



Richmond Centre for Disability

Duke of Edinburgh Challenge – Silver Medal Level Expedition Information & Planning May 22 – 24, 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

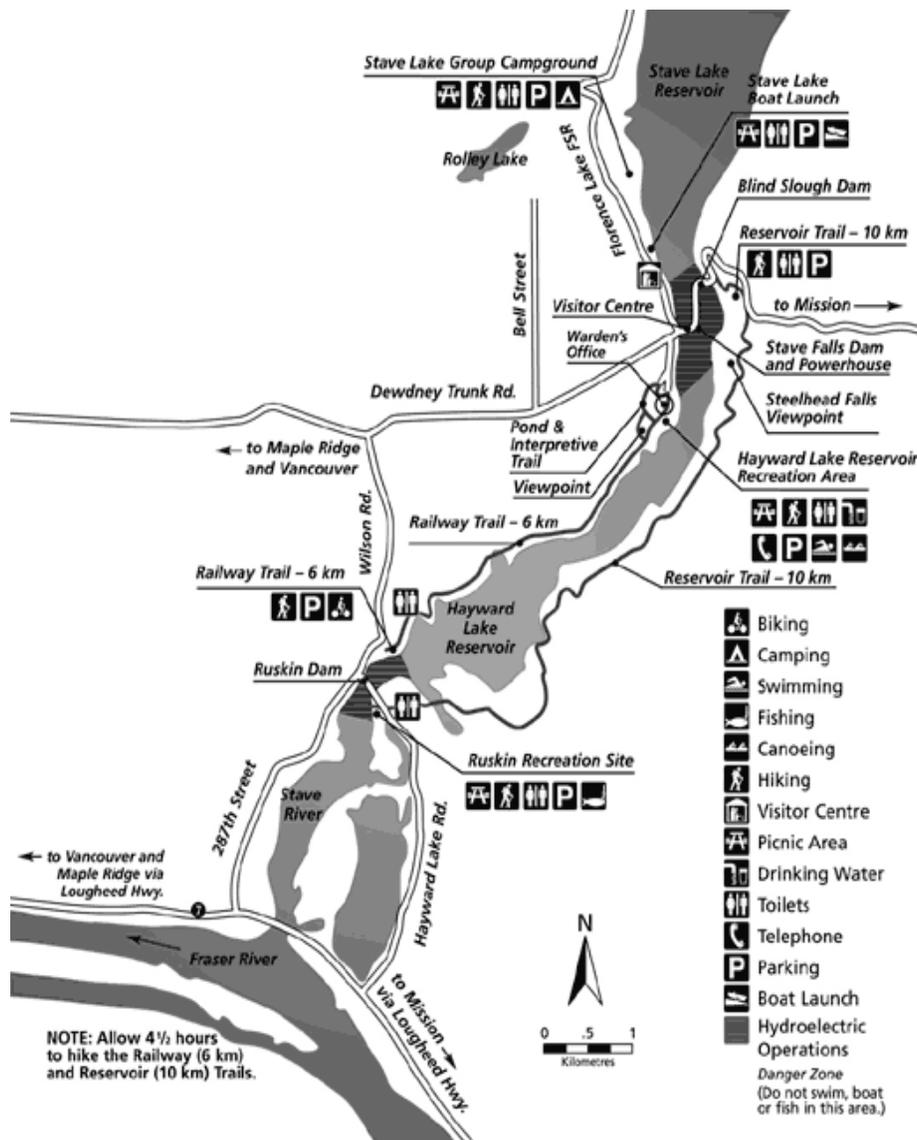
Time	Location	Activity
May 23, 2010, Sunday		
8:00 a.m.	Stave Lake Lodge	Wake up time
8:15 a.m.	Stave Lake Lodge	Prepare breakfast and pack lunch
9:00 a.m.	Stave Lake Lodge	Clean up
9:30 a.m.	Start hike around the area	Hike
12:00 p.m.	On the trails	Lunch
2:30 p.m.	Stave Lake Lodge	Return from hike Start 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

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.

