

CHINOOK OUTDOOR CLUB: SAMPLE SUMMER SCHEDULE

JUNE – JULY – AUGUST

Saturday, June xx

Destination: **CYCLING: MOUNTAINVIEW- HILLSPRING - WATERTON LOOP**

Coordinator:

Elev. Gain: c. 1000 ft.

Distance: c. 85 km., cycle

Dept.: 8:00 a.m.

The group will carpool to Mountainview, then begin by cycling north to Hillspring, then west to Twin Butte, south to the jct. of Hwy 5 & 6 (Waterton Park entrance), then finally back to Mountainview. It's a highly scenic route through rolling grasslands and foothills, with lots of panoramic mountain vistas.

Sunday, June xx

Destination: **LOW LEVEL ELEVATION HIKE, WATERTON**

Coordinator:

Elev. Gain: moderate

Dist.: moderate

Dept.: 8:00 a.m.

With weather conditions and snow amounts still so hard to plan for, the coordinator has opted to postpone a decision about the actual hike route until shortly before the outing. Be sure to phone for details about the destination and route.

Saturday, June xx

Destination: **CYCLE HIGHWOOD PASS**

Coordinator:

Elev. Gain: c. 2500 ft. - fairly unrelenting for the last 2 km.

Dist.: 76 km., cycle

Depart: 8:00 a.m.

This is the last chance of the spring season for cyclists to enjoy this very scenic ride before the Kananaskis highway opens to vehicular traffic. The ride will begin at Highwood Junction and gradually (and fairly steeply at times) climb up to 7200 ft. Highwood Pass, the highest paved highway in Canada. Return via the same route. There will be snow at higher elevations, and the weather can be cold, wet and blustery at this time of year, so be prepared accordingly.

Sunday, June xx

Destination: **BOB CREEK AREA, WHALEBACK**

Coordinator:

Elev. Gain: c. 2000 ft.
Dist.: c. 12 – 14 km. Mostly off trail.
Depart: 7:30 a.m. Long drive.

The Whaleback outing will begin at the parking lot for the Bob Creek Wildland area which is accessed by gravel road from Hwy #22. From this starting point there are many options for traversing the area's ridges and valleys. The route will depend on the weather, creek flows and the group's participants. The beautiful montane area of the Whaleback offers foothills hiking at its best: groves of huge, ancient Douglas fir, as well as rich grassland and spring flowers, and wide open ridges for views westward to the Livingstone mountain range, eastward to the Porcupine Hills, and south as far as Chief Mtn.

Friday, June xx

Destination: **COC PICNIC AT THE FARM**

Time: 5:30 p.m.

Bring: food to BBQ, a dish to share, a lawn chair, your own cutlery and dishes. Also, BYOB.

Once again club members will have a chance to enjoy socializing in a beautifully treed yard, as well as the opportunity to visit with the horses.

Note: In case of stormy weather, the party will move into the farm's shop.

Sunday, June xx

Destination: **OFF TRAIL, ST MARY LAKE AREA, GLACIER PARK**

Coordinator:

Elev. Gain: c. 2000 - 2500 ft.

Dist.: c. 12 km. Off trail

Depart: 7:30 a.m. ** BRING PASSPORT FOR THE BORDER

The coordinator has two possible destinations in mind: 1. from Baring Creek up Goat Mountain's open south facing slopes as far as snow allows; 2. from the road by Two Dog Flats up to the base of Single Shot Mtn. via elk trails. The coordinator will choose the outing best suited to snow and weather conditions. Good hiking boots are needed for either trip.

Sunday, June xx

Destination: **MT BURKE, CATARACT CREEK AREA, KANANASKIS**

Coordinator:

Elev. Gain: 3000 ft.

Dist.: 16 km. on unofficial trail, but with rocky ascent

Depart: 7:00 a.m. Long drive

Mt. Burke, which is located off gravelled Hwy. 940, about 10 km south of Highwood Junction, is a narrow, rocky peak that rises sharply above the surrounding foothills. To quote Copeland's book *Where the Locals Hike in the Kananaskis* "Mt. Burke is the most exciting K-Country peak mere hikers can fling themselves at in shoulder-season and expect to summit. Its front range location, sun-blasted west-facing trail, and barren, wind-ravaged upper reaches ensure you'll encounter a minimal snow pack."

