



Richmond Centre for Disability

Duke of Edinburgh Challenge – Bronze Medal Level Expedition Information & Planning May 22 – 23, 2010

Overall Schedule

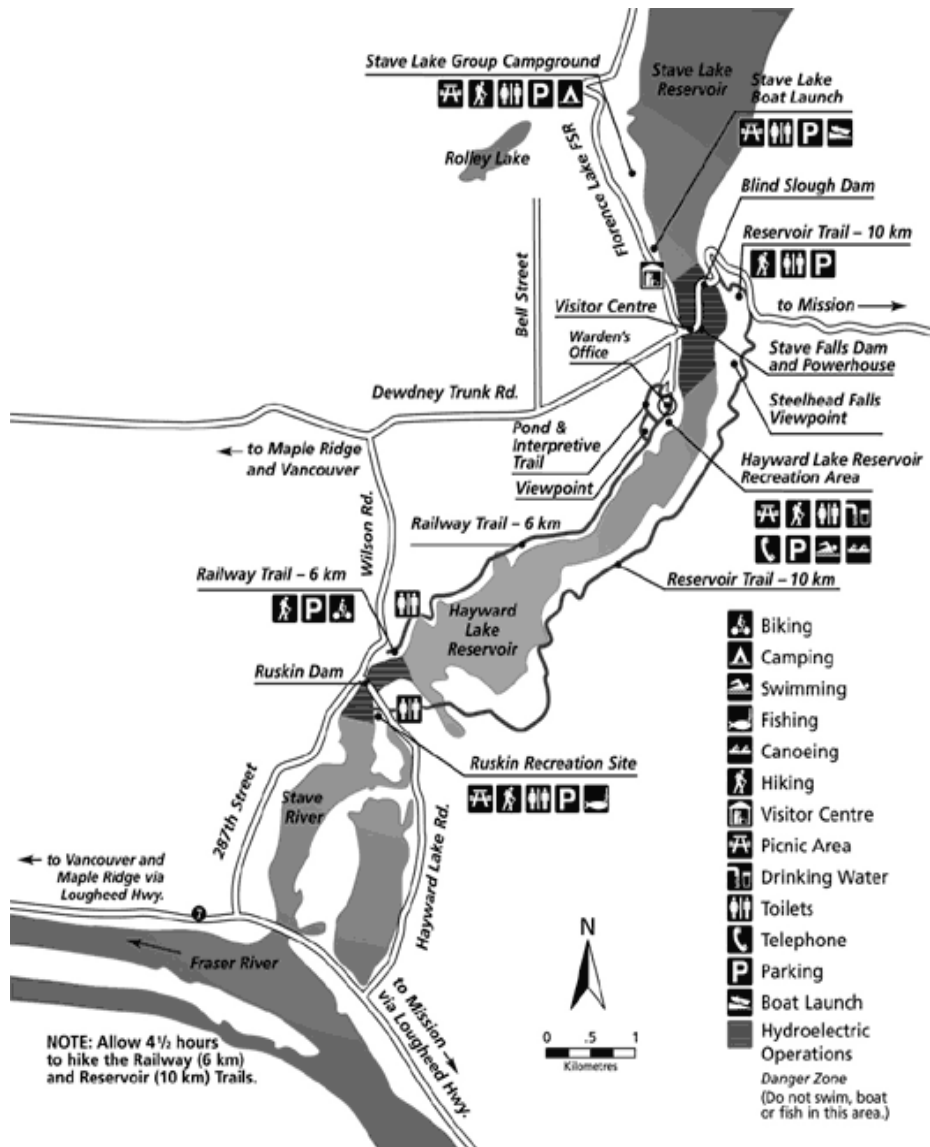
Time	Location	Activity
May 22, 2010, Saturday		
9 a.m.	RCD	In-charge: Rich (cell 604-207-0094) & Billy To Stave Lake in Mission
10:45 a.m.	Stave Lake Parking Lot	Meet with Gold level candidate & Expedition Supervisors: Ella (cell 604-970-9731) & Ian Get ready for hike
11:00 a.m.	Hayward Lake Viewpoint 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
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.	Leave Stave Lake Lodge	Head back to Vancouver
5:30 p.m.	RCD	Go home

HAYWARD LAKE

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.



