

Rambler trips 2018

42% 123 midweek
 58% 171 weekend/holiday
 294

<u>Trip Date</u>	<u>wkend?</u>	<u>Trip Name</u>	<u>Activity</u>	Difficulty	<u>km</u>	<u>vert m</u>
<u>Hiking Trips <11 Km & <= 500 m vertical</u>						
01-Jan	w/end	Calgary Zoo stroll	Trail hike	1	1	3
17-Jun	w/end	Great Moraine Loop	Trail hike	2	4	50
18-May	mw	Cross Conserv. Area, Paradise loop	Trail hike	2	9	90
28-Sep	mw	Cross Conserv. Area, Paradise loop	Trail hike	2	9	90
23-Nov	mw	Cross Conserv. Area, Paradise loop	Trail hike	2	9	90
26-Dec	mw	Nosehill Xmas Dinner Recovery Walk	Trail hike	1	6	100
23-Sep	w/end	Glenbow Ranch Provincial Park	Trail hike	2	10	100
09-Dec	w/end	Deer Ridge	Trail hike	3	6	210
09-Dec	w/end	Foran ridge Windy ridge loop	Off-Trail hike	4	6	250
28-Apr	w/end	High Noon Hills	Off-Trail hike	3	10	285
28-Dec	mw	High Noon Hills	Off-Trail hike	3	10	285
15-May	mw	White Budha-Vents Ridge	Off-Trail hike	4	6	300
29-Dec	w/end	Bar C Ranch area - Lesueur Ridge	Trail hike	3	8	300
27-May	w/end	Jumpingpound loop	Trail hike	2	9	300
20-Nov	mw	Jumpingpound loop	Trail hike	2	9	300
16-Jan	mw	Entrance Ridges (Muley & Carry Ridge)	Off-Trail hike	3	10	300
18-Nov	w/end	Entrance Ridges (Carry & Muley Ridges)	Off-Trail hike	3	10	300
01-Jul	w/end	Rawson Lake 312062	Trail hike	2	8	310
04-Nov	w/end	Ranger Sum. -Strange Brew loop	Trail hike	2	10	320
26-Aug	w/end	Rummel Lake 200327	Trail hike	3	10	350
14-Dec	mw	West Bragg Creek trails--Boundary Ridge	Trail hike	2	10	350
06-May	w/end	Mustang Hills	Off-Trail hike	3	8	400
12-May	w/end	Grass Pass via Pack Trail Coulee-Bull Ck	Trail hike	2	6	430
25-Nov	w/end	Grass Pass 714875 via Pack Trail Coulee	Trail hike	2	6	430
07-Nov	mw	Yamnuska East Ridge 327658	Trail hike	3	7	440
22-Jul	w/end	South Volcano Ridge	Off-Trail hike	3	10	440
19-Sep	mw	Pocaterra Ridge > L. Highwood Pass S > N	Off-Trail hike	4	9	450
28-Oct	w/end	Picklejar Lakes	Trail hike	3	10	450
05-May	w/end	Mesa Butte - Curley Sand loop	Trail hike	3	10	470
25-Oct	mw	Mesa (Square) Butte - Curley Sand	Trail hike	3	10	470
20-Oct	w/end	Mt Hoffman 635083 (loop)	Off-Trail hike	4	8	478
26-Jun	mw	Powderface Ridge from W (relax pace)	Trail hike	3	8	490
03-Nov	w/end	Three Cairns	Off-Trail hike	4	8	500
<u>Hikes <11 Km & <= 750 metres vertical</u>						
27-Nov	mw	Horton Hill and Ridge 413572 TRIP FULL	Off-Trail hike	3	8	512
26-May	w/end	Castle Lookout 737833	Trail hike	3	7	520
08-Jul	w/end	Baldy Pass 383500	Trail hike	3	10	570
08-Aug	mw	Black Prince Lakes 249167	Off-Trail hike	4	9	590
08-Jul	w/end	Grizzly Ridge 414055 traverse	Off-Trail hike	5	9	600
01-Sep	w/end	Mt Roberta	Off-Trail hike	4	6	610

