

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

EXECUTIVE 2021-2022

President	Cindy Kozak-Campbell	320-1523
Vice President	TBA	
Past President	Doug Dowell	819-7575
Secretary	Ina Gory	1-250-457-7074
Treasurer	Roland Neave	374-2351
Program	Wesley Cole	374-0142
Cabin Custodians	Robert Kelly	579-0193
	Beth Hunter	374-2696
	Bev Haskins	302-9282
Communications	Norm Walker	374-0142
Mt. Morrisey	John Morris	376-3009
Membership	Mary Barquest	374-8182
Director at large	Arlene McClintock	682-4032
	Andy Wilson	374-2696

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

Program for June 2022 – September 2022

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.
- Big Boot Inn/Redwing : 10% on outdoor footwear and accessories(inoles, 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) and 10% on hard goods (skis, boots, etc.)

FRS radios – owned by the KOC - are available for trip leaders. Contact: Helen Parkyn at 372-7360.

Car-pooling – See Covid-19 Protocols below. If you do carpool please be prepared to contribute your fair share in driving costs to KOC outings.

Resumption of activities under COVID-19

COVID-19 Protocols as of June 22, 2021:

1. All KOC activities for 2021/22 will conform to provincial physical distancing guidelines at all times (i.e. 2 meters apart). Names of all activity participants will be kept for 2 weeks from the date of activity by the activity leaders.
2. Activities will be advertised on the KOC email list and website. Those wishing to participate must contact the leader by 6pm the night before the activity. Registration to be on a first come first served basis for members.
3. Activity leaders are encouraged to pick activities at non-prime times and at locations with few people at the trailhead and on the trails (hikers, walkers, dog walkers, mountain bikers, etc.). Busy single track trails should be avoided.

4. Carpooling is at the discretion of participants.
5. No sharing of food or equipment is allowed.
6. Guests are permitted on outings. In addition to signing a waiver, guests must sign a copy of the Covid-19 protocols. If demand exceeds available space, members have priority until 6 pm of the evening before the activity.
7. Leaders will do a COVID health check in with all participants. Anyone who is not well will not be able to take part in KOC events for the safety of everyone.
8. Non-compliance of safety requirements will not be accepted.

ADVANCE ANNOUNCEMENTS

Saturday, October 15, 2022: Annual Banquet: No host bar 6pm and dinner to follow.

This year it will be at Kamloops Curling Club, 700 Victoria St. Come and enjoy a fine dinner with friends and a great slide show of the past year's activities.

Cost TBA.

ANNOUNCEMENTS

Seventh Edition of Exploring Wells Gray Park by Roland Neave

The 6th edition of Roland Neave's book Exploring Wells Gray Park is sold out and he is planning to publish the 7th edition in spring 2023. This summer, Roland will be hiking some of the trails in the park and you are welcome to join him. There is no fixed schedule yet so please email him at roland@wellsgraytours.com if you are interested. If you know of any errors, changes or corrections needed please email those to him.

NEW SCHEDULE

Thursday June 2 Town and Country Hike in the Pineview/Aberdeen area

2** Contact Andy 374-2696

Saturday June 11 Mt. Baldy and Craft Beer with Crannog Ales

Remember pre-covid-19 - we are doing it again. What a combo on this trip out past Sorrento. Bring your Growlers for a refill.

2** Contact Andy 374-2696

Sunday June 12 Napier Meadows

Explore the grasslands in the Napier Lake Ranch Conservation Area - the lupine may be in bloom.

2** Contact Cindy 320-1523

Monday June 13 Isobel Lake

Loop walk including Eagle's Eyrie and part of the Low Mobility Trail that skirts Isobel Lake. Please note about 10-15 minutes of this hike involves an off-trail (cross-country) traverse. Sturdy footwear recommended (no shoes). Contact John: no phone calls before Friday, no text, reply to: jxmat@netscape.net

1* Contact John 376-3009

Thursday June 16 Elephant Hill Hike near Ashcroft

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

2** Contact Ina 1-250-457-7074

Sunday June 19 Mt Embleton Hike from the Road Entrance (aka back side)

2** Contact Bev 1-250-302-9282

Monday June 20 Mystery

1*+ Contact Margaret 1-604-783-4727 (email, phone or text)

Saturday June 25 Kamloops Hiking Club Jag Hill Hike

Gerry Hoye of the Kamloops Hiking Club is organizing a hike to celebrate Canada's 155th Birthday.

