

CENTRAL ALBERTA MOUNTAIN CLUB SCHEDULE SPRING / SUMMER 2023

Date	Trip	Trip Detail
April 1	Down Hill Skiing at Lake Louise	
April 3-5	Down Hill Skiing at Lake Louise	Coordinator staying at Lake Louise Hostel; participants to book own accommodation.
April 15 (Saturday)	Hike: Black Mountain	630 metre elevation gain; hike with microspikes or snowshoes depending on ground conditions. Black Mountain is located near Nordegg
<p><b>Spring Fling Exercise Thing Wednesday Evenings April 19 to May 17, 6:00 – 7:00 PM</b>                      Arrive at designated meeting spot and be ready to go by 6:00 PM sharp!                      (no need to sign up, just show up)</p>		
April 19	Heritage Ranch Circuit	Meet at main parking lot
April 26	Maskepetoon Park Circuit	Meet at parking lot by exercise equipment
May 3	MacKenzie Ponds Circuit	Meet at Mackenzie Ponds boat launch
May 10	River Bend Hills Circuit	Meet in the NE corner of GoodLife Parking lot
May 17	Pines Circuit	Meet in the NE corner of GoodLife Parking lot
April 22 – 23 (Saturday and Sunday)	Hikes: Prairie Mountain and Sulphur Mountain	<p>Saturday: Prairie Mountain 6.6 km and 660 m elevation gain. Moderately challenging due to steep grade.</p> <p>Sunday: Sulphur Mountain 10.8 km and 759 m elevation gain. A moderate hike with lots of switch backs.</p> <p>Microspikes recommended.</p> <p>The coordinator is staying at the HI Banff Hostel on Saturday night. CAMC members are welcome to join in for just the Prairie Mountain Hike or the whole weekend. Participants are responsible for booking their own accommodation.</p>
May 7	Hike: Spring Social at Dry Island Buffalo Jump	<p>An opportunity for all club members to get to know one another. We will break into smaller groups for hikes of various distances and abilities. Hike 2-3 hours followed by BBQ lunch courtesy of CAMC. Suggest water and a snack for the hike and a lawn chair for the BBQ. <b>Sign-up required by May 3<sup>rd</sup> to allow for purchase of food.</b></p>

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May 13 (Saturday)	Hike : Coliseum Ridgeline Trail	A difficult hike up the east side of Coliseum Mtn at Nordegg with elevation gain of about 700 metres and 17 km if snow conditions permit. Possible loop down the switchbacks on the west side will shorten the hike. Microspikes likely needed.
May 16 (Tuesday evening)	Bike Repair Chat, Bower Ponds	Meet at Bower Ponds at 7:00 PM for a chat on bike maintenance and repair. After the talk, if there is time will go for a short ride. We will NOT do any actual maintenance or repair on your bike.
May 25 (Thursday evening)	Kayak/Canoe on Sylvan Lake	Enjoy an <u>evening</u> paddle at the west end of the lake. To put in off Range Road 23 from Hwy 11A on the west side of Sylvan Lake
May 27 (Saturday)	Hike: Jumping Pound Ridge/ Cox Hill Traverse	An intermediate hike of 15.6 km, 787 m elevation gain. Car shuttle or key exchange TBD.
June 3	Hike: JJ Collette	Meet at JJ parking lot at 1:00 PM. Followed by a smokie roast at the Kirtzinger's
June 24 (Saturday)	Hike: Mount Stelfox Ridge	A moderate to difficult hike of 15.6 km with 840 metres elevation gain. Recommend water shoes and a towel for creek crossings. Anticipate a detour on the return trip to view the Whitegoat Falls will add an additional 1-2 km to the days hike.
July 30 – August 4	Backpack	<b>CANCELLED</b>
August 12 (Saturday)	Hike: South Molar Pass	20.4 km out and back with 510 m elevation.
August 19 (Saturday)	Hike: Galatea	An intermediate hike of 15.6 km and 611 m elevation gain
August 30, Wednesday evening	Bike Ride: Red Deer to Lacombe	<b>Note Updated event from Aug 16 to Aug 30</b> Bike ride to take in Music in the Park at Lacombe Memorial Park. Feature band: Tap Nine. Meet at Kirtzinger's house at 4:30 PM. Helmets required; bike light recommended for return trip.
Sept 4-10	Hike, Bike and Kayak in Jasper	We will be camping at Whistlers Campground for the week. Participants to book own campsite/accommodation. Feel free to come for as long or short as you like. We will mix up activities/difficulty from day to day. Bring your swimsuit for a soak in Miette Hot Springs after the Sulfur Skyline Hike.  Potential Hikes: Whistlers Summit (15 km and 1245 m), Sulfur Skyline (8 km, 653 m), Bald Hills Loop (15 km, 780 m) Potential Mountain Bike Rides: Pyramid Lake, Old Fort Point to Maligne Canyon Kayak at Moraine Lake (there are rentals at the lake if needed)

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		<p>We plan on taking in the Jasper Folk Festival the evening of Sept 8 and afternoon/evening of Sept 9<sup>th</sup>.</p> <p>On the drive home, our plan is to hike to Boundary Lake and beyond for great views of the Athabasca Glacier</p>
Oct 13-15	Fall Wind-up. Hike and perhaps a bike	<p>Stay at Shunda Creek Hostel Friday and Saturday nights. Coordinator will book a block of rooms. Hike Saturday and enjoy a fantastic potluck with protein, potatoes/condiments provided by CAMC. Do a short hike or a bike on Sunday.</p>