

2006

SENIORS' OUTDOOR CLUB OF CALGARY

SUMMER PROGRAM 2006 – TUESDAY OUT OF TOWN HIKES

30 am DEPARTURE from July 4 to September 5 inclusive. Otherwise bus departs at 8:00 am.

References: (In the descriptions below: numbers after the colon refer to the HIKE numbers in the Kananaskis Country Trail Guides and in the Canadian Rockies Trail Guide)

K1, K2 – Kananaskis Country Trail Guide, Volumes 1, 2 (respectively) Gilleen Daffern

R – Canadian Rockies Trail Guide, 7th edition, Brian Patton & Bart Robinson

July 2 PRAIRIE MOUNTAIN K2:308 From Elbow Falls parking, cross highway & climb continuously north to summit (8 km). **OR STATION FLATS to ELBOW FALLS** K2:303,304,305 Follow the Elbow Valley Trail to Elbow Falls (8km) & return the same way, **OR** follow Elbow Valley trail to a junction with the Riverview Trail and return to Station Flats. Pick up at Elbow Falls and Station Flats.

July 9 RAINY PASS K2:313A,B From Beaver Flat campground, cross Rainy Creek (this trail leads to Rainy pass). Hike the old road to Cobble Flats, returning along the Elbow River (14 km). **OR POWDERFACE CREEK, PRAIRIE LINK, PRAIRIE CREEK** K2:311,310,309 Follow Powderface Creek trail to Prairie Link junction (3 km), then Prairie Link to Prairie Creek junction (2.9 km). Return via Prairie Creek (5.7 km).

July 16 WASOOCH RIDGE K1:44 From Wasooch Creek parking, climb steeply, then along a long moderately level trail to the grassy high point (6.5 km). Return via the same route. **OR** Hike the trails at Kananaskis Village.

July 23 YAMNUSKA MOUNTAIN K1:30 From the trailhead parking, follow the trail steadily uphill to a junction (1.0 km). Turn east and continue up to the ridge, then west to a notch (436 m; 3.5 km) that allows access to the top of the mountain. Return via the same route, or stronger hikers may climb to the top and drop down to a col, and return to the trailhead. **OR** from the notch drop down the north side, circle around to the col and return as before (lots of scree on the front face). **OR** hike in Bow Valley Provincial Park.

July 30 LADY MACDONALD MOUNTAIN K1:15 Start from Cougar Creek parking. Hike the Cougar Creek trail on the NW bank of the creek (0.9 km). Left, climbing the steep bank to the south ridge, then to the helipad (2.3 km). Return the same way. **OR COUGAR CREEK** K:14 Follow Cougar Creek on the NW bank to the canyon mouth (many creek crossings). Hike to the valley head (9.5 km). Return via the same route.

July 6 JUMPINGPOUND MOUNTAIN K2:333,335,336 An easy ridge walk along the entire summit ridge of Jumpingpound Mountain that presents some fine views above tree line. Trailhead at Canyon Creek and Powderface Trail junction with pickup at Lusk Pass trailhead (13.2 km). **OR** Begin at the Jumpingpound Summit trailhead and climb to Jumpingpound Summit (417 m), then traverse north to Cox Hill with pickup at Dawson trailhead (15.1 km).

July 13 GUNNERY CREEK / GUNNERY MOUNTAIN K2:259 From Eyrie Gap day use parking, cross the highway, follow the trail on the east side of the falls up a steep hillside (3 km). Left at a side creek to the "Notch" (1.4 km), south to the summit. Down the ridge to the highway (1.5 km).

July 20 PIGEON MOUNTAIN / WIND RIDGE K1:23,21C From the parking lot below Alpine Haven Resort hike up the Logan Pass Trail 4.5 km to a junction. Climb a further 2.7 km to the summit ridge (990 m). Beautiful alpine meadows. Return the same way. **OR** Hike west following old mining roads, and emerge in meadows on the east side of Wind Ridge. Single track continues up to a flat summit ridge with one rock band to be climbed (762 m; 5.1 km). Return the same way.