Five years ago, 87 hikers made their way onto the summit of Mara Mountain. This year the Kamloops Hiking club has chosen to meet at the top of Jag Hill at 12 noon.

The Canadian Flag, which flew over our Parliament Building, will be positioned so that everyone can have their picture taken with Kamloops in the background. Free water bottles will be provided to those who make the top.

There are various routes to the top of Jag Hill. However, the easiest route is up the bike trails and follow the ridge from the Pimple off the Criss Creek/Red Lake Road (about 2 kms) or for a harder hike you can start off the Frederick Road at the first parking lot and hike up a gully and follow the ridge (about 4 kms).

KOC members are welcome to join.

For more information contact Gerry Hoye email: gerry.hoye@gmail.com

<https://kamloopshikingclub.net/events/canada-155-years-old/>

2** No Leader

Sunday June 26 Paul Lake and Gibraltar Rock Hike

2** Contact Mary Barquest 374-8182

Monday June 27 Mara Loop

1* Contact Mary 1-587-341-8940 (email, phone or text)

Saturday July 2 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. Those wanting to hike Embleton, be at the cabin parking lot prepared to hike by 9:30 am (no leader). Lunch for all will be available after 12:30. Keep fingers crossed for sunshine. We are celebrating on July 2nd to allow members to enjoy July 1st activities at Riverside Park.

No Host Event

Thursday July 7 Sun Peaks

Catch the early white flowers. Likely Ridge and West Bowl. Lift ticket must be purchased. In addition, you will need a Mountain Card if you do not already have one - cost \$5.

2** Contact Helen 372-7360

Sunday July 10 McConnell Lake to Bushwhacker Hike

2** Contact Bev 1-250-302-9282

Sunday July 10 to Saturday July 16 Banff Day Hiking

Join Wes and Norm for day hiking out of Banff. You will need to arrange for your own accommodation. Arrival date is Sunday July 10th - meet that evening at Tunnel Mountain Campground – Trailer Court A – Site 407. Departure date is Saturday July 16th. You are welcome to join for all or part of the week. Contact Wes for more information.

Some hiking ideas:

1. Bourgeau Lake/ Harvey Pass / Mt. Bourgeau Summit - 8 hrs with 1530 meters (5000 ft) of elevation gain / 24 km round trip. Norm, his friend, and I made it to Harvey Pass last time and I could see the summit was just a walk up from there.
2. Corey and Edith Passes - 6 hours with 1000 m (3300 ft) of elevation gain / 13 km circuit length - Valley of the Gargoyles. It was closed last time due to highway construction. There are some airy bits and if we are too early it may still have snow which is difficult to get by and might mean turning around.
3. Healy Pass from Sunshine Parking Lot - 7 hours with 655 m (2150 ft) of elevation gain / 19 kms. Norm and I did this on the last hike and it was a wonderful day out with lots of wildflowers. We can also look at taking the Gondola up to Sunshine Meadows and hiking it from there. Last time we were there the Gondola wasn't running at Sunshine.
4. Floe Lake/Numa Pass - 6 1/2 hours with 960 m (3150 ft) of elevation gain - 19 kms. I always wanted to see the Rock Wall. Apparently only about the last 1/4 of the hike is really good with Floe Lake being spectacular.

2*+ - 3*** Hikes

Contact Wes 374-0142

Friday July 22 to Sunday July 24 Backpack to Sheila Lake in Wells Gray Provincial Park (and beyond)

Sheila Lake is in the Trophy Meadows. Contact Cindy for more information.

2** - 3*** Hikes

Contact Cindy 320-1523

Sunday July 24 to Saturday July 30 Jasper Day Hiking

Join Wes and Norm for day hiking out of Jasper. You will need to arrange for your own accommodation. Arrival date is Sunday July 24th - meet that evening at Whistlers Campground at site 54F. Departure date is Saturday July 30th. You are welcome to join for all or part of the week. Contact Wes for more information Contact Helen 372-7360 to waitlist for fixed roof accommodation at Jasper House Bungalows.

2** - 3*** Hikes

Contact Wes 374-0142

Saturday July 30 Trophy Mountain Meadows

The Meadows should be around peak bloom this weekend, which is a spectacle to see. This hike is planned for only the meadows including Plateau of Lakes, but if the group feels energetic, we could extend to Long Hill. If the weather looks poor for Saturday, we will postpone to Sunday or Monday as this is the August long weekend.

