The Kootenay Mountaineer

A Kootenay newsletter for people with year-round outdoor pursuits.

Summer Solstice, 2015

Message from the Editor

Winter, shoulder season, summer. It was a swift transition this year. Outings throughout the season did take advantage of what was available. As I write this, 4 days before publication, there are 22 trip reports in the lineup (though some are pictures only).

Speaking of trips, our winter trips director, Chris Cowan presented these numbers at the June Executive Meeting:

> I just had a look at the numbers... considering what a dud of a winter we had, the stats aren't too bad for outings. We had high hopes with over 50 trips planned, but only 31 ended up going. Provisional numbers below. I may be missing one.
>
> | | |
> |---|---|
> | cancelled | 12 |
> | postponed | 8 |
> | went ahead | 31 |
> | max participants | 45 |
> | total members | 330 |
> | non members | 11 |
> | total all | 341 |
> | average attendance | 11 |

Speaking of numbers! The current club membership count is 368. Of those, 99 don't appear to have had a previous membership, including two new ones today! So everyone, let's shout out a big welcoming cheer for them. New members, you are now included in the "everyone", so you can cheer for yourselves too!

During the AGM, I presented a slideshow of photos by Bill Hurst, a long time KMC member, that the Columbia Basin Trust was in the process of digitizing. This message was recently received from Don Moore of the Basin Trust:

> Just thought I would write and update you on the status of Bill Hurst's mountaineering photos. We have done some research and written a piece about Bill: http://basininstitute.org/exhibit-hiking/1.html
>
> Currently we have activated about 700 photos from Bill's collection and are adding more daily. http://basininstitute.org/search/collection_list.html?intCollectionID=1560

Contents

Message from the Editor 1
Map and Compass Course 2
KMC Sponsors New Cabin 2
KMC Spring Social 3
Trip Reports 3
- Bonnington Traverse 3
- Lepsoe to Elgood traverse 4
- Mt Crowe and Mt Neptune 4
- The Antenna Trail 5
- April Fools on Old Glory 5
- Dove Hill & Brilliant Overlook Hike 8
- Robson Ramble 8
- Cedar Creek, Loon Lake, Coffee Creek 9
- Deer Point and Beyond 10
- Mt. Abercombie 10
- Elder Trail 11
- Ward Ferry Hike 11
- Mt. Ymir 11
- Skattebo Reach/Doukhobor Waterline Hike 12
- Slocan Valley Cycle 12
- Mt. Hoover 13
- Sherlock Peak, USA 14
- Mt. Faith 14
- Pass Creek Road 15
- Mystery Tour, Summer Edition 15
- Mt. Spiers 16
- Smallwood/Bigwood Loop 17
- Toad Mountain 17
- Mt. Sherlock 17
- Idaho Peak 18

A Trail to Penticton Bike Ride 19
Update on Jumbo Glacier Resort 21

Map and Compass Course

April 25, 26

Which way is North? Which North - Santa Claus North or Magnetic North? Where am I? Where should I be, and how do I get there? What are all those funny squiggles on a map?

All questions were very capably answered by the instructor. It's reassuring to learn that the club's president knows how to find his way around.

All participants gained much of value from the course.





Thanks, Doug.f

KMC Sponsors New Cabin

In January 2015 the Ministry of Forests, Recreation and Trails Branch, established the new Rossland Range Recreation Site. The new Recreation Site covers 4450 hectares (10,240 acres) from Red Mountain Resort to the Big Red Cats tenure on the north side of Mt. Crowe. The site is accessed from several points along Highway 3B between Rossland and the Nancy Greene summit (Strawberry Pass).

Under a management agreement with the Province, the Friends of the Rossland Range Society will coordinate the development and maintenance of the Recreation Site. For Recreation Site details including a nice map, go to www.rosslandrange.org.

The Recreation Site development will include trails, signage, tree spacing, alder clearing, better and safer parking, an Old Glory heritage site (weather station and lookout), at least one commemorative cabin and the construction of up to 9 day use cabins spread throughout the Recreation Site to replace the current 15 ramshackle huts. KMC members Dave Watson and Bob McQueen will lead a group of volunteers to build one new cabin, the Mt. Lepsoe cabin.

At a special KMC members meeting on May 9th following a project overview presentation by Dave Watson and Bob McQueen, the attending members voted to accept the Executive's recommendation to commit up to $10,700 to the Mt. Lepsoe cabin. All labour is by unpaid volunteers. The new cabin will commemorate KMC's 50th anniversary. This new commitment to backcountry shelters adds to a list of cabins that the KMC has supported for 50 years including: Slocan Chief, Copper, Steed, Huckleberry and Grassy.

At the time of this publication the design is complete, we have taken delivery of the timber frame material, started the timber joinery and the building site access work. We will place the foundations and build the subfloor in late June into early July, followed by cabin building in late August into September.

There is a growing list of volunteers and we could always use more to share the work load, especially in September. Anyone willing to help with labour, special tools or equipment please contact Dave Watson at jdwatson01@shaw.ca

Accessed from the Nancy Greene summit of highway 3B by a moderate ski, snowshoe or hike up you will get to the cabin site at 1800m on the north slope of Mt Lepsoe in about 1 ½ hours. The cabin site is in a mellow ski area good for repeat runs and is a midpoint to the top for excellent alpine skiing, snowshoe touring, hiking and mountain biking on the nearby 7 Summits Trail.



KMC Spring Social

May 9, 2015

My first social with the KMC was an array of familiar faces with a splash of unknown faces but familiar names. I joined the club in January 2015 and with me being me, I have tried to participate in every event offered. I wasn't about to miss out on the social.

The presentation by Dave Watson and Bob McQueen to request the club to help finance the building of the Lepsoe Cabin was well received, resulting in an overwhelming vote of support from those in attendance.

With the business portion of the meeting concluded, we were treated to a smorgasbord of sweets, along with coffee, tea and a chance to socialize before the main event: Delia Roberts.

