

CLOUDBURST



Meet FMCBC's new president | Bike trip to Cumberland | Honouring the humble king of Kakwa
Reducing campfires in Strathcona Park | Trail Running: Mountaineering's nimble travel mode

Federation of Mountain Clubs of BC

Accessing the backcountry one step at a time

Fall/Winter 2014

CLOUDBURST

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FMCBC is a member of the [Outdoor Recreation Council of BC](#), [Canadian Avalanche Association](#) and [Leave No Trace Canada](#)

On the cover: Menzies Snow Gods by Tim Penney
See [page 19](#) for the story behind the photo

Federation of Mountain Clubs of BC

Working on your behalf

The Federation of Mountain Clubs of BC (FMCBC) is a democratic, grassroots organization dedicated to protecting and maintaining access to quality non-motorized backcountry recreation in British Columbia's mountains and wilderness areas. As our name indicates we are a federation of outdoor clubs with a membership of approximately 5000 people from 33 clubs across BC. Our membership is comprised of a diverse group of non-motorized backcountry recreationists including hikers, rock climbers, mountaineers, trail runners, kayakers, mountain bikers, backcountry skiers and snowshoers. As an organization, we believe that the enjoyment of these pursuits in an unspoiled environment is a vital component to the quality of life for British Columbians and by acting under the policy of "talk, understand and persuade" we advocate for these interests.

Membership in the FMCBC is open to any club or individual who supports our vision, mission and purpose as outlined below and includes benefits such as a subscription to our semi-annual newsletter *Cloudburst*, monthly updates through our FMCBC E-News, and access to Third-Party Liability insurance. In addition, member clubs are eligible to apply for project funding through our Member Club Grant Program which supports trail building and upgrading initiatives.

FMCBC's **vision** is that British Columbia's backcountry is shared amongst all recreational users in a way that self-propelled users have reasonable access to an enjoyable experience.

FMCBC's **mission** is to advocate for safe, self-propelled activities (such as hiking, mountaineering, backcountry skiing, snowshoeing, trail running and other backcountry activities) and the protection of BC's backcountry for current and future generations to experience.

FMCBC's **purpose** is:

- To represent clubs and the public interested in non-motorized backcountry recreation in BC, and to advise and take action on their behalf in matters which may impact their backcountry recreation experiences.
- To make recommendations to government and non-government organizations regarding the protection of and access to BC's backcountry and trails.
- To encourage self-propelled backcountry recreation, and to promote low-impact and safe practices.
- To promote the development and maintenance of a system of trails in BC.
- To promote the sound management and preservation of BC's backcountry recreation resources.

The FMCBC fulfills its purpose with a comprehensive approach to mountain recreation and conservation by:

- Participating in provincial land use decision processes
- Working to positively change government agency policies so that self-propelled outdoor recreation opportunities are recognized and protected
- Representing wilderness as a legitimate land use and a resource of identifiable value to society
- Advocating for new parks and wilderness resources, and working to maintain the integrity of existing parks and wilderness resources
- Advocating for improved access to existing recreational resources
- Supporting the building, maintaining and protecting of hiking and mountain access trails
- Promoting non-motorized and self-propelled recreation activities in BC's mountains and wilderness
- Educating its member and the public on mountain and backcountry safety issues and working with member clubs to address risk management issues
- Promoting membership within our member clubs
- Negotiating with insurance brokers to provide extensive liability insurance coverage for our members clubs

At the core of FMCBC's projects, issues and successes are the countless hours donated by dedicated volunteers from our member clubs across the province. Without these volunteers the FMCBC would not exist and we appreciate all those who have volunteered in the past or are current volunteers. We encourage others to join us to help us reach our vision. ■

President's Message

Bob St. John, Comox District Mountaineering Club

I would like to take this opportunity to introduce myself to you and give you a bit of insight into what I will be working towards with the FMCBC during my term as president. First though I would like to pay tribute to Scott Webster, now our valued past president.

For the past three years I have attended FMCBC meetings chaired by Scott. I have been impressed by the in-depth knowledge he brings to the table on topics both on and off the agenda. He has the rare combination of not only seeing the big picture, but also paying close attention to the details. A lot was done during Scott's term as president, including work on our Strategic Plan, completion of the *'Non-Motorized Outdoor Recreation in British Columbia in 2012: Participation and Economic Contributions'* study, and implementation of our new standardized waivers. I know he volunteered a lot of time into these and other projects, and continues to volunteer on the Insurance, and Recreation and Conservation committees. On behalf of all members, I wish to thank you Scott for being our president over the last three years!

While I am at it I want to thank all the volunteers who have contributed their time to the FMCBC, and continue to do so. I have recently attended meetings of the Trails, and Rec and Con Committees. These committees are the heart and soul of the FMCBC, driven by members who believe that what they are doing really matters to our outdoor community. Volunteer time, and not money, is the most important thing we can give, and these committee members give us time in spades. Another VIP is Jodi Appleton, our Administration and Programs employee. Without Jodi, this organization would stop dead in its tracks. She is much more than an employee. She is self motivated, and wants the very best for the FMCBC.

So who am I? I am a 64 year old retired engineer who studied geology at UBC but worked mainly in Calgary. Calgary's proximity to the Rockies drew me into the great outdoors where I took up hiking and skiing with the Rocky Mountain Ramblers, an outdoor club that co-ordinates over 300 trips a year. I served on their executive for 12 years.

I moved back to the coast in 2006, not to my hometown of Vancouver but to Denman Island, which lies off the east coast of Vancouver Island just south of Comox. I have continued my outdoor life with the [Comox District Mountaineering Club](#) (CDMC) and the [Friends of Strathcona Park](#) (FOSP). My four years with the FOSP was spent in their struggle to keep the Bedwell Valley accessible to the public. I helped them build a 14 km trail from Bedwell Lake in the alpine to Bedwell Inlet on the west coast. My take-away from my experience with the Friends is that our provincial parks are in dire need of public re-funding and that our current government appears more concerned about private commercial interests in our parks and less concerned about public interests.

I have served as an FMCBC director for five years representing either CDMC or FOSP. Now I find myself president of this organization. While I do not know all the prior presidents or where they came from, I suspect I am in the minority of those not from the

Lower Mainland or those who came through the ranks of the committees based there. This removal from the FMCBC centre of gravity has its pros and cons. The cons would include my lack of experience with committees where a lot of FMCBC work is done. Another is that it costs \$200 and 12 hours of travel to attend those meetings. The pros would include the fact that I am not from the Lower Mainland so I won't get overwhelmed by the myriad of issues there and will be able to keep my focus on issues affecting all clubs across the province.

In the near term (4 months) there are a few issues that need dealing with. The Acknowledgement of Risk form for minors needs final approval and guidelines for online waivers need to be established. (Paper waivers executed properly will always be acceptable.) We will also be considering the possibility that the FMCBC will offer an optional online waiver service. We will begin re-establishing regional meetings; the first is scheduled for the Vancouver Island Region this November. In the mid-term (1 year) we need to review and update our Strategic Plan, and arrange regional meetings for the interior of BC. I would also like to see Jodi's position redefined in order to leverage her abilities to the benefit of the FMCBC.

I personally would like to visit all the member clubs over my term. I have already enjoyed hiking with the [Kootenay Mountaineering Club](#) and the Ozalanka Alpine Club who are based in McBride. While email and teleconferencing are great for some tasks, I believe that meeting personally helps immensely with connecting to our diverse network of volunteers and organizations. I also want to see what works well for other similar organizations; hence we are sending two delegates to the Washington State Trails Conference in Bellingham. These are just some of the things I want to accomplish. You too can influence what I and others do for the Federation by taking part in meetings and taking an interest in our affairs. I stress 'our' affairs as this is your organization. It is yours to direct and yours to make work. ■



Bob St. John at the Summit of Mt Becher

Tim Penney

2014 Annual General Meeting in Castlegar



Photo of directors in action by Jodi Appleton

By Jodi Appleton
FMCBC Program and Administration Manager

Our FMCBC Directors met in Castlegar over the June 7th weekend for our Annual General Meeting. The [Kootenay Mountaineering Club](#) (KMC) hosted the weekend, providing many opportunities for us to socialize, get outdoors and discuss the direction of the FMCBC for the coming year.

Club directors and representatives attended a BBQ at KMC President Doug Clark's home on the Friday night, and FMCBC President Scott Webster took the opportunity to congratulate the KMC on their 50 year anniversary.

The meeting was held at the Castlegar Community Complex on the Saturday and began with a morning discussions period. Andrew Drouin from the Member Club Grant Committee also presented the awards for this year's grants:

[Alberni Valley Outdoor Club](#) was awarded \$500 towards their *Engineering for Franklin River Bridge* project.

[Caledonia Ramblers](#) was awarded \$1370 towards their *Ancient Forest Trail Tread Protection* project.

[South Okanagan Trail Alliance](#) was awarded \$470 towards their *Tool Acquisition* project.

[UBC Varsity Outdoor Club](#) was awarded \$1270 towards their *Harrison Hut Outhouse Improvements* project

[Vancouver Rock Climbing Group](#) was awarded \$690 towards their *Climb and Conquer Outdoor Climbing Sessions for At-risk Youth* project.

After lunch the directors voted in our officers for this year's executive. Congratulations to the following people who will sit on the FMCBC Executive for 2014-2015:

President: Bob St. John, [Comox District Mountaineering Club](#)

Vice President: Dave Wharton, [Valley Outdoor Association](#)

Treasurer: James Proctor, [ACC-Vancouver Section](#)

Secretary: Mack Skinner, [North Shore Hikers](#)

Past President: Scott Webster, [UBC Varsity Outdoor Club](#)

After the voting, the directors broke out into smaller groups to discuss the topics of fundraising, outreach and member services. Each group reported back on their topic and some great

ideas came out of their discussions. The board and committees will further discuss these ideas and decide on which are feasible to implement over the coming year.

To wrap up the meeting Scott Webster gave a presentation on the results of the [two studies](#) recently commissioned by the FMCBC, the first an evaluation of participation rates in non-motorized outdoor recreational activities and their economic impacts, both specifically in BC, and the second a review of scientific literature on the health impacts of these activities. The research, conducted by the School of Resource and Environmental Management at Simon Fraser University, clearly shows these activities have enormous benefits both for participants and the economy.

During the AGM, the KMC hosted an orienteering event at Selkirk College open to FMCBC directors, KMC members and the general public. Many AGM attendees headed over to participate after the meeting and it was a good opportunity for everyone to get outside after a long day. Jeff van Santen from the [Varsity Outdoor Club Okanagan](#) showed us all how it was done and ran the entire course, completing it in the best time.

Saturday evening the directors took in a presentation by Dave Quinn of [Wildsight](#), which was open to the public and hosted by the KMC and FMCBC at the Old Castlegar Theatre.

A lot was going on in town that weekend, as Castlegar was celebrating their annual Sunfest weekend. Although the directors had to miss the parade while they were meeting on Saturday there was enough time to take in other activities including the fireworks on Saturday night.

