

2007

**Evergreen Seniors Hiking Schedule**  
**Year 2007 – Rev. 2**

| Date   | Day Leader         | Grp | Destination                           | RT Dist. | Elev. Gain |
|--------|--------------------|-----|---------------------------------------|----------|------------|
| Apr 05 | Bernie Nemeth      | All | Annual General Meeting                | afatp    |            |
| Apr 12 | Rob Cormack        | All | Edworthy Park to Eau Claire           | 15 km    | 15 m       |
| Apr 19 | Rodger Banderk     | All | Sandy Beach to Glenmore Landing       | 10 km    | 40 m       |
| Apr 26 | Dorothy/Ron Pike   | All | Fish Creek – Mallard Point            | 9 km     | 20 m       |
| May 03 | Bernice Morrison   | All | Red Deer River Trails                 | 12 km    | 25 m       |
| May 10 | Dick Wilson        | A   | Yamnuska Circuit via Summit           | 12 km    | 820 m      |
|        |                    | B   | Yamnuska Chimney                      | 8 km     | 436 m      |
|        |                    | C   | Bow Valley Park – Parking to River    | 10 km    | 0 m        |
| May 17 | Dick van Beek      | A   | Barrier Lookout via Jewel Pass        | 15 km    | 620 m      |
|        |                    | B   | Barrier Lake Viewpoint                | 10 km    | 400 m      |
|        |                    | C   | Barrier Lake shoreline (Stoney Trail) | 14 km    | 50 m       |
| May 24 | Jerry Knight       | A   | Prairie Mountain                      | 8 km     | 700 m      |
|        |                    | B   | Prairie Creek                         | 10 km    | -180 m     |
|        |                    | C   | Elbow Falls Trails                    | afatp    | 50 m       |
| May 31 | Jennifer Sundgaard | A   | Lady MacDonald to Summit              | 10 km    | 1200 m     |
|        |                    | B   | Lady MacDonald to helipad             | 7 km     | 850 m      |
|        |                    | C   | Cougar Creek Trail                    | 7 km     | 200 m      |
| Jun 07 | Dick van Beek      | A   | Frozen Lake                           | 14 km    | 470 m      |
|        |                    | B   | Fox Lake                              | 12 km    | 230 m      |
|        |                    | C   | Boulton Creek (from Elk Pass Lot)     | 5 km     | 30 m       |
| Jun 14 | Social Committee   | All | Rosebud Theatre                       |          |            |
| Jun 21 | Bob Hanwell        | A   | Lineham Ridge (from Lantern Creek)    | 12 km    | 800 m      |
|        |                    | B   | Picklejar Lakes                       | 10 km    | 470 m      |
|        |                    | C   | Lantern Creek                         | 6 km     | 250 m      |
| Jun 28 | Marv Johnson       | A   | Pigeon Mountain Summit                | 15 km    | 990 m      |
|        |                    | B   | Pigeon Meadows                        | 10 km    | 600 m      |
|        |                    | C   | Wind Valley                           | 5 km     | 160 m      |
| Jul 05 | Marv Johnson       | A   | Healy Pass (from Sunshine Parking)    | 19 km    | 680 m      |
|        |                    | B   | Simpson Pass (from Village)           | 12 km    | 170 m      |
|        |                    | C   | Sunshine Village to Rock Isle Lake    | 5 km     | 110 m      |
| Jul 12 | Social Committee   | All | BBQ                                   |          |            |
|        | Rob Cormack        | A   | Hummingbird Lookout Loop              | 12 km    | 400 m      |
|        |                    | B   | Troll Falls                           | 5 km     | 50 m       |
|        |                    | C   | Ribbon Creek                          | afatp    |            |
| Jul 19 | Bob Hanwell        | A   | Bow Glacier Hut                       | 15 km    | 550 m      |
|        |                    | B   | Helen Lake                            | 12 km    | 430 m      |
|        |                    | C   | Bow Glacier Falls / Viewpoint         | 9 km     | 240 m      |
| Jul 26 | Jennifer Sundgaard | A   | Pocaterra Ridge                       | 13 km    | 450 m      |
|        |                    | B   | Little Highwood Pass                  | 9 km     | 350 m      |
|        |                    | C   | Pocaterra Cirque                      | 7 km     | 110 m      |