I don't know Delia but wish I did as she is a mountain of knowledge. Her enthusiastic talk on nutrition, hydration and body mechanics spiked our interest and within a few minutes, using Leon to demonstrate proper posture, she had us sitting straighter and standing taller. Delia shared her research findings and provided some basic but invaluable tips on preventing injuries and performing better when doing whatever outdoor activity you love.

All in all it was an informative, enjoyable evening and I look forward the fall social.

Thanks to those who helped make it all happen.

Sandra Fuller

Trip Reports

Bonnington Traverse

March 7…

Photos: Peter Oostlander



Pass between headwaters of Snowwater and Erie Creeks, March 7



David descending to the col between Colony and Empire peaks, March 8



Graham approaching Territory, Mt. March 8

Lepsoe to Elgood traverse

March 22, 2015.

With such a limited snow coverage this year, Dave Watson and I did a recci up the Elgood drainage a couple of days earlier, to see if there was enough snow for the ski out, and decided to go ahead with the trip. With rain in the forecast for the original trip date, we pushed our hike out by a day, which turned out to be a good decision. So on Sunday, March 22, we did a vehicle drop along highway 3B, beside the "Strawberry Pass" highway cam (not actually at the pass), and continued on to the Nancy Greene summit. Four of us skinned up the Seven Summit trail to the Lepsoe Basin sign, then headed to the south onto the Lepso north ridge. This is a lovely ridge that in good weather gives great views, and used to be our main route up to the Lepsoe summit before the Seven Summit Trail was constructed. The last few hundred feet gets a bit steep, but with some fresh snow, the climbing wasn't too bad, except for a good heart pounding cardio workout.



We had a quick lunch stop on top, where we had good views of Old Glory when the clouds parted and the sun shone on it.

Skins off and heading south, we had some fun tree skiing down to the saddle on new soft snow. After a short skin up to the bump on the ridge north of Plewman called Elgood, we decided to ski a steeper, and more direct line down to our vehicle. This line followed closer to the ridge than we normally ski, and in an easterly direction. This brought us out at the top of the new clearcut above the highway, and we decided this had been a good route. Thanks Thom for your route finding. The ski through the clearcut was missing the fresh snow we had on top, but was still a relatively easy ski out on hard pack snow. Reaching the truck we were reminded by the mud that this was Spring Skiing.



The trip had about 2300 vert. feet, and just under 10 km.

Our group was Ken Holmes, Thom Volpatti, Dave Watson and Bob McQueen (coordinator and photos).

Mt Crowe and Mt Neptune on snowshoes

Thursday March 26

When I planned this trip, the weather forecast for this day was supposed to be cloudy with some sunny breaks, but the day before the trip the forecast changed to cloudy with a 40% chance of rain. The group obviously was counting on 60% of our day to be dry, and that was more or less what it turned out to be. Whatever rain we got, was just a light drizzle that did not hold us back to make this a two summit day.

We were on snowshoes and that turned out to be a good move since the new snow was pretty wet and heavy. We booted straight up from White Owl pass to the Crowe's nest cabin, where we stopped for a short tea

break before energetically marching up the summit of Mt. Crowe. It was too early to have lunch in the cabin and the temperature was well above zero. From the top of Mt. Crowe we descended steeply to the Red Cat road, taking various shortcuts to the col between Crowe and Neptune, where we found a section of fresh snow mobile tracks and went up Mt. Neptune in somewhat blustery and drizzly conditions. We met the one snowmobile and two associated drivers up higher; they were doing some yo-yo skiing in the heavy snow. We did not stay long on the summit of Neptune, since it was getting cold up there.

We had lunch out of the wind just above the 2000m col, and by that time it dried out and stayed that way for the balance of the trip.

After lunch, we climbed back up the East shoulder to just below the summit of Mt. Crowe and then descended West through nice open meadows, eventually ending up on the cutblock above the Mosquito cabin. We left this part of the navigation to the three Rossland members of our group, since that area is their backyard and they knew exactly where they were!

We arrived back at the 7-summit parking lot after 5 ½ hours, 12.3km and 800m elevation gain behind us. It was a nice trip with great company!



Janis Gilbert, Eric Ackerman, Diane Paolini, Terry Simpson, Caroline LaFace, Don Harasym, Sandra Fuller and Peter Oostlander, organizer and reporter.

The Antenna Trail

April 1

There were six of on a cold blustery day that threatened to rain on us from two sides. Eventually a few flakes of snow fell, but no rain.

Even considering the weather, we had great views of the Columbia River, the Rossland Range and of Beaver Valley.

The wind was too cold at the flag pole so we hiked down along the new loop to the east into the trees out the wind to eat our lunches.

The group included:

Laurie Charlton, Louise Hammerich, Eric Marks, Marilyn Miller, Ross Scott and trip leader Eric Ackerman.

April Fools On Old Glory!

Many KMC trips in the Rossland Range were cancelled this season because of poor conditions. The trips I was scheduled to lead were no exception …. No Turkey Burner, no OK/Record Mtn trip and no Mt Kirkup trip.

So what to do about the Old Glory trip scheduled for March 28th, albeit with a proviso that it could be rescheduled depending on weather conditions. Looking out of my window from the comfort of my Rossland home at the lack of snow on the mountains is not a great way to make ‘go’ or ‘no-go’ decisions. I thought that I should at least do a “recce” to ease my conscience, but the weather didn’t cooperate … or was it lack of motivation?

A week earlier, on Bob McQueen’s Mt Lepsoe / Elgood trip, he and Thom Volpatti asked if we were going to try the annual KMC ski tour to Old Glory …. You know… the one which rarely gets to the summit because of weather!

After a number of e-mails we decided to give it a go on April 1st … April Fools day … which seemed appropriate. Only fools would try Old Glory with such poor snowpack conditions … right?

The day started off sunny but with clouds starting to build as we drove up the road. Our one big doubt was whether or not it would be safe to ski back down the Plewman trail since we expected an icy surface, poor deadfall cover and nowhere to escape. To hedge our bets we left one vehicle at the Old Glory trailhead and one at our planned starting point … the Plewman trailhead.

The number of small creeks we had to cross going up the old road to the Plewman trail followed by our progress up the trail soon confirmed that skiing down that way would not be pleasant. But the snow surface was fine for skinning up so we eventually reached the basin for the steep climb up to Unnecessary Ridge



Rough going to the Plewman Trail !



