

---

# CLOUDBURST

---

Federation of Mountain Clubs of BC Newsletter

MARCH 1996

**SPECIAL FEATURES:**

Volunteer Profile: Ruth Masters

Safety and Education Crossword Puzzle

FMCBC AGM

Cypress Bowl Update

---



Drawing by FMCBC Director Lesley Bohm



## CLouDBURST

**Articles:** We welcome, and space permitting, will print articles which inform our readers about mountain conservation /recreation issues or activities in B.C.  
Word limit: 500

**Advertising:** The FMCBC invites advertising or classified advertising that would be useful to our members. Please contact the Editor for a rate sheet.

**Editor/Designer:** Sara Kammerzell  
336-1367 W. Broadway, Vancouver, BC V6H 4A9  
Tel: 737-3053 Fax: 738-7175

**Deadline for submissions:**  
**June 1, 1996**

*Printed and published four times per year by:*  
SBC Distributions Ltd. 1367 W. Broadway  
Vancouver, B.C. V6H 4A9. Canadian Publications  
Mail Sales Agreement #102202

This Organization is supported by the Province of British Columbia through the Ministry of Small Business, Tourism and Culture.

**President:** Thom Ward  
**Executive Director:** Linda Coss  
**Manager, CWMS:** Brian Jones  
**Office Manager:** Alana Prociuk

**Committee Chairs:**  
**Recreation and Conservation:** Roger Freeman,  
Jay MacArthur  
**Trails:** Blair Mitten, John Otava  
**Safety and Education:** Chris Mills

Volume 4 Number 1

## Membership

The Federation of Mountain Clubs of British Columbia (FMCBC) is the official sport-governing body for mountaineering in BC, representing the interests of hiking, climbing and outdoor clubs in the province. The FMCBC is a non-profit organization addressing mountain conservation and access issues, promoting safety and education through courses of instruction, building and maintaining hiking trails throughout BC.

**Membership** in the FMCBC is open to any individual or group interested in non-mechanized outdoor activities and conservation concerns. Those interested in joining this non-profit organization have two options:

**Club membership:** Please contact the office to receive a free list of clubs that belong to the FMCBC.

**Individual Membership:** Call the office at 737-3053 (Vancouver) with your VISA or MASTERCARD number or send \$25 with your name and address to: FMCBC #336 - 1367 W. Broadway, Vancouver, B.C. V6H 4A9.

## In This Issue...

FMBC Meeting Dates	2
AGM Information/Registration	3
Volunteer Profile: Ruth Masters	5
Trails News:	
Grouse Grind	6
Verified Volunteer	6
A-A-T News	7
Logging in Squamish Forest District	7
Safety and Education Committee	8
Bulletin	10
Minimum Impact Recreation	11
Canada West Mountain School	13
Cypress Bowl Update	14
Island Perspectives	15
Last Word	16

## FMCBC Meetings

### Recreation and Conservation Committee:

Apr. 22, May 27

7:30 pm. Call office for location.

### Safety and Education Committee:

Call FMCBC office for next meeting

### Trails Committee:

April 22, June 10 (Rm 336 at Sport BC).

7:30 pm. Call office for location.

### Board of Directors:

April 17, May 15, June 22 (AGM)

Rm 336 at Sport BC.

### Lower Mainland Delegates' Meeting:

7pm, May 16

### Island Delegates' Meeting:

Contact office for information



## Annual General Meeting

*HOSTED BY THE CALEDONIA RAMBLERS HIKING CLUB in PRINCE GEORGE, BC  
19-22 JUNE 1996*

### THEME: 25th ANNIVERSARY CELEBRATION OF THE FMCBC

**June 16 (Sunday 6 pm)** Mount Robson hike. Meet at the Mount Robson Visitor Centre on Highway 16.

**June 17-19 (Mon-Wed)** 3-day backpack around Mount Robson to Berg Lake, and beyond. Park Fees Apply.

**June 19 (Wednesday)**

6:00 pm - 10:00 pm

Reception and trip selection at the home of Doug Perkins, 547 North Quinn.  
Those arriving later, contact Judith Robertson at 564-8887 to pick up registration packages.

**June 20 (Thursday)**

6:30 am - 8:00 am

Departure

Day Hikes - Choice of Strenuous, Moderate and Easy.

*\* Good boots and clothing suitable for the mountain environment are required for the strenuous and moderate trips. Participants must sign a waiver of liability for all field trips.*

6:30 pm - 8:00 pm

Dinner at the campus of the College of New Caledonia. (Dinner served at 7 pm).

8:00 pm - 9:00 pm

Guest Speaker: Local outdoorsman, **Fred van der Post** will present slides of his 680 km solo snowshoe trek in the mountains of northern BC in 1982.

9:00 pm - 10:00 pm

FMCBC Awards and socializing.

**June 21 (Friday)**

7:00 am - 8:00 am Dep.

Day Hikes - Choice of Strenuous, Moderate and Easy. *\* See note, above.*

7:00 am - Departure

Fang Cave. Hosted by the UNBC Caving Club, this is your opportunity to visit Canada's second largest underground room. Participants are limited to 6. Some technical parts.

10:00 am - 3:00 pm

Voyageur style canoe trip down the Nechako River. Trip includes lunch, and has a fee of \$12 to cover expenses. Life jackets are provided. Participants are limited to 8.

7:30 pm - 9:00 pm

Slide Show: members of the Caledonia Ramblers will show slides of the mountains of northern BC. Location to be announced.

**June 22 (Saturday)**

7:00 am - 8:00 am

Early morning walk through Prince George's centennial project, "Forests for the World".

9:00 am - 4:30 pm

FMCBC Annual General Meeting, Lecture Theatre #238, University of Northern BC.

12:00 pm - 1:30 pm

Lunch and tour of the University of Northern BC.

4:30 pm - 6:00 pm

FMCBC Directors Meeting.

7:00 pm - 9:00 pm

BBQ hosted by the Caledonia Ramblers Hiking Club, Wilkins Regional Park.

#### REGISTRATION FORM

NAMES: \_\_\_\_\_ TELEPHONE: \_\_\_\_\_

ADDRESS: \_\_\_\_\_ POST CODE: \_\_\_\_\_

NUMBER OF PEOPLE TO BILLET: \_\_\_\_\_ \*\* NUMBER FOR MOUNT ROBSON: \_\_\_\_\_ NUMBER FOR FANG CAVE: \_\_\_\_\_

CLUB AFFILIATION: \_\_\_\_\_ FEES: Thursday Dinner \$22 per person X \_\_\_\_\_ = \$ \_\_\_\_\_

\*\* Please attach details of billeting requirements Saturday Coffee & Lunch \$ 7 per person X \_\_\_\_\_ = \$ \_\_\_\_\_

or other special needs. Voyageur Canoe Trip \$12 per person X \_\_\_\_\_ = \$ \_\_\_\_\_

Please send form and cheque by June 1st 1996, payable to:

TOTAL = \$ \_\_\_\_\_

The Caledonia Ramblers Hiking Club, Box 26, Station A, Prince George, BC, V2L 4R9.

(Includes GST)

For information, contact Judith Robertson at 604-564-8887 or Doug Perkins at 604-563-0305.



