Swiss Outdoors Club Summer Program 2010

Sunday, July 18 Cycle the Central Valley Greenway from Vancouver to New Westminster and back (optional)

Meet at Science World (near the entrance) at 9:15 AM, leave at 9:30 AM
We are riding the new bike route, opened last year, which links Vancouver, Burnaby and New Westminster. Not the entire route is on bike trails. A few sections are on bike lanes along the road. One way is approximately 24 km. Lunch will be at the New Westminster Quay, either picnic or at the restaurant. Those who are tired can take the sky train back to Science World, (bikes allowed) one zone fare for you and your bike. The rest will ride back along the 7/11 and Parkway bike route. Round trip 48 km with a few hills.

Not recommended for children under the age of 11 or 12.
Helmet mandatory.
Cancelled if very wet.
Please RSVP by Saturday, July 17, 7:00 PM to
Irene Fritschi, Tel # 604 737-2287

Sunday, July 25 Hike to Skyline Ridge , Manning Park

Skyline Ridge is the mountain (2030m) at the west side of Lightning Lakes in Manning Privincial Park. The hike starts at Strawberry Flats on the north side, goes through forest first and then flower meadows to the ridge top. The descent is at the east end of the ridge and ends at Spruce Bay. Total hiking distance is 16 km, the elevation gain is 650m and the estimated time on the trail is 6 hrs.

We meet at 09:30hrs near the end of the Lightning Lakes parking area. In order to reach Lightning Lakes, turn off Highway 3 at the Manning Park Lodge. Members who do not wish to climb Skyline Ridge may walk around the Lightning lake(s) and picnic at the lake.

Cash (loonies) or Provincial Parking Pass is needed for parking.

Information: **Hans Peter Hauser, (hphauser@telus.net) Tel. (1) 604 826-5540**

Week, August 8 – 14, 2010

Hiking in the Kootenays

Once again, Henry Hutter invites us to join him for a week of great hikes in the Slocan Valley Region, canoe trips on local lakes , swimming in the Slocan river, golfing on the New Denver golf course and camping fun on Henry's homestead.

For reservation and more details, please contact:

Henry Hutter, Tel/fax # 1- 250-226-6994

Sunday, August 22 Hike to Skyline Divide, near Mt Baker, WH

We meet 9.00 am at our Cabin in Glacier Springs, WH, for car pooling, then drive up to the parking lot at the entrance to Skyline Divide trail; ca 12 km. Then we hike through a forest to the ridge (3 hours) and enjoy the gorgeous view of Mt Baker.

Round trip : 6 hours

Level of Difficulty: medium to strenuous

Contact your trip leader: **Joe Mueller, Tel # 604 732 6213**

Sunday, Sept. 12 Hike to Elk Mountain , Chilliwack

We meet 9.00 am at the Prest Road Exit in Chilliwack, then drive in convoy to Quarry Road, and hike from there to Elk Mountain.

Distance: 10 km round trip
Duration: 5+ hours
Altitude to be gained: ca 500 m
Reward: grand view of Upper Fraser Valley.

Contact your trip leader: **Sepp Rinderli , Tel # (1) 604-850-1323**

Weekend, September 18/19

B/Q Party at our Glacier Springs Cabin

Come and enjoy our cabin on this warm September Weekend. Take advantage of this event to inspect our cabin, to familiarize yourself with the beauty of the area and to revitalize old friendships.
Bring your own food and refresments. We'll have a B/Q pit ready for your action.
On Sunday, hike with Andy Huser to Herman Pass (the hike planned for Sept. 19).

Contact **Vreni Huser, Tel # 604- 731-4300**

Sunday, September 19,

Hike to Herman Pass and Iceberg Lakes, near Mt. Baker

We meet 9.00 am at our Cabin in Glacier Springs, WH, for car pooling, then drive up to the Herman Museum (about 1 mile further from last ski lift station on Mt. Baker). We'll trek along Bailey Lake on a winding path up to Hermann Pass, take in the view of Mt. Shuksan and descend down to the Iceberg Lakes for lunch. After recovery of our strength, we'll proceed through meadows up to the Ptarmigan Ridge, round Table Mountain and then descend again to the Herman Museum, where we'll pick up our cars. The hike will take about 6 -7 hours (rating: medium to strenuous) .
Reserve and inquire with **Andy Huser, Tel # 604- 731-4300**