The Plewman trail looking a bit rough for the ski down!

Fortunately, we had brought our ski crampons which proved to be essential. This eased the struggle up the steep icy slopes somewhat, but it was it was still a tough climb to Saddleback peak (so named on the Rossland Range backcountry ski map). The prize though, was the ski down into Old Glory basin which was short but incredibly enjoyable with a couple of inches of the previous days snow (hailstones?) on a hard surface; followed by lunch in the sun and out of the wind.

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Lunch after a nice ski down into Old Glory basin.

We decided to follow the route of the summer trail out of the basin and on to the shoulder slopes to the summit. Once again our ski crampons proved to be 'worth their weight in gold' on more steep icy slopes … never leave home without them!

It was a tough slog and we were hit by a snow squall as we started the seemingly endless trudge up the summit slopes. It was one of those days when the weather was constantly changing. Sun, clouds, snow squalls, thunder, hail, more sun …. but we were blessed with calm conditions for a rest on the summit by the old fire-lookout building.



Old Glory: The final summit ridge

Since avalanche conditions were low we decided to ski directly down the steep East face back into the basin. Conditions were great with a few inches of marble sized hailstones on a very firm surface. This is one of the 'plums' of the Rossland Range but requires safe avalanche conditions.



Skiing down the East face of Old Glory.



We had a great run right down to the creek to a point where we skinned up for the climb back up to Unnecessary Ridge. After a visit to the site of the former ridge cabin with its historical marker we skied down the ridge following the route of the Seven Summits trail to the top of the Old Glory Trail.

The three kilometre ski down the Old Glory trail was challenging but fortunately some kind souls had cut back the alder, presumably in the fall. Anyway we made it safely back to the car after a 7 ½ hour day, 14 kilometres and about 4350 ft. of vertical.

We were Bob McQueen, Thom Volpatti and Ken Holmes (trip reporter).

Report and photos by Ken Holmes

Following photos by Thom Volpatti





Dove Hill & Brilliant Overlook Hike

Sunday, April 12th

At 9:00 am 20 KMC Members and 1 guest met at the Brilliant Bridge Park and Ride then carpooled to the Dove Hill parking area near the Castlegar & District Golf Course. By 9:45 the hikers paused at Dove Hill viewpoint to enjoy the views to the South and West. By 10:05 the group reached the parking area and outhouse near the electric switching station just east of the Brilliant Dam. Turkey vultures were spotted circling over the Brilliant Overlook to the northeast.

At 10:30 the trekkers passed the Brilliant Overlook Trail register and began the steepest segment of the trail. At McPhee Creek overlook the group took a short hydration break and admired the view of the Kootenay River and Thrums to the north. The ramblers continued their climb arriving at the actual Brilliant Overlook for a well earned lunch break.



The 240 degree vista included Mt. Sentinel, Arrow Lakes, Columbia River, North and South Castlegar, Kootenay River, Brilliant, Selkirk College, Castlegar Regional Airport, Castlegar and District Golf Course, College Creek Mountains, and Red Mountain.

Two deer ticks were found on hikers' clothing and disposed of. After lunch half of the troop took a side trip to the Vise, a natural clef in the rock. The other half waited at the helipad near the communications towers. The united party continued east south east down trails and segments of the McPhee Forest Service Road towards the Tower Ridge Subdivision.

An unfortunate golfer badly topped his ball while attempting a drive from the 5th hole T box when his gallery was suddenly filled with 21 chatting but watchful hikers. After apologizing, the band continued along the trail across the south end of the Golf Course and back to the vehicles arriving at 2:00 pm.

It had been a pleasent sunny day but with a cool south wind. Spring flowers spotted included avalanche lilies, spring beauty, and trilliums. A special thanks to the Friends of Parks and Trails trail wardens who have done such a good job of keeping the trails clear despite recent wind storms.

Hikers included guest Lesley Matthews,and KMC members, Kathleen Nichol, Sandra Fuller, Andrea Vowell, Angie Germaine, Marilyn Miller, Leon Arishenkoff, Helen Foulger, Don Paul, Rick Foulger, Ted Ibrahim, Diane Paolini, Liz Krebbers, Eric Ackerman, Brenda Haley, Ed Beynon, Peter Oostlander, Jan Osbourne, Annie Taiatini, and Pat and Alan Sheppard, coordinators.

Robson Ramble

April 15

It was a good day for hiking but of the 29 people who said that they were coming, only 23 showed up.



The six kilometre walk was pleasant and uneventful. As usual we stopped for lunch on top of the Lion's Head Bluff. Great views were admired.

Participants were: Eric Ackerman, Dave Brackett, Laurie Charlton, Helen and Rick Foulger, Louise Hammerich, Don Harasym, Laurie Helyer, Janice Issac, Eric Marks, Marilyn Miller, Hamish Mutch, Eliane Miros, Alex and Kathleen Nichol, Sue Port, Rob Richardson, Al and Pat Sheppard, Nancy Suuban, Glenn Wallace, and coordinators, Ed and Hazel Beynon

Photo by Al Sheppard

Cedar Creek - Loon Lake - Coffee Creek

April 19

There is a saying, “timing is everything” and it certainly applied to this hike. Eleven hikers gathered at the Old World Bakery in Balfour at 9:45. After a quick overview of the day's plan, we drove to the Coffee Creek substation, where we left a few of the vehicles and then proceeded to the Cedar Creek trailhead, just north of Ainsworth.





The first stop was just north of the Cedar Creek bridge where the wooden cribbing from the loading docks and lower terminuses of No. 1 Mine and Highland Mine aerial tramways were visible since the water level in Kootenay Lake is so low at this time of the year.

A short distance up the trail, calypso orchids were in bloom. The trail was in excellent condition thanks to the efforts of Mountain Trek. A few tramway buckets, cables, a broken tramway tower, couplings from the wood stave pipeline, a water reservoir and other mining equipment are visible along the trail.



