



The Mountain News

March / April 2024

Newsletter of the North Vancouver Outdoors Club

Schedule of Events

Those needing information about an event should call the trip coordinator prior to the day of the event (not after 9:30 pm; and not on the morning of the event). Non-members must contact the trip coordinator well ahead of time to discuss details of trip. Times in the schedule are activity time estimates. Driving/getting there time needs to be added.

New Trip Guidelines

Club trips will follow BC Health guidelines for avoiding Covid-19 virus. This includes: -

- Wear masks when car pooling at drivers' discretion
- visit <http://covid-19.bccdc.ca/> for fuller information on present government guidelines

Rating System: 1 = easy...3 = medium...6 = hard

Date	Activity	Rating	Location/Details	Distance (round trip, kms)	Elev Gain (m)	Time	Contact
Sunday March 17 th	Hike or Spike	4	Mountain Highway to Grouse	12	800	Contact	Sheila.mitchell2818@gmail.com
Saturday March 23 rd	Snowshoe	6	Flat Iron	10	690	Contact	louise.hibbs@gmail.com
Sunday March 24 th	Urban Walk	1	West End Guided Walk	10	50	Contact	louise.hibbs@gmail.com
Monday March 25 th	Meeting		NVOOC Monthly Meeting			Contact	Maya_butterfield@outlook.com
Saturday April 6 th	Bike Ride	4	Park Crest Diner, Burnaby, (this ride will involve road riding as the diner is in a bike lane desert)	60	200	Contact	jain.braidwood@gmail.com
April 13 th	Hike		TBD			Contact	Afsana.baumann@gmail.com

Car Pooling and other Costs: Please remember to bring money along for sharing the car pool cost (calculated at the rate of \$8/hr/person driving on regular roads, up to \$12/hour/person on logging/rough roads), as well as any other transportation such as gondola, as well as food, snacks, coffee etc. if you or group plan to stop somewhere.

Additional information about the North Vancouver Outdoors Club (including: membership forms, photos from previous trips, etc.) is available at the Club website: www.northvanoutdoorsclub.ca

Who are we? Members of the North Vancouver Outdoors Club share two things: a love of the outdoors and a desire to explore the outdoors in a friendly, supportive atmosphere which our club offers. **How do we explore?** We hike, we cycle, we cross-country / downhill ski, and we snowshoe...you name it we're game – each member can propose an activity to be enjoyed with members who share his or her interest. **Where do we explore?** The North Shore, Manning Park, Pemberton / Whistler area, Washington State etc...again, our members decide where the activity will take place.

Next Trip Planning Meeting: Monday March 25th 2024 at 7:00 pm

Join and Become a Club Member !

The annual membership fee (covering the period from May 1st to the following April 30th) is due in May of each year. The fee is a flat rate of \$40.00 for each individual person. With a membership, Club activities are usually at no extra cost other than gas or car-pooling money, transportation such as gondola, and food. Further information is available by contacting the North Vancouver Outdoors Club (see details below) and/or the event leader.

Important Information

Starting point/Meeting Places The trip leader/coordinator will determine the start time and place. Participants are requested to arrive a minimum of 5 minutes early to assist in car-pooling and sorting out gear. Please be prepared to drive if required (although it is rare, there are occasions when there are not enough vehicles for the number of trip participants. On these occasions, NVOC members are given priority). Non-members may be declined participation if coordinator was not contacted before the event.

Participants must be properly equipped: Good hiking boots, outdoor clothing, rain gear, food and water are required for hikes and backpack trips. Be prepared for changes in weather. Bicycles should be in good order, helmets, rain gear, food and water are required for bike trips. *If in the opinion of the trip co-ordinator, a participant is ill equipped / unfit for the trip, their participation may be denied.* The outings are adult orientated and not suitable for children under the age of 16 years. In consideration of other participants you are requested not to bring pets (dogs) on the trips.

Trip coordinators are volunteers: Generally, they are familiar with the trails, but occasionally new areas are explored. Participants should realize that every trip has an element of risk and it is necessary to consult with the coordinator prior to the trip to ascertain what the level of risk will be. The trips are planned at a monthly meeting; participants are encouraged to attend these meetings.

Please remember to bring clean street shoes for using during carpools to activity locations and have your hiking boots (or ski boots, etc.) in a plastic bag for storage during transport.

All participants are required to sign in at the beginning of each trip and (by doing so) acknowledge that they accept the risks involved.

Out of province health insurance is strongly recommended for trips to the USA. **Participants are responsible for their own medications or medications that may require (i.e. ANA kits)**

The North Vancouver Outdoors Club is affiliated with the Federation of Mountain Clubs of British Columbia (FMCBC).

Contact us

Club Web Site: www.northvanoutdoorsclub.ca

Membership Coordinator - Rick: 604-519-0477 or

Mailing Address: North Vancouver Outdoors Club, c/o #504 – 128 East 8th St., North Vancouver, BC V7L 0H2

Rating

System:

A point system is used: 1=Very Easy, 2=Easy, 3=Moderate, 4+Strenuous, 6+=Extremely Strenuous. Points for trips are given as follows:

Hiking / Snowshoe / Ski trips: each 10km or part = 1 point, Each 500m elevation gain (or part) = 1 point

Bike Trips: Each 25km or part = 1point, Flat = 0 point, Some hills = 1 point, Very hilly = 2 points, Mountainous = 3 points

Example: A hiking trip that will travel 15 km (return) and climb 1000 metres gets a rating of 4 (strenuous)

Behaviour

Policy: Copies of the Club Behaviour Policy are available upon request.