## *More on the AGM*

We hope to see you in Prince George this June to help us celebrate 25 years of the Federation. This inexpensive holiday opportunity can be had by taking only 3 days of vacation time plus the weekend. That will give you 3 full days in Prince George, and 2 easy days for travel. Driving will give you the flexibility you will want while here, as well as keeping your travel costs low. You may wish to carpool with other members of your club, but consider the logistics of different billets and trip selections, as well as the comfort of the drive. For those who wish to take a full week and include Mount Robson, we suggest that you go via Kamloops and meet your trip leader, George Evanoff, at the park on Sunday evening. If you have any special needs while in Prince George such as dietary, or would prefer a hotel, campground or college dormitory instead of a billet, please let us know in a note attached to your registration form. If you wish to come a few days early and explore some local trails on your own, let us know and we will send you information in advance. If you have any other questions, please call Judith or Doug at one of the numbers on the registration form.

Trip selection for the day hikes can be done on the registration evening when you will have an opportunity to meet the trip leaders and pick up your information package. All you have to do is find the house of our club President, Doug Perkins. Head north through town on Central Street (Hwy 97) to the intersection with 5th Avenue. Turn left (west) on 5th Avenue for 700 meters, before turning right (north) onto Quinn (just before the second set of lights). Doug's phone number is 604-563-0305, and his street address is 547 North Quinn.

### Thursday Day Hikes:

**Erg Mtn (strenuous)** - 7,500 ft peak in the Cariboo Range east of Prince George - one of our best hikes, but steep.  
**Pope Mtn, Fort St. James (moderate)** - spectacular views of Stuart Lake - chance to visit the National Historic Park.  
**Eskers Provincial Park (easy)** - miles of natural trails in rolling wooded country around eskers and small lakes.  
**Local Craggs** - rock climbing led by members of the new Prince George section of the Alpine Club of Canada.

### Friday Day Hikes:

**Fang Mountain (strenuous)** - hike in with the caving group; see Fang Cave from the outside, and continue on to the scenic alpine bowl and peaks above.  
**Raven Lake/Grizzly Den Alpine Recreation Area (moderate/strenuous)** - our most popular alpine area.  
**Grand Canyon of the Fraser River (moderate)** - low elevation walk; historic, scenic site.  
**Ferguson Lake / Huble Farm Historic Portage site / Teapot Mountain (easy)** - a trilogy of places to fill a lazy day.

**Other Events:** FMCBC Dinner; two different and unforgettable slide presentations; voyageur canoe trip; cave trip; local walks; birding opportunity with the PG Naturalists Club; UNBC tour, and the grand finale BBQ.

NOW OPEN  
IN WHITE ROCK



### **MOUNTAIN MAGIC LTD.**

Sunnyside Village  
2393 King George Hwy.  
South Surrey, B.C. V4A 5A4

*"The Outdoor Store That's In"*

**Specializing in:**

**Hiking Boots, Sleeping Bags, Tents, Backpacks,  
Outdoor Clothing, Accessories, & Much More!**

**Mail orders welcome.**

**Tel: 535-5182**



## VOLUNTEER PROFILE

*By Rob Wilson, Comox District Mountaineering Club*

Ruth Masters at age 75 has spent a lifetime of standing up for parks, wilderness and wildlife. Ruth, a demure five feet, two inches, has never been shy in her approach--she has told several people that "when they go to log it, the first thing they're going to have to cut in half is Ruth Masters".

At the age of 13 in the summer of 1933, Ruth and her parents hiked into Forbidden Plateau and stayed overnight at the new Mt. Becher hut built by the Comox District Mountaineering Club (CDMC). The next morning the family climbed up to the summit of Mt. Becher and were entranced with the surrounding view of Comox Glacier and the mountain range north to Mt. Alexandra. Ruth was hooked and soon after joined the CDMC and her first trip onto the Comox Glacier was in 1938. Her love affair with the beauty of Comox Valley, Forbidden Plateau, and Strathcona Park began, and from this time on, a major focus of her energy was the preservation of Island wilderness. In 1939, Ruth became the secretary of the CDMC, and has been on the Executive Committee ever since. Today, she is the longest surviving member and truly the heart and soul of the club. She is loved and respected by all who live in the Comox Valley and her volunteer work spans over half a century.

She is active in 20 different environmental groups and societies. Her personal stationery has her logo "Standing Up For Parks, Wilderness and Wildlife" embossed in large letters along the margins and at the top is a picture of the Comox Valley and the Comox Glacier.

Ruth's trail building and maintenance started in the 1930s and continues today. Ruth has been involved in building the following trails: Price Creek to Cream Lake, Upper Puntledge, Comox Glacier, Century Sam, Upper Myra, Drabble Lakes, Capes and Idiens Lakes, Gem Lake, Forbush Lake portage, Jack's Augerpoint, and Boston Ridge Circuit, Marble meadows, Phillips Ridge, Elk River, Bedwell, and Lady Falls trails. These trails, if joined together, are 135 km long--an amazing feat of trail building!

Whenever there is an issue, whether it be parks, wilderness or wildlife, Ruth's activist side comes to the forefront. She is regularly interviewed by the news media, and photos of Ruth waving her protest sign usually appear in the newspaper. Out front in the blockade protesting the logging of Clayoquot Sound three summers ago, she waved a placard which read "FREE! FOREST BUS TOURS TO JAIL". Besides Clayoquot Sound, other blockades she has been involved in over the years are Tsitka, Walbran, Parksville Flats, Strathcona Park, and most recently the MacDonald-Woodland.

Since the early 1950s, she has striven to preserve Strathcona Park as a wilderness park, defending it from those who logged, mined, burned, dammed, flooded, drilled, blasted, paved, littered, traded off, looted, and polluted. For 30 years, she attended an endless procession of hearings, briefs, meetings, sent hundreds of letters and drove miles trying to reverse the pillage. During that time she states that the Friends of Strathcona were conned, swindled, brushed off and lied to. Meanwhile, the industrialization of Strathcona Park continued and in 1987, the park was opened to industry. The Friends of Strathcona Park had had enough and set up a blockade. Once again, Ruth, along with hundreds of others, was in the frontlines. Defying the court injunction, 64 protesters were arrested, loaded on buses and carted off to jail as Ruth played "O Canada, Glorious and Free" on her harmonica. After months of trials the charges were dismissed, and as a result of the blockade action by the Friends of Strathcona Park, the government appointed The Strathcona Park Advisory Committee to develop a master plan with input from public and interested groups.

Over the years, Ruth has been responsible, on behalf of the CDMC, for getting 35 different Strathcona Park features officially named on topographical maps. Ruth has also completed many community projects, such as producing displays for the Courtenay and District Museum. One display, a 280 page book of pictures, news articles and historical notes of the history of Forbidden Plateau, took Ruth five years to compile.

Ruth Masters has certainly left her mark and a legacy for all to enjoy now and in the future. Thank you Ruth, from the Comox Valley, CDMC, and the FMCBC. We will again join you this year on the trails that you so love.