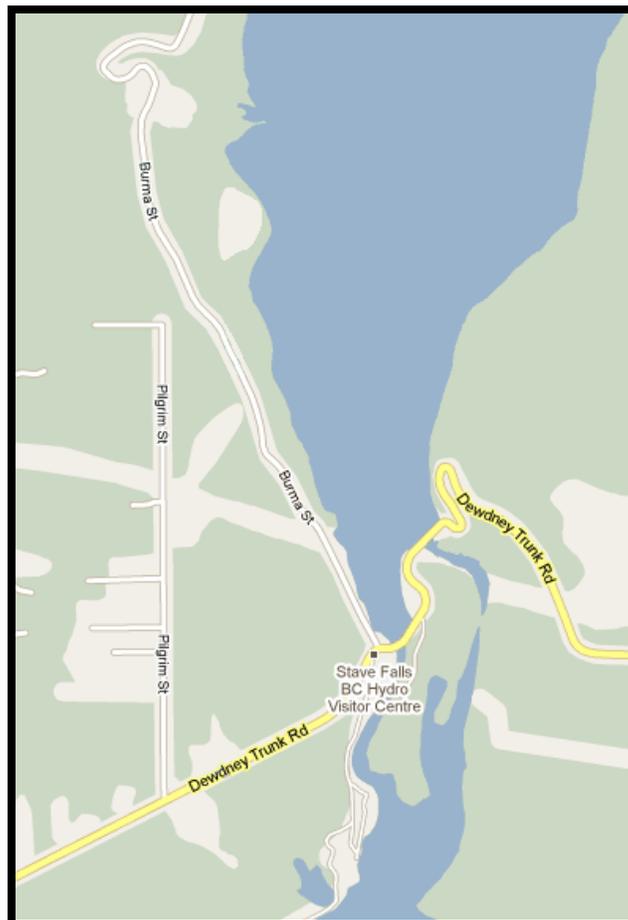


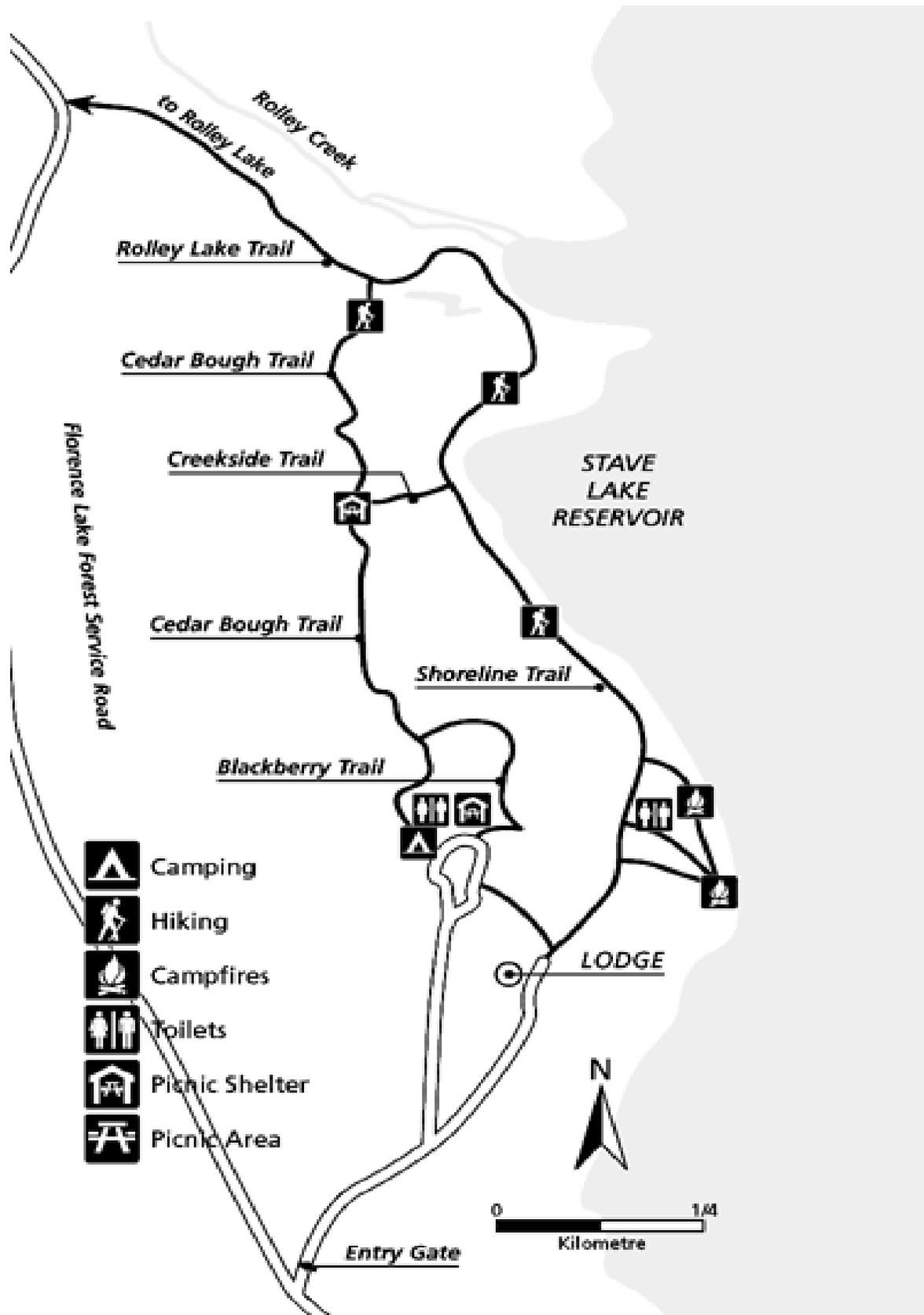
STAVE LAKE

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.)





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.

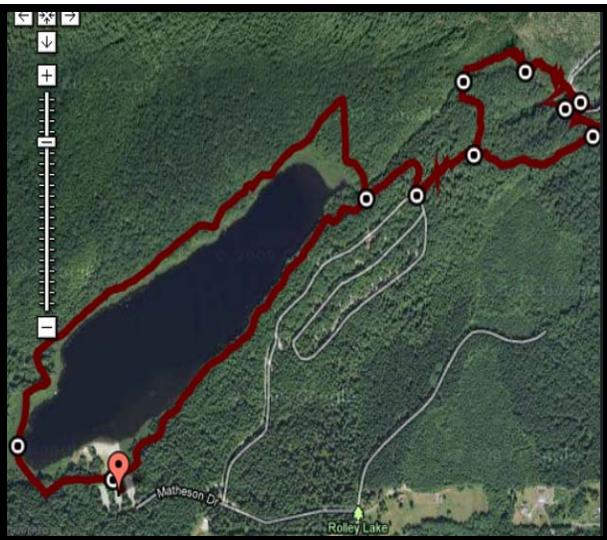
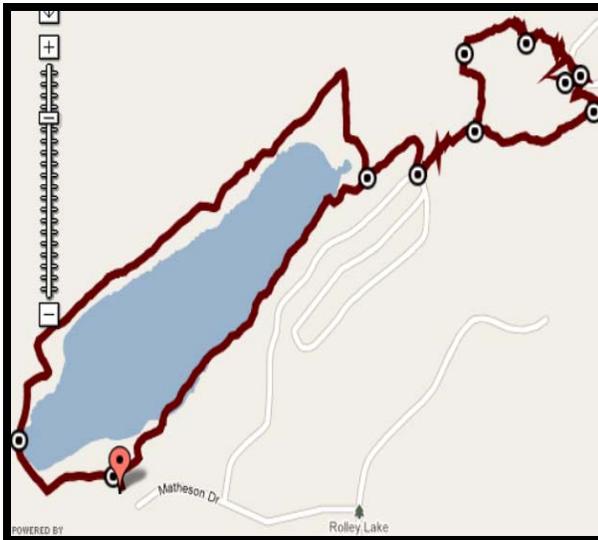
Continue along the boardwalk as it crosses the lake and enters back into the forest. Tree branches are draped and the forest floor is carpeted by a layer of green moss which flourishes in the moist surroundings. The trail continues through second growth Cedar and Hemlock trees as it hugs the shore of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

