

# NONC Outings – 2018

- These outings are all planned for Thursdays and Saturdays.
- Reminders and a notice of any changes will be published in the NONC weekly newsletter.
- CARPOOLING WILL MARSHAL FROM THE PRIEST VALLEY ARENA Parking Lot - 3407 35 Ave, Vernon - unless otherwise indicated
- Passengers, please make a contribution towards the cost of gas, depending on the distance.
- If you have any questions about the outings, please contact the person leading the outing.
- Note: no pets on our outings, please

Date	Location	Leader	Contact Info
April 19	<p><b><u>Chase – Niskonlith Meadows</u></b> - easy to moderate 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>	Ruth & Rod Drennan	rdrennan@shaw.ca
May 03	<p><b><u>Salmon Arm Bay – Western Grebe courtship</u></b> - easy Courtship, involving preening, gift giving and dancing on the water, begins in late April and may still be in progress well into June. These sights can be witnessed from shore using binoculars, from Peter Jannink Nature Park, the walkway in front of the Prestige Inn, or at Christmas Island.</p>	Don Cecile Claude Rioux	dcecile@shaw.ca ccrioux@hotmail.com
May 07-10	<p><b><u>South Okanagan explorations</u></b> - easy to moderate 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 OK. Day 1: Robert Lake, Sun-Oka Park, Vaseux Lake, settle in at Pine Bluff Motel Day 2: early morning birding, Mahoney Lk to White Lk hike Day 3: Sage &amp; Sparrow Conservation Reserve Day 4: Return via Osoyoos, Anarchist Mt &amp; Wood Lot</p>	Claude Rioux	ccrioux@hotmail.com
May 24	<p><b><u>Hulcar Armstrong Orchid trip</u></b> - easy Located on a private 20+ acre wooded property with trails and easy access to the flowers. The trip starts at 9.00am (if too early, will postpone till 31st). On the way, will stop to bird at Otter lake, arriving at Bristols (4255 Todd Place) between 10.30 till 11.00. Spend an hour there and then make our way to Grindrod (via Deep Creek Rd) for lunch at the park along the Shuswap River. Return via the back Enderby/Grindrod Rd to Enderby for birding at the Fortune Creek backwater before making our way back to Vernon. Please contact Judy if interested in case we need to change the date.</p>	Judy Stockdale	judy_stockdale@hotmail.com

Date	Location	Leader	Contact Info
June 09	<p><b><u>Lavington – Bluenose Mountain</u></b> - moderate  A steady ascent through mixed forest. From the top you get excellent views of the Aberdeen Plateau, Silver Star, Lavington and the Monashees.  A 3-hour hike which covers about 5 km with steep sections. Altitude of 1200 m and gain of 200m.  Optional coffee stop after.  <b><u>Directions:</u></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>	Harold Sellers	<a href="mailto:hikerharold@gmail.com">hikerharold@gmail.com</a> 250-307-3543
June 30	<p><b><u>Enderby Cliffs</u></b> - strenuous  The Enderby Cliffs tower high above the Shuswap River offering breathtaking 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, drink, hiking poles and wear hiking boots.  <b><u>Directions:</u></b> Meet in the trail parking lot east of Enderby.  Turn East onto Mabel Lake Road. Continue for 2km down Mabel Lake Road and take a left hand turn onto Brash Allen Road heading north. At 1.4 km, Brash Allen road forks – stay right and continue down the unpaved road for 1.6 km until you reach the parking lot on the left, which is also where the Tplaqin trail begins.</p>	Harold Sellers	<a href="mailto:hikerharold@gmail.com">hikerharold@gmail.com</a> 250-307-3543
July 05	<p><b><u>Yeoward Mountain</u></b> - moderate  Hiking in the Monashees, through alpine flowers, with beautiful views of the Pinnacles, Selkirks and Valhallas from the summit.  A 6km hike which takes about 3 hrs. Altitude about 2128 m with a gain of 700 m.</p>	Norbert Maertens	nmaer10s@gmail.com
July 19 & 20	<p><b><u>Revelstoke – Meadows in the Sky</u></b> - easy  A two day outing, with an overnight in Revelstoke, exploring the Revelstoke trails.  Mt Revelstoke National Park offers trails of various lengths, carpets of beautiful flowers and great views - a must to visit.  <b><u>Thursday:</u></b>  1. Falls near Craigalachi if they are open (closed because of mudslides last year).  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  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  4. Maybe Begbie falls. Five minute trail from the</p>	Charles Peti	charlespeti@netscape.net

	<p>parking lot to the falls but the way there by car may be rough for a two wheel drive.</p> <ul style="list-style-type: none"> <li>Overnight in Revelstoke.</li> </ul> <p><u>Friday:</u> Early 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), 6 km hike to Eva Lake for lunch, then back. Old fire lookout at the top by the bus stop and then we take the bus down to the parking lot. There are several scenic stops on the way down to Hwy #1. Home that evening.</p>		
July 21	<p><b><u>Silver Star Mt</u></b> – moderate to strenuous 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>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>	Harold Sellers	hikerharold@gmail.com 250-307-3543
Aug 11	<p><b><u>Silver Star Mt</u></b> – moderate to strenuous 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>Meet at 9:00 am by the ticket office. Trish Reid will be our leader. We will return to the village for lunch, at a resort restaurant or pack you own and enjoy outdoors.</p>	Harold Sellers	hikerharold@gmail.com 250-307-3543
Sept 06	<p><b><u>Salmon Arm Bay</u></b> - easy 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>	Don Cecile Claude Rioux	dcecile@shaw.ca ccrioux@hotmail.com
Sept	<p><b><u>The Rim Rocks</u></b> - moderate 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. Interesting views onto ancient lava flows</p>	Margaret MacKenzie	mhubble@telus.net
Oct 11	<p><b><u>Adams River - Salmon Run or Kingfisher</u></b> The salmon run happens every October, but it is every four years in which the salmon return in their greatest numbers (during what is called a 'dominant' run) and one of the best places to see this spectacle is the Adams River in Roderick Haig-Brown Provincial Park near Kamloops. During a dominant run, millions of sockeye salmon make their way back from the ocean and into the Adams River to spawn, creating an awe-inspiring spectacle and 2018 is a dominant year.</p>	Norbert Maertens	nmaer10s@gmail.com