Sunday morning the KMC hosted two hikes: a shorter one to Dove Hill and a longer and steeper one to Mount Sentinel. Many directors participated before heading home. Thank you to the KMC for organizing a great weekend for us and to all those people who hosted our directors as billets. We couldn't have done it without your help!

The 2015 Annual General Meeting will take place over the May 23rd weekend in Courtenay. We look forward to visiting the Island and hope that many of our clubs can attend. ■

Member Club Grant Projects

Ancient Forest Trail Tread Protection Project Progress Report

By Nowell Senior, Caledonia Ramblers

The Caledonia Ramblers Hiking Club volunteers, with help from the Prince George Wildfire Fighters and other Friends of the Ancient Forest, have made great progress on the Trail Tread Protection Pathway at the Ancient Forest. This report includes our progress up to September 8, 2014.

The plank pathway piers are 8 feet long and close to 250 have been built so far this year for a total length of about 2000 feet - with only another 4,600 feet to go!

Forty-two volunteers have contributed 1600 hours, made 40 trips and travelled 14,000 km.

The plank pathway was originally planned to have two planks and be 17 inches wide, but this turned out to be too narrow. The piers were changed to take 3 planks for a width of 26 inches, and, while better than 17 inches wide, were still not satisfactory. It became clear that in practice even 26 inches in width was not quite wide enough to allow visitors going in opposite direction to stay on the plank pathway. Also, visitors are more likely to slip or step off a marginal width pathway as they look around while passing through the forest. Therefore, the cross pieces that support the planks were made long enough to take a 4th plank next year, so that the pathway will have a width of 35 inches, thereby allowing visitors to pass one another, and to be better able to look around while staying on the pathway.

Photo by Nowell Senior



Joseph Wong

First time climber at Squamish Murrin Park
Sugar loaf wall

mental strength. But access has traditionally been difficult due to costs and a lack of mentors. Let's solve this problem!"

Since then, this pioneer first-of-its-kind project has run 74 drop-in indoor climbing sessions and benefited 305 youth and their parents. It has also contributed \$10,717 in subsidies to help youth access gym passes and membership, and enroll in youth programs and camps. It also runs a 1-1 mentorship/outreach program to match a caring mentor to a youth whose family cannot take them out to do physical activities.

It is truly a blessing to be able to give back to the community and the next generation. For more info, please go to www.climbnconquer.ca.

Big **THANK YOU** to the following sponsors which turn this project from a dream to reality: Cliffhanger, Hive, Climb Base5, Richmond Oval, Petzl, Blicard and Clif Bar. ■

Climb and Conquer Event

By Joseph Wong, Vancouver Rock Climbing Group

Over the summer of 2014, thanks to the [Members Club Grant](#) from FMCBC, 32 youth ventured to Squamish, BC to experience outdoor rock climbing for the first time, in three trips organized by Climb and Conquer. It is a joy explosion to see the big group of youth learning how to belay, making new friends, enjoying the outdoors and sharing lots of laughter.

[Climb and Conquer](#) is a registered charity founded by climbers at the [Vancouver Rock Climbing Group](#) in 2011, with a mission to support youth from disadvantaged backgrounds to build healthy self-esteem, relationships and leadership skills through rock climbing and caring mentorships.

The project started from a simple idea and a "let's try it out" first ascent spirit.

Our thoughts were: "We love rock climbing and it is an excellent way to help youth build both physical and



Joseph Wong

Youth learning the ropes during VRCG's Climb and Conquer event this summer

Southwest BC Recreation & Conservation Report

By Brian Wood, BC Mountaineering Club

Brew Hut Area, Tricouni Mountain, Cloudburst Mountain and Roe Creek Area

Powder Mountain Cat Skiing (PMC) has expanded its tenure into VOC's Brew Hut area, and has also asked for a heli-ski tenure for the area. This company has expanded its tenure before and we have expressed our concern both to the company and the appropriate government land managers. We understand that the local Aboriginal group would also support our position of non-motorized activities in their traditional territory. In addition to this intrusion into the VOC's traditional non-motorized area, we are concerned about the garbage left by PMC. Also, an excavator has been seen in the Tricouni meadows and the FMCBC is investigating, as we are concerned about damage to this sensitive area. There is also active logging on the ridge above Roe Creek near the Brew Lake area and the logging boundary is still unclear. It was suggested that the Roe Creek Forest Service Road (FSR) could be used as a boundary for snowmobilers.

Cheakamus Community Forest

The FMCBC is concerned about protecting old growth forest in this area and unfortunately there was poor attendance at a recent Open House that was held to discuss land use planning. The FMCBC and the Whistler ACC have contacted government agencies to try to protect non-motorized recreation in the Callaghan, northwest of the Blackcomb dog sledding base on the north side of Metal Dome. This is a popular ski touring area as it is the main access route to the north side of Metal Dome. The Community Forest has agreed to install signs marking the non-motorized boundary. We understand that the Resort Municipality of Whistler (RMOW) does not support any trails being built for motorized recreation in this area.

Four Season Resorts – Jumbo Glacier and Garibaldi at Squamish (GAS) Resorts

On April 14th, the BC Government announced an amendment to the Reviewable Projects Regulation, which would no longer require expanded ski and all-season resorts to obtain an environmental assessment certificate. This amendment was then revoked after pressure from First Nations who were not consulted before the amendment was approved.

For many years we have written letters stating our objections and concerns regarding proposals for resorts at Jumbo Glacier near Invermere and Garibaldi at Squamish (GAS) on Brohm Ridge. Jumbo Glacier Resort had previously obtained an Environmental Assessment Office (EAO) certificate but this has lapsed in October. The Provincial government now needs to decide whether to reissue or cancel their certificate. This decision is expected to be made before the end of the year.

GAS is currently under review by the EAO. Since making their original application, the proponent has been directed by the EAO to provide further information on the effects of their project on the water supply and environment in a Supplemental Application due June 10, 2015.

The FMCBC will continue to monitor both the Jumbo and GAS resort situations closely.

Draft Provincial Ski Area Policy for BC Parks

The timing of this recent initiative coincides with a coming to a head of long-standing problems relating to backcountry access in two very popular Lower Mainland Provincial parks, namely Mount Seymour and Cypress. The policy also includes Manning Park as it is located about 150km east of the Lower Mainland, but which sees less usage and fewer issues.

The alpine ski operations in these three parks were privatized some decades ago and from the beginning of this arrangement, access to the Lower Mainland parks has been a constant source of frustration for backcountry visitors. The ski hill operators at Mount Seymour and Cypress have tried to restrict backcountry access based on liability concerns through their resorts' Controlled Recreation Area (CRA) agreements. In addition, the increase in popularity of snowshoeing over the past decade has caused parking capacity issues within these two parks.

The government requested feedback on a draft Ski Area Policy by June 29th. The FMCBC submitted a letter focussed on backcountry access issues relating to the three parks referenced in the draft. At present, the commercial ski hill operators can restrict public access and control recreation activities within their CRA. This includes restricting parking if it is impacting their businesses.

The Park Use Permits (PUPs) for the above three parks are also being opened up for revision/renewal and we are concerned that this may result in decreased public access to the backcountry. The Draft Ski Area Policy also proposes extending PUPs until 2074 to guarantee the operational needs of the commercial ski operator within those parks are maintained. The FMCBC's letter recommended that no PUPs be issued until there are approved Park Management Plans and Ski Area Development Plans in place for these areas, that the terms of a Park Use Permit should refer to the Park Management Plan and the Ski Area Policy framework, and the PUP's should not be extended to 2074.

Terms to know:

A Park Use Permit (PUP) is a partnership agreement between a commercial ski hill operator and the provincial government.

A Park Management Plan (PMP) outlines what the public can do within the park boundaries, and what the commercial ski hill operator can do within its CRA, also within these boundaries.

Cypress and Mount Seymour Provincial Parks Ski Areas Parking Problems

The increase in the number of snowshoers visiting these two parks to freely access the backcountry (as opposed to using and paying for the operators' groomed and marked snowshoe trails) has produced parking capacity issues during the "peak operating periods" of the resorts which occur on about 20-30 days per season. These problems were briefly reviewed on page 10 of the Spring/Summer 2014 issue of Cloudburst. There have been several stakeholder meetings (which included the FMCBC) to discuss this issue over the last few years.

As a result of these meetings, in August 2014 BC Parks issued a Discussion Paper entitled [*Public Access and Parking Capacity at*](#)

Cypress and Mount Seymour Parks. BC Parks will be meeting with both Cypress and Mount Seymour operators over the next months to confirm short term measures that will be implemented this winter, as well as scoping out the actions being considered for the medium and long-term. More details will be published as they come available.

21 Mile Creek, Sproatt Mountain and Rainbow Lake Area

Despite earlier-placed warning signs and much local publicity about the infractions into the non-motorized zones by snowmobilers, last season there were still snowmobilers seen in the area, although not as many as in previous years. At a recent Rec & Con meeting Scott Nelson reported that there were snowmobiles or snowmobile tracks in the non-motorized zone on approximately 40% of visits. To further enforce the non-motorized zone more signs defining the limits of these areas have been installed, some of them being located along the actual physical boundary. There is some concern about the visibility of these additional signs and how the posts will withstand forces from the snow.

In April 2015 it will be six years since the non-motorized area has been in effect. If the FMCBC's target of zero infractions or very close to zero is not achieved this year then the FMCBC and the Resort Municipality of Whistler will push to have the entire Sproatt area closed to motorized users in the winter.

On another note, the Sproatt multi-use, non-motorized summer trail is nearly finished to the top of the ridge above the Northair Mine access and some feel it will be difficult to keep motorized trail bikes out of this area.

Garibaldi Provincial Park

After many years of attempts to facilitate access to the Singing Pass trail through land within Whistler Blackcomb's CRA, the Sliding Centre, and the IPP, to date little progress has been made mostly due to the number of entities involved. Some good news is that The Friends of Garibaldi Park, under the authority of BC Parks organised volunteers to participate in two multi-day trail work projects on the Black Tusk Meadows Trail. This trail is now receiving more attention after years of neglect. These projects are reported on in more detail on page 8.

South Chilcotin Mountains Provincial Park Management Plan

In FMCBC's submission to BC Parks, we recommended some changes to the management plan proposal which would limit mountain biking access by plane. We feel the resulting noise of the planes detracts from the peace of the area and are requesting a flight schedule which would include some flight free days. Also, there have been discussions on the concept of shared trails in which we will try delineate which mountain bike ascent trails are usable by hikers, and which steep mountain bike descent trails would not be usable by hikers.

Duffey Lake Corridor

The FMCBC has always wanted to have certain portions of this popular area designated as non-motorized, but this request was never adopted by government although local recreation managers are well aware of long standing problems. Due to increasing snowmobile activity in the area, some non-motorized users are suggesting establishing meetings of concerned stakeholders to discuss and reduce potential conflicts. This strategy has been

relatively successful in other areas experiencing recreation conflicts, and we are planning to contact the local snowmobile organisations to open up a dialogue.

