

**2022 HIKING SCHEDULE**

<i>Date</i>	<i>Location</i>	<i>Details</i>	<i>Host</i>	<i>Host Contact</i>
July 24 th (Sun)	Silver Spray Cabin Kokanee Glacier Park	12.9 km round trip and 955 metres elevation gain. This trip is a fine alpine ramble with brooks, meadows and according to Kathy and Craig Copeland "cliffs reminiscent of the Bugaboos". The Copelands describe the trail in their book "Where Locals Hike in the West Kootenay" as a "huffer" so expect to grind relentlessly uphill for 2-3 hours before reaching the subalpine. As the trip is near Kaslo there is an option to stop for beer on the way home at one of the famous Kaslo watering spots.	Cathie	cnewsomecots@outlook.com ph: 250-265-8369
Aug 7 th (Sun)	Hot Springs Trail Maintenance & Soak	The Hot Springs trail is in need of general maintenance. A work bee is needed to hike the trail, brushing, raking and grading along the entire route. This work will be completed with hand tools only, cutting small roots and branches, raking debris and rocks and some shovelling and work with Pulaski's to level uneven sections on that trail. Optional hot springs soak afterwards. A shuttle will return participants to their vehicles.	Graham	(250) 916-9679
Aug 7 th (Sun)	Hot Springs Trail Hike & Soak	Hike the hot springs trail starting from the Alexander Road trailhead followed by an (optional) soak at the hot springs. A shuttle will return participants to their vehicles.	Simone	hohoconnection@gmx.de ph: 250 265 0084
Aug 14 th (Sun)	Kuskanax Mountain Trail Maintenance	A work bee is needed to spend 4 to 5 hours on the lower section of the trail brushing, raking and grading. This work will be completed with hand tools only, cutting small roots and branches, raking debris and rocks and some shovelling and work with Pulaski's to level uneven section on that trail.	Graham	(250) 916-9679
Aug 21 st (Sun)	Pinnacle Lake Monashees	The turn off of Highway 6 is near the Goldpanner Café. The trail is 12.4 km return with 420 m elevation gain. The first 3 km of this trail is marshy, then the trail steepens as it climbs following Railroad creek, leveling off before the lake. Steep cliffs drop off into the lake.	Cathie	cnewsomecots@outlook.com ph: 250-265-8369
Sept 10 th (Sat)	Saddle Mountain Nakusp	(The longer trail) 10.6 km, 864 meters elevation gain. Recommended 4x4 vehicle with good clearance. This trail starts in a beautiful forest before ascending into meadows and alpine areas shortly before the summit. There are some great views along the way. There is some bouldering near the top of the mountain, some steep drop offs, and some exposure. At the summit there are fantastic views of Arrow Lake, the Selkirks, the Monashees and off in the distance the Bugaboos.	Cathie	cnewsomecots@outlook.com ph: 250-265-8369
Sept 18 (Sun)	Carpenter Pass Sandon	14.2 km, 653 metres elevation gain, larch hike. According to westkootenayhiking.ca this trip can be accessed with a 2-wheel drive low clearance vehicle. This is a loop hike and we'll do the upper trail going in and the lower trail coming out. The trail starts along an old road, then winds up a rockslide with great valley views as well as views of Misty and Prospector Peaks, and hopefully golden larches if our timing is good. From the pass see the Kokanee Glacier off in the distance among many other peaks. We will pass an abandoned old mine, the Con mine on the way down.	Cathie	cnewsomecots@outlook.com ph: 250-265-8369

Please contact the Hike Host to RSVP or for more Information regarding a specific hike. Remember to compensate your driver if ride-sharing.

Hiking Disclaimer

The Nakusp and Area Community Trail Society is not responsible for your health and safety. You participate in a Society group hike at your own risk. Our Hike Hosts are not guides or rescue specialists. Please be prepared to find your own way on the trail. You should be self-sufficient with all the gear, maps, clothing, water and food you need to complete the hike safely considering your level of fitness, health and the prevailing conditions. Notify a responsible person of your itinerary and plan in case you don't report out at an agreed upon time. Your gear should include Bear Spray, sturdy footwear, plenty of water, food, warm weather-proof clothing and a first Aid kit. Hiking poles are recommended for steeper hikes. Be aware of signs of hyper or hypothermia and what to do about it.

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