



International Paralympic World Cup Event... A Lasting Legacy **A3**

Back From The Brink ~ Marmot Recovery a Huge Success **A11**

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SUMMER/FALL/07
Volume 17, #2
milehigh.ca

The Marmot



MILE HIGH NEWS ON MOUNT WASHINGTON



New Trail Head Open!

Photo: Rick Gibson

After years of planning, fundraising and building, a new trailhead for Strathcona Provincial Park will officially open at Mount Washington's Raven Lodge this summer.

"The new trailhead intersects the old trail about a kilometre along the south end of Paradise Meadows, leading toward Lake Helen Mackenzie," said BC Parks Area Supervisor Andy Smith. "The trailhead and other enhancements have cost \$200,000 to date. Opening the new trailhead means the former trailhead is now closed for good."

"The old trailhead facilities have now all been removed and some earthwork will be done this spring to ensure no future parking in this area," Smith said. "All visitors should now use the BC Parks parking lot adjacent to Raven Lodge."

"People should be encouraged to

access the Park using only this new wheelchair accessible trail," Smith said. "However, as some people may still wander back along the road to the old trailhead area we will need to confirm how they are using our new trail system through a simple survey. This will hopefully be done by the Strathcona Wilderness Institute," he added.

The new trailhead still requires a bit of work," Smith said, "especially after the heavy snow load this winter." Crews have improved the pit toilet and erected a split cedar fence (which will be removed each winter).

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Vancouver Island Mountain Sport Society Goes For The Gold!

Four years after its inception, the Vancouver Island Mountain Sports Society could be called a success. In one week last April, the VIMSS raised nearly \$19,000 to help local athletes "go for the gold". The occasion was the annual Black and White Gala, held in the West Coast stylings of Raven Lodge.

A baker's dozen of athletes were featured at the gala, which drew 150 people. The evening began with a wine reception courtesy of Cherry Point Vineyards and proceeded to a five-course meal provided by Raven Lodge.

The evening included

speeches and presentations from VIMSS Chairman Rick Morson, nationally-ranked cross-country skier Sarah Peters and famed alpine coach Currie Chapman.

"These kids are the future of the sports they're involved with and we're helping them," said emcee Gordie Tupper of CH News.

continued on page 14



News In Brief

Encompassing people, places and happenings at Mount Washington.

📍 **Mount Washington will spend part of the summer expanding water storage at the Resort.** They're increasing water capacity and replacing some water lines. The planned expansion will see an in-ground storage tank built to hold 20,000 cubic metres of raw water. "This is part of 'we're going to grow'," says Mike Klein, Resort Director of Planning and Development. "This is something Mount Washington had to do in order to develop more land."

The improvements will cost approximately \$600,000. The storage facility will be filled once all the appropriate environmental bodies sign off on the project, Klein said.

📍 **Mount Washington receives more accolades from its peers.** The National Ski Areas Association, which last year granted the Resort a marketing award, has nominated Mount Washington for its Silver Eagle Award for best practices in the environment - specifically for its water treatment and use. The Resort was up against two other American resorts, in Vail, Colorado and Jackson Hole, Nevada.

📍 **There's a new guy in town, and he's taken over the General Store for the summer.** When you have to run in for that litre of milk you forgot for your summer holiday, or perhaps those snacks, say hello to Ken McEachern.

📍 **Pro mountain bike rider Darren Berrecloth and mountain bike park builder Jimmy Deas were at Mount Washington in June to build the Resort's new slopestyle course and jump park.** "This will be a pro level section of the bike park, with huge features and stunts. It's great for spectators," says Resort Marketing Co-ordinator Rob Burgess-Webb. The park will play host to the second annual Bearclaw Invitational freeriding mountain bike competition August 2 - 4. "It will be open all summer for those who dare to ride it," Burgess-Webb said.

Got any news tidbits to share about Mount Washington or its residents? Contact us at info@rickgibson.ca and dish.

Our newest web site, www.milehigh.ca continues to grow in popularity. This site features many exciting categories including a web cam that offers time lapse slide shows and weather conditions on Mount Washington. It also includes current news stories, accommodations, real estate information, helpful links and more Resort related info.



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Cover Photo The new Paradise Meadows Trail Head, located just below Raven Lodge features wheelchair accessibility as well as stunning views of high alpine wetlands.



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The Successful IPC Event... A Lasting Legacy for Mount Washington and the Comox Valley!

The snowflakes have barely settled from Mount Washington's first-ever International Paralympic Committee World Cup event, and already the Resort is considering hosting another.

The Resort played host to athletes from 15 countries for a week of competition last March. It was the first run for the Nordic area's new stadium, staging lanes and world-class trails.

For five days, whatever weather one could dream up hit the Resort - from raging blizzards to Pineapple Express rains to beautiful sun. But the athletes and a corps of 325 volunteers weathered it all with a smile, causing Canadian Paralympic team coach Kasper Weitz to tell local media that the facilities and people were "awesome".

And that's something that Resort Director of Business Services Don Sharpe says he will always remember. "For me, the amazing part was the volunteers. That really made it for the athletes and the people who were there," Sharpe said. "They were out there in the blazing snowstorms and in the pouring rain."

The way those volunteers banded together - especially the organizing committee - is one of the World Cup's legacies, Sharpe said.

The other legacy is physical. "They left behind a whole series of fencing, timing equipment and significant electronic gear that will be used for future events," he said.



Physical limitations do not stop these brave young athletes from competing.

Below: Mount Washington President Peter Gibson presenting well deserved medals to athletes.



Photos: Susan Quinn

And there will be other events. "I think we're in line for another event," said Sharpe. "We've been told we'd be right up there."

In 2009 Whistler's Callaghan Valley must host an international-calibre event at its as-yet-unfinished Nordic facilities, as a precursor to the 2010 Winter Olympics. That event is already booked for March 2009. "We told them we'd be interested in being part of a series," Sharpe said.

Competitors could go from one venue to the next without having to return to their home countries, first. "We were told that would be easy to do."

Mike Klein in profile...

Ask longtime Mount Washington Resort employee Mike Klein what his job is, and he's likely to reply, "I'm still trying to figure that out."

Klein has been a hard worker at the Resort since 1981, and has a list of responsibilities as long as his arm. He began as a lift operator, graduated to Village Transport driver, groomer, lift maintenance worker, operations manager, Director of Operations and now into his present role.

When Jay Oddliefson left to start a whiskey distillery in Black Creek, Klein assumed Oddliefson's duties as Director of Planning and Development. "I'm more or less the risk manager for

the hill now," he said. "I'm doing big picture stuff, too. Like planning the next lift - whenever that will be."

Klein has two employees working with him, maintenance manager George Truesdell and operations manager Eric Meertens. Truesdell looks after utilities, and Klein took over the insurance and liability side of the business.

Having spent so much time at the Resort, in so many different roles, make Klein a perfect candidate for director of planning and development - he knows the mountain like the back of his hand.

"I've pretty much hiked it, drove it, rode it and skied it," he says.

And that helps in planning the big picture. "I have a pretty good idea if we change something, what will happen. Even wind patterns - if you take out trees, it changes wind direction," he says.

cont. on page 15



Photo: Mount Washington Alpine Resort

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Summer Preview...

Photo: Mount Washington Alpine Resort

A solid mid-mountain base of snow in the winter translates to a waiting game for the snow to melt in the summer.

Still, Mount Washington Alpine Resort is optimistic that the mountain bike trails would be open in time for Canada Day weekend. The Resort opened for summer operations on June 22 amid high hopes for premier bike racing events this year.

"We have lots of special things planned," Resort Director of Marketing Karen Bonell said. For example, Mount Waashington will be hosting the **Tim Horton's National Mountain Bike Championships** (July 18-22). "We've never had the nationals here," Bonell said.

The B.C. Day long weekend in August features the **Bearclaw Invitational**, a few weeks earlier than last year's successful event.

On August 25, the Jump Park will be overrun with bikes for the inaugural **Jump Jam**. An extreme case of Vertigo caps the cycling season at the Resort. On September 23, the **Mount Washington Hill Climb** will challenge even the most experienced of road cyclists – some of whom will be just as happy to finish as to win.

Bike Events continue to grow and prosper on Mount Washington.

One event visitors to the Resort won't see this year is the chocolate festival. "Getting chocolatiers to come in the summertime was like pulling teeth," Bonell said. "They're busy, and chocolate melts. We just had to say you can't keep pulling teeth - it's not working."

Two events that are working, however, are the Beer and Wine Festivals. **The Eighth Annual Beer Festival** kicks off with a beer pairing dinner July 13, a five-course, tapas-style meal featuring unique beer pairings. The festival runs July 14.

The **Ninth Annual Wine Fest** is preceded the night before by a wine pairing dinner, another five-course culinary treat. The festival, on Aug. 11, features a wide selection of wines and award-winning cheeses.

Another event that will be back is the **Sprint to the Summit** on September 1, during the Labour Day weekend. The Sprint to the Summit is a running race up the face of the mountain. "The people that were in it last year just couldn't believe the trail," Bonell said. "You're literally going up." The trail ascends behind Deer Lodge and continues up Powder Face, where the old blue chairlift was located.

Bearclaw Invitational

More than 20 of the world's best riders have signed on to compete in the second annual Bearclaw Invitational slopestyle contest at Mount Washington Alpine Resort August 2-4.

This event, organized by one of the discipline's most dominant athletes, Darren Berrecloth, promises to be a wild ride – a competition that not only will impress the crowds, but help propel the sport forward, Mount Washington Director of Public Relations Brent Curtain said.

"Our sport is one of the most dangerous and risky of the extreme sports genre and I feel that the riders deserve better courses and higher prize purses," Berrecloth said. "That's why I'm doing this."

Berrecloth - "Claw" - is putting together a rich prize purse and making the event as rider-friendly as possible. Instead of a full weekend for qualifying and the finals, the Bearclaw Invitational will stage all the action in one day.

Competitors will get two runs and the best will count. Practice runs begin Thursday, August 2 with the finals sets for Saturday, August 4. "It's good for the crowd and less stress on the riders that way," he said.

Mount Washington is Berrecloth's home resort and offers one of the best bike parks in B.C., Curtain said. Noted for its steep terrain and epic dirt, the resort was a perfect choice to host the contest.



Photo: Mount Washington Alpine Resort

"This will be a rider-built course on one of the most perfect slopes with the best dirt I've ever been on a mountain," says Berrecloth. This year, "Claw" and Mount Washington have partnered with Bike Magazine on the event, which has ran the successful Monster Park slopestyle contest.

"It made perfect sense to partner with Darren," said Lou Mazzante, Bike's editor. "We have a ton of respect for him and want to support his efforts to make a truly rider-friendly contest. That's exactly the idea behind Monster Park, and it made sense to combine our events, rather than compete against one another," he said.

In addition to the main contest, there will be a step-up competition as well as entertainment, food and a beer garden set up next to the course.

For updates and race results, go online to www.bikemag.com

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Photos: Neil Havers

Get it Fresh from the Comox Valley Farmers Market

The first thing that hits us as we alight from the car on a Saturday morning at the Comox Valley Farmer's Market is an assault on the senses: the sounds of folk music coming from the covered stage; fresh coffee smells wafting over the light spring breeze; the colourful flowers, herbs and vegetables gracing tables and tailgates.

The market is more than just a place to buy fresh quality produce - it is a social event that residents and visitors alike enjoy throughout the summer and winter months.

The rules of the market require that all goods sold must be grown, raised and gathered in the Comox Strathcona Regional District. There are now 65 ven-

dors that regularly attend the markets.

The Comox Valley Farmer's Market began in 1992 with a handful of local farmers banding together to offer fresh produce for sale. The first market featured 12 producers. By the end of that year, there were 30 farmers. According to the market's website, some of the original farmers - like Arden Farm, Kirby Road Farm, Ryegate Farm and On-line Farms -

are still selling at the market 15 years later.

Wandering through the farmer's market now, the produce is more bountiful and the displays more elaborate. That first year, though, the farmers literally sold their wares from the tailgates of their pickup trucks.

