

Evergreens Seniors Outdoors Club Summer Hiking Schedule 2018 – updated June20/18

All bus trip pick-ups at 8:00 AM Rosemont; 8:15 AM Montgomery

UNLESS OTHERWISE NOTED – 4 Early Departures noted in red.

Hikes are 5 hours or less unless noted – 5.5 Hrs in blue

April 12 – Banff – Day Leader Greg McKenzie

April 19 – Banff Townsite, Day Leader Peter Kubica

BB – Banff bus station

A, B1 – Spray River Circuit, 12 km, 75 m

B2 -- Tunnel Mountain from bus depot to top of Tunnel Mountain, 7 km, 300 m

B2, C – Sundance Canyon, 6.6 km, 145 m or AFAP

C -- bus depot to Bow Falls (via the pedestrian/bike bridge) and return, 6 km, minimal elevation

April 26 – Sheep River area, Day Leader Barb Brunton

BB – Turner Valley

A , B1, B2– Down to Sheep River and Long Prairie Creek -9 km ,300 m

C – Circuit the hill, 8 km 200m (hikes 1A and 1B of volume 4)

The following scheduled bus trips are all 5 hours hiking time, unless otherwise noted.

May 3 – Drumheller and area, Day Leader Glen Campbell;

BB - Badlands Community Centre, 80 Veterans Way, Drumheller or Tyrrell Museum

A, B1: Horsethief Canyon badlands, north of Royal Tyrrell Museum on Hwy 838 (N Dinosaur Trail).

Supposed 19th century outlaw hiding place. A few set trails but no signage, AFATP. The bus will remain at the Canyon parking lot.

B2: From the Pioneer Trail Centre to the Tyrrell Museum; go for a bit of a walk around the other trails by the Museum in the afternoon. Negligible elevation change.

C: From Badlands Community Centre, pathways along Red Deer River, riverside park and return, 4 km, or continue downstream for 2 km and return to Pioneer Trail Centre, 7 km. Negligible elevation change

May 10 – Kananaskis Village area and Wasootch Peak, Day Leader Eric Leavitt

Trails in the Kananaskis Village area, Ribbon Creek, Hummingbird Lookout.

Bathroom Break will be at the Barrier Vistor Information Centre.

Weather Forecast High of about 12C with chance of showers.

Dropoffs at Wasootch Peak trailhead, Ribbon Creek and Kananaskis Village.

Pickups at Kananaskis Village, Ribbon Creek and Wasootch Peak Trailhead.

Hiking time 4.5 hours

1 - A Wasootch Peak - 13 km round trip and 900 m elevation gain, some moderate scrambling. An option is to go up to the final ridge

2 - A/B Skogan Pass (20 km 624 m) or Hummingbird Plume Lookout (13 km 780 m)

3 - B/C Cs. Drop off at Ribbon Creek Parking area. Cross over Nakiska Road. Then Hay Meadow, Troll Falls, Ruthies, Nakiska base, Hidden and Terrace to Kananaskis Village. Total is 7.2 km loop and 125 metres gain.

4 - C Hike from Kananaskis Village.

5. Hike up Ribbon Creek as far as reasonable, then come back on Kovach to the village. Eric will lead this one. Perhaps 12 km and 200 m elevation gain.

May 17 –Banff - Lake Minnewanka, 5.5 hours, Day Leader Keith Bagnall

BB - Canmore visitors Centre

A – From the Lake to Aylmer Lookout or as far as time permits PLEASE WATCH YOUR TIME!

B1 - Lake Minnewanka Trail to campsite Lm8,15.8 km,150m.

B2 - C Level Cirque, 8 km, 455m

C - Stewart Canyon, 5.4 km, minimal elevation change

May 24 – Dry Island Provincial Park, Day Leader: Bernie Nemeth

Note that this trip is weather dependent

BB Three Hills Community Centre (has to be arranged)

A- Dry Island 9 km 200 m

B1 -Buffalo Jump 7.5 km 270 m Start at parking area and visit the buffalo jump.

B2 -Hiking in the valley

C -Picnic area to Dry Island AFAP 6 km. 100 m

May 31 – Barrier Lookout; Highway 40 D-4th E-V1 Gem Trek Map #6, Day Leader: Craig Barnstable

BB – Barrie Lake Visitors Centre (check opening time)

A - Prairie View to Jewel Pass loop 15 Km 500M #7

B1 - Jewel Pass 13 Km 260 M #8

B2 – Prairie View trail to McConnell Ridge to viewpoint overlooking Barrier Lake, 8.5 km 400m

C - 1 Jewel Falls 10 Km 75M C - 2 Stony Trail AFAP 80 M #18

June 7 – Elbow Falls Area, Day Leader Keith Bagnall

BB – Bragg Creek Community Centre

A – Powder Face Ridge (south to north) 18km, 660m

B1 - Powderface Creek (from the east) AFAP

B2 - Powderface/Prairie Creek Loop, 11 km, 210m OR Elbow Valley Trail AFATP and back

C - Prairie Cr.' Lookout' / Beaver Flats / Elbow Falls – 7 km. 125 m

Optional Prairie Mountain

June 14 – Bow Valley Provincial Park D-4thE- V3-#23 Wild Flowers!!! Day Leader Cheryl Whitehead

BB Visitors Centre

A -Bow River, Kananaskis Dam to Horseshoe Canyon 8 Km return - Daffern's V3 4thE - #24; Gem Trek Map #6

B – 1/B -2 from Middle Lake parking lot to Moraine Trail, Bow River Trail, to Many Springs; then to Elk Flats and back to Middle Lake Parking Lot, 8.5 km, 75m

C - 1 -Middle Lake #23C 1 Hour Drop off, Bus stays at Middle Lake.

