

This draft edition dated 2018-04-18: This replaces any previously-dated drafts.



## Sunday Hikes: Apr 22 – July 15, 2018

Note: **Please** consult with Drivers on **compensation** for carpooling  
All hikes start at 10:00 am unless noted **otherwise**.

Date (time)	Destination	Grade, Duration	Meeting Place	Contact
Apr 22	Atrevida-Plummer Ck	3, 4 hrs	101 @ Atrevida Rd	
Apr 29	(Marathon Shuffle day) Millenium park trails	2, 3 hrs	Rec Centre parking near skateboard park	Phil 604-483-1741
May 6	Haywire bay	3.5, 4 hrs	Mowat bay	Alex 604-485-4058
May 13	Scout Mt	4, 3 hrs	End of Sutherland Ave	
May 20	The Apres-Shuffle 1730 Dinner @ Shinglemill?	4, All day	Malaspina Rd SCT Xing at <b>0900</b> carpool to start; end at Sutherland Ave	Marg 604-485-7100 call to reserve dinner and discuss carpool
May 27				
June 3				
June 10				
June 17	Manzanita bluffs		Malaspina Rd SCT Xing	Marg 604-485-7100
June 24	Blue Grouse ridge	4, 4.5 hrs	Saltery Bay SCT parking	Bruce 604-485-5211
July 1				
July 8	Troubridge hut	3, 4 hrs	Dixon Rd/101 <b>4x4 wanted</b>	Alex 604-485-4058
July 15	Granite Lake	3, 4.5 hr	"Y", Alaska Pine & Burma Rds	Ron 604-485-0484

Note **?????** Schedule to be revised as new information (and contacts) become known – see Links  
Links: <http://tinyurl.com/pr-hike-2013> (Maps of where we've been before)  
<http://tinyurl.com/pr-hike> (**Last-minute updates**)

NOTE: The 'Meetup' web pages are gone. Hikes are posted to the Facebook Group

<https://www.facebook.com/groups/The.Coastals.Hiking.and.Activities/>

Photos and maps can be POSTED to each EVENT in the Facebook Page for that EVENT

## IMPORTANT READING FOR ALL HIKERS

On day trips, bring adequate lunch, with a little extra for delays or emergencies. Wear strong sports clothing with solid vibram-soled boots. Please always have good rain gear and sweater with you, preferably in a plastic bag. On overnight trips you are responsible for your own tents, food and gear.

## SAFETY

We cover some fairly rough terrain, and some trips necessitate highway, boat or air travel. Hikers are requested to play it safe always, caring for each other, and respecting the responsibility assumed by the trip leader. We try our best for 100% safety on our trips; nevertheless, you attend strictly At Your Own Risk. Life jackets must be worn at all times when in your canoe on our trips, and we recommend they be worn on boat trips. Perfume or scented deodorant should not be worn as it attracts hornets. We request no dogs or small children on hikes for safety reasons. Please stay with your party, or let someone know where you are going if you deviate.

Hikers are encouraged to carry their own maps, safety matches, whistle and compasses, first-aid and emergency gear. They will thus upgrade their outdoor skills and develop into leaders.

When we get spread out on the trail, please assemble at regular intervals to make sure all hikers are accounted for and are okay. Avoid getting separated from your gear, and take your pack with you after lunch, even if we plan to come back the same way.

## NEVER BE A LITTER BUG!

Instead, please clean up the mess left by other people. We strive to set an example of the highest outdoor ethics. We particularly request that all garbage be packed out for disposal. And PLEASE do not scar the landscape with more fires than absolutely necessary. (Tidy up fire-pits you do make). Avoid burning what little wood there is in fragile alpine areas. Avoid damaging fragile wilderness.

## ENJOY YOURSELF HIKING CLIMBING AND CANOEING SAFELY!

### Powell River Hiking Trip Grading:

This grading must be considered as a general indication of the levels of fitness and experience, which are required on outings. An allowance must be made for poor weather and other unpredictable conditions in deciding to participate. Extra caution must be taken with the kayaking and canoeing trips, as the wind can come up suddenly and make things a lot more difficult.

### Hiking/Climbing Trip Grading

#1 ~ Easy Level Walk

#2~ MODERATE HIKE – STURDY FOOTWEAR RECOMMENDED

#3~ DIFFICULT ~ MUDDY~ENJOYABLE~BOOTS REQUIRED

#4~ MORE DIFFICULT – ELEVATION GAINS ~ BOOTS NECESSARY

#5~ FOR EXPERIENCED HIKERS ONLY

### Kayak/Canoe Trip Grading (P)

#1 ~ Calm water, rivers or lakes with little or no waves

#2 ~ Open waters, lakes or ocean with small waves and/or ocean swell

**SAFETY:** Participants are fully responsible for their own safety on all trips, which at times can be dangerous. They must go on outing for which they are adequately equipped and capable. Contact the leader by the preceding Wednesday evening (unless otherwise mentioned) regarding equipment needed, the leader's estimate of hazards, the difficulty of the trip, the meeting time and location, and any other relevant details. Remember, the grading of each trip is only a general estimate of the physical and technical difficulty which can be encountered.

Above all else have a safe and enjoyable outing!