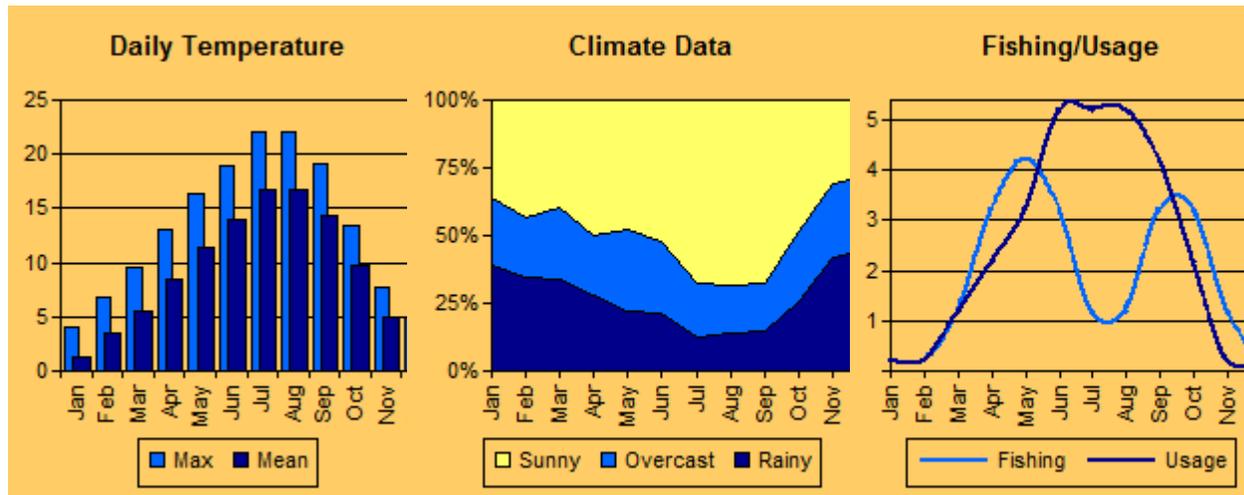
Walk towards the road and cross the bridge, observing the falls on your left. Look for the start of a trail just past the falls and follow this trail as it heads up a steep hill alongside the creek. A short distance up you arrive at a small wooden viewing platform which offers the best views of the lower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

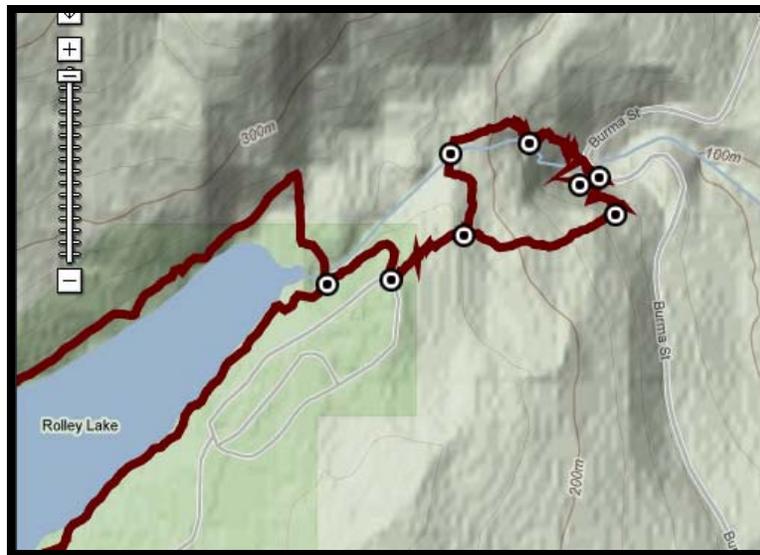
Wildlife – Douglas' Squirrel, Yellow-pine Chipmunk and Blacktail Deer are common. The forests and forest edge areas are good places to look and to listen for Barred Owl, woodpeckers, chickadees and many songbirds. Rolley Lake is stocked with Coastal Cutthroat Trout and Rainbow Trout, also Brown Bullhead,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