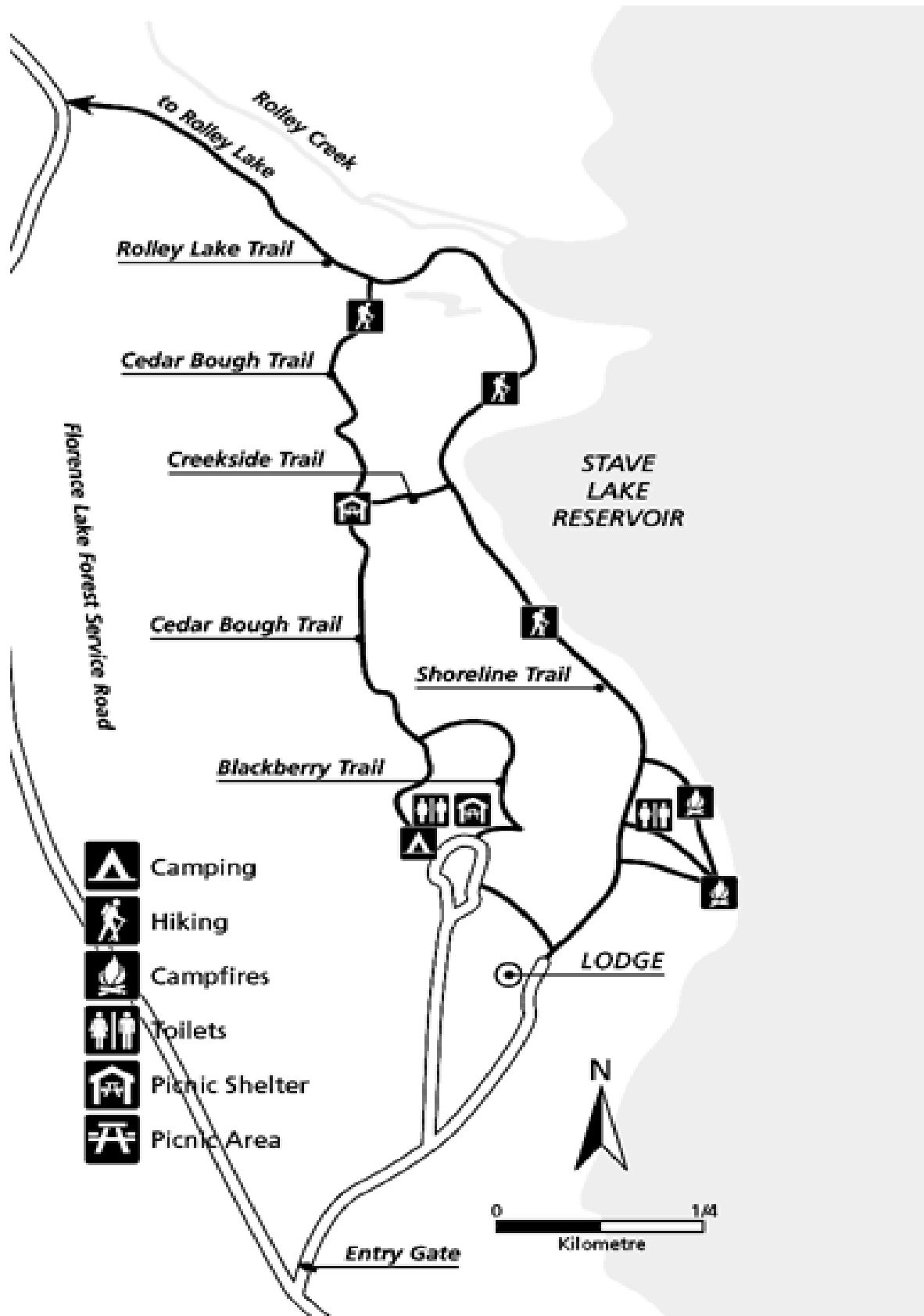
STAVE LAKE

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.)





Map of Stave Lake, Hayward Lake and Rolley Lake

