

# Kootenay Mountaineer

The Kootenay Mountaineering Club Newsletter Nov.-Dec. 2002 Issue 5 Next deadline: Approx. Jan. 25<sup>th</sup>



**Kootenay Mountaineering Club address**  
Box 3195 Castlegar BC V1N 3H5

**KMC websites**  
[www.kootenaymountaineering.bc.ca](http://www.kootenaymountaineering.bc.ca)

## The 2002/03 Executive:

Chair	Paul Allen	362-5832
Vice	Reid Henderson	352-2362
Treasurer	Elaine Martin	367-7335
Secretary	Ross Bates	304-2534
Conservation	Kim Kratky	352-3895
Cabins & Trails	Paul Allen	362-5832
Winter Trips	Peter Jordan/Open	352-5225
Summer Trips	Don Harasym	354-4578
Newsletter	Eliane & Steven Miros	365-5707
Hiking Camps	Drew Desjardins	825-0072
Climbing Camp	Kim Kratky	352-3895
Mtn School	Jenny Baillie	362-5519
Karabiner	Holly Ridenour	354-4148
Social	Jill Watson & Jan Micklethwaite	362-5660 362-5289

## Contacts

» Membership Annual Dues: «

Individual \$20 Couple/Family \$25 Junior \$10  
Send to: KMC Membership  
Box 365 Robson BC V0G 1X0

» Library & Newsletter submissions «

Eliane & Steven Miros Tel (250) 365-5707  
Box 365 Robson BC V0G 1X0  
E-mail [newsletter@kootenaymountaineering.bc.ca](mailto:newsletter@kootenaymountaineering.bc.ca)

## Weekly Trips update by e-mail

Contact [bdean@look.ca](mailto:bdean@look.ca)  
Or check our website (See above)

Editorial Policy: We encourage all submissions of writings, cartoons, drawings, book & website reviews and trip reports. Suitability for publication is at editors' discretion. Articles and advertisements may be edited for clarity and length. Advertising must be thought to be of interest to members in regard to the outdoors, especially locally. Discretion will be used for commercial endeavors

**REFLECTING ON HIGH PLACES** - The United Nations declared **2002** as the **International Year Of The Mountains**. To highlight the contributions of mountain areas to human society, countries all over the world celebrated by promoting the conservation and sustainable development of mountain regions to help insure the well being of mountains and low land communities. Beyond their outstanding scenic beauty and their value as a setting for outdoor recreation, mountains have a very important role on our planet. They occupy nearly one fifth of the earth land surface area and provide a direct life support base for about one tenth of all humans. They contain the most extensive and varied climatic conditions, vegetation, wildlife and human cultural diversity of any landform on earth. On these bases alone they are worth protecting. Mountains are an important source of water, energy, biological diversity and resources such as minerals, forests and agricultural products, and a place for art, inspiration, tourism and recreation. For many of us mountains are simply home. They define the setting, economy and culture of the community. They control exploration, development and travel patterns, and bestow a sense of place and heritage very different from lowland locales.

What is it about mountains that captivates or intimidates us? Is it their size, their beauty, their bold, sculpted features, their image of rugged defiance, the potential risks and dangers they harbour, or the breathtaking scenes and vistas they open to our view?

For many reasons, people endow mountains with significance and qualities reserved for no other landforms. Familiar mountains become trusted landmarks, gages of directions, distance and time between locations – icons on our mental maps. On physical maps, they mark political borders and park boundaries.

The mountains are seen as benevolent overseers or temperamental gods, sacred pavilions or ramparts against invaders. In wartime, holding the high ground had strategic advantages, in peacetime, mountains foster international cooperation and understanding by attracting travelers from around the world. Perceptions of mountains change, until the 1800's, Europeans' culture feared mountains as the abode of dragons and unspeakable evil. People lived near mountains, but climbing them was considered foolhardy. The 1<sup>st</sup> successful but ill-fated assault on the Matterhorn in July 1865 stirred controversy and outrage over the risks of mountaineering. Phillip Abbot's death on Banff Mount Lefroy in August 1896 stimulated similar debates in North America. In response, the Canadian Pacific Railway hired Swiss mountain guides to ensure safe climbing and hiking in the western mountains. The 1<sup>st</sup> of these guides arrived in the Selkirk's Glacier National Park in 1899. Although climbing had been going on for 14 years in the park, the Swiss guides opened the mountains to sport mountaineering.

Waterfalls, canyons, high mountain lakes, glaciers, ancient trees, delicate orchids, hardy mountain goats, iridescent hummingbirds and inquisitive picas, mining, logging, railroad and early mountain tourism history, hiking trails and backcountry ski routes – all testify to the diversity and opportunities in the spectacular mountainous environment. Real-life experiences build a lasting appreciation for the high places of the world. *Reprinted & condensed from articles by Murray Christman & Doreen McGillis, of Parks Canada 2002-2003 issue of the Selkirk Summit.*

# A.G.M. Notes



Dinner this year was held on Nov.22<sup>nd</sup> at the Sandman Inn in Castlegar, followed by the AGM with Don Harasym presiding. We were 27 persons in attendance.

Social: The Slide show was well attended. We were treated to great pictures of camps 2 & 3 as well as photos of a guided trip in the Rockies in which two of our members partook.

Upcoming potential Special Resolutions however should spice up the next spring social meeting.

-T-shirts are available for sale at \$15. They make a great Christmas present at this time of year! To order, please call Jan at 362-5289.

Hiking camp: All spaces were filled at all 3 camps this year.

Hiking camp committee members wondered if camps could be later (ie.September) but water availability concerns aborted the idea. The committee is studying various options to replacement of pit toilet to reduce impact on the environment.

Hiking camp 2003: The new location is at Mt. Solderholm, S.W. of Mt. Assiniboine, in the Rockies. See map 82J 11/12.

Winter Trips: The ski & snowshoe schedules are in this newsletter.

Summer trips: Another great hiking year is ending with some members suggesting we schedule more hikes rated A-1/B-2. Thank you to all coordinators and to members who came along to enjoy the great outdoors.

Library: We now have the ACC journals for year 2001 and 2002.

Thanks to Muriel & John Walton as well as Roy King for their donation of a number of "classic" Karabiner issues. Combined with the reprinting of some of the very first issues, we now have 3 full sets of those great journals. If anyone has some books or early

Karabiner issues to donate, we will gladly accept them.

Treasurer: The budget was approximately as expected for this year. No unusual budgetary concerns were expected for 2003. The talk on, in particular, hiking camp surplus and Society status led to the financial statement be amended to show all financial reserves. A discussion as to our excess funds suggested that money could be put into trail maintenance. Everybody also felt it necessary to support the restoration of the Slocan Chief cabin and its return to original state.

The signing authority for the club is now in the hands of Paul Allen, Elaine Martin, Eliane Miros and Ross Bates.

Karabiner: The journal is in its final stages! A committee has been formed to carry out its distribution. We should all receive a copy before Christmas. It was moved that we increase the budget for this issue by \$700 to cover mailing costs. A very good discussion focused on the value of its present format in lieu of this. Suggestions were entertained (and are invited) as how to utilize the assets of committee work, the Karabiner, newsletter and website. This item was submitted to the executive for consideration and that bylaw concerns be addressed prior to the spring general meeting.

Newsletter: Thank you for all the positive and encouraging comments received and of course for all your submissions. They help keep us going. Next issue should be out by beginning of February 2003.

New Business: - There are concerns that some of the bylaws do not fit the conventional Roberts Rules of Order (such as the role of the "abstention" during a vote) as well as, in particular, the wording associated with the family membership and its voting status. Ted Ibrahim was delegated to report on changes to the constitution for executive consideration and Special Resolution.

- The Constitution should be put on the website.

- A discussion focused on website links and it was decided that the K.M.C will extend its policy of not promoting commercial aspects to cover Web links.

Website: Doug Brown continues developing our "in progress" website at [kootenaymountaineering.bc.ca/new](http://kootenaymountaineering.bc.ca/new).

This website is different than [www.kootenaymountaineering.bc.ca](http://www.kootenaymountaineering.bc.ca).

Please visit, and access Membership, Library, mountain database and **Newsletters!** Comments to Doug are appreciated. An interactive bulletin board is being considered to assist in schedule changes, partners for short notice outings, etc.

Election of Officers: The same executive was re-elected. However, the Winter Trips Director position is vacant. Someone please volunteer.

Membership: **Membership renewal forms** must be completed and the waiver must be signed **every year**.

Membership should be fully paid at the beginning of each year. Membership is for the calendar year.

Thank you to all of you who have renewed early.

The full 2003 membership list of names, addresses and e-mails will be included in the next newsletter.

## ☺ Thank You Joan

Joan Grodzki has done a great job over the many years of service to the KMC membership! Especially putting up with all those changes of address or new e-mail addresses, or tracking down the ones who forgot to let her know of the changes, etc., and for preparing those neat labels that you find on your newsletter envelopes. We are extremely thankful to you Joan for all your time and efforts!

## KMC Climbing Equipment Inventory (available for rental).

It is located at Peter Jordan's house. (Phone: 352-5225)  
4 Pieps (3 in good working order)  
15 ice axes  
9 ropes (11 mm)  
16 helmets  
13 climbing harnesses (8 OK, 5 obsolete)  
8 pair crampons (5 adjustable, 3 non-adjustable)

## Other News

### **HEALY CREEK ROAD IMPROVEMENTS**

During this year of mostly bad news about public access to the BC back country, I am pleased to bring you a positive story. Individuals and industry have come together to improve the upper reaches of the Healy Creek road, which was deteriorating so badly that it was headed for ATV access only. In case you didn't know, this important road gives access to the alpine area around historic Hall-Healy Pass in the Badshots, including Mount Templeman and Abbott Peak. Volunteers John Beerbower and Greg Utzig worked with mini-excavator operator Mike Tarr of Kaslo to improve and stabilize the roadbed beyond the mine bunkhouses. Funding for the project was provided by a generous donation from Meadow Creek Cedar. A special thanks to Bill Kastell, the Woodlands Manager, for ensuring this project reached a successful conclusion.

Kim Kratky.

### **VALHALLA SNOWCATS COMMERCIAL OPERATION IN AIRY CREEK AREA**

As some of you already know, Lindsay Hoyt, owner of Valhalla Snowcats, has been granted tenure for a lodge and a cat-skiing operation in Airy, Russel, and Grizzly creeks. The KMC sent three representatives to a spirited meeting the tenure-holder had with interested parties in the Slocan Valley on October 15<sup>th</sup>. The KMC speakers observed that the tenure process was sloppy, full of errors, and characterized by people not taking responsibility. Since that time, I have read a lengthy email, in which Mr. Hoyt responds to concerns voiced at the meeting. As well, I have received copies of the Licence of Occupation and Valhalla Snowcats' Management Plan submitted to Ministry of Sustainable Resource Management.

