



VOYAGEUR TRAIL NEWS

No. 94 FALL 2006

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The Voyageur Trail Association is a non-profit, volunteer group dedicated to building and maintaining a public hiking trail along the northern shores of Lakes Superior and Huron, from Thunder Bay to South Baymouth on Manitoulin Island.

The VTA is a member of Hike Canada En Marche, Hike Ontario, Ontario Trails Council, and Trans Canada Trail.



INSIDE

| | |
|-----------------------|---|
| Trail News..... | 3 |
| Revitalization..... | 4 |
| Outing Schedules..... | 5 |
| In Honour Of..... | 6 |
| Tidbits..... | 7 |
| And much, much more! | |

HIKING THE COASTAL TRAIL--ALL'S WELL THAT ENDS WELL *by Terry Wright*

Monday, May 22, 2006

Home from a glorious, harrowing, exhilarating hike from Gargantua to Orphan Lake on the Lake Superior Park Coastal Trail. Twenty exhausting kilometres along bush trails, cobblestone beaches, and rocky headlands. And, for the two kayakers, an adrenalin-packed paddle through high winds and choppy waters.

Seven of us met at Wendy's Friday evening. We drove two hours north, turning onto a winding, tree-lined road to Gargantua Bay. On the way we saw a large moose standing calmly at the side of the highway, and a yearling by the gravel road.

We set up camp at Gargantua, pulled out maps, discussed operations. Our plan was to take the GPS coordinates from Gargantua to Orphan Lake, describe the trail, and provide the Park with the location of blow-downs on the trail. Our purpose was to collect the coordinates for the revised guidebook, which is featuring a GPS component for the first time.

After a cold night of fitful sleep, we broke camp, launched the kayaks, and began our trek. Steve Dominy, chair of the Guidebook project, took the GPS coordinates, and noted trail conditions on a portable cassette recorder. Patrick Capper cleared the trail. Jim Miller, his son Andrew and I formed the rear guard. Gayle Phillips and Garry Koteles transported tents, food, and whatever else could be stuffed into the kayaks. (Jim, Andrew, and Patrick elected to carry all their equipment and supplies on their backs.)

It was the toughest hike I have ever done. For 14 kilometres I fought to keep my balance on bush trails lined with slippery tree roots and muddy rocks, along cobblestone beaches heaped with rocks of every shape, size and colour, and over massive rocky headlands.



Strength in numbers

We crawled through narrow crevices and slid down moss-covered boulders. We constantly scanned the trail for blue markers or cairns. The trail was not well-marked. Trail markers were often obliterated by blow-downs. Sometimes we got lost, retraced our steps. At one point, just when we expected Patrick and Steve to be well ahead, we were astounded to hear them hailing us from behind. They had lost their way, and found themselves crawling through impossibly small openings under the rocks or making their way over precipitous headlands. They were very relieved to find we hadn't followed the same obstacle course.

Earlier in the day we spotted snowflakes. Late in the afternoon it rained briefly.

Garry jogged back along the trail (he and Gayle got into Beatty Cove at noon) met us, and shouldered my pack. I was light as a bird for the final stretch. By the time we got into Beatty it was about six o'clock. What a welcome sight!

(Continued on page 2)



Hiking the Coastal Trail (cont'd from page 1)



Baldhead River bridge

Gayle and Garry had set up camp, started a fire, defended the campsite against intruders (two-legged). We drank wine, sat on logs around the fire. I heated up my tuna noodle and cheese dish. Garry scorched his smores. We had more wine, discussed life and the afterlife. Then to bed, falling asleep to the sound of the waves crashing against the far shore. During the night Gayle got up to pull the two kayaks to safety. The waves had already reached right up beach, wetting the backs of the kayaks.



Sunday began with heavy cloud cover, choppy grey waters in the bay. We could see our breath in the air. Steve's hot porridge over a good fire warmed us up.

It was 6 kilometres from Beatty Cove to Orphan Lake. Still challenging, but not nearly so rigorous – especially with the aid of a walking stick whittled out by a beaver. But it wasn't until we hiked another 4 kilometres to the parking lot that we heard the rest of the story.



