

## DAY HIKE - RIDING MOUNTAIN NATIONAL PARK - JUNE 16

Seven members, Adam and canine friend Leo, Chris, Sue and Rick, Betty, Kari and Di, enjoyed a 14 km hike up in the park. We started at the Grey Owl's cabin trail head. We hiked as far as the warming shack where we turned off to Cowan Lake back country camp site. Unfortunately the grass had not been cut - but thankfully there was enough of a breeze to keep the bugs away. Some where along the way - we acquired an additional hiker! Andy was from Vancouver, and his wife was doing a shorter trail, so he decided to tag along with us. At Cowan Lake he headed back to find his wife - while we continued to enjoy our lunch hour. On the way back we headed to Kinasao Lake from the warming shack - Leo was desperate for a swim! After a hot day on the trail we were delighted to find an ice cream shop in Onanole.

Thanks to everyone for making it such a great day!

Di Ingram





