C- 2 Bow River and return to Visitors Centre

June 21 – Whaleback DUE TO THE TRAVEL DISTANCE, THIS TRIP WILL DEPART ROSEMONT at 7:30 and MONTGOMERY at 7:45, Day Leader Eric Leavitt

Add extra pickup at the Turner Valley library.

BB – Turner Valley Library

A - Hwy 22 North Loop,16 km, 375m

B1 - South Loop, 14km, 375m

B2 - Little Whaleback, 10km 300m

C - Little Whaleback, AFAP

June 28 – Canmore and area, Gem Map 6 D-4thE- V3-#69 Day Leader - Kiyoko Miyanishi

BB – Canmore Visitors Centre

A, B1 – Mt. Lady Macdonald 8 Km 855M #69 SIGNIFICANT ELEVATION GAIN IN SHORT DISTANCE

B -Cougar Creek Canyon AFAP D-4thE- V3-#70 (creek crossings)

C – Grassi Lakes 4 km. 245 m + option to hike down town add 3 km.

OR from Grassi Lk. Trail head: east from power plant / Quarry Lk./Canmore Cr/ Legion

July 5 – Black Prince area, Day Leader Peter Fisher

BB Mt. Kidd

A – Warspite Col 12 km 800 m. Steep hike up to Mount Warspite Col

B1 – Black Prince Cirque 10 km 625 m. Hike to Black Prince Lake in a cirque below the north face of Mt. Warspite

B2 – Warspite Cascades 7 km 275 m. Go around lake to avalanche slope, rock slide and waterfall.

C – To Warspite Lake. 5km 130 m; option to rockslide + 2 km. + 30 m

July 12 – BBQ at William Watson Lodge NOTE: Must sign up for BBQ event as well as bus,

Day Leader Erlinda Howard

A - Rawson Lake and ridge 12 km 700 m. Go to far end of lake and up ridge as time permits

B1, B2 – Rawson Lake 8 km 320 m. Go to far end of lake, time permitting

C – Upper Kan. Lake shore trail 4 km 50 m. Go as far as time permits.

C – Trails from William Watson Lodge

July 19 – Iceline / Takakkaw Falls Hiking time 5.5 hours DUE TO THE TRAVEL DISTANCE, THIS TRIP WILL DEPART ROSEMONT at 7:30 and MONTGOMERY at 7:45 Day Leader Steve Whittingham

BB – Takakkaw Falls Parking

A – Twin Falls via Whaleback ridge, 21 km, 700 m

B1 – Twin Falls, 16.4 km, 290 m

B2 – Laughing Falls, 8.4 km, 100m

C – Yoho Valley AFAP, 6 km min. elevation gain

July 26 – Wilcox Pass/ Tangle Creek DUE TO THE TRAVEL DISTANCE, THIS TRIP WILL DEPART ROSEMONT at 7:30 and MONTGOMERY at 7:45 Day Leader: Eric Leavitt

BB Lake Louise Visitor Centre

A – Nigel Pass, 12 km, 300 m

A,B1 – Wilcox Pass / Tangle Creek, 12 km, 370 m

B2 – Wilcox Pass and return, 8 km, 370 m

C – Wilcox Pass AFAP

August 2 – Bow Lake, Helen Lake, Hiking time 5.5 hours DUE TO THE TRAVEL DISTANCE, THIS TRIP WILL DEPART ROSEMONT at 7:30 and MONTGOMERY at 7:45

Day Leader Bernie Nemeth

BB Lake Louise visitor Centre

A – Helen Lake and Cirque Peak, 14 km to ridge above lake; 1043m elevation gain to peak

B1 – Helen Lake and ridge above lake, 14 km and 550 m elevation gain

B2 – Helen Lake, 12 km and 422 m elevation gain

B2/3 – Bow Glacier Falls 9.4 km 100m.

C – Bow Lake to Bow Glacier View Point 8 km 90 m. Go as far as possible along lake to stairs and up to view the falls.

