

Footnotes

Burnaby Outdoor Club Newsletter

May 2024 Issue 380



Dog Mountain, North Vancouver Photo by Gerard Laman

To promote the care and enjoyment of the outdoor environment through year-round hiking, cycling and skiing, supplemented by a variety of sports and social activities.

Inside this issue:

- Trip report and photo
- Trip schedule and calendar of events
- Trip report and photo guidelines
- New Executive 2024
- Trip Ratings & General Information
- Carpool Fees Guideline

Newsletter editor (Acting)

Loretta Chan

Trip Reports and Photos



Baden Powell Trail Part 4 -Mosquito Creek to the Base of Grouse Mountain

Easter Monday April 1, 2024

Trip Report by Monisha

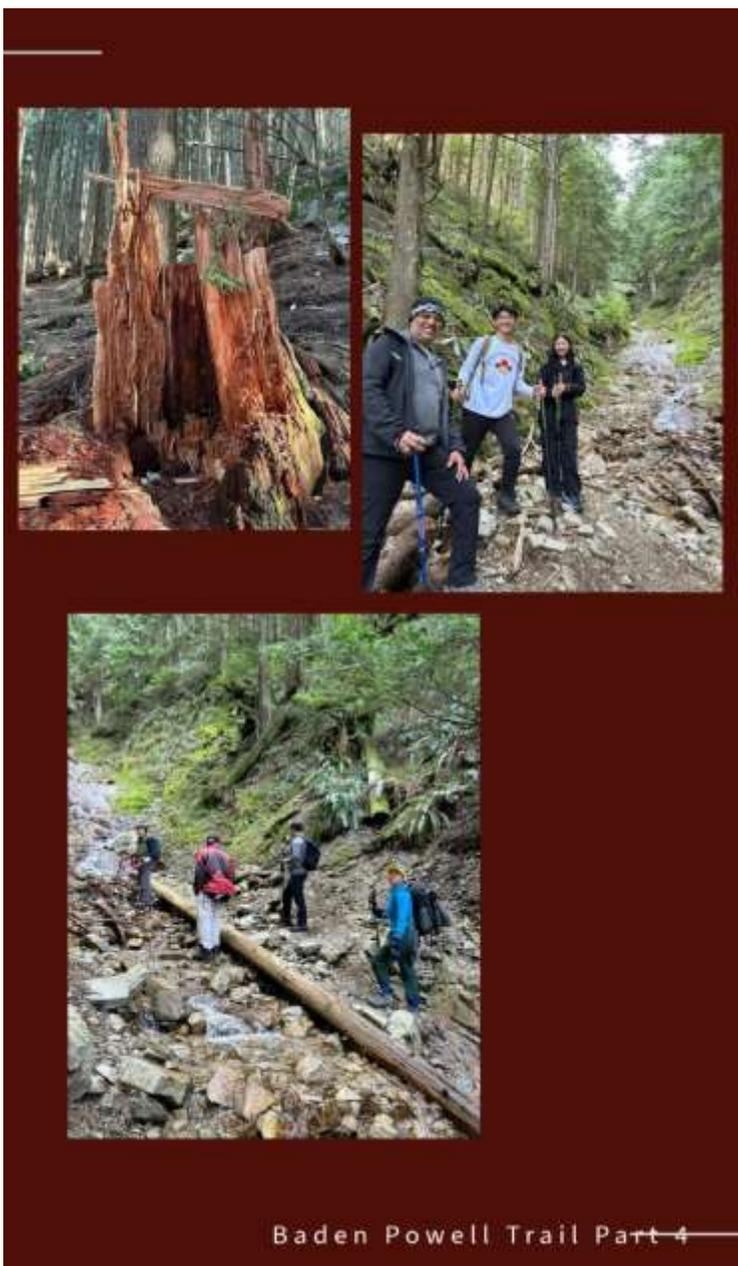
We were blessed to have a sunny day for our hike. There were 19 BOC hikers who met at 9am in Burnaby city hall and hiked Baden-Powell Trail (Mosquito Creek to Base of Grouse Mountain session).

