

CAMC Spring & Summer Schedule 2024

| Date | Trip | Trip Details |
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| May 4 (Saturday) | Tour de Red Deer Bike Ride | Approx 35 km bike ride on Red Deer trails. Helmets required. This will be an afternoon ride, bring plenty of water and snacks. |
| May 5 (Sunday) [alternate date if inclement weather will be May 11; a Saturday] | Spring Social | 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. Location: Dry Island Buffalo Jump Provincial Park. <u>Sign-up deadline is April 30th</u> to provide time for purchase of food and beverages. |
| May 11 (Saturday) | Moose Mountain bike, hike and spelunking | An easy 6 km bike ride to the trailhead, lock up bikes and hike 1.5 km (a short scramble near the top). Spend an hour exploring the caves with lunch on the mountainside before returning. Possibility of hiking Prairie Mountain or exploring Elbow Falls after. Maximum 10 people. |
| May 18 (Saturday) | Coliseum Ridgeline Hike | 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 21 (Tuesday) | Kayak / Canoe / Paddleboard on Sylvan Lake | 1.5 hour (ish) evening paddle on Sylvan Lake. Meet at 6:30 PM. Directions: Range Road 23 from Hwy 11A on the west side of Sylvan Lake. |
| May 29 (Wednesday) | Kayak / Canoe on Sylvan Lake | Enjoy an evening 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 |
| June 1 (Saturday) | Ribbon Falls Hike | Long easy day hike of ~18 kms & ~400 meter elevation gain. Great early season leg stretcher. This is a long day with minimal elevation gain. A lovely forest walk along Ribbon Creek to Ribbon Falls. Great for people that are new to hiking but in good physical condition. |
| June 26 (Wednesday) | Bike Ride Red Deer to Lacombe | Leaving Red Deer at 4:30. Meeting location: UFA (corner of Edgar and Taylor). Ride to Lacombe to take part in Music in the Park at Lacombe's Memorial Centre. Helmets, bike light, headlamp, snacks and water bottle. Money to tip artist and buy food at kiosks if desired. |

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| July 4-8 (Thursday - Monday) | Camping weekend at Little Elbow Campground | Planning on doing hikes in the area depending on where the group wants to go. Everyone is responsible for booking their own campsite. |
| July 11 (Thursday) | Kayak | Meet at Petro Beach, Sylvan Lake at 6:30 PM for 1.5 – 2 hours. |
| July 18 (Thursday) | Crowfoot Pass Hike | A 16 km hike with ~750 meters cumulative elevation. This is a moderate hike due to distance; the elevation is fairly gradual with a couple of short, steeper sections; there is no exposure. Water shoes required as we cross the Bow River. Lovely views of Cirque Peak, the Dolomites, Hector Lake & Wapta Icefield. Wildflowers should be in bloom to add to the beauty. This is located on the parkway so a national park pass is required for any vehicles we take. |
| July 27 (Saturday) | Burstall Pass | 15 km and approx. 450 m elevation gain. A moderate hike with a couple of short steepish sections. Beautiful alpine meadows and once the the pass is reached we can wander as long as we like and even climb up higher for better views if we choose. Bring water shoes and a towel as there is a flood plain we need to cross. Kananaskis Conversation pass is required for any vehicles we take. |
| CANCELLED | Beauty Creek Hostel Trip with Hikes | <p>3 nights at the hostel. Cost is approximately \$125 per person for the weekend. Beds have been booked by coordinator. Maximum 6 participants. Potluck meals on Saturday and Sunday nights.</p> <p>August 3: hike Tangle Ridge. Approximate distance 11 km and approximate elevation 1170 metres. This is a hard hike.</p> <p>August 4: hike Parker Ridge. 11 km and 593 metres elevation. Easy hike.</p> <p>August 5: a short, easy walk to Stanley Falls. Approximately 1 hour.</p> <p>If there is extreme weather (i.e., heat, snow, smoke), alternative to Tangle Ridge will be planned.</p> |
| August 6 (Tuesday) | Cory and Edith Pass Hike | Cory and Edith Pass Hard hike with 14.3 km and 1075 m elevation gain. Leaving Red Deer early morning of August 6th. You can do this as a day hike or combine it with the Aug 7 Floe Lake hike. |
| August 7 (Wednesday) | Floe Lake Hike | Floe Lake Hike Hard Hike with 22.9 km and 794m elevation gain. Can be combined with Aug 6 Cory and Edith Pass Hike. Participants must stay at the Castle Mountain Hostel the night |

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| | | of Aug 6th in order to be with the rest of the group so we can get an early start on Aug 7th. Participants are responsible for booking their own bed at the hostel. If you try to book and no beds are available then contact the Coordinator to see if she has any extra beds. |
| August 17 (Saturday) | Twin Peaks Hike | This is a STEEP and difficult hike with 900-1000 m elevation gain over ~4.5 km; total distance about 9 km. The last bit to the first peak has mild exposure and is optional. We will not be hiking to the second peak as the exposure is significant. There are views for at least 80% of this hike |
| September 21 (Saturday) | Tershishner Mountain Hike | 14.5 km and 690 metres elevation. Beautiful views overlooking Abraham Lake. There is no exposure on this hike. We will hope for a beautiful display of fall colours. |
| September 27- 29 (Friday – Sunday) | Fall Windup Hiking weekend | Hikes to be determined by participants on Friday evening. Saturday supper: club provides salmon or steak. Participants will be asked to sign up to bring a salad, appetizer or dessert to share. Coordinator has arranged for accommodation for up to 15 participants at Shunda Hostel, Nordegg, for Friday and Saturday nights. <u>Must let coordinator know by Sept 13th</u> to ensure unneeded beds are cancelled and appropriate volume of food is purchased. Participants will pay hostel directly upon arrival. |