The Kootenay Mountaineer

The newsletter for people with year-round pursuits.

2019 Spring Equinox

Message from the President

It seems spring has arrived in date and in weather. I'm a little sad to see winter go but it will be a while before the snow leaves the peaks. I hope everyone had a great snow season. Thank you to all who lead winter trips and now it's time to start planning for the summer hiking/biking/kayaking/summer fun season. If you would like to lead a summer trip or would like information on leading a summer trip feel free to contact Peter Oostlander and he will help you with all the details.

Looking forward to seeing you out there!

Sandra



On January 24, 2019, I presented TAWKROC with a cheque for $1000.00, as voted on at the AGM and received the following note:

Thanks so much to the Kootenay Mountaineering Club for your recent donation of $1000. This money will be put towards our purchase of the Waterline Walls in Castlegar. Donations like this are a part of what makes our West Kootenay communities great.

Thank you,
Ian McDonald
Director
The Association of West Kootenay Rock Climbers

Contents

Trip Reports 2
- Back Country Ski to Mt Crowe 2
- Al Sinkie Memorial Hike 3
- Almost Wolf Peak 3
- Mount Crowe via Mosquito Cabin 5
- Blood Moon 6
- Butter 7
- K&S Trail in Sandon 8
- Kootenay Pass Ski 8
- CBC Tower 9
- Best Trumpeter Swan Viewing Ever 10
- Lepsoe Snowshoe 10
- Crescent Valley Mystery Tour 11
- White Queen 12
- AST1 on Snowshoes 13
- Selous Ridge and Evening Ridge 15
- Lost Lake 15

2019 KMC Kokanee Ski Week report

An Adventurers and Sometimes Peakbaggers Notes on Spain's Mediterranean Coast 2018 19

The Picos de Europa National Park including a Recce of the Atlantic Coast of Northern Spain and Portugal 36

A couple of late executive directors reports 42

Article submission guidelines:

Plain text is great. No need for PDF or Microsoft Word files. Simply cut and paste your text into an email to newsletter@kootenarymountaineeringclub.ca. Attach your full resolution photos to the email. Lots of photos, please.

The newsletter is published four times a year at the times of the solar calendar.

Trip Reports

Back Country Ski to Mt Crowe

Saturday January 12.



A mid week snowstorm made for enough snow to do the trip but gave me some concerns re rising freezing levels at the end of the storm, not wanting to run a ski trip in weird snow conditions such as boiler plate, styro crust or any of the others in the assortment of winter nasties. The freezing level promised to go up above 2000 metres, which it duly did, but not until after it had stopped snowing and the wind dropped to almost nothing in a big high pressure ridge, so a reccie trip on Thursday revealed that the snow was skiable, if a little heavy. It cooled and dried some more and by Saturday we had really nice snow.



Up through the White Owl pass we went, Old Glory and the 7 summits peaks poking above the valley cloud, as well as the peaks of the Gladstone Park area crystal clear and the Monashees way beyond. A beautiful morning, but who the heck put this uptrack in? We were on top in a little short of 2 hours and enjoyed a very comfortable lunch looking out on the Columbia Valley all covered in cloud, with nothing but blue sky and sunshine overhead. Another party came up via the east ridge along with a couple of hardy canines.



A little adrenaline quickened the pulse as it was time to strip the skins for the descent. Coordinator had decided on a route that went toward the mosquito cabin (west) but a little right of the route of a couple of days previous reccie, as Google earth had revealed some gaps in the trees there, that likely were untracked. Down we flew through the glades, some catching a bit of air, some a bit more cautious as the trees got tighter. The snow was great…. Until coming to a steep open area about ¾ way down the forest, someone ahead of me yelled oops… almost fell but made it. As I got into the same area my skis sank from under me and I went headlong… got up, promptly fell in again. A patch of the dreaded bottomless sugar snow had formed above a rocky area. Bad call coming this far right! My cell phone fell out of my pocket after one of these face plants, and by the grace of God landed flat on top of the snow. If it had gone through I wouldn't have even known I'd lost it. Eventually I ended up with my ski tail stuck in the snow, and was having a hard time getting my boot out of the ski. Many thanks to new arrivals Jamie and Heidi for waiting and helping me extricate myself. Winter weirdness caught me once again… I had no idea of the hazardous "bottomless sugar snow" in the area. It can form over rock bluffs in dry spells… so take warning.

We took a break in the warm sunshine at the mosquito cabin and then took our choice for descent. Jamie & Heidi went up the clear cuts for another run…the rest headed for the parking lot, some by way of somewhat tracked-out white owl pass, the rest doing the "dog slalom" and luge run down the trail.

A very enjoyable day of skiing, nice weather, and camaraderie and thanks to a great crew of back country skiers.

Chris.

Participants.

Chris Cowan (co-ordinator) Heidi & Jamie Joseph, Kurt Young, Murray Bennett, Mike Kew, Dave Toews, Andrea Vowell.

Al Sinkie Memorial Hike

By Goody Niosi

I never met Al Sinkie. When I moved to the Slocan Valley three years ago, I quickly became good friends with Sheila Sinkie, his widow. Over time, I learned a lot about Al: his love of adventure (including dips into every glacial lake he ever found), his spirit of joy and his dedication to the wild places. Most of all, I came to know Al, not through words or pictures, but through Sheila's heart.

Sheila loved him – and that was all the evidence I needed to know that he was a man worth celebrating.

And so that's what we did on January 9 – the fifth anniversary of his passing – by snowshoeing up Evening Ridge, one of his favourite places.

As 21 of us set out that morning, both Sheila and Leon, his friend and our trip leader, noted that it was exactly a morning like this when Al died – getting ready to lead a trip up Evening Ridge in the snow and wind and low-hanging could.

He didn't let the weather stop him and neither did we. Ben led the way with Leon in the tail-gunner position. We followed a ski track through Hummingbird Pass and up the ridge. We chose to follow a faint track when we found a split in the trail. Of course this meant that trail-breaking began – and we did that.

When we cleared the trees, the wind hit us. All those layers we shed earlier? Yeah – they went back on in a hurry.

We made it to the top in two hours, which was rather surprising. It was at that point that confusion reigned supreme – at least for a while. Should we continue to the very top after the dip? Sure. One problem: where the heck was the top and which direction was up? Or down for that matter?

A few of us wandered around in one direction. Others drifted off elsewhere. Finally, Rick called us to order. We should actually make a group decision here.

What a concept!

Given we had no idea where anything was because we were essentially in a bit of a snowstorm and could see nothing, we made the prudent choice to turn back. We even delayed lunch until we'd gone down a fair bit – finally finding a slightly less windy spot to spread out and chow down. Then most of us took a new route back via the Hummingbird Mine, avoiding the pass altogether. It involved more trailbreaking and more elevation gain but hey, we're a mountaineering club, right?

It was a beautiful day in wonderful company – snow and wind and all.



We were: Leon Arishenkoff, Sheila Sinke, Ben Aubin, Goody Niosi, Scott Wilson, Rick Mazzocchi, Richard Epton, Max Karpinski, Ed and Hazel Beynon, P'nina Shames, Gail Curry, Helen Foulger, Alison Etter, David Cunningham, Erwin Mentz, Nancy Suuban, Chelsea Pomar, Connie Parisotto, Jim McDonald and Alita Parisotto.

Almost Wolf Peak

By Goody Niosi

On January 13 we did NOT (I repeat "not") go on an official KMC trip to Wolf Peak. But by the time it got underway it was looking and sounding so darn much like a duck, we decided it probably had feathers and was going to fly.

Ben and I were going to do a recon trip up Wolf Peak near Kootenay Pass to judge its suitability for a club outing. But then Ben mentioned it to the rest of the club – in case anyone else wanted to break trail or bushwhack or do whatever else popped up. And before the day was out we had 11 people.

So, just to be safe, Ben produced a sign-up sheet and a club waiver for our non-member and – well – after the carpooling was settled we had ourselves a semi-official trip. Might as well do a report too, right?



We started at the chain-up/pull-out just east of Kootenay Pass and dragged ourselves along the powerline. Pretty soon we were up in the trees. Ben had given us an elaborate map drawn with his ski pole on the snow. He explained that the map was not to scale. Really? We were going to go through a cutblock, cross a creek somewhere and then work our way up the ridge.

You know what they say about best-laid plans?





We followed a ski track going up. The track went nowhere near a cutblock but as long as we didn't have to break trail, we were happy. Was the ski trail going in the right direction? It headed up and that seemed good enough.

As we were closing in on open alpine, Max noted that we were about a kilometre in distance and 300 metres in elevation from the top. At least, that's what his GPS told him.

This was hopeful. We continued up on some nice long, lazy ski track switchbacks. This is when we slowed down a fair bit. We were in landscape so beautiful that we had to take lots and lots of photos. The sky was blue; the sun was warm; the snow sparkled. Heaven!



By this time, three of our group had dropped back and returned to the parking area. The rest of us forged on. And then it happened: a fork in the road. To the right, a ski trail carved its way to a small pass under a formidable-looking peak. To the left, the trail went up more steeply to summit a high knob. In front of us was what I believe was Windy Ridge – enticing.

Max checked his GPS. Apparently, Wolf Peak lay somewhere over the pass to the right and was about 100 metres below us and a kilometre in distance. Hmmmm.

We opted to go left, wound our way up to the knob and called it a day. The sun was warm – we layered down instead of up. The sky was blue. We sat down for lunch and could have stayed there sunbathing and drinking in the beauty for a good long time.

But we headed back down to meet the others in the parking lot. And down, needless to say, was fun and fast.



It wasn't until later that evening that Vicki Hart checked my photos on Facebook and mentioned that the gnarly-looking peak we'd been admiring was Wolf Peak.

So, not below us and not over the pass and not 1 kilometre in distance.

Well then, this looks like a good excuse to go back.



We were: Ben Aubin, Stefan Chobotar, Val Utgaren, Tina Baldwin, Richard Epton, Renata Zaal, Goody Niosi, Bruce Reeder, Joel Rooke, Tara DeJong, Doug Albrecht.

Mount Crowe via Mosquito Cabin

By Goody Niosi

It was another one of those beautiful inversion January days on the 15th when 14 of us met at Strawberry Pass to snowshoe Mount Crowe a "different" way.

Look at it this way, Ben Aubin organized the trip so any idea of doing a normal, everyday route flew out the window right there.



We set off under blue skies and peeled off layers pretty quickly. We passed by Cookie Jar (so cute) and made good time on a well-beaten track to Mosquito Cabin. Note to all trip organizers: if you insist on passing by any location with an outhouse, be prepared to pause for at least 15 minutes.







At that point we headed toward a road and then a skin track up the far side of Crowe. We stayed pretty much in the sun, winding up a gentle slope with panoramic views over the valley to the north and east. Then a bit of trail breaking just to mix things up and then a good track that got steeper and steeper until we crested the final ridge where – hey! There's Leon Arishenkoff and Jim MacDonald, having snowshoed up the "sensible" way via Crows Nest Cabin.



We admired the wonderful scene from the top and hunkered down for lunch at the far end of the ridge in full sun with a beautiful view of Old Glory.

It was at that point that things got interesting. The entire thrust of the trip was to go down a different way – the front face of the mountain. And no, none of us had been down that way. We had no idea what to

expect. But hey – nothing wrong with a bit of adventure, right?

Well… It was a bit steep to begin with and the snow was a bit crusty – none of that fluffy powder that makes shoeing down so much fun. And then there was a steeper slope and then there were trees to crash through and then we bluffed out but found a way down through a draw that was pretty much overgrown with trees and bushes. And so it went.

We did eventually hit the road we'd been aiming for and got back to the parking lot all in one piece and in good time. However, I did make a mental note to go down the regular way in the future.

That said, it's always good to know where not to go right?

And still, it was a super great day.



We were: Ben Aubin, Valerie Dorman. Brent Dorman, Rick Mazzocchi, Peter Martin, Sheila Sinkie, P'nina Shames, Max Karpinski, Richard Epton, Cameron Carter, Tony Holland, Goody Niosi, Scott Wilson, Gail Curry.

Blood Moon

It was late on a cold misty evening, and 22 of us gathered to witness the "Super Wolf Blood Moon". By the time we converged at Nelson Nordic, the moon was shimmering through thin clouds with a shadow creeping over its face.



By the time we skied away from the light down the Cottonwood Trail, the moon had disappeared to a very faint glow; the total lunar eclipse had begun.

That's a good lesson for next time: full-moon skis are full ofsilvery-blue light. Eclipse skis are just complete and utter darkness!

Nevertheless, most of us had headlamps and carried on down the trail to ski some loops in. The class cross-country ski tracks were slightly icy and very fast! This made for some added excitement aswe rollercoasteredaround the hills in the dark.

We put in a good 6-8km of skiing, then headed back to the main hut for chocolate fondue. Everyone brought something to drip and the offerings ranged from very healthy (fruit and nuts) to decadently excessive (marshmallows dipped in chocolate then rolled in graham cracker crumbs).



It was a good time! The eclipse ended after an hour, and the moonlight slowly returned to end the evening!

We were: Alison Etter, Cameron Carter, Andrew Vowell, Scott Wilson, Peter Ooslander, Ingrid Enns, Fran Steacy, Sarah Quanz, Dawn Powell, Linda Monea, Nancy Sandsmark, Louise Hammerich, Colleen Ross, Dayna Larson, Carly Snider, Gayle Curry, Anne Simonen, Abby Wilson, Andrew Woodward, Gabrielle Levesque, Colin, and Tanner.

Butter

By Goody Niosi

Sheila, Rick and I scouted the trip up the Butter Mountain Bike trails south of New Denver on January 25. Not only that, we also broke two trails bushwhacking through an old cut block to reach the iconic viewpoint and Butter sign. We had it all worked out. We truly wanted to impress the KMC members signed up for the January 29 trip. After all, it isn't often that we get a chance to showcase what we have up this way.