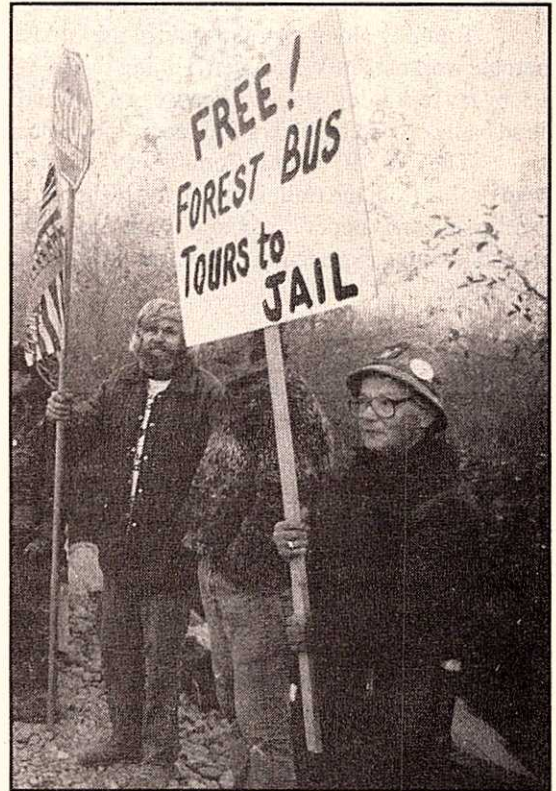


Photo Credit: Lynn Thompson



## TRAILS NEWS

### REBUILDING THE ERODED GROUSE GRIND TRAIL

*By Don McPherson, Trails Committee Volunteer*

Running along the south side of the Grouse Mountain Gondola is the popular Grouse Grind Trail, one of the best aerobic workouts in Vancouver. Hiking twelve years ago, I would not see anyone until I got to the top. In the month of June 95, by my reckoning, there was between 6,500 and 7,500 people going up and about 1,000-1,500 people going down.. The trail is so badly eroded by hikers and racers that renovation is needed.

The FMCBC's Trails Committee is asking for volunteers to renovate the Grouse Grind Trail. Grouse Mountain Resorts, who profits from the trail, is supplying the tools, equipment and skyride passes. The GVRD, the land owners, have given permission and support to rebuild the main trail and major branches where both are heavily used. The project is creative, fun, a good learning experience, and will contribute to the hiking community. If you would like to join us on Saturdays, please call the FMCBC at 737-3053.

### VERIFIED VOLUNTEER

*By Jerry Lies, Chilliwack Outdoors Club*

I experienced my very first helicopter flight last summer when I participated in a work party on the Pierce Lake Trail (Chilliwack River Valley) sponsored by the Chilliwack Outdoor Club and the Ministry of Forests. I looked forward to the ride for weeks, and was disappointed that it took a mere five minutes, and left me facing a full eight-hour day of trail maintenance. What a trick I fell for!

Truly, though, the day was incredibly engaging. I experienced pure satisfaction, and soul-filling happiness gently washed over me as the day progressed. Our gung-ho party was tremendously productive, which inspired our club to adopt the trail. It became clear to me why a person volunteers a day to trail maintenance and/or building.

With trail maintenance you slowly assess and gently shape the mountain, unlike just hiking a trail from point A to elevated point B. You are touching, feeling, breathing and experiencing the moment and the environment in a truly intrinsic way. The day persistently moves on and your beaded sweat drops and is absorbed into the mountain soil, strangely emulating the absorption of your person into the task at hand. Then there is the comraderie between your teammates. I say teammates because that is what they are for the day. A group working together for a common goal, assisting each other and planning together, cheering, suggesting, conversing and joking. Sure, there is a point in the day you might wish you were at home, but all you have to do is glance around and become re-inspired by the toiling about you.

I first heard the following statement at a FMCBC trail building course, and I repeat it with frequency. "If a person uses hiking trails s/he should feel a burning obligation to volunteer at least one day of the 365 day long year to some trail maintenance". To do so will make you feel good about yourself. It will make you aware of what goes into making trails and it will give you a special kinship to the trail and it just plainly will give you an enjoyable day. So next time someone in your club is organizing a trail maintenance day, take a chance and volunteer; give back a little for all the use and enjoyment you've taken from the trails.



**Garden & Turf mixes**

• SAND & COMPOST MIXES  
• LABORATORY TESTED  
• CUSTOM BLENDING

**276-9522**

**HUT TO→ HUT**

in the  
**CARIBOO MTNS of  
WELLS GRAY PARK, B.C.**

- 3 comfortable huts
- Winter ski touring for all abilities
- Summer alpine hiking
- Great prices!

**WELLS GRAY PARK CHALETs**  
Box 188B, Clearwater, B.C. V0E 1N0  
Phone (604) 587-6444 Fax (604) 587-6446



**ADOPT-A-TRAIL: Activities in 1995***By Mary Macaree, A-A-T Coordinator*

At December 31, 1995, we had 48 adopted and 27 maintained trails for a total of 75 trails being looked after by volunteer groups. The following list, arranged in alphabetical order by adopter, is compiled from reports submitted by volunteers. The FMCBC gratefully thanks all those who volunteered time to maintain trails:

**Banwell Group** for keeping the Baden-Powell Trail (Mt. Seymour Road to Lynn Canyon) in good condition;

**Burnaby South Secondary School** for two trails: First Brigade Trail and the Harrison/Lillooet Gold Rush Trail (Heritage Trail);

**Chilliwack Naturalists** for the Centennial Trail (Tamahi Bridge to Slesse Park);

**Dan Leavens** for Liumchen Ridge and Church Mtn.;

**Doug White and friends** for the Howe Sound Crest Trail (West Lion to N. side of David Peak);

**Friends of Flora** for the Flora Lake Trail;

**Golden Age Hiking Club** for the Baden-Powell Trail (Deep Cove to Mt. Seymour Rd.);

**Halvor Lunden** for work on Mt. Fromme, Dilly Dally, Eagle Peak via Swan Falls, Eagle Ridge, Shannon Falls/Petgill Lake, Deeks Bluffs, High Falls Creek, Mt. Gardner, Mt. Strachan/Hollyburn, Elaine's Trail, Suicide Bluffs;

**Inlet Enterprises** for the Shoreline Trail, Port Moody;

**Island Mountain Ramblers** for the Elk River Trail;

**Lions Gate Hospital** (Rehab. Department) for the Skyline Trail (Hollyburn);

**Nordic WRECS** for the Cambie Creek;

**North Shore Hikers** for several trails: Beth Lake, Deeks Lake, Petgill Lake, Stawamus Squaw and Mt. Gardner;

**Outward Bound** for Tenquille Lake;

**Outsetters** for the Borden Ridge Trail;

**Valley Outdoors Association** for Diez Vistas and Mt. St. Benedict;

**Valley Outdoors Association, Wednesday Group** for Vedder Mountain Ridge Trail;

**West Vancouver Seniors Hikers** for the Baden-Powell Trail (Lawson Creek to First Lake);

**West Vancouver Seniors Ramblers** for the Baden-Powell Trail (Cleveland Dam to Lawson Creek).

*The Federation thanks Mary Macaree for coordinating the A-A-T Program*

**Logging Plans in the Squamish Forest District***By FMCBC Director Markus Kellerhals*

The Squamish Forest District is a huge semi-rectangular chunk of land, stretching from Squamish and Harrison Lake at the southern corners to D'Arcy and the headwaters of the Lillooet River at the northeast and northwest corners respectively. Garibaldi Park sits in the middle of the region. Many of the prime recreation areas used by Vancouver and Lower Mainland residents are in the Squamish Forest District. Most of the remaining wilderness areas in the southern Coast Mountains are also found in the Squamish Forest District.