An old fire lookout crowns the summit of Mt. Burke and Gillean Daffern, author of *Kananaskis Country Trail Guide Vol. 2*, says that its choice for a lookout is "...amazing. And even more amazing is the pack trail that was built to the summit along the southwest ridge, an exciting route...". All this should surely entice COC stalwarts to join the quest for Mt. Burke's dramatic summit - and the fantastic views which are its reward. Return via the same route.

Sunday, July xx **CANADA DAY LONG WEEKEND** Celebrate with friends or family

Sunday, July xx

Destination: **SCENIC POINT - BISON MOUNTAIN, TWO MEDICINE AREA, GLACIER PARK**

Coordinators:

Elev. Gain: c. 3000 ft.

Distance: c. 16 - 18 km. On and off trail

Depart: 7:00 a.m. Long drive. ****BRING PASSPORT FOR BORDER**

From the trailhead just east of Two Medicine Lake, the trail gradually switchbacks up open slopes as it works its way eastward to 7200 ft. Scenic Point jutting out over the prairie. Along the way to the point, a look back to the west will take in Two Medicine Lake and the snow covered peaks around and beyond it.

From Scenic Point it's a ramble over open ground to Bison Mountain and then a steep hike up almost 1000 ft to reach its summit. Those hikers not wishing to ascend Bison can explore Scenic Point. Return via the same route.

Sunday, July xx

Destination: **ANDERSON PEAK, WATERTON**

Coordinator:

Elev. Gain: c. 3950 ft.

Distance: c. 18 km. Mainly off trail

Depart: 7:00 a.m.

Majestically towering over the Red Rock Canyon parking lot, Anderson Peak at 8,852 ft. is the second highest peak in Waterton Park. The group will follow the trail past Blakiston Falls and continue on for approximately 4 km. before venturing off trail and hiking/scrambling up the gully to the Anderson/Lost col. It's a grunt. However, the route is quite straightforward and is more or less a very steep hike. After soaking in the wonderful views from the summit, the group may choose to wander over to the false summit to take in the views from there before heading down.

Sunday, July xx

Destination: **UPPER ROWE LAKE & ROWE RIDGE, WATERTON**

Coordinator:

Elev. Gain: 2000 ft. by trail to Upper Rowe Lake; another 1000 ft. of steep off trail to the ridge

Distance: 12 + km. On and off trail

Depart: 7:30 a.m.

This outing will offer an alternative to the c. 4000 ft. day on Mt. Anderson by providing a scenic trail hike for trail enthusiasts, as well as the option for an off trail, steep hike up to Rowe Ridge above the lake.

The Rowe Lake trail passes through a variety of landscapes on its gradual climb from the trailhead up to Rowe meadow. From the meadow the trail gains 600 ft. of elevation via switchbacks, traversing avalanche slopes and then tamarack and spruce forest as it climbs into the Upper Rowe Lake basin. Wildflowers should be spectacular along the way.

Those hikers not wishing to ascend the ridge can loll about at the lake while the others make the steep hike up treed and then rocky slopes to the ridge. They will be rewarded with a panoramic view of Rowe meadow, as well as westward to peaks of Glacier Park and B.C. Return via the same route.

Friday to Monday, July xx

COC CAMPOUT: FISH CREEK CAMPGROUND, WEST GLACIER

Coordinators:

A number of campsites have been reserved, but will be held only until June xx. If you have not contacted the coordinators by that date, you will be responsible for obtaining your own accommodation. We hope to hike in the nearby Great Bear Wilderness or the Jewell Lake area west of Big Fork.

Sunday, July xx **HERITAGE DAY LONG WEEKEND CAMP AND HIKE WITH FRIENDS**

Sunday, August xx

Destination: **SWIFTCURRENT LOOKOUT, MANY GLACIER**

Coordinators:

Elev. Gain: 3500 ft.

Dist: 24 km. On trail

Depart: 7:00 a.m. ** BRING PASSPORT FOR BORDER

The outing begins with a long hike up the Swiftcurrent Valley, passing Red Rock and Bullhead Lakes. At the end of the valley the trail switchbacks up a steep headwall, gaining 1500 ft. of elevation and providing excellent views back over the valley. Some hikers may want to go only as far as the pass where they can lunch while looking out over Heaven's Peak and Granite Park and down the McDonald Creek drainage into West Glacier. Those who are more ambitious will hike a steep trail up another 1300+ ft. to the fire lookout on Swiftcurrent Peak for dramatic views to the east and west. Return via the same route.