Gayle met us saying, "There's good news and there's bad news. The good news is we're OK. The bad news is Garry's kayak capsized." As soon as they hit open water they battled fierce winds and high waves. Two hours later they reached the beach at Coldwater, where they planned to land by nicely entering the mouth of the Coldwater River, but there WAS no mouth of the river! All they were greeted with was a solid beach that ended in rocks! By now the waves were 2 metres high. Garry went in first, leaning toward the cresting wave to his right, thinking, "Isn't this great!". Next thing he knew, he found himself in Lake Superior beside his overturned kayak. He wasn't wearing a wet suit. When he grabbed for the kayak, a wave surged forward and flattened him. Somehow he managed to collect the bags bobbing in the waves, get hold of the kayak and with a mighty effort, pull it into shore. Gayle, meanwhile, found herself cresting a wave, cutting through and creating a wake of whitewater on each side of the kayak, like a surfer she thought. It was almost an out-of-body experience. She braced the kayak with her paddle and shot into shore. "I never got out of a kayak so quickly in my life!"

After Garry warmed up and changed, they spent the next four hours shuttling the vehicles left at Gargantua and lugging the kayaks and equipment to the vehicles.

We celebrated over beer, bannock, beans, fish, potato soup and grilled cheese sandwiches at the Voyageur Restaurant. *All's well that ends well!*



(Clockwise starting in back row on left: Patrick Capper, Garry Koteles, Andrew Miller, Jim Miller, Steve Dominy, Gayle Phillips, Terry Wright)

TRAIL NEWS *by Patrick Capper*

Since retiring I have spent a lot of time on the Voyageur Trail, concentrating on clearing and blazing as necessary trail on which no work had been reported for several years. This was spurred by the plan for a new guidebook, as I thought it would be a pity to have a guidebook with trail that was difficult to follow, I also helped with some GPS work for the new guidebook.

I traveled as far West as the Casque Isles Trail- going out with Duncan MacKay from Schreiber Beach to Aguasabon Falls, and as far East as the Penewobikong Trail north of Lake Dubourne.

I learnt a few things- Andy Penikett pointed out claw marks on some oak trees where bears had climbed up to break off branches to get at the acorns. Duncan MacKay showed me the pictograph at Worthington beach of the Thunder bird- I had not realized how close to the ground pictographs could be. Andy Stevens helped clear and re-establish the Magpie section of the Michipicoten trail. He demonstrated how effective a sharp sandvik can be with a skilled operator cutting through branches up to 4 inches diameter.

I have only once been unable to locate the trail (this was several years ago where it paralleled the Bridgehead Road misnamed the Mount Zion Road in the guide book). On this occasion it was easy to re-route the trail onto the road and pick the old trail up again further down the road. However finding the Thessalon trail between highway 129 and Melwel Road proved very challenging for me and other workers (Ila Aho, Steve Dominy, Terry Wright, Don McGorman, Jack Donald, Horst Scheliga), but now we can report it is back into good shape.

Being on the trail from mid September through to the end of November there was little sighting of wildlife, the only mammal being the occasional squirrel. The most birds were sighted were on the Casque Isles trail. It seemed that nearly every day I would see one, or at the most two, Spruce grouse. The most memorable sight were two bald eagles flying over the Garden River while eating lunch at High Dump. The most signs of moose were on the Goulais Section. The most challenging section of trail was the Casque Isles Section, which along with the Marathon section had the most obvious treadway.

Unfortunately in mid November there were some very strong winds so some of the trail cleared before then may have fresh windfalls, however the Echo Ridges section worked on after this only had a few fresh windfalls.

So apart from expecting some fresh windfalls the trail sections left in good shape were: The Casque Isles section from Aguasabon Falls to Schreiber beach (still had some windfalls), The Marathon trail from Carden to Sturdee Cove, The Magpie Section of the Michipicoten trail, the Goulais Section from Kirby's Corner to Old Goulais Bay Road, Echo Ridges Section from the Garden River Bridge to the top end of Echo Lake and from One Horse Lake to Tower Lake, The Thessalon Section from Highway 129 to Melwel Road, The Iron Bridge section and the Penewobikong Section. □ □

I would like to thank all the people mentioned for their help and also Garry Koteles, Bob Lamour, Gail Andrew, Judy Falkins, Wayne St John, Susan Graham and my wife Anne who all helped clear trail. On many occasions people were willing to come out despite some very inclement weather. Thanks also the hospitality of Duncan and Elizabeth MacKay, Bob Lamour and Andy Stevens.