20-Oct	w/end	Mt Roberta	Off-Trail hike	4	6	610
27-May	w/end	Belmore Browne and Peak403471	Off-Trail hike	5	8	630
24-Jun	w/end	Powderface Ridge 515344	Trail hike	3	10	640
26-Sep	mw	Powderface Ridge 515344	Trail hike	3	10	640
10-Nov	w/end	Powderface Ridge 515344	Trail hike	3	10	640
21-Aug	mw	Hero Nob Trip Full	Off-Trail hike	5	9	710
02-May	mw	Prairie Mtn 544394	Trail hike	3	8	720
26-Apr	mw	Ha Ling Peak 124573 + show in Canmore	Trail hike	5	6	748
29-Nov	mw	Bull Creek Hills via Grass Pass	Off-Trail hike	3	10	750

<u>Other Hikes/scrambles/mountaineering</u>			<u>Activity</u>	<u>Diff</u>	<u>km</u>	<u>vert m</u>
15-Jul	w/end	Table Mountain 991712	Trail hike	4	8	760
09-Jun	w/end	South End of Lawson: max 8-10	Off-Trail hike	5	7	762
21-Nov	mw	South End of Lawson-Max 8	Off-Trail hike	5	7	762
20-May	w/end	Bull Creek Hills loop via Marston Creek	Off-Trail hike	4	10	780
18-Jun	mw	King Creek Ridge 338222	Trail hike	5	7	800
22-Oct	mw	King Creek Ridge 338222	Trail hike	5	7	800
21-Oct	w/end	Mt. Lady Macdonald ex-Teahouse site	Trail hike	4	7	850
11-Jul	mw	The Orphan via Wind Ridge	Off-Trail hike	5	7	868
27-Jun	mw	Wasootch Peak	Off-Trail hike	4	6	900
17-Jul	mw	Grizzly Peak 326250	Off-Trail hike	5	7	900
29-Jul	w/end	Paget peak and North ridge	Off-Trail hike	5	10	1000
27-Oct	w/end	Saddleback - Fairview Mtn	Trail hike	4	10	1000
03-May	mw	Opal Ridge 317268	Off-Trail hike	5	6	1010
06-May	w/end	Mt. Lady Macdonald summit ridge	Off-Trail hike	5	8	1130
28-Jul	w/end	Old Goat Glacier 140460	Off-Trail hike	4	11	720
28-Oct	w/end	Loder Peak	Off-Trail hike	5	11	760
24-Nov	w/end	Wasootch Ridge to 2nd cairn 365447	Trail hike	4	11	762
21-Mar	mw	Snowy Owl hike/snowshoe - W.Bragg	Trail hike	3	11	890
25-Oct	mw	Black Rock Mtn L/O	Trail hike	4	11	890
09-Sep	w/end	Perley Rock Trail	Trail hike	4	11	1143
21-Apr	w/end	Ranger Ridge via Fullerton & Bobcat	Trail hike	3	12	405
28-Oct	w/end	Ranger Ridge via Fullerton & Bobcat	Trail hike	3	12	405
18-Dec	mw	Ranger Ridge via Fullerton & Bobcat	Trail hike	3	12	405
14-Apr	w/end	Sandy McNabb Hills & Long Meadow	Trail hike	2	12	435
21-Jul	w/end	Mist Ridge South Summit Loop	Off-Trail hike	3	12	650
06-Aug	w/end	Bluerock Creek to meadows	Trail hike	2	12	700
08-Jul	w/end	Mt Lipsett 470014	Trail hike	3	12	720
22-Mar	mw	Prairie Mountain Loop	Trail hike	3	12	800
27-Jul	mw	Prairie Mtn - West Ridge- mod. pace	Trail hike	3	12	800
20-May	w/end	Mt Burke	Trail hike	3	12	884
03-Jun	w/end	Midnight Peak 380492 via Baldy Pass	Off-Trail hike	5	12	1060
17-Oct	mw	Midnight Peak 380492 via Baldy Pass	Off-Trail hike	5	12	1060
19-Aug	w/end	Sulphur Springs - Riverview loop	Trail hike	2	13	230
14-Oct	w/end	Sulphur Springs - Riverview loop	Trail hike	2	13	230
14-Nov	mw	Sulphur Springs - Riverview loop	Trail hike	2	13	230
05-Jul	mw	Merlin View loop	Trail hike	2	13	400

