

Unless otherwise noted, all hikers meet at the Caboose beside the Visitor Centre in downtown Tumbler Ridge the day of the hike. Meeting times are listed beside each hike. Please arrive ready to depart for the trailhead.

Hikers are encouraged to car-pool to the trailhead based on limited parking space, road conditions and the general will to limit road traffic and CO₂ emissions.

For further information, please contact:

Sarah Gamble, Hiking Schedule Coordinator
gamblesnewmail@yahoo.ca

250-242-3904

Doreen Younge, Tumbler Ridge Visitor Centre

250-242-3123

Please make any inquiries regarding the hikes well in advance of the scheduled trip.

Visit our website for trail brochures and photo galleries: www.pris.bc.ca/wnms

Or pick up a copy of Charles Helm's book, *Exploring Tumbler Ridge*, where detailed descriptions of these trail destinations can be found.

Pet policy will vary from hike to hike. For those who would like to bring leashed pets, please contact the hike leader prior to the hike for details.



A scene on the Quality Canyon hike

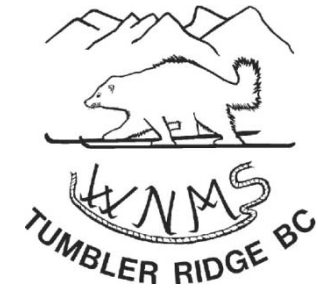
Our club is a volunteer organization. We appreciate your willingness to lend a hand with trail maintenance and construction. If you are interested in leading a hike, or sharing a skill, contact us!

All of these hikes are in bear country. Please pack out any garbage that you bring in to keep our bears wild and trails safe.

We may need to cancel hikes or change dates due to weather conditions or unforeseen circumstances. Please consult our website for up to date information.

With the exception of the Bergeron Falls Circular Grand Opening and the races, for all other hikes participants must be members of the WNMS. Annual membership is a nominal \$20 pr adult, or \$50 per family.

Non-members may take out a membership prior to or upon arriving for a hike.



Wolverine Nordic & Mountain Society

Hiking Schedule Summer – Fall

2010



Above the Holzworth Meadows

Flatbed Loops

Date: Every Monday at 7:30 pm,
April 26 till early August,
Distance: 2km, Timed

Meet in the parking lot at the Lions' Campground to walk, jog or run the flat loop or the hilly loop.
Dogs are welcome on leash.

Leaders: Charles Helm / Birgit Sharman 242 4860

Barbour and Nesbitt's Knee Falls

Monday, May 24, 9 am

Distance: 2.5 km + 2.5km. Easy.

Enjoy these easily accessed waterfall hikes in the Murray valley during peak flow. Both have been improved with new side-trails and viewpoints. Option of continuing on to the Stone Corral, Lake Joan and Kinuseo Falls hikes for a 5-in-1 special!

Leader: Thomas Clark 250 242 4496

Bullmoose Marshes

Wednesday, May 26, 7:00 am

Distance: 2km. Easy

Early rise for excellent birding along relatively level terrain in a wetland and forest setting.

Bring binoculars!

Leader: Charles Helm 250 242 3984

Ridge Ramble Biathlon

Saturday, May 29, 9:00 am

10km cycle and 5km bike through town in this family friendly race. Kids category also.

Organizer: Linda Helm 250 242 3984

Quality Canyon

Sunday, June 6, 10:00 am

Distance: 5km. Moderately strenuous.

Spend Father's Day ascending a slot canyon along amazing bedrock creek bottoms.

A rope hand-line will be installed to help hikers down the steep slope into the canyon.

Leader: TBA

Bergeron Falls Circular Grand Opening

Saturday, June 19, 8:30 am

Distance: 11km. Strenuous.

Completed in 2010, the new sensational loop enables access to both the top and bottom of the 100m high Bergeron Falls. Strenuous sections.

No pets, please!

Leaders: Greg Amos & Charles Helm 242 3984

Babcock Mountain

Thursday, July 1, 8:00 am

Distance: 7- 14km. Moderate.

Sing *O Canada* from the summit with a fantastic view and a sneak peek of the Emperor's Challenge route. Moderately strenuous.

Leaders: Charles Helm & Thomas Clark 242 4496

Boulder Gardens & Babcock Falls

Saturday, July 17, 9:00 am

Distance: 5km & 2km. Moderate.

Scramble through amazing rock and cliff terrain and watch for mountain goats, then take a short hike to a picturesque waterfall and optional swim.

Easy - Moderate

Leaders: Craig & Sarah Waters 250 242 3904

Holzworth Meadows

Saturday, July 24, 8:00 am

Distance: 10km. Moderate with strenuous options.

Take in superb alpine summit vistas walking above tree-line on this Tumbler classic.

Leaders: Stephanie & Pete Davies 250 242 3510

Emperor's Challenge

August 7, start Core Lodge at 9 am

Distance: 21km

Run or walk the most spectacular half marathon there is!

www.emperorschallenge.com

250 242 4860

Albright Ridge

Saturday, August 14, 8:00 am

Distance: 10km. Strenuous. No pets, please!
Alpine meadows, icefields, caves and nestled tarns greet you on the top of the world. Strenuous.

Leader: Kevin Sharman 250 242 4860

Windfall Lake

Saturday, August 28, 8:00 am

Distance: 10km. Strenuous.

Climb above the forest to this gem of an alpine tarn which may be warm enough for swimming!

Leaders: Sarah & Craig Waters 250 242 3904

Cowmoose Mountain

Monday, September 6, 8:00 am

Distance: 10km. Strenuous.

Spend Labour Day on a high, flat alpine ridge with spectacular views and maybe some caribou.

Leader: Greg Amos 250 242 7061

Stony Lake & Kruger's Flats

Sunday, September 19, 8:00 am

Distance: 3km, 6km, 1km. Easy.

Hike parts of the historic Monkman Pass Trail.

Leader: Charles Helm 250 242 3984

Murray Canyon Overlook

Sunday, September 26, 9:00 am

Distance: 6km. Easy.

The aspen should be in full autumn glory on this easy trail above the Murray River Canyon.

Leader: Prudence & Eric Mueller 250 242 3239

Ridge Ramble Cross Country Race

Early October. Visit our website for details.

Larry's Trail

Saturday, October 16, 9:00 am

Distance: 5km. Easy.

Enjoy the autumn on this trail to the Murray.

Leader: Larry White 250 242 4499