In 1993 the producers decided to hire a part-time manager to tend to market affairs, leaving vendors the opportunity to concentrate on their own businesses. Since that first season, the farmer's market has attracted almost a cult following. It's become as much about socializing as it has with picking up fresh food from the source.

continued on page 14

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- 8 Avoid riders ahead of you. They have the right of way.
- 9 Look uphill and yield to other riders when entering a trail or starting downhill.
- 10 Do not stop where you obstruct a trail or are not visible from above.
- 11 If you are involved in or witness a collision or accident, you must identify yourself to the Bike Patrol or a staff member.
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2007 Bike Trails



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| ■ Big Brother (2.3 km) | ◆ Hidden Alley (0.9 km) | ◆ Wizard (1.3 km) |
| ○ Discovery Trail (4.4 km) | ◆ Monster Hawk Connector (0.8 km) | ◆ 4 Cross (0.5 km) |
| ■ Finger Trail (5.8 km) | ◆ Time Warp (2 km) | ◆ Slopestyle Course/Jump Park (0.5 km) |
| | ◆ Blue Vein (0.4 km) | |
| | ◆ Crusher (1.5 km) | |
| | ◆ Evil Eye (1.1 km) | |
| | ◆ Hustler (1.6 km) | |
| | ◆ Monster Mile (2.0 km) | |

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2007 Hiking Trails

See page A10 for detailed trail descriptions.

ALPINE STATS

Summit Elevation: 1588m (5215 feet)

Vertical Rise: 505m (1657 feet)

Summer Lifts:

Eagle Express,
Hawk 6IX Pak (mountain bikers only)

Tread Shed:

Mountain Bikes and Gear Rentals,
Sales, Parts and Bike Service

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Alpine Lodge:
Fat Teddy's Grill,
Altitude Sport and Gift
and General Store

Raven Lodge:
Strathcona Provincial Park
Trailhead, Raven Deli (serving lunch).

www.mountwashington.ca

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BASE ACCESS

- Lodge Trails (0.4 km)
- Memory Lane (0.4 km)

EAGLE EXPRESS CHAIR ACCESS

- Top of the World Trails (.07 km)
- Access Road Trail (2 km)
- Linton's Trail (2.1 km)
- ◆— West Summit Ridge Trail (4.3 km)
- ◆— Giv'er Trail (1.3 km)

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Photo: Mount Washington

MOUNT WASHINGTON

Hiking Trail

OVERVIEWS

Top of the World Access these trails from the Eagle Express Chair. Signs lead you to the very peak of the mountain where you can enjoy a spectacular panoramic view of the Comox Valley, the Coast Mountain Range, Georgia Strait and Strathcona Provincial Park.

Linton's Trail Follow the Linton's Loop ski run either up or down the mountain. Expect to encounter mountain vehicles as parts of this trail follow an access road. Great views of Albert Edward and Strathcona Provincial Park.

Giv'er Trail Access this trail from the Eagle Express Chair. It's steep up and down, one of the more fun and challenging ways to get to the top of the hill.

West Summit Ridge Follow the trail through the West basin and up and over little Washington to the top of the Boomerang. From there the trail winds down the mountain through stunning meadows and valleys -spectacular views of the Comox Valley, the Coast Mountains, and Strathcona Provincial Park.

Access Road Trail Although this is an active road used by mountain vehicles for maintenance, it also provides a great way for hikers to get up and down the mountain. The gentle grade makes it one of the easier hikes to do.

Lodge Trails Use these trails to conveniently walk from Deer or Bear Lodge to the base area.

Watch for Disc Golfers (don't worry, they are more afraid of you than you are of them!)

Memory Lane Access to this trail is just past the loading area of the Eagle Express Chair. This short trail has a series of benches to honour staff, family, and friends who have passed. Enjoy the short hike and be sure to check out some of the trail-side seasonal flowers.

Scenic Chairlift Rides The Eagle Express chairlift is a state of the art chairlift that comfortably carries you up the mountain; dubbed "The Eagle" because it will seem like you're soaring above the mountain for the whole ride! It's a 15 minute ride each way, allowing you time to take in the fantastic view. Getting on and off the chair is made easy as the chair automatically slows down at the loading areas. The view from the top of Mount Washington is an awe-inspiring 360° panorama of the rugged mountains of Strathcona Park, Comox Glacier, The Comox Valley, Gulf Islands, Desolation Sound, Georgia Strait, and the Coast Mountain Range. Once at the top you can hike on one of the well marked hiking trails and either return to the lodge on foot or ride the Eagle Express back down.

Raven Lodge is the Gateway to Strathcona Provincial Park. The Raven Lodge Trailhead is 1000 meters above sea level. It provides you with immediate access to the lakes, meadows and mountains that make BC's oldest Provincial Park so enchanting. The hiking trails from the Lodge are very well maintained and provide access for the disabled to the Park.



A Youtube video of a possible sasquatch sighting near Tofino in March has prompted the Search for Sasquatch Society to call for a thorough study on Bigfoot encounters on Vancouver Island.

The group wants to determine if the Sasquatch spotted near Tofino is a genus distantly related to those thought to inhabit Mount Washington.

The shaky video, entitled "Strange Humanoid Encounter", has had nearly 500,000 visits since it was first posted at www.youtube.com in March. The video's producer allows that the creature he saw could very well have been a bear, but insists it was at least seven feet tall.

"This is NOT a hoax. The quality is bad, but my original copy is clear," writes the person who posted the video on Youtube.

The poor quality of the video underscores the Search for Sasquatch Society's proposal: to install remote sensing cameras in areas where the creatures have been spotted in the past, in the hopes of finally recording decent video.

A project using remote sensing cameras was done in Wyoming in 2006, except those cameras were set up to track the habits of female grizzly bears and their cubs through thick brush.

The society hopes that if successful, the cameras will enable biologists to track sasquatch and finally get an accurate population count.

There have been more than 100 sasquatch sightings on Vancouver Island since the mid-1800s.

FIELD NOTES... Due to the popularity of the sasquatch video on Youtube, the Search for Sasquatch Society is putting on

a sasquatch calling course. It is the society's hope that someone taking this calling course will be able to attract the creature within range of the heat-seeking cameras so someone can finally take a decent photo of one. That would put to rest for good rumours that Bigfoot is just an urban legend, a society spokesperson said. The Sasquatch Calling Course will be an online program. Further details to follow in future issues of The Marmot.

Photo: This image suggests contact may have been made by a Mount Washington Sasquatch with a Tofino Sasquatch; and possibly an unsuspecting surfer.

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Vancouver Island Marmots Return from the Abyss

As spring comes to the high country, one of Mount Washington's few year-round residents continues its long tradition of awakening from hibernation, feasting on the early wildflowers and grasses, and looking for love!

I refer, of course, to that most elegant and humorous of creatures, the Vancouver Island Marmot. This unique species (scientists know it as *Marmota vancouverensis*, one of 14 marmot species in the world), was until very recently the most critically endangered animal in Canada. There are currently believed to be only about 65 of these engaging ground squirrels remaining in the wild. That would be a most disheartening number, were it not for the fact that that is about double what it used to be.

As recently as 2001, this engaging and highly social ground squirrel teetered on the brink of extinction, with a wild population of only about 30 individuals.

With the help of government, companies such as Mount Washington Alpine Resort, individual donors from around the world, and scores of scientists, veterinarians, field researchers, publicists and

fund-raisers, a captive-breeding and captive-breeding program was begun literally at the last possible moment, in 1997. This program has been highly successful to date — currently there are more than 140 marmots in captivity.

Successful breeding has occurred at all four of our captive facilities (the Toronto Zoo, the Calgary Zoo, Mountain View Conservation Society, and the breeding facility located here on land generously provided by Mount Washington). Last year was especially successful, with a record number of pups born in captivity — 56! In fact, the population is growing at a rate of about 30% annually, which is very happy news indeed.

This positive growth rate not only means that that marmots have barely dodged the bullet of complete extinction, but that we are now in a position to begin returning marmots to the wild.

Adopt a Marmot

This is a great way to help this endangered species as well as an opportunity for you to learn more about these interesting creatures

When you join the **Adopt-a-Marmot Club**, you help protect the endangered Vancouver Island marmot every day of the year. Pre-arranged monthly gifts are a convenient way to help save this beautiful and special creature from extinction. Your gift supports the field research and captive-breeding that's so critical to marmot survival. For instance, your contribution will help fund ear-tagging of wild marmots, which is the only way in which we can identify and track individual marmots and the success of recovery efforts in future years.

When you adopt-a-marmot you'll receive:

- Your personalized marmot adoption certificate
- Your full-color poster of a Vancouver Island Marmot
- Your official recovery project newsletter (The Marmoteer)
- Your special year-end report about individual marmots

For more info go to www.marmots.org/adopt.htm

Last summer we released 31 individuals, and this year that number will be even higher. Ultimately, marmots have been successfully returned to five mountains from which they disappeared during the late 1990s.

How are the released marmots doing? In general we've learned that marmots released in previous years are behaving just as wild-born marmots do, eating grasses and flowers, digging burrows and hibernating in appropriate places.

In what is perhaps the most gratifying result of all, two captive-born marmots (named Haida and Onslo) that were released in 2004 also had a litter of pups last summer, becoming the first pair to complete the process of becoming truly wild marmots again and perpetuating the cycle of life.

We are very excited this year, which will be the first year in which we will

return marmots to Strathcona Provincial Park. It will take many more years of effort, of course, to achieve the recovery goal of a self-sustaining wild population of 400-600 marmots. This is why your ongoing support is so critical. But ultimately the prognosis more hopeful than it's been in years.

So as you wander the mountain trails this summer, keep your eyes and ears peeled. The odds of seeing a marmot are actually much better than they were. Thanks to people like you, I believe this living example of our biological heritage has a bright future.

To learn more about Vancouver Island Marmots or how you can become involved, please visit our website at www.marmots.org or visit the Marmot's Den, which is located on the ground floor of the main day lodge.

Andrew A. Bryant Scientific Advisor,
Marmot Recovery Foundation

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I'd like to help our Marmots with a tax-creditable donation. Please accept my gift of:

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Sign me up! I want to join the Adoption Club: \$120 for one year, OR

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Photos: Andrew A. Bryant



Photo: Susie Quinn

Park Rangers on Patrol

Every summer, thousands of people enjoy the splendour of Strathcona Provincial Park, bordering Mount Washington.

And each year, a corps of olive green-clad Park Rangers makes sure all those people are safe, happy and respecting the ecological footprint of the Park. In years past, Park Rangers would trek the back country all summer, staying in places like the old Ranger Cabin - now used by the park facility operators. But times have changed, and so has a ranger's job.

Sara Robichaud sits in her office on the Rangers' Compound, in front of the entrance to Miracle Beach Provincial Park in Black Creek. The office is stocked with hiking gear, backpacks, tents, maps. One cinder block wall is covered in 8 1/2-by-11 colour photos of stunning scenery that her colleague, back country ranger Max McDonald has snapped on his journeys.

Robichaud is decked out in a nearly-new Arcteryx shell - olive green, of course - weatherproof pants and hiking boots, in preparation for her day's field-work. She'll head up to Mount Washington to check on the snowmelt at the new trailhead granting access to the Park right beside Raven Lodge. It's one of a growing number of tasks that BC Parks rangers are called upon to do in a given season.

Robichaud and her colleagues are responsible for patrolling most of Strathcona Park. Three areas - Bedwell, Plateau and Elk River - are maintained by a park facility operator.

"We used to stay out in the field and work out of there, but now that's actually contracted out," she says. "The rest of Strathcona Park is just us."

Robichaud is the acting Senior Ranger this year; she has worked at Strathcona Park for four full seasons and is entering her fifth. She has earned a diploma of recreation, fish and wildlife, served as a park facility operator at Manning

Provincial Park for a couple of seasons and taken job-specific training.

"Ever since I was a little kid I've been outdoors with my family, hiking, camping, backpacking - ever since I can remember, it was a big part of my life," she says.

Max McDonald is entering his fifth summer season as a Park Ranger, his third in Strathcona Park. McDonald is enrolled in the Bachelor of Natural Resource Protection degree program at Malaspina University-College in Nanaimo.

His schooling is in environmental protection and enforcement, and he wants to pursue a second major in geography. Unlike Robichaud, who was raised in the West Kootenays and is a relative newcomer to Strathcona Park, McDonald grew up in the Comox Valley with Miracle Beach as his front yard and Strathcona Park as his playground.

"I fished with my grandfather since I was four years old and I've been a resource user ever since," he said.

