

CDMC

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Thu Sep 22, 2016

Leader: **Joe Lumsdon**

Co-Leader: **Don Kulak**

We picked the right day to enjoy this long walk, thanks to the call of our friend Tony. We gathered at Harmston early at 6:30am and of all things were back 12 hours later, meeting four of our contingent including guest O. Oszip, Raelene's auntie, at Campbell River. We drove west to the trailhead and were hiking by about 8:20am after doing the trailhead discussion and short reading from R. Moor recent book "On Trails" he says "Why do we hike? I have asked many hikers this same question, and I have never received a fully satisfying answer. It seems there are many overlapping reasons: to strengthen our bodies, to bond with friends, to submerge ourselves in the wild, to feel more alive, to conquer, to suffer, to repent, to rejoice. More than anything, though, I believe what we hikers are seeking is simplicity-an escape from civilization's garden of forking paths."

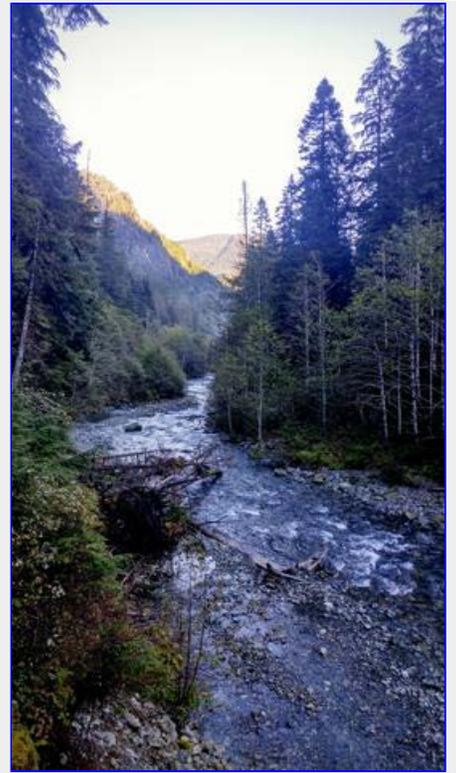
So we switchbacked up and down and got on the main trail. All eight of us like minds, watching our step, able to walk on the cushioned floor of the forest. We crossed the creeks that gave us a welcome break from the canopy and opportunity to see. It took us 4 hours to get to our destination with wee breaks to rest in the sun, refuel and water. The last kilometre plus up to the lake is a challenge, yet open to great views of Elkhorn Mtn, the cascading falls: then there we were at Landslide Lake (Mount Colonel Foster) for a 45 minute lunch rest. We trudged back in great time 3.5 hours. To the shuttle vehicles. All of us physically fine-little sore. Mentally well?? And spiritually smiling.

Great day and thanks to all who participated and made it the day it was.

Auntie O. was wearing a fitbit....46,136 steps, 379 stairs!



[Raelene Bliskis photo]



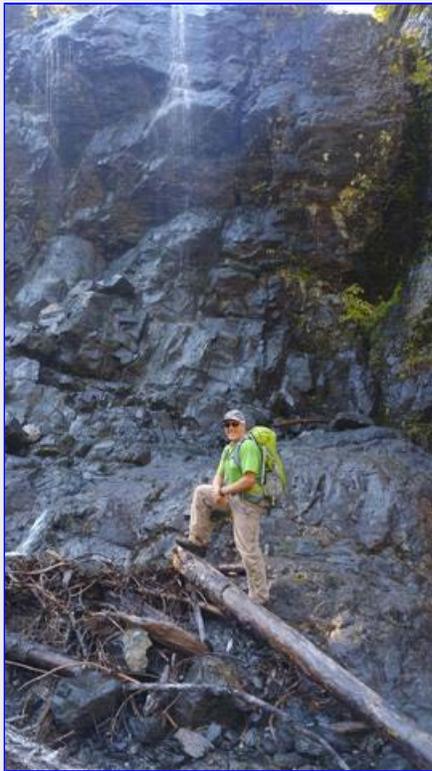
[Raelene Bliskis photo]



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Report contributors: Raelene Bliskis, Joe Lumsdon, Juanita Wells,

Participant list (7 of 8): Raelene Bliskis, Jim Guthrie, Tony Harding, Don Kulak,
Joe Lumsdon, Brian Mitchell, Mary Weiler,

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