About ten major logging companies, as well as a host of smaller companies, operate in the District. On February 27th in Squamish, all the companies, as well as the Forest Service, presented their logging, access and silvicultural plans for the next five years. Lisa Baile from the BCMC and I attended the open house to get a picture of which wilderness areas, trails and huts are threatened by logging in the near future.

Our first stop at the open house was a central display with a small scale map showing all the planned cutblocks over the whole district. This was a very depressing sight as there were coloured dots (representing cutblocks) covering the entire map, including proposed new park areas such as the Randy Stoltmann Wilderness Area.

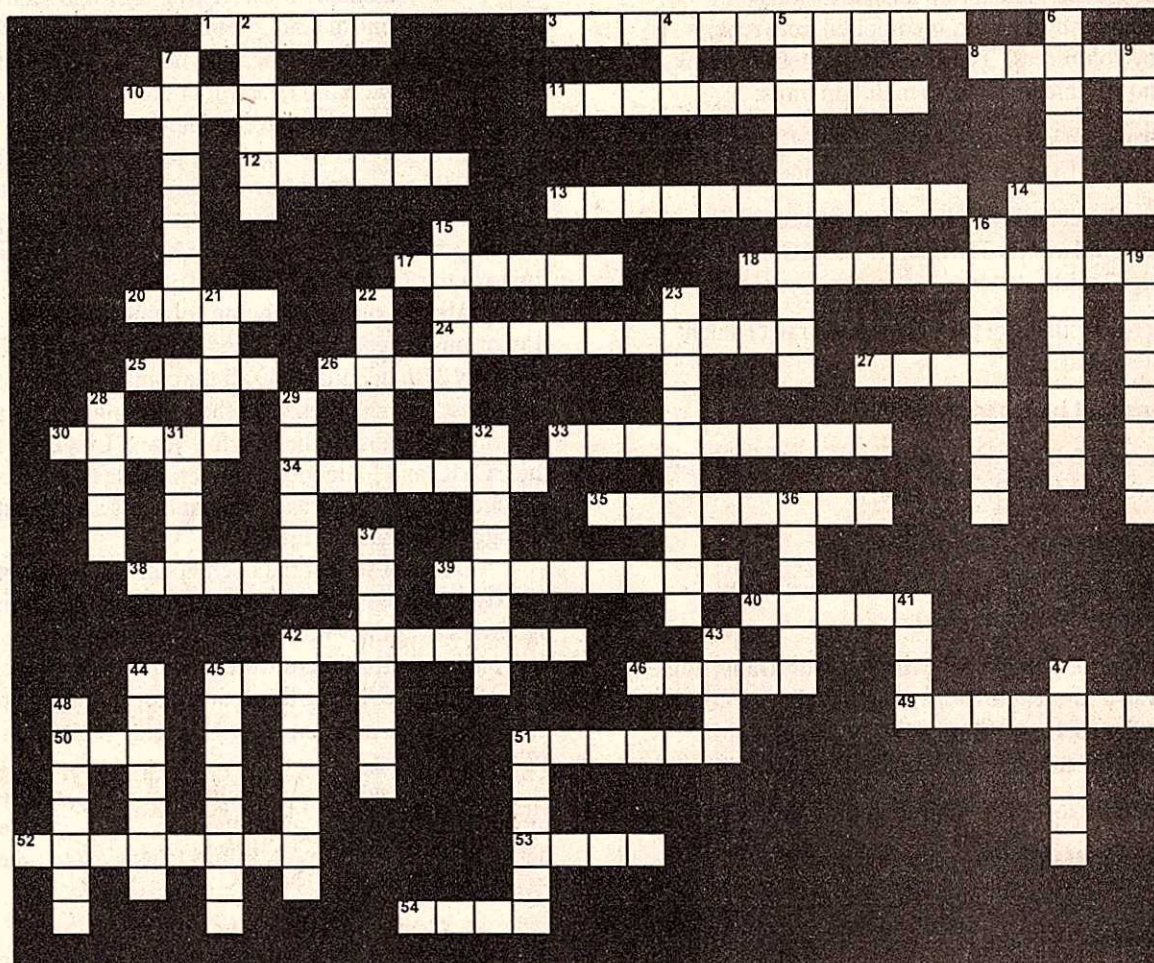
We moved on to the individual tables, where the picture became clearer and at least in a few cases, less depressing. Here are a few things to expect over the next five years:

- On the main (NE) slopes of the Tantalus Range little logging activity except continued heli-logging of blowdown areas (can't have those trees go to waste!)
- Petgill Lake - new clearcuts above the lake within the next five years
- Roads and cutblocks in the heart of the Randy Stoltmann Wilderness Area (Sims and Clendinning Creek, Upper Elaho and Upper Lillooet Rivers)
- Major extensions of roads and logging in Salal and North Creeks (right to the doorstep of the BCMC North Creek cabin) on the Bridge Lillooet Divide (Randy Stoltmann Wilderness Area)
- More logging at the base of Pebble Creek (Bridge-Lillooet Divide), but no further extension of the roads into upper valley
- Significant extension of roads and logging in Phelix and Spetch Creeks in the Cayoosh and Cadwallader Ranges
- No planned logging in Sockeye Creek (access blocked by Birkenhead Lake Park)



**SAFETY AND EDUCATION CROSSWORD PUZZLE** *By Chris Mills, Safety and Education Chairperson*

Test your safety knowledge! Send Answers to the FMCBC (336-1367 West Broadway, Vancouver, BC V6H 4A9) with your name and address by May 1st. There will be a draw from all correctly completed entries — the winner will receive \$50 gift certificate for a Canada West Mountain School course.


**Across**

1. vital liquid
3. compass adjustment
8. snow slope packer
10. trouble bubble
11. modern crampon inventor
12. water-borne bug killer
13. ursus horribilis
14. safety body
17. joint support
18. coastal winter wet
20. lower mainland prevailing wind
24. French karabiner
25. hypothermia antidote
26. snow storm haven
27. cerebral altitude problem
30. French snow
33. banana nutrient
34. often necessary bad weather call
35. heavy dressing
38. rock stop
39. glacier trap
40. avalanche lifesaver
42. Scottish avalanche dog promoter
45. minimum safe number of anchor points
46. a cold one brings wind
49. tie-in option
50. ultimate fallback
51. French ice axe
52. relief of fracture pain
53. colloquial term for piton
54. serious respiratory form of AMS

**Down**

2. rappel in Germany
4. slope of avalanche awareness
5. high pressure system
6. tummy troubler
7. elegant snow descent
9. conventional number of essentials
15. skullcap
16. higher and colder
19. first commercial sit harness
21. hypothermia relief
22. severe sting reaction antidote
23. quick stop on snow
28. ice threat
29. choking suppressor
31. bandage layer
32. dressing for the environment
36. limb support
37. crampon wound
41. most dangerous avalanche form
42. strong analgesic
43. man-made anchor
44. British tie-in knot
45. bad weather decision point
47. a rain cloud
48. mild analgesic
51. step for safe snow descent