The group continued on the trail past the Ainsworth cemetery where three logs provided an easy creek crossing to examine the 1893 bullwheel and ore bin from the Highland Mine. A few mineralized samples with visible fine grained galena (lead/silver), "black jack" sphalerite (zinc) and pyrite were collected.



We then returned to the cemetery where lunch was served. Daniela noticed a small plastic container under a rock which turned out to be a geocache (49d 44.848N, 116d 55.204W, 2,457 ft elevation).

It was time to cover some distance and an old logging road connects this area with the main Loon Lake road. At the Maestro Mine, the road has collapsed into an underground tunnel but a small trail has been built around the cave-in.



The swampy stream draining Loon Lake displayed hundreds of yellow pinnacles of skunk cabbage.

The cabin on the east side Loon lake provided a quick rest stop. The silence was interrupted by two trail bikes and an ATV on the west side of the lake.

There was just one small mound of snow in the shade at the south end of the lake. The viewpoint from the power line towers was as good as it gets: Loki, Bluebell, Crawford, Old Tom, Hooker, Baldy, Drewry, Balfour Knob, Rhinoceros Point, the 3:40pm Osprey ferry, glacier lilies and paint brushes.

We wandered down the power line access road to the vehicles we had left at substation. The ramble took approximately six hours. Daniela was awarded a certificate from the Slocan Iroquois Silver - Lead Mining Company for 1 million shares at $1.00 each for her discovery of the geocache.



The participants included Steve and Eliane Miros, Sue and Bert Port, Vivien Bowers, Eric White, Leon Arishenkoff, Daniela Gadotti, Rob Richardson, Shelly Richards, and Terry Turner.

Photos by Rob Richardson

Deer Point and Beyond

April 19th



There were 9 of us heading out for the Deer Point lookout on a cool sunny Sunday morning. After the first 2 km uphill, and climbing over some trees that were across the trail on the rolling stretches, we made it to the lookout in about 1h45. With our lunch spot high above the lake, and not a cloud in the sky, the surrounding views were beautiful.

From there, 4 returned to the start, and 5 of us continued to the end of the lake, across hillsides filled with showy balsam roots, delphiniums, and mahonia, whilst loons called and grouse drummed.

At the end of the lake, we hiked through a stand of cedars with some impressive specimens and did a “wee bit” of bushwhacking. Two of the braver amongst us, Jill and Terry, dared to take the plunge into the chilly waters. Upon leaving, we visited the Sandner's cemetery before the long walk back. At one point on the sunny slope, Diane's thermometer read 28 degrees!

The return trip to the end of the lake took about 5 hours of hiking. I think we all found a tick or two during the end-of-the-trail-tick-check. All in all, it was a great day with a lovely group of hikers!

We were Ingrid Russell, Dave Yole, Terry Simpson, Jill Watson, Diane Paolini, Lesley Matthews, Susan Harrison, and Paul Beattie, lead by Andrea Vowell.

Mt. Abercrombie

April 21

Photos by Phil Best







Elder Trail

April 22





Ward Ferry Hike

April 26



15 hikers including 5 shuttle drivers hiked between Rover Creek and Glade on the Ward Ferry Trail. It was a sunny day, with a slight breeze, perfect hiking weather.

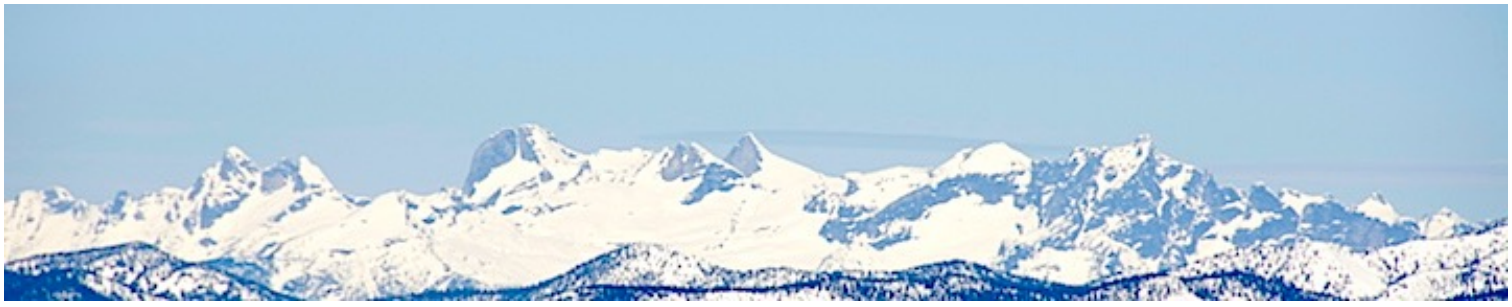
Pat & Al Sheppard, Eric Ackerman,Ted Ibrahim, Connie Parisotto, P'nina Shames, Kathleen & Alex Nichol, Carole Masse, Griff Richards, Glen & Debbie Wallace, Sheila Moro, Pat Bruce, and Diane White, coordinator and photo.

Mt. Ymir

April 28

Photos: Wayne Hohn





Skattebo Reach/Doukhobor Waterline Hike

May 10

Fourteen KMC Members met at the Brilliant Bridge Park and Ride at 9:00 am. on Mothers' Day, May 10, 2015. They carpooled along McPhee Forest Road to the parking area near the Terminal Switchyard above the Brilliant Dam. By 9:30 am. the hikers were underway on the Skattebo and passing the junction with the Brilliant Overlook Trail. The vestiges of the Doukhobor waterline were visible alongside the trail. The local Doukhobor people built the sixteen inch wire wrapped wood stave pipeline 1927-28. The pipe was made in sections in a factory in Ootischenia. The waterline supplied water to Brilliant and Ootischenia until 1953.

Flowers spotted along the trail included shooting stars, camas, false solomon's seal, upland larkspur, trilliums, wild strawberries, Indian paintbrush, pussy toes, and yellow violets.

