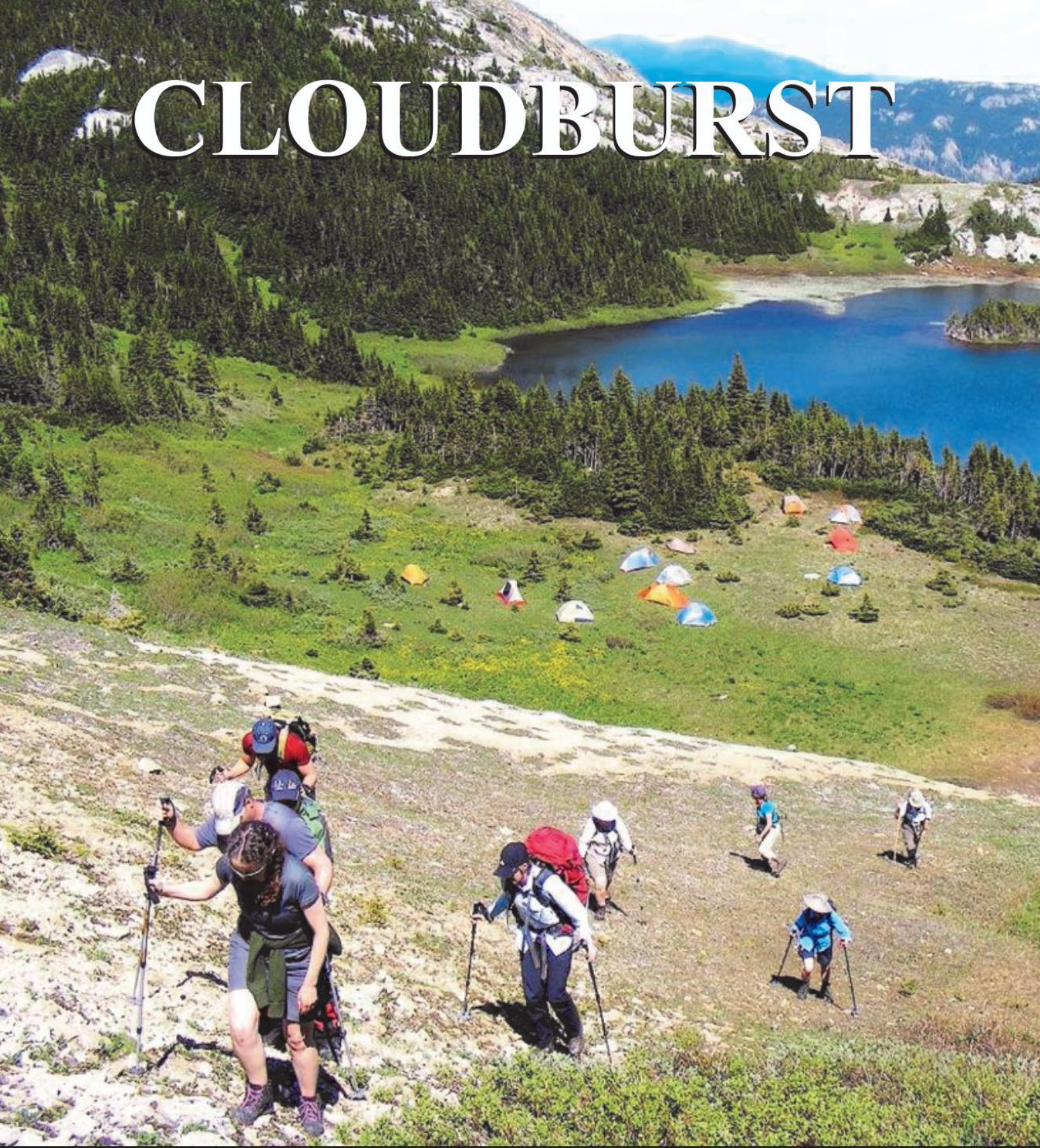


CLOUDBURST



Taking Issue with the GAS Four Season Resort Proposal | Parks and their Commercial Ski Areas
Collaborative Trail Design Through Section 56 & 57 Land Use Agreements | Using iMap BC

Federation of Mountain Clubs of BC

Accessing the backcountry one step at a time

Spring/Summer 2016

Club Trips and Activities

Mount Terry Fox and Mount Murray

Two great hikes taken by the Caledonia Ramblers

By Dave King, Caledonia Ramblers Hiking Club



Dave King

The Ramblers at treeline on Mount Terry Fox last September. The view is of the Robson Valley, looking towards the Premier Range.

Mount Terry Fox was named in honour of Terry Fox soon after he passed away in 1981. It is in the mountains north of Valemount and near the junction of Hwy 16 and Hwy 5. When on the summit, Mount Robson is just across the upper Fraser to the north and other peaks stretch off into the distance in all directions. It is a fantastic hike and highly recommended but only for the very fit. It is a full 6,000 ft vertical to the summit (8,667 ft) from the parking lot (5-6 hrs). If one also goes to the Terry Fox monument which is on a separate ridge 1.5 kilometres away from the summit that adds another 1,500 ft of vertical, making for a very long day! It is rarely done as an overnight as there is a lack of water on the trail up the mountain.

The Caledonia Ramblers have been leading trips up Terry Fox since the mountain was dedicated. I personally have been up 15-20 times. The trail is well marked to treeline at about 6,500 ft but thereafter is a poorly marked route. In good weather the route above treeline is not an issue but in poor weather is a real challenge. None of the trail is difficult with no scrambles or serious exposures, but the elevation gained and then lost coming back down creates issues for many. Very sore knees and hips, as well as blisters are common. One also needs to carry plenty of water, as there are no streams and in dry weather there may be no snow to refill water bottles.

The Terry Fox Foundation sponsored a special hike up the mountain last Labour Day weekend in honour of Terry Fox's passing 34 years ago. I was asked to lead. About 70 set out with 40 making it to the summit including about 15 members of the Fox family. Above 7,500 ft the route was buried in 1-1.5 ft of snow, making it impossible to go to Terry Fox's monument. Next Labour Day the Foundation is planning a similar event. All are welcomed to take part. Hopefully the weather will allow a visit to the monument. ■



Dave King

A group of Caledonia Ramblers hiking the Pine Pass in Pine Le Moray Provincial Park north of Prince George last June.

The Mount Murray trail ascends into the alpine to a small picturesque lake where there is a great camping spot. From the lake one can ascend Mount Murray or venture north and east on other ridges. With a little luck one may see caribou, elk, grizzly bear and other critters, and, in season, a great variety of flowers.

The trail was located and constructed by the Caledonia Ramblers Hiking Club in 1981-82. The club has maintained the trail ever since even though the range was incorporated in 1990 into the new Pine Le Moray Provincial Park. This park is in the Pine Pass about 200 kilometres north of Prince George on Highway 97. The Powder King Ski hill is across the valley about 12 kilometres from the trailhead.

The first kilometre of the trail ascends a relatively steep hillside, then ascends through a pine and spruce forest at a more moderate grade to treeline at about 5,500 ft. It then traverses a southerly slope to the lake and campsite. Certainly the trail can be a day trip and one has the time to reach the summit of Mount Murray. However, overnight trips are recommended so that one has the time to enjoy more of the ridges and scenery. The trail is not recommended for winter use as there are avalanche hazards and the range is subject to frequent winter storms. If one wishes more information than that, please contact the Caledonia Ramblers. ■



Dave King's photo of the small lake at the end of the Murray Mountain Trail is featured on the cover of this issue of Cloudburst