



Richmond Centre for Disability

Duke of Edinburgh Challenge – Gold Medal Level Expedition Information & Planning May 21 – 24, 2010

Overall Schedule

Time	Location	Activity
May 21, 2010, Friday		
9 a.m.	RCD	To Stave Lake in Mission
10:45 a.m.	Stave Lake Parking Lot	Get ready for hike
11:00 a.m.	Railway Trail & Reservoir Trail	6-hour hike
12:30 p.m.	On the Hayward Lake Trails	Lunch (packed lunch)
5:00 p.m.	Back at Stave Lake Parking Lot	Finish hike
5:30 p.m.	To Stave Lake Lodge	Unpack
6:00 p.m.	Stave Lake Lodge	Cook dinner – hot meal
9:00 p.m.	Stave Lake Lodge	Bedtime
May 22, 2010, Saturday		
8:00 a.m.	Stave Lake Lodge	Wake up time
8:15 a.m.	Stave Lake Lodge	Prepare breakfast and pack lunch
9:00 a.m.	Burma Street	Scout the route to Rolley Lake
9:30 a.m.	To Stave Lake Parking Lot	Hike
10:45 a.m.	Stave Lake Parking Lot	Meet with big group
11:00 a.m.	Hayward Lake Viewpoint Hike	1-hour hike
12:00 p.m.	Stave Lake Recreational Area	Lunch
1:00 p.m.	Stave Falls Power House	Expedition with a purpose
3:00 p.m.	Stave Lake Trail To Stave Lake Lodge	Hike
5:00 p.m.	Stave Lake Lodge	Unpack
6:00 p.m.	Stave Lake Lodge	Cook dinner – hot meal
9:00 p.m.	Stave Lake Lodge	Bedtime

Time	Location	Activity
May 23, 2010, Sunday		
8:00 a.m.	Stave Lake Lodge	Wake up time
8:15 a.m.	Stave Lake Lodge	Prepare breakfast and pack lunch
9:00 a.m.	Stave Lake Lodge	Clean up
9:30 a.m.	Start hike around the area	Hike
12:00 p.m.	On the trails	Lunch
2:30 p.m.	Stave Lake Lodge	Return from hike Start activities
4:00 p.m.	Stave Lake Lodge	Board bus to go back to Vancouver for Bronze level candidates
5:00 p.m.	Stave Lake Lodge	Unpack
6:00 p.m.	Stave Lake Lodge	Cook dinner – hot meal
9:00 p.m.	Stave Lake Lodge	Bedtime
May 23, 2010, Sunday		
9:00 a.m.	Stave Lake Lodge	Wake up time
9:15 a.m.	Stave Lake Lodge	Prepare breakfast and pack lunch
10:00 a.m.	Stave Lake Lodge	Clean up
10:30 a.m.	Start hike at Rolley Lake Trails	Hike
12:00 p.m.	On the trails	Lunch
3:30 p.m.	Stave Lake Lodge	Final check out
4:00 p.m.	Leave Stave Lake Lodge	Head back to Vancouver
5:30 p.m.	RCD	Go home

Expedition Supervisors:

Ella Huang (Cell 604-970-9731)
Ian Yeung

Expedition Mentors:

Rich Green (Cell 604-207-0094)
Billy Lin

HAYWARD LAKE

Hayward Lake is located east of Maple Ridge and north of Mission near Stave Lake.

Estimated Driving Time from Vancouver: 1 hour 20 minutes

Region:	Upper Fraser Valley	Distance:	16km
Difficulty:	Easy	Elevation Gain:	Minimal
Time:	6 hours	Camping:	No
Season:	Year-round		

Located north of Mission, BC, Hayward Lake offers a scenic hike along the trails maintained by BC Hydro. The lake has two trails:

- West side – Railway Trail
- East side – Reservoir Trail
- Possible to hike both trails as a loop

Railway Trail

The Railway Trail along the west side of Hayward Lake is a fairly flat and wide trail as it once served as the railway line that connected the Stave Lake Reservoir to the town of Mission. The trail is 12km and takes 4.5 hours to complete to Ruskin Dam and back.

From the Hayward Lake Recreation Area parking lot, walk towards the lake, passing the washrooms and follow the paved trail as it becomes gravel. Just as you leave the recreation area, on the right of the trail is the scenic Beaver Pond. Continue south on the trail as you catch occasional glimpses of the lake before reaching a viewpoint. The trail veers into the forest just as old wooden pillars from trestle bridges can be seen still standing from the lake. The trail narrows and crosses several bridges and walkways before emerging back alongside the lake on the former railway route.