Contacting stakeholders who are not connected to structured organizations can be difficult. One suggestion to get people together would be to post notices of proposed meetings in parking lots at the trailheads and in the various huts in the area (many of which are illegal). These meetings would focus on reducing conflicts between the different user groups and dealing with human waste problems around the huts. Our readers are asked to spread the word about this meeting proposal and to contact the FMCBC with recommended contact individuals.

BCMC Trail on Grouse Mountain

The BCMC trail starts just east of the Grouse Grind and heads up to the top of the gondola on a slightly gentler route. With the increasing popularity of the Grouse Grind, more people are using the BCMC trail to escape the crowds on the Grind or to make their descent. In the past two years, erosion has become very evident with loose rocks and tree roots that are making the trail unsafe for downhill travel in some sections. If no repairs are done to the trail, it will become more of creek-bed than a trail in some sections.

Jay MacArthur (ACC and BCMC) is working on a proposal to improve the trail and is negotiating with the applicable landowners, including Metro Vancouver, the District of North Vancouver and Grouse Mountain. If all the landowners give approval to work on the trail and a plan can be agreed upon, funding will have to be found as this is a project beyond the scope of volunteer trail builders.

If you have ideas on this proposal, please contact Jay MacArthur at jaymac@telus.net.

Hiking Trails adjacent the Sea to Sky Gondola

Unfortunately, this summer, there were two deaths in the Sky Pilot area above the new Sea to Sky Gondola station. Although not directly linked to the gondola, these incidents have raised concern about the state of some of the trails (outside of the Sea to Sky Gondola's Controlled Recreation Area) and the need for additional safety signage. The new gondola facilitates backcountry access for all levels of users which could potentially put those unfamiliar with the inherent dangers of the backcountry at risk. We understand that the Sea to Sky Gondola, local Search and Rescue volunteers and local hikers will form a working group to plan the improvement of these trails and develop additional safety signage. ■

Volunteer with the FMCBC!

Help us protect the backcountry for non-motorized users by volunteering a little or a lot—every bit helps.

We are looking for individuals with skills and/or experience in many different areas including social media, communications, grant writing and more.

Email us or call us at 604-873-6096 for more info or talk to your club's FMCBC Director.

Trail News



Al Jenkins

FOGPS volunteers and Park Rangers work to complete a long section of boardwalk at Taylor Meadow.

Black Tusk Trail

Jason White, Friends of Garibaldi Park Society

The [Friends of Garibaldi Park Society](http://www.friendsofgaribaldipark.org) (FOGPS) was founded in 2010. As an inaugural project the FOGPS developed an action plan to care for and upgrade the Black Tusk Trail. The plan outlined a recommended scope of work and was presented to BC Parks. The 'Black Tusk Meadows Trail Upgrade Proposal' advocated for a major renovation and upgrade of 1.8km of trail in order to prevent further damage to the fragile alpine meadows.

The past three summers have seen the FOGPS volunteers working alongside and under the supervision the Rangers of Garibaldi Park to carry out some of the much needed restoration work on the Black Tusk trail. Through collaboration with BC Parks, considerable progress has been achieved. Parks have provided necessary funding for equipment, materials, helicopter delivery and ranger support.

This past August and September, 2014, two work groups totaling nine volunteers hiked up the Rubble Creek trail to meet up with two rangers to complete trail maintenance and the final section of the proposed boardwalk. Trail maintenance work totaled six days (three for each work party) and included clearing about 60m of ditching and numerous cross ditches, 25m of trail edging, and one bridge reconstruction along with minor boardwalk repairs. The final 18m of boardwalk that was part of the original Black Tusk Meadows Trail Upgrade Proposal was completed as part of the September work party. High Fives!

The evenings were spent telling stories, eating dinner, and sipping tea in the warm and cozy ranger's cabin. Thanks to the generosity and great hospitality of the on duty rangers that made the volunteers feel at home.

Outside of the trail work, FOGPS helped to promote an exceptional talk and slideshow on Garibaldi geology by Bob Turner that was organized and hosted by BC Parks in the ranger's station at Garibaldi Lake. The talk turned out to be a smashing (standing room only) success with about 60 people attending. FOGPS looks forward to partnering with BC Parks on future slideshows.

All in all a good relationship is being built with BC Parks and the 2014 work parties were another great success. FOGPS would like to thank all the volunteers as well as BC Parks Senior Ranger, Kendra Wood for the ongoing support and organization. Thanks also to the local outdoor clubs that have helped along the way: FMCBC, BCMC, and VOC.

Help is always needed and it seems the more we accomplish, the more work we find. The Black Tusk Meadows Trail Upgrade Proposal is not completely finished and the FOGPS is continually looking for fundraising approaches to complete the trail surfacing required on the "non-boardwalk" sections. For more information on FOGPS and volunteer opportunities in Garibaldi Park visit our website (www.friendsofgaribaldipark.org) or send an email and we will be in touch. ■

Campfire Safety Signage

Karl Stevenson, Friends of Strathcona Park

The [Friends of Strathcona Park](http://www.friendsofstrathconapark.org) (FOSP) have produced a number of signs which they hope will eliminate (or at least reduce) campfires in undesignated areas in Strathcona Park.

According to the Strathcona Park Master Plan, no campfires are allowed in the park except in a few designated areas. This hasn't stopped people from building campfires in most areas in the park. Existing park signs have had no apparent effect, with fires being built within sight of the signs, sometimes with signposts being used as fuel.

There are probably several reasons for this, one being that the no-fire rule is basically unenforceable. Even if the park was fully staffed, it wouldn't be possible to patrol all areas of the park at all times. Now, with staff shortages making park staff a rare sight anytime, anywhere in the park, official enforcement is even more unrealistic.



Carol Hunt

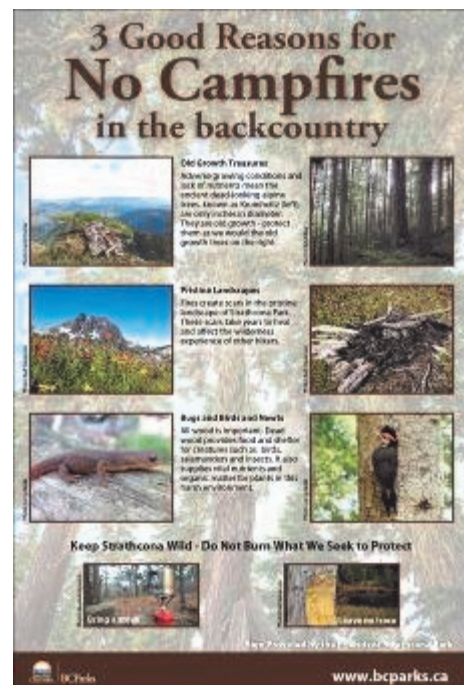
New signage encouraging people to use camp stoves instead of lighting camp fires in Strathcona Park.

Another possible reason for lack of compliance with the no-fire rule is that people don't understand its true purpose, which is to preserve dead wood (particularly in alpine areas) in the park. In many areas of the park, dead wood is rapidly disappearing as people burn it in their campfires. This wood is essential to the lives of many of the creatures and plants which inhabit the park. It's also valuable and beautiful to humans who come to the park hoping to experience a part of the natural world undamaged by humans.

Since most fires in the park are carefully built on rock or other places where they can't spread, it seems likely that people assume their fires are harmless as long they don't cause forest fires, so the no-fire rule doesn't really apply to them. Since compliance is virtually unenforceable, and no information is available to help them understand the true purpose of the rule, more dead wood continues to be burned in Strathcona Park every year. In a few years, especially in alpine areas, this precious wood is gone completely.

Education is a possible cure, perhaps the only cure. The Friends of Strathcona think it's worth a try. Over the past year, FOSP has created a number of attractive informational signs which are intended to help park users decide to leave the dead wood in the park for others (wild creatures, plants, and humans) to enjoy.

The signs are now in place at major trail entrances in Strathcona Park. This project was funded by a BC Parks grant of \$2500 and, if successful, perhaps BC Parks might consider installing these signs in other parks to help protect their alpine areas. ■



Carol Hunt

Three reasons which might influence people to light a camp stove instead of a camp fire.

Mountain Matters

Trail Running – Mountaineering's Nimble Travel Mode

Andrew Pape-Salmon, ACC-Vancouver Island Section & Prairie Inn Harriers Running Club



Andrew Pape-Salmon

Beach running on the North Coast Trail

Trail running has become a very popular sport across British Columbia: sharing the same trails with hikers, but generally covering more distance and elevation over a day of travel. "Mountain running" goes a step further by sharing routes with mountaineers that includes significant elevation gain and basic scrambling; simply walking those sections that are too steep or technical to run. Running's newest sport is made possible with an evolution of gear that is lighter and more adaptable, a physically fit community with exceptional perseverance and climbing power, increased understanding of endurance nutrition and hydration and, most importantly, a strong sense of adventure!

In 2010, I was part of a group of four that ran the entire length of the North Coast Trail (43km) from Nissen Bight to Shushartie Bay in 14 hours, about a third of the time required for hiking. I consumed nearly five litres of water, kept a pace below the "lactate threshold," ate thousands of calories of food to maintain the required energy, including two triple-decker peanut butter and cheese sandwiches, and carried basic survival gear in my backpack. We experienced the beauty of the trail, the biodiversity of the region and variable weather, while timing two beach sections at low-to-medium tide. We hiked the Cape Scott trail to Nissen Bight the day before. On the day of the run, my late father, Manfred Pape, carried my camping gear out on the day of our run, accompanied by eight other hikers who were supporting the event called the [Vancouver Island Spine Trail Relay](#) (500km of events in June 2010).

Trail runners are individuals with a passion for wilderness, and several are members of running clubs like the [Prairie Inn Harriers](#) (PIH), mountaineering clubs like the [ACC](#), and cross-country ski clubs such as [Strathcona Nordics](#). Some of these clubs even support trail/ mountain running events on Vancouver Island, including favourites such as the Stewart Mountain Cross Country Challenge (Victoria area), Gutbuster Series, Fletcher's Challenge (Nanaimo), Kusam Klimb (Sayward) and Perseverance (Cumberland).

PIH organizes three "wilderness runs" each summer. Previous wilderness runs included heading to Olympic National Park's majestic "Hurricane Ridge," which offers tremendous trail running options with alpine geography, including a healthy population of actual moun-



Hurricane Ridge 2010

tain goats (who are sometimes obstinate and don't want to share the trail). During the 2012 run, one group completed a route with a mountaineering-style scramble; while my running companion Larry Nylen and I completed a 15.4km route along ridges and into the Badger Valley, with 1,000m of elevation gain over a 2.5 hour period.

Many trail runners are GPS watch enthusiasts, each with her/his own archive of trail accomplishments on a website such as work-outlog or Garmin Connect. I also run with a lightweight SLR camera strapped to my hand, set to a high shutter speed so I can still the motion of my companions bounding over rocks and roots as they pass by.

After a long trail run, I often don't feel as "beat-up" as running on a road. I am left with a "happy fatigue" feeling that encompasses a mix of sore legs from the distance and climbing and brain exertion related to the concentration required for running on technical trails. A key skill for trail runners is to pursue the optimal "line" given the trail condition and terrain, while avoiding a twisted ankle, tripping on a root or stump, or slipping on a wet rock.