Where Robichaud always wanted to be a Park Ranger - indeed, researched the job and found out what schooling was necessary for employment - McDonald only knew he wanted to work within the resource. He could just as easily have become a conservation officer, Department of Fisheries and Oceans officer or a ranger.

"I haven't been too keen to leave B.C.," he says, so a job with BC Parks allows him to stay here.

A ranger's job is typically between three and five months long - shorter in Strathcona Park, where it snows early and melts late. Rangers are responsible for patrolling the Park, keeping track of the park facility operators and assisting them with projects when necessary, and handle



Photo: Mount Washington Alpine Resort

I Do, You Do, We All Do...

People are saying "I do" in unprecedented numbers at Mount Washington Alpine Resort this year.

Raven Lodge, with its West Coast-style lodge, stone fireplace and amazing panoramic views out the windows, is so popular the Resort has started booking Friday night and Sunday weddings, Mount Washington Director of Marketing Karen Bonell said. And it's all booked up for 2007.

"We're filling up quite a few dates now for 2008," she said. "There's quite a few Saturdays already taken up for the summer - it's all word of mouth."

everything from small repairs to flying replacement toilets by helicopter to remote areas, large capital projects to revegetation studies.

"One of the things we do is we hike all the trails and we do oversee the back country contract to make sure the facilities are safe and clean and being maintained as agreed," Robichaud says. Rangers will typically hike seven kilometres a day, and up to 25 kms for some of their longer overnight journeys.

"It's a really busy place to work," she says. Forbidden Plateau and Paradise Meadows are "the most used, most popular, most known, most accessible place in the park," she adds.

This year the Rangers have had a big job clearing up damage from last winter's storms. They also deal with human-wildlife conflicts, although Paradise Meadows doesn't have too many of those, according to Robichaud. Enforcement of the rules at the Park is also within a ranger's mandate.

McDonald likes the seasonal aspect of the job. He says it coincides "really well" with school: it pays well enough in the summer to help pay off school expenses in the winter. His supervisors also ensure

The Resort boasts a new conference room, the Whiskey Jack Room in the Alpine Lodge, which just underwent an \$80,000 facelift. The room boasts air conditioning and a portable dance floor and it's wired for sound. It's available for both weddings and business meetings.

Because the summer season is so short - according to brides - the Resort is looking into offering winter weddings, she said. Once skiing is finished for the day the Whiskey Jack Room will be available.

there is no conflict between McDonald's work and the beginning of classes.

Last season Robichaud's job continued into the off-season with different responsibilities. However, she admits it can be difficult for rangers to find other jobs in the off-season.

Many will look to Mount Washington Alpine Resort for outdoor jobs, or else temporary construction jobs. "It can be very tricky. That's one of the downsides," she said.

One glance at the photos on the wall and the upside is not difficult to figure out. "I like to work outside, and Strathcona is a really big park - it's very beautiful," says Robichaud. "You can see from alpine to ocean. It's a wilderness area. It's beautiful. I feel really lucky to work in Strathcona Park," she says.

"It's the back country that really attracts me. And it's something I believe in - parks are something I believe in."

McDonald says it's different for him, having grown up on the edge of Strathcona Park. But on one point he will agree: "The Park itself is amazing," he says. "It's beautiful, especially when you get to the top."

WINTER 2006/07 IN REVIEW

Photo: Neil Havers



Photo: Mount Washington Alpine Resort

Night Skiing Expanding

Summer boasts the most light of all of Mount Washington's seasons. But it's lighting that's on everybody's mind.

Mount Washington Alpine Resort had a great ski season this past year. "We started fantastically with an early opening, Nov. 30, and lots of powder," Mount Washington Marketing Director Karen Bonell said.

"1998 was the last time we opened in November," Bonell said. "(That) really set us up with a good base of 350 centimeters, which was there until the end of the season."

The Resort saw snow in November and January. In March and April "we got hit with a lot of high, high winds. High winds when you're up in an alpine setting plays havoc with the trees, and hydro and chairlifts when you're in the air."

The Boomerang operated regularly except for a week when the snow condi-

tions were too hard – they waited for some fresh snow before re-opening it. "On the days when there was powder, we were really busy," she said. Skier visits were up five per cent over last year, which was a good thing.

"If we could have got those weekends in February or March...I've never seen so many power outage days because of the winds," she said. This was one season after new power lines and power poles were erected along the roadway.

"Next winter we are expanding night skiing, so we expect to have a lot more nighttime activities going on," Resort Director of Marketing Karen Bonell said. With night skiing comes the need for lighting – about a million dollars' worth.

Crews have been busy installing the infrastructure needed to light the Whiskey Jack Chair, which skiers can access from the terrain park and the Coaster. "Plus we'll have the green chair running for beginner skiers and boarders," she said.

The Green Chair has been lit for night activities for the past four seasons. The new terrain will be lit from 4:30–9 p.m. Thursday, Friday and Saturday.

"By expanding night, that gives us people that maybe can't get here during the day," she said.

The Marmot level will feature nighttime food and beverage service, Fireweeds Restaurant will be open and so will Fat Teddy's bar.

Mount Washington Recognized As Environmental Leader

Mount Washington Alpine Resort received a Silver Eagle Award for Environmental Excellence at the recent National Ski Areas Association (NSAA) National Convention and Trade show in La Quinta, California. The resort was recognized for its recent achievements in the area of water conservation.

Within the last decade, Mount Washington, located adjacent to Strathcona Provincial Park, acknowledged the need to conserve water and protect its natural habitat.

Since then, the resort has made significant strides in its environmental program. Water conservation has been at the top of the priority list, and has been addressed through education, best practices, and effective water management.

Clif Bar and Co. of Berkeley, California presents the Environmental Excellence Awards annually at the NSAA Trade Show. The company is well known for its initiatives to combat and educate the public about global warming. Clif is impressed with the current environmental efforts

being made in the ski industry.

"The incredible work being done on the part of this year's applicants will hopefully inspire others to take action against environmental threats," said Ricardo Balazs, Clif Sports Marketing Manager. "We need to do all we can to save our snow and protect our planet."

Of particular interest to the panel of experts judging Mount Washington's bid, were the resort's efforts in water consumption. *continued on page 15*



Ricardo Balazs of Clif Bar and Co. (left) presents the Silver Eagle Award for water conservation to Mount Washington's Director of Business Services, Don Sharpe.



Photo: Rick Gibson

Trail Head Completed

continued from page 1

Crews also created seating for a mini-amphitheatre site, marked out parking spaces, landscaped the parking lot and prepared to install a new portal sign made from granite.

The Strathcona Wilderness Institute will continue as in past years to operate an information hut at the new trailhead. Institute volunteers will supply visitors with park information (also available elsewhere in the Marmot) and will continue to run nature programs as in the past. The hut will be a temporary one while BC Parks and other stakeholders is still raising funds for the construction of a new outdoor information hut located at the new trailhead.

"The trailhead project won the 2007 Community Partnership award from the Ministry of Environment," Smith said, "and the work has been recognized by the Campbell River Access Awareness Committee."

The trailhead also receives top marks from Mount Washington Alpine Resort, which provided the land for the trailhead.

"Unlike other access to Strathcona (Park) – i.e. the Buttle Lake trails, Elk Falls, Port Alberni – most of the elevation gain is done in the drive up," Resort Marketing Co-ordinator Rob Burgess-Webb said. "This means that hikers needn't hike uphill for hours before they reach alpine meadows and lakes. This is probably the biggest advantage of the trailhead," he said. "And of course, upon finishing the trail you can grab a bite and a beer at beautiful Raven Lodge."

More Improvements Planned

More improvements are planned for trails in the Paradise Meadows end of Strathcona Provincial Park, BC Parks Area Supervisor Andy Smith said.

"While we can't say at this time whether more construction will get started this year, BC Parks hopes to modify the old boardwalk loop trail in the Meadows," Smith said.

The area, part of the Battleship trail, will see BC Parks remove all the steps to make the boardwalk flatter.

"We also will be improving the trail 'tread' around the very popular Lake Helen Mackenzie/Battleship Lake circuit trail," he said. "This may involve spreading new bark mulch, gravel or both over the existing trail, installing some side retention, installing culverts where needed and even some new boardwalk where necessary."

VIMSS goes For Gold!

continued from page 1

The VIMSS is a multi-sport umbrella association that includes Vancouver Island ski, snowboard, freestyle and biathlon clubs, the Vancouver Island Society for Adaptive Snowsports, Mount Washington Alpine Resort and community members.

In addition to funding athletes, the VIMSS is overseeing the Mountain Sports Centre Project. The first phase of that project was finished in 2006, and showcased in March 2007 at the International Paralympic Committee World Cup event held at Raven Lodge.

The first phase included upgrades to the Nordic trail network and biathlon range, an improved lighting system and preliminary site surveys for the buildings, which are the second phase of the project.

VIMSS is working towards construction of the Mountain Sports Centre and Strathcona Provincial Park Outdoor Centre, which will be a part of the new trailhead that officially opened this summer. Mount Washington Resort donated land for both building projects.

Now that the first phase is complete, the VIMSS is busy fundraising for the next phase. At the Black and White Gala, Mount Washington Director of Business Operations Don Sharpe said \$900,000 of infrastructure work was done last summer – and it all started with an original donation of \$50,000.

"The total amount we're working to raise is \$2.2 million," Morson added.

The VIMSS has applied for \$950,000 of grant money from various places. The second phase – construction – will cost about \$700,000. He is hoping private donations will fuel the fundraising effort.

For more information on the VIMSS or to donate to the Mountain Sports Centre project, e-mail info@vimss.com or phone (250) 334-8509.



Planning a Getaway to Mount Washington?

Check our searchable data base and find the style of accommodation that suits your needs and budget.


MileHigh.ca



Photo: Susie Quinn

Athletes and supporters alike show off their chocolate medals at the Black and White Gala, held at Raven Lodge in April. Gala goers purchased the medallions for a chance to win some gold-class draw prizes.

Farmers Market

continued from page 7

Go to the market as soon as it opens and you'll find people lining up for fresh baking. Hundreds of people go through the market in the first hour. The crowds keep coming as the entertainment of the day warms up, and by mid-morning families with small children are sitting languidly in whatever shade they can find, bopping to the beat.

This food event-cum-social gathering is a growing trend in farmer's markets, notes a 2005 article in B.C.'s Agri-Food Update.

"One of the benefits of farmer's markets that receives little attention is what they do to bridge what I call the urban agricultural divide," Minister of Agriculture and Lands Pat Bell said.

"By speaking directly with the people who grow and produce the food products, the consumer establishes connectivity with the source, and that's something we need more of in a world where many youngsters think what they're eating comes from a supermarket."

A saunter through the market one sunny June morning results in a mini feast: a taste of cracked pepper cheese from Natural Pastures cheese, a jar of sweet red pepper jelly scored at Watrin Orchard and Farm Market in Comox Japanese sweet treats from one of the many bakeries in attendance. Of course, no visit to the farmer's market is complete without a gingerbread man from Heavenly Goodies Bakery, or a gingerbread octopus from Little Orca Bakery (they make several unique shapes in addition to octopuses). The eyes take in a cacophony of colour at several of the fruit, vegetable and flower booths, including countless tubers to grown one's own dahlias, courtesy of Island Dahlias. Other booths, like Seaview Game Farm and Island Bison, feature game meat; yet others have a selection of organic fruits and vegetables. It's difficult to know where to start.

There are now three locations for the markets, depending on the day of the week and time of the year.

The original market is open from 9 a.m. to noon on Headquarters Road beside the Comox Valley Curling Club – half an hour away from Mount Washington's summit.

The downtown market operates at Simms Park on Wednesdays from 9 a.m. to noon throughout the summer. In the winter, the Saturday market goes indoors at the Native Sons Hall for the waning weeks of the growing season.

For more information on the Comox Valley Farmer's Market, recipes or growing tips, go online to...

www.comoxvalleyfarmersmarket.com.

The Comox Valley Farmer's Market is worth \$1.48 million annually.

That was the conclusion of two economic assessments done on the Farmer's Market in August 2006. The assessments were done on Saturday, Aug. 5 and Wednesday, Aug. 9 that year to reflect two of the three markets (there is also an indoor market in the winter).

The Comox Valley market is one of about 100 farmer's markets in B.C., up from 60 in 2000.