*Continued from page 7*

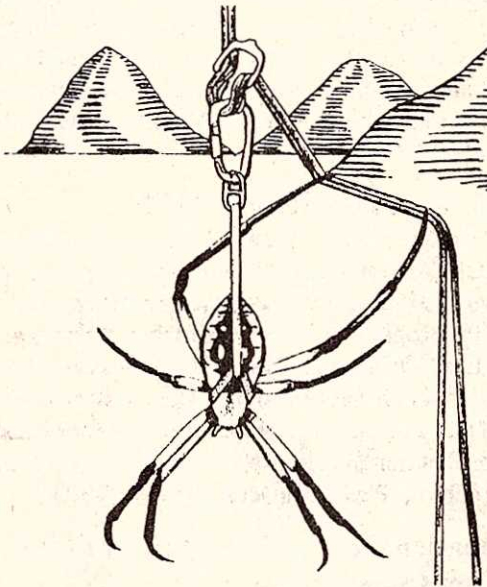
- Extension of logging roads almost to Tenquille Lake
- Removal of the last operable old-growth from Mamquam Valley followed by retirement of spur roads
- No further logging on the approach to the VOC Overseer Hut
- More logging in Olesen Creek (viewscape of the Stawamus Chief)
- Logging roads to Fire Lake on the East side of Garibaldi Park
- More high elevation logging in Furry Creek
- No immediate plans in Sigurd Creek
- The High Falls Creek trail will be spared for the next five years
- More logging in the uppermost valley of the Squamish River

The ongoing Protected Areas Strategy may result in a great deal of changes. Some of the areas mentioned above may be set aside as parkland, rather than being logged. Undoubtedly this will result in accelerated cutting and increased pressure on other wild areas. The PAS, flawed as it is, probably remains our best chance to create any new parks in this region.

We certainly left the open house with a renewed sense of urgency for saving a few remaining places in southwestern BC. Even with the best of intentions from the logging companies and the most careful logging practices, intense logging throughout the area amounts to an assault on our last wild places. Now more than ever we must act to see a few areas set aside. Certainly there will be economic costs associated with this, but nowhere near as great as the forest industry would have us believe. The costs of not acting will ultimately be much greater.

## Cordillera

the new magazine  
about our mountain province  
and its wild mountaineers



Are you missing the remarkable wild lives  
in our many kinds of landscapes?  
**Join us in knowing the residents.**

**To subscribe**, send a \$20 cheque (payable to:  
FBCN: Cordillera") plus your address to:  
Cordillera Subscription Department  
Box 473, Vernon, BC V1T 6M4

Cordillera is published by  
The Federation of BC Naturalists



*Internationally recognized professionals  
dedicated to excellence in*

## BACK-COUNTRY FIRST AID & SAFETY TRAINING



Vancouver area call: (604) **263-1432**

Toll-free: **1-800-298-9919**

Curriculum designed by  
Anna Christensen

*Anna Christensen*

P.O. Box 95050, Vancouver, BC V6P 6V5



## BULLETIN

### Yew Lake Trail: Change of Date for Opening

In the last edition of Cloudburst, we announced the date for the opening of the Yew Lake Trail. At the request of BC Parks staff, the date has been changed to coincide with Parks Day. The ribbon cutting ceremony will now take place on Tuesday, July 16th, with guided hikes for the public being offered on Saturday July 20th. Persons interested in leading a Sunday hike please contact the FMCBC at 737-3053.

### 25th Anniversary of the FMCBC

This year is the twenty fifth anniversary of the FMCBC! To commemorate the occasion, a special issue of Cloudburst will be dedicated to the Federation: 25 years...the people...the places...the achievements.

It is YOU the members and volunteers of the Federation that have formed its history and have accomplished the many achievements of the Federation. Share your contribution to the history of the FMCBC for this special edition. Please contact Alana at 737-3053.

### Informational Evening on the New Forest Practices Code

You have read about the new Forest Practices Code in the newspaper. Monday, May 27th is your opportunity to find out in more detail about the new regulations affecting forest management in BC. The Recreation and Conservation Committee is sponsoring an informational evening with Will Hortiff of Sierra Legal Defence. To book your place, phone the FMCBC office at 737-3053. Admission is FREE.

### FMCBC is going on the Internet

As this edition of Cloudburst is going to print, the FMCBC is downloading its homepage onto the internet. The address of the homepage, available after April 1st, is <http://mindlink.bc.ca/fmcbc>. Comments? e-mail us at [fmcbc@sport.bc.ca](mailto:fmcbc@sport.bc.ca)

### Golden Ears Park Needs Volunteers

Numerous blowdowns have occurred in the park due to intense storm activity over the winter. Parks staff have over 50 km of trails to clear and would appreciate assistance from volunteers for the next three months. Parks employees will operate the chainsaws and helpers are needed to work on the cleanup. For more information, interested volunteers should phone Jeff Such, Golden Ears Park, 463-3513

### Canada Life Walk for Wilderness

April 28, 1996, 9:00 to 2:00 PM For more information, contact CPAWS-BC at 685-7445

### Completing Southwest Park System in BC

FMCBC members should recently have received a brochure entitled "Completing our Park system in South-

western British Columbia", published by the Southwest Wildlands Alliance (SWA). The SWA is a coalition of recreation, environmental and naturalists groups dedicated to preserving wilderness areas for conservation and recreation in southwestern BC. The FMCBC is a member of SWA and contributed two thousand dollars towards the production of the brochures. It is vitally important to preserve the remaining wilderness areas in the Southern Coast Mountains while the opportunity to do so still exists.

The fate of the areas discussed in the brochure is currently being decided in meetings of the Regional Public Advisory Committee (RPAC). Final recommendations from the RPAC will go to Cabinet imminently. Regardless of what the RPAC recommends, few of the areas listed in the brochure will be preserved unless the government feels that there is strong support for these areas. **LETTERS ARE ESSENTIAL!** Write to: Moe Sihota, Minister of the Environment, Parliament Bldgs, Victoria BC V8V 1X4 Fax (604) 387-1356.

### Cummins River Video Available

The FMCBC has a video on the Cummins River Watershed developed by the East Kootenay Environmental Society. The fate of the Cummins River is currently undecided. Call FMCBC at 737-3053 to borrow the video.

### Powell River Parks and Wilderness Society

#### Third Annual Tour de Powell River

The third annual Tour de Powell River, sponsored by PRPAWS, will take place from July 28 to August 3, 1996. The trek will begin at Sarah Point, following the shores of Desolation Sound and continue in a southerly direction, traversing mountains, lakeshores, salmon streams and old growth forests to end at Fiddlehead Farm, 90 km later. The new Gwendoline Hills section of the Sunshine Coast Trail will be included. Participants may join or leave at any of the many access points along the way. For more information and/or registration forms, please contact PRPAWS at (604) 483-9565 or write to: Box 345, Powell River, BC V8A 5C2

### Relocation of BC Hydro Transmission Line

As indicated in the last Cloudburst, relocation work on the Hydro right-of-way below the Smoke Bluffs will begin in late February. Blasting is scheduled for the month of March. Questions or concerns should be addressed to J. Barry Wilkinson at 1-800-663-1377 or locally at 623-4260

### Pitch-In BC Week May 6-12

Clean up Your World! To participate, call 473-6497

### Banff International Mountain Photography Competition

To receive an entry form or further information, call (403) 762-7504



## Minimum Impact Culture: Beyond Leave No Trace Camping

*By Lilian Alessa, Varsity Outdoor Club*

### Why Promote Minimum Impact Standards?

Wilderness areas in BC are shrinking but the number of wilderness users is growing. This is especially true in our province, which is experiencing a massive increase in population. Therefore, the limited area of wilderness, combined with increasing numbers of users, leads to a classic example of Garrett Hardin's "Tragedy of the Commons" where the "tragedy" stems from the fact that there will be no social selection for regulation of common resource use. This is a quirk of human nature: as individuals, we are often not able to see the big picture as inclusive of our actions. We are selfish. We also have the justification of our belief that users on foot pose no impact in comparison to say, the horrors of a logging crew. This is true to the extent of carrying capacity of a given area, which can actually be very limited outside its natural parameters. So, if the carrying capacity is exceeded, even users on foot will cause severe and sometimes irreparable damage. Ultimately, we are approaching a point in time in BC's history where our wildlands will be divided between industry and recreational/environmental use. We have worked hard to preserve as much area as possible from industry and it is important that we ensure that these precious lands are protected from the users themselves.