In mid-September 2014, I was in a group of four who ran 38km along nearly the entire length of the Kludahk Trail on San Juan Ridge, west of Victoria. We ran for 7 hours, with several breaks totaling one hour, including 1,200meters of elevation gain. I describe a Kludahk Trail experience as a forgiving sponginess, akin to "running on pillows", as the ridge stores a lot of water due to snow cover for half the year, and sustains exotic mosses and biodiversity. The trail is a net downhill from Jordan River area toward Port Renfrew, but crosses several creeks with deep ravines to climb in/out, with Sombrio Creek being 250m deep. We were treated to old growth forests of western redcedar, Douglas-fir, arbutus and Sitka spruce; along with spectacular views in three directions and warm lakes for swimming. I described this run to friends as a "deeply spiritual experience", particularly when we walked through the Sombrio Woods mid-day. Kudos to the Kludahk Outdoor Club who had a maintenance crew out that day, enhancing our trail running experience by clearing windfall and clipping shrubs.

Other Vancouver Island favorites are the Sooke Hills, with dozens of peaks, including Mount Empress; the Cowichan River Footpath, Cobble Hill. Mount Tzouhalem (Duncan), the Alberni Inlet trails, the Cumberland Community Forest, and various wilderness trails of Strathcona Provincial Park (Mount Albert Edward, Elk River Trail, Bedwell Trail).



View of Lower Mainland mountains from Mount Constitution, Orcas Island

Trail runners often carry a first aid or survival kit. For longer or more remote excursions, mine consists of water treatment, electrolytes, extra food, an emergency blanket, a splint and tape, moleskin, insulating and waterproof breathable layers, knife, matches and a communication device (cell phone or Spot). For shorter excursions, it is still advisable to carry water, food and an additional layer of clothing.

With the diversity of choices on which to spend my limited spare time in the wilderness, I feel that running allows me to fit in more destinations, through day trips, to areas I wouldn't prioritize for 2-5 day hikes. I choose to focus my multi-day trips on technical mountaineering routes on glacier, snow and rock.

The pièce-de-résistance of Vancouver Island mountain running events is the "Kusam Klimb" in Sayward, which includes a one-mile -elevation gain route to the top of Mount H'Kusam on summer solstice weekend, attracting over 450 participants in 2014. Its motto of "are you tough enough?" seems to attract the adventure types. The beauty of the mountain, the volunteerism and community atmosphere, including the post-race dinner has attracted people for over 10 years. The 23km event sometimes has significant snow pack at elevation, where runners stop en-route to put on their "yak-tracks" for extra traction. I mistakenly didn't carry mine in 2013, but a fellow runner sustained a fast pace on the downhill section wearing winter shoes with spikes as I slowly descended.

Three weeks prior to the Klimb in 2014, the Vancouver Island Trails Network hosted a major event in the Cumberland Community Forest with over 150 participants comprised of hikers, trail runners and mountain bikers.

In summary, trail/mountain running is a nimble mode to cover longer distances in British Columbia's wilderness in a single day. With trail running growing in popularity, a distinct community is emerging through a number of clubs and events across the province (I didn't even mention the plethora of activities on the BC mainland, including the Five Peaks Series and the fabled "Emperor's Challenge" in Tumbler Ridge, which is on my bucket list). The mountain running community respects other trail users and approaches wilderness travel with sensitivity to ecological integrity and the risks of mountain travel by carrying survival provisions to help mitigate those risks. A wilderness trail run is a deeply gratifying experience. ■

Waddington's Mountaineering Vision: The Upper Fraser Valley

Ron Dart, Alpine Club of Canada Vancouver Section

Many are the mountaineering and outdoor stores that sell equipment and treks, but often little is done beyond that for the greater community. There are many mountaineering clubs that train members for various levels of trips, but such clubs do not run outdoor stores. It is rare that those who run outdoor stores or mountaineering clubs enter the political fray, but, such is the holistic vision of Sam Waddington of [Mt. Waddington's Outdoors](#) store in Chilliwack.

Mt. Waddington's Outdoors Store opened in 2012 and its goal is to sell some of the best outdoor and mountaineering equipment. An emerging companion goal is to play a leading role in the Upper Fraser Valley in opening up new trails, putting in better trail signage, repairing untended pathways and signalling the fact that the mountain region in the Upper Fraser Valley is an attractive place to take to the peaks and ridges most of the year.

How did such a vision come into being and who is the energetic thinker and activist behind such dreamt-of possibilities? We have, of course, Mt. Waddington in BC (highest, one of the grandest and most challenging climbs) ---a symbol of sorts. But, it is Sam Waddington who started Mt. Waddington's Outdoors compact store in 2012. I met Sam for a couple of hours in the summer of 2014, and we chatted about his outdoor journey (he is only in his mid-20s). Sam's parents took him on a 3-year

west coast sailboat journey between the ages of 7-10 (quite an education) and by his early teens he was learning basic mountaineering skills from some of the best. When Sam was in his early teens, he was a regular at Smoke Bluffs in Squamish, honing and perfecting his climbing skills. When the weather was unkind, it was indoor climbing at Monkey Mountain in Abbotsford. Sam graduated from High School in 2007 and spent time travelling the world, visiting more than 33 countries and taking in their varied outdoor beauties. Questions that kept returning to Sam, and would not quit, were these: why do I need to travel the world or, for that matter other parts of Canada, to delight in the challenge and possibilities of mountain life and culture? Does not the Upper Fraser Valley have all these possibilities in a raw and in some ways, undeveloped stage? Could the Upper Fraser Valley develop a mountain culture that could rival other places in BC and the world?—large and challenging questions indeed, that if heeded, become a vocation.

Sam joined the Chilliwack Outdoor Club (COC) in his early 20s and was soon active on the executive and became the COC representative to the FMCBC. The vision ever expanded as Sam pondered how his store could play a leading role in birthing and consolidating a mountain culture in the Upper Fraser Valley. This could and would, if properly guided, enrich the economic base of Chilliwack, Sardis, Hope and environs. There are of course books that point



Mt.WADDINGTON'S
EST. 2012
OUTDOORS
CHILLIWACK BRITISH COLUMBIA

the way to walking, hiking, scrambling, climbing and skiing possibilities in the Chilliwack Valley and beyond, but much more can be done to make the Upper Fraser Valley a go-to place for mountaineering and outdoor life—such is Sam's dream. Sam also has the wisdom (unusual for a person of his age) to realize politics and public life can enhance and enrich the dream, so he is running for City Council in Chilliwack in the Municipal election in 2014.

Let us return to Mt. Waddington's Outdoors store. To engage with the community Sam initiated the "Quest for 10" challenge that lasted from July 15-October 1. The "Quest for 10" includes easy walks to more moderate and challenging hikes. The 10 include Teapot, Lindeman, Hope Lookout, Elk, Cheam, Ford, Slesse Memorial, Heather Trail (3 Brothers), Williams Ridge and Mount MacFarlane. Waddington is also directing a certain % of profits to local trail organizations and hoping to hire a couple of people for trail building and maintenance in the summer of 2015. Mt. Waddington's has also organized sold-out guided trips to Cheam over the summer of 2014." There have also been film nights, work in local schools, courses offered in first aid and avalanche safety, television appearances with Gloria Makarenko and much else. There can be no doubt that Sam Waddington and Waddington's Outdoors store are pioneering a mountain culture in the Upper Fraser Valley and the vision continues to unfold. The growing Upper Fraser Valley is slowly learning how the benefits of a mountaineering culture can also generate a lively income for the cities in the area. Where there is a lively and mature mountaineering ethos, cities need not turn to destructive and dated environmental ways of creating income. This is the greater vision of Sam Waddington: a healthy and vibrant mountaineering culture and region that benefits one and all. ■

Mt. Waddington's Outdoors Store is located at 5643 Vedder Road in Chilliwack.



Sam Waddington (left) with Ron Dart in front of Mt. Waddington's Outdoors Store.

Club Trips and Activities

Wolverine Range - Aug 9-16, 2014

Dave King, Caledonia Ramblers

For 2014 the [Caledonia Ramblers](#) wanted to go somewhere new for the club weeklong trip and in the end decided to go to the Germansen Landing area, 200 km north of Fort St James. Further research led us to decide on the Wolverine Range that lies between Germansen Landing and Williston Lake. The Wolverine Range would have us largely in the alpine and in an area rarely visited (except by a few hunters)...both being attractive factors. The Range is in Omineca Prov. Park, but park staff had little info on it.

In July, Judith and I drove up to Germansen Landing to check out roads and made other arrangements. Locals said they knew of no others who had ever been to the Wolverine Range just to hike. Our plan was to fly in by helicopter to the northerly part of the range, then spend 5-6 days hiking south along it, coming out onto the "North Road" near Manson Creek.



Lunch stop on the ridge

Dave King

On August 9th nine of us set off going north via Fort St. James and what was once known as the "North Road" or "Omineca Mining Road". The road was in wonderful shape and in 5 hours (by noon hour) we reached the Germansen Landing store. Lyle and I ferried my car back to the Manson Creek store, some 35 km to the south, where we intended to come out from the hike.

Our Yellowhead helicopter arrived on schedule and in a little over an hour (3 flights) we were all in by a small lake about 6 km north of Porter Peak on the Wolverine Range. Smoke haze hung in the air, as there was a large forest fire only 50 km to the north and several more fires to the east. Around our lake it was mostly alpine, but there were a few patches of trees. It was cool with a strong wind, so the shelter was welcome. Soon, camp was set up. Before dark we checked out the nearby ridges, discovering the first of many discarded caribou antlers we were to find.

It had been hot and dry for a month, and we

were concerned about finding enough water for drinking, hence planned to camp each night at a lake. Any streams or snow patches we found would be a bonus.

On our first full day, we explored the ridges to the north. It was a cool, raw day with strong winds. We soon discovered the ridges were a little more rugged than expected, with rockslides, cliffs and plenty of up and down. We found more caribou antlers, one of which Brenda and Lyle carried to the end of the trip. There was some goat sign but nothing recent, although we did see both whitetail and rock ptarmigan. We went well out onto a ridge to the east, but views of Williston Lake were obscured by smoke. We decided to cross a valley on our way back to camp, only to discover that the subalpine fir just below treeline were incredible tangles and to be avoided if at all possible.

Day 3: with full packs we headed for our next camp, a small lake on the northerly side of Porter Mountain. The wind had stopped, and it warmed substantially. Steep side slopes slowed progress but in a couple of hours we reached a skinny lake in a pass.; very pretty. Then it was up over a ridge and down into the next valley. While resting on the ridge, we saw a major fire flare-up east of Williston Lake. A puff of smoke in 20 minutes turned into a huge, towering column. We could see three other fires as well. That next valley had a hidden secondary ridge, and we had to negotiate tangles of fir. By the time we reached our destination lake many were very tired. But we had a fine campsite.

