

2010 Ottawa Section Camp

Lake O'Hara, Yoho National Park

August 14 to August 21, 2010



Lake O'Hara and Mt. Schaffer from Wiwaxy Gap

The 2010 Ottawa ACC Section Camp will be making a return visit to incredible Lake O'Hara in Yoho National Park. Based at the ACC's Elizabeth Parker Hut, the camp will run from August 14 through August 21, 2010 (in Saturday – out the following Saturday).

In 2007, *explore Magazine* rated Yoho the Best National Park: Scenery saying "... the visual highlight of the park comes in the Lake O'Hara area. It starts with the view of cobalt-coloured Lake O'Hara itself, and there are dozens of little ponds that sit higher up on the split-level terraces of the Opabin Plateau, like architects fountains"

This is a camp geared to both avid hikers and those looking for both moderate and classic mountaineering challenges. Camp participants will determine their own agenda and activities, based on their abilities and experience.

Travel from the trailhead (parking lot) to the hut will involve a 12 km bus ride and short 15 minute hike. Your legs will love you. The camp can accommodate approximately 20 participants. Once again, our cook Theresa will ensure we are all well fed.

Camp Overview

Lake O'Hara is widely regarded as "the jewel of the Canadian Rockies" and offers an exceptional network of hiking trails ranging from easy lake-side circuits to ambitious alpine outings. The one constant is the incredible beauty of the Lake O'Hara area.

While a number of mountaineering objectives can be gained from the Elizabeth Parker Hut, the two classic climbs in the area, Mounts Victoria and Lefroy, are best approached from the Abbot Hut, which is accessed from Lake O'Hara. Accommodation at the Abbot Hut is not included in the camp package; so anyone wanting to overnight there will have to book space directly with the ACC National Office www.alpineclubofcanada.ca

As in past years, the camp will be fully catered, with participants pitching in with dish duty and carrying provisions in from the bus drop-off area, a short walk from the hut.

The Elizabeth Parker Hut

The Elizabeth Parker Hut consists of two log structures, the main hut and the smaller Wiwaxy cabin. The hut sits in an alpine meadow at an elevation of 6,700 ft./2,040 m., about a half-kilometre from the trailhead at Lake O'Hara.

The Wiwaxy Cabin was built by the CPR in 1912 and the main hut was added in 1919. Since then, both buildings have been renovated repeatedly and are equipped with propane cooking and lighting as well as modern windows. The Elizabeth Parker Hut was recognized as a national historic building in 1987.



Elizabeth Parker hut and the crew from the 2005 Ottawa Section Camp

A large common room serves as the eating, sitting and main sleeping area. The Wiwaxy cabin provides an additional sleeping area. Water is drawn from a small stream near the hut. For veterans of previous Ottawa section camps, the Elizabeth Parker Hut is somewhat smaller than either the Stanley Mitchell or A.O. Wheeler Huts.

Access

This camp will be easy to get to. Participants will be driven by bus to Lake O'Hara down a 12 km access road closed to the public. From the bus drop-off, a short (10 to 15 minute) walk brings you to the hut. The bus pick-up area is just south of the Trans Canada highway, approximately 14 km. west of Lake Louise.

Alpine Opportunities

Lake O'Hara offers an exceptional hiking options and a wide variety of mountaineering objectives.

Hiking

Lake O'Hara's system of hiking trails is, by far, the most outstanding in the Canadian Rockies. The hikes in the area vary from strolls around lakes and through meadows, to more challenging hikes that take you to glacier-filled passes and alpine lakes.

In addition, there are several alpine routes that that are more strenuous, following steeper and more exposed terrain.

All together, the well developed and maintained trail system gives access to six alpine valleys and 16 mountain lakes. Hikers' heaven!



Lake McArthur

Scrambling/Mountaineering

There are a variety of scrambling and mountaineering objectives in the Lake O'Hara area. Rock quality is typically loose and dubious, with some exceptions such as Wiwaxy Peak. Mounts Victoria, Lefroy and Huber are mixed routes involving steep snow or ice travel, depending on conditions. Some of the scrambling and mountaineering options that can be directly accessed from the Elizabeth Parker Hut are:

Mount Yukness	2,847 m/9,339 ft	moderate scramble
Mount Schäffer	2,692 m/9,391 ft.	II 5.4 (N. Ridge)
Wiwaxy Peak	2,703 m/8,868 ft	II 5.6/7 (Grassi Ridge)
Mount Hungabee	3,492 m/11,456 ft	III 5.4 (West Ridge)
Mount Biddle	3,319 m/10,889 ft	II 5.4 (W. Ridge)
Odaray Mountain	3,159 m/10,364 ft	II 5.4 (S.E. Ridge) IV 5.7 (N.E. Ridge)

In addition, an overnight stay at the Abbot Hut, plus some good weather, will allow experienced alpinists to ascend the following classic Rockies routes:

Mount Victoria	3,464 m/11,364 ft	II (normal route)
Mount Lefroy	3,423 m/11,230 ft	II (normal route)
Mount Huber	3,368 m/11,049 ft	II (N.E. Ridge)

Mount Victoria is primarily a ridge ascent on snow while Mount Lefroy involves a moderate snow/ice route. Mount Huber is also mixed route requiring navigation through a ledge system. Those intending to climb Mt. Victoria or Lefroy will want to consider booking space in the Abbot Hut the night before their climb. This hut is a 3 to 4 hour hike and scree scramble from the Elizabeth Parker Hut and sits at the base of routes up both mountains.