Problems with recreational wildland resource over-exploitation will not be solved through changes in technology, in fact, they will most likely be exacerbated by them. Rather, the solution must involve a change in the social and cultural systems of use. This can most easily be facilitated by educating users through the establishment of a set of informed guidelines called the "Minimum Impact Standards".

### Objectives of the Minimum Impact Standards Project

1. To summarize current literature in the field of backcountry user impacts and identify possible management strategies; to gather information and data specific to BC recreational wildlands.
2. To suggest a simple set of guidelines based on the former objective which will be made widely available to all user groups in BC as well as be incorporated into outdoor education strategies.
3. To urge the FMCBC and their affiliates to adopt and promote Minimum Impact Standards as part of their mandate and educational foundation.

### A brief summary of impacts of backcountry users on wilderness areas:

1. Impacts on Vegetation: changes in distribution and composition of plant communities due to trampling, introduction of foreign flora species. In popular rainforest areas, (eg, lower Carmanah), severe impacts on large trees

due to bark removal and trampling around base.

2. Impacts on Soils: especially increased erosion and loss of topsoil; microbiotic profile changes attributing to micro environmental changes

3. Impacts on Water: BC has already experienced a massive contamination of backcountry water sources with *Giardia Lablia* microorganism. Also changes in flow rates, flow pathways, pH, sediment content, contamination by human waste, chemicals, fuels.

4. Impacts on Wildlife: disturbances of feeding and reproductive patterns, acclimation to humans (including severe human refuse impacts on animals), changes in habitat occupation, migration and range.

5. Impacts on Quality: change in "level of solitude", noise, visual effects, contradiction to "wilderness ethic and experience".

### Where do we begin?

As users, we need to become familiar with recreation area ecosystems and its carrying capacities. There is an urgent need to collect some baseline data for BC and present it in a cohesive and understandable manner, such that it is accessible as a tool to all members of the user community. We then need to establish our own parameters of what is acceptable impact and what is not...taking into consideration the factors of scientific findings, sociocultural aspects and human nature. Currently, as a collective group of users, we have no well-defined statement of these considerations!

Finally, and most importantly, we must design a rapid and efficient means of dissemination of information. Such an education system must be highly visible to the user (ie, promoted aggressively) and made easily accessible (ie, through retailers such as the MEC, backcountry recreation clubs, summarized thoroughly on recreational maps, outlined in detail in guidebooks and actively taught in high school and all post-secondary outdoor education programs).

### Composing the Minimum Impact Standards: The First Steps

In fair warning, what you read in this article is a preliminary framework which is gradually evolving. Basically, the MIS will define ecological zones (eg, alpine meadow, streamside forest, etc) and their carrying capacities and then formulate recommendations for use based primarily on these factors as well as incorporating socio-cultural trends. User recommendations will include aspects of the following:

#### Current status of a particular recreation area:

How much impact an area currently has experienced, type of environment and carrying capacity. In terms of educating the user on the various ecosystems they move

*continued on page 12*



through and their use, it will be crucial to "translate" science into a simple and understandable set of guidelines.

**Group Size:** There is a great deal of contention and to date, not enough data to ascertain the physical impacts of one group of 50 or 5 groups of 10. However, the imposition of group size limitations is valid on the basis of social/cultural aspects as well as maximizing access to groups from different sources. For example, if a maximum user number is established at 100/season then a reasonable group size limit may be 10. The former number is based on collected data whereas the latter is arbitrary and ideally established through compromise and input from all user clubs, associations and individuals. It is unfair to all users for excessively large groups (ie, larger than 12) to frequent the backcountry. They detract from the "wilderness experience" and cause the carrying capacity quota to be reached before other users have a chance to visit.

**Site Selection:** reasons for selecting one campsite over another and group behaviour around the site. For instance, the use of booties or sneakers in a campsite significantly reduces trampling impacts, yet how many users know this?

**User Group Behaviour (Ethics):** minimizing visual and audio noise for the benefit of wildlife and other users; behaviour around large animals, food storage and waste management, etc.

I have been conducting a literature review with the intention of providing a preliminary recommendation of Minimum Impact Standards to the FMCBC, however, the magnitude of this task is formidable and there are a number of large 'data gaps' which still need to be addressed. I hope to have an initial version of the MIS by August 1996 but the reality is that we need to devote focused time to this endeavour, and since I am also trying to finish off a Ph.D. in a related but separate field, I will have only scratched the surface of this issue.

This undertaking has taught me things I did not know when I began in the fall of 1995 and it has made me realize how desperately important education is in affecting a conscious choice, on the part of the user, to minimize their impacts. The role of our clubs and organizations, and especially our outdoor educators, will play a key part in promoting interest in protecting our recreational wildlands from an increasingly growing and demanding user base.

If anyone wishes to preview the preliminary Minimum Impact Standards or donate time, advice or opinions to aid in its evolution, feel free to contact me at 224-9106 (phone) or 822-6089 (fax) or at (email) <alessa@unixg.ubc.ca>. Please address any lengthy questions or comments to either the fax number or email address above. A list of references is also available to anyone upon request.

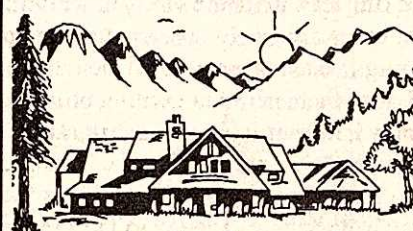
*Lilian Alessa is a Ph.D. candidate in the department of Botany at UBC. She is also a partner and instructor in an outdoor education company called "Acorn Training, Inc."*



The Best  
Selection of  
Quality Outdoor Gear  
Made & Serviced Locally

Kootenay  
EXPERIENCE


306 Victoria St Nelson 354-4441



Fabulous  
mountain hiking


with expert guides. Luxury  
private accommodation in our  
new lodge. Massages,  
hot springs, yoga  
and delicious  
energizing  
meals.

6-night packages



Mountain Trek Fitness  
Retreat & Health Spa

Box 1352,  
Ainsworth Hot Springs, B.C.  
Canada, V0G 1A0  
Ph/Fax: (604) 229-5636  
1 800 661-5161





## Canada West Mountain School

*By Brian Jones, Manager*

This past winter has been busy both in the office and in the mountains. Though we had a poor season on the local hills around Vancouver, the snow and skiing conditions through the rest of BC have been great.

