

KAMLOOPS OUTDOOR CLUB
250 Lansdowne St., Kamloops, BC, V2C 1X7
<http://www.kamloopsoutdoorclub.ca/>

EXECUTIVE 2023-2024

| | | |
|-------------------|----------------------|----------------|
| President | Cindy Kozak-Campbell | 250-320-1523 |
| Vice President | Bev Haskins | 250-302-9282 |
| Past President | Brenda Sherwood | 250-572-1156 |
| Secretary | Ina Gory | 1-250-457-7074 |
| Treasurer | Roland Neave | 250-374-2351 |
| Program | Wesley Cole | 250-374-0142 |
| Cabin Custodians | Robert Kelly | 250-579-0193 |
| | Beth Hunter | 250-374-2696 |
| Communications | Norm Walker | 250-374-0142 |
| Mt. Morrisey | John Morris | 250-376-3009 |
| Membership | Mary Barquest | 250-374-8182 |
| Director at large | Andy Wilson | 250-374-2696 |
| | Audrey Mercer | 250-374-8383 |

Note: Midweek outings on Monday, Tuesday and Thursday are listed in the calendar each month on our website.

Program for June 2024 – September 2024

Announcements

Discounts (by showing your current KOC membership card)

- Atmosphere: 10% on regular priced merchandise in the store, excluding Arcteryx, Fitbit, Garmin, GoPro, Osprey, Yeti and Canada Goose. No discounts on sale items.
- Redwing : 10% on outdoor footwear and accessories(insoles, socks and care products)
- Runner’s Sole : 10% on regular priced items.
- True Outdoors : 15% on any regular priced clothing. Boots and other items are matched to MEC prices.
- Spoke’n Motion: 15% on soft goods (clothing)

Car-pooling –If you do carpool please be prepared to contribute your fair share in driving costs to KOC outings.
KOC Online Club Calendar and kocmail@googlegroups.com – This program may not reflect the most current information on outings as leaders may add extra activities or change activities due to weather or other circumstance. Please check the KOC Online Club Calendar by going to <https://www.kamloopsoutdoorclub.ca/> and clicking on “Club Calendar” or your email for club members updates on kocmail@googlegroups.com

ADVANCE ANNOUNCEMENTS

If you have any advanced announcements for the fall or winter such as backpacks, car camps, etc. please send them to Wes Cole (wcole255@gmail.com - 250-374-0142)

ANNOUNCEMENTS

Biking June and September

During June and September someone will be coordinating Tuesday bikes. This will be announced on the KOC e-mail list (kocmail@googlegroups.com).

Lower Level Hikes – 1* to 2**

Helen will continue to offer some lower 1* to 2** level hikes during the next program period.

Pop-Up Monday Hikes

During July & August watch for pop-up hikes (1* to 1*+) on Mondays.

NEW SCHEDULE

Saturday May 25 Mystery Hike

1*+ Contact Lori Roy 250-319-6709 or email: lorikim56@hotmail.com

Sunday May 26 Kenna Cartwright Hike

From Home Depot we will climb steeply to the tower and then down the ridge to Sunset at the far West end of the park and back.

2** Contact Bev at 1-250-302-9282 or email (haskinsbev@gmail.com)

Monday May 27 Mystery Hike

About 2-1/2 hours.

1* Contact Mary 1-587-341-8940 before 6 pm Sunday, please

Tuesday May 28 Bike From Schubert around Brocklehurst

Plan to bike around Brocklehurst. Meet 1:00 pm at Schubert south end. Let me know if you are coming.

Contact Wes 250-374-0142 or e-mail wcole255@gmail.com

Thursday May 30 Tobiano West Hills Hike

2** Contact Steve Schweigert 604-442-6710 or email shschweigert@gmail.com

Sunday June 2 Mara Mountain via Hoodoo Valley Hike

It's been a long time since we've climbed from the base of Mara Mountain through Hoodoo Valley and up to the top. We're coming back down via the road at the back. One section of the trail near the top is difficult to climb because it's been eroded due to use – I would recommend poles and good boots. 10 kms in 4 ½ to 5 hours with 600 meters (2000 feet) of elevation.

2**+ Contact Wes 250-374-0142 or email: wcole255@gmail.com

Monday June 3 McQueen lake to Isobel Lake Hike

Hike from McQueen Lake to Isobel Lake. About 3 plus hours, a 1.5 star hike, no real hills

1*+ Contact Gail (text): 250-214-1956

Thursday June 6 Greenstone Loop Hike

Approx. 11 kms 400 meters (1300 feet) of elevation, and 4 to 4 1/2 hours. I have hiked on the Greenstone Bike trails once before but I am trying a few new to me trails on this hike. From the terrain and my previous hike I believe I will be able to keep to the guidelines for the hike I've given above.

2** Contact Wes 250-374-0142 or email: wcole255@gmail.com

Sunday June 9 Trophy Meadows if road open or Moul Falls Hike

2** Contact Cindy 250-320-1523 or ckcamp@telus.net

Monday June 10 Mystery

1* Contact Sheila 250-574-0829 (text only) or email smh2250@gmail.com, before 6 pm Sunday, please.

