

Rambler trips 2023

midweek 215 69%
weekend 98 31%

<u>Trip Date</u>	<u>wkend?</u>	<u>Trip Name</u>	<u>Activity</u>	Difficulty		
				<u>↓</u>	<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	3	10
22-Apr	w/end	Paskapoo Slopes	Trail hike	2	5	70
31-Jul	w/end	Brown-Lowery Park	Trail hike	2	6	80
09-Apr	w/end	Cross Conservation Area, Paradise Trail loop	Trail hike	2	9	90
18-Apr	mw	Aura Creek Sand Forest to Ghost Ranger Station	Trail hike	2	10	90
06-Apr	mw	Glenbow Ranch Provincial Park	Trail hike	2	10	100
08-Jan	w/end	Glenbow Ranch Provincial Park	Trail hike	2	10	100
01-Apr	w/end	Glenbow Ranch Provincial Park	Trail hike	2	10	100
04-Dec	mw	Paskapoo Slopes	Trail hike	2	5	100
13-Jan	mw	Bragg Creek-Banded Peak School	Trail hike	2	6	100
22-Jun	mw	Great Moraine Loop (Yamnuska area)	Trail hike	2	7	100
12-Feb	w/end	WeaselHead South	Trail hike	2	7	120
21-Jan	w/end	North Glenmore Park to Weaselhead	Trail hike	2	8	150
27-Nov	mw	Douglas Fir Trail-Loop-a walk on the wild side	Trail hike	2	5	150
21-Mar	mw	Nose Hill hike	Trail hike	2	6	150
02-Jan	w/end	Nose Hill	Trail hike	2	6	150
11-Jul	mw	Porcupine Hills Ridge	Off-Trail hike	2	7	160
18-Mar	w/end	Snowshoe Hare East and West	Trail hike	2	5	220
15-Jan	w/end	Cross Conservation Area, Paradise Trail loop	Trail hike	2	9	225
26-Jan	mw	Vents Ridge loop	Trail hike	4	6	229
10-Jun	w/end	Vents Ridge loop	Trail hike	4	6	229
20-Dec	mw	High Noon Hills	Off-Trail hike	3	10	285
23-Apr	w/end	Bar C Ranch area - Lesueur Ridge	Trail hike	3	8	300
08-Jan	w/end	Jumpingpound loop	Trail hike	2	10	300
18-Feb	w/end	Jumpingpound loop	Trail hike	2	10	300
26-Jul	mw	Rawson Lake 312062	Trail hike	2	8	310
18-Jul	mw	Chester Lake	Trail hike	2	10	310
20-Jan	mw	McLean Hill 659391	Trail hike	3	7	320
02-Mar	mw	Ranger Summit -Strange Brew loop from W.Bragg	Trail hike	2	10	320
25-Sep	mw	Barrier Lake hills and beach	Trail hike	2	8	325
03-Feb	mw	WBC Boundary Ridge	Trail hike	2	11	333
26-Jan	mw	Sulphur Springs - Riverview ex Paddy's Flat	Trail hike	3	11	350
10-Sep	w/end	Sulphur Springs - Riverview ex Paddy's Flat	Trail hike	3	11	350
23-Sep	w/end	Running Rain lake north ridge (Clockwise loop)	Off-Trail hike	4	7	350
15-Oct	w/end	Hunchback Hills - SW summit and beyond	Trail hike	4	7	390
07-Aug	mw	Jumpingpound Mtn 471462	Trail hike	2	7	420
03-May	mw	Beaverdam Ridge 984332	Off-Trail hike	3	8	420
04-Jun	w/end	McConnell Point	Off-Trail hike	3	11	448
14-Sep	mw	Pocaterra Ridge traverse S >> N	Off-Trail hike	4	9	450
10-Jul	mw	Nihahi Ridge viewpoint 486296	Trail hike	2	10	460
15-May	mw	Nihahi Ridge viewpoint 486296	Trail hike	2	10	460