Continue south, passing a small beach and eventually arriving at a parking lot. A few hundred meters beyond the parking lot is Ruskin Dam. After checking out the dam, retrace your footsteps north back towards the Hayward Lake Recreation Area parking lot. Alternatively, if Ruskin Dam is not closed, you can cross the dam and walk along the Reservoir Trail that starts at the yellow gate and follows the eastern shore of Hayward Lake.

Reservoir Trail

The Reservoir Trail is 20km (7.5 hours long) round trip trail that passes through thick, lush forest covered in sheets of moss. To reach the trail from the Hayward Lake Recreation Area parking lot, walk towards the washrooms and veer to the left onto a path. After a short distance, the path crosses a wooden bridge and continues up a paved area to the Stave Falls Dam and Powerhouse. Cross the dam, staying on the

edge to avoid traffic. Once across, stay on the right side of the fence as the trail begins to ascend a steep series of switchbacks before reaching the top where there is a view of the valley below.

Continue along the trail and about 10 minutes later, you arrive at a sign to Steelhead Falls. Go right for this short detour and follow the path as it heads downhill and through a short set of wooden steps before arriving at a view of the waterfall.

After walking back up the hill to the main trail from Steelhead Falls, go right and continue heading south. The trail meanders through lush green forests and across wooden bridges carpeted with moss. The trail eventually reaches a junction that leads down to a canoe launch and a small dock. The short side trip is worth it as the small dock offers a nice view of Hayward Lake.

Back on the main trail, continue your hike heading south as the trail begins to descend. After a downhill section, cross the floating bridge and walk up the other side. A short distance later, the trail exits the forest onto a wider gravel road. Continue down the gravel road towards the yellow gate where Ruskin Dam is located off to the right.

At this point, retrace your steps north towards Stave Lake Reservoir and back across to where you parked. Alternatively, if Ruskin Dam is not closed, you can cross the dam and return via the Railway Trail on the west side of the lake.





About Hayward Lake

Hayward Lake is a lake and reservoir on the Stave River in the Lower Mainland of British Columbia, Canada. Located in the District of Mission about 60 km east of Vancouver, Hayward Lake is formed by Ruskin Dam, which lies about 3 km upstream from the Stave River's confluence with the Fraser River at Ruskin, which sits astride the Mission-Maple Ridge boundary. The lake begins at the tailrace from the Stave Falls Dam and is about 7.5 km in length and an average of 0.5 km wide, with a maximum width of 1.5 km when lengths of small inlets are taken into account.

History

Though cleared of debris since, for many years Hayward Lake was a flooded forest full of dead trees, which had not been logged by the time of the inundation of the canyon of the Stave River, which lies today in the lake's depths behind Ruskin Dam. The original roadbed of the Stave Falls Branch of the British Columbia Electric Railway climbed the canyon walls, now underwater, but the line was rebuilt as part of the construction of Ruskin Dam and its track along the west side of the lake is now a hiking and biking trail. Trestles used by the railway are still present along this route, although their ends have been demolished to prevent access for safety reasons. The west side trail, and a hiking-only route on the east side of the lake, are part of a BC Hydro recreation division project; a park at the lake's upper end, where there had been a town site during construction of the Stave project, now has a public beach.

Hayward Lake Hiking Trails Profile

Trail Rating	B2b	Difficulty	Moderate
Distance (km / mi)	16 km 10 miles	Time to Complete	6 hours
Elevation Gain	Net Zero	City	Mission
Best Months to Hike	April - October		

