

# CDMC

## Trip Report

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### Changes

 today

 yesterday

 < 7 days

 < 30 days

### Cumberland Trails / Allen Lake (hiking)

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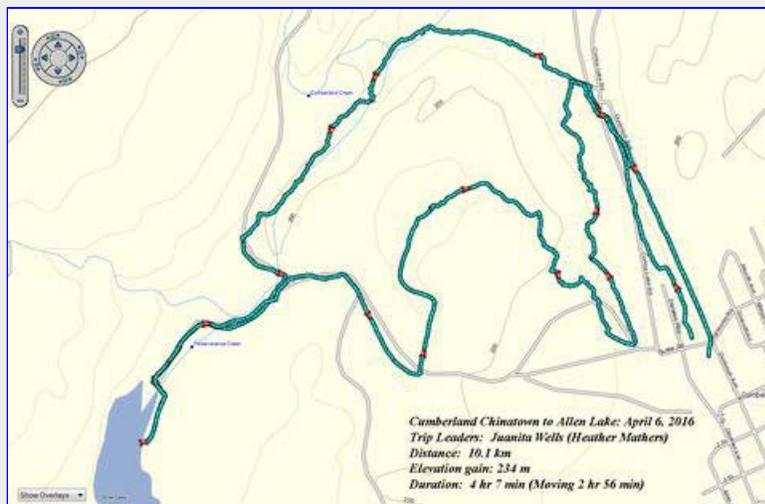
Wed Apr 06, 2016

 Leader: **Juanita Wells**

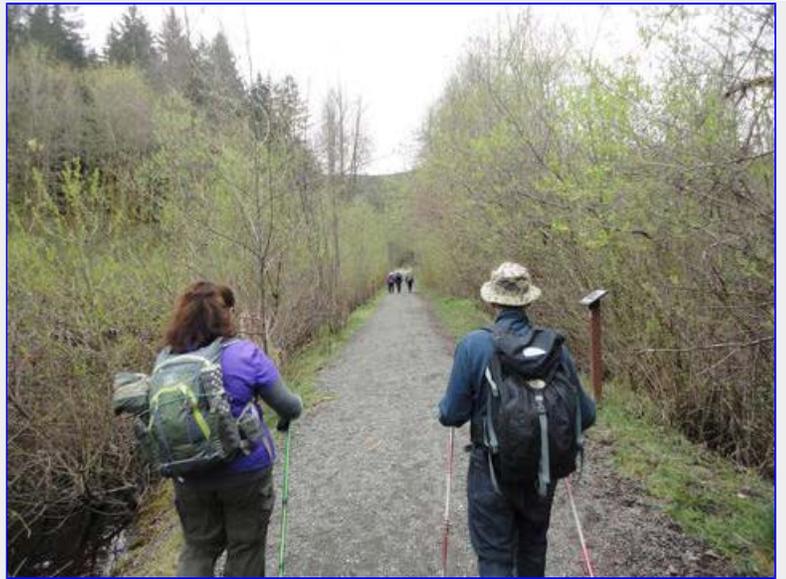
 Co-Leader: **Heather Mathers**

At approx. 10 am, eight participants lead by Heather headed out from the Cumberland Rec Center through the Old Orchard Park towards Jumbo's cabin and the bike trails to Allen lake. After a bit of a lunch break at the lake the group continued at a leisurely and social pace along the trails to a bit higher ground with some excellent views of Comox, Courtenay and the coastal mountains. After another short break at Newman's bench the hikers continued back to the Cumberland Community Forest arriving back at the Cumberland Rec Center at approx. 2pm. Many thanks to Heather for leading us through such a wonderful network of trails!

Statistic to note: 586 calories burnt.....worth 2 donuts! (I thought there were 3 in that pic you sent me Jo, lol!!)



[Darrell Tomkins photo]



*Just getting started*  
[Ed Tickner photo]



*Wonder when this big old cedar was cut?*  
[Ed Tickner photo]



*Lunch overlooking the lake*  
[Ed Tickner photo]



[Ed Tickner photo]



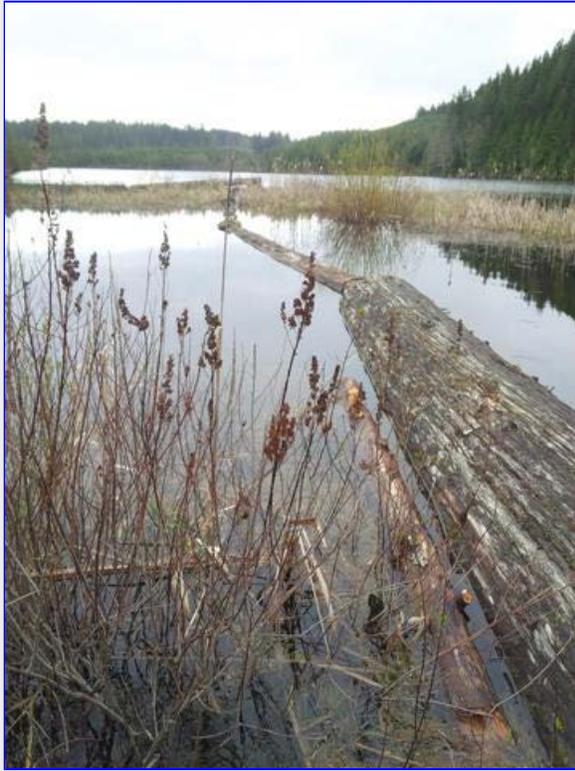
At Newman's Bench Lookout  
*[Krista Kaptein photo]*



*[Juanita Wells photo]*



*[Juanita Wells photo]*



*[Juanita Wells photo]*



*[Joanne Cruise photo]*

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**Report contributors:** Krista Kaptein, Ed Tickner, Darrell Tomkins, Juanita Wells,

**Participant list (8 of 8):** Joanne Cruise, Frank Hovenden, Krista Kaptein, Heather Mathers, Ed Tickner, Darrell Tomkins, Juanita Wells,  Otto Winnig,

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