The provincial government has recently changed the ground rules for these CBR (Commercial Backcountry Recreation) applications. Now, the process is even more streamlined with no or little opportunity for public input. In fact, even other relevant ministries are often unaware a tenure has been awarded. Granted that there would

have been opposition to this application under any circumstances, the BC Government's new policy seems to have exacerbated the situation. Any changes made will be through the goodwill of Mr. Hoyt. He has tenure as of February 11, 2002.

Those wishing to comment may write BC Assets and Land at 205 Industrial Rd. G, Cranbrook, BC, V1C 7G5.

Kim Kratky

---

### **Some interesting websites:**

<http://toporama.cits.rncan.gc.ca/accueil.html> You will find downloadable Canadian topographical maps for all of Canada. (Source: Ministry of natural resources). It is possible to print selected portions of the maps. The only deficiencies that I've noted so far are: (1) the kilometre grid is not included on the map, and (2) elevations are not marked. It also has an option of viewing ortho images (3D images) of the terrain. The files associated with the site are huge, typically over a megabyte in size so that it's probably only readily available to those with an ADSL high-speed Internet connection (unless you're very patient). (This site should also be added as one of the links on the KMC website). Laurie Charlton.

[www.wcel.org/](http://www.wcel.org/) West Coast Environmental Law empowers citizens to participate in forming policy for, and making decisions about protecting our environment. They support the right of the public to have a voice in how we share our earth by providing free legal advice, advocacy, research and law reform services.

[www.bcenv.bc.ca](http://www.bcenv.bc.ca) The BC Environmental Network (BCEN) is a network of community-based British Columbia environmental organizations advocating for environmental responsibilities and community participation in activities leading to ecological sustainability.

[www.saveourparks.ca](http://www.saveourparks.ca) A BC based coalition of environmental groups that are concerned about the imminent privatization and degradation of BC's world famous public park system. Once given to private enterprise we can never get them back! Questions? Please call toll free: 1-866-358-2333.

[www.banffmountainfestivals.ca](http://www.banffmountainfestivals.ca) Your guide to what happened at this year's festival.

<http://www.nynjtc.org/~trails/library/lib.html> A very large listing of outdoor book titles.

[www.columbiajournal.ca](http://www.columbiajournal.ca). A progressive alternative to the conservative corporate press in B.C. Dedicated to inform, entertain and advocate for the people of B.C., it is an independent publication, promising free and open debate on all issues.

[www.wildernessvolunteers.org](http://www.wildernessvolunteers.org) A non-profit org committed to offering affordable vacations that give people the opportunity to help preserve some of America's most beautiful public lands. All trips cost \$U.S. 198.00. You must arrange transportation.

[www.ernest-press.co.uk](http://www.ernest-press.co.uk) Publishers of Mountaineering/Outdoor related literature and cover a wide spectrum of interest from biography/autobiography, mountain guides, mountain philosophy and Humour.

[www.davidsuzuki.org/](http://www.davidsuzuki.org/) The David Suzuki Foundation invites you to work with it through science and education (in particular Research, Application, Education and Advocacy) so as to protect the balance of nature and our quality of life, now and for future generations.

---

## Icicles

"much of the policy debate in this province is formed by presumptions rather than the "facts". Don Cayo (Vancouver Sun editorial pages editor)

"editorial tactics have an ability to monopolize "facts" and thus set the agenda on public discourse". B.C. Chapter of the Campaign For Press and Broadcast-Freedom,

"Whatever your position on Canada's ratification of the controversial Kyoto Protocol, there is one thing upon which all sides can agree: cleaning up the mess- environmental or otherwise- is big business." Deirdre McMurdy.

# High Altitude: Acclimatization and Illnesses

## by Rick Curtis, Director, Outdoor Action Program

**Traveling at high altitude can be hazardous.** The information provided here is designed for educational use only and is not a substitute for specific training or experience. Princeton University and the author assume no liability for any individual's use of or reliance upon any material contained or referenced herein. This paper is prepared to provide basic information about altitude illnesses for the layperson. Medical research on high altitude illnesses is always expanding our knowledge of the causes and treatment. When going to altitude it is your responsibility to learn the latest information. The material contained in this article may **not** be the most current.

**High altitude-** We all enjoy that tremendous view from a high summit, but there are risks in going to high altitude, and it's important to understand these risks. Here is a classic scenario for developing a high altitude illness. You fly from New York City to a Denver at 5,000 feet (1,525 meters). That afternoon you rent a car and drive up to the trailhead at 8,000 feet (2,438 meters). You hike up to your first camp at 9,000 feet (2,745 meters). The next day you hike up to 10,500 feet (3,048 meters). You begin to have a severe headache and feel nauseous and weak. If your condition worsens, you may begin to have difficulty hiking. Scenarios like this are not uncommon, so it's essential that you understand the physiological effects of high altitude.

**Altitude** is defined on the following scale High (8,000 - 12,000 feet [2,438 - 3,658 meters]), Very High (12,000 - 18,000 feet [3,658 - 5,487 meters]), and Extremely High (18,000+ feet [5,500+ meters]). Since few people have been to such altitudes, it is hard to know who may be affected. There are *no* specific factors such as age, sex, or physical condition that correlate with susceptibility to altitude sickness. Some people get it and some people don't, and some people are more susceptible than others. Most people can go up to 8,000 feet (2,438 meters) with minimal effect. If you haven't been to high altitude before, it's important to be cautious. If you have been at that altitude before with no problem, you can probably return to that altitude without problems as long as you are properly acclimatized.

**What causes Altitude Illnesses:** The concentration of oxygen at sea level is about 21% and the barometric pressure averages 760 mmHg. As altitude increases, the concentration remains the same but the number of oxygen molecules per breath is reduced. At 12,000 feet (3,658 meters) the barometric pressure is only 483 mmHg, so there are roughly 40% fewer oxygen molecules per breath. In order to properly oxygenate the body, your breathing rate (even while at rest) has to increase. This extra ventilation increases the oxygen content in the blood, but not to sea level concentrations. Since the amount of oxygen required for activity is the same, the body must adjust to having less oxygen. In addition, for reasons not entirely understood, high altitude and lower air pressure causes fluid to leak from the capillaries, which can cause fluid build-up in both the lungs and the brain. Continuing to higher altitudes without proper acclimatization can lead to potentially serious, even life-threatening illnesses.

**Acclimatization:** The major cause of altitude illnesses is going too high too fast. Given time, your body can adapt to the decrease in oxygen molecules at a specific altitude. This process is known as acclimatization and generally takes 1-3 days at that altitude. For example, if you hike to 10,000 feet (3,048 meters), and spend several days at that altitude, your body acclimatizes to 10,000 feet (3,048 meters). If you climb to 12,000 feet (3,658 meters), your body has to acclimatize once again. A number of changes take place in the body to allow it to operate with decreased oxygen.

The depth of respiration increases. Pressure in pulmonary arteries is increased, "forcing" blood into portions of the lung, which are normally not used during sea level breathing. The body produces more red blood cells to carry oxygen. The body produces more of a particular enzyme that facilitates the release of oxygen from hemoglobin to the body tissues.

**Prevention of altitude illnesses** falls into two categories, proper acclimatization and preventive medications. Below are a few basic guidelines for proper acclimatization.

-If possible, don't fly or drive to high altitude. Start below 10,000 feet (3,048 meters) and walk up.

-If you do fly or drive, do not over-exert yourself or move higher for the first 24 hours.

-If you go above 10,000 feet (3,048 meters), only increase your altitude by 1,000 feet (305 meters) per day and for every 3,000 feet (915 meters) of elevation gained, take a rest day.

-"Climb High and sleep low." This is the maxim used by climbers. You can climb more than 1,000 feet (305 meters) in a day as long as you come back down and sleep at a lower altitude.

-If you begin to show symptoms of moderate altitude illness, don't go higher until symptoms decrease ("Don't go up until symptoms go down").

-If symptoms increase, go down, down, down!

-Keep in mind that different people will acclimatize at different rates. Make sure all of your party is properly acclimatized before going higher.

-Stay properly hydrated. Acclimatization is often accompanied by fluid loss, so you need to drink lots of fluids to remain properly hydrated (at least 3-4 quarts per day). Urine output should be copious and clear.

-Take it easy; don't over-exert yourself when you first get up to altitude. Light activity during the day is better than sleeping because respiration decreases during sleep, exacerbating the symptoms.

-Avoid tobacco and alcohol and other depressant drugs including, barbiturates, tranquilizers, and sleeping pills. These depressants further decrease the respiratory drive during sleep resulting in a worsening of the symptoms.

-Eat a high carbohydrate diet (more than 70% of your calories from carbohydrates) while at altitude.

-The acclimatization process is inhibited by dehydration, over-exertion, and alcohol and other depressant drugs.

**Preventive Medications:** **-Diamox** (Acetazolamide) allows you to breathe faster so that you metabolize more oxygen, thereby minimizing the symptoms caused by poor oxygenation. This is especially helpful at night when respiratory drive is decreased. Since it takes a while for Diamox to have an effect, it is advisable to start taking it 24 hours before you go to altitude and continue for at least five days at higher altitude. The recommendation of the Himalayan Rescue Association Medical Clinic is 125 mg. twice a day (morning and night). (The standard dose was 250 mg., but their research showed no difference for most people with the lower dose, although some individuals may need 250 mg.) Possible side effects include tingling of the lips and finger tips, blurring of vision, and alteration of taste. These side effects may be reduced with the 125 mg. dose. Side effects subside when the drug is stopped. Contact your physician for a prescription. Since Diamox is a sulfonamide drug, people who are allergic to sulfa drugs should not take Diamox. Diamox has also been known to cause severe allergic reactions to people with no previous history of Diamox or sulfa allergies. Frank Hubbell of SOLO recommends a trial course of the drug before going to a remote location where a severe allergic reaction could prove difficult to treat.

**-Dexamethasone** (a steroid) is a prescription drug that decreases brain and other swelling reversing the effects of AMS. Dosage is typically 4 mg twice a day for a few days starting with the ascent. This prevents most symptoms of altitude illness. It should be used with caution and only on the advice of a physician because of possible serious side effects. It may be combined with Diamox. No other medications have been proven valuable for preventing AMS.

**Acute Mountain Sickness** (AMS) is common at high altitudes. At elevations over 10,000 feet (3,048 meters), 75% of people will have mild symptoms. The occurrence of AMS is dependent upon the elevation, the rate of ascent, and individual susceptibility. Many people will experience mild AMS during the acclimatization process. Symptoms usually start 12-24 hours after arrival at altitude and begin to decrease in severity about the third day. The symptoms of Mild AMS are headache, dizziness, fatigue, shortness of breath, loss of appetite, nausea, disturbed sleep, and a general feeling of malaise. Symptoms tend to be worse at night and when respiratory drive is decreased. Mild AMS does *not* interfere with normal activity and symptoms generally subside within 2-4 days as the body acclimatizes. As long as symptoms are mild, and only a nuisance, ascent can continue at a moderate rate. When hiking, it is essential that you communicate any symptoms of illness immediately to others on your trip. AMS is considered to be a neurological problem caused by changes in the central nervous system. It is basically a mild form of High Altitude Cerebral Edema (see below).