29-Aug	mw	Merlin View loop	Trail hike	2	13	400
27-Oct	w/end	Merlin View loop	Trail hike	2	13	400
02-Sep	w/end	Iceline high point out & back + Yoho L	Trail hike	3	13	685
03-Jun	w/end	Cox Hill	Trail hike	3	13	730
09-Nov	mw	Cox Hill-Maximum 10 people	Trail hike	3	13	730
08-Sep	w/end	Balu Pass - Glacier Nat Park	Trail hike	3	13	788
30-Oct	mw	Mt St.Piran	Off-Trail hike	4	13	900
12-Jul	mw	Picklejar C traverse + two hills	Off-Trail hike	4	13	1000
21-Oct	w/end	Ridgeback	Trail hike	3	14	244
13-May	w/end	Eagle Hill 455604	Trail hike	2	14	330
01-Sep	w/end	Eagle Hill 455604	Trail hike	2	14	330
06-Oct	w/end	Eagle Hill 455604 via Deer Ridge FULL	Trail hike	3	14	330
22-Apr	w/end	Prairie View Tr to Barrier Lookout	Trail hike	4	14	630
14-Oct	w/end	Prairie View Tr to Barrier Lookout	Trail hike	4	14	630
08-Dec	w/end	Prairie View Tr to Barrier Lookout	Trail hike	4	14	630
28-Nov	mw	Moose Mtn L/O - normal route	Trail hike	3	14	670
05-Aug	w/end	Forgetmenot Ridge 548262	Off-Trail hike	4	14	740
21-Jul	w/end	Wind Ridge 199533	Trail hike	4	14	800
10-Nov	w/end	Wind Ridge 199533, FULL	Trail hike	4	14	800
20-Jul	mw	Lipalian Peak - Variation from trip m295	Off-Trail hike	4	14	1040
13-Jun	mw	Upper Canyon Ck. Peaks #1 and#2	Off-Trail hike	5	14	1160
28-Aug	mw	peak 571003 via Picklejar Lakes & creek	Off-Trail hike	4	14	1160
21-May	w/end	Wasootch Ridge 376436	Off-Trail hike	5	14	1220
01-Nov	mw	Wasootch Ridge 376436	Off-Trail hike	5	14	1220
01-Sep	w/end	Green Mtn loop via Spaulding Point	Off-Trail hike	3	15	219
21-Oct	w/end	Green Mtn loop via Spaulding Point	Off-Trail hike	3	15	219
25-Aug	w/end	Upper Kananaskis River Viewpoint	Off-Trail hike	4	15	500
17-Jun	w/end	Jumpingpound Ridge from north	Trail hike	3	15	701
06-Jul	mw	Jumpingpound Ridge from north	Trail hike	3	15	701
29-Jul	w/end	Jumpingpound Ridge from north	Trail hike	3	15	701
07-Sep	mw	Jade Pass - Mt. Revelstoke Nat Park	Trail hike	3	15	728
17-Jun	w/end	Picklejar Hills	Trail hike	4	15	900
19-Jun	mw	Buller Creek Peak	Off-Trail hike	5	15	920
28-Apr	w/end	L. Minnewanka to Aylmer Pass Jct	Trail hike	2	16	100
08-Sep	w/end	Lake Rae Overlook	Off-Trail hike	4	16	400
30-Sep	w/end	Rummel Pass 212341	Off-Trail hike	4	16	530
27-May	w/end	Volcano Ridge summit 615197	Trail hike	3	16	806
24-Jun	w/end	Lineham Ridge 582972	Off-Trail hike	4	16	980
23-Sep	w/end	Twin Lakes viewpoint	Trail hike	3	16	1075
18-Oct	mw	Odlum Ridge East 521964	Off-Trail hike	5	17	990
08-Jul	w/end	Healy Pass	Trail hike	2	18	660
14-Aug	mw	Ridge SW of Mt Smuts (Smutwood)	Off-Trail hike	5	18	810
30-Jun	w/end	Guinn's Pass 230373	Trail hike	3	18	1040
06-Jul	mw	Guinn's Pass 230373	Trail hike	3	18	1040
28-Sep	mw	E Panorama Ridge via Taylor L.	Off-Trail hike	4	19	1070
20-Jul	mw	Piper C and Pass 392175	Trail hike	3	20	810
25-Sep	mw	Hidden L to Paradise Chair	Off-Trail hike	4	20	940