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10-Nov	mw	Nihahi Ridge viewpoint 486296	Trail hike	2	10	460
12-Jul	mw	Bertha Lake	Trail hike	3	10	460
03-Jun	w/end	Raven's End, Mt Yamnuska.	Trail hike	2	8	470
29-Apr	w/end	Mesa (Square) Butte 720280 - Curley Sand loop	Trail hike	3	10	470
31-Oct	mw	Forgetmenot ridge North summit	Trail hike	2	10	470
20-Oct	mw	Mt Hoffman loop	Off-Trail hike	4	8	478
06-Jun	mw	Powderface Ridge from west	Off-Trail hike	3	7	490
05-Aug	w/end	Powderface Ridge from west	Trail hike	3	7	490
09-Apr	w/end	Entrance Ridges (Carry Ridge)	Off-Trail hike	2	10	500
17-Nov	mw	Gunnery ck.-Grass pass -Boundary pine ridge loop	Off-Trail hike	3	10	500
28-Mar	mw	Baldy Pass snowshoe / winter hike	Trail hike	3	10	500

<u>Hikes <=11 Km & <= 750 metres vertical</u>			<u>Activity</u>	<u>Diff</u>	<u>km</u>	<u>vert m</u>
02-May	mw	Horton hill and ridge 413572	Trail hike	3	8	512
02-Dec	w/end	Yamnuska East Ridge 327658	Trail hike	3	8	520
28-Nov	mw	Knob & Ridge north of Bluerock campground	Off-Trail hike	4	10	540
31-May	mw	Coyote Hills south to north	Off-Trail hike	4	11	563
05-May	mw	Hell's Ridge 702791 loop	Off-Trail hike	4	9	570
18-Sep	mw	Little Arethusa 433075 via Arethusa Cirque	Off-Trail hike	4	5	580
19-Mar	w/end	Wasootch ridge 1st cairn	Trail hike	2	8	600
27-Dec	mw	Porcupine Ridge	Scramble	4	10	600
31-Jul	w/end	Black Prince Lakes 249167	Off-Trail hike	4	9	625
06-Jul	mw	Black Prince Lakes 249167	Off-Trail hike	4	9	625
13-Jun	mw	Black Prince Lakes 249167	Off-Trail hike	4	9	625
15-Aug	mw	Southfork Lakes	Trail hike	4	9	625
14-Sep	mw	Ridge 542999 (S.Mist Hill West), Picklejar C loop	Off-Trail hike	3	9	630
05-Aug	w/end	Powderface Ridge 515344	Off-Trail hike	3	10	640
14-Aug	mw	Sparrowhawk Tarns 216410	Off-Trail hike	4	10	670
06-Nov	mw	Prairie Mtn	Trail hike	3	8	720
13-Nov	w/end	Prairie Mtn	Trail hike	3	8	720
19-Oct	mw	Prairie Mtn	Trail hike	3	8	720
45149	mw	Old Goat Glacier 140460	Off-Trail hike	4	11	720
45104	mw	Ha Ling Peak 124573 and Miner's Peak	Trail hike	4	8	748
45244	mw	Ha Ling Peak 124573	Trail hike	4	8	748
45235	w/end	Grass Pass and Bull Creek Hills, out and back	Off-Trail hike	3	10	750
45100	mw	Nihahi Ridge south summit 482303	Scramble	5	11	750
45230	mw	Nihahi Ridge south summit 482303	Scramble	5	11	750

<u>Other Hikes/scrambles/mountaineering</u>			<u>Activity</u>	<u>Diff</u>	<u>km</u>	<u>vert m</u>
15-Apr	w/end	River & Many Springs loop - Bow Valley PP	Off-Trail hike	2	12	200
16-Apr	w/end	Sandy McNabb Hills/Long Prairie Ridge	Off-Trail hike	2	12	500
23-Mar	mw	Powderface C - Link - Prairie C loop	Trail hike	2	12	410
13-Dec	mw	Merlin View loop	Trail hike	2	13	400
17-Aug	mw	Eagle Hill 455604	Trail hike	2	14	500
06-Apr	mw	Eagle Hill and Deer Ridge	Trail hike	2	14	500
23-Jun	mw	Boundary Ridge via Snagmore Trail	Trail hike	2	14	470