Thursday June 13 McArthur Heights (Blind Bay area) Hike

Note: This hike was originally scheduled for June 2.

2** Contact Andy 250-374-2696 or email awilson5757@gmail.com

Saturday June 15 Elephant Hill Hike near Ashcroft

Come out and hike Elephant Hill. We are hoping the Cactus and the Bitterroot will be blooming.

2** Contact Ina 1-250-457-7074 or email mooogirl@icloud.com

Sunday June 16 Canyon Craggs Hike

2** Contact Bev at 1-250-302-9282 or email (haskinsbev@gmail.com)

Monday June 17 Mystery

1* Contact Lori Roy 250-319-6709 or email: lorikim56@hotmail.com

Sunday June 23 Mystery Hike

2** Contact Andy 250-374-2696 or email awilson5757@gmail.com

Sunday June 30 Canada Day Potluck Celebration at Hefley Cabin

(To celebrate Canada's birthday and all things potluck) Bring a dish, snack or sweet to share, your own beverages and a bathing suit and towel. Andy has also volunteered to lead a swim across Hefley Lake and back. Lunch for all will be available after 12:30. Keep fingers crossed for sunshine. We are celebrating on June 30th to allow members to enjoy July 1st activities at Riverside Park.

Andy is offering a hike up Embleton (2**) starting at the cabin parking lot at 9:30 am. Please let Andy know that you are coming.

2** Contact Andy 250-374-2696 or email awilson5757@gmail.com

Helen is offering a hike on the east side of Hefley Lake. The hike takes about 2 hours and 20 mins, 6km and 400ft. vertical. This is an attractive alternative to Mt. Embleton for those wanting an easier hike. Back to the cabin for Canada day lunch.

1/2* to 1* Contact Helen 250-372-7360 or e-mail jhp7@shaw.ca
No Host Event

Thursday July 4 Sun Peaks Hike

Catch the early white flowers. Lift tickets must be purchased (cheaper if done online ahead). In addition, you will need a \$5 mountain card if you do not already have one-the card be reused every time you go up the lift.

1* - 2** Contact Helen 250-372-7360 or e-mail jhp7@shaw.ca

Saturday July 6 Sun Peaks Hike

Hike to the Highest of Todd Mountains peaks. Lift tickets must be purchased (cheaper if done online ahead). In addition, you will need a \$5 mountain card if you do not already have one-the card be reused every time you go up the lift. There are options for swimming afterwards.

2**+ Contact Andy 250-374-2696 or email awilson5757@gmail.com

Sunday July 7 Mimi Falls near Logan Lake Hike

1.5* Contact Mary Barquest 250-374-8182 or email mbarquest@yahoo.ca

Friday July 12 to Monday July 15 Jacques and Linda Cabin Weekend near Clinton

Join Jacques and Linda for a Cabin Weekend on their property near Clinton. Possibilities are camping, paddling on Kelly Lake, hiking in the Marble Range, or just hanging out. Currently no one has volunteered for leading a hike but several KOC members plan on paddling on Kelly Lake.

?* Contact Jacques 1-778-257-5597 email jac.goutier@gmail.com

?* Contact Linda 1-250-319-8820 email lindamathieson23@gmail.com

Thursday July 18 Sun Peaks Hike

Come out and catch the alpine bloom on this local mountain hiking from the top of the chairlift. Lift tickets must be purchased (cheaper if done online ahead). In addition, you will need a \$5 mountain card if you do not already have one-the card be reused every time you go up the lift. There are options for swimming afterwards.

1* -2** Contact Helen 250-372-7360 or e-mail jhp7@shaw.ca

Saturday July 20 Wells Gray Park - Sheila Lake and Long Hill Hike

The Trophy Meadows in Wells Gray Park may be at peak bloom this weekend, based on 2023 when the flowers were best between July 15 and 20, almost 2 weeks earlier than normal. This hike goes to Sheila Lake, across the Plateau of Lakes, and up to Long Hill at the west end of Trophy Skyline. About 8 km one way and 650 metres elevation gain to the top of Long Hill. This hike will be postponed to July 21 if poor weather is forecast or cancelled the day before if the whole weekend looks poor.

2**+ Contact Roland email Roland@wellsgraytours.com

Sunday July 28 East Ridges of Trophy Mountain Hike

Come explore the alpine and subalpine tarns, meadows and ridges on the east side of the range.

2**+ - 3*** Contact Cindy 250-320-1523 or ckcamp@telus.net

Saturday August 10 and Sunday August 11 Cabin Weekend

Come and enjoy relaxing at the cabin with boating, swimming, etc.

No Host

Sunday August 11 Mystery Hike in the Heffley Area

1/2* -1* Contact Helen 250-372-7360 or e-mail jhp7@shaw.ca

Sunday August 25 Paul Lake and Gibraltar Rock Hike

2** Contact Mary Barquest 250-374-8182 or email mbarquest@yahoo.ca

Saturday September 7 Three Meadows Hike near Ashcroft

Heads up towards Barnes Lake.