22-Jul	w/end	Mt Allan from Ribbon Creek	Trail hike	4	22	1350
04-Aug	w/end	Mt Bourgeau Max 8-10	Off-Trail hike	4	24	1500
14-Jul	w/end	Victoria Ridge	Off-Trail hike	4	25	1050
25-Mar	w/end	Yamnuska traverse (east to west)	Scramble	6	8	900
05-May	w/end	Loder Peak 302616 via Door Jamb	Scramble	5	7	790
13-May	w/end	Baldy south peak via Baldy Pass	Scramble	5	12	875
16-May	mw	twin summits SE of Heart Mtn	Scramble	6	14	1000
19-May	w/end	Windtower via West Wind Pass	Scramble	5	10	975
24-May	mw	Gap Peak loop	Scramble	6	9	1263
27-May	w/end	Kananaskis Peak via North Gully	Scramble	6	8	975
03-Jun	w/end	Holy Cross Mountain	Scramble	6	15	1220
06-Jun	mw	Mt Sparrowhawk	Scramble	5	9	1350
08-Jun	mw	North Peak of Burke to Mount Burke	Scramble	5	8	823
12-Jun	mw	East peak of Mount Burns 555096	Scramble	6	10	1000
17-Jun	w/end	Opal Ridge- N Peak 312308	Scramble	5	7	870
21-Jun	mw	Heart Mtn Horseshoe loop	Scramble	5	11	930
20-Jun	mw	The Fortress via Headwall L.	Scramble	5	19	1100
24-Jun	w/end	Mt Indefatigable North Peak & traverse	Scramble	6	10	1000
26-Jun	mw	Moose Mtn south outliers	Scramble	5	26	960
30-Jun	w/end	Yamnuska traverse (east to west)	Scramble	6	8	900
05-Jul	mw	Snow Peak	Scramble	5	14	1150
08-Jul	w/end	Commonwealth Ridge - south summit	Scramble	5	8	700
09-Jul	mw	Mt Whympier	Scramble	6	6	1250
12-Jul	mw	Unity Peak - Lipalian Peak loop (FULL)	Scramble	5	18	1275
15-Jul	w/end	The Onion - Iceberg Lake loop	Scramble	5	18	900
17-Jul	mw	Nihahi Ridge - Nihahi Creek loop	Scramble	5	15	800
19-Jul	mw	Mt Niblock	Scramble	6	16	1260
21-Jul	w/end	Devil's Thumb	Scramble	5	13	700
28-Jul	w/end	Citadel Peak TRIP FULL	Scramble	5	19	760
01-Aug	mw	Windtower via West Wind Pass	Scramble	5	10	975
08-Aug	mw	Bow Peak	Scramble	5	13	950
09-Aug	mw	Mist Mtn via north ridge	Scramble	6	10	1050
12-Aug	w/end	Harvie Height's Nipple 164660	Scramble	5	8	1200
14-Aug	mw	Big Sister 156525	Scramble	6	6	1200
18-Aug	w/end	Mt Chester via Chester Lake FULL	Scramble	6	14	1150
25-Aug	w/end	Mt. Redoubt via Spirko route, FULL	Scramble	5	16	1200
01-Sep	w/end	Loop of peaks northeast of Mt Glasgow	Scramble	6	16	1310
07-Sep	mw	Mt Noyes	Scramble	6	10	1400
14-Nov	mw	"Wildhorse ridge" Ya Ha Tinda area	Scramble	5	8	700
22-Nov	mw	Yamnuska traverse (east to west)	Scramble	6	8	900
11-Dec	mw	Wasootch Peak GR335455 NAD83	Scramble	5	6	900