July 27 HA LING PEAK / GRASSI LAKES K1:62, K1:17 From the trailhead at Goat Creek parking cross the road and walk up to the canal and cross the bridge. Climb steadily to the top (732 m; 2.7 km). Return the same way. **OR** Hike the scenic Grassi Lakes Trail (1.9 km). **OR EAST RUNDLE** K1:61 From Goat Creek parking follow the highway north a short distance, then climb steeply to the ridge and follow it to the summit (2.6 km). Return via the same route.

July 4 WINDY PEAK HILLS K2:237 Travel south on #940 to #532, then east on #532 to the "Hump" parking. Proceed south on the open slopes following the ridge to Windy Peak (683 m). Return by descending the NW ridge to North Twin Creek and follow the road back to the Hump (9 km).

July 11 HEALY PASS R:56 From the trailhead behind the gondola lift proceed on the trail to a junction (0.8 km). Turn right and follow the trail to Healy Meadows and then on to Healy Pass (655 m; 9.2 km). Through the meadows there is a

9 **RAINY PASS** K2:313A,B From Beaver Flat campground, cross Rainy Creek (this trail leads to Rainy pass). Hike the old road to Cobble Flats, returning along the Elbow River (14 km). OR **POWDERFACE CREEK, PRAIRIE LINK, PRAIRIE CREEK** K2:311,310,309 Follow Powderface Creek trail to Prairie Link junction (3 km), then Prairie Link to Prairie Creek junction (2.9 km). Return via Prairie Creek (5.7 km).

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18 **MOUNT LIPSETT** K2:202 From Highwood pass, drive 13.2 km southeast to a grassy area on the north side of the highway. Hike up the slope to an old road. Follow the road to the southwest ridge, then northwest to the summit (1 km). Return via the same route.

25 **BOURGEOU LAKE / HARVEY PASS** R:26 From Bourgeau parking, hike steadily uphill to the lake (725 m; 5 km). The trail continues to the NW, climbing steeply to a notch, then turns left and climbs to the pass (310 m; 2.2 km). Return via the same route. OR Spend the day in Banff.

August 1 **BURSTALL, BIRDWOOD, SMUT PASSES** K1:79,76 **Very strenuous!!** From the Burstall Pass parking lot follow the trail across Mud Lake dam and west, passing the Burstall Lakes and climbing a headwall to open meadows (1 km). Turn north and climb to Birdwood Pass (555 m). Continue north to a high col, then east to Smuts Pass and follow

August 1, cont'd) ...OR **WATRIDGE LAKE, KARST SPRING** K1:71 Hike from Mt Shark parking to Watridge Lake (125 m; 3.6 km), continue on to Karst Spring (125 m; 1.2 km), and then return via the same route.

August 8 **PARADISE VALLEY / SADDLEBACK / FAIRVIEW** R:45,44 From Paradise Valley parking, hike to Saddleback junction (4 km). Turn right, climb through Sheol Valley to the Saddleback (4.1 km). Climb to Fairview Summit via switchbacks (1.3 km). Return via Saddleback to Lake Louise. OR hike other trails around Lake Louise.

August 15 **YOHO PASS / BURGESS PASS / EMERALD LAKE** R:153,154,155 From Whiskey Jack hostel, climb steadily to Yoho Pass (290 m; 4.6 km), then hike south along Wapta Peak to Burgess Pass (365 m; 6.4 km). Branch right 300 m before the pass, and descend switchbacks to Emerald Lake parking (7.2 km). OR Hike around Emerald Lake (2 km).

August 22 **HIGHWOOD RIDGE / GRIZZLY RIDGE** K1:113A,113B From Highwood Pass parking, hike toward Pocaterra Cirque (0.4 km). Left, climb steadily uphill to the ridge and follow to the SE summit (502 m; 1 km). Continue south to the south summit (5.3 km). Descend west to the valley and climb to Grizzly Ridge. Hike north along the ridge to Grizzly Col (2 km), and return to Highwood Pass parking (3.2 km).