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16-Apr	w/end	Eagle Hill 455604	Trail hike	2	14	500
04-Oct	mw	Eagle Hill 455604	Trail hike	2	14	500
25-Jun	w/end	Whaleback Ridge via Black Mtn	Off-Trail hike	2	15	760
12-Feb	w/end	Long Prairie Ridge - Death Valley - Pine Ridge loop	Trail hike	2	15	400
05-Jul	mw	Twin Lakes via Gibbon Pass Trail.	Trail hike	2	16	470
26-Sep	mw	Quirk ridge to Iyarhe Ipan traverse	Trail hike	2	17	396
05-Jun	mw	Powderface ridge - Powderface creek trail	Trail hike	2	18	470
24-Jul	mw	Healy Pass - Eohippus Lake - Simpson Pass	Trail hike	2	22	500
04-Jan	mw	Prairie Mtn - West Ridge Loop - fast half day	Trail hike	3	12	800
10-Apr	mw	Sugar Momma/Sugar Daddy/Snagmore	Trail hike	3	12	405
21-Nov	mw	Prairie Mtn - W.Ridge Loop	Trail hike	3	12	800
04-Apr	mw	Prairie Mtn - West Ridge Loop	Trail hike	3	12	800
29-Nov	mw	Prairie Mtn - W.Ridge Loop	Trail hike	3	12	800
07-Feb	mw	Ranger Ridge via Fullerton Loop & Bobcat	Trail hike	3	12	405
05-May	mw	Prairie Mtn - West Ridge Loop	Trail hike	3	12	800
27-Oct	mw	Prairie Mtn - W.Ridge Loop	Trail hike	3	12	800
08-Dec	mw	Prairie Mtn - W.Ridge Loop	Trail hike	3	12	800
04-Jan	mw	West Bragg Creek trails	Trail hike	3	10	350
16-Jun	mw	Mt Burke	Trail hike	3	12	884
05-Dec	mw	Prairie Mtn - W.Ridge Loop	Trail hike	3	12	800
15-Jul	w/end	Buller Pass 214379	Off-Trail hike	3	13	670
17-Nov	mw	Cox Hill	Trail hike	3	13	730
20-Aug	w/end	Iceline high point out & back	Trail hike	3	13	685
25-Nov	w/end	Cox Hill	Trail hike	3	13	730
12-May	mw	Cox Hill	Trail hike	3	13	730
13-Jul	mw	Upper Rowe Lake	Trail hike	3	13	560
08-Nov	mw	Missinglink Mtn loop via S.E. ridge	Off-Trail hike	3	14	514
22-Sep	mw	Three Lakes Valley 219322	Off-Trail hike	3	14	550
13-Jun	mw	Moose Mtn L/O trail	Trail hike	3	14	670
06-Aug	w/end	Mt Lipsett 470014	Trail hike	3	14	720
05-Jan	mw	Ridgeback	Trail hike	3	14	244
01-Aug	mw	Mt Lipsett 470014	Trail hike	3	14	720
11-Nov	w/end	Green Mtn loop via Spaulding Point	Off-Trail hike	3	15	840
12-Jun	mw	Jumpingpound East Ridge via J-pound Mtn	Trail hike	3	15	750
06-Oct	mw	Galatea Lakes	Trail hike	3	15	680
10-Feb	mw	Bobcat to Ranger Ridge (Baruch's Corner)	Trail hike	3	15	500
24-Apr	mw	Bobcat to Ranger Ridge (Baruch's Corner)	Trail hike	3	15	500
30-Jun	mw	Jumpingpound Ridge from north	Trail hike	3	15	701
22-Jun	mw	Galatea Lakes	Trail hike	3	15	680
18-Jun	w/end	Tombstone backpack - "Winter in June"	Off-Trail hike	3	16	500
14-Oct	w/end	Volcano Ridge summit 615197	Trail hike	3	16	806
28-Apr	mw	North Powderface Ridge	Off-Trail hike	3	17	650
13-Jul	mw	Carthew-Alderson traverse	Trail hike	3	20	650
14-Jul	mw	Carthew-Alderson traverse	Trail hike	3	20	650
05-Jul	mw	Mist Ridge, return same way	Off-Trail hike	3	23	1020
11-Aug	mw	Healy Pass-Ramparts-Simpson Pass Loop	Off-Trail hike	3	26	820

