

# North Okanagan Naturalists' Club Outings – 2020

SCHEDULE OF OUTINGS		
Tentative Date	Location	Leader
Thurs, May 21	1) <b><u>Larch Hills – Salmon Arm</u></b> (easy) Wild orchids, flowers, mushrooms and other creatures from Nature.	Judy Stockdale
May TBA	2) <b><u>The Rim Rocks</u></b> (moderate) A geological oddity / alien lava landscape among cedars & pines.	TBA
Thurs, June 4	3) <b><u>Salmon Arm Bay – Western Grebe Courtship</u></b> (easy) Courtship begins in late April and may progress well into June	Claude Rioux
Sat, June 6	4) <b><u>Lavington – Bluenose Mountain</u></b> (moderate) Views of Aberdeen Plateau, Silver Star, Lavington, Monashees	Harold Sellers
Thurs, June 25	5) <b><u>Enderby Cliffs</u></b> (strenuous) Views of the Shuswap and North Okanagan regions	Norbert Maertens
June TBA	6) <b><u>Trinity Valley</u></b> - (easy) look for Sandhill Cranes then visit Vance Creek Ecological Reserve	July Stockdale
Thurs – Fri, July 16 & 17	7) <b><u>Revelstoke Nat'l Park – Meadows in the Sky</u></b> (moderate - hard) Two day outing based out of Revelstoke offers a variety of trails.	Charles Peti
Sat, July 25	8) <b><u>Silver Star Mountain</u></b> (moderate - strenuous) Beautiful views of surrounding hills and valleys from the summit.	Harold Sellers Trish Reid
Wed – Thurs, Aug 5 & 6	9) <b><u>Dee Lake</u></b> Details to come	Marnie Williamson
Aug TBA	10) <b><u>Hardy Falls Regional Park (near Peachland)</u></b> Kokanee salmon spawning - Deep Creek; visit Bat House in Peachland	Norbert Maertens
Thurs, Sept 3	11) <b><u>Salmon Arm Bay</u></b> (easy) Freshwater mudflats can offer best shore birding in BC's interior.	Don Cecile Claude Rioux
Thurs, Oct 8	12) <b><u>Rose Swanson Mountain, Spallumcheen</u></b> (moderate - strenuous) Views towards Vernon, Otter & Swan Lakes; north arm Okanagan Lake	Ruth & Rod Drennan
Thurs, Nov 26	13) <b><u>Winter Bird Walk</u></b> (easy) Short morning walk to observe our year round birds	Margaret MacKenzie
GENERAL INFORMATION		
1) These outings are all planned for Thursdays and Saturdays. 2) Reminders and a notice of any changes will be published in the NONC weekly newsletter. 3) <b><u>CARPOOLING</u></b> – from <u>PRIEST VALLEY ARENA</u> Parking Lot - 3407 35 Ave unless otherwise indicated 4) Passengers - please make a contribution towards the cost of gas, depending on the distance. 5) If you have any questions about the outings, please contact the person leading the outing. 6) <b><u>NOTE: NO PETS ON OUR OUTINGS, PLEASE</u></b>		

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Tentative Date	Outing Descriptions	Leader
Thurs, May 21	<p><b>1) <u>Larch Hills – Salmon Arm</u></b> (easy)</p> <p>A day spent looking for wild orchids, flowers, mushrooms and other creatures from Nature.</p> <p>Link: <a href="http://www.shuswaptrails.com/trails.php?id=12">http://www.shuswaptrails.com/trails.php?id=12</a>            Contact: <a href="mailto:judy_stockdale@hotmail.com">judy_stockdale@hotmail.com</a></p>	Judy Stockdale
May TBA	<p><b>2) <u>The Rim Rocks</u></b> (moderate)</p> <p>A geological oddity, the Rim Rocks appear as an alien landscape amongst the cedars and pines of the surrounding forest. The trail along the rim of a massive pit where eroded earth exposed huge spires of lava rock. There are also interesting views onto ancient lava flows.</p> <p>Link: <a href="https://www.hikingaddiction.ca/trails/viewtrail.php?trail_id=162">https://www.hikingaddiction.ca/trails/viewtrail.php?trail_id=162</a>            Contact:</p>	TBA