VERY LAST CHANCE TO PRE-PURCHASE EDITION 4.0

The new and greatly improved Edition 4.0 of the Voyageur Hiking Trail Guidebook is scheduled for release soon.

Members and non-members can still take advantage of the pre-purchase special offer. You can pre-purchase it at the old price, PLUS have your name put in the draw for a **Garmin eTrex Venture GPS unit** (a \$189.99 value), compliments of **Western Automotive (Sault) Limited**. The draw will take place at the VTA Annual General Meeting in Wawa on October 14th.

The deadline for pre-purchases has been **extended to August 30, 2006**, so don't delay. □

To pre-purchase your 2006 Guidebook, just mail your order and cheque payable to Voyageur Trail Association c/o PO Box 20040, 150 Churchill Blvd., Sault Ste. Marie, ON P6A 6W3.

Be sure to state that you are pre-purchasing Edition 4.0.

VTA Members \$16.50 + \$8.00 shipping/handling
VTA Non-members: \$25.00 + \$8.00 shipping/handling (Cdn funds).



LANDOWNERS & MEMBERS IN-GOOD-STANDING: Free advertising in the VT News! Call the Editor, Cheryl Landmark at 1-877-393-4003 or 705-779-3409.

MEMBERS: Don't forget to check your newsletter envelope to see when your membership expires!



VTA REVITALIZATION *by Your VTA Coordinating Council*

The focus for this exercise--the VTA is showing signs of foundering and needs to be revitalized.

The following is an attempt to organize the many great ideas provided by Coordinating Council members at the January 21, 2006 meeting. Rather than trying to prioritize, they have been categorized into three groups:

- 1. Strategic Changes:** these are major changes in the way we operate and thus would require Coordinating Council approval
- 2. Operational Changes:** some of these can be implemented immediately by local clubs
- 3. Functional changes:** could not be acted upon until the Coordinating Council (and maybe the full membership) has agreed to our (possibly new) organizational form/direction

We would appreciate your comments on any or all of the following suggestions/discussions. Please email them to: voyageur.trail@sympatico.ca or write c/o PO Box 20040, 150 Churchill Blvd., Sault Ste. Marie, ON P6A 6W3

Action Plan Ideas

Strategic Changes

- focus on maintaining existing trails and not building new ones; concentrate on those sections that are being used enough to warrant such attention
- look at becoming a collection of trail systems near populated areas or parks, such as Lake Superior and Pukaskwa, rather than striving to be a continuous, long-distance hiking trail
- more community trail links
- more publicity and scheduled activities outside of Sault Ste. Marie and Elliot Lake
- promote trail to youth
- strengthen link to motorized trail users as potential volunteers
- develop more loop trails
- engage towns/cities/businesses/lodges in promoting the trail

Operational Changes

- fewer organized hikes and more maintenance outings
- tap into other groups to do maintenance (Ontario Rangers, Army Cadets, etc.)
- hold more social events (e.g. potlucks, b-b-q after hike, hike rally, Christmas party)
- recognize all trail volunteers
- schedule theme hikes
- promote "fun" aspects of hiking
- more beginners outings
- ask volunteers to find replacements if they are not able to do what they volunteered for
- hold "public" hike days or an open house to introduce the VTA to potential members
- have more "small job" positions on the executive
- form a telephone committee to encourage members to participate in work parties
- spring and/or fall mall displays (membership drives)
- advertise on community TV channel and sootoday.com info pages
- participate in local events such as the Santa Claus Parade, Rotaryfest, etc.
- promote interest in the VTA during the Blind River "100 Years" celebrations in 2006
- member clubs could send different delegates to the meetings in the hope of finding "new blood"

Functional Changes

- get funding for a trail coordinator to assist with promotion

We would LOVE to hear your thoughts on any of the above. If you can't attend the AGM in Wawa on October 14th, please email to: voyageur.trail@sympatico.ca

Of course ANY changes that you would like to see are dependent on attracting new blood into the ranks of the VTA and clubs' executive ranks. **WE NEED YOU to help us revitalize!** Please volunteer to help with your local club or for a position on the VTA executive.



CASHING IN ON CACHING!



If you're planning a trip to Sault Ste. Marie to do the Agawa Canyon Train Fall Colour Run, you may wish to book your room at Algoma's Water Tower Inn through their Trailhead Program (in partnership with the Voyageur Trail Association). They have \$5,000 in cash and prizes available in their Geo-Cash-INN contest.

