

Evergreen Seniors Outdoor Club out of town schedule

2013 Summer Schedule starts April 11 after the April 4 AGM

BB - Biffy Break Location

Times are hiking time only and do not include bus travel or biffy breaks

Apr 11: Inglewood Bird Sanctuary (Murray Lees)

10 AM start

Apr 18: Cross Conservation Area - 5.0 hrs or less (Bob Perkins)

BB - at trailhead

car pool trip, 10 AM start

Main trail 9km, minimal elevation change

Apr 25: Red Deer - 5.0 hrs (Cheryl Whitehead)

BB - Sports Hall of Fame on Hwy 2

A - Hwy 2 -KWNC -return, 17 km, 100 m

B1 -Hwy 2-KWNC, 10 km, 100 m

B2 - KWNC, 5km 100 m & River trail

C - KWNC, 5km, 100 m

May 2: Prairie Mountain - 5.0 hrs (Fred Rousseau)

BB - Elbow Falls

A - Prairie Mountain Loop c/w Corri Rob, 12 km, 925m

B1 - Prairie Mountain Loop, 11 km, 700m

B2 - Prairie Creek, 10 km, 150m

C - Elbow Falls, 5km 100m

May 9: Bull Creek Hills/Grass Pass - 5.0 hrs (Kevin Meaney)

BB - Junction Creek

A - Bull Creek Hills/Fir Creek loop, 10 km, 750m
or Junction Hill, 8 km, 850 m

B1 - Bull Creek Hills AFAP, 10 km, 750m

B2 - Grass Pass plus boundary pine, 8km, 470m

C - Grass Pass, 6km 430 m

May 16: Powderface Ridge - 5.0 hrs (Marv Johnson)

BB - Elbow Falls

A - Powderface Ridge loop (south to north) 18km, 660m

B1 - Powderface Creek (from the east) AFAP

B2 - Powderface/Prairie Creek Loop, 11 km, 210m
C - Powderface/Prairie Creek Loop AFAP

May 23: Barrier Lake - 5.0 hrs (Bernice Morrison)

BB - Barrie Info Centre (check opening time)
A - Jewel Pass Loop, 15 km, 600m
B1 - Barrier Lookout, 12 km, 585m
B2 - Prairie View, 10 km 450m
C - Widowmaker or Stoney Trail, 9 km, 50m

May 30: Whaleback 7:30 start - 5.0 hrs (Dick Wilson)

BB - Chain Lakes Park
A - Hwy 22 North Loop, 16 km, 375m
B1 - South Loop, 14km, 375m
B2 - Little Whaleback, 10km 300m
C - Little Whaleback, AFAP

Jun 6: Dry Island - 5.0 hrs (Bernie Nemeth)

BB and trails to be determined by weather and the Day Leader

Jun 13: Raspberry Ridge - 5.0 hrs (Hugh Powell)

BB - Turner Valley or Longview Campgrounds
A - Raspberry Ridge Loop, 12 km, 650m
B1 - Raspberry Ridge Lookout, 10 km, 650m
B2 - Raspberry Ridge Meadows, 9 km, 300m
C - Cataract Creek, AFAP, 50m

too early

Jun 20: Plain of the Six Glaciers - 5.5 hrs (Art Johnston)

Our bus driver is reluctant to use Powderface Trail, thus this trip has been changed.

Jun 27: Little Elbow/Glasgow - 6.0 hrs (Rodger Banderk)

BB - Allan Bill Pond Parking
A - Glasgow Cirque, 17km, 900m
B1 - Glasgow Creek, 15 km, 460m
B2 - Glasgow Loop, 10 km, 120 m
C - Little Elbow, AFAP, 100m

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Jul 4: Little Arethusa/Highwood Pass - 5.0 hrs (Greg McKenzie)

BB - Mt. Kidd
A - Little Arethusa/Ptarmigan Cirque, 10 km, 576m
B1 - Little Arethusa, 8 km, 435m

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B2 - Arethusa Cirque, 4km, 150m
C - Ptarmigan Cirque, 5km, 229m

Jul 11: Annual BBQ/William Watson Lodge (Greg McKenzie)

BB - WWL

Hiking time +/- 3 hrs to be set on the bus

Rawson Lake, 7.8km, 300m

Lake Shore, AFAP, 100m

Jul 18: Old goat Glacier - 5.0 hrs (Ron Mason)

BB - Canmore Nordic Centre

A - Old Goat Glacier, 11km, 720 m

B1 - Old Goat Glacier, AFAP

B2 - Old Goat Glacier, AFAP

C - Old Goat Glacier trail to the falls, 6km, 100m

Jul 25: Healy Pass/Ramparts - 6.0 hrs (Eric Leavitt)

BB - Banff bus depot

A - Healy Pass/Ramparts Loop, 21 km, 725 m

B1 - Healy Pass return, 18.4, 655 m

B2 - Healy Creek - Meadows, 15.4 km, 400 m

C - Banff town site trails

Aug 1: Yoho/Emerald Lake 7:30 start - 6.0 hrs (Peter Kubica)