CWMS has had a good season, with over 280 students attending a wide variety of courses. Instructors have done an excellent job of not only teaching great courses, but putting up with the assortment of headaches associated with leading groups in the outdoors. Full credit also goes to the instructional staff and the participants for a safe and incident free winter. Great work, folks!

More and more people have shown an interest in avalanche safety over this year, a trend that no one can complain about. Approximately 100 back country and downhill skiers, snowboarders, snowshoers and skidoers participated in our Introduction to Avalanche safety courses. Hopefully this increased awareness of avalanche hazards (and methods of avoiding them) will help keep the number of avalanche involvements down to a minimum.

Another activity that has shown an increase in popularity has been ice climbing. This winter the coast has been blessed with excellent, if not sporadic, waterfall ice conditions. With the discovery of new climbs each winter, there is increased awareness of the potential for quality climbing east of the Rockies. We had 23 people out on Waterfall Ice Climbing courses this winter.

Looking forward to the summer, we have a full course program planned. Everything from our popular rock climbing weekends to advanced mountaineering will be offered, with these new and exciting programs added:  
**Backcountry Leadership Training Program:**

This season we are offering the Backcountry Leadership Training course, developed over the past six years through our Native Leadership Training program. Also new to our program will be a 5 week intensive mountaineering skills semester. This program is designed for people preparing for a career in mountain guiding or instructing, or those wanting to develop their mountaineering skills to a high level of proficiency.

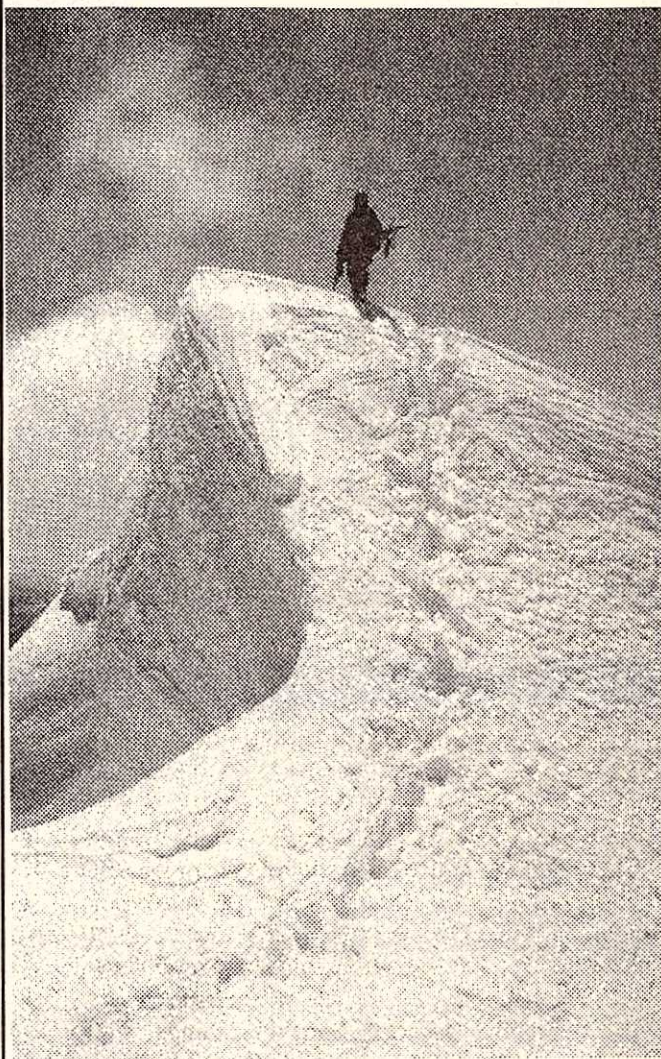
### **Backpacking with Kids:**

For a completely different focus, we have developed a course that is for the truly novice--Backpacking with Kids. For parents who are not too sure how to spend an overnight in the hills with the young ones, this is a perfect place to start.

Make sure you pick up a summer brochure at your local outdoor store, or call our office to have one sent to you or visit CWMS on the FMCBC's homepage:  
<http://mindlink.bc.ca/fmcbbc>.

*Remember, the FMCBC members get a 10% reduction on all CWMS courses (to a maximum of \$25.00).*

## WE USE ONLY THE BEST CLASSROOMS AVAILABLE...



## ...AND TEACH ONLY THE BEST TECHNIQUES AVAILABLE.

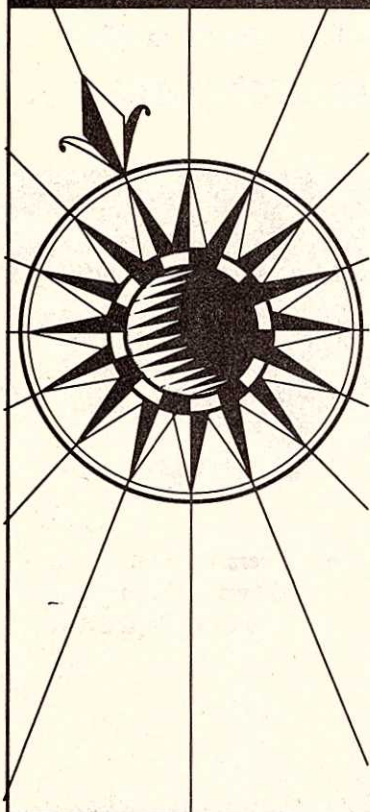
For more information on our complete mountain skills courses and guiding program, please contact our office at

**(604) 737-3053**





■ VANCOUVER ■ CALGARY ■ TORONTO ■ OTTAWA



## LET THE MOUNTAIN MOVE YOU

WHEREVER ON EARTH YOU STRIVE TO GO,  
MOUNTAIN EQUIPMENT CO-OP  
CAN SUPPLY YOU WITH THE GEAR.

WHETHER IT'S CLIMBING, CAMPING, CANOEING,  
KAYAKING, HIKING, BICYCLE TOURING, OR SKIING.

YOU'LL FIND ALL YOU NEED AT LOW MEC PRICES.

DROP IN AND SEE US, OR,  
FOR A FREE CATALOGUE  
CALL 1-800-663-2667



VANCOUVER STORE: 130 WEST BROADWAY - PHONE : 872-7858

## Cypress Bowl Update

*By FMCBC Director Lesley Bohm*

The Federation of Mountain Clubs and Friends of Cypress continue to work to mitigate the results of the government compromise on Cypress. Our suggestion for a trail up the SW ridge of Strachan to replace the old trail damaged by ski development was rejected January 19th. This area was added by the commission to the park use permit area for another ski run as it is the only remaining area of access to the peak which is both undisturbed old growth and not steep or avalanche prone.

Lobbying the delegates to the NDP convention with a new flyer urging the government not to log the 50 acres projected for new ski runs and parking lots brought a mixed response--everything from support through Cypress--where's that?--to "log it and pave it!". Moe Sihota has still not signed off the park plan, so we still hope for some influence when the theoretical giveaways are translated on the ground. Parks have given us little hope that ecological considerations will be allowed to impair the right of Cypress Bowl to develop intensively its PUP. As of this writing, both downhill and cross country areas are closed due to lack of snow and the Winter Games are cancelled. Neither have been in full operation this entire ski season and this has been pointed out to government (ie, no expansion is needed). Parks did accede to our pleas to widen the public access up the powerline and their flags were moved over to the east--also the upper section flags were moved back beside the triangle lakes trail this year, not pushed over to the edge. We also pointed out the areas where Cypress Bowl Recreations had appropriated terrain not ceded to them in the 1986 agreement and they agreed to standardize the maps and try to correct these anomalies. We are told that all decisions are "political" and it is not too late to vent your unhappiness with projected over-development of the PUP on Mr. Sihota, Parliament Buildings, Victoria, BC V8V 1X4.