2** Contact Roland by email: roland@wellsgraytours.com

Wednesday August 3 Sun Peaks

Come out and catch the alpine bloom on this local mountain hiking from the top of the chairlift. Lift ticket must be purchased. In addition, you will also need a Mountain Card if you do not already have one - cost \$5.

2**

Contact Helen 372-7360

Saturday August 6 to Tuesday August 9 Cathedral Lakes

Three nights between August 6 to 9. Alpine hiking staying at the self-catering Tom's cabin. Waitlist only.

2** - 2**+ Hikes

Contact Helen 372-7360

Friday August 12 to Sunday August 14 Backpack to Spectrum Lake in Monashee Provincial Park

Contact Cindy for more information.

2** - 3*** Hikes

Contact Cindy 320-1523

Saturday August 13 and Sunday August 14 Cabin Weekend

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

No Host

Sunday August 21 to Friday 26 Vancouver Island Hiking

I am offering 4 excellent hikes in the Greater Victoria region and one "rest day" of rambling on Sidney Island, accessed by ferry from Sidney, BC.

Day 1 (Aug 22). In East Sooke Regional Park. Babbington Hill, Cabin Point, Iron Mine Bay, approx. 10 km with vehicles placed at start and finish trailheads.

Day 2 (Aug 23). In Juan de Fuca Provincial Park. Mystic Beach, approx. 6 km, but rough trail.

Day 3 (Aug 24). In Sea to Sea Regional Park, Mt. Quimper and Mt. Brule 10.5 km, 450 m vertical gain.

Day 4 (Aug 25). "Rest day" rambling on Sidney Island, particularly Sidney Spit, in Gulf Islands National Park.

Day 5 (Aug 26). In Tod Gowland Provincial Park, Jocelyn Hill starting at Caleb Pike Access, finishing at McKenzie Bight Access, approx. 12 km, with vehicles placed at both trailheads.

My time slot is Sunday, August 21 to Friday, August 26. Participants will need to arrange accommodations in Sooke, for the nights of August 21, 22 & 23 and somewhere around Central Saanich, Sidney or North Saanich, August 24, 25 & 26. A few people have already expressed a preference for motels but excellent camping is also available at Sooke River campground and Island View Beach. Participants are responsible for arranging their own accommodation.

Note: This hike is full. If you contact him, Al will put you on a wait list and let you know if someone drops out.

Happy trails, Al Michel

2** - 2**+

Contact Al Michel

Sunday August 28 East Ridges of Trophy Mountain

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

2**+ - 3***

Contact Cindy 320-1523

Sunday September 4 McArthur Heights/Balmoral in the Blind Bay Area

2**

Contact Andy 374-2696

Sunday September 11 Mystery Hike

2**

Contact Helen 372-7360

Tuesday September 13 Fall Program Meeting 7pm

Help plan the winter program.

Join Zoom Meeting

<https://us04web.zoom.us/j/73701439107?pwd=bkp2ZGFyQTRjOTU3dWJPMXRUZz09>

Meeting ID: 737 0143 9107

Passcode: koc123

Sunday September 18 Needles Peak Coquihalla Recreation Area

This is a relatively steep hike with rewarding views over the Coast Mountains and south. There is scrambling and some exposure in the top section.

3*** Contact Cindy 320-1523

Tuesday September 20 KOC Annual General Meeting 7pm

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

Saturday September 24 Three Meadows Hike near Ashcroft

Heads up towards Barnes Lake.

2** Contact Ina 1-250-457-7074

Sunday September 25 to Wednesday September 28 Larches at Mt. Assiniboine

Sept 25 for 3 nights is in height of larch seasons. This trip is now full and waitlist only.

2**-2**+ Hikes Contact Helen 372-7360

Saturday October 1 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 376-3009

Sunday October 2 Flume Trails near Bear Creek and Adams River

1* - 2** Contact Andy 374-2696

Monday Activity Coordinators

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

Tuesday Activity Coordinators

June	Bikes	Arlene
July	Bikes	No Coordinator*
August	Bikes	No Coordinator*
September	Bikes	Norm

Thursday Activity Coordinators:

June	Hikes	Andy
July	Hikes	No Coordinator*
August	Hikes	No Coordinator*
September	Hikes	Helen

*Send an email to kocmail@googlegroups.com if you would like to lead an outing during the week.