We started our hike at 9:40am from Mosquito Creek Baden-Powell trail head. This section of the BP trail features lovely forest groves and sparkling creeks. We reached the Base of Grouse Mountain at around noon and had a relaxing lunch break. After lunch, we retraced back and finished our hike at around 2:30pm.

Our 2024 BP trail project report: As of today, we have now hiked from Cate's Park to the Base of Grouse Mountain. Halfway through now. Yay!

Many thanks to our team for a fun hiking day:
our drivers: Amit, Jacques, Su-Jane, Keith

Trip leaders: Monisha, Su-Jane Middle
Person: Sandy End-Person: Connie, Karme



Baden Powell Trail Part 4



Baden Powell Trail Part 4

Reifel Bird Sanctuary and Richmond W. Dyke
Saturday April 6, 2024
Trip Report and Photos by Barbara Waldern

The day was dry with little sun, but a little cool. The two of us persevered and got to the Reifel Bird Sanctuary on Westham Island in Delta by around 10 a.m. Right away we noticed four Sandhill Cranes! Going there in April instead of March had paid off, in that we visited in time for their return. After grooming itself, one appeared to begin a morning yoga routine, standing in the crane position, of course, on one leg in the water. The others were poking around the marsh grass. We encountered those three again, yet on the path among the humans, surprisingly because they are generally known to be shy creatures. Many mallards and blackbirds were waiting along the path for handouts. The mallards looked very comical either running up to us in their wobbly way or flying to a slide landing at our feet. Wood ducks, pintails, wigeons and other fowl paced around or swam nearby. Chickadees and sparrows were hedging their bets for some kindness or spillage above in the branches. The song sparrows and red-winged blackbirds were singing beautifully, while the marsh wrens were scolding us.

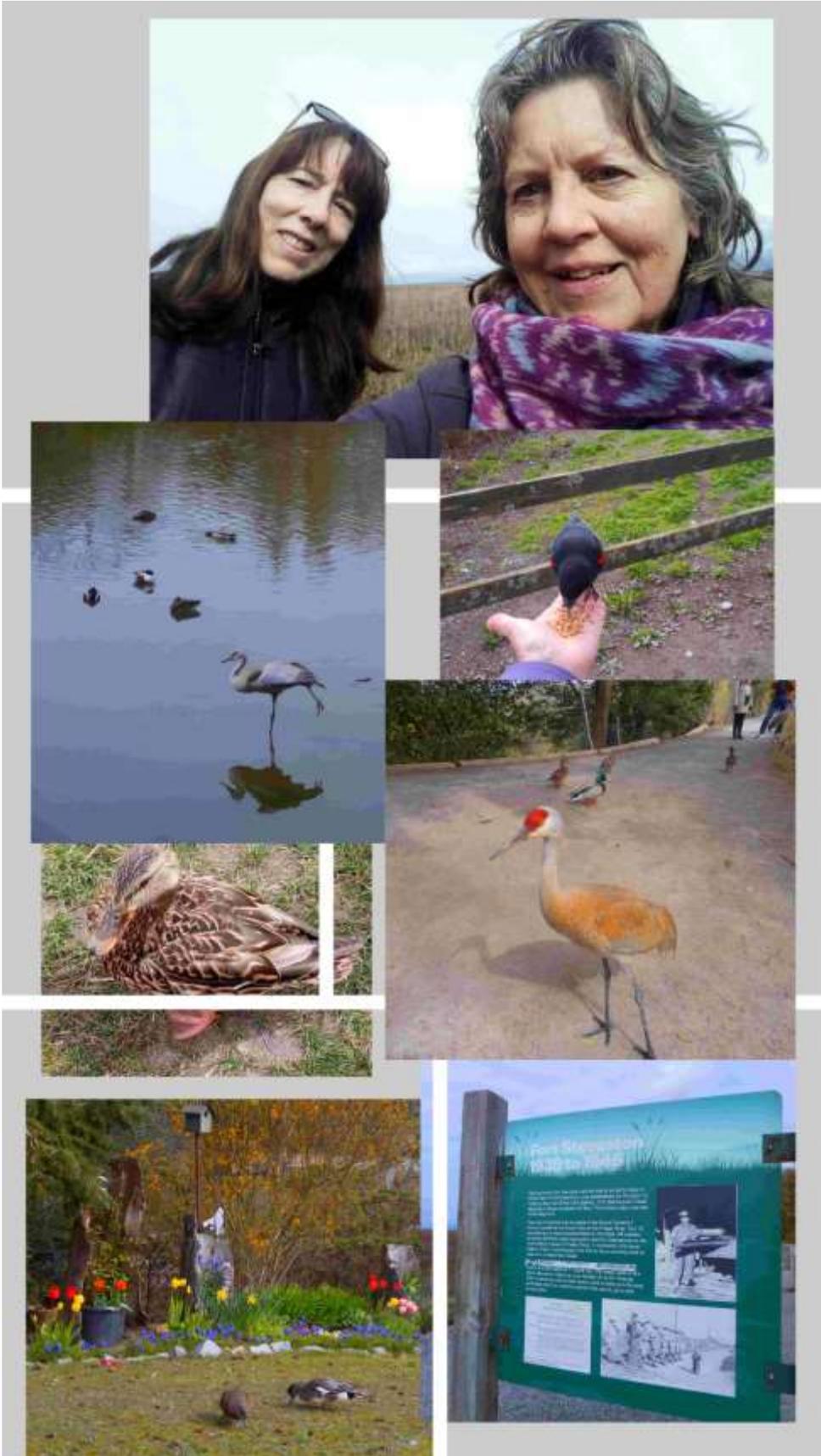
We completed the outer loop, following the dyke before cutting back towards the center of the property and returning to the entry point. It was time to end Part 1 and take up Part 2 of the day's trip. We got to Steveston village in Richmond by around 1:00. Wanting to have hot drinks, we took a table at the Steveston Bakery Cafe on a short break.