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21-Sep	mw	Backpack Skoki to Badger Pass	Off-Trail hike	3	45	950
13-May	w/end	Jackknife Butte - Bob Creek Wildland	Off-Trail hike	3	16	620
28-Oct	w/end	Wasootch Ridge to 2nd cairn 365447	Trail hike	4	11	762
13-Mar	mw	Snowy Owl snowshoe - W.Bragg	Trail hike	4	11	890
22-Jul	w/end	Pocaterra Ridge from north	Off-Trail hike	4	11	900
26-Apr	mw	Bull Creek Hills Traverse	Off-Trail hike	4	11	920
29-Jul	w/end	Emma's Peak 137560	Off-Trail hike	4	9	934
02-Sep	w/end	Paget Peak	Off-Trail hike	4	10	1000
08-Jun	mw	Warspite North Ridge and Black Prince Lake	Off-Trail hike	4	12	900
07-Sep	mw	Rummel ridge (Via Rummel lake)	Off-Trail hike	4	12	600
29-Dec	mw	Prairie View Tr to Barrier LO	Trail hike	4	12	630
02-Jul	w/end	Old Baldy Knob via SW ridge	Off-Trail hike	4	13	917
08-Oct	w/end	Sarrail ridge (Clockwise loop)	Off-Trail hike	4	13	700
01-Nov	mw	Evan Thomas ice falls: winter hike	Scramble	4	13	800
04-Mar	w/end	Evan Thomas ice falls: winter hike or snowshoe	Scramble	4	13	800
21-Dec	mw	Rock Garden on south side of Mt Allan	Trail hike	4	13	1108
01-Oct	w/end	StonyCat Ridge	Trail hike	4	13	800
07-Sep	mw	Piggy Plus - Burstall col	Off-Trail hike	4	14	650
09-Nov	mw	Forgetmenot Ridge 548262	Off-Trail hike	4	14	740
03-Oct	mw	Piggy Plus - Burstall col	Off-Trail hike	4	14	650
12-Jan	mw	Canyon Crk Ice Cave 545416	Off-Trail hike	4	14	230
26-Sep	mw	Piggy Plus - Burstall col	Off-Trail hike	4	14	650
16-May	mw	Gunnery Creek to Fir Creek via Grass Pass	Off-Trail hike	4	14	580
10-Jun	w/end	James Walker Creek to northeast cirque	Off-Trail hike	4	14	579
07-Jul	mw	Forgetmenot Ridge 548262	Off-Trail hike	4	14	740
20-May	w/end	Boundary Peak via South Lusk	Off-Trail hike	4	14	790
21-Nov	mw	Wind Ridge 199533	Scramble	4	14	800
13-Oct	mw	Wind Ridge 199533	Trail hike	4	14	800
10-Aug	mw	Headwall Lakes 237297	Trail hike	4	14	450
23-Jun	mw	Pigeon Mtn - both peaks	Off-Trail hike	4	15	990
05-Sep	mw	NE Porcupine Ck to Boundary Ridge and Peak	Off-Trail hike	4	15	780
22-Jul	w/end	NE Porcupine Ck to boundary ridge 402482	Off-Trail hike	4	15	780
21-Jun	mw	Exshaw Ridge 275632, Exshaw Mtn 293595	Off-Trail hike	4	15	680
19-Jul	mw	Pigeon Mtn 258543	Off-Trail hike	4	15	990
26-Jun	mw	Pigeon Mtn 258543	Off-Trail hike	4	15	990
17-Apr	mw	Prairie View / Barrier lookout / Jewell Pass loop	Trail hike	4	15	650
08-Feb	mw	Prairie View / Barrier lookout / Jewell Pass loop	Trail hike	4	15	650
03-Nov	mw	Prairie View / Barrier lookout / Jewell Pass loop	Trail hike	4	15	650
24-Nov	mw	Prairie View / Barrier lookout / Jewell Pass loop	Trail hike	4	15	650
14-Dec	mw	Prairie View / Barrier lookout / Jewell Pass loop	Trail hike	4	15	650
17-Jun	w/end	Lineham Ridge 582972	Off-Trail hike	4	16	980
18-Jul	mw	Rummel Pass 212341	Off-Trail hike	4	16	530
29-Jun	mw	Pasque Mtn 716587	Off-Trail hike	4	16	740
22-Jul	w/end	Frozen Lake	Trail hike	4	16	490
08-Sep	mw	Surveyor's Ridge 592179, Mt Ware loop	Off-Trail hike	4	19	610
20-Jul	mw	Piper C and Pass 392175	Trail hike	4	20	810