August 29 **YOHO / ICELINE / LAUGHING FALLS** R:151,149 From Whiskey Jack hostel, climb steadily to Yoho Lake junction. Continue to climb to Celeste Lake junction (5.7 km), and up to the Iceline Summit (690 m; 0.7 km). Descend to the Celeste Lake junction, turn left and follow the trail to the Little Yoho Valley Trail. Return to Takakkaw Falls (16.4 km). OR Hike the Yoho Valley Trail from Takakkaw Falls to Laughing Falls and on to Twin Falls (290 m; 8.2 km). Return via the same route.

September 5 **HELEN LAKE / CIRQUE PEAK** R:55 From the Crowfoot Glacier viewpoint follow the trail east, climbing a switchback on the southeast end of Cirque Peak ridge. Traverse north on a level trail to Helen Lake (6.0 km). Steep switchbacks lead up to Katherine Lake and Dolomite Pass (550 m; 8.9 km), or climb Cirque Peak (493 m; 0.9 km). Return via the same route.

September 12 **BULLER PASS / GUINN'S PASS / GALATEA** K1:70,53,52 From the Buller Mountain parking cross the highway and begin a long hike up to Buller Pass (671 m; 6.6 km). Continue down the east side and to the right on the trail over Guinn's Pass, then down to Galatea Creek and the trailhead (17.3 km). OR Hike toward Buller Pass and return to Buller Mountain parking.

September 19 **KING CREEK RIDGE** K1:108,109 The grassy ridge north of King Creek offers a fantastic viewpoint, steep but worth the climb (731 m; 2.5 km). Go back down the way you came up, or, if you prefer, return down a grassy gully between the two summits on the east side of the ridge and return via King Creek. OR Hike the **LOWER LAKE RAIL** K1:89 from William Watson Lodge to Canyon Dam (3.5 km), and return via the same route.

September 26 **RASPBERRY RIDGE LOOKOUT** K2:223 Travel 11 km south from Highwood Jct on #940 to Cataract Creek logging road and parking; hike right, climbing relentlessly to the superlative viewpoint at Raspberry Ridge fire lookout (649 m; 5 km); return the same way. OR **MOUNT BURKE** K2:251 Start hiking 3 km south of logging road at Cataract Creek campground. Hike east following Salter Creek (2.5 km), then turn left onto the Mount Burke trail to the summit (845 m; 5.5 km). Return via the same route.

October 3 **POWDERFACE CREEK / PASS / RIDGE** K2:311,312 From Powderface parking, hike along Powderface Creek to Prairie Link junction (2.8 km). Continue along Powderface Creek to Powderface Pass (3.4 km). South on the ridge, and descend to Elbow Falls Trail (6.7 km).

October 10 **GREEN MOUNTAIN / INDIAN OILS** K2:276,270 From Indian Oils parking, hike south to the bridge over the Sheep River at Tiger Jaw Falls. Hike east on the Sheep River trail to Dyson Creek (4.2 km). Cross the creek above Dyson Falls and continue east to Green Mountain junction. Left to Green Mountain summit (198 m; 2 km). Return via the same route.

October 17 **WILDHORSE to FORGETMENOT RIDGE** K2:316 Beginning at the Little Elbow Recreation area, cross the Elbow River via the suspension bridge and turn left onto the Wildhorse trail (2 km). Turn right and climb the steep hillside to the ridge (2.7 km), and hike south following the ridge to Forgetmenot Mountain (740 m; 5.1 km) or as far as time allows.

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☆☆☆☆ October 23, 2006, 12 noon: Annual Fall General Meeting ☆☆☆☆

October 24 **HEART CREEK to BARRIER DAM** K1:33,35,36,37 Hike via Quait Valley and Jewell Pass to Stoney Trail and Barrier Dam parking (13.1 km). OR Climb from Jewell Pass to Barrier Lake Fire Lookout (656 m) and down Prairie View Trail to the pickup at Barrier Dam parking (13.1 km).

October 31 **NIHAHI RIDGE** K2:327 Hwy 66 to Little Elbow recreation area. Hike through the campground to the Little Elbow trail and continue west to Nihahi junction (1.9 km). Right, climbing to the ridge. Follow the ridge to a viewpoint (2.5 km). Return via the same route.