All we needed was a bit more snow and lots of sunshine.

Strike one – the snow melted rather than accumulated



Strike two: the day dawned cloudy and grey. Rats!

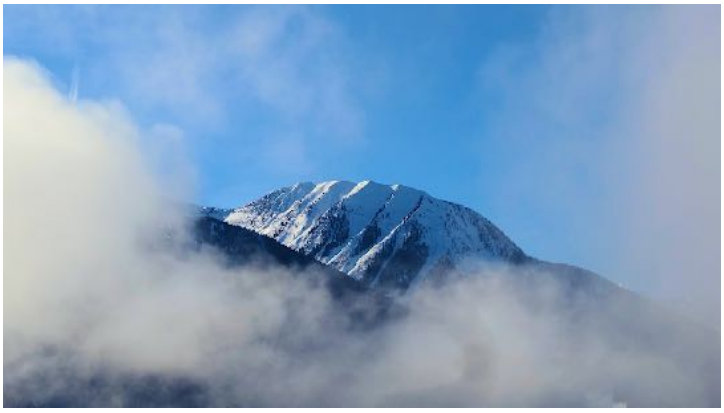
No matter – the trip was on regardless and by 9.45 am. we were working our way up the very big hill that people around here call Butter Mountain. There were eight of us and only we three locals had ever done this hill. No one complained. Everything was going well, especially after we got to the first old cut block where the snow got deep and we could finally appreciate our snowshoes.



We went up our carefully laid-out tracks from a few days previously. As we rose up past the forest, the views opened up: no, not impressive mountain views, but fine sights of Slocan Lake with the sun glimmering on it, turning the water to silver.



Wait! Did I say sun? We began to look up. Yes – that looks like a sliver of blue sky. Was the cloud lifting? Was the sun fighting to get through?



We got to the top at about 12.45 p.m. and looked out across the vista. And that's when it happened. (Cue the trumpets, strings, and heavenly choir) The clouds parted; the sun dazzled; the sky transformed to deepest blue and the mighty peaks across the lake towered over us!



Fist bumps all around. I admit that Sheila and I were so proud that we took full credit. We ate lunch in the sun and ambled back down through a sun-dappled forest and views most of the way.

I think Ben aptly summed up the day when he said, "It was butter than I expected."

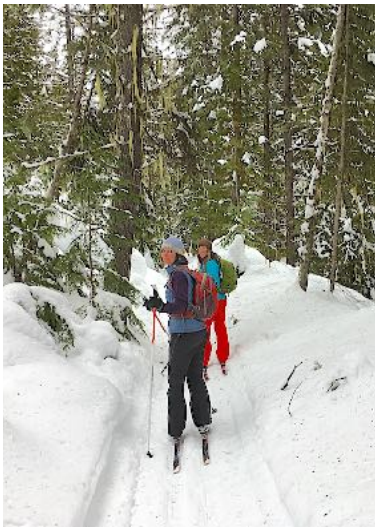


We were: Rick Mazzocchi (chief organizer and leader), Francis Steacy, Gail Curry, Goody Niosi, Cameron Carter, P'nina Shames, Ben Aubin, Sheila Sinkie.

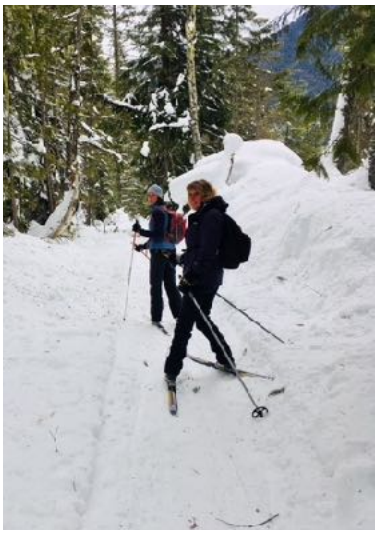
K&S Trail in Sandon

January 30

I believe it was a First KMC X-country ski trip on the Sandon K&S Trail.



Numbers dwindled down to 3 from 8, nevertheless we 3 enjoyed the ski and the company. We skied the K&S trail then headed up on the Cody Spur which added to our enjoyment, the ride back down was quick ... lots of fun. The trip took 2 1/2 hours, then we had lunch in the warming hut, along with several locals.



Jen Kyler, Nicky Blackshaw, Sheila Sinkie

Kootenay Pass Ski

February 03

A nice snowy weather pattern generated a lot of interest in what was billed as a 'mellow' back country ski trip. There were 10 of us, which could have been an uncomfortably large number for this co ordinator. Despite this, we didn't manage to lose anyone, not even for a few minutes, thanks to lots of yodelling and a few radios that some participants kindly brought along.



The weather was quite mild with some snow flurries and lots of fresh snow, as we ascended the ridge up to Lightning strike. When we got near treeline we took a run down the south side, which was so much fun we climbed back up and did another one. At this point we climbed back up toward the road to Ripple cabin and had a brief bite before heading up the side of Baldy Rocks.

A promised cold front kicked in on the way up and the temperature dropped down from about –3 to –12 with a keen wind. It got pretty cold but the snow quality seemed to be even better for the run down through the trees on the north side of Baldy Rocks ridge as pointed out by David and Janice. We came out right near the explosives shed a hundred metres from the trailhead. Back in Salmo Rainer, Bert and I go into some excellent brownies and hot beverages in the coffee shop to warm up. Fun and memorable winter day & thanks to everyone.

Distance: 10 km.

Total Ascent/descent: approx. 800 metres in 3 runs.

Participants:

Members: David Brackett, Janice Isaac, Helen Foulger, Rainer Muenter, Bert Port, Andrea Vowell, Jill Watson, Paul Dowler (from U.S.)

Guest : Ed Heacock, from Edmonton

Chris Cowan (coordinator)

CBC Tower

By Goody Niosi

Third time's a charm.



At least that's what they say. This time the old adage was right. I'd made two previous attempts to reach the CBC Tower on snowshoes and got weathered out both times. But today (Feb. 7) our hardy (foolhardy?) group was determined to make it.

Leon, our intrepid leader, had expended Herculean efforts to make sure we'd reach out goal. About a week before the scheduled trip, he'd broken a trail from the flagpole to Cherry Street Station, only to come back a few days later to find the recent snow and wind had wiped it out. He put in another trail, stopping 400 vertical metres below the Station. After all – enough is enough! Let the rest of us do some work!



Leon suggested we meet at the flagpole at 10 a.m. This seemed like a good plan. Where we hit a slight snag was that everyone had a vaguely different concept of how long it would take to hike from the parking lot to the flagpole. Leon had also warned us that the trail up was extremely icy. This turned out to be an understatement. Basically, it was a skating rink.

I'd taken the precaution of bringing my crampons – no, not mini crampons or icers – actual ice-climbing crampons.

Best decision ever!

Four of us straggled up to the Flagpole where we switched to snowshoes. Doug was behind. We figured he'd catch up. And so off we went, having shed some layers despite the frigid weather.

Leon had put in a lovely trail that we followed with great enthusiasm. At one point, he mentioned that he didn't have a GPS or a map or even a decent sense of direction. Our enthusiasm faltered.



We pressed on and eventually found the spot where Leon had stopped. By now he was far behind, waiting for Doug to catch up. No matter. We felt pretty sure they'd be on our tail soon – breaking trail was bound to slow us down.

Up we went and eventually emerged at Cherry Street Station. Sheila mentioned that it would be awfully nice if we could actually see the tower from there – something to aim for. But we also figured that as long as we stayed elevated and aimed for the highest point, we couldn't go far wrong.



Famous last words.

We pressed on. At one point, I noted a rabbit track ahead of us. "Following the rabbit track!" I said. "They always know where they're going." (That's my theory and I'm sticking with it!)

We looped around here and there, did some zigzags, went up a bit and down a bit and around trees and through bushes and generally wandered. I finally pulled out my GPS. Excellent. We were an inch or two from the top of Elephant Mountain. Perfect! Sort of perfect. Peter finally pointed out the very tip of the tower below us. Ah! The tower is not on top.

We backtracked a tiny bit and there! Lo! Leon and Doug! And what did Leon say?

"Well – that's a jackrabbit track you made!"

Well, yes, said my inside voice – we were following a rabbit, at least for a while.



Five minutes down the hill and we reached the tower. Hurrah! Lunch! And then a fast downhill. I was never happier to have crampons than on the downhill trail from the flagpole and Pulpit Rock. Peter called it treacherous and I would say that was being kind.

But, as Leon said, if you live in Nelson – or near it – there is a certain call to get up to the tower that overlooks the city. I know I shall certainly be pleased to look up at it and be able to say, "Finally – I've been up there!"



The trip took almost 8 hours and we gained almost 1200 metres in elevation. And it was, of course, a wonderful day.



We were: Leon Arishenkoff, Sheila Sinkie, Peter Stent, Doug Clark, Goody Niosi

Best Trumpeter Swan Viewing Ever

The day was cold, the sun was shining and due to the ice in the river the swans were closer to shore. Which meant great clear sightings of about 100 swans, strung out over about 2 kilometres of rail trail.



Thirteen members set out from the Lemon Creek access to the Slocan Valley Rail Trail and skied north. Eleven of us XC skied and two actually walked on the rather hard and fast snow.

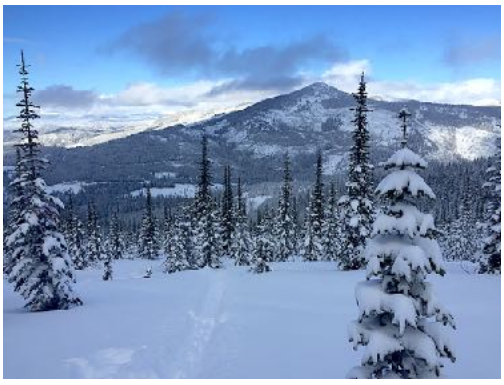


We were Marilyn Miller (leader, missing from picture), Eric Marks, Page Wasson, Rob Moote, Jan and Ron Osborne, Andrea Vowel, Helen and Rick Foulger, Ingrid Enns, Linda Clark and new members Daniel Bakke and Nikita Panousis.

Lepsoe Snowshoe

February 13, 2019

After a 30-40 cm snowfall prior to the trip day, we arrived at the Strawberry Pass trailhead in cold but sunny conditions. The destination of this trip was to be Mt. Lepsoe but with the heavy snow a Trailhead decision was to head to the Lepsoe Basin Cabin via Seven Summits Trail and Berry Ridge. Since two of group had never seen Eagles Nest Cabin we included it on the route up.



Following a previous day uptrack, travel was fairly easy on a firm base. We arrived at the Lepsoe cabin, got the fire going and enjoyed lunch

as the cabin warmed up. We were joined by a solo skier from Rossland and had an interesting conversation with him.

After lunch we decided to shuffle up into the upper basin going up to the open slopes below the ridge. Had an avalanche discussion and got back into tree cover quickly. Travel conditions in the upper basin were much different than on the route up to the cabin. Trail breaking was much tougher with knee deep snowshoe penetration into the fresh snow requiring frequent leader changes.

On the way down, we stopped at the Sun Spot cabin for a snack which was nicely warm from a previous group. We then descended via the Lepsoe Road and Old Growth trail, stopping to admire the big cedar along the way. To sum it up, we had it all, fresh snow, brisk sunny day and good companions.



We were Gail Curry, Cameron Carter, Diane Paolini, Jill Watson and Rick Mazzocchi.

Crescent Valley Mystery Tour

By Goody Niosi

Shhh – it's a secret.



It's a private 160-acre estate in the Crescent Valley and every snowshoer (almost 30 of us) had to take a sworn blood oath to never reveal the location ever! (Okay - this is not true but still, it sounds good, right?)

Leon organized the hike, tramped out a snowshoe trail and even fixed the barbecue before the official hike day on February 17. What more can an organizer do?

He did a lot more: he guided us along a meandering trail that passed by an amazing collection of artefacts, took us over artistic bridges and led us past and through pieces of art and sculpture that were so surprising, they were could well have been from another planet.



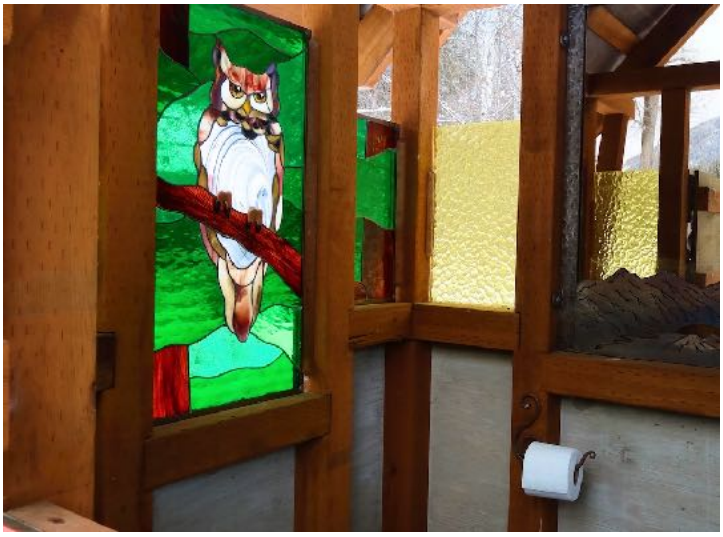


We gawked and gaped and gasped and finally, after two hours of ups and downs, we arrived at the lunch destination: a cabin (unlike any cabin we'd ever seen) where we spread out our "decadent" participatory lunch on the big deck while Leon fired up the repaired barbecue.





But it wasn't just the cabin that amazed; there was the enormous workshop with its hidden treasure of whimsical art and –best of all – the outhouse.



Yes, the outhouse: painted fire-engine red with a Dutch door and windows of exquisite stained glass art and – get this – a carved mirror in the back.

"Why a mirror?" one snowshoer asked.