BB - Lake Louise Visitor's Centre

A - Takakkan Falls/Burgess Pass/Emerald lake, 17.3 km, 660m

B1 - Takakkan Falls/yoho Pass/Emerald Lake, 11 km, 310m

B2 - Takakkan Falls/yoho Pass/Emerald Lake, 11 km, 310m

C - Emerald Lake Circuit, 5 km, 50m

Aug 8: Helen Lake 7:30 start - 5.0 hrs (Barb Brunton)

BB - Lake Louise Visitor Centre

A - Cirque Peak, 16 km, 1100m

B1 - Dolomite Ridge, 12 km, 600m

B2 - Bow Glacier Falls, 9.2 km, 155m

C - Bow Lake AFAP

Aug 15: North Kent/James Walker Lake - 5.0 hrs (Jill Bussey)

BB - Mt Kidd

A - North Kent Ridge, 8km, 1100 m

or - James Walker Cique, 16 km, 750m

B1 - North Kent Outlier, 7 km, 630m

B2 James Walker Lake, 9 km, 260m
C - Sawmill Trails, 6 km, 150m

Aug 22: Sparrowhawk Tarns 5.0 hrs (Kiyoko Miyanishi)

BB - Canmore Nordic Centre
A - Red Ridge down and out Sparrowhawk Tarns, 9.1 km, 930m
B1 - Sparrowhawk Tarns, 10.2 km, 671m
B2 - Sparrowhawk Tarns AFAP
C - Sparrowhawk Tarns AFAP

Aug 29: Sherbrook Lake 7:30 start - 5.5 hrs (Al Millar)

BB - Lake Louise Visitor Centre
A - Paget Peak, 10 km, 1000m
or - Niles Meadows, 19km, 700m
B1 - Paget Lookout, 7.0 km, 520m
B2 - Paget Lookout or Sherbrook Lake, AFAP
C - Sherbrook Lake, 6 km, 225 m

Sep 5: Burstall Pass - 6.0 hrs (Bob Hanwell)

BB - Mt Kidd
A - Smuts - Birdwood Loop, 18km, 720m
B1 - Burstall Pass, 16 km, 450m
B2 - Burstall Flats, 250m
C - French Creek, 7km, 110m

Sep 12: Rummel Area - 5 hrs. (Jennifer Sundgaard)

BB - Mt. Kidd
A - Rummel Lk. and/or Pass (Pass 16 km 530m; Lk. 10 km 350m)
B1 - Rummel Lk. or further AFATP
B2 - Watridge Lk./Karst Springs 9 km 30m +/- or Rummel Lk.
C - Watridge Lk./Karst Springs

Sep 19: Highwood Pass - 5.5 hrs (Marv Johnson)

BB - Mt Kidd
A - Grizzly Peak/Highwood Ridge Loop, 11km, 950m
B1 - Grizzly Peak, 9.6 km, 680 m
B2 - Grizzly Col, 8km, 520 m or AFAP
C - Pocaterra Cirque, 5 km, 200m

Sep 26: Cory Pass/Johnsons Canyon - 6.0 hrs (Mary Luciuk)

BB - Banff bus depot
A - Cory/Edith Pass Loop, 13 km, 1000m

B1 - Cory/Edith Pass Loop, 13 km, 1000m
B2 - C Level Cirque, 8.5km, 500 m
C - Johsons Canyon, AFAP

Oct 3: Moraine Lake Area - 5.5 hrs (Art Johnston)

BB - Lake Louise Visitor's Centre
A - Panorama Ridge
B1 - Sentinal Pass/Paradise Valley or Eiffel Lake/Wenchemma Pass
B2 - Larch Valley or Eiffel Lake
C - Consolation Lakes

Oct 10: Evan Thomas - 5.0 hrs (Ray Bussey)

BB - Mt Kidd
A - Old Baldy Ridge, 10.6 km, 860m
B1 - Old Baldy Tarn, 8km, 660 m
B2 - Evan Thomas Creek, AFAP, 300m
C - Wedge Pond Loop, 5 km, 100m

Oct 17: Yamnuska - 5.0 hrs (Norm Wardlaw)

BB - Bow Valley Park
A - Peak Loop, 9.1 km, 950m
B1 - Chimney and return, 6.5 km, 550 m
B2 - Chimney or Bow Valley Park
C - Bow Valley Park, AFAP

Oct 24: Elbow Valley Trail - 5.0 hrs (Jan Heath)

BB - Elbow Falls
A - Elbow Falls - Station Flats return, 22 km, 300m
B1 - Elbow Falls - Station Flats, AFAP then return
B2 - Station Flats - Elbow Falls, 10.9, 300 m
C - Beaver Ponds or Prairie Creek, 5 km, 150 m

Oct 31: Indian Oils - 5.0 hrs (Gail Kirbyson)

BB - Indian Oils Trailhead
A - Green Mountain/Spaulding Point Loop, 17,2 km, 325m
B1 - Green Mountain, 13.2 km, 225m
B2 - Mt. Hoffman, 8km, 475 m
C - Dyson Falls, 9km, 150 m

Nov 7: Lady Macdonald - 5.0 hrs (Gary Kerr)

BB - Canmore Visitors Centre
A - Lady Macdonald heli pad, 8km, 900m

B1- Lady Macdonald view point, 6km, 500m

B2 - Montane Trail return, 7km, 180m

C - Montane Trail AFAP

Nov 14: Tentative date for Club first aid training

Gary Kerr is trying to organize first aid training for the Club

return