We found preparations for the Richmond Cherry Festival under way at Steveston Beach. It is happening tomorrow, Sunday. Glad we picked the Saturday!

It being a little cloudy and breezy, the West Dyke Trail was not very busy except for a few dedicated dog-walkers. Despite that kind of weather, several slider turtles were trying to sun themselves on platforms in a pond. We saw one little cutie vainly try to climb onto a platform, only to fall backward into the water. Quite a few great blue herons were foraging in the trenches and marsh ponds. Above, a few hawks circled, perhaps one golden eagle, too.

Alas, there was no sign of the snow geese. Had they already taken off for Siberia, or had they delayed their departure due to the colder-than-usual March weather?

We went as far as Blundell Rd., beside the golf course, before we turned around. It had been a relaxing and rejuvenating experience.



Burnaby Mountain Loop Trail
Sunday April 07, 2024
Trip Report and Photos by Yoko Matsuda
Hike Lead: Jim McCavour

Five hikers set off from the Cameron community center towards Stoney Creek Trail in cloudy weather. We walked past new buds sprouting with beautiful fresh green gradation. The group had a water and snack break when another member joined us at the end of the pipeline trail. Then we ascended the Trans Canada trail and passed by a small waterfall, featuring a fallen trunk with mosses and stratum risen from under the sea. When we reached the Rose Garden, trees full of cherry blossoms welcomed us.

The group enjoyed lunch beneath thousands of pink petals with the chorus of robins singing. After lunch, the sun came out on the trail and we saw gnome figurines everywhere, or rather the gnomes watched over us. Before finishing the hike, we found the bird's nest crafted from many fine twigs. It was 6-7 inches in diameter and had fallen to the forest floor. It was heavier than expected since it was woven so tightly. We were back at the community center at 1:40 pm. It was a little chilly in the morning but warm comfortable spring hike in the afternoon.



Central Valley Greenway Bike Ride
Sunday April 14, 2024
Trip Report and Photos by Barbara Waldern

We tackled the Central Valley Greenway starting at the west side of Burnaby Lake on a gloriously sunny day. This route overlaps with Burnaby's Urban Trail. BOC bike trips are small in terms of participation, and this trip was no different.

Four of us took the bike bridge to the trail head to follow Still Creek along the gravel path parallel to Lougheed Hwy. Our destination: Trout Lake Park in East Vancouver. We saw a few joggers and other cyclists. Soon we had crossed Douglas Road to take bike lane on Still Creek Road in a light industrial area.

