

Contents

Area Overview	1	<i>Wedgemount Lake Approach</i>	101
Scrambling	9	Mount Cook	103
Scrambles in the Coast Range	11	Mount Weart	104
Using this Guidebook	16	Parkhurst & Rethel Mountains	106
Safety	21	Rethel Mountain	107
Local Huts	24	Parkhurst Mountain	107
		Wedge Mountain	108
Vancouver to Squamish	26	Pemberton Valley	
Mount Burwell	28	& Hurley River Road	110
Crown Mountain	30	<i>Harrison Hut Approach</i>	113
West Lion	32	Overseer Mountain	116
Brunswick Mountain	34	The Three Stooges	118
Mount Hanover	36	Frozen Boot	119
Capilano Mountain	38	<i>Tenquille Lake Approach</i>	120
Mount Sedgwick	40	Finch Ridge	123
Sky Pilot	42	Tenquille Mountain	124
		Goat Peak	126
		Copper Mound	128
		Mount McLeod	129
		Mount Barbour	130
		<i>Semaphore Lakes Approach</i>	132
		Locomotive Mountain	134
		Tender Mountain	135
		Face Mountain	136
		Grouty Peak	138
		Mount Sampson	140
		Chipmunk Peak	142
		Tenquille Mountain North Ridge	144
		Canine	146
		Beaujolais	148
		Mystery	150
		Mount Sloan	152
		Around Gold Bridge	156
		Dickson Peak	158
		Harris Ridge	162
		Pemberton Portage Road	164
		Saxifrage Peak	166
		Cassiope Peak	168
		Sun God Mountain	169
		Seven O'Clock Mountain	171
		<i>Place Glacier Approach</i>	172
		Mount Gardiner	174
		Cirque Peak	176
Squamish River Valley	46		
<i>Lake Lovely Water Approach</i>	48		
Alpha Mountain	52		
Mount Pelops	54		
Mount Niobe	55		
Tricouni Peak	56		
Cloudburst Mountain	58		
Ossa Mountain	60		
Ashlu Mountain	64		
Squamish to Pemberton	68		
Little Diamond Head	70		
Cypress Peak	72		
Mount Price	74		
Panorama Ridge	76		
The Black Tusk			
From Garibaldi Lake Trail	78		
From Microwave Towers Road	81		
Helm Peak	82		
Castle Towers	84		
Brandywine Mountain	86		
Rainbow Mountain	88		
<i>Russet Lake Approach</i>	90		
Fissile Peak	92		
Whirlwind Peak	94		
Overlord Mountain	95		
Blackcomb Peak	96		
The Spearhead	99		
Decker Mountain	100		

Birkenhead Mountain	178	<i>Baby Munday Area Approach</i>	256
<i>Phelix Creek Approach</i>	180	Knight Peak	258
Mount Gandalf	183	Baby Munday North Summit	259
Mount Aragorn	184	Stewart Peak	261
Mount Shadowfax	185	<i>Williamson Lake Approach</i>	262
<i>Twin Lakes Approach</i>	186	Welch Peak	264
Twin Lakes Northwest Peak	188	Foley Peak	266
Twin Lakes Southeast Peak	189	North Nesakwatch Spire	268
Duffey Lake Road	190	Williams Peak	272
Slalok Mountain	192	Macdonald Peak	274
Cayoosh Mountain	194	Mount Webb	277
Mount Marriott	198	Around Hope	278
Mount Rohr	200	The Old Settler	280
<i>Cerise Creek Approach</i>	202	<i>Eaton Lake Approach</i>	282
Vantage Peak	204	Mount Grant	283
Joffre Peak	206	Eaton Peak East Summit	284
Snowspider Mountain	208	Yak Peak	286
Gott Peak	210	Needle Peak	288
Gotcha Peak	211	Mount Outram	290
Hurley Silver Mine Peak 7400	212	Frosty Mountain East Summit	291
Hurley Silver Mine Peak 7500	213	Cathedral Park	292
Boulder Creek Peak 8800	214	<i>Cathedral Lakes Approach</i>	293
Downton Creek Peak 8700	216	Pyramid Mountain	295
Stein Divide	218	Grimface Mountain	296
<i>Stein Divide Approach</i>	220	Lakeview Mountain	298
Shields Peak	222	The Boxcar	299
Long Peak	223	Denture Ridge	300
Tynemouth Peak	225	Nooksack River Area	302
Arrowhead Mountain	226	Tomyhoi Peak	304
Arrowhead-Tynemouth Traverse	227	Mount Larrabee	308
Anemone Peak	228	North Twin	310
Tabletop Mountain	229	South Twin	314
Tundra Peak	230	Glossary	316
Caltha Peak	232	Index	318
Vancouver to Chilliwack	234	About the Author	320
Golden Ears	236		
<i>Upper Statlu Approach</i>	239		
Recourse Peak	242		
Mount Clarke	244		
Chilliwack Valley Road	246		
Mount McGuire	248		
Mount MacFarlane	250		
Lady Peak	252		
Cheam Peak	254		