At the 1.5 km mark the group turned off the Skattebo onto the Waterline Trail proper at about 10:00 am. By 10:30 the roamers reached the bridge over Little McPhee Creek. The trail led over a ridge to the McPhee Canyon Trail junction. The next segment of the Waterline Trail had about a dozen windfalls and two washouts. Just before the end of this trail a detour trail has been built around a major washout gulley filled with windfall. By 11:30 the hikers had found the end of the trail and waterline but could find no sign of the actual intake or a dam. After a snack nearby the group headed back down the Waterline Trail to the junction with the McPhee Canyon Trail. By 12:30 pm. the hikers were once more back on the Skattebo and crossed the Big McPhee Creek Bridge. The hikers followed the creek down to its confluence with the Kootenay River and had lunch overlooking the creek and river.

Birds spotted included ducks, Canada geese, a hawk and a warbling vireo.

At 1:15 pm. the group headed south along the Skattebo Reach Trail. They arrived at the vehicles at the switchyard at 2:30. Total distance hiked was about 16 km. with a 400 ft. elevation change.

KMC Members included Ken Kirkland, Betty Brousse, Tina Baldwin, Kathleen Nichol, Ross Bates, Brenda Haley, Chris Cowan, Jill Watson, Kathie Robertson, Laurie Charlton, Eric Marks, and Pat & Alan Sheppard, co-ordinaters.

Cycle Trip in the Slocan Valley

May 15

Eleven KMC members, and a guest from the Caledonia Ramblers in Prince George, cycled from Passmore on back roads to Perry Siding, crossed over the bridge and cycled down the Slocan Valley Heritage Rail Trail back to Passmore. It was a beautiful and warm day. Stops were made at the Winlaw Nature Park on the river and at other view points en route. Even a coffee break was enjoyed at Sleep Is For Sissies. Not all KMC outings have to be challenging!



Pictured are: Selina Mitchell (Prince George), Alan Shepard, Sandra England, Kathleen Nichol, Pat Shepard, Louise hammerich, Tim Clinton, Pam woods, Ross Bates and Eric Ackerman, and Marilyn Miller (organizer)

Mt Hoover

2269m

May 17

The original scheduled destination for this day was to be Wolf Peak north of the Salmo-Creston pass. This was changed due to the poor upper elevation snow conditions we observed during 2 recces of the Lost Creek road.

The weather, road and snow conditions for this trip were to be great for the 12 snowshoe packing hikers who turned out for the day. The group met at the Hwy 3 Marsden Rd. junction from where we were able to drive up the road for approximately 17km. Here the final avalanche shoot of the season made us walk a km on the road to where we began a brisk very steep ascent up through a clear-cut and burnt out section of forest.

We eventually entered fairly hard packed snow near the sub-peak's summit from where the group had a nice respite overlooking the Valhalla peaks.

The summit of Hoover was far off to the north but the hard packed Hoover Highway, of cat-skiing fame, had us on the summit near noon. The views onto the Valhallas, Kokanee, Grohman/Kubin, the Norns and Bonnington Ranges were great. A small blue spot in the clouds provided for a nice not too cold respite.



Encroaching dark clouds and light moisture spurred us moving quickly off the summit. Fortunately we returned to better weather as the brunt of the rain seemed to bypass us. We suspect having a weatherman amongst us had something to do with this.



The group eyed the possibility of returning via straight beeline to the cars parked below, but the attraction of a long scenic user friendly ridge walk kyboshed that idea. The group even re-climbed the sub-peak initially achieved on the ascent for some last summit views. Looking onto adjacent Mt Eccles to the SW seemed to suggest a not too difficult route as the cat-ski track went right onto it.

The descent had several boot and butt-skiers in their glory. The very steep lower environs of the mountain were fortunately negotiated without too much difficulty. All in all a very enjoyable outing with surprisingly accommodating conditions.

We were Ben Aubin, Ric Baker, Ross Bates, Chris Cowan, Brenda Haley, Don Harasym, Caroline LaFace, Diane Paolini, Kelly Tool, Gene Van Dyck, Eliane and Steven Miros, coordinators.

Sherlock Peak, USA

May 23

Over the last several years that I have been a member of the KMC few trips have been offered into the southern Kootenays which extend for miles into Northeast Washington state. The shoulder season, when there is still too much snow for a hike further north, the Washington Kootenays are a great place to stretch one's legs. Should you venture across the border you will find an enjoyable hike, frequently on a well-maintained trail, and surprisingly close to home.

We began exploration of the states with a hike to Sherlock Peak, an easy 4 miles on a well-maintained trail, to a nice 360 degree view, the Pend Oreille river valley and Abercrombie Mountain in the foreground and views of snowy peaks in Canada and Northern Idaho's Selkirks in the distance. Nineteen of twenty eager hikers made 2000 feet of elevation gain to a height of 6365 feet. One chose to enjoy the view from the summit ridge. Either way, the weather was perfect, the company was superb and the views worth the trip.

A nice early season hike just after the snow melt. Great conversation with old friends and new. A well-timed hike that has helped us all to get back into hiking shape.

Look for more state-side hikes in the future.

Submission by Glenn Keto

Mt. Faith

2279m

May 23

Twelve members turned out for the trip to Mt Faith. We drove (as per directions below) to within 2km of the Dog Creek Road's end where a minor snow patch blocked the road. Minor to Paul Allen that is, who plowed through to the other side. Everyone climbed into Paul and Robyn's truck for a 2km lift to the clear-cut above.



This clear cut is east of Mt Faith (which you cannot see) as we began our hike by heading for its southwest corner. The route is essentially due west (paralleling the creek to the south) through the forest. After about 30 minutes we emerged onto the open ridge with its clumps of flowers that takes us straight west to the south shoulder of Mt.Faith. Mt Hope was pleasantly visible across the valley to the south. Mt Charity, to the northwest, has a metal green cone on its summit.

The snow cover increased the further along the ridge we went. It was however very easy walking. Soon Mt Faith appeared beyond one of the ridge bumps. A cool breeze kept the hot temperatures down. We eventually found ourselves on the shores of the brownish snow covered Cowpaddy Lake.



