

**Rambler trips 2022**

midweek 209 62%  
weekend 130 38%

<u>Trip Date</u>	<u>wkend?</u>	<u>Trip Name</u>	<u>Activity</u>	Difficulty		
				<u>↓</u>	<u>km</u>	<u>vert m</u>
01-Jan	w/end	Calgary Zoo walk	Trail hike	1	2	10
18-Mar	mw	Griffith Woods - city walk	Trail hike	1	6	20
14-May	w/end	Great Moraine Loop (Yamnuska area)	Trail hike	2	6	20
12-Mar	w/end	Weaselhead- city walk	Trail hike	2	6	50
04-Nov	mw	WeaselHead South	Trail hike	2	6	100
08-Oct	w/end	Forgetmenot Ridge 548262	Off-Trail hike	4	6	150
29-Oct	w/end	Paskapoo Slopes	Trail hike	2	6	150
22-Nov	mw	Bateman Crk, Ole Buck Mtn loop	Trail hike	2	6	170
14-Jul	mw	Wall and Forum Lakes	Trail hike	2	6	300
09-Dec	mw	Cox Hill - winter hike or snowshoe	Trail hike	4	6	360
02-Jan	w/end	Bowness/Valley Ridge/Baker Park loop	Trail hike	1	6	470
20-Jul	mw	West Nose Creek - Confluence Park	Trail hike	1	7	60
10-Apr	w/end	Twelve Mile Coulee- city walk	Trail hike	2	7	150
26-Jun	w/end	Jumpingpound Mtn 471462	Trail hike	2	7	420
23-Jul	w/end	Jumpingpound Mtn 471462	Trail hike	2	7	420
21-Jan	mw	Yamnuska East Ridge 327658	Trail hike	3	7	440
29-Jan	w/end	Yamnuska East Ridge 327658	Trail hike	3	7	440
08-May	w/end	South Glenmore - Weaselhead City Walk	Trail hike	1	8	100
22-Aug	mw	The Fist	Scramble	7	8	150
02-May	mw	Powderface Ridge from north via Three Trail Pass	Trail hike	3	8	250
06-Apr	mw	Bar C Ranch area - Lesueur Ridge+Ridge to N.E	Trail hike	3	8	300
22-May	w/end	Mt Hoffman loop	Off-Trail hike	4	8	478
16-May	mw	Powderface Ridge from west(N to S traverse)	Off-Trail hike	3	8	490
25-May	mw	Stony ridge (from south)	Off-Trail hike	4	8	490
24-Jul	w/end	Stony (aka StonyCat) Ridge from the south	Off-Trail hike	3	8	490
28-Jun	mw	Powderface Ridge from west, starting Sacramento	Trail hike	3	8	490
11-Sep	w/end	StonyCat Ridge	Trail hike	4	8	490
10-Oct	w/end	Powderface Ridge from west	Trail hike	3	8	490
30-Mar	mw	Cross Conservation Area, Paradise Trail loop	Trail hike	2	9	90
30-Sep	mw	Cross Conservation Area, Paradise Trail loop	Trail hike	2	9	90
23-Apr	w/end	Jumpingpound loop	Trail hike	2	9	300
25-Apr	mw	Horseshoe Canyon Outing - exploratory	Off-Trail hike	3	10	50
12-Jun	w/end	Bowness and east toward Bowmont Park- city walk	Trail hike	1	10	90
12-Feb	w/end	Old Refinery Park-Beaver Dam Flats-Glenbow Trail	Trail hike	1	10	100
23-Mar	mw	Glenbow Ranch Provincial Park	Trail hike	2	10	100
17-Jun	mw	Glenbow Ranch Provincial Park	Trail hike	2	10	100
24-Jul	w/end	Glenbow Ranch Provincial Park	Trail hike	2	10	100
15-Nov	mw	Glenbow Ranch Provincial Park	Trail hike	2	10	100
16-May	mw	High Noon Hills	Off-Trail hike	3	10	285
28-Oct	mw	High Noon Hills	Off-Trail hike	3	10	285
24-Sep	w/end	Snagmore	Trail hike	2	10	290

