

<p>10:00a -7:00p Headwall Lakes day hike (K-country) - moderate - 14km, 450m: Geoff C.</p> <p>Cracker Lake Backpack, Glacier National Park, Montana</p> <p>Belmore Browne Peak, including Tiara Peak</p>			<p>6:45p Urban hike - Elbow Park/Mount Royal SW, 6kms, 1.5hrs</p>			<p>7:15a -7:00p Sunshine - Healy Pass hike (M)</p> <p>7:30a Scramble-Sheol Mtn-Lake Louise-XD</p> <p>8:00a Hike Cory Pass (D)</p>
<u>20</u>	<u>21</u>	<u>22</u>	<u>23</u>	<u>24</u>	<u>25</u>	<u>26</u>
<p>8:30 Hike: Sentinel Pass (M)</p> <p>Rimwall Summit : CANCELLED due to illness... Difficult CORE rating. Rick</p>			<p>6:45p Urban Hike - Bow River Scarboro, 7kms, 1.5hrs</p>		<p>7:00p -8:00p Tennis - Beginners welcome.</p>	
<u>27</u>	<u>28</u>	<u>29</u>	<u>30</u>	<u>31</u>	1	Aug
<p>8:00a Burstall Pass - hike is full</p> <p>10:00a Cycle: Okotoks to Okotoks Via Saskatoon(s) (E-M)</p> <p>Scramble-The Fist, Spray Lakes Area, XD</p>			<p>6:45p -8:30p Urban Hike - Bowmont Park West, 6kms, 1.5hrs - CANCELLED</p>	<p>7:00p CORE Monthly Meeting Presentation-Backwoods Awareness</p>	<p>Rogers Pass B.C. car camping and scenic day hikes - Grant K. and Geoff C.</p> <p>7:00p -8:00p Tennis - Beginners welcome.</p>	<p>Rogers Pass B.C. car camping and scenic day hikes - Grant K. and Geoff C.</p> <p>Rogers Pass: Abbot Ridge Hike - difficult -with scramble option - Geoff C</p> <p>Grotto Canyon Hike (Moderate)</p> <p>Frozen lake (Elk pass area in Kananaskis Country)</p>

When entering a new event: In the entry dialog box, if you would like to have an E-mail notification sent to fellow members, please enter the E-mail address "broadcast@corehike.org" in the field under the "Email notification" section. And don't forget to click on the adjacent checkbox!