Snow Activities

			<u>Activity</u>	<u>Diff</u>	<u>km</u>	<u>vert m</u>
19-Jan	mw	Mount Norquay -downhill Skiing	Downhill skiing	3	0	0
02-Mar	mw	Mt Norquay downhill skiing	Downhill skiing	3	0	0
01-Jan	w/end	Quartz Ridge	Off-Trail skiing	4	10	350
03-Jan	mw	North Black Prince yoyos A/T	Off-Trail skiing	4	6	500

07-Jan	w/end	Smuts Pass via Commonwealth C	Off-Trail skiing	6	14	510
07-Jan	w/end	Rummel - Chester traverse	Off-Trail skiing	5	10	300
13-Jan	w/end	Gypsum Mine yoyo ski the trees	Off-Trail skiing	3	15	470
15-Jan	mw	Hero Knob south valley	Off-Trail skiing	6	9	640
20-Jan	w/end	South Burstall Pass: FULL	Off-Trail skiing	5	20	590
27-Jan	w/end	Skoki Lodge via Deception Pass	Off-Trail skiing	4	28	1100
01-Feb	mw	Gypsum Mine yoyo the trees	Off-Trail skiing	3	15	470
12-Feb	mw	Purple Bowl	Off-Trail skiing	5	12	800
14-Feb	mw	Healy C to Bourgeau meadows	Off-Trail skiing	6	20	760
24-Feb	w/end	Narao Shoulder	Off-Trail skiing	5	8	500
28-Feb	mw	Birdwood & Smuts Pass-C-wealth Circ	Off-Trail skiing	6	18	900
04-Mar	w/end	Heather ridge loop	Off-Trail skiing	4	26	750
06-Mar	mw	Northeast cirque of Whympers	Off-Trail skiing	6	9	550
11-Mar	w/end	Healy Pass via Healy C	Off-Trail skiing	5	18	660
17-Mar	w/end	black prince SW	Off-Trail skiing	4	15	470
20-Mar	mw	Dolomite circuit	Off-Trail skiing	6	19	650
24-Mar	w/end	Pumpkin traverse.	Off-Trail skiing	6	26	900
26-Mar	mw	Birdwood & Smuts Pass-C-wealth Circ	Off-Trail skiing	6	18	900
30-Mar	w/end	NE Panorama Ridge via Taylor L	Off-Trail skiing	6	16	1060
01-Apr	w/end	Gypsum Mine	Off-Trail skiing	4	15	470
05-Apr	mw	North Black Prince yoyos	Off-Trail skiing	4	6	500
08-Apr	w/end	Storm Mountain burn yoyos	Off-Trail skiing	4	10	600
09-Apr	mw	Healy Creek - Monarch Ramparts	Off-Trail skiing	5	25	760
13-Apr	mw	Commonwealth - Pig's Back circuit	Off-Trail skiing	5	8	500
23-Nov	mw	Little Highwood Pass	Off-Trail skiing	5	8	470
06-Dec	mw	Burstall Pass & AT/Telemark slopes	Off-Trail skiing	5	17	500
16-Dec	w/end	Quartz Ridge (not the summit)	Off-Trail skiing	4	10	350
16-Dec	w/end	Hidden Lake Valley	Off-Trail skiing	6	14	550
21-Dec	mw	Gypsum Mine	Off-Trail skiing	4	15	470
29-Dec	w/end	Healy C to Bourgeau meadows	Off-Trail skiing	6	20	760
31-Dec	mw	Chester L ski to Elephant Rocks	Off-Trail skiing	4	10	400
29-Mar	mw	Niblock-Whyte col	Ski mtneering	7	14	1200
31-Mar	w/end	French/Haig/Robertson circuit	Ski mtneering	7	26	1070
03-Apr	mw	French/Haig/Robertson circuit	Ski mtneering	7	26	1070
23-Apr	mw	Storm Mtn South	Ski mtneering	7	16	1250
04-Jan	mw	Wasootch Ridge to 2nd cairn 365447	Snowshoeing	4	12	450
06-Jan	w/end	Shark L (Marushka L) snowshoe	Snowshoeing	3	9	100
07-Jan	w/end	Rummel L snowshoe	Snowshoeing	4	10	400
07-Jan	w/end	South End of Lawson	Snowshoeing	5		
13-Jan	w/end	Cascade Amphitheatre snowshoe	Snowshoeing	2	14	790
14-Jan	w/end	SE Shoulder of Mount Indefatigable	Snowshoeing	4	5	500
21-Jan	w/end	Boulton Creek to Pocaterra Hut	Snowshoeing	2	26	370
21-Jan	w/end	Rawson L snowshoe	Snowshoeing	3	7	310
27-Jan	w/end	Moose Meadows to Ink Pots	Snowshoeing	2	10	200
25-Feb	w/end	Junction Hill 661864 southeast ridge	Snowshoeing	4		
04-Mar	w/end	Entrance Ridges (Carry Ridge)	Snowshoeing	2	10	510
11-Mar	w/end	Boom L to NE end	Snowshoeing	3	10	180