At Gilmore, we crossed the railroad and turned onto the next section of the Greenway, which took us to the crossing at Boundary Road. Now in E. Vancouver, the path was paved and chased the Millenium Sky Train Line. Upon passing Renfrew Station, we moved away from the Sky Train track heading toward the north-south path known as BC Parkway on Lakewood Street. From there, Trout Lake was in sight. The park not so busy yet, we decided to do the loop around the small lake and end up at the Trout Lake Community Center.

A couple of us took advantage of the small community cafe and its low prices. We all sat together to eat and chat using a picnic table between the lake and a playing field, defying the baseballs that occasionally flew our way. We all shared memories of frequenting this well-known park.

The lake was very tranquil. A few waterfowl such as Canada Geese, Coots and Mallards as well as many common songbirds were around. More people were arriving to enjoy picnics and play with children. It was time to move on. We dispersed according to our circumstances and plans. It was good to finally complete this trip. May we indulge in it again another day.



Norvan Falls Hike

Sunday April 28, 2024

Trip Report and Photos by Gerard Laman

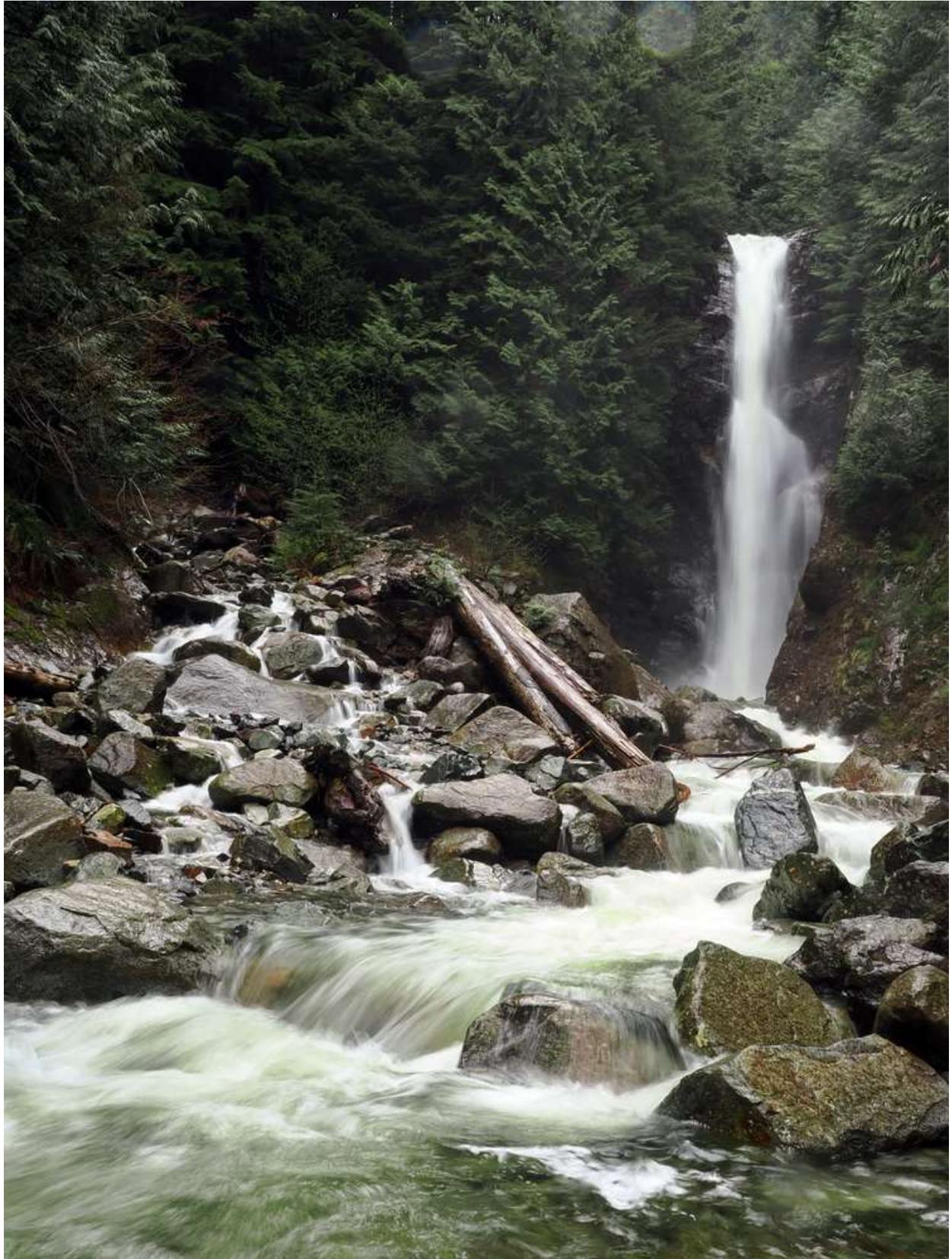
We started the hike with six BOC members on this rainy Sunday on April 28th. The trail to the Norvan Falls is in the Lynn Headwaters Regional Park. We started on the Lynn Loop Trail and the Cedars Mill Trail that follows the Lynn Creek. The area along the Lynn Creek was logged in the 1900 and we could still see some remnants of this activity.

