

# CDMC

## Trip Report

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### Ball Lake And Johnston Lake (snowshoeing)

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Tue Apr 23, 2013

Leader: **Tim Penney**

Co-Leader:

Johnston Lake snowshoe trek 23-4-2013

Nine club members gathered at the Raven Lodge under overcast skies and a mild temperature. The conditions seemed ideal for our trip, except for the cold wind that was whistling around our ankles. The snow pack is still at least 2 metres in most places. There are definitely signs of melting, though, and the creeks are flowing a lot faster than a couple of weeks ago.

The morning clouds had almost completely cleared when we stopped for a refreshment break at Croteau Lake before heading down a steep gully on the east side of the lake that took us down behind the Croteau Ridge to Ball Lake. From Ball Lake we headed out to the viewpoint that overlooks the Plateau crossing trail and from there made the best possible route down 100 metres to Johnston Lake. The route was somewhat up and down and close to the steep sidehill above Panther Lake.

From the southwest corner of Johnston Lake we found an easy crossover route and dropped a further 50 metres to Panther Lake. We then had the full length of Panther Lake to traverse before starting the gradual ascent along the feeder creek until starting the steep ascent back up to Croteau Lake. Although it was a fairly steep climb back up to Croteau Lake the snow conditions were excellent and we saved a kilometre in distance over the summer route, as shown in red on my GPS map.

Part way across Croteau Lake the new Wilderness First Aiders amongst us got quite excited as one of our hikers started to suffer from very painful leg cramps. He was administered to in accordance with our training and, after several attempts, was finally able to continue on the way home. Many thanks to all involved and also to the hikers who carried an extra pack and gear back to the Raven Lodge. To help prevent leg cramps on strenuous trips, hydration is very important and it can be started before leaving home in the morning and then continued on the trek. Electrolyte tablets can also be added to your water bottle and can be carried in your pack for use during the trip.

This was another good day out in the mountains and including a new route and a new destination added to the fun of the trip.



*Satellite route overlay*

*[Tim Penney photo]*



*GPS route map*  
[Tim Penney photo]



*We knew there would be enough snow from the start!*  
[Darrell Tomkins photo]



*We had a new guest on the trip. She's a doll!*  
[Darrell Tomkins photo]



*First break at Battleship Lake*  
[Tim Penney photo]



*Meltwater at the edge of the lake*  
[Darrell Tomkins photo]



*The group on Croteau Lake*  
[Tim Penney photo]



*Johnston Lake*  
[Tim Penney photo]



*Group shot*  
[Tim Penney photo]



*Meltwater at the north end of  
Battleship Lake*  
[Darrell Tomkins photo]

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**Report contributors:** Tim P, Darrell T,

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