<u>Trip Date</u>	<u>wkend?</u>	<u>Trip Name</u>	<u>Activity</u>	<u>l</u>	<u>km</u>	<u>vert m</u>
15-Mar	mw	Entrance Ridges (Muley Ridge)	Off-Trail hike	3	10	300
44878	w/end	Entrance Ridges (Muley Ridge)	Off-trail hike	3	10	300
44611	w/end	Snagmore to bridge and back	Trail hike	2	10	300
44831	mw	Chester Lake & Elephant Rocks	Trail hike	3	10	310
44654	w/end	West Bragg Creek trails - Boundary Ridge	Trail hike	3	10	320
44890	mw	Elbow Valley Trail to Powderface C PL	Trail hike	2	10	350
44816	mw	Hummingbird Plume from Nakiska Gate	Trail hike	2	10	400
44803	mw	Picklejar Lakes 580988	Trail hike	3	10	400
44869	mw	Prairie Mtn - West Ridge Loop	Trail hike	3	10	400
44886	w/end	Ranger Ridge via Fullerton Loop & Bobcat	Trail hike	3	10	405
44809	w/end	South Volcano Ridge	Off-Trail hike	3	10	440
44815	w/end	Picklejar Lakes 580988	Trail hike	3	10	450
44676	mw	Mesa (Square) Butte 720280 - Curley Sand loop	Trail hike	3	10	470

#### Hikes <=11 Km & <= 750 metres vertical

			<u>Activity</u>	<u>Diff</u>	<u>km</u>	<u>vert m</u>
21-Nov	w/end	Cox Hill	Trail hike	3	9	500
09-Feb	mw	South End of Lawson	Off-Trail hike	5	8	512
16-Apr	w/end	Horton hill and ridge 413572	Trail hike	3	8	512
22-Jul	mw	Baldy Pass 383500	Trail hike	3	10	570
27-Nov	w/end	Baldy Pass 383500	Trail hike	3	10	570
10-Sep	w/end	Little Arethusa 433075 via Arethusa Cirque	Off-Trail hike	4	5	580
27-Sep	mw	Little Arethusa 433075 via Arethusa Cirque	Off-Trail hike	4	5	580
14-Aug	w/end	Black Prince Lakes 249167	Off-Trail hike	4	9	590
44832	mw	Grizzly Ridge 414055 traverse	Off-Trail hike	5	9	600
21-Jun	mw	Moose Mtn L/O trail	Trail hike	3	10	600
04-Sep	w/end	Belmore Browne Peak	Off-Trail hike	5	8	630
25-Oct	mw	Powderface Ridge 515344	Off-Trail hike	4	10	640
15-Jul	mw	Yarrow Ridge	Off-Trail hike	4	8	652
19-Aug	mw	Sparrowhawk Tarns 216410	Off-Trail hike	4	10	670
21-Jun	mw	West outlier of North Kent	Trail hike	4	6	676
11-Sep	w/end	Junction Hill 661864 via south ridge	Off-Trail hike	4	9	730

#### Other Hikes/scrambles/mountaineering

			<u>Activity</u>	<u>Diff</u>	<u>km</u>	<u>vert m</u>
21-May	w/end	Powderface C - Link - Prairie C loop	Trail hike	2	11	210
24-Aug	mw	Powderface C - Link - Prairie C loop	Trail hike	2	11	210
01-Jul	w/end	Telephone Loop-Disconnect-Long Distance	Trail hike	2	12	345
01-Mar	mw	Sandy McNabb Hills/Long Prairie Ridge	Off-Trail hike	2	12	500
09-Apr	w/end	Whiskey Hill/Whiskey Mtn.	Trail hike	2	12	400
27-Jul	mw	The Sugars	Trail hike	2	12	405
31-Dec	w/end	Sandy McNabb Hills & Long Meadow	Trail hike	2	12	435
17-Jan	mw	Sulphur Springs - Riverview loop	Trail hike	2	13	230
04-Feb	mw	Sulphur Springs - Riverview loop	Trail hike	2	13	230
07-Feb	mw	Merlin View loop+Kestrel viewpoint	Trail hike	2	13	400
01-Mar	mw	Merlin View loop	Trail hike	2	13	400
05-May	mw	Merlin View loop + Kestrel viewpoint	Trail hike	2	13	400
27-Oct	mw	Merlin View loop	Trail hike	2	13	400