Costs, Payment and Bookings

Costs for the 2010 camp are estimated at \$600 to \$700 per person, which includes the cost of hut accommodation; three meals per day; the services of Theresa, our incredible cook; and the 12 km bus ride from the trailhead (parking lot) to the bus drop-off. The camp cost also includes the Parks Canada Wilderness Pass, currently \$60, which will be waived only for those participants who already have a valid pass.

For those wishing to stay overnight at the Abbot Hut, reservations and payment are required in advance. Contact the ACC National Office www.alpineclubofcanada.ca

Participants will need to lend a hand to haul food and supplies the short distance from the bus drop-off to the hut.

This cost estimate will be fine-tuned as menu and food preparation costs are finalized.

ACC Ottawa Section members interested in participating in this summer camp should book their space as soon as possible.

How to Register for the Camp

Registration requires a \$150 deposit at the time you book your space; \$50 of this deposit is non-refundable. The balance will be due approximately 6 weeks prior to the camp. Payment less \$50 non-refundable portion of the deposit is refundable prior to the camp – conditional on finding another participant to take your place. *Cheques should be payable to ACC Ottawa & mailed to Elfrieda Bock 141 Lanark Avenue Ottawa, ON K1Z 8P6.*

Camp registration will be on a first come/first served basis and priority will be given to Section volunteers – a benefit of volunteering. You must be an ACC member to participate in this camp.

Once all available spaces are booked for the camp, a waiting list will be established and space offered to additional participants, in the order their requests were received.

For more information on the 2010 Ottawa Section “SummerCamp”, please contact:

Elfrieda Bock elfrieda@alpineclubottawa.ca or 722-4731

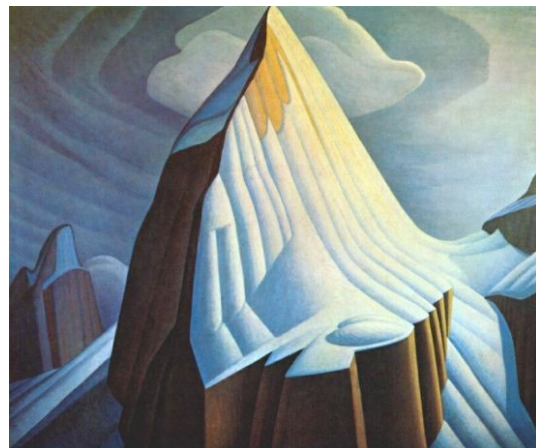
Trip Cancellation Insurance (Optional) – is an individual choice/decision. There are many providers in the marketplace – including the ACC. For more information about the ACC policy: <http://www.alpineclubofcanada.ca/activities/reginfo.html#insurance>

Information on the Area

History

Lake O’Hara is the “jewel of the Canadian Rockies” and a place intimately tied to the history of the Alpine Club of Canada. The Club’s General Mountaineering Camp was first held at Lake O’Hara in 1909 and returned there four more times.

The Lake O’Hara area was immortalized by various members of the Group of Seven, including Arthur Lismer, Lawren Harris, J.E.H. MacDonald and A.Y. Jackson.



Mt. Lefroy, 1930, Lawren Harris

Lake O’Hara unparalleled network of trails was created by two “mountain legends”, Lawrence Grassi and Dr. George Link.

Lawrence Grassi, an Italian coal miner who emigrated to the Canmore area in 1912, loved to climb and also loved to build trails in the mountains. An examination of the trails Grassi built in Lake O’Hara testifies to his legendary strength. Huge stones were moved single-handedly to construct steps, bridges, or simply provide stepping stones. Many of these remain in place today.

After he retired from the mines, Grassi spent many summers in the Lake O'Hara area where he worked as a park warden and volunteer trail builder. His beautiful rockwork is evident on the trails to Lake Oesa and Lake McArthur.

George Link was a professor of botany at the University of Chicago and is closely associated with the Lake O'Hara area. Together with his wife Adeline, he visited the area in 1928 and became enthralled. They took it upon themselves to design and build new trails, draw maps of the area and study all aspects of its natural history.

Dr. Link visited Lake O'Hara for fifty consecutive years, his last trip being in 1977. His cartography and trail building spanned a half century.

Two fascinating books on the history of the Lake O'Hara area are:

Tommy and Lawrence – The Ways and the Trails of Lake O'Hara
published by the Lake O'Hara Trails Club

Eternal Lake O'Hara by Carol A Sokoloff,
published by Ekstasis Editions

Maps and Guides – the Elizabeth Parker Hut is located due west of Lake Louise.

Maps

By far the best map of the area is the Gem Trek *Lake Louise & Yoho* hiking map (1:50,000) (\$10.95) This map includes a 1:25,000 detailed map of the Lake O'Hara area. It is available from World of Maps, 1230 Wellington Street, Ottawa, or on-line from Gem Trek at www.gemtrek.com or the ACC at www.AlpineClubofCanada.ca

Guidebooks

The two best hiking guides to the area are Don Beer's *The Wonders of Yoho* (\$17.95) and *The Canadian Rockies Trail Guide* (\$19.95) by Patton and Robinson. *The Guide* can be ordered, on-line, from the ACC at www.AlpineClubofCanada.ca. Beer's *The Wonders of Yoho* can be mail-ordered from the Friends of Banff; get details at www.friendsofbanff.com

Alan Kane's *Scrambles in the Canadian Rockies* (\$21.95) includes a description of the scramble up Yukness Mountain, but no other scrambles in the Lake O'Hara area. This book can also be order on-line from the ACC at www.AlpineClubofCanada.ca

Dougherty's *Selected Alpine Climbs in the Canadian Rockies* provides descriptions of the alpine routes in Lake O'Hara. Past users of Dougherty-beta will attest to the author's tendency to understate some of the difficulties encountered in ascending peaks in the Rockies.