"So you can fix your hair and do your makeup," another suggested.

Well, sure – that seemed as good an explanation as any.

After lunch we continued our tour past the prettiest beach in the Slocan and paid our respects to a black bear so realistic that it had to be moved from the riverbank because too many people on the rail trail across the way panicked thinking it was a real black bear.





We crossed our third pretty bridge of the day and finally headed home.

We agreed – it was a treat and an experience that could not be duplicated anywhere.



We were: Goody Niosi, Bert and Sue Port, Helen and Rick Foulger, Rick and Donna Laird, Emmy, Rob and Anouk Vuik, Stephan and Jakub Chobotar, Page Wasson and Rob Moote, Marilyn Miller and Eric Marks, Dawn and Tim Powell, Marilyn and Greg Lawrence, Shelley Birston, Sandra England, Brenda Haley, Tina Baldwin, Kim Charlesworth, Linda Hunter, Gayle Buchner, Margaret Stegman, Leon Arishenkoff.

White Queen

by Goody Niosi

P'nina Shames organized her annual snowshoe trip up White Queen on February 20. It may have been my ninth trip up this season but knowing it was Pnina's trek made all the difference. This was going to be fun!

A dozen of us showed up, put on our snowshoes and began the trek. The weather gave us a bit of everything: a few flurries, patches of blue sky, hazy sun and even some good warm sunshine just when we needed it most - during our lunch break.

The trip up was as uneventful as a fairly strenuous uphill grind can be. But here's the thing about all the trails at Whitewater: they're so beautiful you don't





mind the distance, elevation or how darn many times you do them.



We arrived at the top for obligatory summit photos at about noon but decided on lunch in a more protected location. And why go back down the same way when you have options? And so we zipped down the gully leading toward the Beatties in fresh untracked snow. Shrieks and spills and slides and huge fun!

We eventually arrived in a sunny sheltered spot where we had lunch and where Rick dug an avi pit and did a compression test - a nice bit of education for a good number of us.

At this point we began breaking trail, heading in the general direction of the valley between the Beatties and White Queen. When we came across a skin track rounding the flank of White Queen to take as back to our up-track, we had a decision to make: continue breaking trail to the valley or take the easy route on a well-travelled track?



At this point the majority decision was predictable: go for easy!

And we did just that, taking advantage of fresh snow as much as possible to zip back down. Bum slides and face plants were pretty much inevitable. But hey! No one complained!

In other words, it was a fabulous day!



We were: P'nina Shames, Sheila Sinkie, Goody Niosi, Rick Mazzocchi,

Randine Arnesen, Gail Curry, Cecelia Hobson, Cameron Carter, Nikita Panousis, Barb and John Livingston, Richard Epton.

We were delighted to welcome Barb and John on their first KMC snowshoe trip. Happy retirement, eh?

AST1 on Snowshoes

By Goody Niosi

Clearly the demand for avalanche knowledge and awareness runs high in KMC. Fifteen people showed up for the weekend of February 23-24 for an intensive session with Summit Mountain Guides.



AST1 was geared to give us a broad overview of avalanche terrain and potential dangers – and also to give us the skills necessary to rescue our companions.



Day one took place mainly in the classroom where Douglas Noblet skilfully gave us the background we would need to practice out in the field later that day and the next day.



We absorbed a lot of information, including sizes and types of avalanches and the tell-tale signs that we would have to be able to read to keep us safe. It was a lot to absorb and yes, some of us felt like our brains were being crammed. Happily, we were also given an Avalanches Skills Training Handbook – whew. We were also given an Avaluator, a small card to carry into the backcountry that would give us instant access to the information we would need to make sound decisions about terrain. This was my favourite tool of the course.





Like sponges, we absorbed the material and then headed out to practice transceiver, probe and digging skills. Some of us did much better with the transceiver than others, meaning, one or two or possibly more of us wandered around in circles for a while before getting the hang of it. And I'm not mentioning names, of course. (me?)



Putting our probes together was also a learning experience – some of us ended up duelling. (me??)



Learning the proper digging technique was a class favourite – how to warm up quickly when it's getting cold outside.

The next day we gathered at Whitewater. Having watched a lot of videos of avalanche territory the day before, seeing it in real life was a treat. However, we quickly discovered there are not a whole lot of black and whites in making assessments. The two words of the day were "It depends."

In fact, this turned out to be the right answer just about every time we were faced with a question. We tromped through a variety of territory and scenarios, thrilled to be out in the sunshine and getting some real hands-on experience.

The last exercise of the day involved burying back packs, locating them and digging them out. This started off as a straightforward exercise until our instructors messed with us by leaving their transceivers on send. We did clue in after crashing into them a few times. Was that nice? (well, maybe not nice but an excellent lesson in remembering to switch all transceivers on to receive mode.).

We wrapped up at the end of the day feeling stuffed with new knowledge and grateful for the time and expertise offered by Summit Mountain Guides.

Anyone travelling in the backcountry would get a ton of value from this course.

Selous Ridge and Evening Ridge

By Goody Niosi

Sometimes, the day just isn't right. That was certainly the case on Monday March 11. Eight people signed up for the trip at Whitewater to Selous and Evening Ridges. One by one they dropped like flies until P'nina Shames was the only one left standing.



For one mad moment it occurred to me that I should cancel the trip. Saner thoughts prevailed. Why call it off when two of us wanted to go?

And so we went. Thanks to Abby Wilson and her father, Scott Wilson, I had only recently discovered the route to Selous Ridge. And if you've snowshoed at Whitewater often enough and gone up White Queen 10 times already in one season and if you've done the Beatties and Evening Ridge (a number of times), discovering a new route is exciting at the very least.



And so P'nina and I set off under dull, grey skies but in warmer temperatures than we'd had for weeks. Happily the cloud cover was high and our views were uninterrupted.



We shoed through Hummingbird Pass and took the long, sweeping route up to Selous Pass and beyond to the top of the ridge where we had the best possible views of Ymir Basin. We then backtracked to the saddle and began our climb up Evening Ridge, coming out just before the last false summit. From there we headed straight up the ridge to the top only having to break trail the last 15 minutes or so.

No matter how often I come up here, the beauty never fails to leave me gobsmacked.



From the top we had views in all directions, including the sloping ridge that leads up to the Whale's Back.



Our return trip was easy and fun. We plunged through fresh powder (snowshoe telemarking) until we arrived at the saddle between the upper part of Evening Ridge and the lower hump. From there we headed straight down the south side to the car park, making the entire trip a perfect circuit.

There may only have been two of us, but it was a mighty fine club trip anyway.

Lost Lake

March 9

On Saturday March 9, a group of 4 skied most of the way in to Lost Lake, at the eastern end of the Bonnington Range. (Lost Lake is nowhere near Lost Mountain, Lost Creek, or Lost Ledge. No wonder people get lost!)

The purpose of this trip was a reconnaissance, to see if it's feasible to ski into the lake for a weekend trip if there is a hut in the future, and to see what the skiing is like in the area. Lost Lake has been proposed as a site for a new KMC hut, which presumably could be reached in a day from the Copper Mountain hut, following the ridge between Empire Pk and Commonwealth Mtn.

The approach we followed makes use of a fairly new logging road which climbs the ridge north of Barrett Creek, and then follows the ridge east of the unnamed creek (another Lost Creek?) draining Lost Lake. There is an old mining road that follows this creek to the lake,

but it has become overgrown with alder, so we assumed that it's no longer practical as a ski route.

About 2.5 km up the Barrett Creek road, it forks - the narrower left fork continues up Barrett Creek, and the wider right fork switchbacks up the ridge to the north. We followed it to about 1380 m elevation, and then headed north, following some large meadows and small bluffs to near the ridgetop at 1680 m. The route then follows the nearly flat ridge north for about 1 km through fairly dense forest, intersecting the old mine road on the Barrett Creek - Hall Creek divide. Here we were surprised to see fresh snowmobile tracks. From here we followed the road along the divide to about 1800 m, on the ridge 1 km east of Lost Lake. We could see a crowd of snowmobiles happily demolishing all the good ski slopes south and east of Lost Lake. On the ridge to the north, between about 1800 and 2000 m, it looks like there are good ski slopes. Below 1800 m there are lots of semi-open slopes too, but they are a bit gentle for good skiing.

We turned back at this point as we were running out of time, and the light was getting bad and snow was starting to fall. Not wanting to ski down snowmobile tracks on a steep, narrow, overgrown, mining road, we followed our route back along the flat ridge, and then had quite a nice ski run (despite a thin breakable crust) through the meadows back to the logging road. At the bottom of the switchbacks we hit the snowmobile highway on the Barrett Creek road - although the snow was fairly soft and skiable, the moguls made for a bumpy ride back to the parking lot. Here we met a large group of snowmobilers drinking beer at their trucks - they told us that the alder on the road had been covered by enough snow to make the road passable to snowmobiles.

Some directions in case anyone wants to use this route:

Follow the switchbacks on the logging road through recent clearcuts to 1380 m, grid reference E 480350, N 5464950, just past where the road crosses a large gully. Climb through meadows to 1680 m, E 480100, N 5466100. Follow the flat, forested ridge north-north-west to meet the old mining road at 1690 m, E 479750, N 5467200. It also looks possible to reach this point from a route south from recent logging in Hall Creek, up Keno Creek. From here it's 2 km west through open forest and meadows to Lost Lake.

We were: Frank Fodor, Jamie and Heidi Joseph, and Peter Jordan.

Pictures from a Mt. Beattie trip January 5th

Chris Cowan







2019 KMC Kokanee Ski Week report



It has been a low snow year for Kokanee (257cm Feb 16), but a fabulous ski week for the KMC .The previous few days to our arrival storms came through depositing over 50cm of powder. This stayed in perfect condition for our week because of consistent low temperatures around -20C at night and -10C by day. Slow moving cloud, and only weak sun occasionally, helped the snow stay in pristine condition awaiting our arrival each morning.



Early in the week Beaujolais and the trees above the old Slocan Chief Cabin were safe favourites. By Tuesday and Wednesday, Grizzly trees and Smugglers Bowl had great tracks laid down their sparkling faces. Smugglers bowl was much more accessible than normal because the storms had come in from the north so the usual cornices up on the ridge line towards The Pyramid did not develop. The uptrack was also much easier to put in because the wind scouring on the



steeper pitches was minimal.By Thursday a group skiing off the Tanal ridge line down to Tanal Lake declared their runs the best they ever had here. If there were any downsides they were the occasional flat light, and the rolling clouds curtailing trips to John Carter, Giegerich, and the glacier.



For six members it was their first visit to the cabin for winter touring. A variety of enthusiastic comments were expressed: -spaciousness of the cabin far beyond what I expected, - drying room is big and well laid out, -superb snow conditions, -food a sensation, -flexible ski companions who share their knowledge. Some highlighted a few deficiencies, -a hot tub would be great, -I am bringing a mattress next time, -Oh Hell competition is not up to snuff!.



One of the six, Peter Tchir, has a long history with this area, but until this trip all his winter visits were to the Old Slocan Chief Cabin for 3 day weekends. His touring started in 1967 in the Rockies and the Coast Range. His gear was real seal skins with buckle attachments and a skin tail that looped over and was screwed into the top of the ski. On a 1972 traverse in the Coast Range from the Squamish Glacier and to the Lillooet River north of Pemberton, the snow ran out long before the planned exit on a forestry road. He admitted to "...taking off the bindings and littering the forest north of Lillooet with my skis... to ease the walk out." His first stay at the Chief was in 1985 and he swears they summited John Carter that year.



Great meals continue to be a highlight of the week. Sometimes they were produced under difficult conditions. The "low snow winter" means very low electric power generation by the generator in Keen Creek. Consequently we had blackouts and no water at the taps when too many kitchen appliances were in use. We learned to adapt as the output amperage dropped an amp or two each day.

We all thank Llewellyn Matthews for stepping up as trip leader and coordinating a memorable week.



Our group was Llewellyn, Peter Jordan, Birgit Chart, Mike and Jessica Kew, Tom Braumandl, Jocelyn Martin, Nigel Tuffrey, Heidi and Jamie Joseph, Kurt Young, Andrea Vowell, Peter Tchir, Jeff Ross and Terry Huxter

An Adventurers and Sometimes Peakbaggers Notes on Spain's Mediterranean Coast 2018

Winter hiking adventures amongst the karst landscapes of France's Mediterranean coastal mountains has been a big part our past 40 years together when visiting relatives in France. Contrary to the classical "sun, sea and sand" images that the word Mediterranean conjures, these lands are surprisingly hilly. One is almost never out of sight of the mountains, even on the islands.

We had often wondered if the relatively nearby Spanish Mediterranean Coast (SMC refers to the "Spanish Mediterranean Coast) would offer similar winter hiking. We reckoned that it was sun, sea and sand but southern Spain's Sierra Nevada's 3476m ski resort captured our curiosity. Our research surprised us with several nice " finds" including the fact that 40% of Spain's SMC lands are above 600m in elevation and that several 2000m massifs exist along the coast. Additionally these "sierras" were formed by the same tectonic forces which created the Alps and pre Alps of the south of France. And, the Sierra Nevada mountains, only 60km from the coast, has 9 peaks of over 3000 meters! These mountains being predominantly limestone karst landscapes also had the traditional Mediterranean garrigue which we greatly enjoy trekking through, particularly the aromatic thyme and rosemary. Finally, and most importantly, temperature charts showed annual 12-24 C in the winter months with oranges and lemons ripening in the orchards!



Photo looking east onto the Sierra Nevada Ski Resort on the slopes of Pico del Veleta, 3396m. Granada is just down the road.