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16-Dec	mw	Sulphur Springs - Riverview loop	Trail hike	2	13	230
08-Feb	mw	Eagle Hill 455604	Trail hike	2	14	500
13-Feb	w/end	Eagle Hill	Trail hike	2	14	500
22-Mar	mw	Eagle Hill 455604	Trail hike	2	14	500
22-May	w/end	Eagle Hill 455604	Trail hike	2	14	500
19-Nov	w/end	Snowshoe Hare-Telephone-LongDistance-Demi Tel	Trail hike	2	14	100
08-Apr	mw	Boundary Ridge via Snagmore Trail	Trail hike	2	15	350
17-Aug	mw	Rawson Lake 312062	Trail hike	2	16	900
20-Oct	mw	Jumpingpound loop	Trail hike	2	18	750
08-Jun	mw	Ribbon Falls 242390	Trail hike	2	22	310
21-Aug	w/end	Parker R, Indian R, Geraldine Ls, Wilcox R	Trail hike	3	10	900
28-Aug	w/end	Snowy Owl	Trail hike	3	11	320
05-Oct	mw	Snowshoe Hare (West Bragg Creek)	Trail hike	3	11	320
06-May	mw	Ole Buck Mountain - Main & North Summits	Off-Trail hike	3	11	300
31-Jul	w/end	McConnell Point/Engagement Mtn	Off-Trail hike	3	11	448
14-Jan	mw	Snowy Owl - Strange Brew - Boundary Ridge	Trail hike	3	11	890
22-Jan	w/end	Snowshoe Hare East-Telephone-Long Distance	Trail hike	3	11	250
13-Nov	w/end	Snowy Owl snowshoe - W.Bragg	Trail hike	3	11	890
25-Apr	mw	Sibbald Ridge & Grouse Ridge	Off-Trail hike	3	12	320
28-Apr	mw	Shell Hill and/or Dawson Hill	Off-Trail hike	3	12	400
23-May	w/end	Thorne & Buggeration Hills	Off-Trail hike	3	12	500
02-Jan	w/end	Ranger Ridge via Fullerton Loop & Bobcat	Trail hike	3	12	405
06-Feb	w/end	Ranger Ridge via Fullerton Loop & Bobcat	Trail hike	3	12	405
27-Mar	w/end	Ranger R via Bobcat, return Sugar Daddy	Trail hike	3	12	405
08-Apr	mw	Prairie Mtn - West Ridge Loop	Trail hike	3	12	800
18-Apr	mw	Death Valley, Windy Pt, Foran Grade loop	Trail hike	3	12	220
30-Apr	w/end	Ranger Ridge via Fullerton Loop & Bobcat	Trail hike	3	12	405
12-May	mw	Prairie Mtn - West Ridge Loop	Trail hike	3	12	800
15-Jul	mw	Sofa Cirque	Trail hike	3	12	900
21-Jul	mw	Mt Lipsett 470014	Trail hike	3	12	720
21-Sep	mw	Boundary Ridge	Trail hike	3	12	350
29-Dec	mw	Sugar Mama/Sugar Daddy/Snagmore	Trail hike	3	12	405
16-Apr	w/end	Sinnot Hill &/or Jill's Hill	Off-Trail hike	3	13	470
06-Feb	w/end	Sulphur Springs - Riverview ex Paddy's Flat	Trail hike	3	13	330
18-Apr	mw	Elbow Valley Trail Riverview ex Paddy's Flat	Trail hike	3	13	330
22-Jun	mw	ElbowValley Trail- Riverview ex Paddy's Flat	Trail hike	3	13	330
15-Jul	mw	Upper Rowe Lake	Trail hike	3	13	560
16-Oct	w/end	Sulphur Springs - Riverview ex Paddy's Flat	Trail hike	3	13	330
30-Oct	w/end	Sibald Ridge, Grouse Ridge, and Eagle Hill	Trail hike	3	13	730
15-Nov	mw	Cox Hill	Trail hike	3	13	730
11-Jun	w/end	Missinglink Mtn loop via S.E. ridge	Off-Trail hike	3	14	514
29-Oct	w/end	Mesa Butte Loop	Off-Trail hike	3	14	400
25-Jun	w/end	Moose Mtn L/O trail	Trail hike	3	14	670
01-Oct	w/end	Ridgeback	Trail hike	3	14	244
16-Oct	w/end	Moose Mtn L/O trail	Trail hike	3	14	670
26-Nov	w/end	Ridgeback	Trail hike	3	14	244