Day 4 started with a rather steep climb up onto a ridge and then more ascending up the ridge. Then it was around the westerly slope of Porter Mountain. Views into the Omineca Valley to the west were great. Most ascended the southerly ridge of Porter Mt. to the cairn on top (2081 m). There was also a radio repeater nearby. It was another 4 km or so to our next lake and campsite.

It really was dry. Flowers were scarce, but wildlife was also.... no recent sign of caribou, goats, sheep, bears or anything else aside from ptarmigan, hoary marmots and a few chipmunks.

Day 5 also started with a steep, sharp climb. We continued to follow the ridge up until we came to an imposing rocky peak we would need to climb over to continue along the ridge. I checked it out without my pack and decided it was doable. However, two in our party really did not like the exposure or threat, so we split into two groups. Five headed down through the valley bottom and then towards an



One of many willow ptarmigans seen along the trail

Dave King

easier slope back to the ridgeline. Four of us (the oldest four in the group and most 70 +) went over the top no problem. In the afternoon we met up again on the ridgeline. Those that had gone through the valley saw a toad and, surprisingly, a fish in a stream. The fish was likely a Dolly Varden at 1750m- amazing. There were two small lakes in the same headwaters.

We then had to traverse a very steep, rocky slope to a pass, and then a westerly slope until a final steep pitch up to two little lakes, our destination. On that traverse Lyle and Brenda were 3-400m behind when they were greeted by a barking wolf. Occasionally it howled, and we all saw it. After 20-25 minutes it finally moved off like it was hunting marmots or something else. This was the only "big game" we were to see on the entire trip. At the two little lakes up on a plateau we made the nicest camp of the entire trip, with two large groups of ptarmigan close by.

Day 6 was the day when we did not have a lake as a destination, and our route was anything but clear. Did we have to go over a couple of rocky alpine ridges or would we descend into a valley bottom and take our chances with bush and forest? Would we find a camp with water? After traversing south along a slope for more than a kilometre, a decision had to be made. We could see open meadows in the valley bottom so we traversed a bit more, and then decided to head down. Fortunately open glades and little meadows were found, and where we had to go through forest, the undergrowth was OK. The normally wet meadows in the valley bottom turned out to be great travelling, so we set off up valley (SE) following them for 2.5-3 km. This was much better than the ridges we could see above and which we might have taken. A small fish was seen. Finally it was time to head up onto the next ridge to the south. A glade and avalanche path were found and it was an OK ascent.

In the next valley we could see a nice meadow, and beyond it, a smaller one in the pass between a ridge and peak. That would be our destination for the night, and we hoped for water. This camp would be below the 2050m peak, and on the southwest side was Wolverine Lake and Manson Creek. It was a long descent down glades and a little creek to the big meadow, then up through forest to the little meadow. This meadow was, indeed, in the pass going south and below the high peak. The meadow was OK for camping, but there was only stagnant water. Four of us walked back to the big meadow and creek for bags of drinking water. A good game trail headed south through the pass, and there was sign of moose and goats. The bugs were bad for the first time on the trip. It was tempting to light a fire but we did not -first weeklong trip ever with no fires.

Day 7 also required some decisions. We knew there was old logging and roads about 5 km to the south, which we wanted to reach for the last 4 km hike out to the main road. We could go up 400m+ to the ridges of the 2050m peak, then south along them before descending sharply to the logging. Or we could take our chances by going south down a steep sided timbered valley and hope we did not get into tangles of trees and bush. As some in our group were tired and the uphill looked daunting, we decided to try the valley. There actually was a fair trail for the first 1.5 km, with old trail blazes and even one old campsite, likely more than 15 years old. It appeared even horses had been there. Thereafter it was route finding, with a few traces of the old trail. We had to cross the creek 3



Our group crossing a small creek on descent through the forest.

or 4 times, and one member took a plunge into it, but no harm done. The going really was not that bad, and after 3 hrs or so we spied logging up the east side. We were soon up on an old road with huckleberries.

The logging block and old roads, however, turned out to be some of the worst bush we encountered all trip, as the loggers had rehabbed them and they had grown in. Also, it was sunny and hot, and some ran out of water. The road finally improved about the time a creek was reached. Debbie and I continued on while we left the others to recuperate. It was over an hour and maybe 4 km to the "north" road (this logging road had also been deactivated). We dropped our packs and headed for Manson Creek, 7 km up the road. We had walked about 4 km: the skies were getting cloudy, and rain showers were in the distance. As we turned towards the Manson Creek store, a deluge came upon us, but at that moment a truck came along and gave us a welcomed ride the last 3 km to the store.

We drove back to the trailhead and collected the drivers. Then it was up to Germansen Landing for Lyle and Peter's vehicles and back again to collect everyone else. Peter, with Judy and Hilary M., headed for Fort St James and home, while the other six of us went to the Wolverine Lake campsite for the night - a pleasant evening with loons to serenade us.

After breakfast on day 8 we headed back towards the Manson Creek store for a visit. On the way we drove into a placer mining operation. For most it was a new experience to see a placer operation in full swing. But the boss came along and soon sent us on our way. After a stop at the store, we headed for home via the Manson Creek Forest and the Finlay Forest Roads, which took us out to Hwy 97 at Windy Point. But we found that neither Windy Point nor the junction cafes were open....a big disappointment. So it was a little junk food before the drive back to Summit Lake and then Prince George.

It was a great trip to a new area. Despite some rugged terrain and lots of sidehilling, no one had anything worse than a blister. It was one of the most strenuous weeklong trips we have had over the past 30 years and a credit to all who went on it. ■

Club Trips and Activities

Cumberland Road Trip

Andrew Drouin, South Okanagan Trail Alliance

Cumberland BC on Vancouver Island had been on the riding-destination radar for some time, so during the first week in October I and six friends from Penticton finally made it happen.

The community of Cumberland has followed the boom / bust cycle that has haunted so many other small towns across BC; alternately fueled by mining and timber - neither of which experiencing their best years of late. Cumberland's solution was to fully embrace recreational trail infrastructure as a form of tourism - and it appears to be working. Much like Rossland, at least a quarter of the vehicles driving through town had a mountain bike or three hanging off the back, and any excursions into the forest found friendly hikers / cyclists galore.

Cumberland has embraced trails like few other communities that I've visited. Many local businesses reflect the "bike everything" attitude; including the pizza place with their bike-wheel-tables, sprockets on the pub walls, tire-tracks on the floor of local establishments or a beautiful parking lot at the community trail-head. The Riding Fool hostel is at the center of the proverbial Cumberland Bike Trail Universe.

Situated a short city-block from the main trailhead, The Fool is built atop a bike store and coffee shop, kitty-corner from two pubs (hit the Waverly - great grub and entertainment). Across the street you'll find a liquor store and an amazing pizza place about the same distance away in the opposite direction. Order the Cumberlander veggie pizza if you go; hands-down the best that I've ever enjoyed! Overall, a trail-junkie engineering team couldn't have designed a better community setup!

The hostel features friendly staff, a large kitchen, a common area with free pool-table, lots of private showers, bike-wash stand / lockup and selection of very affordable dormitory-style and private rooms. Our visit coincided with the Foggy Mountain Fall Fair (next one runs the first week in Oct., 2015) and the community was singing, dancing and drinking into the wee hours - a clamor which alternately amazed / impressed us, given the diminutive size of Cumberland.

Back to the point of the trip; the trails. Cumberland offers an amazing collection of intermediate to advanced all-mountain trails, each accessible via erosion-free / well-maintained two-track which rolls along on gentle pitches.

The result is grunt-free access to amazing top trailheads, each of which allow for some of the most amazing "all-mountain" style vertical drop terrain to be experienced on the Island. The singletrack trails range from flowy, semi-rooty singletrack that your siblings could ride, to abso-

lutely "be on your game or you're going over the bars" wild-child -rooty plunges through the forest!

Many of the trails feature sturdily-built, hand-split cedar A-frame roll-overs, teeter-totters, skinnies, ramps, bridges and board-walks galore. I only witnessed a handful of 'gap-jumps' in three days of riding the area, covering some 70-odd kilometers. Everything else exemplified well-built technical trail features that the vast majority of experienced riders could conquer - even "old-guy" riders like me :-)

I heartily recommend a trip to the Island for a few days of Cumberland hiking / riding. Despite the dire warnings of rain from our friends, we didn't feel a single drop in the three days that we were in the area - through relative humidity dictates that you bring lots of well-ventilated clothing. The hostel staff will do laundry for you at \$5 per large load.

Despite the fact that the trails are freely published on numerous sites online, I encourage you to "do the right thing" and purchase a trail-map from one of the local retail shops (and a T-Shirt too!). The United Riders of Cumberland are raising money to purchase and protect a quantity of land near town in order to preserve it for nature and trails; a damned good cause if ever I heard one! ■

Groups / businesses to support while in Cumberland:

[Cumberland Forest](#)
[The Riding Fool Hostel](#)
[The Waverly Hotel](#)
[BC Ferries Schedule](#)
[Foggy Mt. Fall Fair](#)



Amazing Canyon-Side Trails

Andrew Drouin

Icefields Parkway: Group of Seven: July 19-July 27

Ron Dart, Alpine Club of Canada Vancouver Section

The hot and dry conditions in early-mid July meant that many were the fires and road closures. We were fortunate the day we headed northward from Abbotsford that it was raining cats and dogs—the fires could not withstand the fury of the rain.

We reached Hostelling International (HI) Maligne Canyon in late afternoon on the 19th. We decided, after most tourists had departed from the Maligne Canyon, to trek over the many bridges and gaze down into the slot canyon (one of the charmers of the Jasper area). Maligne Canyon in the winter, when the water is frozen is one of the finest places for ice walking, ice climbing and exquisite photography—quite magical and worth the winter trek.

We had hoped to do Opal Hills (trailhead at Maligne Lake) on the 20th, but four large grizzlies were roaming about in the mountainous terrain, so we switched plans and did Bald Hills. The trek to Bald Hills is worth the doing—with its outstanding views of Maligne Lake



Angel Glacier on Mt. Edith Cavell in the background. Participants left to right: Ross Neufeldt, Valerie Neufeldt, Alistair Jackson, Moira Gartside, Allen Wheatley, Ron Dart, Karin Dart

from the upper plateau summit, and the pathway leading to higher backcountry peaks - a much better trail than Opal for a variety of convincing reasons. It was back to HI Maligne Canyon in the evening.

We headed off early on the 21st to Sulphur Skyline in the Miette Hot Springs area. The ramble through the lower forest area to the upper alpine and generous rocky summit was done at a pleasant speed—views from the Skyline in all directions are a charmer not to be missed. Clouds and blue sky played tag and fine photos were taken of mountains tucked all so close to one another. We ended the trekking day with a lovely and lingering massage of weary bodies in Miette Hot Springs (the hottest in the Rockies).

We decided to have a slower day on the 22nd. Back to Maligne Lake to do the Mary Schaeffer loop trail initially and take in some history of the area of which Mary Schaeffer played a significant part. One of the Rocky Mountain classic treks is the Skyline Trail; a 2-3 day jour-

ney that traverses 3 passes, is the highest trail in Jasper NP and hovers for 25km above the forest and in the alpine. It offers spacious views indeed and is a must do trip for those interested in one of the top ten Canadian mountain treks (44Km for the full trip). We began on the trail and only went to Mona and Lorraine Lakes, as a group trip here is in the works for next year.