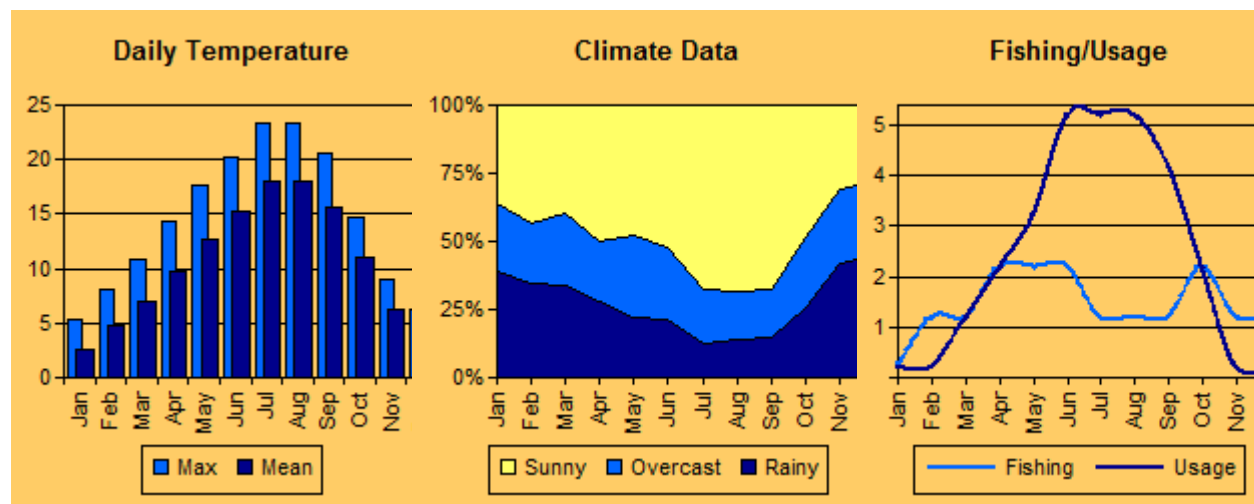
Description

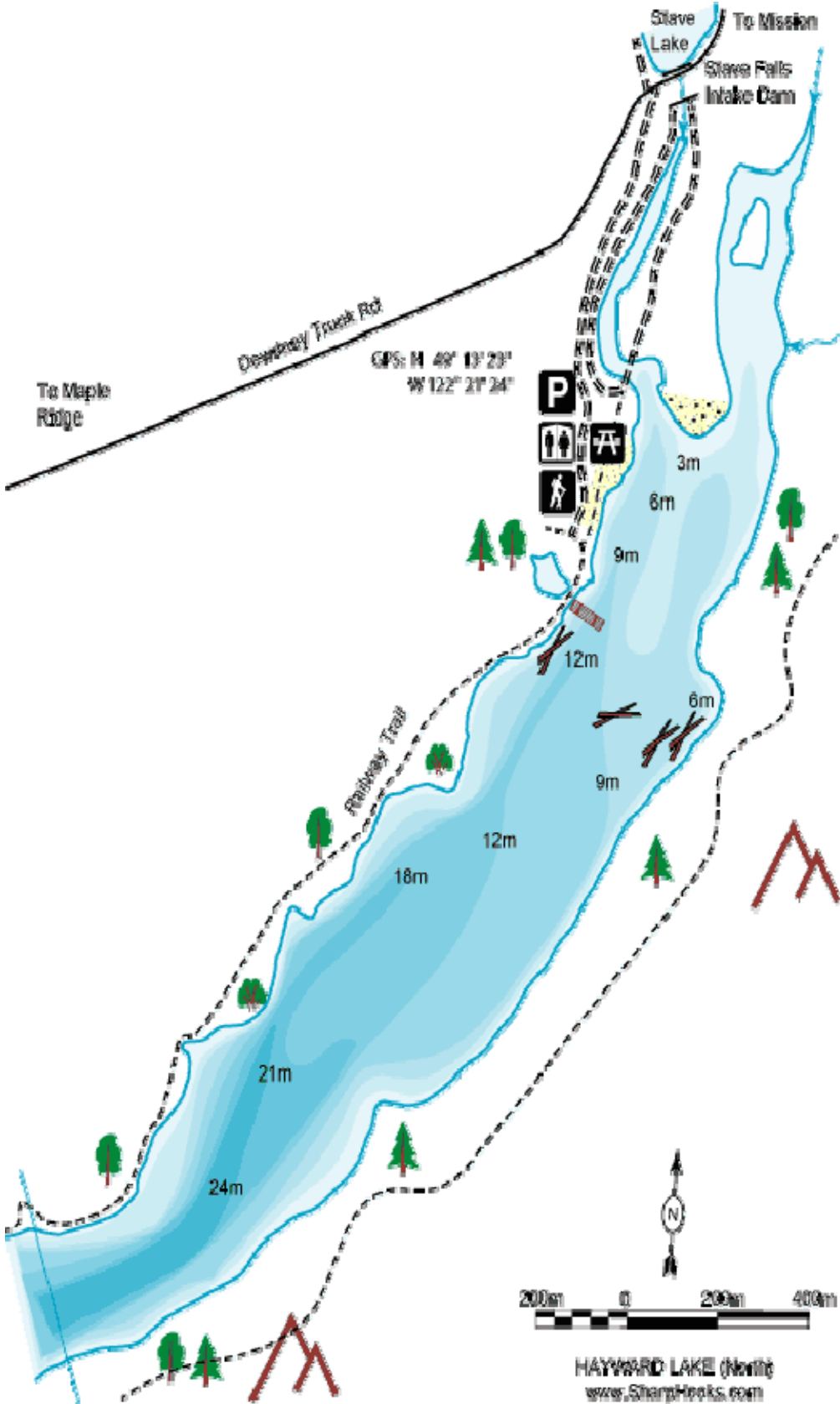
This hike circumnavigates Hayward Lake, which is a huge reservoir created in 1930 upon completion of Ruskin Generating Station, 14 Km west of Mission. The trail is maintained by BC Hydro and is situated between Ruskin Dam and Stave Falls Dam on the Stave River system. The hike is rated B2b and takes a leisurely 6 hours to complete. It is comprised of the Reservoir Trail - a 10 Km forest trail along the eastern shoreline, and the 6 Km Railway Trail - on the western shoreline which brings you back to the parking lot, just north of Ruskin Dam on Wilson Road. The Railway Trail, on the west side of the reservoir, was built to accommodate both hiking and biking. The Reservoir Trail on the east side is restricted to hiking only.