Sunday, Aug. xx

Destination: **OTOKOMI LAKE TO BARING CREEK CROSSOVER, GLACIER PARK**

Coordinator:

Elev. Gain: c. 3500 ft.

Dist.: c.17 km. On and off trail

Depart: 7:00 a.m. ** BRING PASSPORT FOR BORDER

This trip was on the schedule last July. However, it couldn't be done because of the large amount of snow still remaining in the area. This year we've put it on in August to overcome that problem. The outing begins with an 8 km. trail hike from Rising Sun up the Rose Creek drainage, gradually gaining 2300 ft. of elevation until reaching beautiful Otokomi Lake nestled in its red rock basin.

After lunch at the lake the hike turns into a 1200 ft. off trail steep grunt up the NW ridge of Goat Mtn. Time can be spent here enjoying the views of both valleys. Then it's a fun run down 1200 ft. of scree into the upper Baring Creek drainage below Siyeh Pass. Here the group will connect with the Baring Creek trail for a 6 km. hike down the valley to the trailhead at Sunrift Gorge. Return to Rising Sun on the Logan Pass shuttle bus.

Sunday, Aug. xx

Destination: **NORTH HORN OF MT. GALWAY, WATERTON**

Coordinator:

Elev. Gain: c. 3500 ft.

Dist.: c. 22 km. On and off trail.

Depart: 7:00 a.m.

The outing will start west of the Buffalo Paddock at the park boundary at the trailhead for the Horseshoe Basin trail. The group will follow the trail up to the saddle of Lakeview

ridge, an elevation gain of 1500 ft. From this point it's an off trail hike westward and upwards towards North Galway. The route is pretty straightforward: solid rock footing, little scree, possibly a little scrambling near the end. From the summit, you can see into the Northwest section of Glacier Park, as well as having an uninterrupted view out to the prairie. Return via the same route.

Sunday, August xx

Destination: **LAKEVIEW RIDGE CIRCUIT, WATERTON**

Coordinator:

Elev. Gain: c. 2000 ft.

Dist.: c. 16 km. On and off trail

Depart: 7:30 a.m.

This outing will offer an alternative to those hikers who wish less elevation gain and a somewhat shorter day. Starting from the same trailhead as the North Horn group, we will hike the Horseshoe Basin trail to the saddle of Lakeview Ridge. Here we will turn eastward and hike up and along the ridge until almost reaching its southernmost end. Then we'll drop down to a trail on the park's eastern boundary and hike this trail back to the vehicles.

Sunday, Aug. xx

Destination: **OFF TRAIL EXPLORING, WATERTON**

Coordinator:

Elev. Gain: c. 2500 - 3000 ft.

Dist.: medium-long, off trail, exploratory

Depart: 7:00 a.m.

The coordinator has a few off trail trips in mind and will choose the one best suited to weather conditions. If you are planning to join this outing; expect to bash some bush, gain some elevation, have some laughs, and see some new territory.

Sunday, Aug xx

Destination: **ICEBERG LAKE, MANY GLACIER, GLACIER PARK**

Coordinator:

Elev. Gain: 1200 ft. +

Dist.: 16 km.+ On trail.

Depart: 8:00 a.m. **** BRING PASSPORT FOR THE BORDER**

As an alternative outing to the Waterton off trail trip, the Iceberg Lake trail hike will be a leisurely day with plenty of stops to enjoy the mountain scenery. The trail offers many viewpoints as it traverses the open slopes of Mt. Henkel and the Ptarmigan Wall, gradually gaining elevation along the way until reaching the meadows and dramatic walled basin of Iceberg Lake.

Those in the group who wish to include Ptarmigan Lake in their day will have to form a sub group for carpooling, as their day will be considerably longer. It will involve an extra 6 km. (return) and 500 feet of elevation to the lake; and then on top of that an added 2 km. (return) and 700 ft. of elevation gain if Ptarmigan tunnel is included. Return via the same route.