The studies also found that the Saturday market typically draws more than 1,900 people – 18 per cent of whom live off Vancouver Island.

The Wednesday market draws nearly 500 people, 22 per cent of them from off-Island.

Nearly half of all respondents said their primary reason for visiting the market was to shop for fresh quality products. In addition to the direct revenues the market brings to Comox Valley producers, it is also responsible for \$1.12 million in spin-off business elsewhere in the community.

Mount Washington receives Silver Eagle Award

continued from page 13

In a period of two years, Mount Washington reduced overall water consumption by 30 percent in a period that also saw an increase in skier visits by 25 percent. The exceptional work shown by Mount Washington placed it above Jackson Hole, Wyoming and Vail, Colorado, two large-scale American resorts that were also nominated for the same award.

The Resort was also recognized as an environmental leader, showing initiatives to conserve water before many resorts of similar size and with similar infrastructure.

"This award confirms that our environmental stewardship and conservation efforts are on track and we're making a difference," says Don Sharpe, Director of Business Services and Manager of

Environmental Affairs for the mountain. "We are pleased to be recognized for our continued environmental efforts.

Mount Washington's water management program is as diverse as it is effective. Everything from erosion control, culvert and ditch enhancement, and installing low flow toilets, to resort-wide efficient watering practices are part of the regular curriculum.

This summer, the Resort has embarked on two significant water projects in addition to its regular ongoing program. Water storage for the mountain more than triples this summer with the installation of a new twenty thousand cubic metre reservoir, and an additional water main to handle an anticipated increase in water flow is being installed from the Bear Lodge to the Alpine Village.

Both projects help to improve and manage the water supply for years to come as the area continues to expand.

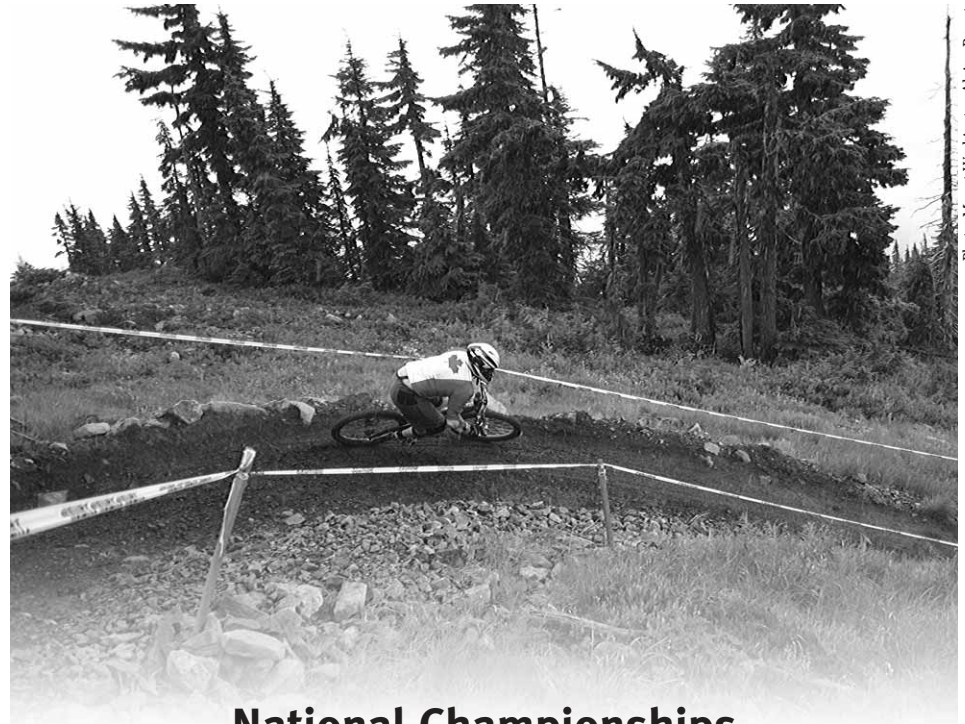


Photo: Mount Washington Alpine Resort

National Championships at Mount Washington

Mount Washington Alpine Resort will host the 2007 Tim Horton's National Mountain Bike Championships July 19-22 at its bike park.

"One of our goals over the last couple of years was to host the national championships," said Mike Manara, Mount Washington's Race Director.

"We've hosted Canada Cup and B.C. Provincial races in previous years but this is our biggest race to date. We're honoured to be staging this year's National Championships."

More than 400 riders from across Canada are expected to compete in the four days of downhill and cross-country racing. Racers scheduled to compete in this year's championships include Comox Valley riding sensations Kiara Bisaro, a 2006 Commonwealth Games bronze medalist, and Geoff Kabush, who has

been in the top three in World UCI mountain bike rankings this year.

The Monster Mile, Mount Washington's notorious downhill course, will be ready to test the skills of Canada's fastest downhill racers once again this summer.

But downhillers aren't the only athletes that will be challenged by the mountain at the nationals in July. Cross-country riders will have to negotiate Mount Washington's physically demanding cross-country loop and overcome that all-too-familiar excruciating leg burn.

Volunteers will be needed for marshalling, information, registration and other key positions.

Mike Klein *continued from page 3*

Klein said it's the people that have kept him at Mount Washington all these years. "They're a good bunch to work with," he said.

One of the benefits of his job, he says, is being able to interact with people from departments he otherwise would never have met. "It's taken me into the inside operation - that's the biggest change for me," he says.

While he loves the challenge of his new job, Klein says his favourite role in past years was as groomer - "just because you could look out the back of the Cat and see what you'd done. You'd get a good feeling every day that you had created something. "What I didn't like about it was nights." Besides the other thing that keeps him here is the location - "playing in the outdoors, all that stuff."

In his spare time Klein loves to mountain bike, all over B.C. "Cumberland's my favourite," he says. "I ride up from Royston and it's downhill all the way home." His other hobby is renovating old houses. "I like to take down walls, open them up and refinish floors - all that fun stuff," he says.



Ski Hike Bike Play Live

A Mile Above Extraordinary...

Mount Washington Alpine Resort is well worth considering for a lifestyle investment. Year round activities include Alpine and Nordic skiing, boarding, hiking, biking, golfing and fishing. The Village is just 30 minutes above the spectacular Comox Valley and it's international airport and beaches. Whether visiting for a weekend or a lifetime, **one website** can supply you with all the info you need to learn about this exciting family oriented resort.

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Business Opportunity!

Snow clearing business for sale on Mount Washington. Full service business that has contracts on many of the residential large and small buildings. Established with clientele and all equipment. Seller will train new owner. Information packages available only to serious qualified buyers. **\$99,900**



Neat As A Pin!

2 bedroom corner suite in a popular building in the Alpine Village. Suite has been totally renovated with new laminate floor, new cabinets, new furniture. The suite shines and is ready for you! Easy access to slopes and parking. **\$189,900**



Top Floor View!

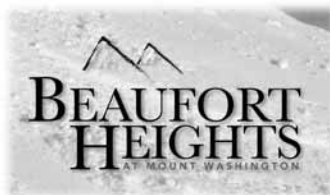
Top floor 2 bedroom suite with sunset views and views of the slopes! Located in the village with easy ski out access and close to parking. Suite is clean, tidy and shows well. Building is well maintained with newer siding. Nice open floor plan and very quiet top floor corner suite. **\$244,500**



A Bright Buy!

Very unique and bright corner suite in Snowbird. 3 bedroom townhome with loads of natural light and extra windows. Very quiet location in the building and easy access to parking and skiing. 2 bathrooms, sauna, electric fireplace, open living area. **\$274,900**

Ready to Build on Mount Washington?



Resale!

Building sites available at Beaufort Heights. You will find these lots in the Phase 1 development. ACT FAST on these!
3 ONLY **\$124,900**

Closest to Hawk Chair!

Large building site located on the Benchlands overlooking Strathcona Park, (8,460 sq ft). Easy access to skiing and Strathcona Park. There are few building areas left on the mountain and this one is the closest to Hawk Chair. **\$249,900**

Foundation & Plans Included!

One of the few remaining chalet lots in the Alpine Village of Mount Washington. Price includes plan for an impressive chalet. The foundation has been completed. Spectacular location with easy access to parking and ski in and out location. **\$389,900**



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Ptarmigan Ridge

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 - Propane Fireplaces
 - Self-contained Kitchens
 - Ski Storage Lockers off Lobby
 - Breathtaking Mountain Views
 - Convenient Location to Ski Lifts and Strathcona Provincial Park.
- 108 Facing **SOLD!** Park \$175,000
 303 Top floor, facing the slopes \$172,500
 304 Top floor, facing Strath. Park \$177,500
 307 Top floor, facing the slopes \$177,500



Great Location!

South facing townhome located in the Alpine Village with easy access to slopes and parking. Pride of ownership is evident in this 3 bedroom mountain home. 2 bathrooms, sauna, plenty of storage and built-in vacuum. And!!! It is only 12 years old! This is a great family suite and ready for your and your family to enjoy. **\$279,900**



Many Upgrades!

3 bedroom townhome location in the Alpine Village of Mt Washington. Many upgrades have been done and the suite is in immaculate condition. Lower deck has hot tub. Building is very well maintained and easy access to parking and skiing. **\$274,900**



Features Include:

- Drive to Access with Under Building Parking
 - Elevator Access
 - Fully Furnished
 - Propane Fireplace
 - Sauna & Hot Tub
 - 200 feet from the loading area of the Green Chair
 - Easy access to Nordic trails
 - Ski Storage areas
- 101 One **SOLD!** lockoff \$149,900
 105 2 Bedroom Lockoff \$199,900
 205 2 Bedroom Lockoff \$244,900
 403 Top Floor 2 Bedroom Lockoff \$299,900
 401 Top Floor 3 Bedroom Lockoff \$299,900



Finish Your Own Log Home!

All the hard work has been done! Log home for sale in spectacular location on Mount Washington adjacent to Strathcona Park. Home will be sold at the lock-up stage. Pick your finishing styles and move in for next season. Easy access to slopes in winter and Strathcona Park. **\$524,900**



A-Frame Style Chalet!

Charming chalet in the heart of the Alpine Village, close to parking and easy access to slopes. Open concept layout makes for warm and cozy quarters with woodstove, jetted tub, covered deck and newer basement. This is a great deal on a chalet at a condo price! **\$425,000**



Features Include:

- Elevator Access
 - Spectacular Views of Strathcona Park and the Ski Runs
 - Above & Underground Parking
 - Propane Fireplaces
 - Convenient Location to all amenities
 - Furnished units ready to go
 - Ski Storage Room off the Lobby with separate lockers for renters
- 103 2 bedroom, Strath. Park views \$299,900
 106 2 bedroom, views of the ski runs \$262,500
 118 2 bedroom and spa room, view of of ski runs and Strathcona Park \$299,900
 209 3 bedroom, Strath. Park views \$324,900
 216 3 bedroom, Strath. Park views \$279,900
 303 Top floor, 3 bedroom views of Strathcona Park \$299,900



Large Outdoor Deck!

Nestled in the heart of Mount Washington's Alpine Village, this distinctively designed townhome offers the best in leisure living. Eagleridge is breathtakingly sited to afford commanding western views of the Beaufort Mountains. The suite offers 3 spacious bedrooms, 3 bathrooms, sauna and loft. Large great room style living area for getting together. Large outside deck and more! **\$374,900**



Awesome Location...

with views of the slopes. Easy access to skiing and parking. Perched on the side of a large meadow meaning very quiet location. Set up by skiers for skiers. Open living area and three good sized bedrooms. two bathrooms and plenty of storage. **\$474,900**



Features Include:

- Outdoor Swimming Pool, Sauna & Hot Tub
 - Underground Parking
 - Propane Fireplaces
 - Ski Storage Room off Lobby
 - Convenient Location to Amenities
 - Mountain / Strathcona Park Views
- 213 2 Bedroom facing Strath. Park \$249,900
 214 4 Bedroom facing Strath. Park \$374,900
 403 Large 3 Bedroom facing slopes \$299,900
 405 3 Bedroom facing slopes \$279,900



Family Wanted!

Affordability is the key with this inexpensive chalet located in the Alpine Village of Mount Washington. Very unique design with lots of vaulted ceilings and open cozy plan. Three small bedrooms and very solidly built. The living area is designed to have the Mount Washington rock chimney offer warmth. Hot tub room, loads of storage and more! **\$374,900**



Tucked Away!

