



# The Mountain News

May 2019

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.

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

Date	Activity	Rating	Location/Details	Distance (Round trip)	Elev Gain	Time	Contact
Sat May 4	hike	3	Mt. Gardner, Bowen Island			contact	<a href="mailto:sheila-mitchell@shaw.ca">sheila-mitchell@shaw.ca</a>
Sun May 12	bike	3	Bike trip and murals			contact	<a href="mailto:louise.hibbs@gmail.com">louise.hibbs@gmail.com</a>
Wed May 15	hike	3	Grouse Mtn. evening hike and pot luck food – text Martina day of hike to confirm! 604-999-1125			contact	<a href="mailto:martina_rasmus@outlook.com">martina_rasmus@outlook.com</a>
Sun May 19	hike	3	McKay Creek			contact	<a href="mailto:martina_rasmus@outlook.com">martina_rasmus@outlook.com</a>
Mon May 20	hike	3	Sunset Trail			contact	<a href="mailto:kulakp@gmail.com">kulakp@gmail.com</a>
Wed May 22	hike	3	Grouse Mtn. evening hike and pot luck food – text Martina day of hike to confirm! 604-999-1125			contact	<a href="mailto:martina_rasmus@outlook.com">martina_rasmus@outlook.com</a>
Sun May 26	hike	3	Baden Powell – Cypress to Blue Gentian Lake			contact	<a href="mailto:martina_rasmus@outlook.com">martina_rasmus@outlook.com</a>
Mon May 27	monthly meeting		monthly meeting at North Van Rec Centre for trip planning			7:30 pm	<a href="mailto:huffmanrob@shaw.ca">huffmanrob@shaw.ca</a>
Wed May 29	hike	3	Grouse Mtn. evening hike and pot luck food – text Martina day of hike to confirm! 604-999-1125			contact	<a href="mailto:martina_rasmus@outlook.com">martina_rasmus@outlook.com</a>
Sat June 1	hike	4	Baden Powell – Horseshoe Bay to Black Mtn.			contact	<a href="mailto:michelle.lahave@gmail.com">michelle.lahave@gmail.com</a>
Sat June 15	hike	4	High Falls			contact	<a href="mailto:sheila-mitchell@shaw.ca">sheila-mitchell@shaw.ca</a>
Fri June 21 - Sun June 23	FMCBC AGM		AGM meeting and hikes in Chilliwack			contact	<a href="mailto:gerrimeade@gmail.com">gerrimeade@gmail.com</a>
Sun June 23	hike	4	Elk Thurston			contact	<a href="mailto:michelle.lahave@gmail.com">michelle.lahave@gmail.com</a>
Mon June 24	monthly meeting		monthly meeting at North Van Rec Centre for trip planning			7:30 pm	<a href="mailto:huffmanrob@shaw.ca">huffmanrob@shaw.ca</a>
Sat July 20	BBQ		Annual summer BBQ and games night			contact	<a href="mailto:kulakp@gmail.com">kulakp@gmail.com</a>
Sept 27, 28, 29	camp/hike	5	Nairn Falls camping / Mt. Rohr hike			contact	<a href="mailto:sheila-mitchell@shaw.ca">sheila-mitchell@shaw.ca</a>

**Car Pool Cost:** Please bring money along for sharing the car pool cost (calculated at the rate of \$8/hr driving)

**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.

**Trip Planning Meeting:** Monday May 27, 2019 at 7:30 pm

**Location:** Mahon Room, Harry Jerome (Lonsdale) Recreation Centre, Lonsdale & 23rd St. North Vancouver

## Become a Club member

The annual membership fee (covering the period from May 1st to the following April 30th) is due in April of each year. The fee is \$40.00 for each individual person. For new members who join after November 30, the membership fee is \$25.00. With memberships, Club activities are usually at no extra cost other than gas money. Further information is available by contacting the North Vancouver Outdoors Club (see details below).

## **Important Information**

**All trips start at the Harry Jerome (formerly Lonsdale) Recreation Centre in the Centennial Theatre parking lot unless otherwise noted** (east of Lonsdale and north of 23<sup>rd</sup> Street behind the theatre). The trip leader/coordinator will determine the start time. Participants are requested to arrive a minimum of 5 minutes early to assist in car-pooling. 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 connected prior to 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. Inconsideration 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). The North Vancouver Recreation Commission supports us.

## **Contact us**

**Club Web Site:** [www.northvanoutdoorsclub.ca](http://www.northvanoutdoorsclub.ca)  
**Club E-Mail:** [info@northvanoutdoorsclub.ca](mailto:info@northvanoutdoorsclub.ca)  
**Club President:** [president@northvanoutdoorsclub.ca](mailto:president@northvanoutdoorsclub.ca)  
**Newsletter Editor:** [editor@northvanoutdoorsclub.ca](mailto:editor@northvanoutdoorsclub.ca)

**Mailing Address:**  
North Vancouver Outdoors Club  
c/o Harry Jerome Rec. Centre  
123 East 23<sup>rd</sup> Street  
North Vancouver, BC  
V7L 3E2

### **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.

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