Hayward Lake Steelhead Falls Viewpoint Closure

Starting February 2, 2010 until further notice, the trail leading to Steelhead Falls Viewpoint will be closed for upgrades. The trail is located approximately 750m south from the Reservoir Trail parking lot. Reservoir Trail will not be affected by the construction.

Climate data for Hayward Lake - North





Legend

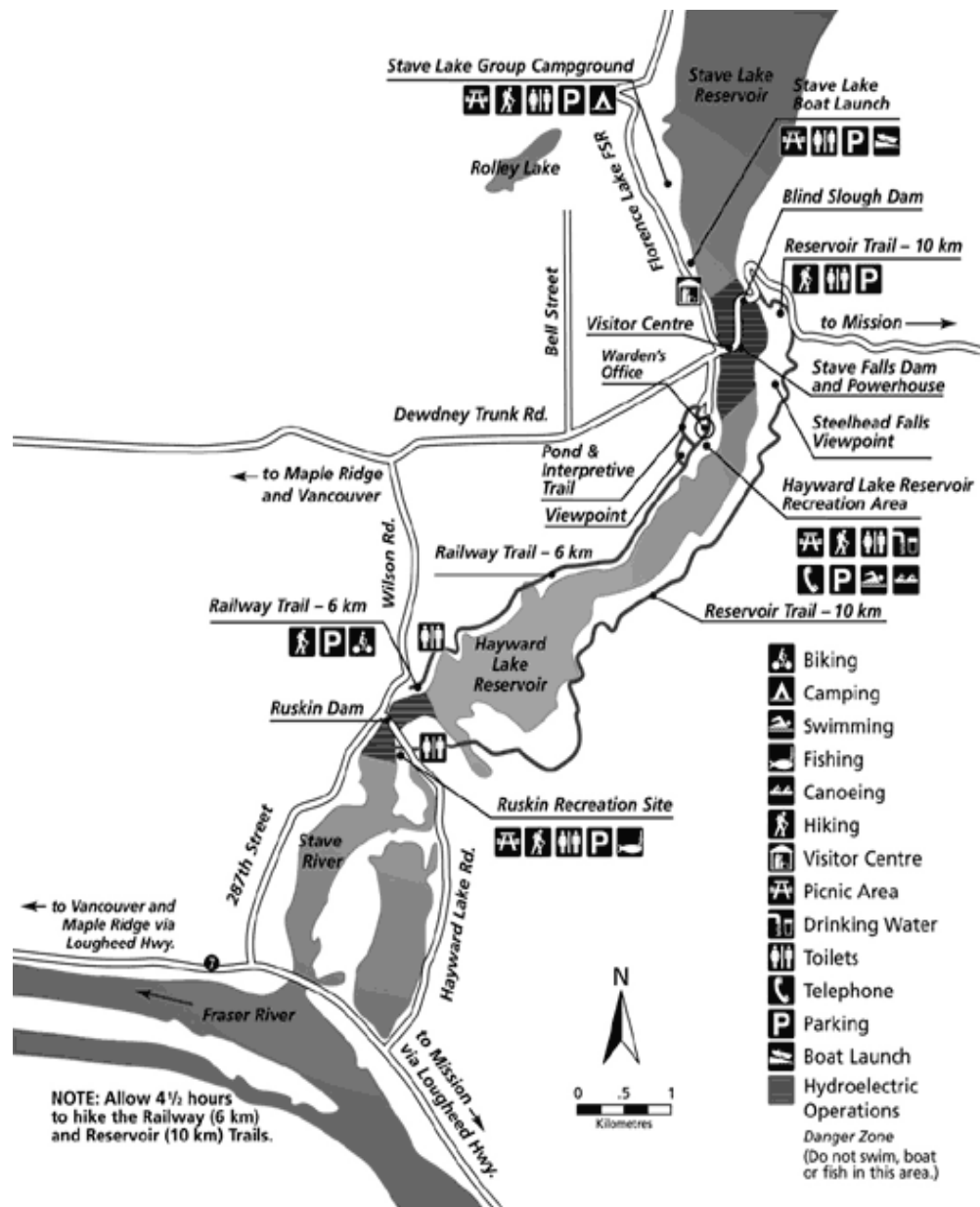
- Camping
- Boat launch
- Picnicking
- Parking
- Trees
- Evergreen
- Logs
- Mountains
- Cliffs
- Rocks
- Sedge grass
- Gravel
- Hwy
- Road
- Trail