Plan B: The Mediterranean Basin is the cradle of western civilization and, if there is no hiking, we could try our hand at being typical tourists therein satisfying our curiosity about the Spanish people, thier culture and the Iberian Peninsula's history of Muslim-Christian relations. After all, the 82 million tourists who visited Spain last year must of been there to see something. Major sights along the SMC include many names that you are probably familiar with including Montserrat, Barcelona, Tarragona, Pensacola, Valencia, Alacant, Cartegena, Almeria, La Mer de Plastico, the Tabernas Desert of spaghetti western fame, Granada, Malaga, Gibraltar, Cadiz, Seville and Cordoba. Morroco is just 20km across the straight as well. So in early November, after being caught in an unusually early appearance of heavy rain and flooding in southern France, we headed further south.

The research proved true and we quickly found great winter hiking trails within an wonderful landscape:

Karst relief transitioned from beaches and cliffy coastlines to rugged mountains of up to 2000m. As for the vegetation, expecting a drought environment we found it surprisingly diverse and abundant. The coastal scrub vegetation was interspersed with compact micro climatic wetter areas highlighted by a lush vegetation including exotic species of European fan palms, prickly pears, prickly juniper, cysts, arias and pitas. This immediate coastal " natural" vegetation was found most often alongside crops of oranges, lemons, olives and avocados. Further from the coast, deciduous forests of common broom and chestnut trees were common. On the northern slopes and cliff sides there is horseshoe vetch, lianas, honeysuckle, sarsaparilla and flowering ash. Then pyrenean, holm and cork oaks followed by, in the higher wetter regions, reforested/ cultivated aleppo pine forests. On the highest ground conifers were more adapted to mountain conditions.







We also found that most every drive to trailhead often has several beautiful sites, castles, watchtowers, bastions, lookout points, monasteries and perched/ hillside villages and towns en route which are very worthy of a peruse. The history and culture of the area ranges from Paleolithic and Bronze Age remains, Iberian and Roman settlement, centuries of Arab settlement, followed by “Christian reconquest”, medieval history and a 15th and 16th century Renaissance. The Spanish Cival War also has its “remnants".



*It should be noted that the traditional coastal crops grown for centuries on the previously unirrigated land such as grapevines, olives, carob, figs, almonds and wheat have mostly yielded to the more economically viable ones particularly oranges, avocados and greenhouse winter vegetables and fruits. Part and partial to this was the Odium plague in 1847 and finally the Phylloxera Vistatrix catastrophe (grapevine blight) which decimated a robust and growing wine making and exporting economy in the mid 19th century. Since that time, thousands of the "harder to work" farmland terraces were abandoned beginning their decay. "La Mer de Plastico" is the prime example of economically viable agriculture with its ever increasing 400+ sq mi of vegetable greenhouses. This is the most plastic covered area in the world. These greenhouses, most often starting at water or town's edge cover any and all relatively flat space available. They also work thier way up mountainsides where entrepreneurs quarry part of the hillside for making concrete while at the same time creating flat spots for greenhouses. An efficient industry overall but unbelievably fraught with controversy for several reasons.

*Natural scrub" vegetation? Its probably safe to say that no-one really knows for sure what the natural vegetation of the SMC was or is. What does exist, is a lot of garrigue/maquis most likely the indirect result of centuries of human induced activities such as forest fires, iron working, charcoal making, livestock (cows, sheep, goats and horses) raising and the cultivation of olives, vines and grain. *Climate change may have also played a role. Maquis, dense scrublands, is associated with acidy soils (sclerophyllous) of closely spaced broadleaf evergreen, hard, thick, leathery and usually small shrubs. Small evergreen trees and pine. Garrigue enjoys Alkaline soils and is of medium height generally occurring on calcareous substrates.* Lime tolerant aromatic flowering plants such as Rosemary, thyme and lavender are very frequent in the “garrigue” putting on a brief but spectacular display in the spring.

The large “natural” forests of Europe began disappearing during the Bronze Age as the population grew. During the Middle Ages, deforestation significantly increased as iron became more valuable than gold. Ironworks, favoured with all types of privileges, in terms of a country’s military weapons, cathedral and castle building and overall development

and population growth. Iron production required a lot of firewood, later in the form of charcoal, which burned more evenly and at a higher temperature than regular firewood. 15th century water powered sawmills made deforestation even more efficient. Blast furnaces are considered to be the most important innovation in the history of the iron industry. These deforested area, especially at the higher elevations became pasturages for the domesticated animals and thier centuries of foraging affected the vegetation. It must be noted that the decline of animal husbandry in the SMC is resulting in a "transformance" or actual loss of these pastures. With sheep and goats no longer grazing upon them, a modified type of scrub is taking over.

Weather: Short term visitors tend to rave about the attractive features of the Mediterranean climate as "one continuous summer," "an ever-blue sky," or "everlasting sun." But those who spend considerable time near the Mediterranean know that these descriptions are not really accurate. The "Continental Mediterranean climate" is best characterized as " moderate" with a comparatively small range of summer and winter temperatures. The summers are mild to very hot- depending on distance from water, elevation and latitude- and dry with drought. Winters are capriciously moist with sudden torrential downpours, heavy dew, fog and bouts of high winds (Mistral and Sirocco). Freezing and snow is rare in the winter.

Where to Hike: We picked most of our hikes off road maps and on the internet. Many of the trails are based on ancient routes which are still often marked on maps. We particularly looked for high elevation points/ mountains as well as sections of the GR (Grand Randonee are international footpaths of more than 50km with standardized red and white markings) and PR (Regional trails marked with yellow and white that can be done in 1 or 2 days). In particular the GR7 goes north to south along the coast, and several others including the GR 10 (Atlantic to Med) link the inland to the coast. We did find that once you have a fairly close "name" of the trail you want to hike - in Spanish that is- that Google translate will get you to a site that usually has GPS points, maps and a reasonable description. There are also many personal web pages with good itineraries as well. The problem is usually finding the correct Spanish name and spelling of where you want to go.The majority of our hikes often ended up being 3-5 hours long and about 8 to14 km. This usually gave us adequate time to visit sites along the way, both to and fro. Even with the shorter winter days. In many instances, some hiking in Europe involves walking on paved "local"roads, mountain pasture access roads or on forest service/cell tower maintenance roads.

We occasionally tried to confirm our trail information with local tourist offices which very often worked, but not always. The mountain town/village tourist offices and the Natural Parc offices did however do a very good job with available maps a lot of the time. These offices are normally open from 10-2 and 4 to 6. Some are closed on the weekends.The paths are obvious and well kept. Besides directional signs located at junctions -with distances and often times- there is usually an excellent signboard map at the trailhead including a hike " review". English language "hiking books" are unfortunately few and far between. They can however be occasionally found in bookstores, on the internet and ordered. Most all are written by the "Brits" as other English speakers haven't really discovered the SMC as a winter hiking destination, yet.

Accommodation: Winter hiking tourism is in its infancy on the SMC, but it is expected to pick up substantially as baby boomer demographics complimented by an active lifestyle increasingly support the trend. We very quickly learnt that the SMC- waterfront and backcountry- is being bought up by non Spanish Europeans and not only for the "summer" entertainment. "Snowbirds" are coming to the Mediterranean coast of Spain and the Spaniards are working diligently to develop that economy. Hiking trails, especially in its "Natural Park" protected lands is one of the areas that they have greatly improved. The summer tourist accomodation infrastructure of Spain's coast has an overwhelming supply of accomodation that Europeans and others could never hope to fill in the winter. Many small, medium and very large hotel and apartment complexes are completely shut down during the winter months. We honestly cannot imagine what it would be like here in the summer when apparently most of Spain and much of Northern Europe is here! It is too hot to hike here in the summer.

We should note that we stayed 1 week in each of 5 different prearranged locations close to, or on the coast. Our preference for longer term accommodation with kitchen facilities had us doing it the way we did. A kitchen and their grocery stores yields some great

results, even if the end result is not Spanish cuisine. On reflection it probably would have been better to “wing it” and stay 2-4 days in many "not pre-arranged" locations about 20km further inland. The overall trip would have been less driving and more relaxing. And we couldn’t swim in the cold sea anyways. As noted before we found that accommodation was everywhere, all types and all prices.

Camping: Many campgrounds were open. Tents however were few and far apart. We did come across numerous self contained “ camping cars” (motor homes) driven by primarily by Brits, German and Dutch snowbirds. This was a very significant change over the past few years when they were few and far between. From what we saw this type of tourism is expected to grow significantly. Towing trailers however was not too common as thier maneuverability , especially through the villages and towns is a big problem. WalMart type “self contained parking lot” camping in Spain went to extraordinary lengths and with seemingly no problems. Often in very nice places. Summer of course would be a different matter. We did not notice if renting camping cars was common. But there were some. Many trailheads were camping car “attainable".

Transportation: For traveling we had our own car and that was great as we did cover a lot of miles and many trailheads were “ out of the way”. Unless you are doing a long distance pilgrimage, a car to cover the territory is the way to go. Driving here is not too difficult at all even in the big cities such as Barcelona. So what if you accidentally take the "buses/taxis only" route down one of the most scenic streets the city has to offer. It was greatly worth it and sometimes the signs are confusing! We have also noticed that the Europeans, including the Spanish, have been very successful in lowering thier speed so as to reduce auto fatalities (approx. 300 in Frances first six months of reduced speeds), auto emissions and petrol consumption. The driving now aligns more closely to our driving. But do remember that the streets and roads are fairly narrow and congestion is an everyday occurrence. The pedestrian has recently gained significant authority as crosswalks now function as they they do here. Speedbumps seem to have become a large part of the driving experience. The road system infrastructure, including the smaller local roads are superb. We found the freeways are still a pleasant 130kmh. The bus service is also pretty good especially between the small mountain villages. How the provider can afford to do that we do not know. How they can have such nice paved mountain roads also stymied us.

Internet: We found that not all accommodation has internet but usually a nearby bar/cafe can do. In bigger towns and cities, MacDonalds and Burger King -and the occasional large grocery store- were a great place. Tourist Info offices normally did not have internet that they were willing to let you use. Libraries are not as “accommodating” as ours.

Language: A big concern for this trip at its outset was that we don’t speak Spanish. English and French would have to do. During our travels we did run across some very helpful English speaking Spaniards, as well as Brits, English speaking Dutchman, Germans and the occasional Frenchman. We also found that many younger Spanish were able to speak English and enjoyed doing so. A surprising number told us they learnt it while on Netflix! Even though Spanish has Latin roots we found it hard to interpret as what we heard seemed to bear no similarity to what we could read. We confirmed this as we watched the 1962 western -Sergeants 3- with Frank, Dean and Sammt Davis Jr. speaking Spanish with Spanish subtitles. The subtitles looked vaguely familiar. All in all we did okay with the language problem and it wasn’t a problem using mainly English. Several times the Spaniard would use a translation on the cellphone so that we could read what was being said. Summing up, as the non English speaking mountaineer we met on the top of the Sierra Bernia told us, “pas problemo."

We must note that the Mediterranean coastal regions are under increasingly tremendous pressure from humans. They are by far the #1 tourist destination in the world and as a result, much of the natural coastline has disappeared under concrete. Its anticipated that by 2030 the Mediterranean lands will be host to some 500 million tourists annually. Spain has a good share of that due to its spectacular large beaches and warm sunshine.

And finally, the hiking:

These hiking route “notes” are arranged as per our north to south journey. Most are associated with a “ Natural Park”.We passed through the 4 coastal regions of Mediterranean Spain, Catalunya, Valencia, Murcia and Andalusia. We have included the nearest road number. We ventured inland approximately no more

than 50km except for the northern slope of the Sierra Nevada which was approx 90km inland.

Pic de Sant Jeroni, 1236m, 12km loop, (approx. 650m el.gn.) Sierra de Montserrat Natural Park. 53 km NW of Barcelona.

Two years ago we had come across the Montserrat of Caribbean fame and wondered what the resemblance was to the place it was named after in Spain. From far off the Monserrat massif's multitude of striking pink craggy rock formations reaching for the sky captures your attention Montserrat" literally means “saw” and the “molded"rock spires of the massif are composed of a pink sedimentary "pebbly” type conglomerate. Christopher Columbus named the Caribbean Montserrat after the Virgin of Montserrat (La Moreneta/ Mother of God) in 1493. Apparently one of the Hermits from Montserrat -Bernal Boil- was on Columbus’s voyage which may have something to do with this.

The Montserrat Monestary, and the trailhead parking, is located halfway up the mountainside 6km from Monistrol. The monastary was begun in the 11th century and has grown into a very large complex highlighted by its Renaissance Basillica. Pic de Sant Jeroni is the massif’s high point and unlike most of the other summits in the park does not require climbing skills.The massif's Cavall Bernat (1111m) is a rock feature popular with rock climbers.

There is pay parking before the monastery. Near Monistrol there is a cable car to the monastery’s lower funicular or you can also hike up to the monastery from near the cable car station as well). The well marked trailhead is located by the upper Santa Cova funicular station and begins as the “way of the rosary”. This is a paved lane that goes to and past the Santa Cova Chapel to the upper funicular station. At the immediate left hand side of the funicular building is the marked trail for St Jeroni, heading approx. NW. We were unable to continue the trek at this point due to very thick fog. The rest of the trip itinerary is from the hike brochure provided at the Monestary visitor centre.* Before the trail reaches Sant Jeroni’s Hermitage, take note of a signposted trail on the right which heads back down to the monastery. This is the return route on the way back from the peak. At the summit an orientation table allows you to identify-on a clear day- Barcelona and the surrounding mountains from the Pyrenees, to the sea and Majorca. Return via the same route or take the previously noted trail left down to Place dels Ocells, through Pas dels Francescos ("Passage of the French" probably named so due to Napoleon having his artillery high on the south slope on the Monserrat) and then further down to the monastery.

Pic de Caro 1442m. Parc Natural dels Ports. 800m el.gn., 12km, 5 hrs. Located west of Tortosa (C12).