Use your GPS on a wilderness treasure hunt to find pots of cash (up to \$300 each week) in caches!

Visit www.algomastrailhead.com

or call 1-800-461-0800 for all the details.

And don't forget to tell them you heard about them through the VTA!



OUTING SCHEDULE

This schedule was put together early and may have last-minute changes. Please call the outing leader listed to check if any details of the outing have changed. This schedule is also on our web site

< www.voyageurtrail.ca > Unless otherwise indicated, these outings are all a Level 2, slow (according to Hike Ontario recommended ratings.) Meeting location addresses: FUNKTION, 589 Second Line East (in Goodlife building); Market Mall 275 Second Line West (on Korah Road corner); Churchill Plaza 150 Churchill Blvd., (on Trunk Road between Lake and Wellington Streets); Wellington Square Mall, 625 Trunk Road.

Saulteaux Club

(Sault Ste. Marie and area—outings marked with an asterisk (*) are outside Sault Ste. Marie.)

For all outings, bring water, lunch, dress appropriately and be prepared to sign an Assumption of Risk Agreement.

Sun., Sept. 3 - Hike in the west end with Jack (942-1761). Meet 10AM at the Market Mall. Behaved pets welcome.

Wed., Sept. 6 - Work party with Susan (949-4105). Meet 9AM at Funktion to car pool. Tools will be provided.

***Sun., Sept. 10** - Paddle Robertson Lake with Koteles (949-1302) & Sault Naturalists. You must be part of a fully equipped, self sufficient canoe/kayak party to participate. Funktion 9:30 AM.

Wed., Sept. 13 - Work party with Susan (949-4105). Meet 9AM at Funktion to car pool. Tools will be provided

***Sun., Sept. 17** - Tier Lake hike with Ila (949-1097). Meet 9:30 AM at Funktion. Bring a leash for your pet.

Mon., Sept. 18 - Saulteaux Club bi-monthly meeting at 7PM in Funktion. Call Gayle at 942-1891.

Wed., Sept. 20 - Work party with Susan (949-4105). Meet 9AM at Funktion to car pool. Tools will be provided.

Sun., Sept. 24 - Mountain bike outing with Gail (942-0768). Call for details.

Wed., Sept. 27 - Work party with Susan (949-4105). Meet 9AM at Funktion to car pool. Tools will be provided.

***Sat., Sept. 30** - Hike the 10km Awausee trail in LSPP with Doris (942-9466) and participate in this Guinness Book of Records record-breaking walk event! Visit www.ontariotrails.on.ca for more info on this special event. Behaved pets welcome but bring leash. Meet 9:30 AM at Funktion to car pool.

***Sat., Oct. 14** - VTA Annual General Meeting at 2PM, Naturally Superior Adventures in Wawa with hike afterwards. Everyone's welcome! (Executive meeting 11AM.)

***Sat., Oct. 21** - Hike Tower Lake with Koteles (949-1302) & Sault Naturalists. Wellington Square Mall 10AM. No pets.

***Sun., Oct. 22** - King Mountain hike with Ila (949-1097). Funktion 9:30AM.

Sun., Oct. 29 - Hike with tools on the Tom Allinson Spur Trail. Meet 9AM in Market Mall parking lot to car pool. Tools will be provided. Behaved pets welcome. Call Mike at 779-3409 for info.

Sun., Nov. 5 - Gales of November hike with Gayle (942-1891). Meet at 10AM in the Market Mall parking lot. Behaved pets welcome.

Sun., Nov. 12 - Hike the Mabel Lake yellow loop trail with the Koteles' (949-1302). Meet 10AM at Funktion.

Mon., Nov. 20 - Saulteaux Club bi-monthly meeting at 7PM in Funktion (942-1891). We will plan the winter outing schedule.

Sun., Nov. 26 - Hike in Hiawatha Highlands with Ila (949-1097). Funktion at 10AM. Behaved pets welcome.

Tues., Dec. 26th - Boxing Day snowshoe with Don (946-9599). Meet 10AM at Glenview Cottages. Behaved pets ok.

Mon., Jan. 1st - New Year's Day outing with Ila (949-1097). Meet at 10AM at Funktion.