From the Faith-Hope col it was an easy scramble up the dirt and grass slope to the summit. Several of these were relatively newcomers (to the leader anyways) but more than competent for the task. Everyone enjoyed a long warm lunch amidst the snow free summit. Ladybugs were everywhere to be seen amongst the summit boulders.The summit views were grand. Besides the Valhalla peaks we were able to see segments of Arrow Lake, Old Glory, Gladstone, Siwash and Grassy mountains. A couple of large peaks, probably Bluejoint Mt and Gable were visible to the west.

A new register was placed on the summit as the old one had disappeared.

We were Paul Allen, Alex Beek, Hollis Carlton, Brenda Haley, Barb Hanlon, Don Harasym, Janice Isaac, Robyn Laytham, Megan Lazaruk, Jeff Ross, Annie Taiatini, and Steven Miros coordinator.

***Access directions**:* Drive Hwy#3 for 42 km past Castlegar. Go right on the Paulson Detour Rd just before reaching the Paulson Bridge. A few meters before the rail grade take the well-marked McRea Rd on the right for 6.6 km to the abandoned rail-stop of Farron. Along this section we saw a very large brown bear foraging in the brush.

At Farron the road crosses the KVR railbed and becomes "Dog Rd" and heads downhill. 1.7 km later you will notice a culvert and trail going off to your left. This is the trail to Peter Lake.

The road is very good and is marked by red and white km markers. There is one more spur on a switchback. Ignore the spur and continue left up the switchback. At approximately 20 km there is another junction going to the right and marked "Faith Rd." Follow it to the branch at 24 km. Here you are just below and east of the basin leading up to Mt Faith.

Pass Creek road

May 31

On Sunday May 31, 2015, a few dedicated cyclists met early in the morning to enjoy the ambiance of the Pass Creek Road, a 24 km meandering and undulating low traffic, paved road that starts at the Crescent Valley bridge and heads west toward Castlegar.

We were a motley crew of tire types — everything from a very light weight skinny tired racing type bike to a knobby fat tired mountain bike with shocks on both ends. We met early in the morning to beat the predicted hot sun. The sun never came, and we were blessed with a nice cloud cover and very moderate temperatures.

Some had never cycled this road before, so it was a whole new adventure, punctuated by a screaming rush down suicide hill to our destination, Pass Creek Regional Park for a mid morning snack.

Pass Creek Road has a number of lovely waterfalls along the way, and going a few metres off the main road will afford the curious some spectacular views. Coming back was a little slower, as we were pedalling against the direction of Pass Creek, (ie: uphill). Fortunately for most, there is an alternative to grunting back up suicide hill, called Winter Road, and most folks took that longer but gentler climb.

We were back at our final destination, Frog Peak Café, for lunch by about 1 pm, all of us ready to feast on their delicious menu.

We were Tim Clinton, Dave Yole, Alex and Kathleen Nichol, Caroline Shimek, Ted Ibrahim, and P'nina Shames.

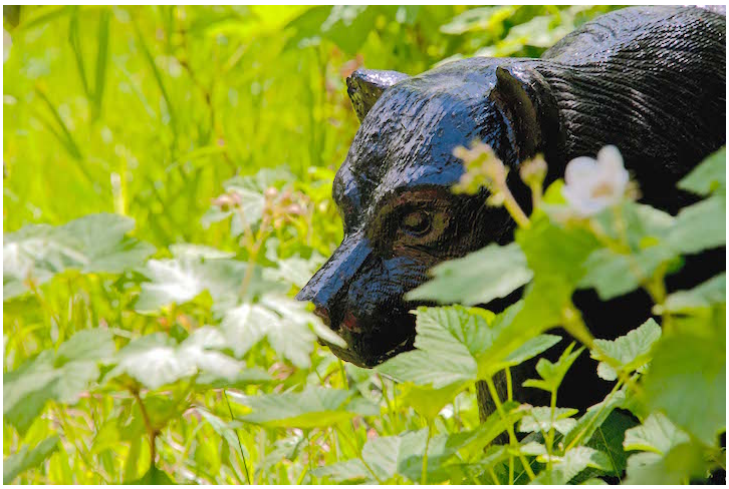
Crescent Valley Mystery Tour – Summer Edition

May 26

Pictures Phil Best. "Startled" picture by Brenda Haley

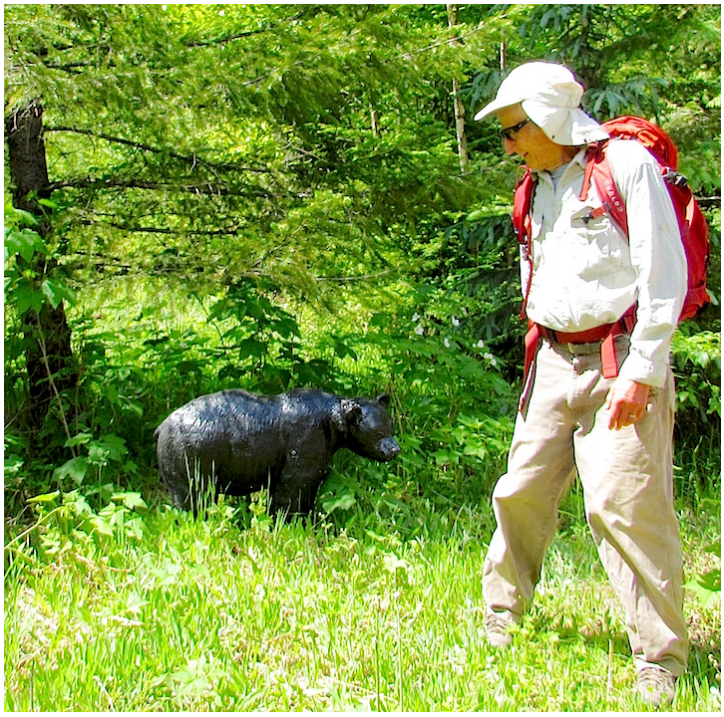


Participants: Roy Hopland, Jill Watson, Brenda Haley, Laurie Charlton, Ed and Hazel Beynon, John and Muriel Walton, Pat and Al Sheppard, Denis and Sue Nursey, Neil Bermel and Yvonne Cartwright, Colleen Humphreys, P'nina Shames, Sandra Fuller, Ted Ibrahim, Ric Baker and Mona Lynn, Kathleen Nichol, Don and June Harasym, Holli Kosof, Laura Sheppard, Robin and Greg Sheppard, Hamish Mutch, Phil Best, Brad Howard, Betty Brouse and Ken Kirkland, Bob Dean, Carol Potasnyk, Michele Fisher, Tim Campbell and guests Kurt Edmunds, Kim Boddy, Susan Rowe, Carol Howard, Vivian Baumgarter, Maxine Werner, D and Tracey Lloyd. Organizer Leon Arishenkoff.



