.3877 T_bateman@shaw.ca	Easy Hike	14.9 km	Negligible	4-6 hours	10	Appropriate for beginner hikers. May encounter packed snow/ice; microspikes or other traction advised.
May 25	Lakeview Ridge	Dion Brosius 403.392.9113 Dion_bro77@hotmail.ca	Intermediate Hike	16 km	570 m	6-8 hours	8	Waterton National Park. Some route finding and bush whacking. Book own accommodation for Friday night. Trip coordinator not leading a hike on Sunday.
May 28	Mtn Skills & Coordinator Course	Steve Irwin 403.352.2468 steveirwin007@rocketmail.com						Meet 6-9 PM in Red Deer; location TBD. Map reading and planning for weekend.
May 31- June 2	Mtn Skills & Coordinator Course	Steve Irwin 403.352.2468 steveirwin007@rocketmail.com						Staying at hostel Fri/Sat nights. Be prepared for long day outside on Saturday. Cost is \$25 plus cost of hostel. Cash payment confirms spot.
June 1	Siffleur Falls	Shelly Domier 403.302.2214 Shelly.domier@wolfcreek.ab.ca	Easy Hike	Up to 14 km	126 m	4-5 hours	10	Appropriate for beginner hikers. 14 km round trip to third falls; shorter if stop at first or second falls.
June 2	Red Deer to Ellis Bird Farm (EBF) and return	Tricia & Mark Bateman 403.352.3877 T_bateman@shaw.ca	Intermediate Bike Ride	50-55 km		~ 6 hours	8	Road or urban/cross bikes are recommended. Admission to EBF is by donation. Plan to spend ~ 2 hours at EBF; bring picnic lunch. On return to Red Deer, beer at Belly Hop.
June 8	Rawson Lake	Sherry Shelton 403.350.8476 Sheltonsince2010@yahoo.ca	Easy Hike	8 km	320 m	4-5 hours	10	Appropriate for beginner hikers

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June 9	Two O'clock Ridge	Ron & Shelly Domier 403.302.2214 Shelly.domier@wolfcreek.ab.ca	Challenging Hike	17 km	1090	6-8 hrs	10	Will be going to true summit. Arrive at AMA parking lot by 6:45 AM & leaving by 7:00 AM. Car pools to be organized morning of hike.
June 15	Eagle Mtn	Pat Staniforth-Smith 403.307.7380 Patss.pss@gmail.com	Intermediate Hike	15-20 km	750 m	6-7 hrs	10	Leaving Red Deer 7AM. Long hike with some steep sections. A steep rocky climb to the summit.
June 16	Yamnuska	Tricia & Mark Bateman 403.352.3877 T.bateman@shaw.ca	Intermediate Hike with an Easy Scramble	11 km	950 m	5-7 hrs	10	Gaitors highly recommended for the scree run.
June 22	Tent Ridge	Tricia & Mark Bateman 403.352.3877 T.bateman@shaw.ca	Intermediate Hike	10.6 km	780 m	5-6 hours	12	This hike has some scrambling (using hands & feet) and route finding.
June 21-23	Mosquito Creek Campground	Dion Brosius 403.392.9113 Dion_bro77@hotmail.ca	Easy Backpack	11	185 m		8	Priority given to people who have never backpacked. Hostel on Friday night.
June 22	Raspberry Ridge	Sylvia Baron 403.341.0296 syba@telus.net	Intermediate Hikes	9.3 km	641 m		10	Great views. Raspberry Ridge is an active fire lookout; Mount Burke is an abandoned fire lookout. Make own arrangements to camp if staying the weekend
June 23	Burke Mtn			10.3 km	893 m			
June 29	Upper Galatea Lake	Andrew Ramage 403.343.7988 aramage@telusplanet.net	Intermediate Hike	17 km	670 m	6-8 hours	12	Hike past canyons and waterfalls; great views. Depart AMA 6:15AM
July 5-7	Yoho Area TBD	Sandy Vradenburgh 403.352.0864 sandyvradenburgh@gmail.com	Intermediate Hikes	variable	variable		8	2 nights at Whiskey Jack Hostel. Driving home on the 7 th . Spot confirmed with hostel cash payment of \$76 to Sandy