After about 4km we stopped for a quick snack break under the cover of the trees to stay dry before we entered the open area of the Third Debris Chute. From here we followed the Headwaters Trail to the Norvan Falls. This part of the trail has several difficult sections with flowing creeks crossing and we all got wet feet at the end of the hike.

The forest is very green with a moss-covered forest floor. When we reached the Norvan Creek, we hiked for about 200m upstream to get to the base of the Norvan Falls. The Falls were spectacular with a high volume of water coming down. We stopped here for lunch and then we had to return on our steps to the parking lot. Some time on the way back the sun started to shine, but shortly after this it turned in a hard downpour. After six hours we returned to our cars, wet but happy that we had a good day.

Thanks to the drivers: Jacques and Gerard





BOC Trips and Events Schedule May to Aug 2024

Date	Day	Description	Rating	Contact	Phone/Email
4-May	Sat	Hayward Lake Reservoir , (located near Mission), Reservoir Trail. This trail on the east side of the lake will be hiked for approximately 5 hours return trip. The Reservoir Trail is in the forest with gentle ups and downs. The Floating Bridge at the south end of the reservoir is damaged (under the water) and the hiking loop is no longer an option.	B2	G & R Laman	604-451-8445
04-May	Sat	Kayaking skills review with a city instructor . Barnet Marine Park 10:30 a.m. to 1:30 p.m. Includes 45 to 60 min. free paddling time. For those with some experience; no beginners. Book up to 10 days in advance. \$67.50. No cancellation. (Once BOC has some recently retrained members, we'll be more confident about renting kayaks on our own as future Club activities. Beginners will have to arrange their own lessons.)	B3	B. Waldern	bwald46@yahoo.ca
05-May	Sun	Boundary Bay Regional Park . Experience expansive ocean views and bird-watching. We will do approximately 16 km round trip on this flat dyke trail.	B1	J. McCavour	604-438-6854
11-May	Sat	Mt. Gardner , Bowen Island . Enjoy a short scenic ferry ride to beautiful Bowen Island. We will walk from the Snug Cove terminal to the trail head of Mt. Gardner, Elevation gain is 720 meters from sea level to the peak. Round-trip walking distance is approx. 16 km. Please note, this hike is not suitable for beginner as we will go with faster pace.	C4	S. Liang	6045158078 (text) or liang sujane1@gmail.com
19-May	Sun	Bike from Gilmore Sky train station to Lower Seymour Conservation Reserve, then to the Seymour Reservoir (may shorten the last 11 km if desired). 40 km round trip with about 300 m elevation gain. Coming back is mostly downhill.	C3	J. Trepanier	wng11375@yahoo.com
26-May	Sun	Sawblade Falls (Burke Mountain) Port Coquitlam . Start the hike on Harper road. There are two waterfalls to view. We will hike for approximately 4 hours return trip, with an elevation gain of 400m. (Gerard will be the contact person at Burnaby City Hall. He can take 4 passengers if needed. We will need other drivers for carpooling.)	A1	Debbie	778-554-4218