Located in the heart of the Alpine Village with easy ski in and out access. Four bedrooms and open living areas. Tucked away for privacy, but a few minutes walk from all amenities. Designed by well known Bo Helliwell, this mountain home has a wondrous feel with a yellow cedar spiral staircase that connects all living areas. Four bedrooms, two mud room areas and ample storage throughout. **\$425,000**



Features Include:

- Slopeside Location
 - Fully Furnished
 - Front Desk Service & Caretaker
 - Hot Tub
 - 15 Year Envelope Warranty
 - Underground Parking
- 108 2 Bedroom facing slopes \$247,500
 202 2 Bedroom lock up Strathcona Park views \$249,900
 207 2 Bedroom facing slopes \$279,900
 409 Top floor, 2 Bedroom facing slopes \$289,900



Creekside House

Rarely do suites in Creekside House hit the open market. One owner, immaculately maintained 3 bedroom suite available. Quality plus building built by the same builder of Raven Lodge. Creekside is located immediately adjacent to the loading area of the Green Chair so is about as ski in and out friendly as you can get. Easy access to Nordic and Strathcona Park.

- 102 Ground Floor, 3 bedroom \$324,900
 303 Top Floor, 2 bedroom facing the ski slopes \$349,900



Just Move In!

Perched on a ridge looking through the trees into Strathcona Park is this 4-5 bedroom mountain home. Lovingly maintained by its original owners, this home has been designed with functionality and beauty. Spectacular open living area with loads of light. Plenty of storage and extremely well maintained. **\$499,900**

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Photo: Tony Radanti



Perched on a Ridge

3 bedroom executive townhome with stunning spectacular views of Strathcona Park. The Master suite encompasses the entire top floor and the Living room is vaulted almost up the roof of the entire building. Common area includes, hot tub on it's own private deck and sauna. What more to say than "WOW!"

\$499,900



Built With Extras!

Built with extras and better quality finishing this 4 bedroom chalet sits on a knoll with views up the slopes and into Strathcona Park. Loads of windows allowing lots of natural light. Sun will rise in the kitchen & set off the living room & large outside deck. Hot tub, sauna, 4 bedrooms and 2 kitchens.

\$574,900



Remarkable Location!

You will discover the Frozen Frog. Separated into two suites, this single family home has all the space you will need. Rent out part or all. Beautiful southwest views out towards Strathcona Park. Easy access to skiing and parking. Three bedrooms up and twodown. Two woodburning fireplaces, updated kitchen and more!

\$599,900



West Coast Contemporary!

Seldom does a home of this quality hit the market. Four bedroom West Coast contemporary home with huge cathedral styled living area. Large deck to take in southwestern sky. Four spacious bedrooms, easy access to slopes in winter and Strathcona Park in summer. Plus there is approximately 1500 sq. ft. of unfinished basement to create more living space or owners suite.

\$699,900



Spacious Townhome Living!

Over 1900 square feet of townhome living! Easy access to both slopes and parking and loads of natural light in this spacious mountain home. 4 plus bedrooms and incredible living area with vaulted ceilings. Plenty of storage too! Building envelope has been redone.

\$379,900



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Photo: Neil Havers



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Builder's Own Home!

Located in Nordic Heights adjacent to Strathcona Park! Interior finished with loads of wood and windows to take advantage of light and to create a cozy warm feel. Easy access to ski slopes just out the back. Where else can you purchase a gorgeous home in an alpine setting! Three large bedrooms, open living area, large sauna, loads of storage & inviting architecture. Enjoy "The Strathcona Mountain House". **\$750,000**



In-Floor Heating!

Home is where your heart is! Five bedroom chalet on Foster's Place. Lovingly maintained by its owner's resident's. The home is immaculately maintained. In-floor heated floors in the kitchen. Woodstove in living room and big windows to soak in the sun and the views. Downstairs, there is plenty of storage and even a sauna! **\$539,900**



Near New Village Core!

A SPECTACULAR MOUNTAIN home with truly ski in and ski out access, a few minutes stroll from the Alpine Lodge. This is absolutely the closet chalet to the proposed village core. Many options for this property from family living to incredible rental opportunities. Very well cared for with cathedral ceilings and low maintenance. This is a unique property in a second to none location. **\$649,900**



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Accommodations & Events

Special Events '07

June 22 • Summer Scenic Chairlift Rides Opening Day The summer season begins today at Mount Washington. Summer Scenic Chairlift Ride operations continue to Sept. 23.

June 30 • Mountain Bike Season begins (Weather permitting)

June 30 & July 1 • Canada Day Family Picnic and Games Celebrate Canada Day with your family playing fun picnic games with prizes sponsored by Save-on-Foods.

July 7-28 • Music In The Mountains Free live outdoor concert series every week-end. Enjoy music from folk, R&B, world music and more. Different performers each weekend.

July 9-13 • Norco Learn To Ride Week Lift ticket, lesson and Norco bike rental package for beginner riders - just \$49! Pre-booking required - space is limited.

July 13 • Beer Pairing Dinner Enjoy a 5 course (tapas style) dinner and experience beer pairing at it's finest.

July 14 • 8th Annual Beer Festival This is a GREAT time in the Alpine Lodge. Bring your beer-drinking friends!

Aug 2, 9, 16 & 23 • Lucky Thursday DH Race Series A fun race series sponsored by Labatt Breweries.

Aug 4-25 • Music In The Mountains Free live outdoor concert series every week-



Photo: Rick Gibson

This summer consider a Getaway on Mount Washington

end. Enjoy music from folk, R&B, world music and more.
Aug 4 • Bearclaw Invitational The must see freeride mountain biking event of the year! The best riders in the world compete here.
Aug 10 • Wine Pairing Dinner Enjoy a 5 course (tapas style) dinner and experience wine pairing at it's finest.
Aug 11 • 9th Annual Alpine Wine Festival A wide selection of wines to taste plus some award winning cheeses. It's a high class and a high altitude event.

Mountain bikers can challenge terrain at a variety of ability levels.

- Aug 18-19 • Marmot Fest**
Marmot seminars, marmot tours of natural habitat, and displays. Raffle prizes for donation to Marmot Recovery Foundation.
- Aug 25 • Jump Jam** A new mountain biking event in the jump park on the Green Face.
- Sept 1 • 2nd Annual Sprint to the Summit**
A fun, grueling running race, straight up to the Mountain's peak.
- Sept 8 • Old Dutch Open Disc Golf Tournament** 18 hole tourney, long drive competition, putting competition, closest to pin comp. Great times!
- Sept 15-16 • VPS Fest** Norco's one-of-a-kind customer appreciation day. Free mountain bike ticket for Norco bike riders on Saturday and half-price on Sunday.
- Sept 23 • Vertigo - Mount Washington Hill Climb Challenge** This is a grueling road cycling event meant to push you to your absolute limit. It is open to everyone and is one category only. Some will go for the win, while others will simply be happy to make it to the finish.
- Oct 6-8 • Alpine Octoberfest**
Entertainment, food and beverage specials and the Thanksgiving "Turkey" Sale at Mtn Tek and Altitude Sport & Gift.

For up-to-date Mount Washington event information go to www.milehigh.ca

Mount Washington Phone Directory (Area Code 250)

- Altitude Sport & Gift 334-5721
- Ambulance 911
- Catering 334-5757
- Central Res. 1-888-231-1499
- Fat Teddy's Grill 334-5716
- Fire (To report a fire) 792-1209
- First Aid 334-5741
- General Store 334-5721
- Police (EMERGENCY ONLY) 911
- Police (NON EMERGENCY) 338-1321
- Raven Lodge 334-5764
- Real Estate (Rick Gibson) 338-1723
- Resort Info 338-1386
- Security 334-5753
- Security (after hours) 792-1204
- Utility (after hours) 792-1209

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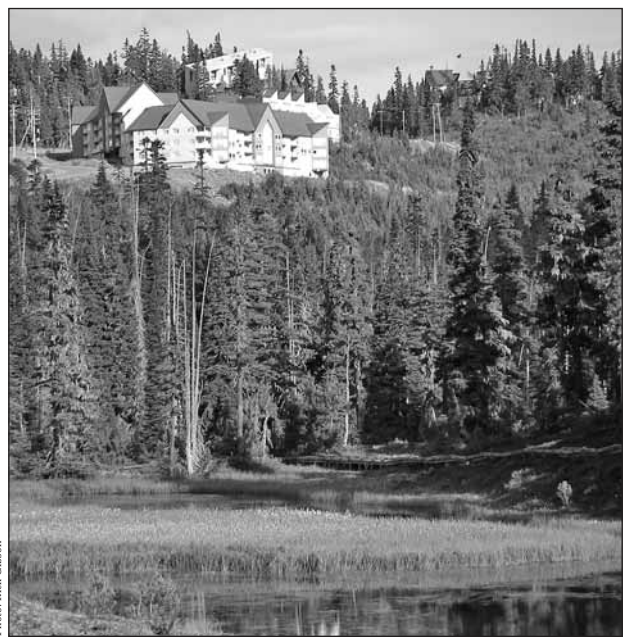
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The new trailhead is now located at Raven Lodge and meanders past wetlands and ponds. This new trailhead is wheelchair accessible and includes 1km of new trail.

2007 MAP & TRAIL GUIDE

Strathcona Wilderness Institute Continues Offering Weekend Programs & Hikes

New this year, brand new trail access in to Paradise Meadows that is completely wheelchair accessible. With gentle grades, this trail is also suitable for seniors and families with strollers. The new trail connects into the old trail system leading to Helen MacKenzie, Battleship Lakes and beyond.

Please Note: All visitors are now required to park in the lots adjacent to Raven Lodge.

Weekend visitors to Strathcona will again have the option of taking a guided walk around Paradise Meadows with a Strathcona Wilderness Institute interpretive guide, or let their children take part in some of the new activities planned for the summer.

A schedule of this year's Walks and Programs are shown on page B8.

INFO HUT: An Interpreter will manage the Info Hut at the new visitors parking area. The Info Hut is full of fascinating natural history objects that the kids will love and the volunteers there can update you on trail conditions and hiking destinations. The hut is open from 10am-4pm (Friday, Saturday, Sunday and holiday Mondays), June 29 - September 4.

KIDS: Every Saturday at 1:00pm throughout the summer kids can enjoy Paradise Meadows through a children's nature program. The program encourages children to learn about the natural world, helping them discover the plants and animals around them and developing their naturalist skills. Suitable for children ages 5 -12 (1 1/2 hour duration).

GUEST WALK: For adults and families a 90 minute to 2 hour walk or lecture presented by a Guest expert on a variety of topics. Sundays at 1:00pm.

To help the Institute's operational costs, a donation of \$2 per person (\$5 per family) is suggested for these popular programs.

For visitors wishing to enjoy the local flowers and shrubs in the meadows at their own leisure, the Institute volunteers will have plant markers in place at various locations on the small loop walkway. The Institute has produced a small brochure that will also be available at the Info-hut to help those wishing to take a self-guided plant identification walk.

The Institute is again continuing the weekend information service at Buttle Lake (300 yards past the Gold River turn-off). Look for the sign before crossing the Buttle Lake bridge. This is a voluntary service, thanks again to Gerry Roberts. From June 22 ~ Sept. 9, hours of operation will be: Fridays: 3-8 pm (or dusk), Saturdays: 10-6 pm, Sundays: 10-5 pm. Volunteers are always welcome to help at either of the Info-huts. A good knowledge of Strathcona Park and its trails is essential.

As a non-profit society, the Institute's mandate is to continue to facilitate a co-operative effort to assure support for continuing education, information and park stewardship. In order to keep the organization running, they are always in need of



Boardwalk trails make the park accessible to most everyone while protecting the delicate high alpine meadows.

directors and supporters. Their vision and present goal is to eventually create, with community partners, a Visitors Information and Park Interpretive Centre.

If you are interested in supporting the goals of the SWI, in any way, leave a message at: 250-337-1871 or e-mail: swi@island.net. The Institute's website is: www.strathconapark.org.