Saulteaux Club Members: send your email address & name to voyageur.trail@sympatico.ca and you will be notified when the Sault Ste. Marie HUB trail has its grand opening mid-September!

Coueurs de Bois Outdoors Club

(Elliot Lake) Coueurs de Bois outings are every week on Tuesdays, Thursdays and Saturdays with occasional special outings. For event details, leaders and contact information, please see our web site at www.coueursdeboiselliottlake.blogspot.com

As a general rule, Tuesdays are easy hikes of 2 to 3 hours, Thursday hikes are still easy but longer, 4 to 5 hours.

Saturday hikes are more difficult and can be up to 6 hours in duration.

Always make sure you are properly equipped with plenty of water. Always

check with the hike leader for information like destination and duration.

The blogspot contains many photographs of our outings. Visitors to the site can see the wonders of Elliot Lake and area from a hiking eye view.

Hike Levels

Easy 2 – 3 hours Level 1 Ontario
Intermediate 3 – 4 hours Level 2 Ontario
Advanced 4 – 6 hours Level 2 Ontario
 (Note the Coueurs de Bois have NO Level 3 hiking routes--our advanced level is relative to time on the trail only.)

Canoe Levels

All canoe outings are flat (lake) water, easy level. Any trips including portages will be specified.

In the event the designated Hike Leader is unable to take the hike, an alternate leader will be appointed. Always check with the events schedule in the Elliot Lake Standard for details of the following weeks' activities.

PLEASE PHONE OUTING LEADERS FOR SPECIFIC INFORMATION REGARDING THE ACTIVITY.

***Sat., Oct. 14** - VTA Annual General Meeting 2PM at Naturally Superior Adventures, Wawa & hike afterwards.



ON THE PROWL FOR WINNERS!

Nominations are now open for the 2006 **Steve Taylor Volunteer Award** which will be handed out on October 14th, 2006 at 2PM in Wawa at our VTA Annual General Meeting. Nominate someone or a group who you think have gone above and beyond the call of duty when it comes to volunteering on behalf of the

Voyageur Trail. Email your nominations to: voyageur.trail@sympatico.ca

Don't forget to mail in your Assumption of Risk Agreements so leaders, sweeps and members of all trail work parties can be entered into our yearly draws for a year's free membership!

All winners are announced at the VTA Annual General meeting held which will be held October 14th at 2PM at Naturally Superior Adventures in Wawa.



A PROPOSED ACT TO REDUCE VOLUNTEER LIABILITY (dated June 2006)

from the Ontario Trails Council

Volunteer organizations are concerned about the liability they and their volunteers face in performing valued and often essential community services.

This reality is no different for the organizations and volunteers who have designed, built, and maintained over 64,000 kilometres of recreational trails across Ontario.

Unlike other jurisdictions, Ontario has not passed legislation to shield volunteers from exposure to unfounded or frivolous claims.

The OTC is a partner with other like-minded Ontario organizations in the **Protect Our Volunteers!** initiative which advocates provincial action to resolve the liability issue.

Consistent with the spirit of the **Protect Our Volunteers!** initiative, the Ontario Trails Council (OTC) proposed that the province immediately enact the legislation proposed in the adjacent column.

Enacting this vital legislation will:

- Recognize the vital role volunteers play in Ontario society;
- Improve volunteer recruitment and retention;
- Reduce the cost and increase availability of insurance coverage.

For more information, contact:

Patrick Connor CAE
Executive Director, OTC
1-613-531-5437 or
execdir@ontariotrails.on.ca



Apply lower duty of care to volunteers and non-profit organizations.

1. Despite any other act, no person or non-profit organization is liable for damages for personal injury arising out of any duty as a volunteer unless the damages are intentional, or arise from the gross negligence of the person.

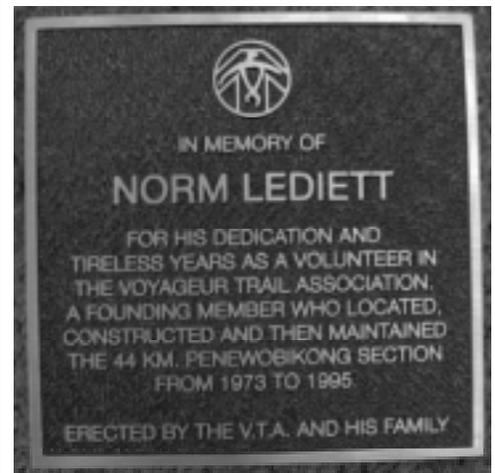
Apply deemed assumption of risk to recreational activities provided organizers have taken steps to require use of reasonable safety equipment and measures.

