



The Mountain News

September 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

Wed Sept 4	Hike	3	Grouse Mtn. evening hike and pot-luck food – text Michelle by 330 day of hike to confirm! 778-839-5596		850 m	Contact	michelle.lahaye@gmail.com
Sat Sept 7	Hike		St. Mark's Peak hike – contact Perry by Thurs Sept. 5 th			Contact	kulakp@gmail.com
Wed Sept 11	Hike	3	Grouse Mtn. evening hike and pot-luck food – text Michelle by 330 day of hike to confirm! 778-839-5596		850 m	Contact	michelle.lahaye@gmail.com
Wed Sept 18	Hike	3	Grouse Mtn. evening hike and pot-luck food – text Michelle by 330 day of hike to confirm! 778-839-5596		850 m	Contact	michelle.lahaye@gmail.com
Sept 20 – 23	Camp/Hike		Mt. Baker area hikes and camping – contact Perry – can come up for part or all of 4 days			Contact	kulakp@gmail.com
Sat Sept 21	Hike		Needle Peak, Coquihalla area			Contact	louise.hibbs@gmail.com
Wed Sept 25	Hike	3	Grouse Mtn. evening hike and pot-luck food – text Michelle by 330 day of hike to confirm! 778-839-5596		850 m	Contact	michelle.lahaye@gmail.com
Sept 27, 28, 29	Hike and Camping	5.5	Camping at Nairn Falls; hike Rohr Lake/Mt. Rohr (camping 2 nights)	16 km	1230 m	Contact	sheila-mitchell@shaw.ca
Mon Sept 30	Meeting		Trip Planning Meeting. Mahon Room of Harry Jerome (Lonsdale) Rec Centre			7:30 pm	huffmanrob@shaw.ca
Sat Oct 12	Hiking and pot luck food	3	Annual Pumpkin Hike and food sharing at Grouse Mtn – bring new creations if you can come up with them!		850 m	Contact	huffmanrob@shaw.ca

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

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 Sept. 30th, 2019 at 7:30 pm

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

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 \$40.00 for each individual person. New members are half price the first year! For 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 or car-pooling money, transportation such as gondola, and food. 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 23rd 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 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, NVOOC 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).

Contact us

Club Web Site: www.northvanoutdoorsclub.ca
Club E-Mail: info@northvanoutdoorsclub.ca
Club President: president@northvanoutdoorsclub.ca
Newsletter Editor: editor@northvanoutdoorsclub.ca

Mailing Address:
North Vancouver Outdoors Club
c/o Harry Jerome Rec. Centre
123 East 23rd 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