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11-Jan	mw	Grotto Canyon 234617	Off-Trail hike	3	15	450
27-Mar	w/end	Jack's,Jill's & Humpty's Hills & Hickory Hill	Off-Trail hike	3	15	470
30-Jun	mw	Green Mtn loop via Spaulding Point	Off-Trail hike	3	15	219
10-Oct	w/end	Green Mtn loop via Spaulding Point	Off-Trail hike	3	15	219
03-Apr	w/end	Bobcat to Ranger Ridge (Fullerton Jct)	Trail hike	3	15	500
26-Jun	w/end	Jumpingpound Ridge from north	Trail hike	3	15	701
15-Aug	mw	Galatea Lakes	Trail hike	3	15	680
18-Sep	w/end	Bobcat to Ranger Ridge	Trail hike	3	15	500
29-Mar	mw	North Powderface Ridge	Off-Trail hike	3	17	650
22-Sep	mw	Panorama Meadows via Taylor Lake	Trail hike	3	17	685
06-Jul	mw	Mt Burke	Trail hike	3	20	884
13-Jul	mw	Cameron Lake to Carthew Summit	Trail hike	3	20	650
12-Feb	w/end	Powderface Creek Trail to N Powderface Ridge	Off-Trail hike	4	7	820
12-Oct	mw	Saddleback - Fairview Mtn	Trail hike	4	10	1000
22-Jun	mw	Mount Haffner	Off-Trail hike	4	10	1136
27-Jun	mw	Bull Creek Hills 732888 loop via Marston Creek	Off-Trail hike	4	11	920
25-Sep	w/end	Running Rain lake north ridge	Off-Trail hike	4	11	780
06-May	mw	Black Rock Mtn L/O	Trail hike	4	11	890
11-May	mw	Wasootch Ridge to 2nd cairn	Trail hike	4	11	762
20-Nov	w/end	Wasootch Ridge to 2nd cairn 365447	Trail hike	4	11	762
17-Feb	mw	Evan Thomas waterfalls	Off-Trail hike	4	12	210
08-Jul	mw	Cummings ridge	Off-Trail hike	4	12	470
03-Sep	w/end	Buller Pass & North Buller Pass 212391	Off-Trail hike	4	12	690
15-Oct	w/end	Mt Roberta	Off-Trail hike	4	12	800
15-Sep	mw	Harvey Pass and Lake via Bourgeau Lake	Trail hike	4	12	1070
03-Dec	w/end	Old Baldy Knob via SW ridge	Off-Trail hike	4	13	917
19-Feb	w/end	Cox Hill-Not a fast trip	Trail hike	4	13	730
26-Jan	mw	Canyon Crk Ice Cave 545416	Off-Trail hike	4	14	230
21-Jul	mw	Forgetmenot Ridge 548262	Off-Trail hike	4	14	740
26-Jul	mw	Boundary Peak - Belmore Browne traverse	Off-Trail hike	4	14	790
09-Aug	mw	James Walker Creek to northeast cirque	Off-Trail hike	4	14	579
13-Oct	mw	James Walker Creek upper cirques	Off-Trail hike	4	14	579
18-Nov	mw	Forgetmenot Ridge 548262	Off-Trail hike	4	14	740
05-Jul	mw	Wind Ridge	Trail hike	4	14	800
20-Oct	mw	Wind Ridge 199533	Trail hike	4	14	800
11-Nov	w/end	Prairie View Tr to Barrier LO	Trail hike	4	14	630
17-Jun	mw	Pigeon Mtn 258543	Off-Trail hike	4	15	990
06-Jul	mw	Pigeon Mtn 258543, both peaks	Off-Trail hike	4	15	990
28-Aug	w/end	South Mist Hills East Peak loop via Picklejar Cr	Off-Trail hike	4	15	870
05-Sep	w/end	Cat creek knob	Off-Trail hike	4	16	760
06-Oct	mw	Purple Bowl - Wolverine Ridge Loop	Off-Trail hike	4	16	1100
19-Oct	mw	Rummel Pass 212341	Off-Trail hike	4	16	530
30-Apr	w/end	Prairie View / Barrier lookout / Jewell Pass loop	Trail hike	4	16	600
11-Nov	w/end	Prairie View / Barrier lookout / Jewell Pass loop	Trail hike	4	16	600
13-Jul	mw	Crypt Lake	Trail hike	4	17	680
22-Apr	mw	Camp Creek Ridge - Bob Creek Wildland area	Off-Trail hike	4	18	500