We had spent from the 19-22 in the Maligne Lake-Miette Hot Springs area and it was time to move onwards. The Icefield beckoned and call.

So, on the 23rd it was up to Mt. Edith Cavell for the day (a fine peak worth the climbing). The trail begins in the alpine and Angel Glacier (part of which broke loose a couple of years ago) is one of the draws. But the trail into the higher alpine up the rock ridge, then along the mountain spine to a fine summit with even better views of the Angel was worth the ramble. It was a summer-like day, and we all took an afternoon sleep midst the flowers on the descent. The HI hostel at Edith Cavell is a beauty worth staying at.

The summer charm of Cavell on the 23rd turned to almost winter like conditions on the 24th. We headed southward on the Icefield Parkway past the tourist laden Glacier Skywalk and the Columbia Icefield Glacier Discovery Centre (memories of climbing Mt. Athabasca and Hector well intact). We had planned on doing a ramble along Parker Ridge with its sweeping views of Saskatchewan Glacier and Nigel Pass, but the gusty winds, frigid temperature and falling snow whispered a solid “no” quite a contrast to the previous day at Edith Cavell. We spent the evening of the 24th at Hi-Rampart (a sacred site for ice climbers in the winter and also at a fine little Finnish sauna heated by wood with a frigid mountain stream rushing by a few steps away, making for ---some good frolicking. The Wilderness Hostels on the Parkway are a minor step up from most Alpine Club huts but comfortable. Those who spend more than 8 nights at the Wilderness Hostels can spend many a night afterwards *gratis*.

We headed further south on the Icefield Parkway on the 25th, our destination for the day was the Plain of Six Glaciers at Lake Louise. The weather was torn between departing from the winter conditions of the previous day and a return to summer. We did a pleasant ramble to Lake Agnes tea hut, past Beehive and up higher to the Six Glaciers tea hut with Aberdeen, Upper and Lower Lefroy, Upper and Lower Victoria & Pope's glaciers gazing down at us, Death Trap above us and Abbot Hut yet higher on the col. It was an invigorating day to do the loop trek, with plenty of fresh snow on the glaciers and mountains.

The trip came to a close on the 26th on Sunshine Meadows. We caught the 8:00 am bus to the Meadows, did the high loop walk, took fine photos of Assiniboine between the twin Quartz peaks, basked under the summer sun and delighted in the vast array of alpine flowers—it was hard to leave such a magical place. It was back to the ACC-HI Lake Louise for a dinner at Bill Peyto's Café, the Group of Seven returned to the Fraser Valley again on the 27th. ■

Participants: Ross/Val Neufeldt, Alistair Jackson, Allan Wheatley, Moira Gartside, Ron/Karin Dart

Club Ramblings

Wolverine Range

Poem by Hilary Crowley, Caledonia Ramblers

Some of us are getting older, others are getting bolder.
Up to Wolverine Range we went – with heavy packs, including tent.
We camped at alpine, above the trees. Flew from Omineca to Williston with ease.
Spectacular views across the Peace Arm - Finlay Forks buried under this calm.

Up and down ravines we hiked. Over rocks, some didn't like.
Bush-whacked through some underbrush. Gaining ridges, gave us a rush.
Up early – don't be late. On the trail by ten past eight.
Steep climbs up and over ridges. Thankfully there weren't too many midges.

Forest fires were cause for alarm. Saw one start down the Peace Arm
Smoke billowed up at an alarming rate. We never did hear about its fate.

The barking wolf was a highlight, barking and barking with all its might
Once in a while it gave a howl, but never once did we hear it growl.
Camped that night at a beautiful lake. A family of ptarmigan took the cake.
Ate supper perched on the rocks. Patched blisters and brand new socks.

Next day we came to rock so sheer. The exposure caused some to fear
The rock was conquered by the oldest four. The others enjoyed the valley floor.
The last night we camped on a game trail. Quest for water though did fail
Stagnant pond caused lots of bugs. The morrow's trail brought some shrugs.

Decision made for the forest route. Through the bush with pack and boot.
Twelve kilometers in the hot sun. The trail seemed to go on and on.
A welcome creek finally reached, doffed our packs and cooled our feet.
At the end of the trail it started to rain. We had all made it without too much pain.

From there we drove to Lake Wolverine. A pair of loons enhanced the scene.
Next day's drive via Windy Point but lack of food did disappoint.
Thank you Dave and all the gang. A great week's hiking once again.
The whole crew jelled just fine, some even enjoyed their wine.

We are pleased to welcome the
Ozalenka Alpine Club as our
newest FMCBC Member Club.

Thank you for your support!

We would like to thank the
following people for their past
service as FMCBC Directors:

David Overall (ACC-Van)
Bill Perry (IMR)
Francis St. Pierre (BCMC)

We would like to welcome our
newest FMCBC Directors:

Bryce Leigh (ACC-Whistler)
Sherry Durnford (IMR)
Ben Singleton-Polster (BCMC)
Glen Stanley (OAC)
Gil Parker (VISTA)

We would also like to welcome
our new Executive Members:

Bob St. John, President
Dave Wharton, Vice President



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Caledonia Ramblers Honour Dave King

The Humble King of Kakwa

Poem by Nowell Senior, Caledonia Ramblers

He's the Humble King of Kakwa Park,
Roaming the wilds happy as a lark;
An iron man with a heart of pure gold,
Who glows with joy as Nature unfolds.

He'll take you to the sky-high ridges;
And crossover streams without bridges;
Among lofty mountains he'll lead you,
And be first to see the caribou.

When the weak amongst us stumble,
He helps, and never does he grumble;
For our camps he is always prepared;
Needs and comforts of all are not spared.

His stories are legend at the fire,
And our own, he never seems to tire;
He's always last to go to bed,
And first up before a word is said.

The Great Outdoors is a second home;
With joyous strides, here, he'll always roam.
Folks go far to see a special thing;
We're in luck – we have our Humble King.

He's the Humble King of Kakwa Park,
Roaming the wilds happy as a lark;
An iron man with a heart of pure gold,
Who glows with joy as Nature unfolds.

That was the last verse about our King,
But it's lacking in a final ring;
End it we must, so to you we say,
"Dave – have good hikes for many a long day"

At the Caledonia Ramblers 40th Anniversary celebration this summer a plaque was presented to long time member, Dave King. The plaque reads:

With appreciation for a lifetime devoted to providing opportunities for others that they may appreciate the great outdoors that has given him such joy. So, with wishes that in this, the 40th anniversary of the Caledonia Ramblers Hiking Club, you will enjoy many more trips to come.



Dave King holding the plaque presented to him at the Caledonia Ramblers 40th Anniversary celebration this summer.

Nowell Senior

The FMCBC would also like to take this opportunity to thank Dave King for all the work he does in his region of the province and for his continued support and involvement with the FMCBC.

Club Ramblings

Another Great Summer Camp for the North Shore Hikers – Kananaskis Country

Cristina Jacob, North Shore Hikers



North Shore Hikers

Thirty happy [North Shore Hikers](#) of B and C variety spent one week in Kananaskis Country at the International Hostel, located at Rubble Creek, just off Hwy 40 in Alberta.

The Honourable E. Peter Lougheed said: *"In my extensive travels to various parts of the world, I have been fortunate to have visited many special places, but the most special place of all is Kananaskis country"*. After spending seven days there, I could not agree more with this statement. Most of our hikes were in the Peter Lougheed National Park. Each day we had at least two hikes: one B hike of less than 7 hours, and one C hike, longer and a lot more adventurous, requiring both helmets and scrambling skills.

Two exceptional hikes for the more moderate hikers were Pocatererra and Mist Ridges. The former had four bumps and the latter had 12 bumps at elevations higher than 2500m and offered fantastic vistas of Kananaskis Country. But the crowd pleaser was Mount Sarraill, which due to popular demand was done twice during the week; offering views of the Kananaskis Lakes and surrounding peaks. The hiking week started with Burstall Pass, a great introduction to the Rockies for the first timers. The clear skies afforded us perfect views of Mount Assiniboine, which even 40 km away was dominating the alpine landscape. A couple of B hikes had to be replaced with different destinations due to grizzly activity in the area.

The more daring C hikers climbed all the high peaks in the area: Mt. Rae (3218m), Storm Mt. (3092 m), Middle Sister (2769m), Mt. Tyrwhitt (2874m), Mt. Lawson (2795m), and Mt. Indefatigable (2670m). The C hikers bagged at least one peak a day, and they were always welcoming the less daring hikers from the B group to join them in their mountainous escapades. Whoever did so looked at least 10 years younger and 50 years more immature the next day.



North Shore Hikers

Most hikes started at 8 am with return times between 4 and 6 pm. None resulted in any serious injury, except for a broken thumb, and most of us returned home with the usual collection of blisters, scratches, and insect bites. Every day after dinner we held a planning meeting, during which we discussed the hikes of the day and the hikes planned for the next day. Announcements of general interest ranged from hiking trivia to wildlife sightings. There were plenty of those: black bears, grizzlies, moose, elk, big-horn sheep, mountain goats, ptarmigans, etc.

We learned that a lot of peaks in that area have been named after military men of the World War I (WWI), either French (Foch, Sarraill, Joffre, Mangin, Cordonnier) or British (Hood, Brook, Blane, Jerram, Burney, Wintour). It was interesting to find out that some of the more eccentric names, such as Mt. Indefatigable, Invincible, Warspite, Inflexible, Shark, Black Prince, Galatea and Engadine, were named after battleships in the Royal Navy: each peak had a WWI story to tell. Mt. Rae, the highest peak in the area at 3225m was, however, named to honour the Arctic explorer Dr. John Rae, and this mountain is high enough to be viewed on the western skyline from Calgary. Kananaskis country itself got its name from a famous Indian, and it was named as such by Captain John Palliser in the mid-1850s.

The hostel was great and offered us a spacious dining room and a cosy living room with a fire place, comfortable seating, books to read, and games to play. Anita, the hostel manager, was on site to respond to any of our questions and to smooth out things. She even joined us on a weekend hike. Firewood was available to use, and the fire lovers were seen most evenings gathered around the fire, telling stories and sharing an after-dinner drink.

Kananaskis was a great choice. The devastation from the last year's flood was still visible and a handful of trails were still closed to the public. The Alberta Parks' staff has been and still is working hard to fix everything and make it better and safer. The hostel itself 'benefitted' from the flooding: its basement was flooded last year, and this year we had completely renovated showers and laundry facilities. The hostel was located in an area much frequented by the nearby provincial park's visitors; therefore, it had a lot of nearby amenities. Some of us, either too tired to hike six days in a row, or nurturing an annoying blister or painful knee, took the occasional day off and went biking or canoeing.