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11-Jul	mw	Mt Lineham (Waterton) via Tamarack Trail	Trail hike	4	20	1110
06-Jul	mw	Piper C and Pass 392175	Trail hike	4	20	810
28-May	w/end	Forgetmenot Mtn L/O 565244	Off-Trail hike	4	23	1040
30-Jun	mw	Cornwall and Outlaw and Cornwall (again) via S Gl	Off-Trail hike	4	24	1400
12-Jul	mw	Avion Ridge	Trail hike	4	24	1200
18-Jun	w/end	Monad Peak	Off-Trail hike	4	25	1000
16-Aug	mw	Victoria Ridge	Off-Trail hike	4	25	1050
09-Oct	w/end	South End of Lawson	Off-Trail hike	5	7	762
26-Oct	mw	South End of Lawson	Off-Trail hike	5	7	762
16-Dec	w/end	Ink Pots snowshoe	Trail hike	5	7	762
28-Apr	mw	Loder Peak 302616 via Door Jamb	Scramble	5	7	790
18-May	mw	King Creek Ridge	Off-Trail hike	5	7	800
28-May	w/end	King Creek Ridge 338222	Trail hike	5	7	800
01-Jul	w/end	Tent Ridge Horseshoe 154311, 146308 loop	Scramble	5	11	820
02-Aug	mw	Tent Ridge Horseshoe 154311, 146308 loop	Scramble	5	11	820
31-May	mw	Anklebiter Ridge loop	Scramble	5	7	840
13-Jul	mw	Ruby Ridge	Scramble	5	11	850
24-Nov	mw	Opal Ridge- N Peak 312308	Scramble	5	7	870
15-Jun	mw	Opal Ridge- N Peak 312308	Scramble	5	7	870
28-May	w/end	Opal Ridge- N Peak	Scramble	5	7	870
24-Jul	mw	East End (south end) of Rundle 105598	Scramble	5	5	900
20-May	w/end	Wasootch Peak	Scramble	5	6	900
24-May	mw	Wasootch Peak GR335455 NAD83	Scramble	5	6	900
30-May	mw	Grizzly Peak 326250	Off-Trail hike	5	7	900
22-Jul	w/end	Grizzly Peak	Off-Trail hike	5	7	900
04-Dec	mw	Heart Mtn Horseshoe loop	Scramble	5	11	930
22-Jun	mw	Heart Mtn Horseshoe loop	Scramble	5	11	930
07-Nov	mw	Heart Mtn Horseshoe loop	Scramble	5	11	930
12-Sep	mw	Burns Lake via Arethusa Cirque & pass 447071	Off-Trail hike	5	7	960
13-Aug	w/end	Windtower	Scramble	5	10	975
04-Nov	w/end	Thunder Mtn 900238	Scramble	5	11	980
11-Jul	mw	Thunder Mtn	Scramble	5	11	980
20-Oct	mw	North Peak of Kent Ridge	Off-Trail hike	5	9	1150
13-May	w/end	Turtle Mtn 872946	Off-Trail hike	5	8	1230
10-Jul	mw	Mist Mtn 481022 east ridge	Scramble	5	10	1330
29-Jun	mw	Raspberry Ridge L/O traverse South to North	Off-Trail hike	5	12	650
12-Nov	w/end	Midnight Peak 380492 via Baldy Pass	Off-Trail hike	5	12	1060
04-May	mw	Baldy south peak GR 373520 via Baldy Pass	Scramble	5	12	875
28-Aug	mw	Eiffel Peak	Scramble	5	12	1230
30-Apr	w/end	Baldy south peak GR 373520 via Baldy Pass	Scramble	5	12	875
16-Aug	mw	North Outlier of Mt.Glasgow 466270	Scramble	5	13	914
26-Aug	w/end	Crowfoot Mtn north peak	Scramble	5	13	800
12-Jul	mw	Crandell via descent route	Scramble	5	13	1040
02-Jul	w/end	Monola Peak	Off-Trail hike	5	14	900
29-Jun	mw	Mt Cory	Scramble	5	14	1370
11-Aug	mw	Mount Andromache	Scramble	5	14	1140