Date	Day	Description	Rating	Contact	Phone/Email
08-Jun	Sat	Confederation Trail short hike overlooking Burrard Inlet in Burnaby North followed by an optional beach or pool swim at Brighton Park, Vancouver (by the PNE), before returning.	B2	B. Waldern	bwald46@yahoo.ca
9-Jun	Sun	Chadsey Lake trail . Check out this 10.8-km out-and-back trail near Dewdney, British Columbia. Elevation gain 705 m. Generally considered a challenging route and it takes 5 - 6 hours. Trail could be muddy and buggy. Bring gaiters and insect repellent.	C4	J. Trepanier	wng11375@yahoo.com
16-Jun	Sun	UBC Knapp Research Forest , Maple Ridge. Total distance 10 km with an elevation gain of 200 m. View overlooking Pitt Lake from the summit of the trail.	B2	G & R Laman	604-451-8445
20-Jun	Thu	Baden Powell Trail 5 (Cleveland Dam to Brothers Creek trail) This is a continuation of our BP trail hiking series. This time we plan to hike from Cleveland Dam to Brothers Creek trail	B3	S. Liang	6045158078 (text) or liang sujane1@gmail.com
23-Jun	Sun	Brandywine Falls and Calcheak Trail, Whistler area , This is a scenic loop with river and lake views.	B2	J. McCavour	604-438-6854
1-Jul	Canada Day (Monday)	Elk Mountain . Come and celebrate Canada Day with a hike to Elk Mountain, near Chilliwack. Bring your flags and/or wear your red and white! It may be too early for a good show of wildflowers in the meadows, but we can hope for good views of Mount Baker and the other peaks to the south and east. This is a short steep hike, approximately 8km return with an 800m elevation	B4	S. Liang	604-515-8078 (text) or liang sujane1@gmail.com

Date	Day	Description	Rating	Contact	Phone/Email
1-Jul	Canada Day (Monday)	Elk Mountain. Come and celebrate Canada Day with a hike to Elk Mountain, near Chilliwack. Bring your flags and/or wear your red and white! It may be too early for a good show of wildflowers in the meadows, but we can hope for good views of Mount Baker and the other peaks to the south and east. This is a short steep hike, approximately 8km return with an 800m elevation	B4	S. Liang	604-515-8078 (text) or liangsujane1@gmail.com
7-Jul	Sun	Seawall - North/West Vancouver bike ride We start this easy bike ride at Science World and we go toward English bay then next to Lost Lagoon and end up near Canada Place to get on the Seabus. Once in North Van we follow various bike trails including the Spirit Trail until we reach Seawalk Garden in West Van where we will take a break. Then we go back to the Seabus terminal and from there the ride will be completed. Total is just under 30km. Meeting time is 900am. Make sure your bike is in good working order and your tires are well inflated. Flats happen more frequently on under inflated tires.	B1	J & W Trepanier	wng11375@yahoo.com
11-Jul	Thursday	Baden Powell Trail Part 6(Brothers Creek trail to Cypress Bowl) This is a continuation of our BP trail hiking series. This time we plan to hike from Brothers Creek trail to Cypress Bowl	B3	S. Liang	6045158078 (text) or liangsujane1@gmail.com
14-Jul	Sun	Mt Strachan. This is another peak which is reached from the Cypress Bowl area. Good views of the Lions and beyond, plus the possibility of blueberries.	B3	J. McCavour	604-438-6854
21-Jul	Sun	Lower Hollyburn. 12km, 260m, 4.5 hr. Great view at start, hike in shade.	B3	B. Waldern	bwald46@yahoo.ca
27-Jul	Sat	Black Mountain and Eagle Bluffs. This hike features alpine forest with many delightful small lakes and excellent views from the Black Mountain and Eagle Bluffs. Total distance 10 km and 350 m elevation gain.	C3	G & R Laman	604-451-8445
28-Jul	Sun	Teapot Hill and Cultus Lake. From Rd. 918, climb up 290m to view of lake and Fraser Valley from Rd. 918 parking. After 2.5-hour hike, go to Lindell Beach; kayak \$25/h.	A3	B. Waldern	bwald46@yahoo.ca