BC Parks Map & Trail Guide courtesy of Rick Gibson

Ph: 250-334-3124 (24 hrs)
Direct: 250-338-1723



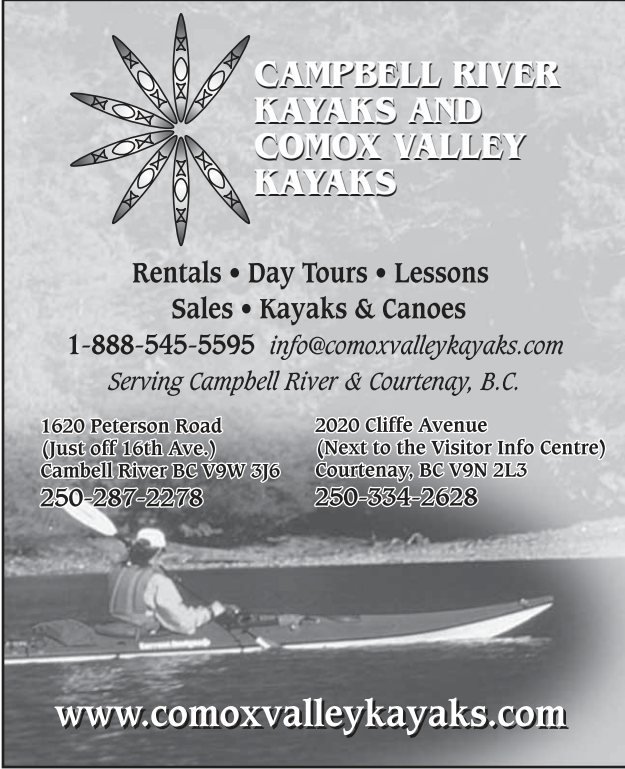

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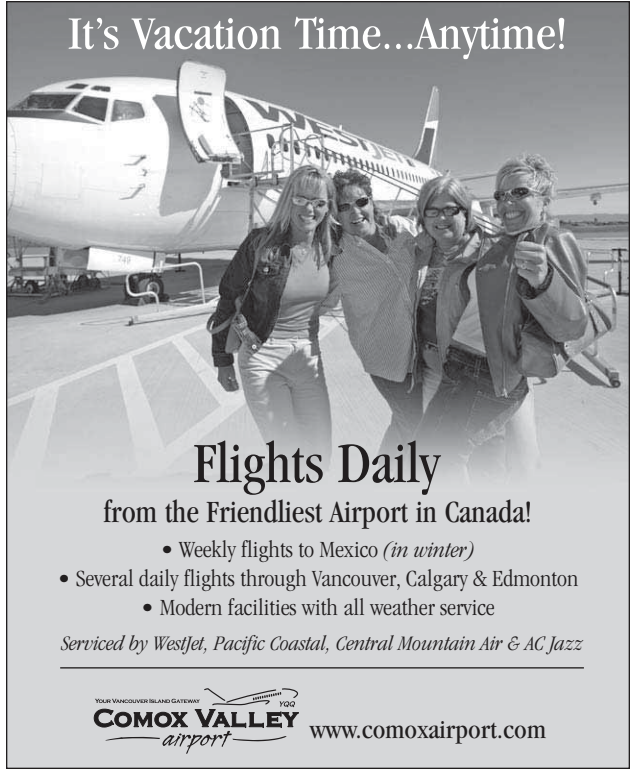
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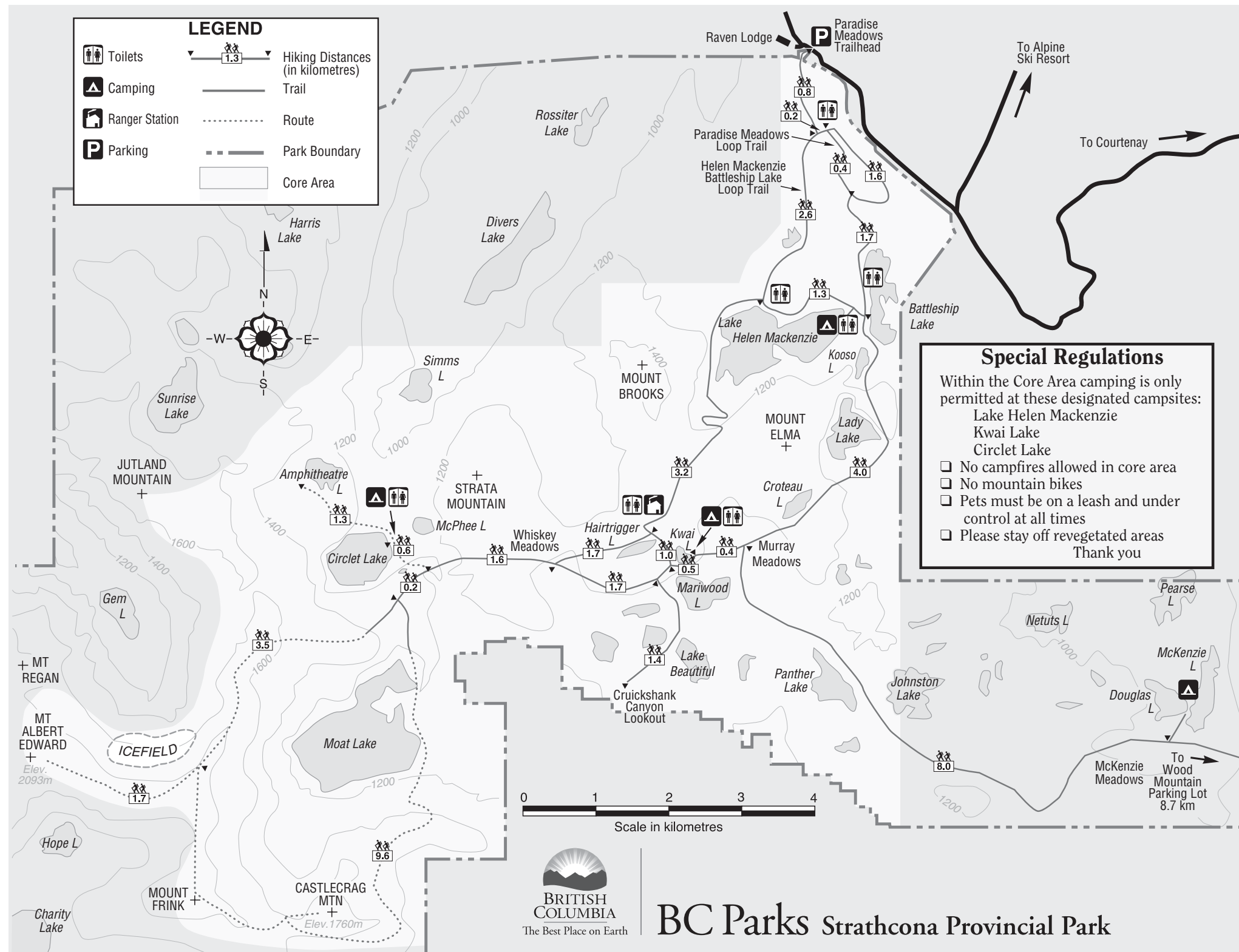


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Forbidden Plateau Paradise Meadows

In Case of Emergency...

- Contact Park Rangers in the area. Location of Park Rangers will be posted on the notice board at the ranger cabin.
- Phones are located at Mount Washington.
- In case of emergency, Phone 911
- To report a forest fire, dial 0 and ask for 1-800-663-5555

Maps and Guidebook

Scale 1:50:000 Nat. Topographic Series -92 F/11 Forbidden Plateau -92 F/12 Buttle Lake Hiking Trails III Central and Northern Vancouver Island.

For Further Info

- See local Park Rangers & Operators
- Web: wlapwww.gov.bc.ca/bcparks/

Routes

These routes are suitable for experienced hikers. People using these routes should have map and compass skills and be prepared for inclement weather.

From Circler Lake

Mt. Albert Edward 2093m
Elevation gain: 935m • Distance: 6.5 km
Suggested time to summit: 5 hours
Follow signs towards Albert Edward from Circler Lake intersection. Trail climbs steeply for first 3 km. Once the first ridge has been reached look for route leading South and follow for 2 km. It's another 1.5 km to the summit.

Castle Crag 1760m
Elevation gain: 620m • Distance: 6.3 km
Suggested time: 5 hours
Route begins at the southeast end of Moat Lake. Follow route to the small col west of the summit. It's a steep scramble over loose rock to the top. Caution: This route crosses boulder fields and slopes with loose rocks.

From Albert Edward

Augerpoint route (not shown on map)
Distance: 25 km (one way)
Suggested time: 3 days
An extended route through to Buttle Lake. From the summit of Albert Edward descend it's southwest ridge to the drainage divide above Norm Creek and Ralph Lake. Continue up to Ruth Masters Lake (local name) and above to the saddle southwest of Augerpoint Mountain. Continue southwest along the ridge to a high point of 1760 m before descending a long ridge above Shark Lake. Continue northwest along route to reach the beginning of the Auger-point Trail. This trail descends steeply for 1400 m before arriving on the Parkway at Buttle Lake.

The following guidelines will help to ensure that the Forbidden Plateau area remains pristine for all who venture there.

Hiking Trails - Please stay on designated trails, stay off revegetated areas and avoid taking short cuts.

Camping - Designated camping sites are located at **Lake Helen Mackenzie, Kwai, Circler and McKenzie-Douglas lakes**. Please use the tent pads and toilets where provided. If a tent pad is unavailable choose a site that has exposed soil or will not easily be impacted.

Fires - Campfires are prohibited. Please pack a campstove for cooking.

Cache your food! BC Parks has installed new metal food caches at Lake Helen Mackenzie, Kwai Lake and Circler Lake campsites.



Hike along boardwalk along side high alpine wetlands and lakes with Mount Washington ever present in the background. Be sure to wear suitable footwear and bring your own water along.

Garbage - Help keep the back country clean. Pack out all garbage and please pick up any litter you see. Please do not use outhouses for trash receptacles.

Pets - Please keep your pet on a leash at all times. Free running pets can harm other animals, irritate other visitors and can be harmed by wild animals. Do not allow your pet to swim in the lakes as this could contaminate drinking water sources.

Groups - Larger groups of people tend to concentrate use in an area and cause extensive damage to the fragile vegetation. To reduce these impacts, we recommend that group size be restricted to ten or less people. Where this is not possible, the larger group should be split into smaller groups which should travel and if possible camp in different locations.

Water - Drinking water is available from the lakes at all designated camp-

grounds. All drinking water should be boiled or purified prior to consumption. Please avoid swimming in these areas as it may contaminate the water supply. It is also important to use the toilets and grey water pits provided to keep these pollutants from entering the lake.

Safety - To avoid bear conflicts while camping, never leave food, garbage or toilet articles in your tent. Please use pack sack hangers provided at designated campgrounds. Hikers should make noise when approaching blind corners to warn off bears and other animals.

Mountain weather can change without warning, be prepared. Take spare, warm clothing and rain gear. It is advisable to leave an itinerary of your trip with a friend or relative.

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Photo: Steve Smith

Resting and enjoying the view at the summit of the Crest Mountain Trail.

Strathcona Provincial Park Information Hut

Run voluntarily by the Strathcona Wilderness Institute

Do you have questions about Strathcona Park and its fascinating plants, wildlife or history? Are you interested in taking an easy day hike or exploring some of the challenging back country?

Strathcona Wilderness Institute is pleased to provide all visitors with a wide range of information about BC's oldest, and one of our largest provincial parks. Maps, trail up-dates, details about visitor services and other useful information will be available every weekend starting June 22nd. To find out more about Strathcona, stop at the Park Information Hut and pay us a visit. We are located 300 metres south of highway 28 at Buttle Lake bridge turn-off to Gold River, at the Park Headquarters just watch for the signs!

HOURS OF OPERATION June 22 to September 9, 2007

Friday: 3 pm ~ 8 pm
Saturday: 10 am ~ 6 pm
Sunday: 10 am ~ 5 pm
Monday: 10 am ~ 4 pm (holidays only)

If the weather is inclement and/or there are few visitors, closing times could be earlier.

2007 MAP & TRAIL GUIDE

Buttle Lake is easily accessible in forty five minutes from Campbell River on Hwy. 28. The drive takes you alongside the Campbell and Upper Campbell Lakes ending with views of the expansive waters and dramatic mountains of the Buttle Lake corridor.

The beauty of this peaceful place will take your breath away, and you will find great opportunities for camping and recreational pursuits.