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01-May	w/end	Corral Mountain 828710	Off-Trail hike	4	18	454
28-Aug	w/end	Warspite north ridge	Off-Trail hike	4	18	1010
03-Oct	mw	Guinn's Pass, Guinn's Peak, and Galatea Lakes	Off-Trail hike	4	18	1040
21-Sep	mw	Snow Peak	Off-Trail hike	4	19	880
26-Sep	mw	East Panorama Ridge via Taylor Lake	Off-Trail hike	4	19	1070
13-Jul	mw	Mt Lineham (Waterton) via Rowe Lakes	Trail hike	4	20	1110
20-Jul	mw	Mt Romulus backpack: Talus Lakes, Paradise Pass	Off-Trail hike	4	22	190
18-Oct	mw	Healy Pass - North Horseshoe	Off-Trail hike	4	22	845
08-Jul	mw	Mt Allan from Ribbon Creek	Trail hike	4	22	1350
20-Jul	mw	Mt Allan from Ribbon Creek (to rock garden)	Trail hike	4	22	1350
02-Aug	mw	Mt Allan from Ribbon Creek	Trail hike	4	22	1350
20-Aug	w/end	Porcupine Ridge from Wasootch PL	Off-Trail hike	4	30	1500
12-Feb	w/end	South End of Lawson-not fast	Off-Trail hike	5	7	762
06-Jul	mw	Little Lougheed	Off-Trail hike	5	6	780
28-Aug	w/end	Little Lougheed	Off-Trail hike	5	6	780
27-May	mw	Loder Peak 302616 via Door Jamb	Scramble	5	7	790
01-Jun	mw	Loder Peak 302616 via Door Jamb/Jura creek loop	Scramble	5	7	790
02-Sep	mw	King Creek Ridge 338222	Trail hike	5	7	800
29-Apr	mw	Anklebiter Ridge loop	Scramble	5	7	840
19-Jul	mw	Mt Kent via southeast ridge	Scramble	5	9	850
17-Aug	mw	Heart Mtn	Scramble	5	6	880
16-May	mw	Wasootch Peak GR335455 NAD83	Scramble	5	6	900
09-Jun	mw	Grizzly Peak 326250	Off-Trail hike	5	7	900
12-Oct	mw	Windtower 200497 via West Wind Pass	Scramble	5	10	975
22-May	w/end	Opal Ridge 317268	Off-Trail hike	5	6	1010
16-Aug	mw	Observation Peak	Scramble	5	8	1100
12-Jul	mw	Thunder Mtn 900238	Scramble	5	11	980
21-Sep	mw	Tent Ridge Horseshoe 154311, 146308 loop	Scramble	5	11	820
04-Aug	mw	Midnight Peak 380492 via Baldy Pass	Off-Trail hike	5	12	1060
15-Sep	mw	Commonwealth loop with col 163281 & Pig's Back	Off-Trail hike	5	12	560
17-May	mw	Baldy south peak GR 373520 via Baldy Pass	Scramble	5	12	875
08-Aug	mw	Tiara Peak via Belmore Brown	Scramble	5	12	800
22-Sep	mw	Noseeum Peak	Scramble	5	13	1150
18-Oct	mw	North Outlier of Mt.Glasgow 466270	Scramble	5	13	914
20-Oct	mw	Devil's Thumb	Scramble	5	13	700
30-Aug	mw	Piggy Plus - Burstall col	Off-Trail hike	5	14	650
01-Oct	w/end	Piggy Plus - Burstall col	Off-Trail hike	5	14	650
05-Oct	mw	ridge 301064 above Rawson Lake	Off-Trail hike	5	14	1000
14-Jul	mw	Mt Crandell - west to east traverse	Scramble	5	14	978
14-Jul	mw	Mount Crandell via west slopes	Scramble	5	14	978
31-Aug	mw	Mt Cory	Scramble	5	14	1370
27-Jul	mw	Dolomite Shoulder	Off-Trail hike	5	15	600
15-Sep	mw	Buller Creek Peak	Off-Trail hike	5	15	920
08-Oct	w/end	Nihahi Ridge - Nihahi Creek loop	Scramble	5	15	800
05-May	mw	Baldy south peak GR 373520 via Baldy Pass	Scramble	5	16	1047
27-Jul	mw	South Burstall Pass loop via Ridge 147230	Off-Trail hike	5	17	690