**Basic Treatment of AMS:** The only **cure** is either acclimatization or descent. Symptoms of Mild AMS can be treated with pain medications for headache and Diamox. Both help to reduce the severity of the symptoms, but remember, reducing the symptoms is not curing the problem. Diamox allows you to breathe faster so that you metabolize more oxygen, thereby minimizing the symptoms caused by poor oxygenation. This is especially helpful at night when respiratory drive is decreased. Since it takes a while for Diamox to have an effect, it is advisable to start taking it 24 hours before you go to altitude and continue for at least five days at higher altitude. The recommendation of the Himalayan Rescue Association Medical Clinic is 125 mg. twice a day (morning and night). (The standard dose was 250 mg., but their research showed no difference for *most* people with the lower dose, although some individuals may need 250 mg.) Possible side effects include tingling of the lips and finger tips, blurring of vision, and alteration of taste. These side effects may be reduced with the 125 mg. dose. Side effects subside when the drug is stopped. Contact your physician for a prescription. Since Diamox is a sulfonamide drug, people who are allergic to sulfa drugs should *not* take Diamox. **Diamox has also been known to cause severe allergic reactions to people with no previous history of Diamox or sulfa allergies.** Frank Hubbell of SOLO in New Hampshire recommends a trial course of the drug **before** going to a remote location where a severe allergic reaction could prove difficult to treat.

**Moderate AMS** includes severe headache that is *not* relieved by medication, nausea and vomiting, increasing weakness and fatigue, shortness of breath, and decreased coordination (ataxia). Normal activity is difficult, although the person may still be able to walk on their own. At this stage, only advanced medications or descent can reverse the problem. Descending even a few hundred feet (70-100 meters) may help and definite improvement will be seen in descents of 1,000-2,000 feet (305-610 meters). Twenty-four hours at the lower altitude will result in significant improvements. The person should remain at lower altitude until symptoms have subsided (up to 3 days). At this point, the person has become acclimatized to that altitude and can begin ascending again. The best test for moderate AMS is to have the person "walk a straight line" heel to toe. Just like a sobriety test, a person with ataxia will be unable to walk a straight line. This is a clear indication that **immediate** descent is required. It is important to get the person to descend **before** the ataxia reaches the point where they cannot walk on their own (which would necessitate a litter evacuation).

**Severe AMS** presents as an increase in the severity of the aforementioned symptoms, including shortness of breath **at rest**, inability to walk, decreasing mental status, and fluid buildup in the lungs. Severe AMS requires **immediate** descent to lower altitudes (2,000 - 4,000 feet [610-1,220 meters]).



There are two other severe forms of altitude illness, High Altitude Cerebral Edema (HACE) and High Altitude Pulmonary Edema (HAPE). Both of these happen less frequently, especially to those who are properly acclimatized. When they do occur, it is usually with people going too high too fast or going very high and staying there. The lack of oxygen results in leakage of fluid through the capillary walls into either the lungs or the brain.

**High Altitude Pulmonary Edema (HAPE)** results from fluid buildup in the lungs. The fluid in the lungs prevents effective oxygen exchange. As the condition becomes more severe, the level of oxygen in the bloodstream decreases, and this can lead to cyanosis, impaired cerebral function, and death. Symptoms include shortness of breath even at rest, "tightness in the chest," marked fatigue, a feeling of impending suffocation at night, weakness, and a persistent productive cough bringing up white, watery, or frothy fluid. Confusion, and irrational behavior are signs that insufficient oxygen is reaching the brain. One of the methods for testing yourself for HAPE is to check your recovery time after exertion. If your heart and breathing rates normally slow down in X seconds after exercise, but at altitude your recovery time is much greater, it may mean fluid is building up in the lungs. In cases of HAPE, **immediate** descent is a necessary life-saving measure (2,000 - 4,000 feet [610-1,220 meters]). Anyone suffering from HAPE **must** be evacuated to a medical facility for proper follow-up treatment.

**High Altitude Cerebral Edema (HACE)** is the result of swelling of brain tissue from fluid leakage. Symptoms can include headache, loss of coordination (ataxia), weakness, and decreasing levels of consciousness including, disorientation, loss of memory, hallucinations, psychotic behavior, and coma. It generally occurs after a week or more at high altitude. Severe instances can lead to death if not treated quickly. **Immediate** descent is a necessary life-saving measure (2,000 - 4,000 feet [610-1,220 meters]). There are some medications that may be prescribed for treatment in the field, but these require that you have proper training in their use. Anyone suffering from HACE **must** be evacuated to a medical facility for proper follow-up treatment.

**Other Medications for Altitude Illnesses:** -**Ibuprofen** is effective at relieving altitude headache. -**Nifedipine** rapidly decreases pulmonary artery pressure and relieves HAPE. -Breathing oxygen reduces the effects of altitude illnesses. -**Gamow Bag:** This clever invention has revolutionized field treatment of high altitude illnesses. The bag is basically a sealed chamber with a pump. The person is placed inside the bag and it is inflated. Pumping the bag full of air effectively increases the concentration of oxygen molecules and therefore simulates a descent to lower altitude. In as little as 10 minutes the bag can create an "atmosphere" that corresponds to that at 3,000 - 5,000 feet (915 - 1,525 meters) lower. After a 1-2 hours in the bag, the person's body chemistry will have "reset" to the lower altitude. This lasts for up to 12 hours outside of the bag which should be enough time to walk them down to a lower altitude and allow for further acclimatization. The bag and pump weigh about 14 pounds (6.3 kilos) and are now carried on most major high altitude expeditions. Bags can be rented for short term trips such as treks or expeditions. -**Cheyne-Stokes Respirations:** Above 10,000 feet (3,000 meters) most people experience a periodic breathing during sleep known as Cheyne-Stokes Respirations. The pattern begins with a few shallow breaths and increases to deep sighing respirations then falls off rapidly. Respirations may cease entirely for a few seconds and then the shallow breaths begin again. During the period when breathing stops the person often becomes restless and may wake with a sudden feeling of suffocation. This can disturb sleeping patterns, exhausting the climber. Acetazolamide is helpful in relieving the periodic breathing. This type of breathing is **not** considered abnormal at high altitudes. However, if it occurs first during an illness (other than altitude illnesses) or after an injury (particularly a head injury) it may be a sign of a serious disorder.

#### Sources:

- Mountain Sickness, Peter Hackett, The Mountaineers, Seattle, 1980.
- High Altitude Illness, Frank Hubble, Wilderness Medicine Newsletter, March/April 1995.
- The Use of Diamox in the Prevention of Acute Mountain Sickness, Frank Hubble, Wilderness Medicine Newsletter, March/April 1995.
- The Outward Bound Wilderness First Aid Handbook, J. Isaac and P. Goth, Lyons & Burford, New York, 1991.
- Medicine for Mountaineering, Fourth Edition, James Wilkerson, Editor, The Mountaineers, Seattle, 1992.
- Gamow Bags - can be rented from Chinook Medical Gear, 34500 Hwy 6, Edwards, Colorado 81632, 970-926-9277. <http://www.chinookmed.com/>

#### Additional Reading:

- Altitude Illness Prevention & Treatment, Steven Bezruchka, The Mountaineers, Seattle, 1994.
- Going Higher, Charles Houston, Little Brown, 1987.
- High Altitude Sickness and Wellness, Charles Houston, ICS Books, 1995.
- High Altitude Medicine and Physiology, Ward Milledge, West, Chapman and Hall, New York, 1995.

*This article is written by Rick Curtis, Director, Outdoor Action Program. This material may be freely distributed for nonprofit educational use. However, if included in publications, written or electronic, attributions must be made to the author. Commercial use of this material is prohibited without express written permission from the author. Copyright © 1998 Rick Curtis, Outdoor Action Program, Princeton University.*

# Book Review



## Don't waste your time in the West Kootenays

By Kathy and Craig Copeland, 2000  
*Voice in the Wilderness Press,*  
*Riondel, B.C.*

"I lift up my eyes to the hills."  
(*Psalm 121*)

Sometimes I wonder how much thought the authors of the currently fashionable and ubiquitous accounts of "extreme" mountain experiences have given to the motives, implications and consequences of their adventures. Their style and attitude remind me of Robert Pirsig's words in his *Zen And The Art Of Motorcycle Maintenance*: "...any effort that has self-glorification as its final end point is bound to end in disaster. When you try to climb a mountain to prove how big you are, you almost never make it. And even if you do, it is a hollow victory. In order to sustain the victory, you have to prove yourself again and again in some other way... driven forever to fill a false image".

I was reminded of the above when reading *Don't Waste Your Time In The West Kootenays*, the latest

"Boot-tested" opus written by Kathy and Craig Copeland. This is another one of their "opinionated hiking guides" designed "to help you get the most from this magnificent Wilderness" [*bold type theirs*]. They describe their book as "refreshing, unconventional, revolutionary", giving us what we "really need to know: bold opinions, specific advice" and with "colorful, well-crafted writing". I do realize that I am – in their well-crafted, colourful phrase – only a "mountaineer...who...climbs like a lizard and...bushwhacks like a baboon" whenever he sees a "mountain rise its manly chest". Well, this middle-aged baboon happens to agree with Robert Blake that one can find "a whole universe in a grain of sand". That, however, implies an accepting attitude and a willingness to put some time and effort into what we do, rather than taking whatever shortcuts money can buy.

To give the Copelands credit where credit is due, their access descriptions are straightforward and helpful. However, I do have problems digesting their smug, over-the-top, self-congratulatory style and their exploitative attitude towards the mountains. They clearly state their purpose, without resorting to bold type: "Too many hikers toil up scenically deprived trails to lackluster destinations when they could be enraptured by wild-

country grandeur. That's been our motivation: To save you from wasting your precious time".

Well, my time is my own to waste as I see fit. It seems to me that the unsuspecting buyers of the Copelands book may be deprived of the pleasure of exploring our mountains, talking to friends, making new friends and poring over maps and books, as we and countless others have done. Thus, perhaps the best thing about their book is the many wonderful places they rated as being a waste of time – or, better yet, failed to notice in their headlong pursuit of peak experiences. This is an unexpected blessing, as it just may allow me to continue wasting my time without being disturbed by readers of the Copelands book.

The great 11<sup>th</sup> century Chinese landscape painter and theorist Kuo Hsi said it better and more succinctly than I can: "There are different ways of looking at mountains. If we approach them with a heart of forests and streams, their value is high; but if we approach them with the eyes of pride and extravagance, their value is low..."