The Parc Natural dels Ports was a surprising discovery as it offered many steep cliffs, deep valleys, limestone/ dolomite karst landforms, several prominent summits and a good system of hiking trails (including the GR7 which runs the length of the Parc). Monte Caro is the highest summit in the Spanish province of Tarragona. The Natural Park visitor and administration centre is in nearby Roquettes (Tortosa) which you pass through enroute to the trailhead. Three km past the visitor centre is a junction signposted left for “Caro”. The approach road becomes an impressive upward winding cliff hanger into the hamlet of Esquirol (el Mascar). Here you pick up the red and white GR markings along the road. There is trailhead parking a few hundred meters after the Refuge du Caro where the GR signs indicate a left turn off the paved lane where there is a parking lot. Follow the GR to the pass. From the pass, leave the GR by turning sharp left and follow the obvious path, marked red, to the plain above. From here, you see the summit towers. There are several minor ups and downs through relatively open forest and scrub, and eventually you arrive at the summit “complex". Thier is a large interpretation site amidst the communication towers. And yes you could have driven up the service road located at the entrance of Esquirol. The views were great in all directions including the Erbe (Ebro) River delta. Return via the same route.

Tortosa is an ancient town worthy of a visit, particularly with its 10th century Arabian “Castlell de la Suda.” Also from Tortusa, is the highly recommended very scenic C12 road inland along the Erbe River and then on up to Prat de Comte. This area is mostly uninhabited except for some small villages. At Prat de Comte follow the A231 seaward through the ccntinueing mountainous landscape past the castle and church towns of Horta de Sant Joan, Valderrobres and the vibrant well preserved walled town of Morella with its medieval castle and impressive aqueduct). Better yet, stay in one of these towns as a base. To do

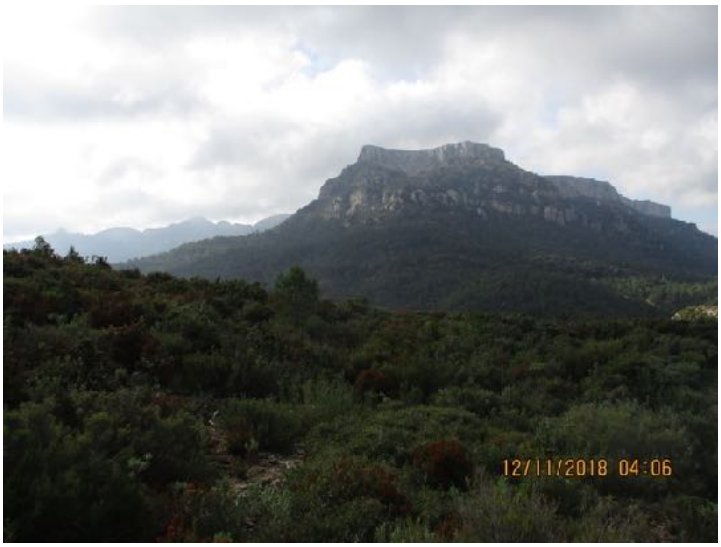
but didn't: La Mola, Teix el Tossal, Tossal d'Engrillo and Les fonts del Montsagre. La Foradada (Serra de Montsia).





La Mola de Colldejou: El Cim, 922m. 9km loop, 500m el.gn. 3hrs. The trail begins in Colldejou (T322) west of Reus.

Located amidst the Serra de l'Argenterra and the Serra de Llaberia, the Mola de Colldejou offers a grand viewpoint over much of the province of Tarragona. The trail begins in the parking of the small hillside village of Coldejou and utilizes the GR7 and GR 7.3 for much of the hike. The GR route goes to the Coll Roig. From here it is a very steep trail out of the forest during which you junction with the GR 7.3. The GR 7.3 takes you through the soon treeless rocky slopes from where you quickly work your way up to the large pasture plateau summit. The plateau is highlighted by the ruins of the Chateau de la Mola, a large defence tower built during the Carlist Wars in the 1800s, "moat" included. The Mola de Colldejou offers a grand viewpoint over much of the province of Tarragona. During this outing we soon however become encased within a fog bank that totally obliterated our descent trail. From the summit follow the GR markings south down to the Coll del Guix from where you hit the lane and GR 7. Follow the GR 7 eastward into Colldejou. A highlight of the fog encasement was coming across a mushroom hunter on his way up to the summit. The road to the trailhead in Colldejou is very scenic and one must stop to visit the Ermitage "Mare de Des de la Roca". To do but didn't: La Miranda (919m)



Pic de Penyagolosa, Penyagalosa Natural Parc. 1814M 3hrs ret. 450m el. gn.

The Penyagalosa Massif (Natural Park) is a relatively remote location and being the second highest peak in Valencia, it offers an unobstructed grand view for many miles. The Pic de Penyagolosa, with its rough, abrupt and steep relief is essentially the last of the "foothills" being the geographical transition zone between the interior of Spain and the coast The well marked parking lot/trailhead starts just before the Santuari de Sant Joan Hermitage. This is also the Natural Park's Visitor Centre. Noteworthy that the GR7 and GR33 meet at the Hermitage. The trail, initially parraleling a forest fire road, is well marked red and then green. The lower trail passes through the lushly forested Ravin de la Pegunta. Once the red trail reaches the road, the green "route to the peak" is at the right. We actually hiked up alongside 4 local search and rescue/fireman practicing thier legs, lungs and heart to the summit, as well as orientation for the fire season. Cold, near freezing winds met us at the summit. We, unlike our 4 unfortunate "escorts", were well dressed for it. The search and rescuers's parting words, due to the slippery rocks we encountered on the way up, were, "be careful Canada". There is a refuge and campground at the Hermitage.





The directions to the Penyagalosa Natural Park is well marked from the hilltop village of Vistabella del Maestrazgo. The drive to Vistabella del Maestrazgo (CV170) is very pretty with several other noteworthy villages that you pass through including All d'Alba, Atzeneta del Maestrat, the remains of a Arabian fortress at Ares Del Maestrat, the well preserved 13th century Benassal, and a Roman Arch near Cabanas. To do but didn't: Cerro Calderon (Alto de las Barracas)

Pico el Bartolo, 729m. Desert De les Palms Parc Natural, approx. 7km ret. In Benicassim (N340)

This little gem of an area, the 18 km long "Desert" massif, was another pleasant surprise close to the coast where we were staying. The trail -and the steep winding access road- travel through a fairly lush and impressionable grey slate and red cretaceous rock landscape highlighted by two parallel ridges (the Desert de les Palms and the adjacent slightly lower and very jagged, primarily slate, Serra de les Santes). The "palms" name is due to the abundance of the Europe's only endemic palm leaf. Views along much of the path and from the "towered" summit include the enchanting ruins of the ancient monetary and Castil de Montornes far below, and the sea, including the Columbretes Islands.

From the Benicassim autovia exit take the signposted " Desert de le Palms Parc Natural" road to the 9km mark where there is parking and trail signs. Across the road is a monastery and a few hundred meters away a scenic restaurant. From the parking lot follow the yellow and white marked path/occasional lane to the summit. Return via the same trail. Noteworthy is that the Prime Meridean crosses the park. To do, but didn't: there are several other easy hiking trails over and about this lush and rocky Parc that would have been enjoyable.

Cim de Campanilles, 572m. Park Natural de la Serra d'Irta. 13km ret. In Alcossebre (N340)

This trail starts off at the hillside Ermita Sta. Lucia. After visiting the hermitage, follow the trail signage (yellow & white) up and along the scrub and pine covered ridges. This 3 "hill" trail (Alt de la Both 446m, Coll de la Palma 527m) parallels the coast overlooking the sea, with cliffs, coves and cornices, much of the way to the summit. Besides the coastal side lands being fairly unspoilt there is a marine reserve area at the foot of the mountain protecting the reef. Visible along much of the route is the impressive Templar Castell de Xivert. From the Torre Ebri (tower) one can see its strategic importance as both the seaside cliff hanging fortress of Peniscola and Aroposa del Mar's hilltop fortresses are in sight. You have to stand on top of the cement cairn for this view as the tower is sealed off. The town of Peniscola is the site of a well preserved 14th century Templar Castle built on the ruins of an Arab citadel.. It was the residence of Pope Benedicto XIII. From the auto via exit for Alcossebre follow the signs to the park's Ermita Sta. Llucia I Sant Benet. To do but didn't: This trail would have been nice to do in its entirety as a day hike from Alcossebre to Pensacola therein using a shuttle to return to to our vehicle. One could also day cycle the coastal route of the park between Alcossebre to Peniscola and back.

Pico de la Rapita, 1106m, 7km ret. approx 500m el.gn. Parc Natural de la Serra d'Espadan. Near Onda.

A very easy but steephike in a lush forested and steep ridged mountain landscape (also a geographic transition "foothill range") , The trail is well marked with PR markings. On the second summit en route, besides offering some great views, there are some

interesting destroyed fortifications. Several beehives are about as well as numerous ruins below. The trailhead parking is at the col.

The drive to the Collado del Never de Espadan (CV215) from the Arabian fortress city of Onda is very scenic. The town of Onda has several antiquites to see as does the road to the col. This includes several towns with thier prized fountains. Bottled mineral water is a small industry here.The road on the other side of the col to Segorbe has more Moorish castle ruins and villages to visit as well. Cork trees have been in existence here for centuries The GR 36 runs the length of the park.To do but didn't: At the Rapita trailhead there is also an access path in the opposite direction for Pico Espadan (1103M) and Pico Pinar (1101m).

Pico de la Rapita, 1106m, 7km ret. approx 500m el.gn. Parc Natural de la Serra d'Espadan. Near Onda.

A very easy but steephike in a lush forested and steep ridged mountain landscape (also a geographic transition "foothill range") , The trail is well marked with PR markings. On the second summit en route, besides offering some great views, there are some interesting destroyed fortifications. Several beehives are about as well as numerous ruins below. The trailhead parking is at the col.

The drive to the Collado del Never de Espadan (CV215) from the Arabian fortress city of Onda is very scenic. The town of Onda has several antiquites to see as does the road to the col. This includes several towns with thier prized fountains. Bottled mineral water is a small industry here.The road on the other side of the col to Segorbe has more Moorish castle ruins and villages to visit as well. Cork trees have been in existence here for centuries The GR 36 runs the length of the park.To do but didn't: At the Rapita trailhead there is also an access path in the opposite direction for Pico Espadan (1103M) and Pico Pinar (1101m).

Cima de Montgo, 752m, Parc Natural Del Montgo, Adjacent to Denia (Valencia), 2 different trailheads.

Montog is an impressive karstic rocky massif highlighted by large calcareous walls rising off and paralleling the coastline. It has a lush vegetation on its top and seaside slopes. The massif is surrounded by ancient terraces, olive trees and bountiful orange orchards. The trail offered continual far off views land and sea.

1)Campo de Tiro: Cima- Southeastern approach to the summit: 8km ret, 600 m. Miles of sea to see while you are hiking amidst the karstic geology and fairly lush micro vegetation of de Montgo. It is the short and steep rout to the summit but the rest stops are all a scenic treat. The trailhead is located at a large parking area at the shooting range (camp de tir) located south of Denia on the CV7361. Follow the well positioned #6 Ruta markings and directional signs to the summit. A local favorite.

2)Camino Colonia: Northeastern approach to the summit. 11km ret. 650m el. gn. The trailhead is located at the Hermitage del Pare Pare in southwest Denia. The route is well marked with Ruta 5 Cima Montgo. This is a fun route that has the possibility of extending the ridge section on a faint cairned path. The trail starts out as an ancient cobblestone mountainside road that traverses the mountains northern slope. The "Cima" Ruta 5 leaves the road becoming a cliffside trail which heads up to the ridge/plateau high above.





Follow the meandering main trail across a gradually ascending plateau to the junction where a trail goes left to the “cross” (which offers a total view of the city of Denia). Ignore this junction and continue on the main trail to the summit. From the summit one can often see the Island of Ibiza. Also visible not too far off are the Sierra Bernia and the Puig Campana. There are 2 possibilities for the return route, the same way or follow the faint ridge trail north east to the “cross.” This is on a straight forward ridge along a trodden and often cairned route. BUT, much of it is on sharp, fairly pointed and relatively "dangerous if you stumble” karst. Once at the cross follow the marked path down to the main trail and continue to the parking lot. Once off the ridge there will be another junction indicating “Cova de Aigua”. This good initially cliffside path returns to the road below and includes a small out and back detour to a limestone Cova= spring.

Pic de Puig Campana (1406m) 1km from Finestrat (N332/CV758) 18km, 1068m el.gn.

“Bell Hiil” as the name translates was a “fun" hike with some good el gn and distance. The trail encircles the double peaked mountain in a clockwise direction and is mostly above the treeline offering exception views onto the adjacent karstic formed mountains. The space between the peaks has a pronounced notch known as El Portell. The large trailhead parking at La Font de Moli is well marked from the centre of town.The gradual continually climbing trail is well marked "Col Pouet” with directional signs and PR yellow and white markings. Its approx 5km to the Col and another 200m to a junction for the trail leading up to the Puig Campana summit.The summit trail zig zags steeply to a pass at El Portell. Here you junction with “The Vertical Mile”. From here the trail traverses the south face of the mountain arriving at the summit .

The summit view over the coastline and interior mountains is great. Being on a peninsula and so high up you actually see the sea on 3 sides. . The coast here has numerous rocky outcroppings, including the Penyal d’Ifac, the Serra Gelada Natural Park coastal massif and the Cima de Montgo. One particular sight to see from the summit is the high rise skyline of Beniderm which seems eerily out of place. .From the summit return to the junction near Col Pouet and continue, direction Le Font de Moll, approx 7km clockwise on the trail, which now offers a continual view of the coastline. The hike was particularly fun and pleasant due to the fact that were accompanied along the route by a very enthusiastic and animated English speaking snowbirding Dutchman named Jan whom we met in the parking lot. He, like another flatlander we know, made us hustle the entire way. Great hike! Spectacular views!!! The “Puig Compagna Verticle Kilometer” is a World Cup runners race using the south approach to the mountain. 1000m in 3km. After the hike continue the scenic road up inland further into the scenic trail dotted mountains and visit the clifftop Moorish castle in Guadelest.