Thurs, June 4	<p><b>3) <u>Salmon Arm Bay – Western Grebe courtship</u></b> (easy)</p> <p>Courtship, involving preening, gift giving and dancing on the water, begins in late April and may still be in progress well into June. Sights can be witnessed from shore using binoculars, from Peter Jannink Nature Park, walkway in front of Prestige Inn, or Christmas Island.</p> <p>Link: <a href="https://shuswaptourism.ca/do/outdoor-adventure/birdwatching">https://shuswaptourism.ca/do/outdoor-adventure/birdwatching</a>            Contact: <a href="mailto:dcecile@shaw.ca">dcecile@shaw.ca</a></p>	Don Cecile
Sat, June 6	<p><b>4) <u>Lavington – Bluenose Mountain</u></b> (moderate)</p> <p>A steady ascent through mixed forest. From the top you get excellent views of the Aberdeen Plateau, Silver Star, Lavington and Monashees. 3-hour hike covers about 5 km with steep sections. Altitude of 1200 m and gain of 200m. Optional coffee stop after.</p> <p><b>Directions:</b> follow Bluenose Road 4.2 km from the intersection of Whitevale Rd and Bluenose Rd. Look for entry to parking in forest clearing. There is a small sign saying “Bluenose Trails”.</p> <p>Link: <a href="https://www.ehcanadatravel.com/british-columbia/okanagan/parks-trails/3061-bluenose-mountain-trail.html">https://www.ehcanadatravel.com/british-columbia/okanagan/parks-trails/3061-bluenose-mountain-trail.html</a>            Contact: <a href="mailto:hikerharold@gmail.com">hikerharold@gmail.com</a> Ph: 250-307-3543</p>	Harold Sellers
Thurs, June 25	<p><b>5) <u>Enderby Cliffs</u></b> (strenuous)</p> <p>The Enderby Cliffs tower high above the Shuswap River offering breath taking views of the Shuswap and North Okanagan regions. Hikers atop the cliffs can take a step back in time to the Tertiary age and watch the soaring birds play on the updrafts created by the steep rock face. This is a challenging climb - outing will last 5 to 6 hours. Bring a lunch, drinks, hiking poles and wear hiking boots.</p> <p><b>Directions:</b> Meet in the trail parking lot east of Enderby. Turn East onto Mabel Lake Rd. Continue for 2km down Mabel Lake Rd &amp; take a left hand turn onto Brash Allen Rd heading north. At 1.4 km, Brash Allen road forks – stay right &amp; continue down unpaved road for 1.6 km until you reach the parking lot on left, which is where the Tplaqin trail begins.</p> <p>Link: <a href="http://shuswaptrails.com/trails.php?id=99">http://shuswaptrails.com/trails.php?id=99</a>            Contact: <a href="mailto:nmaer10s@gmail.com">nmaer10s@gmail.com</a></p>	Norbert Maertens

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June TBA	<p><b>6) <u>Trinity Valley</u></b> (easy)</p> <p>Look for Sandhill Cranes at the pond where McQuinna Rd &amp; Trinity Valley Rd meet; then come back down, hike and lunch at Vance Creek Ecological Reserve</p> <p>Link: <a href="http://www.env.gov.bc.ca/bcparks/eco_reserve/vancecreek.html">http://www.env.gov.bc.ca/bcparks/eco_reserve/vancecreek.html</a></p> <p>Contact: <a href="mailto:judy_stockdale@hotmail.com">judy_stockdale@hotmail.com</a></p>	Judy Stockdale