HAYWARD LAKE (North)
www.SharpHooks.com

Hayward Lake forms part of the Alouette-Stave-Ruskin generation system that produces power primarily to meet the short term peak electrical demand in the Lower Mainland. The Stave Falls dams and powerhouse were built between 1909 and 1925. A new powerhouse is currently being constructed.

Fish Species – Catfish, Cutthroat Trout, Dolly Varden, Kokanee, Largescale Sucker & Sucker, Northern Pikeminnow, Peamouth Chub, Prickly Sculpin, Rinbow Trout, Redside Shiner, steelhead, Threespine

Wildlife – While wildlife can be found throughout the area, the pond is the best to see a wide range of wildlife, including waterfowl, woodpeckers, swallows, songbirds and beaver activity.



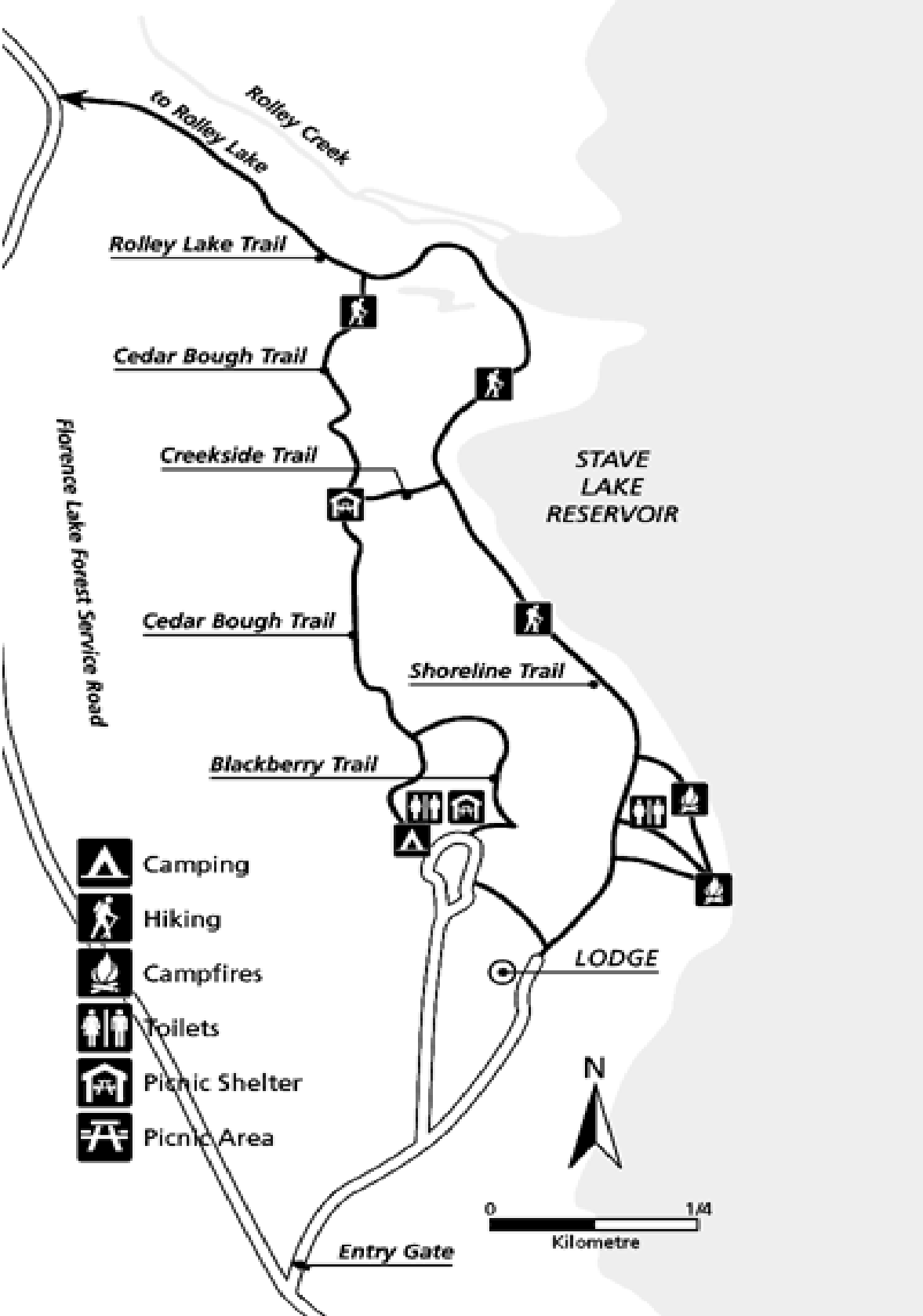
STAVE LAKE

The largest lake in the region of Upper Fraser Valley, Stave Lake was created in 1921 after the Stave Lake hydroelectric project was completed. Due to its immense size and the magnitude of the wilderness surrounding it, the lake is only easily accessible from one site on the south end.