Penon de Ifach (332m) Parc Natural del Penon de Ifach. Calpe (N332), 5km ret. 300m el.g.

The 332m rock monolith called the Penon de Ifach stands imposingly on the waterfront side of the ancient fishing town of the now very modern highrised Calpe. Besides Piniscola and Gibralter, it is probably the most recognizable feature on the coast. The trail starts in Calpe which sits on a peninsular stretch of sand leading to the monolith. Follow signs to the city centre during which signs to Parc Natural del Ifach will appear. The

trailhead parking is well marked and after the visitor centre (a former fish factory) there is only one trail to follow. It starts out as a meticulously constructed stone walkway. You immediately pass above some 4th century Roman ruins. The trail then works its way higher above the water and you pass through a 50 m long tunnel carved out of the limestone. Upon emerging from the tunnel the trail becomes a rough, slippery and very Karst rocky route, hugging the cliffside. Views onto the Mediterranean blue sea far below and numerous seagulls resting amidst the cliffside vegetation offer a respite from the fancy footwork needed to negotiate the path. There is only one junction on the trail. The trail to the right climbs to the summit . The other trail goes to a viewpoint at at the slightly lower seaward face of the monolith. The summit views are grand. On can see far along the rcoastline which is interspersed with towns, cities, rocky cliffs and beaches.The view inland is numerous mountains, the lower slopes of which are covered with more villages and towns. Return via the same route.



Alt de Govern-a, 438m. Parc Natural de la Sierra Gelada. 11km one way (approx 380 m el. gn.) with an easy return on the local bus line. At L'Albir.

A relatively straightforward hike to the summit and then a gradual walk down a lane to Benidorm.The Sierra Gelada is characterized by its 400meter cliffs (Penasdel Albir) rising straight off the sea, an abundant lush vegetation, several islets and a protected sea area at cliff's base. Parking is at the well marked Parc Natural de la Sierra Gelada parking lot near the waterfront of L'Albir's (N 332) town centre. From the Parc visitor centre booth, follow the well marked dirt trail, with both directional signs and yellow and white markings to the summit towers at cliffs edge. The 2km cliffside walk from L'Albir to the Faro d'Albir is also not a part of this route. From the summit there is a cell tower service road that goes to Benidorm which is the route that most people use.

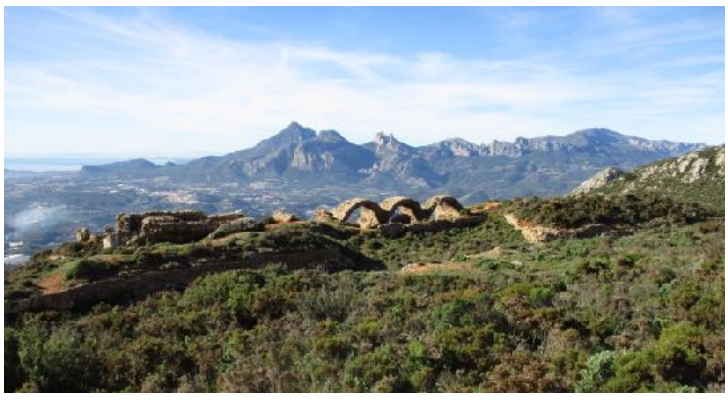
To do but didn't: There is a "cliffside" route that follows the crest of the seaside ridge to Benidorm. Note: The service road does not end at the southern end lighthouse of the massifs viewpoint Punta de Cavall. But it does take you down to the bus stop at the northern end pf Benidorm's waterfront. Bus 10 From L'Albir to Benidorm and back. $1.50 Euro. Bus runs every approx. 30 minutes. This route is very common with tourists.

Cime de Bernia 1126m,15km loop, 600m el.gn.

The Sierra de Bernia is a rugged mountain massif running 11km perpendicular to the coast. This was a grand scenic route mostly above the treeline, with some good scrambling up to and along the rocky crest. As this peak is also on a peninsula you actually see the sae on three sides. There are 3 trailheads and we used the northern one starting at EsBancal Llarg (CV749) a few miles west of the small hamlet of Pinos, west of Benissa. The trailhead is well marked as are the directional signs for "Serra de Bernia". The Serra de Bernia" trail encircles the mountain on the well trodden PR-CV 7 in a clockwise direction. The trail begins with with views over the rugged valleys, mountains and the villages to the west. At the Coll de l'Orenga you then gain an superb view of the coastline. A few hundred meters later and you are amidst the ruins of the Fort de Bernia (1562 AD) sitting high above (800m) the lands below. The fort was used as a base to dealing with the Moorish rebellions in the area. At the rear of the fort is a cairn marking the primarily "straight up" scree scramble to the western end of the mountain top. Leave the main trail encircling the mountain and follow the Red markings for the entire off trail route. Once upon the ridge crest it is a short walk eastward to the unobstructed 360 degree summit view. The coast line and its modern day vestiges, particularly Benidorm, are easily visible. The Cime de Montgo, the Penon de Ifach, the Pic de Puig Campana, the Alt del Governdor, and several other mountains -which we didn't have time to hike-are nearby. On a fairly clear day it is easy to see the Island of Ibiza to the east. The wild Ibex and domesticated goats may also be visible.

The information we had did not document the traverse we were doing. We asked the non English speaking Barcelonan “mountaineer” whom we followed from a distance to the summit if it was OK to continue the traverse or return the same way. When he confirmed the location of our car parking he said gestured that it is cliffy, but “pas Problemo” for us. He also indicated that by using this route we will be able to use the "El Forat" - a natural tunnel enlarged for easier passage- which we had read about- that goes though the Forat needle to the other side. From the summit we followed the obvious ridge crest up and down the well trodden trodden (and occasionally cairned) route eastward, using the red markings. Large exposed cliffs were on both sides. After passing several other people heading in the opposite direction we eventually came to a steep vegetated cliffside dropping far below. It was easy following the red dots down the obvious chute to the col below from which in another few hundred meters we regained the PR-CV 7. Continue along the path eastward to the natural tunnel, a natural 50m long tunnel trough to the mountains north side. From here follow the trail along the Bernia’s north face, past the Font de Bernia and back to the parking lot. This turned out to be one of our nicest hikes, pas problemo.







Sierra Nevada National and Natural Park and Les Alpujaras,

With the uncertainty of the obvious snow on the summits, this became a Rece combining a visit to Granada and then on up to Spain’s southernmost ski resort in the nearby Sierra Nevada. On the particular weekend we visited, two people slid to thier deaths due to ice on the trails. The Moors called this range Sulayr which translates to "Mountain of the Sun”. The Sierra Nevada is an 80 km long broad “massif” formed at the same time as the Alps and the Atlas Mountains. Central to the massif is a ridge running west-east. 15 peaks over 3000m with Mulhacen being the highest at 3482m. The Sulayr trail, GR240 is a 270 km trail around the massif at an average alt of 1800m. This trail is hikeable for most of the year. It is noted that a “ridge walk” called the Los Tres Miles -the Integrated Sierra Nevada- would be possible along most of the crest of the Sierra Nevada. Mulhacen is also part of the route. There is also the Ruta Cicloturista TransNevada mountain bike trail which encircles the massif. One should be aware that the time of snow conditions for the Integrated Sierra Nevada route would be similar to our winter’s 6000ft peaks.



The Alpujaras (Moorish interpretation is "Sierra of pastures") is the region of traditional mountain villages clinging to the southern slopes of the Sierra Nevada. Its spring watered terraced farmlands are a stark contrast to the arid foothills surrounding the massif. These villages were the last strongholds of the Moors who eventually converted to Christianity in 1492. In the past century many anti Franco military officers hid for decades in these mountains before finally surrendering. Trevelez is its highest town at 4840m and besides being a great hiking base, Trevelez has been, for centuries, famous for its smoked mountain hams.

The "classic" hikes in the Sierra Nevada besides the traverses are noted as: Trevenque (16km & gravel and sand terrain), Trevelez-Siete Lagunas (18km & 1400m), Vereda de la Estrella Loop (23km & 1000m), Sulayr Capiliera-Trevelez (19km & 900m). A hike up to the top of the distinctive sloping Pico Valetta (3396m) from the ski hill resort of Hoya de la Mora is would be a worthy destination even though it is THE ski resort of the Sierra Nevada. We did get a chance to recce it from not too far off. Hoya de la Mora can also be used as a trailhead for climbing Mulhacen (The south side trailhead is in Hoya del Portillo on the other side of the mountain). In case you would like to know, Valetta and Mulhacen can be done in one day. The access road for Hoya de la Mora starts in Grenada.

Pic de Chulla, 2612m, Sierra Nevada National Park, 8km ret. 590m el. gn.

A great short steep ridge walk in open meadows all the way up to a summit. Chulla is at the northeastern end of the Sierra Nevada massif. It gives a good idea of what a north south traverse of the Sierra Nevada would be like. The trailhead is located at the highway pass (A337) Puerto de la Ragua. This pass is located between Bayarcal (an Alpujaras village located on the Southern slopes) and La Calahorra on the northern slopes. La Calhorra is also the site of a beautiful fairy tale like Renaissance castle. The path to the summit is very well signed. The trail ascends eastward up the small hill (Morroncillo de la Fuente Fria) behind the large refuge and the turns southward along the open ridge to the summit. Just below the summit is the stone Refuge-bivouac of the Chullo. The views are in almost all directions including the far off sea. To the west the easily hikeable Moron Sanjuanero (2609m), Moron del Mediodia (2754) and the Alto de San Juan (2786m) of the Sierra Nevada massif Unfortunately these peaks hide the view onto the highest peaks of the Sierra Nevada. Enjoy sitting on the large cairn at the top and return on the same route.





Sendero Trevelez- Siete Lagunas (16km ret. 1400m el.g.) "Trail of the Seven Lakes".

A wonderfully scenic and steep hike starting from the southern slope, Sierra Nevada town of Travelez . It is signed with yellow/white PR markings. You leave from the top of the charming "tourist" town and walk the trail used by the shepards and cattlemen. Initially parraleling and overlooking the Rio Trevelez valley, the trail eventually works its way SW to the Refuge La Campinuela. At the refuge you are in the alpine pastures surrounded by wonderful views and cows with thier bells. We were stopped here by a young Swede who encountered significant ice where the trail should be. He was unable to make the lakes without crampons. The Seven Lakes are located just beneath Mulhacon with the Cuerdo del Resuello (3361m) on the west and the Penon de Globo (3279) on the east. The highest

tarn, Laguna Altera is just under 3100m. We returned via the same trail.



Cerro Pozuelo, 1262m, Fuente Del Lentisco, (appox. 450m el. gn. 8km loop) Parc Natural de la Sierra de Gador.

This hike begins in the pretty hillside Almerian village of Felix (A 391), high above the seaside resort city of Roquetas de Mar. Felix is wonderfully set in the rural hills overlooking the sea. The “mer de plastico” is far below. The trail, begins behind the church where a large map and direction sign point the way. Follow the well marked signposts for the entire hike. The trail works its way NE around the Cerro Pozuelo’s southern slope. Numerous abandoned terraces literally paint the hillside. Th trail reaches a highpoint where you come upon a dirt lane. Turn left/north in a few hundred meters. You past a few quaint “villas” and thier olive and almond trees. The landscape ivegetation is scrub. From this lane you can bushwhack about 500yards the to summit of Cerro Pozuelo. It is hard going through the low lying prickly scrub but also impossible to get lost on this plain.. Return back

The views atop the cement cairn are great. You wonder about the drive on the dirt lane the people up here do regularly. We headed north off the summit through the brush and down the hillside into an olive tree orchard and onto to the road where we caught the trail markings. The trail/lane turns south and you leaves the lane. The trail once again overlooks the sea back down to the village slightly higher than where you left it. Walk down through the pedestrian streets heading for the church steeple.





Los Lavaderos. 1052m. 13 km, 670 el. gn. Parc Narural de la Sierra de Gador.

This hike wanders through the mountainside antiquities of mining history in the Berja area. This area was first mined for its lead by the Cartaginians and Romans. The trailhead parking is well indicated The Berja tourism society provides an excellent map of the system of trails they maintain in the Castle Mines.. Signs from Berja indicate the community recreation area and trailhead in the Parque Periurbde Castelano A large permanent map is also at the trailhead parking. The trail signs were very good. The parking is at the upper end of the park road where there is a large map showing the trail system and indicating the various trailheads a few meters away. The Los Lavaderos is indicated as PR-A-337. The trail as described was a counterclockwise direction. The PR yellow and white markings and signs at junctions take you along the entire 13 km route.

The trail climbs through the forested hillside offering occasional views onto the biggest peaks of the Sierra Nevada. You pass several smaller mine workings and then arrive at an old mine road which you follow as is switchback further up the mountainside. At the chimney there is a good viewpoint of the mine working and the Sierra Nevada. From here it is downhill through the mining buildings, service garages, lime

kilns and tailings piles. After passing a guardians house, goats, dogs and other, the trail leaves the road and works its way down the mountain to the trailhead.

The Rock Of Gibraltar (412m) approx. 6km, approx 350m el.gn.

This turned out to be a great hike with its curious melding of scenery, nature and historic remnants. There are numerous routes to explore the Rock and to note them for you would be near impossible as we forgot which way we did go. All over works fine. We started out with an early morning car drive around Gibralter. This included a drive through "downtown", a visit to the southernmost 1841 lighthouse, Europa Point, the 1462 mosque/ chapel near the lighthouse, a drive along the Rock's eastern cliffside and then on through the Dudley Ward Tunnel.



