

CDMC

Trip Report

[Home](#)
[Future trips !\[\]\(c3d993ca47bfe2a953c700506ce31fa0_img.jpg\)](#)
[Past trips !\[\]\(d66ff64371a51729ac8c1cdaa685ba6f_img.jpg\)](#)
[Trip guidelines](#)
[Conditions](#)
[Routes >](#)
[Forum !\[\]\(faf942dc3e59ce8eb64b4ac481eca7e0_img.jpg\)](#)
[Membership](#)
[Reference >](#)
[FAQ](#)
[Photo contest](#)
[What's new !\[\]\(b4eeff342f60cc7bcd67d869b4fedca2_img.jpg\)](#)

Member

[Lisa >](#)
[Members list](#)
[File cabinet](#)
[PayPal special](#)

Executive

[FMCBC](#)
[Global >](#)
[Group email](#)
[Logs >](#)

View As

[Guest](#)
[Member](#)
[Coleader](#)
[Leader](#)

Changes

 today

 yesterday

 < 7 days

 < 30 days

Mount Becher (snowshoeing) [return to Reports list](#)

Thu Apr 07, 2016

Leader: **Joe Lumsdon**

Co-Leader: **Susan Osso**

Eight hardy snowshoers headed out from Forbidden parking lot at 9:15am. Boots were all that was needed for the first 20 plus minutes up the former ski hill until conditions mandated the use of the "shoes". With such grand weather and views from above of the 'snow birds' breaking through the clouds across Georgia Strait, we got a free air show. Snow conditions were better than expected on the way up, with no real issues with ice, just wet snow that caused minimal slipping. We summited at just after noon and enjoyed a 40 minute lunch break, out of the inversion wind. Views were truly superb. Some members enjoyed a variation of glissading (RRR's-sliding) on the descent as the snow was quite wet and slippery on the steep side hills. Care had to be taken. Two hours of left/right repeat and we were back to the cars. A wee break with a taste of celebratory chocolate and we were on our way home after a superb spring trip. Thanks to all for a great day of perfect exercise.

Stats for this trip:

Start time 9:16 a.m - Summit: 12.08 p.m

Lunch: 51 minutes

Start down: 12:59 p.m - Vehicles: 3:03 p.m.

Distance: 11.8 kilometres - Accumulated elevation gain: 735 metres

We completed this trip 2 minutes faster than the club trip on February 8th and spent 1 minutes less time for lunch.



Not much snow today at the start of the hike

[Tim Penney photo]



Scouting our future hikes!
[Susan Osso photo]



Is that another Snowbird I see?
[Tim Penney photo]



Steep side hill at the upper gully
[Tim Penney photo]



Summit group shot
[Tim Penney photo]



One more look before heading down
[Susan Osso photo]



Heading back after a splendid day in our backyard
[Susan Osso photo]



Quick way down the steep gully side wall
[Tim Penney photo]

CDMC Activity Register

Activity: ANNUAL POTLUCK GATHERING AND SOCIAL
 Date: Sat Oct 29, 2016 Leader: Joe Lumsdon Co-leader: Bob St. John

* By signing in I acknowledge that I have read, signed and agree to the **Release of Liability, Waiver of Claims, Assumption of Risks and Indemnity Agreement** I completed, electronically or manually, to the benefit of the CDMC, the FMCBC, and others.
 ** By signing out I acknowledge my participation in this Activity has ended.

Name of Participant (G-guest, FA=first aid)	* Sign In (mandatory)	** Sign Out - Time (mandatory)	Emergency Contact (optional)
1. Joe Lumsdon	<i>[Signature]</i>	<i>[Signature]</i>	TOM 1239
2. Bob St. John (FA)	<i>[Signature]</i>	<i>[Signature]</i>	Bob St. John
3. Alberto Pozzolo	<i>[Signature]</i>	<i>[Signature]</i>	911
4. Tony Harding	<i>[Signature]</i>	<i>[Signature]</i>	
5. Kathryn Landry	<i>[Signature]</i>	<i>[Signature]</i>	Susan
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activity register
[Bob St. John photo]

Report contributors: Joe Lumsdon, Susan Osso, Tim Penney,

Participant list (8 of 8): Jim Guthrie, Brian Jackson, Helen Jackson, Joe Lumsdon, Susan Osso, Tim Penney, Andy Reddekop, Bob St. John,

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[return to Reports](#)