People come to fish for trout, and to swim, canoe, kayak, board sail, picnic, sunbathe and waterski on the 25 km of lake, while others enjoy the easy and interesting nature walks, or more challenging back country hikes. Local guides and club members rock climb at Crest Creek Crags. Some visitors just sit quietly in the shade of ancient trees and enjoy the fresh air.

Camping facilities include 85 sites at **Buttle Lake Campground** on the lake at the North end, and 75 sites at **Ralph River Campground** with both lake and river access at the south end of the lake. **Driftwood Bay Campground**, an excellent facility for groups, is located separately on the northern end of the lake. You will also find simple wilderness camping opportunities for boaters on the

western shoreline.

A pleasant white sand beach and a playground for children are available at Buttle Lake Campground. There is a concrete boat launch ramp within two kilometres, and also an undeveloped gravel launch nearby. The lake levels are controlled by hydro electric dams and tend to be low during the winter but normally rise for the summer months.

Ralph River Campground is shaded by the graceful beauty of an ancient forest of cedar, hemlock and fir trees underneath which you will likely see the resident blacktail buck grazing. This peaceful campground borders both the lake and a lovely clear river, which is at times alive with spawning trout. It's a popular spot for both fishermen and hikers of all levels. Many of the trails are easily accessible from Ralph River Campground.

Please Note: All tributaries to Buttle Lake are closed to angling.

There are interesting trails to explore, some less strenuous and others more challenging, and each with unique features to enjoy. Opportunities abound for everyone throughout the Buttle Lake corridor. For further information refer to the map on the next page. If you are at Buttle Lake go to park headquarters, where volunteers from the Strathcona Wilderness Institute will assist you Friday, Saturday and Sunday. Check out the Parks web site at www.gov.bc.ca/bcparks/.

Come to the campgrounds at anytime as there are almost always sites available on a first come-first serve basis at both major campgrounds. If you would like to make a reservation at Buttle Lake Campground call Discover Camping at 1-800-689-9025, or link up to the website at www.discovercamping.ca.

To book Driftwood Bay Group Campground call 250-474-1336 or fax 250-478-0376.

BC Parks Map & Trail Guide courtesy of Rick Gibson



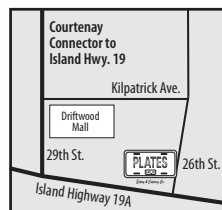
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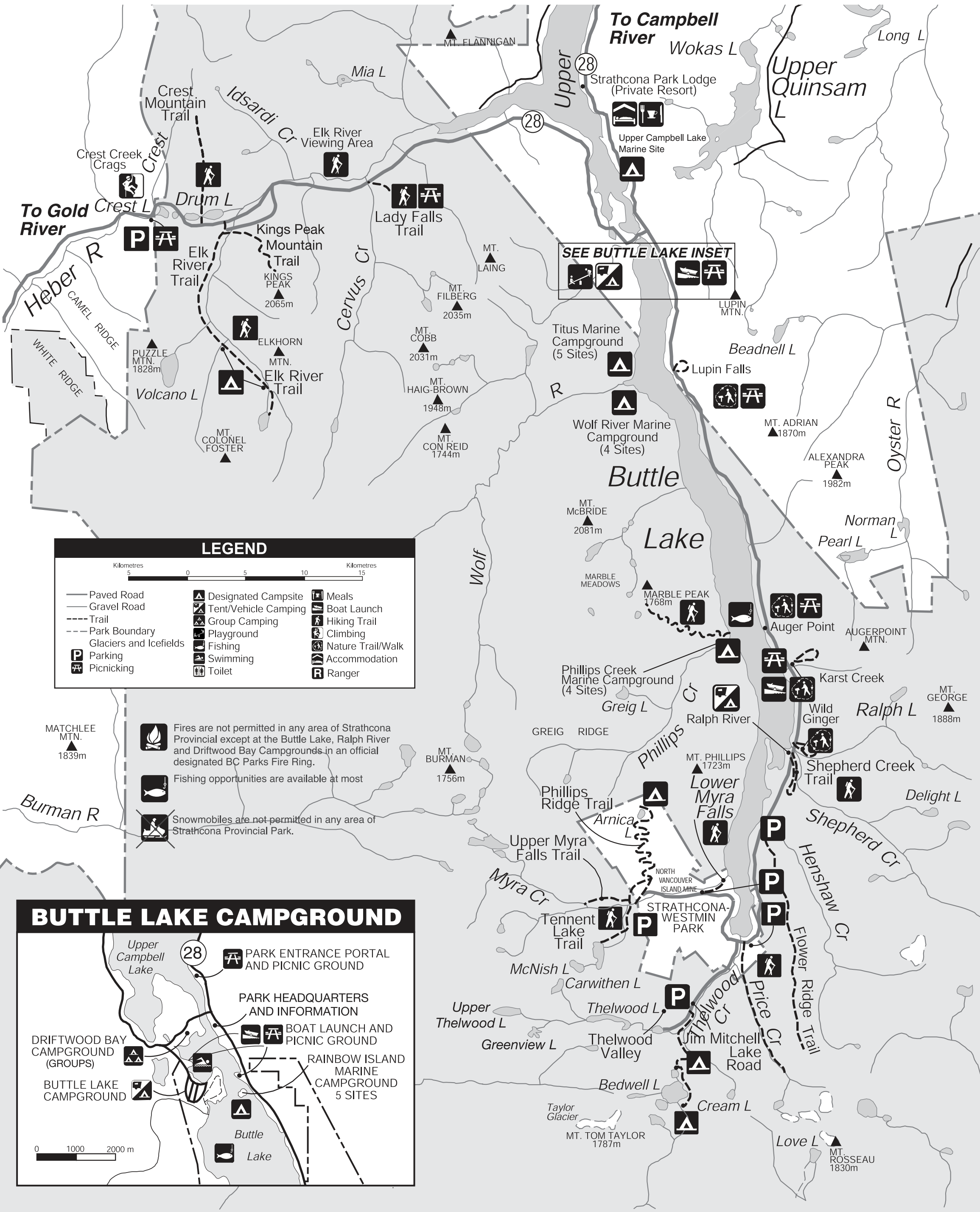
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BUTTLE LAKE CORRIDOR

NOTE: Cell phones don't work in the Buttle Lake area and the nearest public phone is in Gold River, 40 km west on Hwy. 28.

BC Parks Strathcona Provincial Park



Fires are not permitted in any area of Strathcona Provincial except at the Buttle Lake, Ralph River and Driftwood Bay Campgrounds in an official designated BC Parks Fire Ring.

Fishing opportunities are available at most

Snowmobiles are not permitted in any area of Strathcona Provincial Park.

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BUTTLE LAKE CORRIDOR TRAIL AND CAMPGROUND INFORMATION

The trails described here are well defined and easily accessible. The trail heads are marked with signs. There are other, less defined trails and routes which are not shown on this map. Distances, elevation changes and hiking times are for ONE WAY only and are approximate. Fires are not permitted in Strathcona Park except in an authorized BC Parks steel fire ring. Wear sturdy boots and carry rain gear and a sweater, even in the summer months, because weather can change suddenly and dramatically in the mountains. Please preserve the delicate alpine environment by staying on trails. Use caution on trails and be aware of snow, fallen trees and other natural hazards.

For further information about trails and wilderness areas visit the volunteer information hut at Park Headquarters, or ask park rangers. The Strathcona Wilderness Institute can be contacted for more detailed route information at 250-337-1871 (e-mail: swi@island.net). Topographical maps and guidebooks can be obtained locally at sports stores in Campbell River or Courtenay. If you wish to travel on less defined routes please be well prepared with a map and compass, proper equipment, and experience in wilderness travel.

Please let a friend know where you plan to go and when you plan to return.

The **STRATHCONA WILDERNESS INSTITUTE** is a non-profit organization whose mission is to inspire awareness, appreciation and stewardship of the natural world through education and participation. The institute will provide a volunteer information service on weekends at park headquarters at Buttle Lake from June 22 through to September 9, 2007.

The **FRIENDS OF STRATHCONA** is a non-profit organization whose mission is to protect, preserve and promote Strathcona Provincial Park. Tel: 250-337-1871
Box 3404, Courtenay, B.C. V9N 5N5

BUTTLE LAKE CORRIDOR

HIKING TRAILS, BOAT LAUNCH RAMPS, AND CAMPGROUNDS

The trails are graded as follows: (1) Easiest (2) Moderate (3) Difficult

ELK RIVER TRAIL (2-3)

Length: 11 km. Suggested time: 10 hours
Elevation change 600 metres. Trail starts at Hwy. 28 and follows the Elk River Valley for 10 km before climbing up to Landslide Lake. Bare rock sections. Camp in designated camping areas only.

CREST MOUNTAIN TRAIL (3)

Length: 5 km. Time: 3-4 hours to the tarn. Steep with an elevation change of 1,250 metres. Caution required on single log creek crossing (the last good water). The snow stays late into the year on top. Random camping allowed.

FLOWER RIDGE TRAIL (3)

Length: 6 km. Time to the subalpine ridge: 3-5 hours. Steep with an elevation change of 1,040 metres. The trail begins at Westmin Road, climb an additional 200 metres from the top of trail to flat ground for tents. Poor water. Panoramic views. Camping possible at halfway point.

PHILLIPS RIDGE TRAIL TO ARNICA LAKE (2-3)

Length: 6.5 km. Time: 2-5 hours with an elevation change of 800 metres. This is a well graded trail beginning at North Vancouver Island mine. Observe old growth forest, a waterfall, and alpine meadows. Designated camping area.

UPPER MYRA FALLS (2)

Length: 3.3 km from the parking lot past the yellow gate. Drive through the mine area to find the parking lot. Time 1 ~ 1 1/2 hours. Elevation change: 100 metres. Trail follows gravel road for approx. 800 metres to the sign. Large trees. Views of Mt. Myra and a waterfall. No camping. Use caution due to winter storm damage.

TENNENT LAKE (3)

Length: 4 km. Estimated time 2-4 hours with an elevation change of 840 metres. Trail access is from the parking lot at the mine. Walk past the yellow gate on the gravel road for 1 km and across a bridge to the start of the trail which is a rough, rocky, steep old roadbed. Old-growth forest to sub-alpine. There is an undefined route to access Mt. Myra from here. Tennant Lake is dammed. Random camping is permitted.

BEDWELL LAKE (3)

Length: 6 km. Drive over the Thelwood River bridge at the south end of Buttle Lake, and turn left immediately onto the Jim Mitchell Road for 6.8

km. This is a rough gravel road not suitable for small vehicles. Trail elevation change: 600 metres. Time 3-4 hours. Features river valley and old growth forest then rocky out cropping and a sub-alpine environment with excellent hiking and views. Camp in designated areas at Baby Bedwell and Bedwell Lakes. Be aware of bears. Due to storm damage two wheel drive access is difficult and motor homes are not recommended.

CREST CREEK CRAGS

Technical climbing only. Picnic facilities. Climbers can explore a number of rocky bluffs in this area which is easily accessible from alongside Highway 28. Climbers using the area do so at their own risk. It is each climber's responsibility to climb safely and ensure that they have the necessary skills to do so. Camping and fires are not permitted.

LADY FALLS (1)

Length: 900 metres. Time: 20 minutes. The trail starts at Hwy. 28. Enjoy the cool spray from the falls. Picnic facilities at trailhead. No camping.

ELK VIEWPOINT (1)

Length: 400 metres. Time: 15 minutes. The trail starts at Hwy. 28 and accesses a viewing platform where you may be able to see Vancouver Island's unique Roosevelt elk. No camping.

LUPIN FALLS (1) Loop Trail

Length: 800 metres. Time: 15 minutes. Access from Westmin Road. Walk a circular trail through a cool forest to the waterfalls. No camping. Picnic facilities at the trail-head and a canoe and kayak launch access for Wolf River and Titus Mt. marine campsites.

AUGER POINT (1) Loop Trail

Length: 400 metres. Time: 15 minutes. This forest is recovering from the fire of 1982. No camping. Picnicking facilities at trail-head and a canoe and kayak launch access for Marble Meadows trailhead.

