

NONC Outings – 2019

Schedule of Outings

Date	Location	Leader
<p><u>For full description of the outings see NONC.ca</u></p> <p><u>GENERAL INFORMATON</u></p> <p>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) CARPOOLING – will marshal from <u>PRIEST VALLEY ARENA</u> Parking Lot - 3407 35 Ave, Vernon 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) <u>NOTE: NO PETS ON OUR OUTINGS, PLEASE</u></p>		

Date	Outing Descriptions	Leader
mid-April	<p>1) <u>Chase – Niskonlith Meadows</u> (easy - 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. Link: http://www.shuswaptrails.com/trails.php?id=87 contact: rdrennan@shaw.ca</p>	Ruth & Rod Drennan
early May	<p>2) <u>Lardeau River flows out of Trout Lake - West Kootenay</u> (easy) 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. This will be a long day trip or overnight. See link below for more info: http://www.env.gov.bc.ca/fw/fish/regulations/docs/0809/fa_GiantsOfGerrard.pdf contact: rickbonar@hotmail.com</p>	Rick Bonar
mid-May	<p>3) <u>Larch Hills - Spallumcheen</u> (easy) A day spent looking for wild orchids, flowers, mushrooms and other creatures from Nature. Link: http://www.shuswaptrails.com/trails.php?id=12 contact: judy_stockdale@hotmail.com</p>	Judy Stockdale
May or June	<p>4) <u>Salmon Arm Bay – Western Grebe courtship</u> (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. https://shuswaptourism.ca/do/outdoor-adventure/birdwatching contact: dcecile@shaw.ca</p>	Don Cecile

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early June	<p>5) Lavington – Bluenose Mountain (moderate)</p> <p>A steady ascent through mixed forest. From the top you get excellent views of the Aberdeen Plateau, Silver Star, Lavington and the 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>Directions: 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: https://www.ehcanadatravel.com/british-columbia/okanagan/parks-trails/3061-bluenose-mountain-trail.html</p> <p>contact: hikerharold@gmail.com Ph: 250-307-3543</p>	Harold Sellers

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late June	<p>6) <u>Enderby Cliffs</u> (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, drink, hiking poles and wear hiking boots.</p> <p><u>Directions:</u> 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> <p>Link: http://shuswaptrails.com/trails.php?id=99 contact: hikerharold@gmail.com Ph: 250-307-3543</p>	Harold Sellers
mid-July	<p>7) <u>Revelstoke National Park – Meadows in the Sky</u> (easy)</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"> 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 parking lot to the falls but the way there by car may be rough for a two wheel drive. 5) Overnight in Revelstoke. <p><u>Friday:</u></p> <ol style="list-style-type: none"> 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) 2) 6 km hike to Eva Lake for lunch, then back. 3) Old fire lookout at the top by the bus stop and then we take the bus down to the parking lot. 4) There are several scenic stops on the way down to Hwy #1. Home that evening. <p>Link: https://www.pc.gc.ca/en/pn-np/bc/revelstoke/activ/promenade-parkway contact: charlespeti@netscape.net</p>	Charles Peti

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late July	<p>8) Silver Star Mountain (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>http://www.skisilverstar.com/summer/my-mountain-info/trail-info/hiking-trails contact: hikerharold@gmail.com Ph: 250-307-3543</p>	Harold Sellers Trish Reid
early Sept	<p>9) Salmon Arm Bay (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: https://shuswaptourism.ca/do/outdoor-adventure/birdwatching contact: dcecile@shaw.ca ccrioux@hotmail.com</p>	Don Cecile Claude Rioux
Sept or Oct	<p>10) Rose Swanson Mountain, Armstrong (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>http://www.shuswaptrails.com/trails.php?id=95 contact: rdennan@shaw.ca</p>	Ruth & Rod Drennan
early Oct	<p>11) Adams River - Salmon Run or Kingfisher</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: https://shuswaptourism.ca/do/arts-culture/festivals-special-events/adams-river-salmon-run-listing contact: nmaer10s@gmail.com</p>	Norbert Maertens
Oct	<p>12) The Rim Rocks (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: https://www.hikingaddiction.ca/trails/viewtrail.php?trail_id=162 contact: mhubble@telus.net</p>	Margaret MacKenzie

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South Okanagan explorations (easy - moderate)
Cancelled for 2019

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.

Day 1: Robert Lake, Sun-Oka Park, Vaseux Lake (stay at Pine Bluff Motel, Oliver)

Day 2: Early morning birding - Mahoney Lk to White Lk hike

Day 3: Sage & Sparrow Conservation Reserve

Day 4: Return via Osoyoos, Anarchist Mt & Wood Lot

Yeoward Mountain (moderate)

Unavailable - ROAD WASHED OUT

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.

Link: <http://www.sitesandtrailsbc.ca/search/search-result.aspx?site=REC98049&type=Trail>

contact: nmaer10s@gmail.com