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July 6	Bryant Lake	Jack Burns Mountainjack51@hotmail.com	Intermediate Hike	14 km	381 m	5-7 hours		Starts at Powderface Trail west of Bragg Creek. No formal trail; follows creeks before climbing the shoulder to access the lake. Expect to get wet feet!
July 7	Big Sister	Ron & Shelly Domier 403.302.2214 Shelly.domier@wolfcreek.ab.ca	Challenging Hike with a scramble	10.2 km	1244 m	6-7 hrs	10	Arrive at AMA parking lot by 6:45 AM & leaving by 7:00 AM.
July 13	Canmore to Johnston Canyon	Tricia & Mark Bateman 403.352.3877 T_bateman@shaw.ca	Challenging Bike Ride	~95 km	233 m	5-7 hours	8	Road or urban/cross bikes recommended to keep with the group.
July 20	Lower Kananskis Lake	Dion Brosius 403.392.9113 Dion_bro77@hotmail.ca	Easy Kayak / Canoe				8	Kayak rental ~\$55 through Boulton Creek Trading Post. A lazy paddle with ice cream post paddling
July 21	Westwind Pass	Don Taylor & Darlene Dauphinee 403.357.2525 Dontaylor25@gmail.com	Easy Hike	5 km	381 m	~4 hrs	10	Hike won't be rushed. Suitable for beginner hikers, some steep sections.
July 27	Monarch Ramparts	Amanda Brosius 403.358.7506 A_mclean1@hotmail.com	Challenging Hike	23 km	760 m	10-12 hours	8	Total accumulation is over 1000m.
Aug 2-5	Triple Crown (Lady McDonald, EEOR, Ha Ling) & Canmore Folk Festival	Tamara Amendt 403.872.6942 wtamendt@shaw.ca Debby Kirtzinger 403.877.8540 Dkirtzinger@yahoo.ca	Challenging Hikes	Lady M EEOR Ha Ling	8 km 6 km 6 km	800 m 900 m 700 m	12	Coordinators are camping in Canmore are (TBD). We will hike each morning then join in the music festivities. Tickets are responsibility of each individual.
Aug 3-5	Farley Lake	Steve Irwin 403.352.2468 steveirwin007@rocketmail.com	Intermediate backpack	16.2 km to lake	600m		8-10	Hike on Saturday to the lake. Day hike on Sunday to Hummingbird Pass; hike out on

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								Monday. Random camping. Suitable for strong beginners.
August 10	Wasootch Ridge	Sandy Vradenburgh 403.352.0864 sandyvradenburgh@gmail.com	Intermediate Hike	22 km	1010m		12	
Aug 16-20	Woodbury Hut to Silverspray Hut	Steve Irwin 403.352.2468 steveirwin007@rocketmail.com	Challenging backpack				8	Driving on 16 th and staying in hotel in Ainsworth \$128/room + taxes (based on double occupancy). 2 nights at each hut. Hut cost \$100 per person. Some Route finding. Spots confirmed with cash payment to Steve
August 17	Cory & Edith Passes	Janice Fenwick 403.877.3968 fenwickj@telus.net	Challenging Hike	13 km	1000 m	6-8 hours	10	Steep hiking with significant elevation gain to Cory Pass; then loop through Edith Pass on return
Aug 18	Mt Rundle	Ron & Shelly Domier 403.302.2214 Shelly.domier@wolfcreek.ab.ca	Challenging Hike, some scrambling	13.4 km	1579 m	7-9 hrs	10	Expect a long day! Arrive at AMA parking lot by 6:45 AM & leaving by 7:00 AM. Car pools to be organized morning of hike.
August 24	Tangle Ridge	Tricia & Mark Bateman 403.352.3877 T.bateman@shaw.ca	Challenging Hike	10 k	1150 m	5-6 hours	10	Leaving Red Deer Aug 23 to drive to Thompson Creek Campground for Fri/Sat nights. Some Route finding for both hikes
August 25	Thompson Creek Falls		Intermediate Hike	10.8 km	460 m	4-5 hours		
Sept 7-8	North Kananaskis Pass	Dion Brosius 403.392.9113 Dion_bro77@hotmail.ca	Intermediate backpack	34.4 km	600 m		8	Book own bed at HI Kananaskis (Ribbon Creek) for Friday night. Backpacking Saturday/Sunday; drive home Sunday.

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September 14	Pocaterra Ridge	Tricia & Mark Bateman 403.352.3877 T_bateman@shaw.ca	Intermediate Hike	9.3 km	875 m	5-6 hours	12	One very steep climb near the beginning. An opportunity to see some beautiful larches. Car shuttle required.
September 21	Larch Valley / Sentinel Pass	Janice Fenwick 403.877.3968 fenwickj@telus.net	Intermediate Hike	12 km	726 m	5-6 hours	10	Day hike through golden yellow larch trees.
September 27-29	Fall wind-up	Don Taylor 403.357.2525 Dontaylor25@gmail.com	Hikes	Variable	Variable		No limit	Hikes to be determined by conditions, participants and coordinators. Make own arrangement for Shunda Hostel.
October 12	Coliseum	Tricia & Mark Bateman 403.352.3877 T_bateman@shaw.ca	Intermediate Hike	14 km	680 m	5-6 hours	12	New route up; old route down. Car shuttle required.

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