MARBLE MEADOWS (3)

Length: 6.6 km. Time: 4-5 hours to the Alpine meadows. Elevation change: 1,250 metres. Steep, some bluffs. Trail starts at Phillips Creek marine campsite on Buttle Lake. Access by boat from Auger Pt. or Karst Creek day use areas. Be aware of submerged stumps in the lake. Random camping is allowed in the meadows. Marble Meadows features

wonderful viewpoints, alpine meadows and limestone formations.

KARST CREEK BOAT LAUNCH RAMP, TRAIL AND PICNIC AREA (1)

A good concrete ramp located 4 km from Ralph River Campground, and accessible from the Westmin Rd. There is a large open grassy area plus several picnic tables and fire pits, and lots of room for parking. Karst Creek trail is 1.3 km. It is no longer a loop walk due to the bridge being out. Time: 45 minutes. Observe Karst geological formations such as sink-holes with disappearing and reappearing streams. No camping.

WILD GINGER (1) Loop Trail

Length: 800 metres. Time: 20 minutes. Access is across the road from Ralph River Campground. The trail follows the Ralph River. No camping.

SHEPHERD CREEK (1) Loop Trail

Length: 1.5 km. Suggested time: 1 hour and 15 minutes. Access is across the road from Ralph River Campground. A shady walk along the Ralph River then ascending to pass a lively marsh. See dog-wood trees in the spring. No camping.

PRICE CREEK TRAIL (2-3)

Suggested time: 3-4 hours. Trailhead can be accessed near the Thelwood Creek Bridge. Originally the only access route to Cream Lake and still only suitable for Advanced Hikers, this trail can make a pleasant day hike through varying timbered areas if you turn around at or before the log crossing. The route beyond this log crossing is extremely rough and steep and snow lingers late into the summer.

LOWER MYRA FALLS (1)

Length: 800 metres. Time: 30 minutes. Steep descent. Enjoy several beautiful water cascades. Use caution when approaching the creek, and supervise small children. No camping.

BUTTLE LAKE BOAT LAUNCH

A good, recently lengthened concrete launch. Located 1 km south of the bridge at the junction and only 1.5 km from Buttle Lake Campground. No camping. The launch provides immediate access to the Rainbow Island marine campsites.

FORBIDDEN PLATEAU

AND PARADISE MEADOWS

Refer to a separate flyer in "The Marmot" publication for information about this area which is accessible from Mount Washington.

CAMPGROUNDS

RALPH RIVER CAMPGROUND

- Ancient forest, lake and river.
- Gates are open all summer until Sept. 30th.
- Picnic tables, fire rings, water pumps and pit toilets.
- Fee: \$14.00 per party per night, \$7.00 for extra vehicles.
- B.C. Senior Citizens \$7.00 per couple per night (shoulder season only).
- Firewood for sale by the PFO.
- Reservations are NOT taken, however the campground is rarely full.

BUTTLE LAKE CAMPGROUND

- Sand beach and playground.
- Three easy nature trails begin here. Fish in Darkis Lake.
- Gates open all summer until September 30th.
- Picnic tables, fire rings, water pumps and pit toilets.
- Fee: \$14.00 per party/night. \$7.00 for extra vehicles.
- B.C. Senior Citizens \$7.00 per couple per night (shoulder season only).
- Firewood for sale by the PFO.
- Some campsites can be reserved ahead of time by contacting



Photo: Marlene Smith

View along the Bedwell Lake Trail

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DRIFTWOOD BAY GROUP CAMPGROUND

- Private, covered shelter with woodstove and tables, large grass field, fire pit, pit toilets, wheel chair access pit toilet, water pump, swimming area.
- Fee: \$14.00 per party per night. \$7.00 for extra vehicles.
- Firewood for sale by the PFO.
- Fee for non profit youth and school groups \$50.00 per night.
- Tel. 250-474-1336 to book the campground.

BACKCOUNTRY & MARINE CAMPING FEE

- \$5.00 per night per person 13 years or older.



Photo: Neil Haves

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Strathcona Wilderness Institute

Family Programs ~ Saturdays (1:00pm)

Guest Expert walks ~ Sundays (1:00pm)

Discover the many natural features of Strathcona Park by participating in a series of family oriented programs on Saturdays and Sundays throughout the summer put on by the Strathcona Wilderness Institute, a non-profit society.

These programs will begin at the new trailhead and parking lot located adjacent to Raven Lodge on Mount Washington, 800 metres further along the road from the old trailhead area. Programs will last for 1 1/2 to 2 Hours, unless noted by (*). Cost is by donation. The new trailhead is wheelchair accessible and included 1km of new trail that winds its way around the meadows and connects into the old trail system.

A combination of wide boardwalk and hard packed gravel makes it suitable for most ages and abilities and there are many beautiful views of wetlands, ponds, and mountains.

Come out on Saturdays at 1:00pm for family programming lead by SWI interpreters suitable for children ages 5 -12. On Sundays at 1:00pm join our local experts for naturalist lead Walk n' Talks through the Meadows.

July 1* ~ Canada Day Hike to Lake Helen Mackenzie Celebrate Canada Day by going on a 3 hour return hike through the sub alpine to Lake Helen Mackenzie. Bring your binoculars and a lunch and expect to see many interesting plants, flowers and creatures on the Plateau. Meet at the Info Hut by 1:00pm.

July 7 ~ Worthy of Goldsworthy (Part I) Kids art in the park.

July 8 ~ Plants & Geology Join local expert, Chris Pielou, for this informative and fun walk on Strathcona Park wildflowers and geology.

July 14 ~ Building Native Gardens Beds The Strathcona wilderness Institute needs your help!

July 15 ~ Bugs on the Boardwalk Join local naturalist Tyler Johns for this fun look at the bugs of Paradise Meadows.

July 21* ~ Parks Day Activities & Hike Celebrate Parks day with this easy 2 - 3 hour return hike to Battleship Lake. Scavenger hunt to follow. Bring water and a lunch. Meet at the Info Hut by 11:00am.

July 22 ~ Alpine Wildflowers Join local Comox Valley Naturalist, Helen Robinson, for this informative look at alpine and sub-alpine wildflowers.

July 28 ~ Painting Paradise Explore the fascination of nature through art. Bring your own glass bottles for painting.

July 29 ~ The Healing Power of Herbs Join local expert herbalist, Janice McInnes for this informative look at uses for some of our local plants.

August 4 ~ Meadow in a Jar Paradise Learn about and create your own mini sub-alpine ecosystem.

August 5 ~ Flora of Paradise Experience the beauty of a sub-alpine meadow with local expert, Fred Constabel.

August 11 ~ Nature Journals Limited to 10 children. Contact SWI for details.

August 12 ~ I the Tree, we the Forest Join Agroforester, Harold Macy, to look at the forest from a different perspective. (Part II) Kids art in the park.



View of Lake Helen Mackenzie at a popular lunch spot.

August 19* ~ A Tree Hike to the Lakes Join Forester, Margaret Symon, as we meander to sub-alpine lakes and look at ecosystem relationships.

August 25 ~ Draw From Nature Kids art in the park.

August 26* ~ Hike to Cruickshank Canyon Lookout Join us for this spectacular hike through meadows to a fabulous viewpoint. This moderate hike will take 8 hours return. Bring food and lots of water. Meet at the Info Hut by 9:00am.

September 1* ~ Hike to Kwai Lake This 5 hour easy to moderate hike will take you through subalpine meadows and forests to a picturesque lake with a great view of the surrounding mountains. Meet at the Info Hut by 10:00am. Bring a lunch and lots of water.

The Paradise Meadows Info Hut is open from 10:00am ~ 4:00pm Friday, Saturday, Sunday and holiday Mondays.

For more program details contact the SWI at 250-285-3181

The volunteers there can update you on trail conditions and hiking destinations. For all programs please remember to be prepared for all weather conditions and to tread lightly through the park.

The Marmot

MILE HIGH NEWS ON MOUNT WASHINGTON

Published for your convenience by Rick Gibson of Royal LePage in the Comox Valley.

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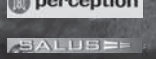
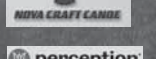


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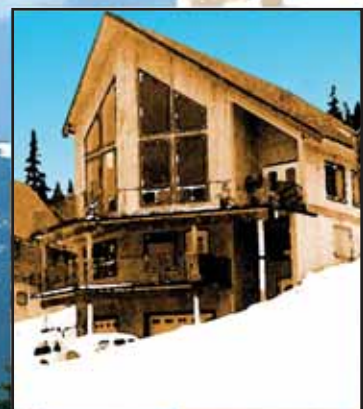
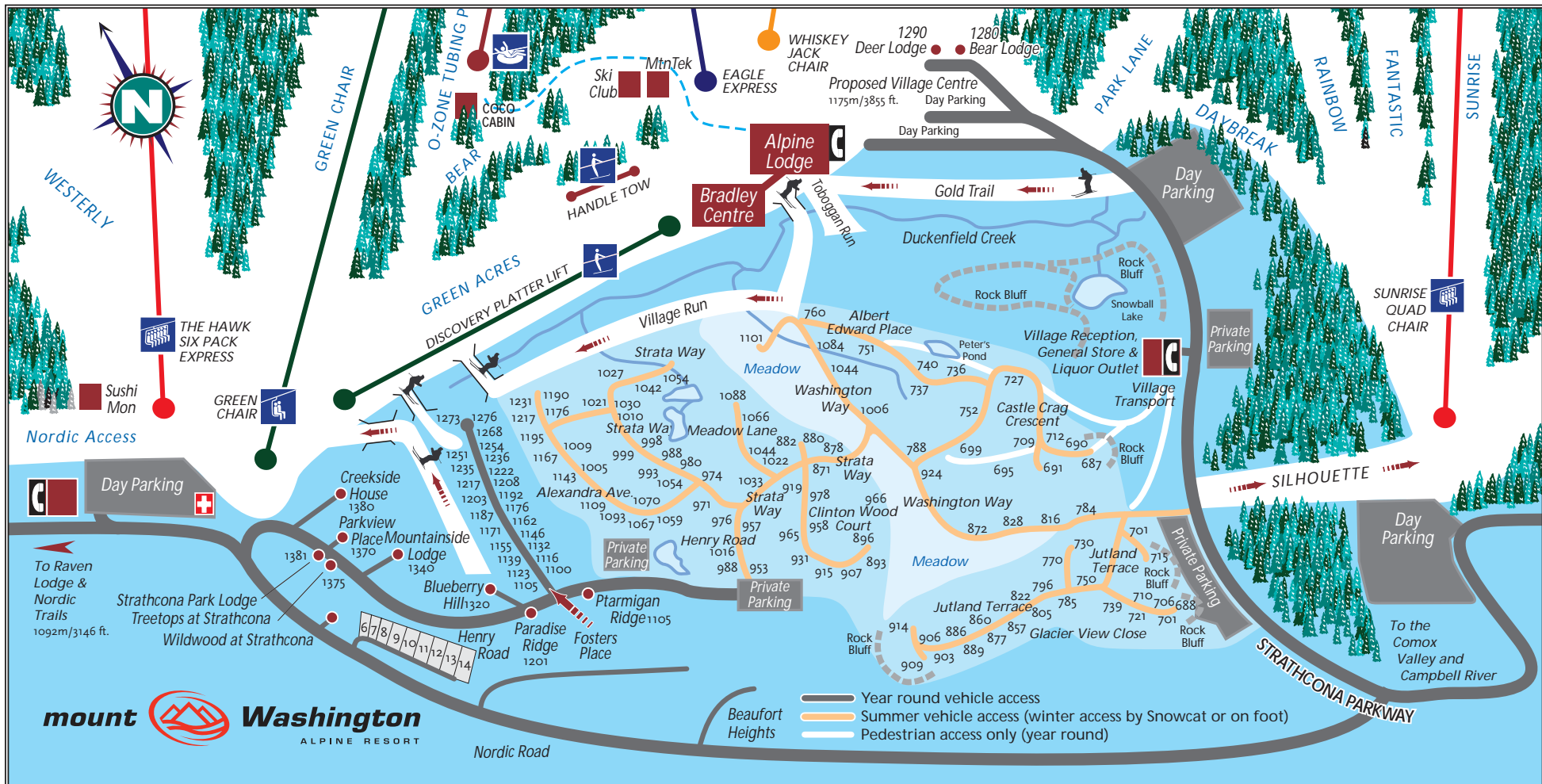
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