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07-Aug	w/end	Memorial Lakes: 3rd (upper) lake	Off-Trail hike	5	18	690
15-Aug	mw	Crowfoot Mountain North Peak	Off-Trail hike	5	18	900
13-Jul	mw	Akamina Ridge via Forum Lake	Scramble	5	18	960
14-Jul	mw	Akamina Ridge via Forum Lake	Scramble	5	18	960
06-Aug	w/end	Waputik Peak	Scramble	5	18	1300
04-Oct	mw	Taiga Viewpoint 348035 above Frozen Lk	Scramble	5	18	710
07-Aug	w/end	Mount Chesmill (Via NW gully)	Off-Trail hike	5	19	850
05-May	mw	Wasootch Ridge 376436	Off-Trail hike	5	20	1220
14-Jul	mw	The Horn aka Rogan Peak	Scramble	5	20	1100
03-Aug	mw	Mount Redoubt via West Slopes	Scramble	5	20	940
07-Jul	mw	Canyon Ck-Moose Mt-Jumpingpound Mt Loop	Off-Trail hike	5	23	1470
10-Sep	w/end	Glasgow-Cornwall-Outlaw-Banded Traverse	Scramble	5	40	2260
30-Aug	mw	Noseeum Lake, Mt. Jimmy Simpson, Caldron Lake/	Off-Trail hike	5	50	3500
03-Jun	mw	South to Mt (north) Baldy Traverse	Scramble	6	7	900
31-May	mw	Yamnuska traverse (east to west)	Scramble	6	8	900
13-Jul	mw	Sofa Mountain	Scramble	6	12	900
15-Jul	mw	Sofa Mountain	Scramble	6	12	900
06-Aug	w/end	Mt Bryant	Scramble	6	12	900
18-Oct	mw	Loop of peaks northeast of Mt Glasgow	Scramble	6	16	1310
26-Jul	mw	Mount Collembola - Mount Allan Circuit	Scramble	6	22	1650

<u>Snow Activities</u>			<u>Activity</u>	<u>Diff</u>	<u>km</u>	<u>vert m</u>
02-Jan	w/end	Black Prince ski slopes	Off-Trail skiing	6	6	510
07-Jan	mw	Gypsum Mine tree skiing / powder runs	Off-Trail skiing	5	15	470
10-Jan	mw	Storm Mountain burn area	Off-Trail skiing	4	10	600
16-Jan	w/end	Rummel Pass via Rummel L	Off-Trail skiing	5	16	580
22-Jan	w/end	Mt Haffner (foiled again)	Off-Trail skiing	5	10	1100
21-Jan	mw	Campbell Icefield Chalet 2022	Off-Trail skiing	5	10	700
23-Jan	w/end	Avalanche Practice at North Black Prince	Off-Trail skiing	4	6	500
03-Feb	mw	Northeast cirque of Whympers	Off-Trail skiing	6	9	550
04-Feb	mw	Gypsum Mine tree skiing / powder runs	Off-Trail skiing	5	15	470
12-Feb	w/end	Skoki Lodge via Deception Pass	Off-Trail skiing	4	28	1100
13-Feb	w/end	Hilda Hostel Backcountry Ski	Off-Trail skiing	4	4	410
26-Feb	w/end	Bath Creek	Off-Trail skiing	2	14	210
03-Mar	mw	Dolomite circuit (thru trees to Mosquito C)	Off-Trail skiing	6	25	750
26-Feb	w/end	Amiskwi year 2022	Off-Trail skiing	5	10	700
08-Mar	mw	Murray Basin	Off-Trail skiing	6	8	600
18-Mar	mw	Purple Bowl ... actually Wolverine Ridge	Off-Trail skiing	5	12	800
19-Mar	w/end	Gypsum Mine tree skiing / powder runs	Off-Trail skiing	5	15	470
21-Mar	mw	Warspite Cirque High north facing alpine	Off-Trail skiing	5	16	700
21-Mar	mw	Sunshine Meadows to Citadel Pass return	Off-Trail skiing	4	0	0
25-Mar	mw	Boom Lake Up via Trail & Down via Drainage	Off-Trail skiing	3	10	180
22-Mar	mw	David Henry Lodge BC-ski touring	Off-Trail skiing	5	8	80
22-Apr	mw	Black Prince 22cm new more to come	Off-Trail skiing	6	6	510
28-Apr	mw	Sunshine Meadows Slack-country skiing	Off-Trail skiing	4	24	1060
09-Nov	mw	AT turns near Highwood Pass	Off-Trail skiing	5	15	570

