

Central Alberta Mountain Club 2011 Trip Schedule

Date	Trip	Trip Leader	Type	Reference	Distance	Elevation	Time	# Hikers
7-May	Dry Island Buffalo Jump	Debby Davies 782-0991	Easy Day Hike	****	5-7 kms	250m	4 - 6 hrs	10
14-May	Yamnuska	Doug Robson 896-1832	Easy Scramble	SCR	****	900m	4 - 6 hrs	16
21-May	Coliseum Mountain	Zenon Matkowski 304-0780	Moderate Day Hike	DTHG	17kms	700m	5 - 7 hrs	12
4-Jun	Heart Mountain	Debby Davies 782-0991	Easy Scramble	SCR	****	875m	4 - 6 hrs	16
4-Jun	Jumping Pound Ridge	Sandy Vradenburgh 352-0864	Moderate Day Hike	KTG	17kms	640m	5 - 7hrs	12
11-Jun	Porcupine Creek	Sandy Vradenburgh 352-0864	Moderate Day Hike	KTG	17+kms	400m	5 - 7hrs	12
12-Jun	Grotto Mountain	Ron Domier 754-3882	Easy Scramble	SCR	****	1425 m	5 - 8 hrs	10
9-Jul	Raspberry Ridge	Claudette McMillen 783-6464	Easy Day Hike	RWCR	10 kms	850 m	4 - 6 hrs	8
8-9-10 Jul	Norman Lake	Sylvia Baran syba@telus.net	Beginner Backpack	****	****	****	3 days	6
10-Jul	Mount. Bourgeau	Ron Domier 754-3882	Easy Scramble	SCR	****	1500 m	7 - 10 hrs	10
16-Jul	Mount Sparrowhawk	Jeff Kirtzinger 396-9748	Easy Scramble	SCR	10 kms	1350 m	4 - 6 hrs	10
6-Aug	Lake Ohara	Marilyn Strilchuk 347-8494	Moderate Day Hike	CRTG	11.8 kms	500 m	4 - 5 hrs	6
6-Aug	Paradise Valley Giant Steps	Claudette McMillen 783-6464	Moderate Day Hike	DWYT	11 kms	CRAG	4 - 5 hrs	8
13-Aug	King Creek Ridge	Greg Olsen 505-0751	Moderate Day Hike	WLH	7.5 kms	830 m	6 hrs	12
20-Aug	Mount Lougheed Amphitheatre	Gord Bridgeman 845-9799	Easy Day Hike	****	10 kms	625 m	6 - 7 hrs	12
20-Aug	Wasootch Ridge	Zenon Matkowski 304-0780	Moderate Day Hike		11 kms	1010 m	6 - 8 hrs	12
21-Aug	Mount Rundle	Ron Domier 754 - 3882	Easy Scramble	SCR	****	1570 m	6 - 10 hrs	10
26-27-28 Aug	Kinglet Lake Explore	Sylvia Baran syba@telus.net	Intermediate Backpack	DTHG	7.5 kms	750 m	3 days	8
3-Sep	TBA	Sylvia Baran syba@telus.net	Advanced Backpack	****	****	****	****	****
24-Sep	Sentinal Pass Larch Valley	Marilyn Strilchuk 347-8494	Day Hike	CRTG	8.5 kms	724 m	6 - 8 hrs	10
24-Sep	Nigel Pass	Claudette McMillen 783 - 6464	Strenuous Day Hike	CRAG	16 kms	400 m	6 hrs	8
22-23 Oct	Turkey Trek	Staying at Nordeg Shunda Hostel Friday/Saturday Night			Group Decision	Group Decision	2 days	20

SCR...Scrambles in the Canadian Rockies DTHG....David Thompson Hiking Guide
 DWYT.....Don't Waste Your Time in the Canadian Rockies WLH....Where Locals Hike in the Canadian Rockies
 CRTG....Canadian Rockies Trail Guide RWCR.... Ridge Walks in the Canadian Rockies
 CRAG....Canadian Rockies Access Guide KTG....Kananaskis Trail Guide +