Location: From the town of Maple Ridge on Hwy. #7, the Dewdney Trunk Road will take you to Stave Falls where you will find Stave Falls Dam and the flooded area below the lake itself.

Size	5,858 Hectares	Sandbar	1,506 Hectares
Mean Depth	34.8 m. (114.1 ft.)	Max. Depth	101 m. (331.3 ft.)
Game Fish	Rainbow Trout, Cutthroat, Kokanee	Elevation	82 m. (268.9 ft.)





ROLLEY LAKE

Rolley Lake is a small lake located 23 km northwest of the town of Mission, about 60 km east of Vancouver. This 115 hectare park is rich in human history.

Estimated Driving Time from Vancouver: 1 hour 30 minutes

Region:	Upper Fraser Valley		
Difficulty:	Easy	Distance:	5km
Time:	2 hours	Elevation Gain:	Minimal
Season:	Year-round		

Begin your hike from the lowermost parking lot next to the lake. Head to the left to begin walking clockwise around the lake. The trail briefly enters a forest before reaching a fork. Continue to the right down the slight hill towards the lake and onto a wooden boardwalk that crosses a marsh area. From here, you can see the peaceful lake or get a glimpse of the crowds using it across from the main beach area.

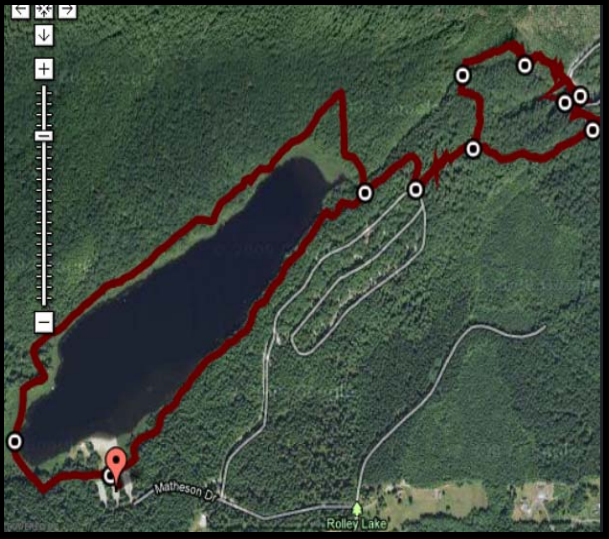
Continue along the boardwalk as it crosses the lake and enters back into the forest. Tree branches are draped and the forest floor is carpeted by a layer of green moss which flourishes in the moist surroundings. The trail continues through second growth Cedar and Hemlock trees as it hugs the shore of Rolley Lake offering occasional views through the trees.

Once you reach a bridge that crosses over the rushing Rolley Creek, you are faced with the option of going left or right. Go left and follow the wide trail as it heads gradually uphill until reaching the campsite a short time later. Just a few steps further past the outhouse is another trail which leads towards the Rolley Falls Loop. Follow this trail until you reach a fork and go right as it heads down the side of the mountain. At the bottom, watch for a trail on the left and follow this as it winds through a few short switchbacks to a forestry service road.