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13-Nov	w/end	Highwood Pass area backcountry refresher	Off-Trail skiing	1	4	150
18-Nov	mw	Healy Pass	Off-Trail skiing	5	18	660
25-Nov	mw	Rummel - Chester traverse	Off-Trail skiing	5	10	300
26-Nov	w/end	Rummel L ski	Off-Trail skiing	4	10	400
28-Nov	mw	Gypsum Mine Old Road snowshoe or trail ski	Off-Trail skiing	3	15	470
13-Nov	w/end	Highwood Pass area backcountry refresher	Off-Trail skiing	1	4	150
04-Dec	w/end	Burstall Pass & AT/Telemark slopes	Off-Trail skiing	5	17	500
08-Dec	mw	Black Prince ski slopes	Off-Trail skiing	6	6	510
02-Jan	w/end	Stanley Glacier Valley	Trail skiing	4	10	280
14-Jan	mw	Shadow Lake Lodge	Trail skiing	5	27	430
16-Jan	w/end	L O'Hara via Fire Road	Trail skiing	2	24	430
22-Jan	w/end	Baker C to meadows	Trail skiing	4	12	210
27-Jan	mw	Brewster C to Sundance Lodge to Fatigue Cr. Junct	Trail skiing	2	22	440
29-Jan	w/end	Lake Louise to Banff Loppet Leg#3 Out & Back	Trail skiing	2	19	150
03-Feb	mw	Skogan Pass from Pigeon PL & Return	Trail skiing	3	19	670
06-Feb	w/end	Camp Cr. to Cloudburst Pass	Trail skiing	3	23	490
24-Feb	mw	Spray R West to Goat C PL & Return	Trail skiing	3	20	200
10-Mar	mw	Paradise Valley to Giant Steps	Trail skiing	4	20	330
17-Mar	mw	Lower Elk L via Elk Pass	Trail skiing	4	26	510
17-Mar	mw	Upper Spray Valley to Palliser Warden Cabin	Trail skiing	3	32	280
04-Nov	mw	Kananaskis Lookout from Hwy 40 before Dec.1	Trail skiing	4	17	400
09-Nov	mw	Mt Lipsett Trail	Trail skiing	4	10	510
11-Nov	w/end	Ribbon C Ski Trails: Skogan Pass	Trail skiing	4	21	630
16-Nov	mw	Chester Lake ski	Trail skiing	4	8	310
19-Nov	w/end	Elbow L and Desolation Flat	Trail skiing	3	9	200
04-Dec	w/end	Sulphur Mt Road	Trail skiing	3	17	850
16-Dec	mw	Skogan Pass from Pigeon PL	Trail skiing	3	19	670
24-Dec	w/end	Lower Elk L via Elk Pass	Trail skiing	4	26	510
02-Jan	w/end	Entrance Ridges (Muley Ridge)	Snowshoeing	3	10	510
02-Jan	w/end	Commonwealth Ridge-North Shoulder	Snowshoeing	5	11	450
09-Jan	w/end	Chester L and Elephant Rocks snowshoe	Snowshoeing	3	10	400
09-Jan	w/end	Kent Ridge, South Knob	Snowshoeing	5	10	700
15-Jan	w/end	Porcupine Ridge snowshoe	Snowshoeing	4	10	700
26-Feb	w/end	West outlier of North Kent	Snowshoeing	1	12	0
27-Dec	w/end	Gypsum Ridge, GR302161(NAD83)	Snowshoeing	5	6	500
30-Dec	mw	Evan Thomas ice falls: winter hike or snowshoe	Snowshoeing	4	12	210
10-Jan	mw	Kan.Lakes Ski: W-Jack, Tyrwhitt, Elk Pass	Track skiing	3	18	280
12-Jan	mw	Ribbon C Ski Trails: Kovach, Ribbon, Aspen loop	Track skiing	3	16	300
19-Jan	mw	Upper L.Louise from Tramline PL	Track skiing	3	20	280
19-Jan	mw	Lake Louise to Banff Loppet Stages 1 & 2	Track skiing	2	20	100
26-Jan	mw	Blueberry Hill from Boulton Bridge	Track skiing	3	21	400
14-Jan	mw	Kananaskis Lakes Ski Trails: Pocaterra	Track skiing	2	20	290
04-Feb	mw	PLPP: Vis.Centre to WJack 'n back	Track skiing	3	22	300
09-Feb	mw	Upper L.Louise from Tramline PL & Telemark Loop	Track skiing	3	20	280
11-Feb	mw	Moraine L road to viewpoint	Track skiing	2	16	250
23-Feb	mw	W.Bragg Ski: Moose Loop + ?. med.to fast pace	Track skiing	3	12	70