The planning for the next year's summer camp has already started and hopefully will be captured in a future article for the Cloudburst. ■



Tim Penney

Menzies Snow Gods (Cover Photo)

Tim Penney, Comox District Mountaineering Club

This shot of Carol Hunter, dwarfed by the snow gods of Mount Menzies, was taken on a [CDMC](#) club trip back in March 2011. It was a beautiful day for weather conditions and the spectacular snow sculptured trees made for some great photographic opportunities.

The trip started out on a logging road, just off to the side of Highway 19, about 25 kilometres north of Campbell River. After a hundred metres of elevation gain our snowshoes were required. Total elevation gain was 860 metres and we finished up 1.6 kilometres from the actual Mount Menzies summit. The return trek covered 16 kilometres in total.

From our near the summit destination we had excellent views down to Discovery Passage, Johnstone Strait and across to Quadra Island and the Mainland Mountains. This is a winter trip that our club has now done several times as and when the conditions permit. ■

Some Good Reads

Rock, Paper, Fire: The Best of Mountain and Wilderness Writing

Edited: Marni Jackson & Tony Whittome

Published by Banff Centre Press, 2013

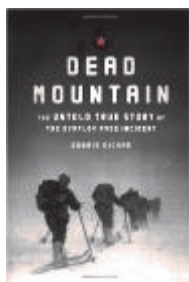
Review by Ron Dart, ACC-Vancouver



The Banff Centre for the Fine Arts has done much superb work in its institutional journey, but there can be little doubt that one of the highlights is the Banff Centre Mountain and Wilderness Writing program. The publication of *Rock, Paper, Fire* is a child of this program, and the articles in the book are A++ keepers and charmers not to miss.

Most of the stories in the collection have a pronounced confessional and personal bent to them that covers high-end climbing, historic journeys into the backcountry, kayak and water traverses, treks in the pathways of Farley Mowat, and tales that hold the attention of mind and imagination, soul and heart. Most of the stories judiciously blend demanding travels into the exterior landscape and deeper probes into the interior terrain. Each adventure calls forth significant resources within each bard, mountain and wilderness come together in a way that compels and draws the curious reader into the next pilgrimage and well told tale.

Many of the writers in *Rock, Paper, Fire* are well known and established mountaineers, wilderness travellers and writers. There are others in the book that are cutting their teeth in this literary genre—much needed, and I might add, long overdue. The editors of *Rock, Paper, Fire*, to their credit, have put together a Canadian classic that should find a fit and fine place in the libraries of those committed to outdoor life—the tome should also be mandatory reading for those interested in getting a feel for wilderness and mountain life at a more advanced level. Indeed, as the subtitle suggests, these stories are “the best of mountain and wilderness writing”. ■



Dead Mountain – the Untold True Story of the Dyatlov Pass Incident

By Donnie Eichar, Published by Chronicle Books, 2013

Review by Mike Nash,
Caledonia Ramblers

What really happened on *Dead Mountain* and could it happen here?

Little known in the West, the 1959 Dyatlov Pass incident is perhaps the best known hiking mystery in Russia. Recently, American filmmaker and author Donnie Eichar has developed a fascinating new insight into this perplexing tragedy, one that wasn't available to investigators at the time and that might be worthwhile for BC mountaineers and other backcountry travelers to have in our safety awareness back of mind.

In February 1959, a group of nine young, highly experienced mountain hikers, seven men and two women, most of whom were students at the Ural Polytechnic Institute, embarked on a ski-camping trek in a remote part of the Northern Ural Mountains. After several days' travel by train, truck and skis, they set up camp in deteriorating winter weather just above treeline on the easy slope of a dome-shaped feature already ominously known in local lore as 'Death Mountain.' They settled into the university's old but sound canvas tent, a structure big enough to hold all nine, for what would shortly turn out to be the last night of their lives.

Sometime that evening they all left the tent in a panicked rush, some going out the front door and the others slashing open the rear of the tent with a knife. They left with what they were wearing – most of them without outer clothing or footwear – and rushed down the slope in total darkness in the midst of a Russian winter storm to almost certain death. One of them had a flashlight but dropped it just outside the tent in their haste to get away. It was later found with the switch in the 'on' position. If any of them were capable of thinking straight they must have known that they would have no way of finding their way back to the tent or of surviving the night, but that did not stop their mad rush away from the camp, and within a few hours they were all dead.

Like a terrestrial version of the deserted ship, *Mary Celeste*, the tent that they had so desperately abandoned was later found intact except for the cut that was forensically determined to have been made from the inside. Their footwear, clothing and other contents were neatly arranged inside. The only tracks found around the tent were made by the nine skiers; there were no animal or other human tracks. Most of the party died of hypothermia, but several had severe trauma injuries, and bizarrely one of the two young women was missing her tongue. One person managed to get a fire started but succumbed to hypothermia before it could be effective. Mysterious 'orbs' of light were reported in the skies around that time from nearby communities, and later examination showed that some body organs and clothing had signs of radiation exposure. This was at the height of the Cold War during the Khrushchev era, the year before American U2 spy plane pilot, Gary Powers, was shot down by the Soviets.

During the course of his research, Eichar twice travelled to the Urals and was the first American to visit the scene of the ski-hiking disaster in winter. Consulting with experts and scientists in both Russia and the U.S., he systematically ruled out all of the

Cover Photo Contest

We're looking for summer shots for our next cover of *Cloudburst*. Email your entries to us at

cloudburst@mountainclubs.org

Please submit photos by April 1, 2015.

Member Club Grant Donations

Help improve our trails in the backcountry

In 2012, the FMCBC began a [grant program](#) to support projects initiated by our member clubs. All donations to the FMCBC now go directly into this fund providing a great way for organizations and individuals to give back to our trails and the outdoor recreation community. FMCBC grant funds have been used to upgrade trails, install bridges, improve huts, purchase tools and run community events. You can read about two of this year's projects on page 5 and visit our website to learn about projects from previous years.

This year we're happy to announce that we have received two larger sized donations which will be a great boost to the program for 2015.

Thank you to the **Korean Hikers Club** for their donation of **\$1030** towards our grant program. They would like to see their contribution go towards trail improvements on Vancouver's north shore mountains where they hike often.

Thank you to the **Sea to Sky Gondola** for their donation of **\$1000** towards our grant program. The FMCBC had the opportunity to visit their new facility and hike a few of the trails during their HikeFest event in September.

Our 2015 Project Grant Fund is off to a great start! We'd love to bring in a few more donations before March 31st and really show our trails some love next summer.

To show your support, visit our donations page on our [website](#) or visit the Canada Helps [website](#) and donate directly online.

Thank you for your support!



Canada's mountaineering drama. Each chapter, in an insightful and evocative manner, walks the curious reader down and up all sorts of pathways and ridge walks with the who's who of Canadian Alpine life. The various and varied tensions that the ACC faced at different points in its history are unpacked in a nuanced and detailed manner. Those who are keen on hard facts are delivered plenty; those who tend to be taken by diverse reads of controversial moments in Canadian alpine life are ushered into the thick of the fray.

Many of the sidebars in *Climber's Paradise* are biographical primers on significant Canadian mountaineers and activists. These provide much needed information and delightful tidbits about the internal working, tensions and issues of Canada's mountain parks and the ACC.

Climber's Paradise, wisely and judiciously so, unpacks the ongoing story of the ACC, Canadian mountain parks and politics in eight chapters that cover the terrain well in a historic manner, including a timely and insightful Epilogue. The Appendices, Footnotes and extensive Bibliography make this a hefty tome in the Canadian mountaineering archival and library collection---it definitely outdoes and surpasses previous work in the field.

prevailing theories: attack by armed men, attack by wild animals, avalanche or threat of avalanche, high winds blowing them off the mountain, lightning, carbon monoxide poisoning (the wood-burning stove had not yet even been assembled in the tent), Soviet weapons testing (rockets and/or radiation) or other classified secrets and conspiracy theories, and the inevitable space alien theories that surround such mysteries. In pursuing his investigation, Eichar followed the Sherlock Holmes maxim, "when you have eliminated the impossible, whatever remains, however improbable, must be the truth." But what, he wondered, are you supposed to do when you've eliminated everything improbable, and nothing is left?

So what did happen to these nine experienced backcountry skiers on that fateful night in the Northern Ural Mountains and could it happen in BC? In his page-turning *Dead Mountain*, Eichar relentlessly brings his readers to a sobering and thought-provoking conclusion that is sure to give pause to travellers in BC's winter backcountry. I regret having to leave readers hanging at this point, but to say more here would be the ultimate spoiler for this compelling story. ■

*** Mike Nash is the author of *Outdoor Safety & Survival*, published by Rocky Mountain Books in 2012.

Climber's Paradise: Making Canada's Mountain Parks, 1906-1974

By PearlAnn Reichwein, Published by the University of Alberta Press, 2014
Review by Ron Dart, ACC- Vancouver



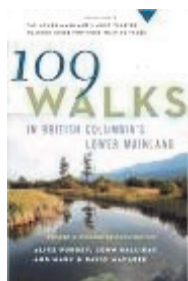
There has been a definite need for a finely crafted book on the relationship between the Alpine Club of Canada (ACC) and Canada's mountain parks. *Climber's Paradise* tells the tale in an exquisite manner and, in doing so, reveals much about the complex paradise of Canada's mountaineering history and ethos.

The symbiotic relationship between the Alpine Club of Canada and Canada's mountain parks as well as, the role of politics and political parties have not been probed and explored in quite the demanding way that *Climber's Paradise* does. This incisive history is replete with fine photographs and short biographies of some of the main actors in the history of

Some Good Reads

My main regret after putting down this historic keeper is that the tale was brought to a close in 1974----so much has happened of worth and note in the Alpine Club of Canada, Parks Canada and the fragile relationship between political parties and parks since 1974 that more of the controversial tale needs to be told.

Reichwein has certainly emerged in the last decade as one of the primary keepers of the distinctive Canadian mountaineering tradition, and *Climber's Paradise* confirms yet again why this is the case. Do purchase, read and digest this masterpiece of the unique Canadian mountaineering tradition told from a wise and balanced perspective. ■



109 Walks in British Columbia's Lower Mainland

Revised and Updated Seventh Edition
By Alice Purdey, John Halliday and Mary & David Macaree.

Published by Vancouver: Greystone Books, 2014

Review by Ron Dart, ACC-Vancouver

"WELCOME! We invite you to explore, on foot, the outstanding urban paths and wild trails of the Lower Mainland. The abundant natural beauty and the joy of walking will surely revitalize your *joie de vivre*."

So begins this newest and 7th edition of *109 Walks on British Columbia's Lower Mainland*. The introduction to this updated version states, "We have added fourteen new walks, removed as many, and refocused thirteen of the old-timers in this edition." In short, this revised sequel of *109 Walks* has many new additions to it, hence more than worth the coppers spent to purchase a copy. Such guidebooks have a history, though, and *109 Walks* does emerge from such a Lower Mainland line and lineage.