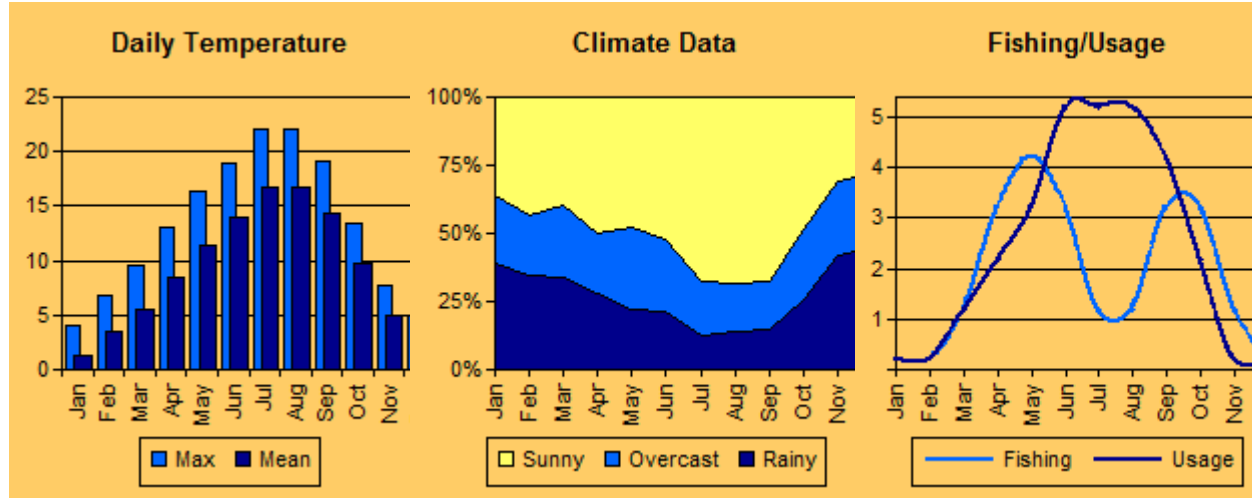
Walk towards the road and cross the bridge, observing the falls on your left. Look for the start of a trail just past the falls and follow this trail as it heads up a steep hill alongside the creek. A short distance up you arrive at a small wooden viewing platform which offers the best views of the lower falls as they tumble into the canyon below.

After taking in the view, continue back up the trail alongside the falls as it heads back into the trees and arrives at another bridge a short time later. Here is the smaller upper falls. To return to Rolley Lake, cross the bridge and head up the gradual hill a short distance where it arrives at the fork you passed earlier. Go right and a few steps later you're back at the outhouse and the trail that heads back down towards the lake on the right. Head back down the trail and pass the bridge without crossing it again. The trail continues alongside the shore as you make your way back towards the beach area where you began.

Rolley Lake Hiking Trails Profile



Climate data for Rolley Lake



About Rolley Lake Provincial Park

- Open 7 a.m. to 11 p.m.
- Park size: 115 hectares
- Predominately flat
- Wilderness area is blanketed with tall, second-growth conifers
- South end of the lake is rather shallow, while the north end is deep
- Average depth is 9 meters
- 64 campsites nestled in the trees just minutes from the lakeshore

History

Rolley Lake Provincial Park was named after James and Fanny Rolley who homesteaded here in 1888. In the early 1900's, the lake was used as a holding pond for shingle bolts destined for the Sholtze mill at Ruskin. A wooden flume sped the bolts 5 km downhill to the mill. In the 1930's the park supported a small Japanese-Canadian hand-logging operation. Today you can still find evidence of these activities, including an old wooden plank road.

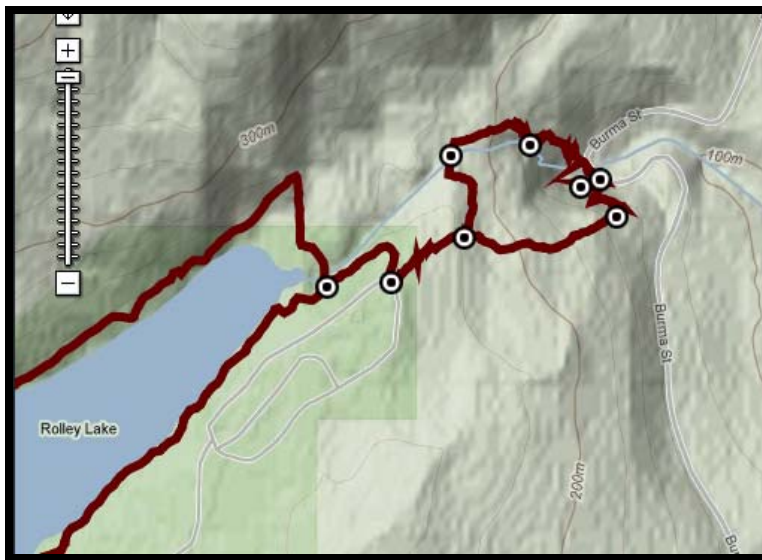
Wildlife – Douglas' Squirrel, Yellow-pine Chipmunk and Blacktail Deer are common. The forests and forest edge areas are good places to look and to listen for Barred Owl, woodpeckers, chickadees and many songbirds. Rolley Lake is stocked with Coastal Cutthroat Trout and Rainbow Trout, also Brown Bullhead, Dolly Varden, Kokanee and Prickly Sculpin.