2. Despite any other act, a person involved in a recreational activity is deemed to have assumed the risk of harm from the recreational activity if harm is sustained as a result of a risk that is known to be associated with the activity.

3. Subsection (1) does not apply in respect of breach of duty of care of any person or organization in a position to require use of reasonable safety equipment or measures if the person or organization unreasonably failed to require the use of such equipment or measures.



TO HONOUR ONE OF OUR OWN...



With his family's approval, this plaque will be placed along the Penewobikong Section of trail to honour the memory of long-time VTA member, Norm Lediett who passed away on February 5, 2004. Norm was instrumental in building the Voyageur Trail in and around the Blind River area and was "chief sign maker" for a long time.



PROPERTY FOR SALE IN PRINCE TOWNSHIP

(near Sault Ste. Marie)

BY VTA

LANDOWNER:

160 acres with road access.

Asking \$150,000.

Call 705-779-2749 for details.

TIDBITS...

New trail on Manitoulin Island...

Hi everybody

McLean's Park is a 100 acre property on New England Road, which is 14km south of Manitowaning, off Hwy 6.

The park is 2km down New England Road, (which used to be called Eagle's Nest Road).

The park was donated some 10 years ago by the McLean family to Assiginack Township, who now manage it.

There have been two trails there for some time, of about 1km total length. The new trail is a 7km hiking & biking trail which runs the perimeter of the park, through mostly mixed hardwood bush. This park is beautiful, especially in the fall.

No motorized vehicles are allowed. It is strictly a walking/bike trail. Assiginack is very proud of it as it was initiated by local people & the bike club in Manitowaning.

Happy Trails,

Dave <david@manitoulin.net>

End-to-Ends Extended...

The Grand Valley Trails Association Black Walnut End to End Hike will now be held over two weekends - the weekend of September 30, 2006 and October 1, 2006 and the weekend of October 14 & 15, 2006 on the Grand Valley Trail. The hike will be on the Black Walnut section of the trail. The hikes will total 67 km. There will be checkpoints each day providing refreshments to participants. Participants who finish the entire section will be given a *Black Walnut chevron* in recognition of the achievement. It is a good way to keep fit and get to know the Kitchener Waterloo area thoroughly. We invite you to join us! You can register by sending a \$20 cheque payable to: The Grand Valley Trails Association, 75 King Street South, PO Box 40068, RPO Waterloo Square, Waterloo, ON N2J 4V1. Include your name, address, telephone number and e-mail address. For more information, visit www.gvta.on.ca or e-mail: gvta@golden.net

Have You Ever Thought of Spending Your Vacation Volunteering for Nature?

The Nature Conservancy of Canada and Ontario Nature's Volunteer for Nature program is an up close and out-of-doors volunteer experience, providing Canadians with unique opportunities to take an active role in biodiversity protection. Lend professional conservation staff and local experts a hand by contributing to practical projects designed to protect the ecological integrity of some of our most important natural areas. Visit www.ontarionature.org/action/

F.Y.I.: Mike Landmark found out recently that it takes one \$4 can of paint to change 600 blazes from white to blue!



New Owners of Snowshoe Camp...

I would like to introduce our family; we are the new owners of Snowshoe Camp north of Thessalon Ontario. We are George and Georgie Shergold and our son Brent and his wife Laura. We love snowshoe camp and are working very hard to improve several aspects of the camp, from the aesthetics (removal of old items) to the service provided.

There will now be regular garbage pickup at the cabins. We still encourage our guests to recycle bottles and cans which will be collected and taken to a recycle center. All other garbage will be collected and taken to the local waste disposal site. Guests are no longer asked to look after their own garbage.

We will no longer hold the Monday night potluck supper, if you are registered with us for this summer you do not have to prepare a meal for that purpose.

Payment can now be made using VISA as well as cheque or cash as before. Paypal for Internet payments is being installed and should be working soon.

Please take a look at our refurbished web site at www.snowshoecamp.com. Our email address has been changed to snowshoecamp@lincsat.com and is still the best way to contact us while we investigate other phone options outside of the current radiophone.