11-Mar	w/end	Commonwealth Ridge	Snowshoeing	5	11	450
07-Apr	w/end	Rummel Ridge	Snowshoeing	3	7	646
09-Dec	w/end	Rummel L snowshoe	Snowshoeing	3	10	400
15-Dec	w/end	Southeast shoulder Mt Indefatigable	Snowshoeing	4	5	500
23-Dec	w/end	Chester Lake & Elephant Rocks	Snowshoeing	4	8	310
04-Jan	mw	West Bragg Ski: general-slow pace	Track skiing	1		
06-Jan	w/end	Upper L.Louise from Tramline PL	Track skiing	3	10	180
13-Jan	w/end	West Bragg Ski Trails: general	Track skiing	1		
13-Jan	w/end	Ribbon C: Kovach, Terrace & more	Track skiing	3	8	150
30-Jan	mw	Kan.Lakes Ski: Tyrwhitt, Elk Pass loop	Track skiing	3	18	280
04-Feb	w/end	W.Bragg Ski Trails: general	Track skiing	3		
10-Feb	w/end	West Bragg Ski Trails: general	Track skiing	3		
19-Feb	w/end	Kan.Lakes Ski: out of Visitor Centre	Track skiing	3	18	280
25-Mar	w/end	Kan.Lakes Ski: Tyrwhitt, Elk Pass loop	Track skiing	3	18	280
01-Apr	w/end	Blueberry Hill from Boulton Bridge	Track skiing	3	21	400
04-Apr	mw	West Bragg Ski: Mountain View West	Track skiing	3	15	
07-Apr	w/end	Pipestone trackset trails	Track skiing	3	18	
11-Nov	w/end	Great Divide trail (old 1A highway)	Track skiing	1	20	150
21-Nov	mw	PLPP Track Ski-Destination TBA	Track skiing	2		
25-Nov	w/end	Lake Louise area track skiing	Track skiing	3		
01-Dec	w/end	Upper L.Louise from Tramline PL	Track skiing	3	10	180
02-Dec	w/end	West Bragg Ski Trails: general	Track skiing	1		
05-Dec	mw	West Bragg Ski Trails: general	Track skiing	2		
09-Dec	w/end	Upper L.Louise from Tramline PL	Track skiing	3	10	180
20-Dec	mw	Blueberry Hill from Boulton Bridge	Track skiing	3	21	400
22-Dec	w/end	Upper L.Louise from Tramline PL	Track skiing	3	10	180
29-Dec	w/end	Blueberry Hill from Boulton Bridge	Track skiing	3	21	400
31-Dec	mw	Upper L.Louise from Tramline PL	Track skiing	3	10	180
04-Jan	mw	Pipestone trackset trails	Trail skiing	3	19	300
06-Jan	w/end	Tower L	Trail skiing	4	16	670
20-Jan	w/end	Nakiska: Skogan Pass	Trail skiing	4	21	630
28-Jan	w/end	Gypsum Mine	Trail skiing	3	15	470
10-Feb	w/end	Skogan Pass	Trail skiing	4	21	630
19-Feb	w/end	Elk Hut via Elk Pass	Trail skiing	4	26	510
04-Mar	w/end	Ribbon Creek Trails	Trail skiing	3		
07-Mar	mw	Skogan Pass to Dead Man's Flats	Trail skiing	3	19	670
18-Nov	w/end	L O'Hara via Fire Road	Trail skiing	2	24	430
27-Nov	mw	L O'Hara via Fire Road	Trail skiing	2	24	430
30-Nov	mw	Kananaskis Lookout	Trail skiing	3	20	
15-Dec	w/end	Boom Lake	Trail skiing	3	10	180
22-Dec	w/end	Paradise Valley ski	Trail skiing	3	13	150