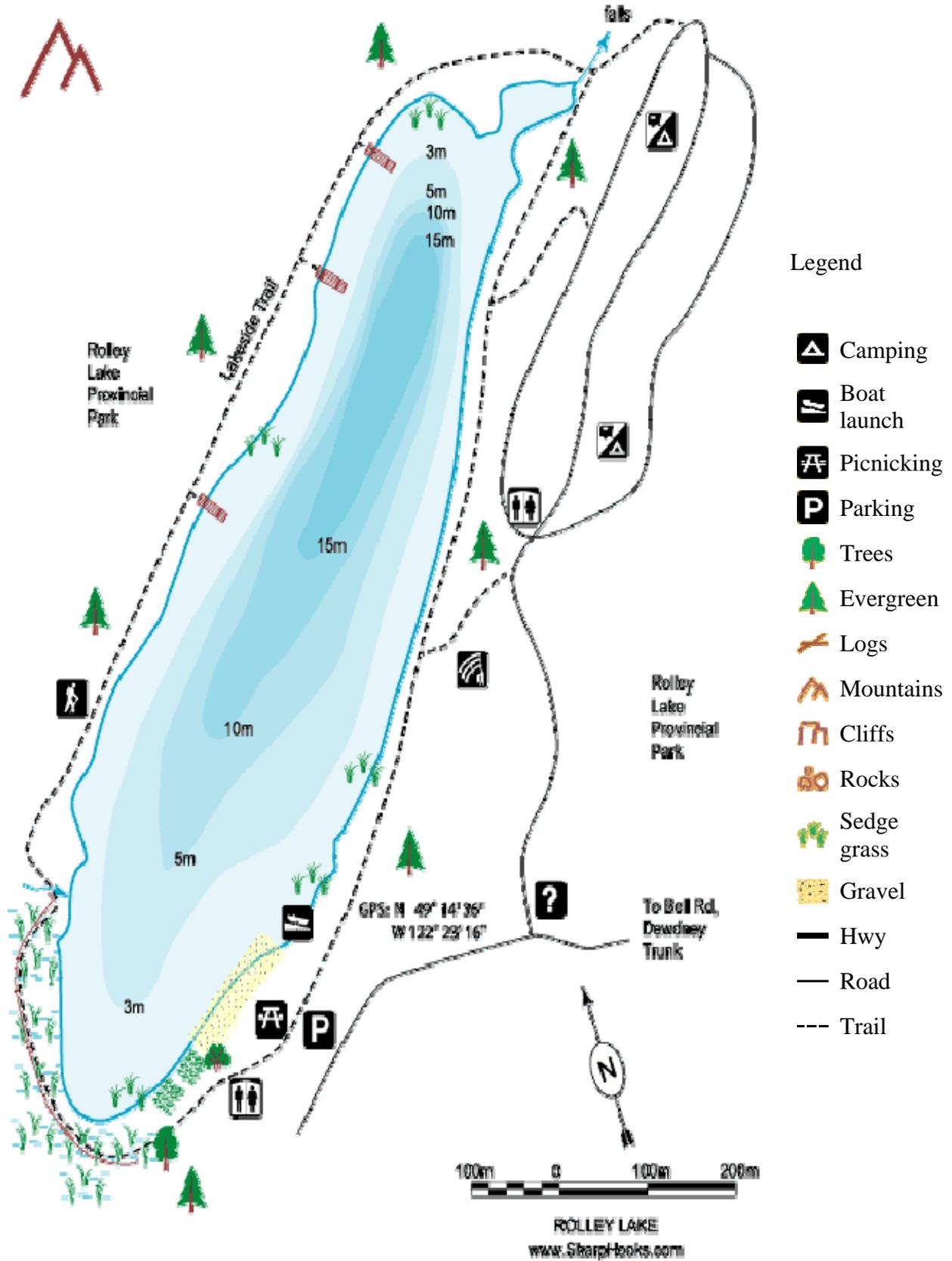
Vegetation – Douglas fir, western hemlock, western red cedar and Pacific silver fir; west end of Rolley Lake supports a relatively eutrophic fen with sedges, coarse grasses and other aquatic vegetation.

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





Map of Stave Lake, Hayward Lake and Rolley Lake