Steven Horvath

*Originally in the Canadian Alpine Journal 2001, reprinted with Steven's permission.*

## Don't Hibernate, Hike In the Winter *By Brenda Eggett, Condensed/Printed with permission*

"You went hiking yesterday? It's winter!" This is a common response given to people who tell others of their winter hiking experiences. And it needn't be shocking that people can actually hike in the winter.

Winter hiking can be fun, beautiful, and (at times) challenging. And, as I experienced last winter, winter hiking gives you some wonderful memories and makes you some good friends. Over those months, we hiked in newly fallen snow. The trees were all coated with a blanket of white, and the beauty of nature was apparent everywhere. With the sun shining through the forest our walk was a photographer's dream... Trails in winter are not difficult to follow. At times, though, you have to be extra diligent... Winter hiking can also offer physical challenges. On parts of the trail the snow can be quite deep... We had fun breaking through the snowdrifts, laughing as we fell through to our waists in some areas, sliding down snow banks in other areas. We were like children playing in the snow.

A slow pace, lots of water, some food for a quick snack stop, proper clothing (no jeans) and a good sense of humor are all you need to enjoy the challenges Mother Nature throws your way. If the snow is deeper and the hiking more difficult than expected, do not be afraid to alter your hike, substituting some road hiking instead of tackling more heavy snow in the woods. Although we enjoyed our two kilometres of wilderness hiking, once we were out of the woods, and onto a side road, we decided to finish our hike following the newly plowed roads to reach our cars. Winter hiking is an experience not to be missed.

# KMC TRIP REPORTS



**Unnamed 2580 m. (1.75 km. north of Mohican Mtn. GR 818-193) and Unnamed 2600 m. (3.4 km. NNE of Mohican Mtn. GR 823-210) Map Trout Lake 82K/11**

On Sept. 11<sup>th</sup> and 12<sup>th</sup>, Paul Allen and I returned to the Badshots to complete a club trip that was cancelled in June because of road access problems. Our eyes were on the two presumably-unclimbed peaks north of Mohican Mtn. and at the headwaters of Gainer Creek.

As usual, we drove to the northernmost point of Gainer Creek road just south of Bunker Hill Creek (still 2WD low clearance all the way; GR 791-165). From this point, we hiked in Wed. afternoon, Sept. 11, to set up a high camp. The approach is of some interest, especially since it is seasonally sensitive. Here goes. Follow the old road (ATV only) on foot along the west side of Gainer to a point just below Badshot Mtn. (55 min. with full packs; 795-184). Cross to the east bank of Gainer on the Mohican Mine road and immediately leave the road to head north through a boulder field. As the boulder field disappears, head toward the creek and walk in the bed (likely possible only at low water season; even dry rocks are very slippery). Alternate between the creek bed and west bank as needed until you reach an obvious cascade/falls (clearly visible from afar; 808-198). Look carefully from a spot (this year a big snow tongue of avvy debris) at the bottom of the falls; you should be able to make out a hunter's track/game trail on the east bank. Follow this to the top of the falls through dense slide alder and along slippery vegetation on steep slopes above the canyon. The valley is narrow at the falls and choked with alder right to the valley walls; this is the best route. Once through the falls, traverse carefully to the west bank and continue up through alps to find a level campsite. We had to work a bit to find a really good one on the east bank near the creek at 1960 m. (2 ½ hours from the truck: GR 812-204). By the way, the fabled Grizzly Notch looks awful—steep and choked with vegetation, and probably bears.

On Thursday, we went first to u/n 2580, getting away at the salubrious hour of 7:30 (well, it was mid-September). The peak is clearly visible from the campsite. Here is the best, and maybe only feasible, route. From camp, head south up alps, scree, and snow to join the prominent NW ridge at its base (clearly visible from camp; there's also a more westerly NW ridge—very chaucy and studded with rotten towers; singularly unappetizing). Staying on the south side of an unnamed glacier, ascend grotty slopes, hugging the head-high ice at the tongue and edge; then pass left of a rock fin by walking in the moat next to the glacier. Almost immediately, zig right on snow to join and follow a prominent shingly ridge leading to the base of the sub-peak northeast of the objective. Scramble the west side of the sub peak (definitely loose and rotten) and either pass over the top or traverse it on the right (south) to gain the col between it

and the objective. From there, scramble the northeast face of u/n 2580 on loose limestone (15 min.). We found a dilapidated cairn on the summit, possibly built by a miner, but no record (1 hr. 50 min. up from camp). We did put in a proper KMC summit tube record. The summit ridge is a long, thin NW-SE blade; approaches from the south, unlike Mohican, look suicidal—loose and very steep.

After a break, we decided to traverse the long, meandering ridge north to the base of u/n 2600. Beginning at 10:00, we descended u/n 2580 back to the col (care needed; exposed and fairly steep), went to the top of the sub-peak, and decided we didn't fancy downclimbing its steeper and looser looking north ridge. Instead we descended the west face of the sub-peak (moderately desperate in places) to a bench almost level with the highest, narrow tongue of the glacier. We worked our way up to the ridge north of the sub-peak on snow and along a moat. Next we embarked on the ridge traverse, following a serpentine of limestone and dirt up and down, in pleasant 4<sup>th</sup> class scrambling, to reach the base of u/n 2600 by 12:00. After a snack, we dumped our packs and enjoyed a pleasant 20 min. ascent on heather, broken rock, and solid quartzite slabs. Perhaps the most solid Badshots peak I have been on. On top by 12:30 (2 ½ hours from summit of u/n 2580), we built a cairn and put in a record in a film can. I had imagined the flat-topped summit to be as wide as a football field, but in reality it's only about 20' wide. Paul explored an exit to the northwest toward the u/n 2520 flanking our objective (817-213). You could get down to the wide col, but ascending the SE buttress of the objective requires scaling rotten, overhanging junk. This peak (if it is one) can easily be climbed via alp land on the SW.

From the summit of u/n 2600, we descended to the col at its base again. From that point (821-207), we followed a long couloir of loose rock down and west to the alpine a few hundred meters above camp, an effective but not perfect descent route. Back in camp by 2:20 (1 hr. 20 min. down from summit), we packed up and by 3:00 were under way for the walk out. We re-traced our steps, finding the waterfall portion easier than expected, and reached the truck at 5:10 pm. (2 hrs. 10 min. to hike out; 9 hour 40 min. day). Perfect weather for the whole trip. At no time did we consider roping up, although we did have a 9 mm, some slings, and some smaller Friends.

U/N 2580 m. 1.75 km. N. of Mohican Mtn. NW slopes. Facile (I,3)

U/N 2600 m. 3.4 km. NNE of Mohican Mtn. Via connecting ridge from u/n 2580 m. and south slopes. Facile (II,4). If this peak were climbed directly from camp via the couloir we descended, it would be Facile I,3.

Kim Kratky



## **Kaslo-Retallack Bike Trip, September 20**

I would rate this trip as a beginner-intermediate mountain bike trip. It includes a variety of terrain: highway, logging roads, single track, grassy roads, baby heads, death cookies and drop offs; to make the trip exciting. We accessed the wagon road from the first access road to Buchanan Lookout coming from Kaslo. Later we found out the wagon road could also be accessed from an unmarked road across from the Kokanee Kane Creek Road. The Wagon Road has some signage along the route but often not in the places where the trail is questionable. The best tip to staying on route is do not go down any logging road; always go up or straight across. Keep a keen look out for any cleared paths off the logging roads. In one place follow the hiking trail sign. The wagon road is rideable to the Rossiter Creek Road. Here you have to go down to the highway to continue to Retallack. From Retallack we quickly rode downhill on the highway to the cars parked in Kaslo. The round trip was 55 km and took 4 hours riding time (no stops included).

The bikers were Mary Woodward, Helen Foulger, Sandra McGuinness, Doug Brown and coordinator Carol Potasnyk.

## **Bike trip, September 27**

Our original destination today was to be Six Mile Lakes. We met at Six Mile Lakes road in the pouring rain and decided a shorter trip would be wiser. The weather cleared up nicely and we had an enjoyable ride from Mountain Station to Troup and back. Had our lunch on the sandspit at Troup. Frank and I decided to continue on to Cottonwood Lake and return. There were three of us today. Carol Potasnyk, Frank Fodor, and Mary Woodward, coordinator.

## **Silver Spray Cabin, October 2**

Winter snows are staying on the mountain peaks already. I was a little leary about heading into the high country. It turned out to be a beautiful day, the larch orange against the white snow and blue sky as beautiful as ever. The trail was almost completely covered in Clover Basin but still discernable. It was cold enough that the cabin was a welcome haven for lunch. No peak bagging today though. We were five: Willa Horswill, Nils Springfield, Kevin Forsyth, Gene Van Dyck, and Mary Woodward, coordinator.

## **Palisades, October 9**

Our group of 10 met at the junction of Pass Creek Rd. and Norns Creek Rd. by 9am. From here it was up the Norns Creek FSR for 10 km. where shortly after crossing a cement bridge you turn right up the first road you come to. This 5 km. road takes you into the Norns basin where you have to leave your vehicles at the deactivated bridge. Robin's "vehicle" most likely could have "easily" crossed the creek-bed but Robin was gentlemanly and walked with the rest of us up the road. After a short while our objective appeared.

And about 40 minutes later we took a brush route up the north side of the basin through the clear cut aligning ourselves as best we could with the grassy eastern flank of the mountain. We soon found ourselves on a creek-bed that facilitated our movement through the brush. After an hour we came into open areas and began climbing the steep slope. The wind was icy cold and the skies were clearing. Views were good in all directions. Airy Mt. was close by to the east and Frog Mt. was just below us to the north (the Palisades could probably be easily reached from the same starting point as the Frog Mt. hike). After a hearty lunch we retreated out of the wind into the lower environs by the same route.

We were: Marie Boucher, Frank Fodor, Chris Keef, Robin Lidstone, Ray Neumar, Nils Springfield, Gene Van Dyck, Mary Woodward, Eliane and Steven Miros, coordinators.

## **Poupore to Trail, October 13**

It was a cool, beautiful fall day when the frost had painted the leaves red, yellow and orange. We met at Muriel's & John's and half the hikers drove to Trail to follow the middle road up behind the water tower to begin our hike at the south end of the trail while the other half drove down past the Castlegar dump site to the gate at Poupore. We hiked along the east side of the Columbia on a good trail. Ross was studying the cliffs and scree slope above Fairview and pointing out the route for his November hike, when the group spotted two white mountain goats. Old timers had NEVER seen goats there! The ducks were taking advantage of the swift Columbia by flying up river and drifting down again in the current, sometimes frontwards, sometimes backwards.

The two groups met on a pebble beach, ate lunch in the warm sun, exchanged keys, then finished their pleasant 4 hour hike. At the Walton home we had a look at John's video of Hiking Camp #2.

We were: Ross Bates, John and Susan D'Andrea, Don Harasym, Brenda Johnson, Hazel Kirkwood, Eliane Miros, Pat West, and Muriel & John Walton, coordinators.

