

2005

EVERGREEN SENIORS OUTDOORS CLUB 2005 HIKING SCHEDULE

#	DATE	DESTINATION	GROUP	DISTANCE
ELEV.	GAIN	RATING	LEADER	TIME
1	Apr. 7	Confederation Park	All	
AFATP	Minimal	E	Gail	10:00am
		Annual Gen Mtg.		
All			D	
12:30pm				
2	Apr. 14	Fish Creek Park (Mallard Pt. East end of Canyon Meadows Dr. S.E.)	E	Donna 10:00am
3	Apr. 21	*NEW* W.Nose Creek (Beddington Trail & Beddington Blvd. N.E.)	E-M	Art 10:00am
Alternate		Elbow Falls area: Many choices depending on early season conditions	M	Art 8amR-8:30amS
4	Apr. 28	Inglewood Bird Sanct.	All	
AFATP	Minimal	E	Gail	10:00am
Alternate		*NEW* Big Hill Springs	All	
AFATP	150m	M	Gail	8amR-8:30amS
5	May 5	*NEW* Dry Island Pr.Pk.	All	
5k-15k	200m	M	Donna	8am <u>Rosem't only</u>
		One pickup only. Possible late return 6pm. This hike is in the Red Deer River Valley east of Innisfail		
6	May 12	*NEW* Wild Cat Hills	All	
5k-15k	200m	M	Bill L.	8amR-8:30amS
7	May 19	Yamnuska/Bow Valley		
Anne	8amR-8:30amS			
		Yam. Circuit	A	
12k	700m	C		
		Yam. Ridge	B1,B2	
10k	450m	D		
		Bow Valley Pk.	C	
5k-8k	minimal	E		
8	May 26	Pigeon Mtn. / Heart Creek		
			Rob	
8amR-8:30amS			Pigeon Mtn. Col	
A	16k	850m	C	
		Pigeon Traverse	B1,B2	
12k	450m	D		
		Heart Creek	C	
6k	100m	E		

9 Jun. 2 *NEW* Mt. Lady Mac Donald /Stone Works Canyon (near
Canmore) Jennifer 8amR-8:30amS

10k 700m L. McD. Ridge A,B1
C
6k 350m Stone Wks Canyon B2,C
M

10 Jun. 9 Jumpingpound Gail
Mtn. 8amR-8:30amS

16k 550m S+N Ridges A,B1
D
13k 411m Peak + N Ridge B2
M
8k 400m Ridge AFATP C
D

11 Jun. 16 Wind
Ridge Ken 8amR-8:30amS

17k 800m Circuit A
D
12k 400m Ridge B1,B2
D
8k 200m Viewpoint C
M

12 Jun. 23 Cascade Amphitheater / Stoney
Squaw Jennifer 8amR-8:30amS

18k 750m S. Ridge A
C
16k 610m Amphitheater B1,B2
D
7k 180m S. Squaw Circuit C
E

13 Jun.30 Stanley Glacier / Boom Donna
Lake 8amR-8:30amS

9k-13k 385m + Stanley Gl. A,B1,B2
M-D
10k 175m Boom Lake C
E

14 Jul. 7 Six Glaciers / Saddleback / L. Louise (EARLY
START) Bill L. 7:30amR-8amS

15k 600m Pope's Prospect A
D

		S'back-Sheol V. B1
15k	600m	D
		Pl. of 6 Glaciers B2
11k	365m	M
		Lake Agnes C
7k	400m	M
15	Jul. 14	Sherbrooke Lk. / Paget Lookout (EARLY START /
LATE RETURN)		Donna 7:30amR-8amS
		Lookout + Valley A,B1
16k	600m	D
		Sher. Lk.+ Valley B2
12k	300m	M
		Sherbrooke Lake C
6k	200m	E
16	Jul. 21	Yoho / Emerald Lake (EARLY START / LATE
RETURN)		Bill L. 7:30amR-8amS
		via Burgess Pass A,B1
21k	700m	C
		via Michael Falls B2
11k	330m	D
		Laughing Falls C
9k	50m	M
17	Jul. 28	Burstall Pass / Chester
Lake		Anne
8amR-8:30S		
		Birdwood Ridge A
18k	600m	D
		Burstall Pass B1,B2
15k	455m	D
		Chester Lake C
11k	310m	D
18	Aug. 4	Helen Lake / Bow Glacier Falls (EARLY
START / LATE RETURN)		Art 7:30amR-8amS
		Cirque Ridge A,B1
14k	560m	D
		Helen Lake B2
12k	420m	D
		Bow Glacier Falls C
9k	155m	M
19	Aug. 11	Black Prince Cirque / Warspite
Lake		Gail
8amR-8:30S		
		Col/ 2 nd Cirque A,B1
13k-15k	450m-750m	D-C