A new water system has been installed and includes a filter and a UV water purification system. There is no longer a need to bring your own water or to boil water to drink; the water is safe to drink from the tap.

Cabin five is being enlarged to 3 bedrooms and we are installing an indoor washroom. Several other cabins should be winterized for the snowmobile and ice fishing season, so if winter sports is your thing then plan on spending some wintertime here as well.

We hope to install fire pits at each cabin so you can have your own evening fire but you will have to obtain your own firewood. Several other projects are planned such as a water heater in cabin 1 and completion of the games room. We would like to screen in the hot tub area, but these may not be done until later in the year.

We thank you for past patronage and hope you will come stay with us in the near future.

Best regards.

The Shergolds (Brent, Laura, George and Georgie)

Snowshoe Camp

RR # 3, Thessalon Ont P0R 1L0

www.snowshoecamp.com

snowshoecamp@lincsat.com

Internet Solutions

Looking for a new walking, running or cycling route in your area? Want to know how many calories you burned? If you answered yes to these questions, then the Google Map Pedometer is just for you. It allows you to draw your routes, calculate the distance traveled and the calories burned.

Visit

www.webwalking.com/googlemap.htm and check it out!



THE INCA TRAIL

Just because you're over 50 doesn't mean your vacations have to be sedentary. Last year we spent two weeks in Peru. Four days of the trip was a 44-kilometre hike through the Andes to the ruins of the ancient Inca city of Machu Picchu.

Being relatively active "preseniors" at 53 we went into this adventure with several concerns. We knew that the hike required up to 15 kilometres of strenuous trekking a day. How do you prepare for this? As I mentioned, we are both pretty active on a regular basis, but neither one of us walked more than a few kilometers at a time. So walking seemed to be the perfect training-and walk we did.

Through July and August we walked 10 kilometres a day, four days a week, did aerobic workouts in the gym and attended our Tae Kwon Do classes regularly.

I lost 25 pounds thinking that the less tonnage I had to haul up the mountain the better. The walking program started slowly-it took about two hours to go the 10 kilometres. By the end of August we were covering that distance in just under an hour and a half. We even tried it with full backpacks a few times.

September arrived and we were ready. Or were we? One thing we had no way of training for was the altitude. The Inca Trail hike started at about 9,000 feet. Over the first two days, and a distance of 19 kilometres, the trail climbed steadily and steeply to over 14,500 feet. We were told ahead of time that you had to be in relatively good shape to complete this trek. It turns out, you need to be in very good shape.

Altitude sickness pills, some coca leaves to chew on and coca tea to sip on seemed to tip the scales in our favour. We experienced a little light headedness and slight headaches but generally suffered no ill effects. We were, however, totally exhausted. Two more days of down-hill trekking and excruciating knee pain and we arrived at Machu Picchu.

As we reflect back, it seems a dream. How did we do this? Karen has mild osteoporosis and I have a bit of arthritis. Even so, we made it through rain for two days, sleet and snow for one day and constant climbing and descending.

However, the scenery was spectacular, and knowing we arrived at Machu Picchu the same way the Incas did, made it all worthwhile. It's amazing what you can do when you have to.

Peru is a once in a lifetime experience. The people, the culture, the scenery – all are spectacular. You owe it to yourself. It is an expensive trip, but worth every penny. For more information, please CONTACT US at:
Rejuvenation Tours 705-456-2215 or
info@rejuvenationtours.com



Eric and Karen Whitehead



*Above: Dead Woman's Pass
Below: Made it to Machu Picchu*



Fall is Hunting Season!

Be aware and wear appropriate colours!



NOTE: The Voyageur Trail Association's *Annual General Meeting* will take place in Wawa Sat., October 14th at 2PM so pencil the scenic autumn drive in your calendar.
Everyone's welcome!



VTA LOGO SWEATS AND Ts BECOME COLLECTOR'S ITEMS!

Due to sagging sales and the ever increasing cost of mail orders, the VTA has decided to discontinue the pre-order of VTA merchandise.

Anyone interested in purchasing an item of clothing with the VTA logo on it however, can still order their item from Memoirs in Sault Ste. Marie at 232 Queen Street East (Tel: 705.946-0202) or e-mail them at: memoirs.ssm@shaw.ca If you are not in the Sault Ste. Marie area, you can still contact the store and arrange payment and delivery directly.