Mountain Equipment Cooperative (MEC) began in 1971- the same year as the Federation of Mountain Clubs of British Columbia (FMCBC). Dougald Macdonald's *Hiking near Vancouver: Twenty scenic alpine trails to explore in B.C.'s Lower Mainland* was published in 1971. BCMC published, a year later, *Mountain Trail Guide for the South West Mainland Area of British Columbia*. There could be no doubt, by 1971-1972, that walking, hiking, scrambling and climbing were in their ascendancy and books were needed to guide and inform a growing public interest. This was also the period of time when the first edition of the classic Rockies guidebook, by Brian Patton/Bart Robinson, *Canadian Rockies Trail Guide* (1971) was published.

The initial publication of *109 Walks in British Columbia's Lower Mainland* took place in 1976---since then, the book was republished in 1982, 1990, 1997, 2002, 2009 and now, again, in 2014 in the seventh edition. Mary and David Macaree were the movers and shakers in the early editions, and in this 7th edition, Alice Purdey (who has plenty of mountaineering experience) and John Halliday have taken the helm.

The most recent edition of *109 Walks* is divided into 10 sections: Squamish-Howe Sound, West Vancouver, North Vancouver, Vancouver, Richmond-Delta-South Surrey, Burnaby-New Westminster, Coquitlam-Port Coquitlam-Port Moody, Pitt Meadows-Maple Ridge-Mission, North Surrey-Langley and Abbotsford-Chilliwack. Each section is packed with fine trails to walk, excellent instructions, maps and black/white photos. This updated gem of a book begins with a key to map symbols, informative introduction and an overview map of the Lower Mainland.

The websites, regional links, index of walking times, index of return distances and index bring this must-buy book to a fit and fine ending.

The fact that royalties from sales of the book will be given to BCMC is yet another reason to purchase this compact charmer of a guide book. The Lower Mainland has grown considerably since 1976, and the authors of *109 Walks* have definitely kept up with the changing trail conditions and new pathways worth the walking.

It should be noted, also, that in the updated version of *109 Walks*, the founders of the book (the Macarees) have passed into the west. Halliday and Purdy, in their revised version, have walked about 1200 km to check out current routes and sleuth out new paths. The GPS coordinates have been added to assist in the finding of trailheads, and there is now more of a focus on pathways south of the Fraser. Each region discussed in the book has a more discrete and in-depth discussion. In some significant ways, this version of *109 Walks* is an entirely new book.

There can be little doubt that this revised edition is *109 Walks* at its finest and most timely-a necessary guidebook for walks in the growing Lower Mainland of British Columbia. ■



Mountaineering and the Humanities

By Ron Dart, 2007

Published by Prospect Press,
North Vancouver, BC

Review by Bill Perry,
Island Mountain Ramblers

In the fall 2013 issue of *Cloudburst*, I reviewed the book *Thomas Merton and the Beats of the North Cascades* by Ron Dart. I learned from the author that he had written another book along the same lines. *Mountaineering and the Humanities*, written two years later, expands the subject well beyond a small group of writers and one Cistercian monk. It takes us back almost to the dawn of civilization.

This book, like the previous volume, is illustrated by Arnold Shives. Not only does Shives supply an attractive linocut for the front cover, but his drawings add to the enjoyment of the book by decorating half its pages with drawings of mountain scenery,

likenesses of people portrayed in the text, and every kind of climbing gear from packs to pitons!

The history begins with Dante (1265 – 1321). Although not on record as a climber himself, he used mountains as literary and religious symbols and images within the Catholic tradition. His descriptions of heaven and hell fill the pages of religious and secular mythology, but it is the description of mount purgatory which stimulates the imagination of the climber, or anyone making slow progress on one of the many scree slopes of life – two steps upward, one step back, the summit not yet in sight.

Next we meet Petrarch (1304 – 1374), in training to be a monk near the city of Avignon (site of the famous *Pont*), in southern France. He actually does climb a mountain – Mont Ventoux, a 1910m peak about 60 km away from his home – and learns some lessons about life in the process. The first of these is that it takes hard work and persistence to reach the goal, be it the summit of a mountain or the next stage in his spiritual journey.

Conrad Gesner (1516 – 1565) was a Swiss writer, scientist, “natural philosopher,” and a Reformed Protestant. He climbed several mountains, and “brings us very much into the modern world in which a religious, scientific, and aesthetic attitude to the mountains may be integrated” (page 31).

Many other early writers are mentioned to support Dart’s point that the literature of the mountains began well before the time of the English Romantic Poets. Appropriately, the next part of the book glissades right into the 18th century and a discussion of these poets.

Dart makes a distinction between those he calls “High Romantics,” such as Wordsworth and Coleridge, who had ties to traditional religious and political views, and the later “Low Romantics,” including Byron, Shelley, and Keats, who held to more independent positions. Wordsworth and Coleridge did most of their hiking in the Lakes District and other English locales, while Byron and Shelley also spent considerable time in the Alps.

Before revisiting the writers of the “Beat Generation,” the subject of his previous book, Dart stops by the campsites of a couple of earlier American writers: John Muir and Robinson Jeffers. Like the English High Romantics, they showed a reverence for nature. They had a powerful influence on the “Beat Generation” writers of the 1950s and later, but, aside from Muir’s activist role in starting the Sierra Club and working to establish Yosemite Park, they did not rock the boat in any religious or sociopolitical way like the unruly Beats, whom Dart links to the English Low Romantics and the American East Coast Transcendentalists of the mid 19th century.

The Beat writers’ movement coincided with a time of social change in North America, and no doubt they helped it along. Mountain climbing was front and centre in their books. Gary Snyder and Jack Kerouac, among others, worked in and wrote about the North Cascades and were also attracted to Buddhism.

Dart suggests that “the English Low Romantics and many of the American Beats “slipped into ... a simplistic stance”, which idealized the East while demonizing the West (page 55). I admit I found this part a bit hard to read, since I was a teenager in the 1950s, and saw the beats as heroes, pointing the way out of the stifling conformity which had taken over post-war America and ruled well into the '50s. But this is not the place to present a counter-argument, and besides, I expect that one could find many examples of the Beats going overboard in their criticism of Western society.

The 1950s begat the '60s, which, in turn, brought many social and artistic changes. Some of these were fads, and faded away, but most significantly for the readers of *Cloudburst*, wilderness conservation and recreation came to be seen as having physical, social and spiritual value. Nowadays, hiking and climbing are in the mainstream, and this was all started (or at least revived and popularized) in my generation by the “dharma bums” of the “rucksack revolution.”

The remaining pages of *Mountaineering and the Humanities* traverse many mountain ranges, and we meet a great array of American and Canadian writers. I was pleased to see due credit given to James Ramsey Ullman, a novelist and the chronicler of the first American expedition to Everest.

The final chapter, “The Canadian Tradition” is truly a tour de force in describing Canadian mountaineering literature. This very enjoyable ramble covers poetry, fiction, history, biography, science, expedition reports, and certain guidebooks which like Dick Culbert’s, are really much more than guidebooks. Dart points out that the above categories are often combined. Vancouver’s Paddy Sherman, for example, turned true stories into enjoyable literary adventures.

Along the trail, Dart revisits some of the themes of his previous books: rock jocks and peak baggers vs. simply enjoying the heights; “danger on peaks,” or focusing too much on the mountains, while overlooking the responsibilities of life in the valley; and East vs. West, as discussed above, but also including a separate chapter devoted to this subject, and involving more than just the Beats and Romantics. Admirably, Dart maintains a balanced approach here, reminding us that “both traditions have noble and lofty attitudes toward mountains, spirituality and nature” (Page 68).

All these topics invite more exploration and examination, by the reader, of his or her own reasons to climb. Some of us will need to find different peaks; others may choose alternate routes to the same summit. ■

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VANCOUVER ISLAND AND ISLANDS

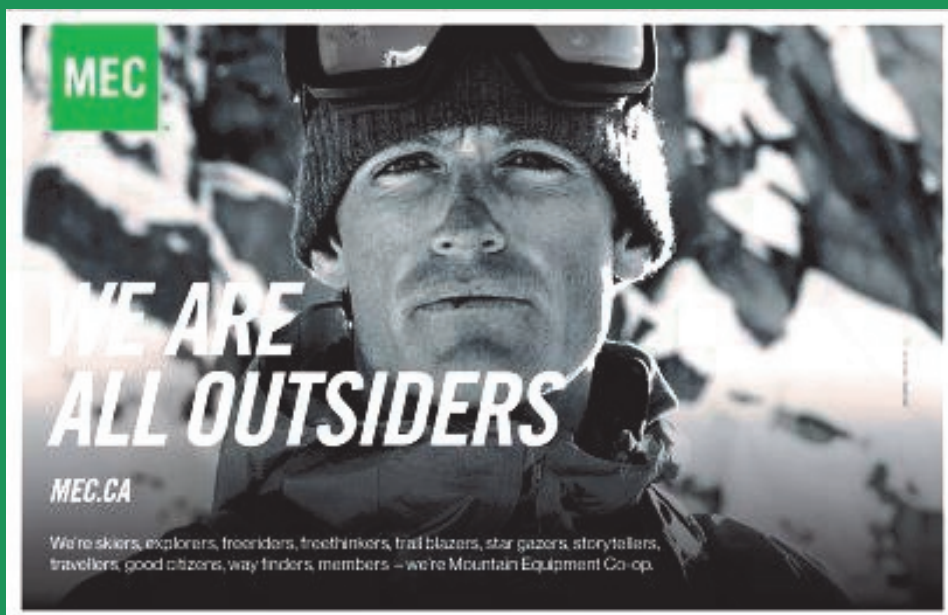
Alberni Valley Outdoor Club
Alpine Club of Canada – Vancouver Island
Comox District Mountaineering Club
Friends of Strathcona Park
Island Mountain Ramblers
Outdoor Club of Victoria
Quadra Island Outdoor Club
Vancouver Island Spine Trail Association
Vancouver Island Trails Information Society
Victoria Outdoor Club Meet Up

METRO VANCOUVER

Alpine Club of Canada – Vancouver
Alpine Club of Canada – Whistler
BC Mountaineering Club
Friends of Garibaldi Park
Hike BC
North Shore Hikers
North Vancouver Outdoors Club
Outsetters Club of Vancouver
SFU Outdoor Club
Valley Outdoor Association
Vancouver Rock Climbing Group
Varsity Outdoor Club UBC

FRASER VALLEY

Backroads Outdoor Club
Chilliwack Outdoor Club



SOUTHERN INTERIOR

Kamloops Hiking Club
Kootenay Mountaineering Club
South Okanagan Trail Alliance
Varsity Outdoor Club Okanagan

CENTRAL INTERIOR

Bulkley Backcountry Ski Society
Caledonia Ramblers Hiking Club
Fraser Headwaters Alliance
Ozalenka Alpine Club

NORTH COAST

Mount Remo Backcountry Society



Help us advocate—Join the FMCBC!

By working with outdoor recreation organizations, industry and government agencies, the Federation of Mountain Clubs of BC protects and maintains access for quality non-motorized backcountry recreation in British Columbia's mountains and wilderness areas.

We represent 5000 individuals from 33 non-motorized outdoor recreation clubs across BC. Here's how you can get involved:

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Join as an individual (\$25 per year)

Make a tax deductible donation to help us build and upgrade BC Trails
Sign up for our newsletters

Learn more at www.mountainclubs.org