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14-Aug	mw	Loaf Mtn	Off-Trail hike	5	15	1000
06-Oct	mw	Mt Nomad and Invincible Lake	Off-Trail hike	5	15	710
28-Jul	mw	The Turret	Scramble	5	15	900
15-Sep	mw	Nihahi Ridge - Nihahi Creek loop	Scramble	5	15	800
24-Aug	mw	Cirque Peak	Off-Trail hike	5	16	1050
06-Jun	mw	Old Baldy Mountain 356417 nad83	Scramble	5	16	1280
25-Jun	w/end	Pa Butte & Crowsnest Ridge/Whale Mtn.	Off-Trail hike	5	17	700
26-Jul	mw	South Burstall Pass loop via Ridge 147230	Off-Trail hike	5	17	690
12-Jun	mw	Memorial Lakes: 3rd (upper) lake	Off-Trail hike	5	18	690
07-Sep	mw	Ridge SW of Mt Smuts (a.k.a. Smutwood)	Off-Trail hike	5	18	810
09-Sep	w/end	Memorial Lakes: 3rd (upper) lake	Off-Trail hike	5	18	690
03-Jul	w/end	Taiga Viewpoint 348035 above Frozen Lk	Scramble	5	18	710
12-Jul	mw	Akamina Ridge via Forum Lake	Scramble	5	18	1260
29-Aug	mw	The Onion	Scramble	5	18	750
02-Aug	mw	The Fortress via Headwall Lakes	Scramble	5	19	1100
09-Jul	w/end	The Fortress via Headwall Lakes	Scramble	5	19	1100
14-Jul	mw	Mt Alderson	Scramble	5	20	1100
27-Jul	mw	Smuts Pass, Birdwood Pass, Burstall Pass	Scramble	5	22	760
09-Oct	w/end	Moose Mountain's Peaks from the West	Scramble	5	23	1470
24-Aug	mw	Whaleback Mountain traverse (Yoho); return via Ic	Scramble	5	24	1120
24-Jul	mw	Mary Barclay's Mountain	Scramble	6	10	850
03-Oct	mw	Horseshoe west of Wasootch Creek 333458	Scramble	6	6	880
15-May	mw	Mt Baldy + S & W Baldy traverse	Scramble	6	7	900
12-May	mw	Yamnuska traverse (east to west)	Scramble	6	8	900
15-Sep	mw	Mt Weed 326377	Scramble	6	9	1340
29-Sep	mw	Shunga la she 583052	Scramble	6	14	1000
23-Jul	w/end	Mt Shark	Scramble	6	14	1000
15-Aug	mw	Narao Peak	Scramble	6	14	1230
13-Jul	mw	Sofa Mountain	Scramble	6	14	1100
25-Aug	mw	Mount Howard Douglas	Scramble	6	15	1210
45191	mw	Mt Niblock	Scramble	6	16	1260
45115	w/end	Wind Mountain	Scramble	6	22	1630
45103	mw	Collembola - Allan Circuit	Scramble	6	22	1650
45159	mw	Ribbon Crk - Guinn Pass - Galatea	Scramble	6	22	1055
45139	mw	Black Brett / B2 - GR833667	Scramble	6	23	1525
45119	mw	Mt Crandell - Bear's Hump route	Scramble	7	6	1040
45125	mw	Mt Edith - all three peaks	Scramble	7	12	1120

<u>Snow Activities</u>			<u>Activity</u>	<u>Diff</u>	<u>km</u>	<u>vert m</u>
18-Nov	w/end	Kananaskis Lookout from the "Back Door"	Off-Trail skiing	4	17	400
21-Dec	mw	Healy Pass	Off-Trail skiing	5	18	660
16-Mar	mw	Gypsum Mine tree skiing / powder runs	Off-Trail skiing	5	15	470
18-Feb	w/end	Hidden L, Little Richardson NE slope	Off-Trail skiing	4	14	550
06-Apr	mw	Sunshine PL to Citadel Pass	Off-Trail skiing	4	31	1100
26-Mar	w/end	Hilda, Parker Ridges	Off-Trail skiing	4	4	410
27-Feb	mw	Rummel - Chester traverse	Off-Trail skiing	5	10	300