Oh yeah, the 'bear' did startle one of the participants –

– an avid hunter no less; but, he was quick to recover and then stated it was too glossy to be real (a cover up for him being fooled).



Most of the rest would have simply walked by if not having it pointed out – 5' from where they were walking?????

Mt Spiers

2522m, 8274' (Map 82F/NW)

June 6

The "fresh" weather conditions for this day hike were great. The snow had receded from the route making for a relatively easy but invigorating grunt up the steep slopes of Mt Spiers.

Our convoy of 5 vehicles and 19 KMCers turned off the highway at Passmore and continued up the Koch Creek Road for 22 km to the Grizzly Creek turnoff (and Forestry Rec. Site).

From there it was up Grizzly Creek FSR (ignore Greasybill Creek road going to the right and ignore Embro Rd going off to the left.) At 37 km, a few hundred meters from road's end, there was a junction andthe left switchback branch provided our access to Mt Spiers. There were a few deep waterbars on the last couple of km but otherwise the road was in very good shape. We parked our vehicles at the third switchback (39km) from where we began a trek across the long but relatively flat boulder field. We oriented the group to a narrow avalanche shoot in mountain's centre which pointed the way directly to the mountain's westerly rocky ridge.



After crossing the creek we worked our way to the bottom of the avalanche shoot from where we worked our way north into grassy slopes and finally onto the ridge. From here it was more "rock and roll" all the way to the summit. The group enjoyed a warm sun during lunch hour.

The views were grand in all directions including those towards the Valhallas. Everyone enjoyed orienting themselves to the Norns and Valkyrie. We returned by approximately the same route. It would be interesting to do a clockwise scramble around the basin's ridges.



We were Alex Beek, Phil Best, Suzanne Blewett, Tom Braumandl, Barb Hanlon, Don Harasym,Ted Ibrahim, Cindy Kozak Campbell, Jocelyne Martin, Jan & Ron Osborne, Shannon Shapovalov, Caroline Shimek, Sheila Sinkie, Andrea Vowell, Jill Watson, Alistair Wilson, Eliane & Steven Miros, coordinators.

Smallwood/Bigwood Loop

June 7

Eighteen members plus a baby traveler hiked the Smallwood/Bigwood loop in Beasley on June 7. It was a very sunny and hot day. The views from the vista point at the top of the bluff were spectacular. We may have set a few records for the most new members as well as long time members on a hike, and for the youngest hiker.



Pictured are: Marilyn Miller, Eric Marks, Dave Brackett, Kathi Robertson, Aviad and Adi Bar (and baby), Griff Richards, Claire Chilton, Don and June Harasyn, Ted Ibrahim, Nanci Suuban, Pnina Shames, Debbie Gerrits, Irene Haas, Audrey Gerein, Colleen Humpreys, Laurie Helyer,

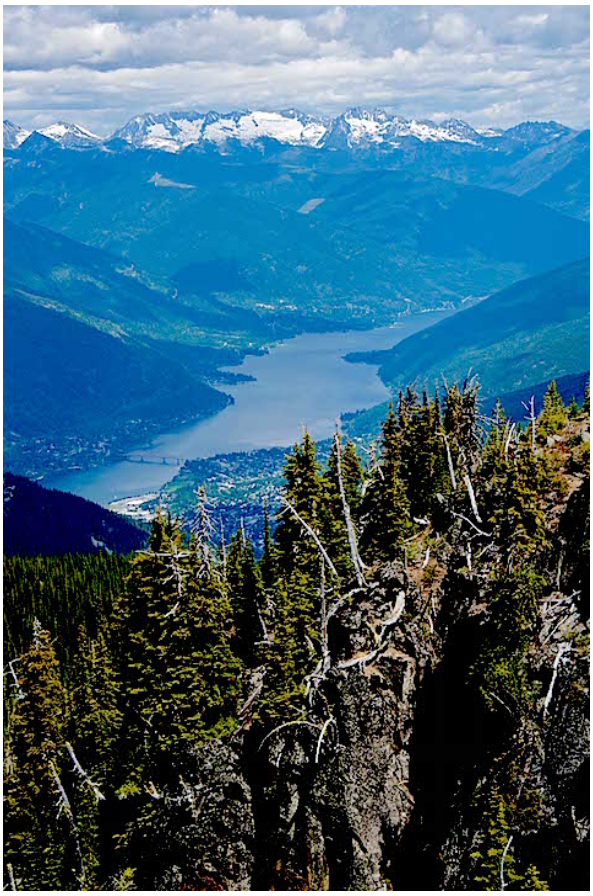
Mt. Toad

June 13

Photos: Phil Best







Mt. Sherlock

June 16

Photos: Phil Best









Idaho Peak

June 20

Photos: Phil Best. Picture of Idaho Peak: Vicki Hart







Trail to Penticton Bike Ride

Dan Derby

June 5 – 7

Last year when the Fire Chiefs Association of BC announced our annual conference would be in Penticton this year I thought it would be a good idea to ride my bike to the conference. Before long I had told too many people about the idea and I was committed to the ride.

Over the winter and spring I spent lots of time researching how to complete a multiday long distance bike ride. What I found out was I needed a balance of nutrition, hydration and training to be successful. The good part about our poor snow last winter is I started riding early. Living in Trail there are lots of hills to train on pretty much in any direction you go. Eating and drinking on a regular basis became part of my training routine. I would carry lots of water with electrolytes and eat small amounts of carbs at regular intervals (no longer than an hour between snacks). I would also stop every hour and get off the bike for 5 to 10 minutes to walk around and stretch. One of my favorite training rides was out to Salmo stopping at the Dragon Fly café for refueling. I ended up deciding on two goals for the trip, one was to finish and the second was to try and complete a century ride (100 miles) on day two.