## **Gwillim Lakes, October 14**

It was Thanksgiving Day. I looked out the patio window and could see that the day was going to be a nice one. Blue sky from horizon to horizon. I was excited to be going to the Valhallas this day. For several days my phone had been ringing steady. Many calls came in from people wanting to go on this hike. I had arranged to pick them up at various locations along the route to the Passmore park & ride and was conscious of the obligation. I left home at 7:00am, picked up all the eager hikers as planned, totaling 10 of us in my 15-passenger van. We arrived at the Drinnon Pass trailhead at the end of Hoder Creek FSR at 9:00am without having to hurry. The road was fairly good such that an average 2wd vehicle could make it without any problem.

We began our ascent to Drinnon Lake. The heavy frost and shaded terrain kept everyone wanting to stay warm and bundled up. We noticed a huge black bear up on the

rockslide of Drinnon Peak. It was one of the largest bears I have ever seen. The pathway was clear and easily navigable by all such that we arrived at the lake at 10am. At the lake the sun was shining on us and really warmed us up. On to Wicca Lake where we stopped to take pictures and check the 2mm. thickness of ice on the lake. We all had a bit to eat before going on to Gwillim. After Wicca Lake we descended steeply to pass another beautiful small unnamed lake. The trail began immediately to ascend for approximately 800m. We then passed along a sheer rock slab just before entering the Gwillim Lakes basin. At an overlook we could see a spectacular view to the northwest down the Gwillim Creek valley. Kokanee Park was in the far distance and the expanse of the Devil's Range was before us. Lucifer Peak was behind us, with Trident, Mephistopheles & Chariot Peaks with the Devil's Dome all before us. The work to get to this point was all worth the effort.

We arrived at Gwillim Lake where we met several others who had preceded us. We rested for a short time, ate our lunches and expressed our satisfaction and appreciation for just being alive and there at that moment. With our binoculars we spotted a threesome just beginning their descent from Lucifer Peak. There was a significant drop of snow from half way up to the top making their trip somewhat more challenging. We also spotted a group of three descending the Black Prince. That climb is significantly easier than Lucifer thus making the return trip to Gwillim shorter time wise. As the time was approaching 2:15pm we decided as a group to begin our return by 3:00pm so as not to get stuck in the dark on returning. Several of us decided on a short hike to the upper Gwillim Lake. Following the iron rods the trail ascends another 200m. to a great overlook not to be missed.

We left the area as we found it... glad for the experience. We arrived back at the trailhead at 5:00pm. The sky was beginning to darken, as we drove out the mountains were wonderfully silhouetted against the dusk sky... another beauty just thrown in. Passing the large old growth cedars and hemlock, along Hoder Creek FSR is also worth stopping to experience. I hope the forest companies will leave that legacy for all to enjoy for the years to come.

We picked up some litter along the route... beer bottle caps, band-aid wrappers, and a plastic spoon. Anyone reading this please don't litter... Let's keep it pristine.

On the trip: Elder Gary Bowers, Frank Fodor, Werner Heitmann, Irme Mende, Kim Morgan, Elder Mark Nott, Carol Potasnyk, Nils Springfield, Alex Walker, and Pat Sims, reporter.

### **Sullivan Creek to Genelle, October 27**

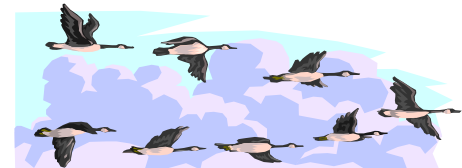
Despite the large number of inquiries regarding this trip, only five of us showed up at the meeting place Sunday morning. Perhaps it was the cold temperature or the fact that it was the first overcast day after a month of blue skies. We took three vehicles, leaving one at the access road across from the Genelle fire-hall, and drove further south to the

start of the hike near Sullivan Creek. A brisk walk took us up to the old trails that follow along the gas pipeline and power line corridors at the cliff-base on the western side of the Columbia valley. From this point, we started a side-trip up the steep face to the high ground above. This is the same cliff where we had spotted two goats earlier on a Poupore-Sunningdale hike. One of us elected to turn back for a more leisurely walk followed by some shopping, arranging to meet again later. The remaining four made good time up the scree slope to the top, eventually following small cairns (erected a few weeks before during a reconnaissance trip) through pleasant open terrain. We enjoyed the scenery during a break at the summit with views of the surrounding hillsides and distant peaks. A short walk took us to where we could see a small lake nestled below to the north. Access to this lake requires two more hours of bushwhacking through some major blow-down. Instead we chose to retrace our steps over the top and back down the original scree slope. This returned us to the pipeline corridor in time for lunch overlooking the Columbia River. We then proceeded along the trail north to Genelle, stopping to take in an interesting rock formation above. Two giant freestanding pillars form part of the cliff face and are not easily seen from the highway. We then took a trail across some bench land, and followed a set of bear tracks down the road to the vehicle we had dropped off earlier. Naturally the sun chose that moment to make a brief appearance. On the trip were Andrew Martin, Mary Woodward, Brenda Johnson, Mary Prothro, and coordinator Ross Bates.

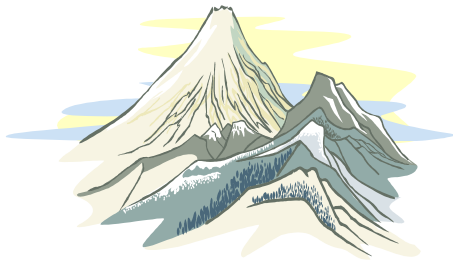
### **Mel Deanna Trail, November 3**

On Sunday, November 3, 2002, 17 hikers met at the Mel Deanna Monument near the parking lot on Highway 3 just above Castlegar to walk around Champion Ponds on a good trail, sprinkled with tamarack needles, a distance of 2.5 km. The Mel Deanna Nature Park, named for Castlegar Naturalist, is an area of 287 acres, on the eastern slope of the Columbia River valley, directly opposite Blueberry Creek and overlooking Poupore. Almost 1000 feet above the river, the series of spectacular bluffs, provided us with a panoramic view of the entire valley. The three ponds, Maple, Kalmia and Juniper were hard frozen. Two A-frames, built to accommodate school nature displays, at either end of the lakes provided us an excuse to stop and visit in the sunshine. Conversation was stimulating and the little walk was pleasant too.

Hikers were Mary Baker, Brenda Johnson, Graham and Jill Kenyon, Hazel Kirkwood, Anja Logodi, Andrew Martin, Eliane Miros, Nell Plotnikoff, Al & Pat Sheppard, Vera Truant, Phyllis Wanjoff, Marg Webster, Myler Wilkinson, and coordinators, Muriel & John Walton.



# Other Trip Reports



## International Peak, 3090m., 10,150', July 2002

We flew in from kilometer 57 on the Spillimacheen FSR and camped at the lower lake in International Basin.

Several pleasant days were spent hiking on nearby Mt. Sibbald and other fine viewpoints before heading for International Peak.

The day being fair, we departed camp at a civilized hour, descended a couple of hundred feet, and headed across the long snow covered bench towards International Peak. We scrambled up the left side of the obvious cliff band, and walked along its top to the upper glacier. Here we roped up briefly, as one of us had never climbed a "real" mountain before. On reaching the base of the NW ridge we dumped the rope, and scrambled easily to the top.

We were surprised to find only 2 previous ascents recorded in the (non-KMC!!) summit register, for 1953 and 1984. No doubt one or two other parties have reached this point as well, only to find themselves, like us, without a pen or pencil to record their glorious accomplishment. We left a credit card slip and a photocopied page from the Rockies ice climbing guidebook (Raven's Call) to mark our passage and mystify our successors. During the day many mountains were seen, both known to us and unknown, and also many goats, all unknown.

We spent a day and a half walking out to our vehicles. Route finding was trickier than expected, and at one point we used the rope to belay down a short cliff. We camped overnight on the edge of the Spillimacheen Glacier, east of Mt. David. This exit would be difficult in poor visibility.

We were: Gordon Dunham, Tara & Murray Miller, and Hamish Mutch, reporter.

## Mount Hulme, 2340m., 7700', September 2002

Mt Hulme is a futuristic rock climbing peak, located at the head of Topaz Creek, about 20km west of Creston's Summit Creek Park. The rock is excellent granite, and there are some obvious lines waiting to be done – obviously hard, that is. We jumped on one of the easier features, the NE ridge – Here's the beta:

Pitch 1. From the col, traverse down and around the corner to the huge slab, which is climbed to the ridge west. 180 feet, low class 5. Belay, and then scramble up to a short wall.

P2. Traverse right, with the middle of the N. face, with considerable exposure. 140 feet, mid class 5.

P3. A short vegetated section ("Early Squamish") to the obvious ledge below the final headwall. 50 feet, class 4.

P4. A challenging series of thin finger cracks, hand traverses and slabs. 180 feet, 5.10 A with 3 points of aid, after the crux. We powered – out, but this section should go free at about 5.9.

Summary: Mt Hulme, new route NE ridge. 3 ½ pitches, 5.10A, A1 (3 points).

Participants: Bill Morris, Hamish Mutch, reporter.

## Abercrombie Mtn.(7308') & Hooknose Mtn.(7210')

I know that the club has often scheduled trips to Abercrombie but am not sure that people are aware of access from Metaline Falls, Washington. Details follow. From Nelson, drive south, crossing the border at Nelway. Pass through Metaline Falls, cross over the Pend O'Reille River, and drive to Metaline. Turn right or west onto Boundary Road (signed Gardner Caves; 88 km. from Nelson). Re-set your odometer and drive 5.8 km. north on pavement to a meadow with a powerline crossing through it. Turn left or west onto an unsigned dirt road that immediately passes a dilapidated house. Re-set your odometer again. At km. 2.1, bear left at a major fork. Now follow this older 2WD high-clearance road to about km. 11.8, where you will encounter a sign stating "Trail 520. Flume Creek Trail." Driving time from Nelson is two hours. Park in the ample space and begin hiking a very good, easily graded trail that leads right to the summit of Abercrombie. Near its end, the trail passes along the east side of the summit to join Trail #117 coming up the south ridge, the route I presume the KMC uses. I was able to reach the summit from the trailhead in 1 hr. 15 min. but was going pretty fast. It took almost as long to descend.

On Sunday, **October 13<sup>th</sup>**, Fred Thiessen, Doug Brown, Sandra McGuinness, their trusty dog Kumo (Japanese word for spider), and I strolled up Hooknose, (about 1.5 km. N. of Abercrombie) using the same approach. As Trail #520 makes its final approach to the col north of Abercrombie, leave the trail and head straight up to reach the ridge connecting Abercrombie and Hooknose. Follow this ridge north, descending several hundred feet to a forested col (some very moderate bush whacking) and ascend the easy, wide slopes on the south side of Hooknose. This lesser peak is almost on the border and provides excellent views of the Southern Columbias. 2 hrs. 30 min. up; 1 hr. 45 min. back to the truck. Total day, 5 hrs.