Many people park on the Spanish side of the border and walk into town (30min) or take a bus, Most visitors start at the cable car for an orientation then meander thier way downhill. . With the low season and an early Sunday morning we had the streets pretty much to ourselves and found ample parking in the lots. White lines on the parking spot means no pay.

It should be noted that immediately after entering Gibralter from Spain, the main-and only road- crosses the airport at its middle. There are street lights and the railway type crossing arms that block the car and pedestrian road if a plane or jet is landing. We unfortunately never had the opportunity to experience this unusual part of the Gibraltar lifestyle.

We started our day from the cable car parking lot. The route went south through the botanical garden and up a short distance of narrow paved lane to the Jews Gate. We should note that the western face of the Rock is criss crossed by narrow paved service lanes that connect many of th sights.. Here we paid the 5 Euro fee to "walk the park" , particularly The Mediterranean Steps, the fee also allows access to a few more sights along the route primarily O'Hara's Battery, The Skywalk, the Apes Den, the Military Heritage Centre and the City Under Siege (1779-83) Tunnels. From the ticket booth, one begins the grunt to the top on the Mediterranean Steps- around the Rock's southeast cliff face. At the top the views are great with the highlight being Morrocan Africa and its Atlas Mountains. Our day was slightly foggy and we were only able to discern the mountain shapes across the strait. At the summit there is O'Hara's Battery complete with its cannon capable of shooting a 200kg shell 39 km. Further north along the "military vestige" ridge (lane) are the Douglas Lookout with its glass floor, the site of the Shepard and 500 Spanish soldiers successful clifface climb but unsuccessful attack on the garrison, and the Cable Car Upper Terminal, restaurant and souvenir shop. And, the Barbary macaques! Of which we saw about 30 closeby.

From the summit we descended on the Charles V Wall Steps, then used various lanes, paths and some very "interesting" and unique residential sidewalks.down to our car.

El Monte Huma 1191m, 14 km, 500m el.gn. And the "Arab Staircase"

El Monte Huma is a large limestone mountain overlooking the striking Natural Gorge Desfiladero de los Gitanes of Caminito del Rey fame. Yes, the Caminito del Ray, which we didn't do!. To get to the trailhead parking from Ardales (A357) you drive MA-5403 from the centre of town using markings for Caminto del Ray (whose southern terminus is located in El Chorro). This secondary road takes you into the small hamlet of El Chorro. El Chorro is located at the downstream end of the Natural Gorge Desfiladero de los Gitanes . GR7 & GR249 and a PR.

The Natural Gorge Desfiladero de los Gitanes is the gorge over which the Caminito del Rey has its suspended hiking trail. The Caminito del Ray, a 6km one way walk. The trail limits the number of persons on the trail each day. The northern trailhead, a trailhead parking area, a nice bar/restauramnt, hotel and information place where you also buy the tickets- starting at 8am- is located approx. 2 km south of Pantano del Chorro. Pantano del Chorro is another very

small hamlet, with a beautiful hotel/restaurant located almost on dam. The charge is 10E. If you have left your car at El Mirador the hike then requires a convenient shuttle bus that picks up people near the train station to get back to the starting trailhead at El Mirador.

For the El Monte Huma: In El Chorro, drive to and past the railway station, and Garganta Hotel, and continue up the step paved lane for about 4 km where there is a sign indicating Mount Huma and pointing left up a dirt road. We left our car here and walked approx. 3km on the dirt road up to the main parking area which was being used as a campground-with great views-by various international rock climbers. There are good descriptions of the route up to the summit and a loop trail around to the Arab Staircase. The route to the summit climbs its way up from olive trees and shepp/goat pastures using the Tagus of Arrejanado-a narrow oblique ledge- to arrive at sw edge of the 1000m long by 300m plateau summit. “summit”. The actual summit, though fairly flat has a slightly higher east west ridge along its northern edge. The top of the mountain is strewn with low lying but occasionally very sharp knifelike karstic limestone. The views are very diverse ranging from the far off sea to coastal mountains south and north including the Sirrea Nevada. To the south there is a partial view of the gorge and across the river is a large reservoir “quarried" out out the mountaintop.The other three slopes have views blending from rocky cliffside into rolling mountainous but cultivated agricultural land . The Guadalhorce-Guadalteba reservoirs are also visible below.

The Arab Staircase is perhaps 100 years old and bears no connection to a Muslim existence in the area. The 400 stairs are however a unique work of construction allowing an easy shortcut thouroughfare along a cliff fault in the Escalera Arabe (whose crags are recognized by warmth seeking winter climbers for its number of lower to mid grade range single pitch climbs). Climbers use the staris for access to climb this cliffface. Hikers use the stair for access to Monte Huma if they start from a trailhead at the El Chorro translation.

Pico del Cielo, 1508m. 15km. Near Nerja. (+ 6 hrs if you cannot drive the dirt road past the Nerja Caves) 1200m el.gn. Natural Park of the Sierras de Tejeda, Almijara and Alhama.



A large seaside massif with numerous peaks, ridges and deep valleys amongst magnificent vegetation.

Much of the trail has views far along the Costa del Sol and onto several of the other dramatic and enticing summits of the Tejada and other far off mountains including the Sierra Nevada. The trailhead is easy to find as you enter the charming seaside town of Nerja - the mountain looms above the town-and follow the numerous signs indicating the Caves of Nerja. At the entrance gate there is a forest road on the left with a sign indicating the Pinarillo Recreational Area and the mountain hike. Follow the road, by car or foot, 3km to a junction where there a trail sign indicating the summit lane/trail on the right branch. Park here as there is a gate 200m up the lane. Follow the lane which eventually becomes a trail (with its wooden posts marker arrows) all the way to the summit. On the last scree section onto the summit follow the blue and green paint marks. One of our favourites, though steep.



To do but didnt do : El Lucero (Raspon de los Moriscos) 1782m. Sierra de Almijara. Pico la Maroma 2068m. Mijas/La Bola Pic (Fuengirola)

La Concha, 1215m. Sierra de Ojen,

The “ steep grouved "shell” high above beaches and hotels was a fitting hike on our last day at the coast. A 3km ridge walk paralleling the closeby sea. The trailhead is above the beautiful hillside town of Ogen.

The north trailhead is reached from the A7 and exiting for Ojen onto A355. Drive 4km past Ojen and as you are on a pass another few km then turning left onto MA 469 at the well marked Refugoi de Juanar road. Drive a hundred meters past the refuge and park before the gate amidst the pine forest. The trail -La Concha is well marked and at first follows the lane using the GR 243 red and white markings and “Mirador” signage. After entering an olive orchard you will come to a large abandoned farmhouse. The trail sign indicates several trails including PR-A-168 La Concha. The trail takes a short right through the olive trees for about 100m where you will see the La Concha sign again. You enter a pine forest and One more jmarked junction where you turn left. This trail works its way to a col where you can see the sea. Turn right and follow the trail high above the seaside. One more junction when you reach another col that is marked by a large cairn. The trail to the right descends to Istan. Take the left trail which drops down the hillside away from the sea views. This becomes a cliffside ledge , apparently called El Salto del Lobo-that drops more before gaining another col overlooking the sea. From here it is seaside ridge all the way to La Concha. The first section after the col is actually on the south face of the largest peak along this ridge. It is not La Concha. This peak is quick and easy to walk up and affords a view onto the Sierra Nevada. Return to the main trail and work your way along the ridge to La Concha. Thier will be one more ridge top sign posted junction, also heading down to Istan which you ignore. La Concha has the best views of the Costa del Sol, several other peaks of the Sierra de las Nieves, Natural Park, Gibralter and the Rif Range in Morocco. it iis high above the Istan Reservoir.Return via the same route.

C398C401-1D07-4A4B-B792-13B5AE5AFFB8.jpeg

316CC140-6739-4EE7-BFB8-60AE5083C6BF.jpeg

5BF078E6-FD1A-49FA-BE65-06A6315D2554.jpeg







To do nearby but didn’t: Pico de los Reales, Sierra Bermeja Natural Park. Estepana.

El Torreon, Sierra de Grazalema Natural Park. 1654m. 7km ret. 780m el.gn.

This is the highest point in the province of Cadiz. The trail is very steep and zigzaggs upwards amidst shady mastic trees, oaks, firs and junipers. The unique pine “spar" trees grow on its northern slopes. The last section of the trail is through some very unusual karst formations.The trailhead is at km 40 of the Grazalema-El Bosque A-372 road. The trail from the summit, east along the ridge, does continue for another 5 km down

to the town of Grazalema. This trail is fairly well trodden and cairned but, unless you took the local bus, requires a ride back to your car at km 40. We should note that fog and then rain totally obscured our summit view. We did however meet a large, wet and cold hiking club coming down off the summit. After that several noisy mountain goats.

Los Yedrales (1479m), Simancon (1564m) and Reloj (1535m). Sierra de Grazalem natural Park. 16km, 740m el.gn.

This was our last major "adventure" in Spain and what an adventure it was! The hike is normally a nice loop trail beginning a few hundred meters above Grazalema on the A 372 at the major several trailheads parking lot. Our initial research showed well marked trail for 1km to an interpretive panel, then follow marked trail south 3.5 km to Simancon. Descend east to col between Simancon and Reloj. Then climb up 1.2km to Reloj. Etc. Our trail description started out okay but after the interpretive signs we obviously followed the wrong trail- actually the only trail we could find- which put us some distance SE of Simancon. Realizing this was the wrong direction we reoriented and simply bee lined north, up scree and scramble to what we reckoned and what our map showed as Simanco's SE shoulder. This was the beginning of a wonderful day!! It wouldd also be difficult to get lost here as the loop trail was visible from the higher elevations and our nourishment over the past few weeks, particularly tapas and big hotel breakfasts provided enough energy to accomplish pretty well anything. After climbing through a hole cut out of a barb wire fence, probably by other who had experience our disorientation, near the summit top the spectacular karst landscape was amazing in all direction. It was easy to see our way to Simancon's summit. These summits offer a panoramic view of the surrounding area including nearby El Torreon, Alcornocales natural park, Ronda, the Sierra de las Nieves,the Sierra Nevada, the strait of Gibralter, the port of… and the Rif Mountains across the Strait of Gibralter in Morocco. We were soon joined by 2 groups. After a long leisurely lunch we worked our way over to Reloj and rather than returning along the noted trail we followed its southern slope and rejoined the trail further down in the valley and down to Grazalema.

Be sure to visit the historic and picturesque city of Ronda. The building lined chasm in the centre of town and the beautiful high above 18th century ached bridge Puente Nuevo is a site made famous in Hemingways "For Whom the Bell Tolls" where countless Civil Wars prisoners were thrown to thier deaths far below. Rhonda is also the birthplace of the customs and rules associated with modern day bullfighting. It is perhaps Spain's largest Pueblo Blanco (traditional mountaintop village of whitewashed house). To do nut didn't: La Tinosa with its very rough long access road.







The strange karst topography of cracks along the limestone surface referred to as “ imestone pavement”. It is caused by the limestone coming into contact with the CO2 in the air which transforms calcium carbonate into calciun bicarbonate which readily dilutes in water . These in turn give way to “joints” . When this process occurs on vertical fault lines, shafts result. When this happens on horizontal fault lines, caves are produced.



Next Winter Adventure? Staring at the Eastern end of the Pyranees near Banyols? Looking northeast towards France.



Typical Tourists in Seville,

Happy Hiking,

Eliane & Steven

The Picos de Europa National Park including a Recce of the Atlantic Coast of Northern Spain and Portugal

Our original plan in early January - while snowbirding in southern Europe - was to seek out and hike mountains along the western end of the lower Pyrenees near the French Basque town of Saint Jean Pied de Port. However, fairly continuous rainy weather during our stay with relatives nearby had us looking further west -via live webcam- to the relatively snowless 2500 meter Picos de Europa mountains. A high northern hemisphere mountain range, relatively snowless in January? Sounds like somewhere in the southwest USA desert country.

If our eyes on the webcam deceived us and there was snow, we would follow Plan C. This would be to drive, not hike or bike, the northern Camino de Santiago de Compostela -the Camino Frances- route along Spain's Atlantic coast and see what it's all about. After all, “ camino” is an invitation to "Come and See”. And, with Portugal not too far off, we might even go for a glass of Porto as well. Maybe climb the highest peak in mainland Portugal - Torre 1993m. *Portugal’s highest peak is the relatively dormant volcano Pico (2351m) in the Azores. Lots of Castlegar people are from the Azores! We figure the islands are a To Do someday considering what we have heard for many years about them.

We had read about the Picos de Europa while researching hikes for the Mediterranean Coast of Spain. Our web searches for best hiking in Spain -and most beautiful landscapes- continually turned up the Picos. And not surprisingly, from what we soon saw, this was the first park in Spain to be designated a “national” park.



The Picos is an aberration of non-Pyrenean northern coastal Spain. They are only 20km from the coast and their altitude range of some 2500 meters has resulted in several climatic and habitat zones condensed into a very small area (650 km2). The Torre de Cerrado at 2650 meters is the park's highest peak, there are 13 other peaks over 2600 meters and numerous others over 2000 meters. One of the peaks, Naranjo de Burns, has a climber challenging 550 m vertical face. Early seafarers travelling the west coast of Europe and/or returning from the Americas used the 2500m Picos for orientation. It is generally reasoned that this is why the Picos were named for a continent rather than just the Iberian Peninsula. In the 8th century this natural east west aligned fortress of abruptly high rising rugged mountains protected many Christians who had fled north to avoid the Muslim invasion of the peninsula. The Santiago de Compostela's Camino Frances, north of the mountains, was used by Christian pilgrims so as to avoid travelling through the southern territories occupied by the Moors from the 8th century into the Middle Ages.

