

**Trip Name:** Mount Cain West Bowl.

**Trip ATES Rating:** Challenging/Complex

<b>Avalanche Forecast Region:</b>	Vancouver Island
<b>Desination Region:</b>	Mount Cain Back Country
<b>Local Name:</b>	West Bowl
<b>Primary Use:</b>	Slack Country Skiing
<b>Access Trail Name:</b>	Ridge Run
<b>Access Point:</b>	West Ridge Mount Cain 1560m.
<b>Egress Point:</b>	Bottom of West Bowl back to ski area.
<b>Objective:</b>	Ski Run.
<b>Objective Longitude (or mid-point) (ddd.nnnn)</b>	-126.33619 (Col between north and west bowls)
<b>Objective Latitude (or mid-point) (dd.nnnn)</b>	+50.22918 (Col between north and west bowls)
<b>Description:</b>	Get to the col between the west and north bowls or just below it on the west side. Descend the central gully which is the least steep and most supported line in the bowl. Options also exist on the skiers right of the gully in the west/southwest facing "doors" and to the skiers left in the north west facing "Sliders".
<b>Terrain Classification:</b>	Challenging/Complex
<b>Below Treeline</b>	60%
<b>Treeline:</b>	30%
<b>Alpine:</b>	10%
<b>Other Resources:</b>	Island Turns and Tours by Philip Stone.
<b>Cautions</b>	Entrance from west ridge at 1560m entails exposure to avalanche terrain that is often wind loaded. Entrance from the "Golf Club" via the north west ridge involves brief exposure to a start zone. "The Doors" and "Sliders" are both avalanche paths.
<b>Mitigation opportunities:</b>	If choosing to enter from the west ridge at 1565m, instead of a straight traverse, pick a line that limits undercutting of loaded slopes above to the extent that this is possible by descending about 80 vertical metres from the entrance before traversing to below the col. Consider entering via the "Golf Club" about 50 vertical metres above the top lift station and descending the NW ridge to the col at 1560m. If choosing to ski "the doors" be aware of wind slab which often forms along the base of the cliffs at ridge line above you. Don't traverse in too high. Sliders is the least safe feature of the three as it is steep, convex and often wind loaded over thin snow pack. Some parties choose to enter via avalanche start zones off the NW ridge. These are only suitable in times of low hazard.
<b>Recommended times for use</b>	Not in Considerable or above hazard.
<b>Rescue and public safety information</b>	RCC, RCMP.