Here are some useful websites for northern Washington trips. [www.topozone.com](http://www.topozone.com) allows you to download, free of charge, topo maps from throughout the USA. If you access [www.fs.fed.us/r6/colville](http://www.fs.fed.us/r6/colville), you will find a wealth of information on hiking trails in Colville National Forest.

Kim Kratky

## **Kokanee Peak, 2790 m., 9153', October 19**

Taking advantage of the excellent late fall weather, Howie Ridge and I ventured to this local peak for some rock climbing. Starting from the Gibson Lake car park at 9:00 am, we followed the trail to its last switchback. From there, we made the usual approach toward Grays Pk., heading up a few hundred feet and then diagonaling up and south toward the long southwest rib coming off Kokanee Pk. Along the way we explored the lower of the two tailing dumps of the Molly Gibson Mine. Reaching our goal, a prominent grotty couloir on Kokanee's SSW side (you know you're in the right place when you can see a large yellow lichen stain high up on the right hand wall of the gully), we ascended it some 150' before exiting left onto a paralleling rib. The bottom of this wide feature is somewhat shattered and broken, but the rock soon turns to very firm, lichenized granite that is quite steep in places. Higher up, the rib narrows and the angle lessens as the ridge nears the base of the summit tower. In sum, the route offers pleasant, strenuous scrambling, with no need for the rope and ample hardware we had brought. By 1:00, we were on the summit, which we found breezy and cool as the sky started to go overcast after a mostly-sunny morning. A check of the summit register revealed that there has been a total of six ascents (four of them this year, including ours) since my July 9, 1999 climb with Jim Kienholz and Eric Burton.

Descent was by the grotty couloir that we had started up. As this is a classic "shit gully," care is needed. Re-tracing our steps at a leisurely pace to allow for sunbathing in the improving weather (this was October 19<sup>th</sup>!), we also explored the upper Molly Gibson tailing pile before descending to re-join the trail. Back at the truck by 5:00 for an eight-hour day, we were pleased with a fine outing in wonderful weather, a fairly ambitious undertaking for so late in the season.

We'll grade it this way: Kokanee Pk. 2790 m. SSW rib Facile (1,3). Kim Kratky

## **Hall Mtn., 6,323', October 22**

Continuing my forays south of the border, I visited this minor league peak east of Metaline Falls, Washington on Tuesday, Oct. 22<sup>nd</sup> on a hike-a-bike outing. Directions follow. Cross the border at Nelway and follow Washington #31 south to the signed turnoff east for Sullivan Lake (#9345) just before the steep descent to Metaline Falls. Follow the paved road to the East Sullivan Lake Campground entrance, where the pavement ends. Continue east on the unpaved #22 (signed Priest Lake) for 4.4 km. and turn right or south onto the unsigned Johns Creek road (#500). You know you're at the right spot when you have crossed an excellent bridge immediately after leaving #22. As well, there is a signed toilet area on the north side of #22 opposite where you turn off.

Now you have a choice: you can park just past the bridge and ride your mountain bike, or you can drive the excellent 2WD road to the trailhead. At this time of year, the road is

gated at about mile 3-4. Before August 15<sup>th</sup>, you can drive it right to the trailhead at mile 7.3. Being of a sporting nature, I parked the truck near the bridge and started riding at 11:00 (2880'). The long, gentle switchbacks led me to the gate and a spur road signed "Fetus Creek Road" in 50 min. By 12:45, I had reached the car park and trail register (5280'). From this point, the route continues as a trail/single track on the old roadbed to a pass at a three-way junction at 5540' (a further 15 min.). Here I turned right or west onto the signed Hall Mtn. Trail (#540). The signed Noisy Creek Trail heads down and south over highly technical terrain before exiting at the Noisy Creek Campground at the south end of Sullivan Lake (serious downhill riders take note). I continued west along the south aspect of Hall Mtn. for 15 min. more before abandoning the bike; I had reached the limits of my bike comfort envelope. Another 25 min. on foot along a very-well marked trail through open, grassy slopes led me to the open summit and ruined lookout by 1:40 pm. Leaving the summit at 2:00, I re-traced my steps, stopped to fill in the trail register, and was back to the truck by 3:20 pm. Numbers: driving time from Nelson to the junction of #22 and #500 (96 km. one-way), 1 hr. 25 min.; elevation gain from this spot to summit, ca. 3700', allowing for ups and downs; round-trip riding and walking distance, 30.6 km.; total time of outing, 4 hrs. 20 min. In sum, this is an excellent fall outing on an outstanding road and trail system. You can even see Sullivan Lake from the summit.

Kim Kratky

## **Mt Stanley, 2371m., 7779', October 23**

The beautiful fall weather just kept going and a trip to Mt. Stanley was long overdue. We followed the Koch Creek Road for 22 km. to the Grizzly Creek turnoff. At 28 km. we took the left road up Grizzly Creek (ignore Greasybill Creek road going to the right). At 30 km. we took the right branch (ignoring Embro Rd.) Here start the deep waterbars and views of Mt Stanley to the west. At 37 km, almost at road's end, there is a junction. The left branch provides access to Mt Spiers. We took the right road for 0.3 km. into a clear-cut up to where it is washed out.. From here Mt. Stanley is hidden from view but is roughly in a westerly direction.

We climbed to the top of the clear-cut where there is a large group of dead snags. We continued bushwhacking for several hundred meters continually gaining elevation. Going too far to the left puts one south into the Cayuse Creek meadows. To the right puts you off the ridge. Eventually we emerged onto open meadows at the foot of a small rocky peak. We headed to its right aiming for the ridge further west. From this ridge, you can see Mt. Stanley 2 small peaks away. We could have followed the ridge but chose the left side hill on the grassy slope straight to our objective. We reached the top (no summit register in the small cairn) from its right or east ridge. On the top, the views into the Valhallas were grand. Mt. Spears, Airy Mtn., the Palisades and Kamikaze Pk. stood invitingly to the east. (They block the view towards Kokanee Park). One could see (up Embro



road) a small well-built cabin in the clear-cut across the valley from where we parked. To the south, Old Glory, Mt. Gladstone and Faith Mtn. From here, we could see the beach at Renata and an itsy-bitsy bit of the Arrow Lake! And 2 small lakes at the northern foot of our peak. We returned by the same route. This worthwhile trip took an easy 5 hours. This peak can also be reached from the Cayuse Creek meadows and road.

We were Frank Fodor, Eliane and Steven Miros.

### **Mt Spiers, 2522m., 8274', October 25**

The three of us couldn't wait to return to the inviting area around Mt. Stanley so under clear but cool skies we drove back up Grizzly Creek for 37 km. Using a lesser clearance vehicle we put wood in the water bars to get in those extra few kms. When they got huge on the branchment that went to the left and up to Mt Spiers, we parked and walked a half km. to the first switchback. Mt Spiers shows itself completely from here (it's rather imposing and we thought about going home. Hmm...) We decided it would be best to head for the beginning of its westerly rocky ridge. We walked a few meters left off the road onto a very old lane that went to the creek. We easily crossed and followed what was a skid trail through a very established replanted forest. When we reached the end of this new forest we began a considerable amount of elevation gain through a steep treed slope. Following animal trails, openings in the forest, large scree and the occasional grassy patch we worked our way north to the ridge. From here it was rockpile all the way to the summit. Not only was this a pretty place with several lakes on each side of the mountain, but the views towards the Valhallas were superb. Macbeth Icefield lay far off on the horizon and Kokanee Glacier, which eluded us from Mt Stanley, was easily discernable. Airy Mt. however was still far off to the east and probably very difficult to access from here. Scramblers, on the other hand could probably follow this semi circular long ridge to the mountain to the south and descend from there. We delayed our departure until we were frigid and returned by following the large grassy slope beneath us. This gave us considerably less bushwork and put us east of our switchback. We followed a small skidder trail along the south side of the creek to the switchback where we originally left the forestry road. This special trip was done in an easy 5 hours.

We were Frank Fodor, Eliane and Steven Miros.

### **Shedroof Mtn, 2062m., 6,764', October 31**

Taking advantage of the continuing good weather, I ventured south of the border once more bound on a foray into the mighty Salmo-Priest Wilderness. Wilderness it's not, as it has a trail system that would put those in our national parks to shame. Anyway, here's the way to Shedroof Mtn. Cross the border at Nelway and drive south on W 31 for about 15 km. Turn left onto the paved #9345, drive to Sullivan Lake campground, turn left on #22, and continue to pavement's end (8.3 km. from W 31). Re-set your odometer. Continue

on the good gravel road for about 9 km. to a major junction. Bear left on #2220 signed for Salmo Mtn. (the right fork takes you over Pass Creek Pass and down to Priest Lake, Idaho). I should point out that about 6 km. east of Sullivan Lake the road became hard-packed snow with some icy-looking surfaces. It looked to be heavily-traveled by hunters; I saw their camps and trucks, but never saw one during my travels on foot. Continuing on #2220, pass the Gypsy Meadows turnoff on the left at km. 18.4; now drive 1 km. more and look carefully for your goal, the signed Shedroof Cutoff Trail #511 on the right. Drive 30 m. up this spur to a parking spot and the trailhead (2 hrs. drive and 109 km. from Nelson).

There was 15 cm. of snow on the ground when I started out afoot at 11:00 am (you can see this was a leisurely day). Following a hunter's tracks, I walked an abandoned roadbed for 30 min. until the beginning of the trail proper. A vigorous 15 min. of switchbacking got me to a col and the junction (signed, of course) with Trail #512. I turned left or north and followed the sign saying Shedroof Mtn. After 55 min., the hunter's tracks disappeared, and I continued on the snowy, but clearly discernible, path. After about 90 min., the trail descended to an obvious notch with an unsigned junction; I took the right fork, which ascended, and at 12:45 reached the forested summit. I found the footings of a lookout, an old outhouse, a snow cover of about 20 cm., and an appropriately weathered, hand-carved sign stating "Shedroof Mtn. 6764'." Views to the south revealed the Idaho and Washington Selkirks, looking surprisingly rugged clothed in "freshies," and the lake-like Pend Oreille River. To the north and west, the view was blocked by trees, but the three bumps of nearby Snowy Top were clearly visible. After a 15 min. lunch under sunny skies and in windless conditions, I headed down. I returned to the truck in 1 hr. 20 min. and was back in Nelson by 4:15 in plenty of time to prepare for Halloween.

In sum, the good trail right to the summit makes this is a suitable late-season post-snowfall outing. All driving is on 2WD roads. Kim Kratky.



#### Mountain goat (*Oreamnos americanus*)

This mammal is rare because few habitats are suitable. Most of their life is spent on tiny windswept rocky ledges, far above tree line. They are found only in western North America, ie: Yukon, Alaska, British Columbia and Alberta.