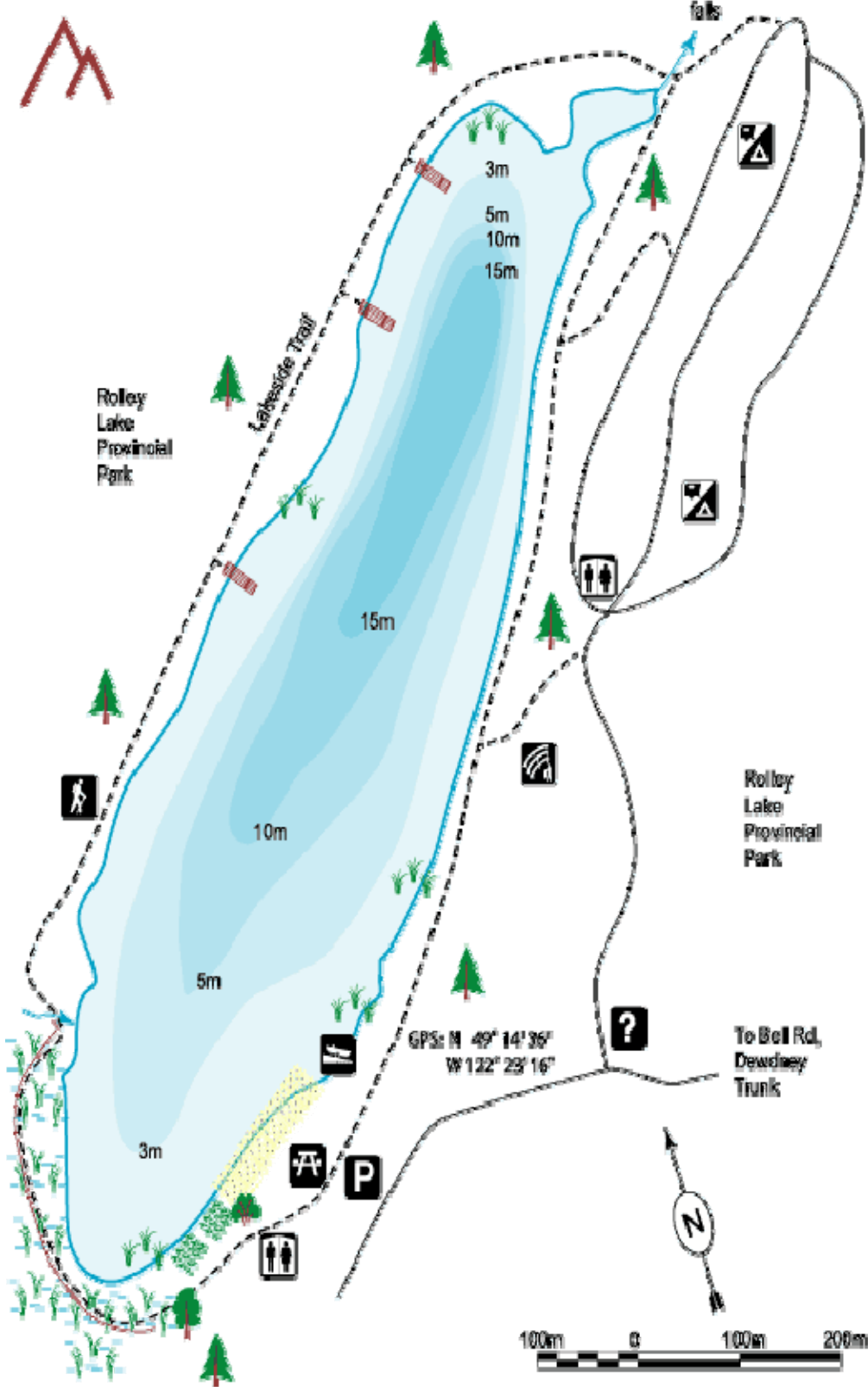
Vegetation – Douglas fir, western hemlock, western red cedar and Pacific silver fir; west end of Rolley Lake supports a relatively eutrophic fen with sedges, coarse grasses and other aquatic vegetation.

Rolley Lake Trail - A loop trail winds around Lake Rolley. The trail is well maintained and without any real elevation changes. There is also a 15 minute hike to the Rolley Falls.

Rolley Falls

Total Distance:	2.0 km (return)	Elevation Gain:	128 m
Estimated Time:	45 minutes	Start Elevation:	107 m
Structure:	Loop - Complete	Max Elevation:	235 m





Legend

- Camping
- Boat launch
- Picnicking
- Parking
- Trees
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- Logs
- Mountains
- Cliffs
- Rocks
- Sedge grass
- Gravel
- Hwy
- Road
- Trail

ROLLEY LAKE
www.Sharptools.com

Map of Stave Lake, Hayward Lake and Rolley Lake