Thurs – Fri, July 16 & 17	<p><b>7) <u>Revelstoke Nat'l Park – Meadows in the Sky</u></b> (moderate - hard)</p> <p>A two day outing, with an overnight in Revelstoke. Mt Revelstoke National Park offers trails with beautiful flowers and great views.</p> <p><u>Thursday:</u></p> <ol style="list-style-type: none"> <li>1) Falls near Craigalachi if they are open (closed because of mudslides last year).</li> <li>2) Then Moses Creek waterfalls just north of Hwy #1 - a somewhat difficult short downhill slope, hanging on to roots and branches on the way down but a nice lunch/picnic spot by cascading falls where there was an American dipper last year</li> <li>3) Then Blanket Creek park 20 km south of Hwy #1. Nice walk through an old cedar forest and impressive Sutherland falls which is a two minute walk from the parking lot</li> <li>4) Maybe Begbie falls. Five minute trail from the parking lot to the falls but the way there by car may be rough for a two wheel drive.</li> <li>5) Overnight in Revelstoke.</li> </ol> <p><u>Friday:</u></p> <ol style="list-style-type: none"> <li>1) Early am drive to Meadows in the Sky, 1 km. walk to the trail heads (there is a Parks Canada bus, but it only starts at 10:00)</li> <li>2) 6 km hike to Eva Lake for lunch, then back.</li> <li>3) Old fire lookout at the top by the bus stop and then we take the bus down to the parking lot.</li> <li>4) There are several scenic stops on the way down to Hwy #1. Home that evening.</li> </ol> <p>Link: <a href="https://www.pc.gc.ca/en/pn-np/bc/revelstoke/activ/promenade-parkway">https://www.pc.gc.ca/en/pn-np/bc/revelstoke/activ/promenade-parkway</a></p> <p>Contact: <a href="mailto:charlespeti@netscape.net">charlespeti@netscape.net</a></p>	Charles Peti
Sat, July 25	<p><b>8) <u>Silver Star Mountain</u></b> (moderate – strenuous)</p> <p>Ascend through carpets of wildflowers to reach the summit with beautiful views of the surrounding hills and valleys. A must-do to admire flowers, butterflies and great views.</p> <p><u>Directions:</u> Meet at 9:00 am at the Silver Star Mountain Museum, by the ticket office. Trish Reid will be our leader. We will return to the village for lunch, at a resort restaurant or pack your own and enjoy outdoors. End the outing with a visit to the museum.</p> <p>Link: <a href="http://www.skisilverstar.com/summer/my-mountain-info/trail-info/hiking-trails">http://www.skisilverstar.com/summer/my-mountain-info/trail-info/hiking-trails</a></p> <p>Contact: <a href="mailto:hikerharold@gmail.com">hikerharold@gmail.com</a> Ph: 250-307-3543</p>	Harold Sellers & Trish Reid
Wed – Thurs, Aug 5 & 6	<p><b>9) <u>Dee Lake</u></b></p> <p>Details to come Contact: <a href="mailto:mpw660@telus.net">mpw660@telus.net</a></p>	Marnie Williamson

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Aug TBA	<p><b>10) <u>Hardy Falls Regional Park (near Peachland)</u></b></p> <p>Deep Creek sees some of the biggest spawning Kokanee salmon in the Okanagan and they are also some of the earliest to return. Visit the Bat House in Penticton afterwards.</p> <p>Link: <a href="https://www.regionaldistrict.com/your-services/parks-services/parks-and-trails/1-hardy-falls-regional-park.aspx">https://www.regionaldistrict.com/your-services/parks-services/parks-and-trails/1-hardy-falls-regional-park.aspx</a></p> <p>Contact: <a href="mailto:nmaer10s@gmail.com">nmaer10s@gmail.com</a></p>	Norbert Maertens
Thurs, Sept 3	<p><b>11) <u>Salmon Arm Bay</u></b> (easy)</p> <p>One of the best areas to view shorebirds during the Fall migration. The freshwater mudflats can be the best shorebirding spot in BC's interior.</p> <p>Link: <a href="https://shuswaptourism.ca/do/outdoor-adventure/birdwatching">https://shuswaptourism.ca/do/outdoor-adventure/birdwatching</a></p> <p>Contact: <a href="mailto:dcecile@shaw.ca">dcecile@shaw.ca</a> <a href="mailto:ccrioux@hotmail.com">ccrioux@hotmail.com</a></p>	Don Cecile Claude Rioux