Characteristics: Ruminant, horns are worn by both males and females, keen eyesight, thick white wool coat (part of their survival mechanism, as they are quire sedentary), their

hooves have concave foot pads that act like suction cups when weight is applied. An adult weighs approx.85kg

They mate November-December. Their life span is about 12 years.

# Congratulations are in order !

*Norman Thyer returned from a successful trip to the Himalayan mountains and shares with us some of the highlights.*

**Kala Pattar, 18,187', 5,545m., October 24**

**Island Peak, 20,305', 6,189 m., October 29**

Several KMC members have participated in treks in Nepal organized by Tim & Becky Rippel, of Nelson-based Peak Freak Expeditions.

Seniors, too, need goals to aim for. In 2001, Peak Freak Expeditions was planning an ascent of Island Peak, which is near Mt. Everest but about 9000ft/2700m lower. Having ascertained that it was a non-technical climb requiring ice axe and crampons, and that my age and slow hiking pace did not disqualify me, I showed interest in it. The absence of bushwhacking was an encouraging factor too! Because of lack of participants, it was postponed to 2002, and until August, it appeared that it would not take place this year either. Then three men in Vancouver indicated interest, and two women in Calgary, and one in Rossland, wanted to do the trek, so it went ahead. We flew to Kathmandu, thence to the local airport at Lukla, and by now all of us were considering climbing Island Peak.

The event was well organized. To ensure acclimatization to the altitude, our proposed elevation gain was 300 metres per day. If we had to do more, we spent two nights at the same place, with an acclimatization hike between them. Nevertheless, some health problems developed. Six of the seven clients reached the summit of Kala Pattar, which has an excellent view of Mt. Everest. Five reached the camp at the base of Island Peak, and eventually three of us, plus Tim Rippel and Ang Nima, a Sherpa climber, did the climb. High camp was a 2- or 3-hour walk above base camp. We left there at 3.30am the next day, with Ang Nima leading us in the dark up a rocky trail. It was daylight when we reached the snow and put on crampons. The rest was straightforward snow climbing. Fixed ropes were already in place in two steep parts, avoiding the need for belaying, and Tim had already instructed us on the use of ascender and carabiner on them. I found rappelling to be a convenient way of descending them. We descended directly to base camp, reaching it at 3.30pm.

Some of the other participants are considering more ambitious climbs in the future, but they are 20 years younger than me. As for me, in my twenties I first climbed above 10,000ft, in my thirties above 16,000ft, in my fifties above 17,000ft, and in my seventies above 20,000ft. In my nineties, maybe I'll make it all the way to heaven!

Meanwhile, by flying to & from Nepal, I have been responsible for putting about 10 more tonnes of carbon dioxide into the atmosphere. How should I compensate for that? Any suggestions?

Norman Thyer.

# Hiking Camp Report

**Camp #3, August 10-17, 2002**

**Location:** Blanket Creek

**Coordinator:** Don Lyon

**Camp participants:**

Eric Ackerman, Felix & Renate Belczyk, our amazing cook and mountain woman, Suzanne Blewett, Kevin Forsyth, Ted Ibrahim, Hans Korn, Gerry Larouche, Don and Heather Lyon, Elaine Martin, Sara & daughter Mary McEwen, Kay Medland, Irme Mende, Marilyn Pearson, Ron Perrier & Ross Scott, camp photographers, Terry Simpson.



A very nice flying day to arrive and choose the ideal tent site for the week. Some areas were still rather soggy, but a beautiful spot.

Blanket Peak was summited by 18 of the 19 camp participants. (Suzanne did it three times!).

19 of us summited Castor Mtn. And 15 boot skied down the slopes of the Big Apple after boot kicking all the way up.

Tree ridgewalkers, Sara, Mary and Marilyn, frightened a silvertip grizzly on Caribou Ridge and several groups along the ridge watched the bear running over rocks and snow and even up the blue-ice toe of Blanket Glacier to get away. He was probably only checking to see if we'd left his territory yet!

This time we were the luckiest ones, with seven sunny days and starry evenings around the fire looking for falling stars and eating popcorn with a touch of soya sauce (as camp two left us with very little salt) good invention, Ron and Mary.

The grizzly, a goat and pheasant families were spotted, as was one hiker (Kevin) canoeing about the lake by the heli-ski lodge.

A few other amazing things happened at camp- Hans Korn's hat blew off as he glissaded off Blanket's Peak-Spinning across two crevasses to land across the glacier- The famous brown hat Hans is known for was rescued by he and Don Lyon. Yes, they roped up for this expedition!

Camp was dismantled very efficiently as usual, but due to some last minute adjusting, the second sling load lost a duffle bag on the way out. This has never happened before- The amazing thing was that they spotted it on the last trip down, in a marsh by one of the small lakes that were everywhere. A very wet bag was returned to Elaine at the landing site. Gerry's gold coloured sleeping bag is still missing, who knows where.

A beautiful spot, once again, thanks to the camp directors and to Don Lyon who did a very informative job of leader of the group.

Elaine Martin.

# KMC SUMMER CLIMBING TRIP SCHEDULE RETROSPECTIVE

By Kim Kratky

Here is a review of the summer climbing outings for 2002. Although dates and destinations were often changed, only four of the 17 outings and two camps were actually cancelled. In sum, a very successful season. The co-ordinator invites suggestions for next year's outings

GOAL	DATE	RANGE	REMARKS
Emperor Pk.	6/1	Purcells	(ski ascent) cancelled
Mt. Shardelow	6/5	Valhallas	climbed on 6/6
Mt. Harlow	6/9	Valhallas	climbed
Nasokwen Mtn.	6/12	Kokanee Range	changed to Mt. Sandon, which was climbed.
Artist Point Mtn.	6/16	Kokanee Range	changed to Spider Pk. and Virgil Mtn., which were climbed.
Gainer Creek	6/19	Badshots	cancelled (see 9/12)
Crawford Crk.	6/22	Purcells	changed to Mt. Vingolf, which was climbed.
Spine Mtn.	6/25-26	Badshots	changed to Beak Pk (two peaks climbed).
Steeple Mtn.	7/1	Nelson Range	re-scheduled to 9/8 and climbed.
U/N N. of Dolly Varden	7/6	Goat Range	climbed
Wolves Ears	7/10	Valhallas	climbed
Flying Circus	7/13-20	Alphabet Group	completed
Climbing Camp	7/27etc	Albert Group	completed
Mt. Cooper	8/10	Goat Range	changed to Artist Point Mtn., which was climbed.
Charybdis Mtn.	8/16	Westfall Group	changed to Spine Mtn., which was climbed.
Mt. Hamilton	8/27	Westfall Group	cancelled.
Drinnon Pk.	9/7	Valhallas	changed to Mt. Wilton, which was climbed.
Mt. St. Mary	9/14-15	Purcells	changed to Gainer Crk. (two peaks climbed).
Winter Pk.	9/21	Purcells	cancelled

## We've got mail



Why are **summit registers** being placed anywhere?

Years ago, when summits were reached less seldom and by fewer people, the 'cairn tube' (in whatever form), was of interest but still unnecessary because the summit cairn (or lack of) signified whether the summit had been previously visited.

No doubt here to stay is the summit rock cairn, the stonemen marking the route, and unfortunately the eventual inevitable actual path. I am guilty of building the odd summit cairn on a worthy ascent, of signing a register, and what is more comforting than seeing a stoneman through the fog on a weary descent. I prefer the stonemen and summit cairns to reflectors, rappel slings, bolts, tape, spray paint, and all the other bits and pieces that have marked routes, trails and summits over the years and I don't believe the information provided by summit registers warrants their placement any more.

The summit register, for me, is just more clutter.

Today, our foot prints have turned into a path, wild areas are no longer real wilderness, and for sure others have been to the summit before you, so why leave a personal signature behind in a summit register.

Sincerely, KMC member Maxine Werner.

## For Sale

One pair of G3 Targa Tele bindings with heel lifters size small. They would probably fit a size 8 men or smaller. They have been skied on only a few times and are in excellent condition. Asking \$125

If you are interested, please phone Carol at 365-3735

To the KMC Newsletter:

I wonder why so many KMC members try to make a race of every trip, charging off at full speed right at the start, and leaving behind anyone who prefers a slower pace, to find his own way, or just get lost. At high altitudes, that's a good way to get acute mountain sickness.

So far, there has been only one occasion where I lost touch with the rest of the group after about ten minutes, and didn't see them again until they returned to the cars eight hours later. Most of them seemed to think it was a great joke, but it might not have been so funny if it had happened to an inexperienced person.

Norman Thyer

A great contribution to the International Year Of The Mountains has been made by Canada Post in the issuance of those great 48 cent stamps to commemorate the "Seven Summits" as well as our very own Mt Logan. They sold out quickly. Fred Thiessen has noted that the Mt Logan stamp is of the south side of the mountain (Warbler Ridge shows clearly), however the peak circled is the east summit, which is slightly higher than the west summit, which is to the left of the east summit. \* 2003 is the YEAR OF WATER



## Hiking poles give walkers a leg up

By IRA DREYFUSS -- Associated Press

WASHINGTON -- When Christopher Knight was hiking with a pole in each hand; he had the feeling that the poles made the treks easier. When the exercise physiologist got back to the lab, he began to figure out why. Using poles lets hikers lengthen their strides, put less strain on their knees, and generally feel more comfortable, his study found. The project tested 10 backpack-wearing volunteers who walked a treadmill in hour-long stints, and "they all favoured the poles," said Knight, of the University of Massachusetts at Amherst.

The study may underestimate the value of the lightweight adjustable staffs because lab conditions could only approximate the rough and rocky conditions of a trail, said Knight and other experts. In the study, five men and five women, all of whom had taken more than two trips a year with a full size pack, walked treadmills set to a 5 percent upward tilt. They carried packs loaded to 30 percent of their body weight. In one walk, they used poles; in the other, they didn't. Knight tried to get the test as close as possible to real-world conditions, he said. The 5 percent grade was "a sustained incline that might be an approach to a mountain," Knight said. The heart rate of 55 to 65 percent of maximal was what one might find on a hike, he said. Similarly, a hiker might expect to backpack a load of as much as 30 percent of his/her

Body mass. Results were published in the American College of Sports Medicine journal, *Medicine and Science in Sports and Exercise*. Using the poles did make a difference, although not a big one, the study found. People took slightly longer strides, their knees bent slightly less, and their ratings of the strain of the treadmill walks were a bit lower when they had hiking poles. The poles did not save energy -- the subjects' average metabolic rate was about the same with the poles or without. But Knight, who found poles useful in such Northeast spots as Mount Washington in New Hampshire, thinks his lab work missed energy savings that would have shown up in the wild. For instance, he could not simulate the energy used keeping balanced while scrambling over rocky terrain, Knight said. By helping hikers to stay balanced, poles should conserve the energy that hikers need to keep going, he said.