Other

			<u>Activity</u>	<u>Diff</u>	<u>km</u>	<u>vert m</u>
02-Jun	w/end	Bill Milne-Evan Thomas	Mountain bike			
03-Aug	mw	Paddle around the Ghost reservoir	Paddling			
15-Apr	w/end	Cycle to Chestermere - revised trip	Road bike			
22-Apr	w/end	Priddis to Black Diamond	Road bike			

28-Apr	w/end	Weed Lake-Carseland Bird and Bike	Road bike
05-May	w/end	Highway 546/closed/	Road bike
12-May	w/end	Hwy 66/closed/	Road bike
12-May	w/end	Bragg Creek to Forget-me-not pond	Road bike
19-May	w/end	Chestermere Pathway	Road bike
22-May	mw	Canmore-Banff and back/Legacy Trail/	Road bike
07-Jun	mw	Cycle to Highwood Pass from south	Road bike
18-Jun	mw	Drumheller Bike and Camp	Road bike
12-Jul	mw	Glenbow Ranch pathway	Road bike
16-Oct	mw	Madden to Water Valley	Road bike
23-Oct	mw	Castle Jct to Lake Louise return	Road bike
31-Oct	mw	Glenmore rezervoir pathway	Road bike

Multi-day

			<u>Activity</u>	<u>Diff</u>	<u>km</u>	<u>vert m</u>
19-Jun	mw	Waterfowl CG car camping- 4 days	Off-Trail hike	4		
07-Aug	mw	Mt Strachan, Muir & MacLaren - 4 days	Scramble	5	20	600
11-May	mw	Canada East Coast Trail- 10 days	Trail hike	3		
28-May	mw	Austrian Lakes walking holiday-17 days	Trail hike	2	77	0
04-Jun	mw	Austrian Lakes walking holiday-10 days	Trail hike	3	77	0
14-Aug	mw	Chilkoot Trail backpack - 11 days	Trail hike	3	53	1067
15-Jul	w/end	Hiking-biking Kimberley - 7 days	Trail hike	4		
04-Feb	w/end	Boulder Hut (Kimberley BC) - 8 days	Off-Trail skiing	5		
17-Mar	w/end	David Henry Lodge	Off-Trail skiing	6		
08-Feb	mw	Elk Lake Cabin - 2 days	Trail skiing	3	26	510
22-Jan	mw	Rogers Pass / Il Nido Country Inn- 4 days	Ski mtneering	6		
04-Mar	w/end	Bow L to Wapta L - 4 days	Ski mtneering	6	37	1490
17-Mar	w/end	Traverse: Peyto L to Wapta L - 4 days	Ski mtneering	6	39	1500
26-Aug	w/end	Big Salmon River - FULL - 10 days	Paddling	NULL		