Thurs, Oct 8	<p><b>12) <u>Rose Swanson Mountain, Spallumcheen</u></b> (moderate - strenuous)</p> <p>Hike to both mountain tops, prime views of the valley below, with Rod providing interesting historical notes on local names</p> <p>Link: <a href="http://www.shuswaptrails.com/trails.php?id=95">http://www.shuswaptrails.com/trails.php?id=95</a></p> <p>Contact: <a href="mailto:rdennan@shaw.ca">rdennan@shaw.ca</a></p>	Ruth & Rod Drennan
Thurs, Nov 26	<p><b>13) <u>Winter Bird Walk</u></b> (easy)</p> <p>A short morning walk at a local destination to observe our year round birds and to bone up for the Christmas Bird Count. Bring a lunch.</p> <p>Contact: <a href="mailto:mhubble@telus.net">mhubble@telus.net</a></p>	Margaret Mackenzie
TBA	<p><b><u>Yeoward Mountain</u></b> (moderate) <b><u>Unavailable - ROAD WASHED OUT</u></b></p> <p>Hike in the Monashees, through alpine flowers, with beautiful views of the Pinnacle, Selkirk and Valhalla ranges from the summit. 6km hike which takes about 3 hrs. Altitude - 2128 m with a 700 m gain.</p> <p>Link: <a href="http://www.sitesandtrailsbc.ca/search/search-result.aspx?site=REC98049&amp;type=Trail">http://www.sitesandtrailsbc.ca/search/search-result.aspx?site=REC98049&amp;type=Trail</a></p> <p>Contact: <a href="mailto:nmaer10s@gmail.com">nmaer10s@gmail.com</a></p>	Norbert Maertens

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Date	FUTURE TRIPS	Leader
2021	<p><b><u>Chase – Niskonlith Meadows</u></b> (easy - moderate)</p> <p>The Niskonlith Meadows are within Adams Lake First Nations lands and are one of the best places to hike to see the early wildflowers including Avalanche Lily.</p> <p>Link: <a href="http://www.shuswaptrails.com/trails.php?id=87">http://www.shuswaptrails.com/trails.php?id=87</a></p> <p>Contact: <a href="mailto:rdrennan@shaw.ca">rdrennan@shaw.ca</a></p>	Ruth & Rod Drennan
2021	<p><b><u>Lardeau River flows out of Trout Lake - West Kootenay</u></b> (easy)</p> <p>View the Gerrard Rainbow Trout spawning at the head of the Lardeau River where it flows out of Trout Lake. One can stand on the bridge and see these big trout (up to 30 lbs+) spawning in the clear waters below. The count peaked at 141 fish on May 8, 2018.</p> <p>This will be a long day trip or overnight.</p> <p>Link: <a href="http://www.env.gov.bc.ca/fw/fish/regulations/docs/0809/fa_GiantsOfGerrard.pdf">http://www.env.gov.bc.ca/fw/fish/regulations/docs/0809/fa_GiantsOfGerrard.pdf</a></p> <p>Contact: <a href="mailto:rickbonar@hotmail.com">rickbonar@hotmail.com</a></p>	Rick Bonar
2023	<p><b><u>Adams River - Salmon Run or Kingfisher</u></b></p> <p>The salmon run happens every October in the Adams River. Every four years the salmon return in their greatest numbers during a 'dominant' run when millions of sockeye salmon make their way back from the ocean to spawn. View this spectacle at the Adams River in Roderick Haig-Brown Provincial Park near Kamloops.</p> <p>Link: <a href="https://shuswaptourism.ca/do/arts-culture/festivals-special-events/adams-river-salmon-run-listing">https://shuswaptourism.ca/do/arts-culture/festivals-special-events/adams-river-salmon-run-listing</a></p> <p>Contact:</p>	
2023	<p><b><u>South Okanagan Explorations</u></b> (easy - moderate)</p> <p>This four day outing gives you a head start on the season to view plant and wildlife as we head to the warmer climes of the south Okanagan. We will stay at the Pine Bluff Motel in Oliver.</p> <p>Day 1: Robert Lake, Sun-Oka Park, Vaseux Lake            Day 2: Early morning birding - Mahoney Lake to White Lake hike            Day 3: Sage &amp; Sparrow Conservation Reserve            Day 4: Return via Osoyoos, Anarchist Mt &amp; Wood Lot</p> <p>Contact:</p>	