### Still to go ahead:

1. Logging of at least 20 hectares (50 acres) for new ski runs on both downhill and cross country (25 acres each)
2. Restaurant on Strachan
3. New parking lots and staging areas covering all of the wetlands between Strachan and Black in Cypress Bowl, and a large part of the forest between the road and Hollyburn Lodge.



## ISLAND PERSPECTIVES

*By Chris Barner, the Heathens*

### OLD CHALLENGES, NEW CHALLENGES

It's a rainy day today --no climbing.

There have been many "no climbing" days since I began in the spring of 1973, but the problem hasn't always been poor weather. In the beginning, I lacked the necessary skills and an experienced mountaineer to learn them from. There were climbers about--it had been less than a year since Culbert, Douglass and Starr had found the Island's first grade 5--but who were they? How could I become one?

As the years passed, by chance and design, I was able to become acquainted with a few climbers, and persuade them to teach me their craft. However, these mountaineers climbed with each other, and it seemed that even though I had learned some climbing skills, I would be unable to put them to use without a climbing partner. For a while it seemed as though the mountain world was populated with an even number of climbers, and that I was the odd man out.

Imagine my excitement when I heard that a class was being offered at the high school in which outdoor skills, including climbing, could be learned! A few of my classmates became interested in the backcountry this way, and we would ramble through the mountains near Campbell River together, and sit cross-legged around the fire chanting at the stars.

In time I became fascinated with technical climbing--the nuances of the relationship between climbers, their equipment, the minute features of rock, snow and ice, and the mountain's fickle winds. I read climbing's history and I wondered climbing's future. I wanted to scale short difficult routes, and I hungered to learn the mysteries of big walls. And then, through the generosity of spirit that is common to climbers, I did.

But it is different for today's youth. Climbing is not only accessible, it's everywhere. Magazines, movies, television...adventure has become one of the 'new big things'. There are climbing schools all over--brochures litter the counters at the outdoor stores. These days it's simple economics: buy your gear, take a course, rent yourself a backcountry babysitter and take to the hills. Adventure has become a commodity....

I emerge from my reverie and gaze through a window at the weeping trees and rain-drenched streets, and I am smiling. I am smiling because climbing has presented me with yet another great challenge to overcome.

In my immediate future lurks a daunting seam sealing marathon. My partner and I just bought a new paraledge--and, believe it or not, we bought the thing in Campbell River from one of two climbing shops I never thought our little Island town would see so soon. Now climbing equipment is as close as the mountains are...and if I ever get this seam sealing done, not even the rain can stop me!

But waterproofing is not the challenge I was referring to...

The current availability of adventure will spawn a different type of "me" than its rarity did twenty years ago. As it loses the mystique it once had, climbing will be learned by even more eager, less intimidated newcomers, and they will be ten times as numerous as my classmates and I were. Climbing grows. You and I will have to be ten times the teachers, storytellers, passers on of tradition, and surrogate siblings that our mentors were. We will have to work ten times harder on the trails, the trash, old anchors and future access than they did. We will require twenty times their generosity of spirit.

Learning all about bears and big walls is all behind me now. Climbing's great new challenge is to preserve that which is so hard to describe to non-climbers about climbing. We have shared laughter. There is a soul. We must carry it with us into the future.

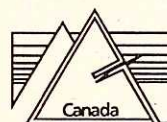
# NEPAL!

*Walking & jungle  
adventures for  
everyone!*

Fall departures for small groups to walk amongst the highest peaks in the world. Each group is lead by a Canadian trek leader.

\* Everest region \* Annapurna  
\* Manaslu circuit \* Gorkha  
\* Chitwan jungle \* Tibet tour  
Call for detailed brochure.

2517 York Ave. Vancouver, BC  
V6K 1E3 tel: 604/731 7650



**Everest  
trekking**

Himalayan Travel since 1987



## YOU GET THE LAST WORD!

Dear Editor,

I read with interest the article on hypothermia in your December issue, but would have preferred it if the author had included a warning against a dangerous "remedy" which an average person is instinctively inclined to apply. **DO NOT PUT A HYPOTHERMIA PATIENT INTO A SLEEPING BAG** unless a warmth-providing object such as a warm water bottle or another person is also put inside

A sleeping bag, or, to a lesser extent, a blanket provides good heat insulation and, in normal circumstances, keeps a person's body heat from escaping into the air, thus keeping it around that person. However, a hypothermia patient generates no body warmth to be kept round her (or him) so that a sleeping bag would be useless. On the contrary, the insulating qualities of a sleeping bag prevent warmth from outside, such as from a fire or a well heated room, from reaching the patient.

Also, as a member of the BC Mountaineering Club, I was taken aback to read in Louise Irwin's excellent appreciation of Halvor Lunden that Halvor was founding member of the BCMC. The club is just eleven years shy of its 100th anniversary, and Halvor is "only eighty years old and did not set foot in British Columbia until 45 years ago". The hiking and climbing fraternity has many reasons to be grateful to Halvor, but helping to found the BCMC is not one of them.

Heinz Wolff

*(Ed. Note: thank you for the clarifications on both accounts)*

### EUROPE BOUND

Travel Outfitters

Vancouver • Toronto

- Packs • Sleeping Bags
- Hiking Boots
- Sunglasses • Tents
- Cycling Gear • Climbing
- Gore-Tex Outerwear
- Tent Rentals
- Equipment Rentals




Call for information

## 874-7456

555 West 8th Ave., Vancouver  
V5Z 1C6  
FREE CATALOGUE


"QUALITY OUTDOOR GEAR & APPAREL" all at competitive prices!

VANCOUVER ISLAND • CANADA



## COLT

CANADIAN OUTDOOR  
LEADERSHIP TRAINING  
CENTRE



IN ASSOCIATION WITH  
**STRATHCONA PARK LODGE**

### COLT SEMESTERS

SPRING/SUMMER 1996  
MAR 23 - JULY 6 or APR 18 - JUL 31  
105 DAYS . 53 days of water &  
52 days of land training

Intended for mature fit adults, 19 years or older, who have a true love of the outdoors and aspire to instruct or guide others at a basic level in kayaking, canoeing, mountaineering & hiking, rock climbing, first aid, & survival skills.

Inquire about our  
**INTRODUCTORY COLT &  
ADVANCED COLT COURSES**

**CONTACT: COLT DIRECTOR**  
Box 2160C Campbell River, BC V9W 5C9  
TEL (604) 286-3122 FAX (604) 286-6010

### Register Now for 3 Trail Building Camps.

BC Parks and FMCBC are organizing two volunteers trail building camps in Garibaldi Provincial Park to recondition damaged trail in **Singing Pass** (July 20-21, 1996) and on the upper **Helm Creek** (August 19 to 23, 1996).

In Manning Park, a trail building camp to recondition the **Nicomen** trail is planned from June 21 to 23, 1996.

Participation is open to volunteers on first come first served basis. Spaces are limited, so register now with the FMCBC's office at  
**737 3053.**