Trip Ratings and General Information

	Duration		Elevation Gain
A	1 to 3 hours	1	Up to 100 meters
B	3 to 5 hours	2	100-200 meters
C	5 to 7 hours	3	200-500 meters
D	7 hours to overnight	4	500-1000 meters
		5	Over 1,000 meters

Date	Day	Description	Rating	Contact	Phone/Email
5-Aug	BC Day (Monday)	Lake Ann, Mt. Baker Area, Great views of Mt. Shuksan and surrounding peaks, along with a lovely lake. This trail does involve an initial elevation loss of about 180 meters, then some flat sections before climbing to the lake. Total walking time about five hours, and distance return of thirteen km. NOTE: Valid Canadian passport is required (not eligible without this) also USA medical travel insurance for this date is a must.	B4	S. Liang	6045158078 (text) or liangsujane1@gmail.com
11-Aug	Sun	Pt. Grey Tour: Jericho Hill, Pacific Spirit Park, Spanish Banks and Locarno Beach. Picnic, beach play after 2.5-hour hike along shaded trails. Bring folding chairs, blankets, food.	A2	B. Waldern	bwald46@yahoo.ca
18-Aug	Sun	Howe Sound Crest Trail to St. Mark's Summit of Cypress Provincial Park: This is a scenic and popular 11 km hike starting from Cypress Bowl. Elevation gain 440 m.	B3	J & W Trepanier	wng11375@yahoo.com
25-Aug	Sun	Stawamus Chief, Peak 2. This is a classic steep climb with terrific views from the top. Swim afterwards at Murrin Lake	B4	J. McCavour	604-438-6854
31-Aug	Sat	Dog Mountain and Suicide Bluffs. Suicide Bluffs trail has some minor scrambling bits and it does get into some steep (but short) climbs requiring the aid of the installed ropes. Nothing scary or dangerous, nice views and open rocky areas. Total distance 8 km and 190m elevation gain.	B2	G & R Laman	604-451-8445
1-Sep	Sun	Richmond North and West Dykes bike ride. Start from Aberdeen Canada Line Station, destination Steveston. Return via Railway Greenway or dyke. ~25 km.	B1	B. Waldern	bwald46@yahoo.ca

BOC Trip Reports and Photos: How to

TRIP REPORT GUIDELINES



E-mail your trip photos and/or report to bocwebmaster@gmail.com .

FOR WEBSITE:

To all hike leaders,

Please follow the guidelines listed below when e-mailing your trip photos for uploading to the Burnaby Outdoor Club website.

1. Save your photos in JPG format.
2. Resize the photos:
 - a. For horizontal images (landscape) and vertical images (portrait) select 600 vertical pixels
 - b. Maintain the original aspect ratio as set in the camera i.e. 4x3 or 3x2.
 - c. The above dimensions are suitable for the website and will keep them presentable and consistent with photos uploaded previously. There are many photo editing programs available for cropping, white balance, resizing etc. One of the most popular one is Picasa (free download from Google). There is also a simple program for resizing only, that I use, called Image Resizer for Windows that can be also downloaded for free.
3. Rename the photo with image number and name of the hike/trip (e.g. "01-Lynn Creek & Seymour River" and "02-Lynn Creek & Seymour River"). Attached are two examples of resized horizontal and vertical images including the suggested photo filenames.
4. Include the name of the hike and the date in the subject line of your e-mail (e.g. Trip Photos and Report for Lynn Creek & Seymour River Hike on March 12, 2013)

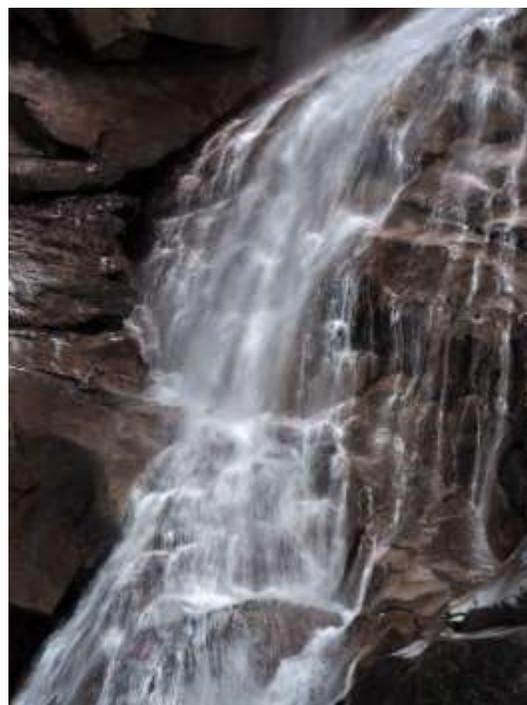
Please let me know if you have any questions or need any assistance in submitting your photos/reports.