The morning of June 5th I headed out from Waneta in Trail up to Rossland over the Nancy Greene, down to Nancy Greene Lake then up the Paulson before the long descent into Christina Lake.



At the summit of the Paulson I met Peter from Ottawa.



Peter from Ottawa

He was riding home. We shared some stories and I was able to provide some directions before we rode our separate ways. As he rode away I wished him a safe ride home and said “may the wind be at your back as you cross the prairies”.

The descent into Christina Lake was fast and fun. After stopping for more water in Christina Lake I arrived in Grand Forks ahead of schedule so decided to keep riding. I made it to the top of the hill on the west side of Grand Forks (near Eholt summit) before turning around and riding back to Grand Forks to stay with friends for the night, a 145 km day that ended with a great BBQ dinner.

Day 2 started with being dropped off at the furthest point west I’d rode to the day before. By 8:45 I was already in Greenwood, too early to stop at the Deadwood junction for something to eat. The ride thru the boundary region is beautiful with lots of animals and farms to see. By 10:30 I was starting the climb out of Rock Creek to the Anarchist Summit. By the time I reached Bridesville my wife Lisa had caught up in the support vehicle with a London Fog and a cinnamon bun to refuel the tank. From this point on Lisa would drive ahead a bit, wait for me, provide some encouragement, and then move ahead again. Once at

the Anarchist Summit it was another fast and fun ride into Osoyoos.

The ride between Osoyoos and Oliver is beautiful with nice wide lanes for bikes. The hard part to get use to is the cannons that go off to scare the birds away from the crops. Picture me, ducking continually, thinking someone was shooting at me or something crazy like that. At this point the heat was starting to get to me. It was in the low to mid 30's all afternoon.

By mid-afternoon it was getting harder to eat as I had no appetite due to the heat. Thankfully I had purchased some Cliff Energy Gel Shots that provided the fuel I needed. By the time we reached OK Falls Tickleberry's Ice Cream parlor had been a beacon of hope for me for about the last hour. After a fantastic Ice Cream I jumped back on the bike and finished another 9 km's back towards Oliver to complete 163 KM for the day and my second goal, a century ride. We stayed with friends for the night in Oliver; it was another great BBQ and more Ice Cream before a good night's rest.

Day 3 started in OK Falls the furthest point north I had gotten to the day before. It was recommended I ride up the east side of Skaha Lake as there are less hills. What a beautiful ride! For over half the distance you are right beside the lake. My Sunday ride was very short only 22 km arriving at the Penticton Trade and Convention Centre at 10:45, 15 minutes before the conference started. I had barely broken a sweat.



Myself in front of the Penticton Trade and Convention Centre

Over the three days I had ridden 331 KM in 17¾ hours with an average speed of just over 19 km an hour burning 9400 calories. My top speed was 74.5 km an hour coming down the Paulson into Christina Lake.

Other than the heat that would have been hard to train for I felt fantastic. The combination of a proper nutrition plan, training and stretching before and after each ride made all the difference. Not to mention the power of Chocolate milk, a fantastic post workout recovery drink. Thanks to Delia Roberts for her information on the importance of proper nutrition and hydration during exercise! My old Kona Jake the Snake cycle cross bike is definitely not the lightest road bike but with the help of Jason and Richard at Gerick Cycle and Sports in Trail she was a finely tuned reliable ride.

The ride was amazing and I'm so glad that I was able to complete it and am very thankful for the support of friends and family.

Dan Derby

Update on Jumbo Glacier Resort

As everyone must have heard by now, on June 18 the BC government announced that Jumbo glacier Resort's environmental certificate had expired, as they had not made a "substantial start" to the project. This means, if the company wants to continue the project, they will have to begin the environmental permitting process over again at square one. So, we have won the battle, and things are looking good for winning the war.

We owe a big thank you to the late Kim Kratky, who represented the KMC for many years on this issue. And also to the Jumbo Creek Conservation Society, Wildsight, the West Kootenay EcoSociety, the Ktunaxa Nation, and all the other organizations and individuals who have worked hard over the past two decades to keep Jumbo wild!

In case anyone is interested in the official determination, it is here:

https://a100.gov.bc.ca/appsdata/epic/documents/p18/1434644055188_VJBQVCpLrDmw1j1YhY5h3GwxLy0Z1JX7stQRDQxHhr0h3W0J0QJS!-14610924!1434642888376.pdf

Below is a letter which the KMC sent to Environment Minister Mary Polak on the issue, only one day before the determination!

Kootenay Mountaineering Club
P.O. Box 3195
Castlegar, BC V1N 3H5

17 June 2015

Hon. Mary Polak
Minister of Environment

Dear Minister Polak:

We are writing to urge you to rule that Jumbo Glacier Resort's last-minute construction of two concrete slabs in an avalanche hazard zone, in violation of their Environmental Certificate, does not constitute a "substantial start" to the project. Furthermore, we urge you to cancel their Environmental Certificate and all other permits they may hold.

You have heard the arguments against Jumbo Glacier Resort's project many times, with respect to wildlife habitat, First Nations' interests, existing recreational values, and economics, so we will not repeat them here. We want to make one empirical observation though. That is, in the 25 years since the Jumbo resort was proposed, two other major ski resorts in the region have been proposed, planned, built, and successfully operated. (These are the Kicking Horse Resort near Golden, and the Revelstoke Mountain Resort.) In the same period, several other ski resorts in the region have had major expansions. All of these projects proceeded without significant environmental controversy, and with the support of their communities. The Jumbo Glacier Resort proposal, however, continues to be hugely controversial, and is opposed by the overwhelming majority of residents of the region. Why? The reason is, very simply, that it is a bad proposal!

We urge you to take this opportunity to put an end to the Jumbo Glacier Resort project once and for all.

Yours sincerely,

Peter Jordan, Conservation Chair, Kootenay Mountaineering Club
(on behalf of the club executive)