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| Aug 02 | Dick Wilson        | A   | Burgess Ridge from Emerald Lake      | 20 km    | 900 m      |
|        |                    | B   | Michael Falls Viewpoint              | 11 km    | 300 m      |
|        |                    | C   | Emerald Lake Circuit                 | 6 km     | 10 m       |
| Aug 09 | Dick Wilson        | A   | Cory Pass / Edith Pass Loop          | 13 km    | 950 m      |
|        |                    | B   | Cory Pass                            | 11 km    | 915 m      |
|        |                    | C   | Johnston Canyon                      | 12 km    | 280 m      |
| Aug 16 | Bernie Nemeth      | A   | Devil's Thumb                        | 14 km    | 700 m      |
|        |                    | B   | Lake Agnes                           | 10 km    | 450 m      |
|        |                    | C   | Lake Louise Shoreline                | 8 km     | 60 m       |
| Aug 23 | Jennifer Sundgaard | A   | Buller Pass to Galettea              | 16 km    | 900 m      |
|        |                    | B   | Buller Pass                          | 13 km    | 680 m      |
|        |                    | C   | Peter Lougheed Visitor Center Trails | 6 km     | 75 m       |
| Aug 30 | Art Johnston       | A   | Sentinel Pass Loop                   | 17 km    | 750 m      |
|        |                    | B   | Eiffel Lake                          | 12 km    | 430 m      |
|        |                    | C   | Consolation Lakes                    | 6 km     | 110 m      |
| Sep 06 | Art Johnston       | A   | Old Goat Glacier                     | 12 km    | 630 m      |
|        |                    | B   | Old Goat Creek                       | 8 km     | 360 m      |
|        |                    | C   | Old Goat Valley                      | 5 km     | 120 m      |
| Sep 13 | Art Johnston       | A   | Niles Meadow / Viewpoint             | 16 km    | 600 m      |
|        |                    | B   | Paget Lookout                        | 7 km     | 600 m      |
|        |                    | C   | Sherbrooke Lake                      | 6 km     | 225 m      |
| Sep 20 |                    | A   | Mt Sarraill Ridge                    | 14 km    | 700 m      |
|        |                    | B   | Rawson Lake                          | 9 km     | 310 m      |
|        |                    | C   | Upper Kananaskis Lake Loop           | 16 km    | 60 m       |
| Sep 27 | Anne Lyon          | A   | Headwall / Chester Circuit           | 16 km    | 800 m      |
|        |                    | B   | Chester - Three Lakes Valley         | 14 km    | 550 m      |
|        |                    | C   | Chester Lake                         | 10 km    | 310 m      |
| Oct 04 |                    | A   | Forgetmenot Ridge                    | 14 km    | 740 m      |
|        |                    | B   | Ford Creek Trail                     | 10 km    | 250 m      |
|        |                    | C   | Big Elbow River Trail                | 8 km     | 60 m       |
| Oct 11 |                    | A   | Ha Ling                              | 4 km     | 730 m      |
|        |                    | B   | Goat Creek Trail                     | 14 km    | 150 m      |
|        |                    | C   | Grassi Lakes Loop                    | 6 km     | 245 m      |
| Oct 18 | Bill Davitt        | A   | Nihahi Ridge                         | 10 km    | 760 m      |
|        |                    | B   | Nihahi Saddle                        | 8 km     | 450 m      |
|        |                    | C   | Little Elbow Trail                   | 11 km    | 90 m       |
| Oct 25 |                    | All | Dry Island Provincial Park           | 15 km    | 200 m      |
| Nov 01 |                    | All | Sandy Beach to Glenmore Landing      | 10 km    | 40 m       |
| Nov 08 |                    | All | Inglewood to Eau Claire              | 14 km    | 10 m       |
| Nov 15 |                    | All | Bowness Park Loop                    | 9 km     | 100 m      |
| Nov 22 |                    | All | Fish Creek - Bow Bottom              | 14 km    | 10 m       |
| Nov 29 | Social Committee   | All | Christmas Luncheon                   |          |            |