

7 SUMMITS IN 7 DAYS!

- ?? If you are participating in the Recreational Class of 7 Summits in 7 Days, then take one token from the bag and, if possible, take a photograph of yourself clearly showing, that you're on the summit of this mountain. Bring the photo for posting at the Bear's Paw Café's Wall of Fame, **or** email it to adventure@whitegold.ca. You can also visit www.whitegold.ca and follow the links to view updates and received photos.
- ?? If this is your first summit, bring the token to the Bear's Paw and collect the free accessories to make a COOL beaded key chain or backpack decoration.
- ?? Please let us know if the supply of tokens is less than 5.
- ?? If, for some reason, there are no tokens, just bring us your most beautiful pebble and make sure you have an identifying photograph.
- ?? If you are not participating in the "Bear's Paw Dinner Café – 7 Summits in 7 Days" then please be considerate, and leave this package of tokens for others to use.

The goal:

Climb 7 of 8 possible day hikes in the Cariboos before September 30, 2006. There is no need to do the peaks consecutively or in any order. Have fun, take your time, and enjoy the views!!

THERE IS NO ENTRY FEE OR REGISTRATION. When you have a token from each of the seven peaks, bring them to the Bear's Paw Dinner Café for your GRAND PRIZE (a free piece of world famous carrot cake, a cup of tea of YOUR CHOICE). Stop in or email at any time to drop off photo's of your progress! We'll post your summit shots at the Café.

Climb any 7 of the following Peaks:

Cow Mountain (to the radio repeater, and prayer flags)
Mount Murray (to the summit cairn)
Slide Mountain (to the cairn at the first repeater)
Two Sisters (to the southern peak)
Mount Magnus (to the 3rd peak - closest to the Bowron Chain)
Mount Patchett (to the summit cairn)
Mount Agnes (to the summit above Ground Hog Lake)
Mount Burdett (in the summit cairn)

Recommended routes are described in the "Hiking the Cariboo Goldfields", by Edwards, Funk and Stoker.

For more information contact Dave Jorgenson, or Cheryl Macarthy at 1-866-994-2345, or stop in at the Bear's Paw Dinner Café in Wells.

If you would like to participate in the Professional Division:

We are planning a bike and hike race for the end of the season. Bike and Hike 7 Summits in ONE DAY. This race will include some of the above summits as well as some additional ones. Stay tuned!

For more information contact Dave Jorgenson, or Cheryl Macarthy at **1-866-994-2345**, adventure@whitegold.ca, or stop in at the Bear's Paw Dinner Café in Wells. Bear's Paw is open from 4:30 pm to 10 pm Daily except Monday's (gone playing!)