

St. Mark's Summit Hike, August 12, 2023, Hike Lead: Lina Scigliano

St. Mark's Summit is an out and back trail near Strachan Creek. 6 BOC hikers and 1 guest hiker met and drove to the top parking lot at Cypress Mountain which is where the St. Mark's Summit trailhead begins. At around 9:00 a.m. we began our hike at the trail head filled with wild blueberries. The skies were clear. and we were hopeful that this time we would see a scenic view from the top and sure enough we did. The ascent was easy and gradual at first and after 1.8 km we made our first stop at Bowen Look out. We took a 10 min. break to enjoy some water and the gorgeous view before getting back to the trail. There were many more peek a book views as we steadily ascended upwards including an opening that looked straight upon the Lions Mountains in their splendor. As we continued our climb, we heard some screaming on the trail behind us. We suspected that perhaps a hiker may have spotted a bear but we later learned that the sound we heard was a vocal "appreciation of nature" from one of the hikers from another group. This group stayed close to our group for the whole duration hike as we were similarly paced. We informally addressed this group as the "Zumba Ladies". Thanks Zumba ladies for being so friendly and making our hike a little more enjoyable. ☺ When we arrived at the top, we were rewarded with expansive never-ending views of Howe Sound. A new charming white wood, stain glass window now marks the top of the summit. I wonder who placed that marker there. After our 30 min. relaxing lunch break we hiked a very short distance to a second viewpoint to enjoy a second scenic view. Coming back down the trail posed a bit of challenge as the descent included a steep decline with many large rocks and slippery roots. On our descent one of the BOC members spotted 3 Grouse. How beautiful! We admired the birds and then continued down the trail and all safely arrived at the Cypress Mountain parking lot around 3:00 p.m.

Thanks to Gerard and Lina for driving. And a special thank-you to Gerard for assisting Lina with the hike leading and the beautiful photos.

Trip Report by Lina