Also, any creative ideas/suggestions related to our Burnaby Outdoor website are always welcome.

Your webmaster,
Nik Trajic
e-mail: bocwebmaster@gmail.com
cell phone: 778-898-9480

FOR PRINT NEWSLETTER:

1. For photos use the resized images used for the website. Keep in mind that there is limited space per page, and six photos is probably the absolute maximum. Please note in the email if there is a particular photo(s) that you want in the newsletter. I will try to include as many photos as possible. Please name your photos by trip name.
2. Please include trip reports text as a word file or plain text file attached to the same email as your photos. Formatting WILL NOT carry over into inDesign so plain text, single spaced will suffice.
3. Name the file the name and date of the trip.
4. Include at the top of the page the name and date of the trip and the author's full name.
5. Include in the Re: line of the email the "BOC Newsletter for the (desired) month."



2024 Executive

Trip Ratings and General Information

President

Vacant

Vice President

Vacant

Treasurer

Loretta Chan

Recording Secretary

Monisha Shukla

Membership

Elizabeth Morse

Annual membership is \$30 from January 1 to December 31. New members pay \$22 for first year if they join after July 1. Please notify Elizabeth Morse at emorse@shaw.ca for any changes of contact information.

Trip Coordinator

Su-Jane Liang, email at sliang00@yahoo.com

Sandy Shi, email at Sandy_shizx@yahoo.ca

To schedule a trip, contact Su-Jane or Sandy by the 15th of the previous month.

Social Coordinator

Winnie Ng

Newsletter

TBA

Members at Large

Jim McCavour

Barbara Waldern

Jacques Trepanier

Webmaster/ Membership Communications

Nik Trajic, email at bocwebmaster@gmail.com

Visit the BOC website for hiking schedule, trip reports, and photos at www.burnabyoutdoor.com

Duration		Elevation Gain	
A	1 to 3 hours	1	Up to 100 meters
B	3 to 5 hours	2	100-200 meters
C	5 to 7 hours	3	200-500 meters
D	7 hours to overnight	4	500-1000 meters
		5	Over 1,000 meters

- Club trips are limited to a maximum of 12 participants. Let the coordinator know AT LEAST two days in advance if you plan to go on their trip. Confirm meeting time as it depends on the coordinator. Participants are encouraged to ask the coordinator about the level of difficulty (terrain and gradient (or steepness) and pace (slow, moderate, or fast) of their trip.
- All trips start from a prearranged meeting place, usually Burnaby City Hall. The Club encourages carpooling to trailheads. It is not the trip coordinator's responsibility to arrange for your transportation to or from the meeting place.
- As a courtesy to the driver, please bring a plastic bag for your muddy hiking boots and change into sandals or runners after the hike or walk.
- All members are encouraged to organize hikes, walks and other events.

To share your ideas for new trips, articles or to get involved, contact trip schedule coordinator, Su-Jane Liang, or any of the other executive members.

BOC Carpool Fee Guideline Effective March 01, 2024

Return trip from Burnaby

Local distance		Example of destination
20 km	\$ 6.00	Burnaby Mountain
70 km	\$10.00	Vancouver Metro
90 km	\$12.00	Cypress Bowl
120 km	\$15.00	Golden Ears Park
Long Distance		
180 km	\$25.00	Alice Lake
250 km	\$30.00	Garibaldi Lake
280 km	\$35.00	Whistler-Mt Baker
370 km	\$45.00	Needle Peak
450 km	\$60.00	Manning Park

Please be reminded that the trip leaders will use their own discretion to set the carpool fee for each trip.

The carpool fee has been reviewed by Gerard. The carpool fees remain the same as of September 01, 2023. Next update will be on September 01, 2024.