August 9 -- Burstall Lakes area, D – 4thE – V1 #88

Day Leader Jane Heward

Hiking time 5.5 hours,

BB Mt. Kidd

A – Col overlooking French Glacier plus Piggy Plus 15 km 700 m

A – Burstall Pass 15 km 500 m

B1 – Piggy Plus 12.5 km 500m Great view of Robertson Glacier Valley

B2 - Robertson Flats

C – French Creek to waterfalls AFAP 6 km. 150 m. Alternate: James Walker Cr. AFAP

August 16 – Sunshine Meadows - Day Leader Greg McKenzie

NOTE: Must register for trip as well as Sunshine Bus (extra \$\$)

Sunshine Meadows - utilizing the Sunshine bus or gondola

B2/C - Loop up Rock Isle Trail then Garden Path Trail, including Grizzly, Larix and Rock Isle lakes, 8 km 150m

August 23 – Chester Lake; D – 4thE – V1 #92,

Day Leader Kiyoko Miyanishi

BB Mt. Kidd

A,B1 – Chester Lake, Elephant Rocks and beyond, 12+ km, 500 m

B2 – Chester Lake, 8.6 km, 300 m

C – Burstall Lake Loop, 5.2 km, 91 m OR Chester Lake AFATP

August 30 – Picklejar Lakes / Lineham Ridge; D – 4thE – V5 #28 & #27,

Day Leader Gary Kerr

BB Mt. Kidd

A – Lineham Ridge 14 km, 710 m to the “post”

B1 – Picklejar Lakes – all 4 lakes, 10km 450m

B2 – Picklejar Lakes – 1st or 2nd lake

C – Picklejar Lakes AFAP. There are good view points for lunch 6 km 200 m

September 6 – Stanley Glacier and Marble Canyon Canadian Rockies Trail Guide 7th Edition Gem

Trek #5, Day Leader Jennifer Sundgaard

BB – Banff Bus Station

A - Stanley Glacier Trail and beyond 10 Km 400 M elevation gain

B1, B2 - Stanley Glacier 8.4 Km 365 M 7th E #167

C - Paint Pots to Marble Canyon 6.8 Km 40 M elevation #166; Alternate Stanley Glacier AFAP

September 13 – Grizzly Col and Highwood Pass

Day Leader Eric Leavitt

BB Mt. Kidd

A – Pocatera Ridge N to S, 10.3 km, 1036 m

B1 – Grizzly Col, 8 km, 518 m

B2 – Little Highwood Pass, 14.2 km, 230 m

C – Ptarmigan Cirque, 4.5 km, 230 m

September 20 – Moraine Lake Larch Valley, Day Leader Art Johnson

BB – Lake Louise Visitor Center

A - Eiffel Lk, Wenkchemna Pass, 20 km, 700 m

B1 – Eiffel Lake, 11 km, 365 m

B2 – Larch Valley, 6 km, 400 m

C – Larch Valley AFAP

OR (from Paradise Valley parking lot)

A – Paradise Valley, Giant Steps, 20 km, 385 m

B1, B2 – Lake Annette, 11.4 km, 245 m

C – from Moraine Rd follow Fairview ski trail to Lk. Louise, 4.3 km, 70 m/Fairview Lookout from Lk. Louise, 1 km, 140m. Also alternate from Lake Louise Plain of 6 Glaciers AFAP

September 27 – Spencer Creek, Gem Map #6 D-3rdE- V1

Day Leader: Jane Fraser; D – 4thE – V3 #83

BB Mt. Kidd

Drop off at Spencer Creek, Bus to remain at Sparrowhawk parking lot

A – Spencer Creek to scree slope towards the base of Mount Lougheed or Mount Sparrowhawk 11 km, 515+ m (return via TransCanada Tr.)

B1, B2 -Spencer Creek 8km (10 km if return to bus via TransCanada Tr.) 450+ m

C – Spencer Creek to viewpoint for lunch then back via the TransCanada Trail 6.5 Km 250m

October 4 – Kananaskis Lakes, Rawson Lake, Gem Trek Map 7 Upper Lake Parking lot

Day Leader Norm Wardlaw

BB Mount Kidd

A/B1 Rawson Lake/Rawson Ridge (Sarvail Ridge) 11 km 670 m #68/68A

B1/B2 Rawson Lake 8 Km 305 M D- 4thE - V1 - #68

C - Mt Everest Exhibition Tr 3.5 Km loop 100 M

October 11 – Elbow Valley Day Leader Margaret Duddy

BB – Little Elbow Parking

A – Forgetmenot Ridge, 13.2 km, 762 m

B1 – Nihahi Ridge, 11 km, 360 m

B2 – Big Elbow Trail to Lookout, 7 km, 50 m

C – Little Elbow to former Blue Bridge or up Nihahi Creek Trail AFATP 10km 75m

October 18 – Wasootch Ridge Day Leader Hugh Powell

BB – Barrier Lk. info

A – Wasootch Ridge, 14 km, 975 m; D – 4thE – V1 #16

B1 – Wasootch Ridge AFATP

B2, C – Wasootch Creek AFATP; D – 4thE – V1 #14

October 25 – Bull Creek Hills / Grass Pass area, Day Leader Barb Brunton, D -3rdE V2#261 and D -4thE – V5 -#4 Highway 541 - Gem Trek #9

BB Turner Valley Library

A - Grass Pass to Bull Creek Hills 10.5 Km 700 M

B- C-1 Grass Pass 6.5 Km 425 M

C-2 Gunnery Creek Trail to Grass Pass Trail, return via Gunnery Creek, 7.5 km, 350m

November hikes will be added if weather permits.