The Picos are the largest single limestone mass in Europe being approximately 40km wide (east-west) paralleling the sea and 20 km north-south. Ice age glaciations and considerable precipitation has resulted in a unique Karst landscape of 3 subtly different massifs clearly delineated by 4 very narrow and deep river gorges. The beauty of these gorges is enhanced by the spindly scrub vegetation clinging tightly to their steep walls. Not surprisingly, the 12km Rutas del Cares through the Garganta del Cares is the most popular hike in the Picos. The Spanish refer to this gorge as the "Divine Gorge". Two other gorges, the Desfiladero de La Beyos and the Desfiladero de La Hermida are actually now major roadbeds squeezed into their tiny bottoms . *The Desfiladero de La Hermida route has been used by Santiago de Compostela pilgrims for centuries as part of the "Liebaniego Way" therein allowing a visit to the holy site of Santo Toribio de Liebana near Potes.

We found the Picos to be very hiking friendly with a great trail system. Big billboard maps at the parking areas and directional trail signs were everywhere. The access to the sub alpine was often along the very good, and most often quite scenic 4x4 lanes used by sheep and cattle farmers. These lanes would have been great for mountain biking which we didn't bring. There are a few high altitude car friendly roads - particularly the road up to the western side of the park from La Cavadonga. There are also 2 lifts located in the northern and southern areas of the park. Teleferico Fuente De (near Potes) and the Funicular de Bulnes (near Sotres which doubles as the access up to the "no road" village of Bulnes). These lifts are strategically aligned with major trails that can be incorporated into several grand hikes as well as one way hikes back to the car, bus stops or even reasonably priced taxi trips. There are also several Refuges in the park.





As far as our hiking in the Picos de Europa in mid winter went, we ended up with a window of two very sunny and warm days to enjoy it- with barely any snow on the ground. But grand days they were. Winter however finally came to the upper Picos. This was much to the gratitude of the locals who said that thus far it was " climate change" abnormally dry. Personally we would say it's better to leave hiking in the upper Picos for up to late fall. We have included a list of researched and partially recce'd hikes in the Pote's area -eastern massif- in case you have an inclination. There were also several "classics" to do in the Sotres (north) and La Covadonga (west) areas as

well which we have not noted as there was no recce. Several topos, internet route descriptions and a couple of " English" hiking books are available of the area. There is also a modern, large, usually open and essentially Spanish speaking National Park Visitor Center near Potes.

Our 2 great hikes:

Vega de Liordes- PR-PNPE 25, 11km, 970 el.gn.

A spectacular loop hike through high alpine terrain. This hike begins at the base station of the Fuenta De teleferic. Surprisingly it does not use it. Heading west you are walking along the base of a large headwall wherein eventually you reach the upper pastures with great views on the large row of hikeable peaks south of the park. A steep trail up through the scree takes you over a high pass and into a " paramera". Spanish for a large moorland pasture basin encircled by grand peaks. The trail visits the small refuge then heads east across the paramera over another pass making for a quick descent on an ancient shepard's path to the parking far below.









Mogrovejo-Pena Oviedo, PR-PNPE 22, approx 14km, 700m el.gn.

This initially steep hike along the "Balcony of the Picos" is normally done as a one way trip from the top of the Fuenta De teleferic to the Refuge of Aliva, and then down to the enchanting stone village of Mogrovejo. But with the Fuenta De cablecar closed for the season we only did 8km (and return) of its eastern end up to the north-south pastural valley -which traverses the park- between Espinama and Sotes. This allowed us to appreciate the 10 km long -essentially impenetrable 2000 meter high- " headwall" of peaks above Espinama to Potes.







Potes area To Do But Didn't Do: Route Horcados Rojos (2506m) from the Fuenta De cable car. Pena Vieja (261m. From the Fuenta De cable car). Route Ports de Aliva to Mogrvejo (Fuenta De Cable Car), Coriscao (2234m. Near Fuenta De), Monte La Viorna (1151m), Pico Jano (1446m), Pena Prieta (2539m and Pico Robadoiro from Puerto de San Glorio). Curavacas (2524m. near Vidrieros).





Summing up, we found the views of mountains and landscape spectacular throughout the Picos weather you are looking up, down or across. Besides the mountains, the Picos is about small well maintained stone villages preserving an enchanting atmosphere of time past. Cows, sheep, goats and horses munch away in the alpine pastures and on the edge of impossibly steep cliffs. Raised granary wooden stores ("Horreos"), terracotta huts and stone stables with hay lofts dot the landscape. Despite their incredible features the Picos are overlooked. Hopefully this will allow it to stay the gem that it is. We hope to return some day.

"The Green Spain"

With our sojourn in the Picos cut short by a significant snowfall we embarked upon Plan C and continued driving westward along the Spanish coast to Santiago de Compostela. We actually were very surprised to learn that a large part of this camino is along paved roadways! This particularly frequented option of the "St James Way", Le Camino Frances, also called the Camino de la Costa, begins at Saint Jean Pied de Port. Three Caminos converge at this point. Its 800 km length averages approximately 40 days. Saint Jean Pied de Port has traditionally been an important "resting" point before the arduous crossing of the Pyrenees at the nearby Roncevaux Pass (1057m). Pied-de-Port means 'foot of the pass' in French.

To our surprise, we found the north coast of " Espagna Verde" to be vey green. In fact, "coast of Oregon" green. Lush pastures near the sea and forests of pine and eucalyptus further inland lined the route. The east west running Cordillera Cantabrica-in which we find the Picos- separates the coast from the central high Iberian Plateau. This range has a profound climatic effect with north facing slopes taking the heavy

rainfall from the Bay of Biscay therein leaving the southern rain shadow side a dry “meseta.” Sounds like our coastal mountains and the Okanogan! In retrospect, many of the villages and towns along this fairly rugged coast of few beaches, seemed to be more concerned with the business of fishing, agriculture and forestry rather than dressing up for visitors. Several of these towns, hidden along the jagged deep coves of the coast however are beautiful. It's just that you don't know they are there.





To Do, But Didn’t Do, and Probably Won’t:

The Camino a Finisterre and the O Camino Dos Faros (“The Lighthouse Way”)

Finisterre was, until the discovery of America, the "finis terrae”. It should be noted that there are other Finisterres in Normandy and Scotland. The 110 km long Camino a Finisterre is the “mystic” extension of the Santiago de Compostela pilgrimage. The church insists the Camino de Santiago ends in Compostela’s Plaza del Obradoiro but pegan pilgrimages, predating St James, continue to Finisterrea’s chapel of Santo Cristo and the lighthouse at nearby "lands end”. Here pilgrim’s undertake 3 rites: 1) “purification" by going for a swim, usually at Praia de Langosteria, 2) “death” by leaving- and/or perhaps burning a material belonging, and 3), “resurrection” by watching the sun set over the ocean. The driving rain, cold temperature and white-capped Atlantic Ocean had us passing on all 3.

If by chance the Camino a Finisterre is on your bucket list, most pilgrims recommend a camino detour which takes you north along the scenic coast to Muxia. This section is also the last leg of the O Camino Dos Faros (“The Lighthouse Way”) which is a 200km, coastal hiking route along Galicia’s indented “ Cost da Morte” (Coast of Death) linking Malpica with Finisterre. Galician hikers built the route in 2012-13 by putting together a number of ancient fisherman’s paths.

Torre, (1993m), Parque Natural da Serra da Estrela, Portugal

Incessant rain drove us south to northern Portugal and the colourful ancient hillside riverside city of Porto. This made for 3 remarkable sunny days on this trip of unexpected wetness. From Porto we followed the Douro River Valley towards Torre. Porto and the Douro valley as well as several other sites (particularly Braga and Gromales) in northern Portugal are highly recommended. The very scenic Douro Valley has a particular beauty accentuated by its miles of mountainside terraced Porto estate vineyards.



Torre is located in the National Park of Serra da Estrela which roughly translates to “Mountains of Stars”. Torre is actually a very large boulder strewn “planalto” (high plateau) highlighted by its early 19th century 7 meter

“torre”. This makes the elevation a "respectable” 2000 meters for the Portuguese. Torre is surrounded by several other significant mountains like Poios Brancos (1706m), Cantaro Raso and the Cantaro Magro (1926m). The last 2 being for expert climbers only.

Very heavy fog, apparently characteristic of this area's winter on the mountains and freezing rain kept us off Torre’s higher elevations. Although Torre is accessible by a major road (R339) we did find some hiking routes up and around the Serra da Estrela, which would probably make hiking here a worthwhile effort while touring Portugal. While visiting the 12 “aldeias historicas” (heritage villages such as Monsanto, Piodao and Manteigas) surrounding the massif we realized that several areas of the Serra de Estrella’s rugged and scenic mountainsides are actually where many of the best hiking trails are located.



Our trip to Portugal and Spain ended with a traverse of the Iberian Plateau, then the Pyranees back to St. Jean Pied de Port. We came across some 2000 meter massifs en route.

However as for the winter hiking, we will stick to the guaranteed Mediterranean lands.



Happy Trails

Eliane & Steven



Winter Trip Director, Phil Best

Another winter season is winding down with only 1 trip remaining on the 2018/2019 Winter Trip Schedule.

To date we've had 58 completed trips with 539 participants. That's up over a hundred from last seasons 432 participants. This includes 7 courses with 43 participants. Even with the expected no go trips that totalled 15, this is a great success!

The grande participant prize this year is split between repeat crown holder Leon Arishenkoff for his annual Crescent Valley Mystery Tour and the dynamic duo of Jan Osborne and Robin Sheppard for their Naughty and Nice Christmas snowshoe trip to Lepsoe Cabin, with 29 participants each.

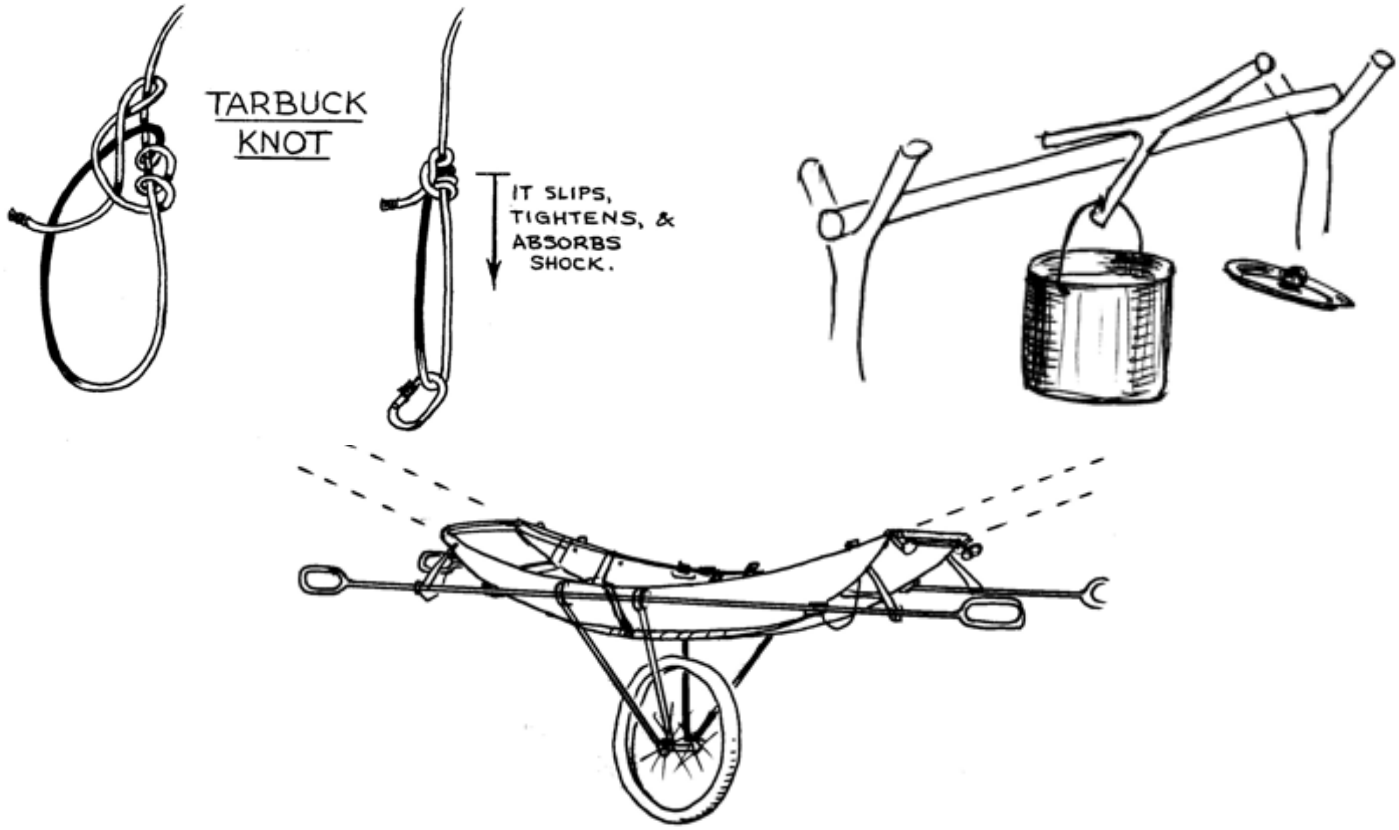
A special thank you to all of the trip leaders for making this one of the most successful KMC winters.

Vice-President, Abby Wilson

The Kootenay Mountaineering Club is getting a new website! The website budget was approved at our fall AGM, and the KMC exec has moved ahead with reviewing proposals and hiring a developer.

The new site is currently under development and will more user-friendly for visitors and club members. The goal is to create something that is easy to use, easy to maintain, visually-appealing, and really highlights all of the opportunities and activities that our club provides.

Do you have a favorite KMC picture that we can use on the new site? Add it to our Google Drive folder or email it to vp@kootenaymountaineeringclub.com.



The "Akja" or boat sled, For winter rescues, shown with wheel attachment. Two sections, aluminum, complete 24 to 30 lbs. Usable on any snow or ice, as well as below the snowline. As illustrated in the above book, and as used by MRG Vancouver.