Poles seem to be especially valuable as balance-preservers on long, wearying trips, said researcher Frank Powell of Furman University in Greenville, S.C., who was not involved in the study. "My experience taught me there are some real benefits in what we'd say is rough terrain," said Powell, who has hiked segments of the Appalachian Trail in the East and the John Muir trail in the Sierra Nevadas of the West. In a sense, healthy hikers using poles are learning something that people with arthritis have always known, said Dr. Robert P. Nirschl, an orthopedic surgeon in Arlington, Va. "It's the same concept as the cane," he said. It comes down to biomechanics. When people walk, they swing one foot back while moving the arm on the opposite side forward. The weight, however, is on the foot. A cane or hiking pole unloads weight from the foot to the opposite-side arm, redistributing part of the load, he said. Knight's study did not look at one benefit that some pole proponents promote -- their perception that they have less knee pain when they rely on poles.

## Editorial Gibberish:

KMC'ers have been using "poles" for quite some time now. Most often a single pole. It was when I saw a couple of stout hikers "propelling" themselves with two poles up some "well established" trails that I really began to consider their potential. Using them distributes considerable weight to the arms and provides increased stability. And after all, we use them for skiing, why not for snowshoeing and hiking?

References to walking sticks go back to when ancient men used them for stability and defence. Lord Baden Powell used his walking staff as a multi-purpose tool. Shepherds used them while tending their flocks and army officers had their kids use them to keep their backs straight for good posture while walking!! Walkers use them for chasing away dogs and wild animals. Nowadays poles can be shortened for going up hills, lengthened for downhill and both for sidehilling. They come with accessories: bells, whistles, shock absorbers, irregular tips and baskets, special handgrips and straps and they are made of carbon or aluminium.

Hiking poles have been reported to reduce the strain on the body by upwards of 20 to 30%. Although not as yet verified, this could mean that over an 8-hour hike, 100 to 200 tons of stress could be removed from the legs (joints, ligaments and knees), hips, and lower spine. Furthermore, on a steep downhill the shock absorbed by the poles could be substantial.

How does one proceed? Just start walking and don't think about it. Two poles are easier to use than one. With a bit of patience and coordination things will slowly take care of themselves.

All in all however, I guess they may not be for everyone. And don't get too close to the guy who is learning to use them.

P.S. The American Council On Exercise says that people who don't lift weights lose muscle at the same rate as sedentary people do -- about 30 % from age 30 to 70. Conditioning that emphasizes upper body is just as important as strengthening heart, lungs and lower body. Reliance however on traditional body building techniques (based on the strenuous overloading of muscles) builds movement patterns that isolate the muscles from the firing sequence needed for "movement" type (e.g. Hiking) sports. Strong through the entire middle and core is basic. There are other ways of maintenance, including yoga, that help link muscle and joint, mind and body. Training for movement, and not muscle, by working the inner stabilizers, core muscles and tendons reduces the risk of injury and joint problems in both work and play. Many fall victim to problems associated with doing something physically that they haven't done for a long time. Others simply find themselves "out of shape". It needn't happen. Flexible or "balanced" physiques can be achieved through a program of various workouts emphasizing areas neglected to your preferred fitness activities. Using poles just might be a way to help it along. It might also eliminate those sore neck and shoulder pains we associate with the early days of the ski season. Don't confuse new areas of muscle soreness with "pain" and don't overdo it. Utilizing in combination these large muscle masses of the lower and upper body is also why we burn more calories during these activities than most other aerobic activity. *(This also helps those of us who like to eat-a- lot, esp. during Christmas, Ed.)*



# SEASON'S

# GREETINGS





# Kootenay Mountaineering Club

## Winter Trip Ski Schedule 2002-2003



Date	Destination and rating	Coordinator	Phone
Dec. 15	Hummingbird Pass – Evening Ridge B3	Peter Jordan	352-5225
21 s	Mosquito Cabin (Nancy Greene area) B2	Hans-Peter Korn	367-9277
26	Plewman Basin (The Annual Turkey Burner Tour) C3	Fred Thiessen	352-9874
29	Bonanza Creek (Blueberry-Paulson) B2	Hans-Peter Korn	367-9277
Jan. 5	TBA C3 ?	Roland Perrin	352-5480
5	Mitchener Creek (Blueberry-Paulson) B2	Jill Watson	362-5660
12	Plewman Basin C3	Ken Holmes	362-7723
12	Crowe and area (Blueberry-Paulson) B2	Jill Watson	362-5660
15	Glenmerry Loop (Nancy Green area) B2	Ron-Janet Cameron	364-1487
18 s	Windy Ridge (Salmo-Creston Summit) C3	Dave Toews	825-9346
19	Ripple Ridge B2-3	Vivien Bowers	825-4392
26	Nancy Green Summit to Plewman Pk C3	David Mitchell	354-4052
29	Moose-Beaver Loop (Nancy Green start) B2	Ron-Janet Cameron	364-1487
Feb. 1 s	Bonanza Creek (Blueberry-Paulson) B2	Vicki Hart	442-2909
2	Sitkum Face C3	Dwain Boyer	825-4654
5	Michener Creek (Blueberry-Paulson) B2	Ron-Janet Cameron	364-1487
9	Lost Lake (Barrett Creek area) C3	Doug Brown	352-3545
12	Bonanza Creek (Blueberry-Paulson) B2	Ron-Janet Cameron	364-1487
16	Camel's Hump (Salmo-Creston summit) C4	Peter Tchir	352-5959
19	Cliff Road Crossover (Nancy Green area) B2	Ron-Janet Cameron	364-1487
22-23	TBA (C-D3 probably)	Fred Thiessen	354-6287
26	"Coffee Run" (Rossland old mining school area) B2	Ron-Janet Cameron	364-1487
Mar. 1 s	Nancy Greene – Red Dog traverse B2	Hans-Peter Korn	367-9277
2	5-Mile Basin – White Queen C4	Peter Jordan	352-5225
9	Clearwater Creek to Ymir traverse C2	David Cunningham	352-7434
16	Bonanza Creek (Blueberry-Paulson) B2	Carol Potasnyk	365-3735
23	TBA (C-D3 probably)	Roland Perrin	352-5480
30	London Ridge C4	Peter Tchir	352-5959
Apr. 6	Qua Peak C4	Dwain Boyer	825-4654
13	Mt Brennan D4	Ken Holmes	362-7723
19-20	(Easter)		
27	Coordinator needed		

**Destinations and dates:** Many of the destinations given in the schedule are tentative. Access often changes during the winter, and snow conditions or avalanche hazard may require a change of destination. Most trips are on Sundays. "s" indicates a Saturday trip and "w" indicates a Wednesday trip. "TBA" = to be announced. Watch the newsletter for details, or phone the leader.

**Trip classification:** Trips are classified according to strenuousness (A-E) and level of difficulty (1-5), as for summer trips. This classification is very approximate, as the difficulty of a trip will vary greatly depending on snow conditions.

A - easy (a short day, little elevation gain)    B - fairly easy (a longer day or moderate elevation gain)    C - average (a full day, reasonable level of fitness required)    D - strenuous (a long day, lots of elevation gain)    E - very strenuous (bust a gut).  
 1 - track skiing    2 - off-track touring (suitable for cross-country touring skis)    3 - moderate back-country skiing (telemark or alpine touring skis and skins required, need some ability to turn)    4 - advanced back-country skiing (should be an intermediate or advanced telemarker, steep slopes and difficult route finding may be involved)    5 - technical winter climbing.

**Avalanches:** Many of the trips involve travel in terrain where there is some risk of avalanches. All participants should have taken an avalanche awareness course, and must carry an avalanche beacon and shovel. The club has Pieps for rent; ask the trip leader for details. If you want to take part in backcountry ski trips, it is highly recommended that you take an avalanche awareness course.

**For more information** phone the winter trips chairperson, Peter Jordan, at 352-5225

# Kootenay Mountaineering Club

## Snowshoe Trip Schedule 2002-2003



DATE	DESTINATION	RATING	COORDINATOR	PHONE
Dec. 14	Coordinator needed			
21	White Queen	C3	David Cunningham	352-7434
28	Coordinator needed			
Jan. 5	Sproule Creek	A1	Don Harasym	354-4578
12	Coordinator needed			
19	Evening Ridge	C3	David Cunningham	352-7434
26	Mt Plewman	C3	David Shadbolt	352-9902
Feb. 2	Sandon	A1	Carol Page	358-2115
9	Moose Meadows	A1	Hazel Kirkwood	365-5940
16	Nancy Green Trails	A1	Hazel Kirkwood	365-5940
23	TBA		Don Harasym	354-4578
Mar. 2				
9				
16				

### Ratings Guide:

Physical: A-easy B-moderate C-strenuous

Technical: 1-relatively level 2-3 hours duration 2-some climbing 3 hours + duration 3- considerable climbing, full day outing.

For more information or to lead a trip, please phone the trip chairman, Don Harasym at 354-4578.

Snowshoes were first used by the North American Indians. They have now become extremely versatile. Made of synthetic materials that are strong, light, good at shedding snow and offering good floatation, they now require next to no upkeep. Mountaineering snowshoes feature crampons or cleats (located at the toe, heel or under the ball of the foot) that help provide traction and allow you to grip hard-packed, icy and steep terrain. Aerobic/Running snowshoes are made for cross-training and competitive snowshoeing on packed trails. They are lightweight, durable and maneuverable with extra cleats at the toes for traction when pushing off. Toe or instep crampons pivot with your feet and dig in as you walk or climb. They usually have heel crampons usually shaped like a V. On a descent, they fill with snow and help slow you down. Traction bars provide lateral stability and help reduce side slipping when traversing hills or uneven terrain. Most bindings can accommodate a variety of footwear, from hiking and snowboard boots to technical mountaineering boots. Some bindings are lighter and fit snugly, such as those made for running, while others are designed to be worn with heavy boots and have ratcheting straps. Rotating bindings pivot where they attach to the decking. This allows you to walk easily and climb hills. Fixed bindings are connected with rubber or neoprene bands that spring back up with each step, allowing a comfortable stride.

### Tips For Buying Snowshoes:

\* Do the shoes support your weight? You can expect them to sink a little, but they should not sink more than six to eight inches, slightly more in dry powder. If you expect to be carrying a significant amount of weight in your backpack, make sure you wear such a pack while trying on different models and sizes. Make sure the shoes you select will support the combined weight of you and your pack.

\* Is it fairly easy to lift each shoe out of the snow after each step?

\* Try undoing the bindings and removing the shoes while still outside. When you put them back on again, do your fingers freeze before you can get everything back on and adjusted? If so, you may want to try another model, one that works more easily for you.

\* When you shake your feet, do the bindings loosen, the shoes falloff, or is there any sideways play? If so, try again because your snowshoes should fit snugly under these conditions. *Sources: Fogdogs, GOR, and Brian Logan.*