<u>Trip Date</u>	<u>wkend?</u>	<u>Trip Name</u>	<u>Activity</u>	<u>↓</u>	<u>km</u>	<u>vert m</u>
23-Feb	mw	W.Bragg Ski Trails:East Crystal line, Sundog,	Track skiing	3	9	210
25-Feb	mw	Pipestone trackset trails	Track skiing	3	21	200
04-Mar	mw	West Bragg Ski Trails: Elbow-Iron Springs etc.	Track skiing	3	17	300
09-Mar	mw	Kan.Lakes Ski: W-Jack, Tyrwhitt, Elk Pass loop	Track skiing	3	18	280
11-Mar	mw	Cascade Fire Road to Warden Cabin	Track skiing	2	26	335
14-Mar	mw	Blueberry Hill from Boulton Bridge	Track skiing	3	21	400
11-Nov	w/end	West Bragg Creek trails	Track skiing	3	20	120
03-Dec	w/end	Bill Milne trail to Wedge Pond	Track skiing	2	16	380
12-Dec	mw	Kananaskis Lakes Ski Trails: Elk Pass	Track skiing	3	14	270
09-Dec	mw	W.Bragg Ski Trails: Sundog, Iron Springs	Track skiing	3	9	210
14-Dec	mw	Spray River west to upper Spray bridge	Track skiing	3	32	600
26-Dec	w/end	Spray River west to upper Spray bridge	Track skiing	3	20	200

<u>Other day activities</u>			<u>Activity</u>	<u>Diff</u>	<u>km</u>	<u>vert m</u>
03-Apr	w/end	Bike : Edworthy Park to Griffith Woods	Road bike	3		
04-Apr	mw	Irrigation Canal to Chestermere Lake & return	Road bike	2		
08-Apr	mw	Bike : Horse Creek Road to end of Grand Valley	Road bike	3		
24-Apr	w/end	DeWinton - Okotoks -DeWinton Bike Tour	Road bike	3		
23-Apr	w/end	Priddis to Millarville via Kew	Road bike	3		
01-May	w/end	Slater Park to Ralph Klein Park	Road bike	2		
04-May	mw	Turner Valley to Sandy McNabb Gate & a little bey.	Road bike	3		
27-Apr	mw	Priddis to Black Diamond via Race Track	Road bike	2		
11-May	mw	City North Pathway Explorer.	Road bike	1		
13-May	mw	Bike : Shuswap Cycle Touring Grt touring	Road bike	3		
03-Jun	mw	Car Camping-Drumheller Road Biking	Road bike	3		
25-Jun	w/end	Water Valley to Bergen	Road bike	2		
28-Jun	mw	Nanton-Vulcan Bike Ride	Road bike	3		
02-Jul	w/end	Priddis - Bragg Creek	Road bike	3		
11-Sep	w/end	East Longview Hall to High River Return	Road bike	2		