2** Contact Ina 1-250-457-7074 or email: mooogirl@icloud.com

Wednesday September 11 Fall Program Meeting 7pm

Help plan the fall program.

Join Zoom Meeting

<https://us04web.zoom.us/j/77575188350?pwd=T5aTcZG72I4H0rqegk0ICnhR0nnLOT.1>

Meeting ID: 775 7518 8350

Passcode: koc123

Thursday September 12 Coquihalla Summit - Zupjok and Llama Peak and possibly Alpaca Hike

Beautiful views in the Coquihalla recreation area from this fabulous ridge walk. Llama Peak is a 16k (8h) return trip.

3*** Contact Cindy Kozak-Campbell 250-320-1523 or ckcamp@telus.net

Sunday September 15 Mystery Hike

1.5* Contact Helen 250-372-7360 or e-mail jhp7@shaw.ca

Monday September 16 to Friday September 20th Lake O'Hara Hiking

Enjoy spectacular hiking and golden larches in this beautiful alpine area. We will stay at the Lake Louise Hostel Sept 16, and have 3 days/2 nights of hiking at Lake O'Hara Sept 17, 18, 19. There are 2 tent sites, with 4 people in a tent, so must be willing to share a 4 person tent. We'll stay at an air BnB in Golden Sep 19 before returning home on Sept. 20. Wait List Only

3*** Contact Cindy 250-320-1523 or ckcamp@telus.net

Sunday September 22 Yak Peak Hike near the Coquihalla Summit Area

6.5 kms in approximately 6 hours with 800 meters (2600 feet) of elevation gain with some scrambling and a rope. Beautiful views from the top.

3*** Contact Andy 250-374-2696 or email awilson5757@gmail.com

Wednesday September 25 KOC Annual General Meeting 7pm

Come out and support the club at its annual general meeting.

An AGM package was sent out to the membership - please check your email.

Location Wells Gray Tours 250 Lansdowne Street.

Entrance to meeting room is at back of building in off the alley.

Saturday September 28 Mount Morrisey Work Party

With winter approaching it is now time to revitalize certain trails for better skiing. Please come out and contribute a few hours to help brush and clear those sections in need of work. The more people who show up the faster the job gets done and additional trail work in the fall will not be needed.

For more information Contact John 250-376-3009

Sunday September 29 Mystery Hike

2**+ Contact Wes 250-374-0142 or email: wcole255@gmail.com

Saturday, October 19, 2022: Annual Banquet: No host bar 5:30 pm and dinner at 6:30 pm.

The Banquet is at the Kamloops Curling Club, 700 Victoria St.

Happy hour is at 5:30 pm, delicious dinner at 6:30 pm. Cost is \$?? per person, which includes the tax and tip.

There are vegetarian dishes available. There is a no host cash bar.

There is free parking available next to the curling club. You can access the parking lot from Lansdowne.

OR

You can park on Seymour Street free and walk down 1 block.

Your membership cards will be available there. A KOC year in review slideshow will be presented after dinner.

The deadline for tickets for the banquet is October ???. At that point, we need to let the caterer know how many people will be attending.

The yearly club dues (\$50) are due by October 31, our year end. If you prefer, you can write one cheque for both the dues and the banquet, \$???. You may also send an e-transfer INTERAC payment to

koc@wellsgraytours.com .

If you pay your \$50 membership dues by mail, please include a stamped, self-addressed envelope, so I can mail your membership card back to you. Please note that cheques should be mailed to Attn: Kamloops Outdoor Club, 250 Lansdowne St., Kamloops, BC, V2C 1X7 or dropped off. You can also renew your membership at the Banquet.

Any questions can be directed to either Bev Haskins - haskinsbev@gmail.com or Mary Barquest - mbarquest@yahoo.ca

Sunday October 20 President's Choice Hike

Details announced at the Banquet

1* to 2** Contact Cindy 250-320-1523 or ckcamp@telus.net

Sunday October 27 Six Mile Hill

2** Contact Andy 250-374-2696 or email awilson5757@gmail.com

Monday Activity Coordinators

| | | |
|-----------|-------|-----------------|
| June | Hike | Sue |
| July | Hikes | No Coordinator* |
| August | Hikes | No Coordinator* |
| September | Hikes | Sue |

Tuesday Activity Coordinators

| | | |
|-----------|-------|-----------------|
| June | Bikes | Wes/Norm |
| July | Bikes | No Coordinator* |
| August | Bikes | No Coordinator* |
| September | Bikes | Norm |

Thursday Activity Coordinators

| | | |
|-----------|-------|-----------------|
| June | Hikes | Helen |
| July | Hikes | No Coordinator* |
| August | Hikes | No Coordinator* |
| September | Hikes | Andy |
| October | Hikes | Margaret Kinney |