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24-Mar	mw	Paradise Valley to Giant Steps	Off-Trail skiing	4	20	330
18-Mar	w/end	Healy C to Bourgeau meadows	Off-Trail skiing	6	20	760
16-Dec	w/end	Avalanche refresher at Engadine burn	Off-Trail skiing	2		
17-Dec	w/end	Avalanche refresher #2 at Engadine burn	Off-Trail skiing	2		
19-Nov	w/end	Avalanche Refresher	Off-Trail skiing	5		
28-Apr	#N/A	Sunshine Meadows Slack-country skiing	Off-Trail skiing	6	24	1060
30-Dec	w/end	Gypsum Ridge, GR302161(NAD83)	Snowshoeing	5	6	500
28-Mar	mw	Ribbon Creek snowshoe 12.5 km loop	Snowshoeing	3	12	300
13-Feb	mw	Evan Thomas C to top of hill 345360	Snowshoeing	3	11	300
26-Feb	w/end	James Walker Creek snowshoe	Snowshoeing	4	9	260
26-Jan	mw	Pipestone trackset trails	Track skiing	3	21	200
23-Jan	mw	Lake Louise to Morants Curve & Return	Track skiing	2	26	220
17-Dec	w/end	Tramline -GreatDivide to B.C. Border Return	Track skiing	2	29	380
27-Dec	mw	Upper L.Louise from Tramline PL	Track skiing	2	22	510
04-Jan	mw	Cascade Fire Road to Stoney C	Track skiing	2	30	335
24-Jan	mw	Baker Creek to Morants Curve & Return (Easy Pace	Track skiing	3	16	150
01-Feb	mw	West Bragg Ski Trails: general	Track skiing	1	14	100
10-Dec	w/end	Blueberry Hill and Elk Pass	Track skiing	3	16	360
06-Feb	mw	Upper L.Louise from Tramline PL	Track skiing	2	22	510
08-Mar	mw	Cascade Fire Road to warden cabin	Track skiing	2	30	335
13-Mar	mw	Pipestone trackset trails	Track skiing	3	21	200
28-Mar	mw	PLPP: Vis.Centre to W-Jack 'n back	Track skiing	3	22	300
01-Mar	mw	Blueberry Hill from Boulton Creek PL	Track skiing	3	21	400
02-Jan	w/end	Whiskyjack, Tyrwhitt, Elk Pass, Fox, Boulton loop	Track skiing	3	18	280
16-Jan	mw	Upper L.Louise from Tramline PL	Track skiing	2	22	510
21-Mar	mw	Kan.Lakes Ski: W-Jack, Tyrwhitt, Elk Pass loop	Track skiing	3	18	375
15-Dec	mw	West Bragg Creek, Moose Loop	Trail skiing	2	11	150
22-Dec	mw	Shadow Lake Lodge	Trail skiing	5	27	430
21-Mar	mw	W to E traverse of Elk Pass meadows -plpp	Trail skiing	2	19	400
30-Dec	w/end	Paradise Valley, Lake Annette via Fairview	Trail skiing	3	15	200
03-Mar	mw	Shadow Lake Lodge	Trail skiing	5	27	430
26-Dec	w/end	West Bragg Creek - Southern loop	Trail skiing	2	16	270
20-Jan	mw	Moraine L Road to Moraine L	Trail skiing	2	22	310
28-Dec	mw	L O'Hara via Fire Road	Trail skiing	2	24	430
11-Jan	mw	Shark Ski Trails: outer 15km loop	Trail skiing	2	13	490

Multi-day | **Multi-day lodge trips**

13-Jan	mw	Campbell Icefield Chalet max 12	Off-Trail skiing	5	90	2000
25-Feb	w/end	Mistaya Lodge	Off-Trail skiing	5	75	2000
10-Mar	mw	David Henry Lodge-Backcountry skiing	Off-Trail skiing	5	90	2000
11-Feb	w/end	Amiskwi Lodge	Off-Trail skiing	7	16	1540

Other day activities

			<u>Activity</u>	<u>Diff</u>	<u>km</u>	<u>vert m</u>
31-Mar	mw	Fish Creek Park Cirque	Road bike	2	50	470
07-Apr	w/end	Shane Homes to Cochrane for coffee	Road bike	4	7	400
14-Apr	mw	Bike trip Cochrane to Water Valley	Road bike	2	40	200

<u>Trip Date</u>	<u>wkend?</u>	<u>Trip Name</u>	<u>Activity</u>	<u>↓</u>	<u>km</u>	<u>vert m</u>
23-Apr	w/end	Leighton Art Centre	Road bike	2	50	470
14-May	w/end	Sheep River Parks HQ to Bluerock	Road bike	2	36	327
23-Jun	mw	Road bike; 1A hwy from Banff to Castle Junction	Road bike	2	62	378
14-Jul	mw	Road bike Bowness Park - Twelve Mile Coulee	Road bike	2	40	100
13-Sep	mw	Road bike; 1A hwy from Banff to Castle Junction	Road bike	2	62	378
03-May	mw	Wasootch Slabs sport climbing	Mountaineering	9	1	40
09-Jul	w/end	Bow River Paddle Downstream of Calgary	Paddling	2	50	470