The VTA logo has been given to them and they can add it to any item that you wish to purchase at their store for an additional cost of only \$5.50 per item.

This quality 2-1/2 inch high, 9000 stitch embroidered logo can be added to caps and hats, sweaters, t-shirts, vests--anything you pick out in your own size and favourite colour. Memoirs always has lots of varied items in stock, but if you don't see what your heart is desiring, they can usually order items in less than a week's delivery.



VTA NEWS ON-LINE

A full pdf version of this newsletter and all future editions is posted on our web site at www.voyageurtrail.ca We know that many of our members are into saving trees and recycling so we would like to offer you a choice in how you receive your future newsletters.

If you would prefer, instead of mailing a newsletter to you, if you send us your email address, we will send you a short message when the newsletter is posted, so that you can download it directly from our web site. Send your email address to: kathy@hiawatha.ca



CARRY YOUR OWN KIBBLE!



Thanks to Stephanie Blanchard for this cute photo of her dog Missy who is all decked out and ready to go explore the Casques Isles Section of the Voyageur Trail. We hope you enjoyed your trip! Email again!



For non-members, the Guidebook is usually available from Dunn's Authors, Joe's Sports & Surplus, Bush Plan Museum, ACR Gift Shop, Airways Genral Store, Algoma's Water Tower Inn, The Trading Post, Sault Ste. Marie; Red Top Inn, Iron Bridge; Forestland Clothing & Gifts, Thessalon; Lake Superior Provincial Park Visitor's Centre; Rainbow Gifts, Wawa; Agawa Indian Crafts, Pancake Bay; Lakehead University, Thunder Bay; Rainbow Country Travel, Sudbury Welcome Centre, Sudbury; Running Free, Markham; Algonquin Outfitters, Dwight; Sojourn, Barrie; Mountain Equipment Co-op, Toronto; World of Maps, Ottawa.

VOYAGEUR TRAIL ASSOCIATION YEARLY MEMBERSHIP FORM (please print)

Name: _____

Address: _____

City: _____ Prov. / State: _____ Postal / Zip Code: _____

Please check one: New Member Renewal Phone (home): _____ (work/cell): _____

E-mail address: _____

MEMBERSHIP FEES:

Individual ~ \$25 / Family or Group ~ \$30..... = _____

Student ~ \$10..... = _____

Donations (tax receipt will be sent)..... = _____

Charitable Reg. #119261923RR0001

Guidebook (member) \$16.50 x ____ (non-member) \$25 x ____ = _____

Shipping/Handling for ALL MAILED Guidebooks \$ 8.00

For topography maps, call Steve (705) 946-2484

TOTAL AMOUNT ENCLOSED \$ _____

Please send my VTA newsletter via:

Reminder to upload pdf from VTA web site

My email is: _____

Snail mail to my home address.

Make cheques payable and mail to: VOYAGEUR TRAIL ASSOCIATION

PO Box 20040, 150 Churchill Blvd.

Sault Ste. Marie, ON P6A 6W3

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VTA CO-ORDINATING COUNCIL

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VICE-PRESIDENT - CENTRAL:
vacant
VICE-PRESIDENT - EAST:
vacant
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Debbie Morettin
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Allan Beilhartz 705-842-2159
PENEWOBKONG:
Joanne Marck 705-843-2199
COUREURS DE BOIS:
Alan Day 705-848-8776

(For information on any of these positions [especially the vacant ones], please contact us at our toll-free number 1-877-393-4003.)

The VOYAGEUR TRAIL NEWS is published three times a year. Your articles and photos are welcome!

Deadline for the next issue is:
December 1, 2006

Mail to Cheryl Landmark, c/o Voyageur Trail Association, PO Box 20040, 150 Churchill Blvd., Sault Ste. Marie, ON P6A 6W3
Tel: 705-779-3409 or E-mail to: <cheryl.landmark@sympatico.ca >
Articles in this newsletter may be copied if credit is given to the Voyageur Trail Association.



Voyageur Hiking Trail Users' Code

- Hike only along marked routes. Do not take short cuts.
- Do not climb fences.
- Carry out all garbage (if you can carry it in, you can carry it out).
- Light cooking fires at official campsites only. Drench fires after use (or better still, carry a lightweight hiker's stove).
- Leave flowers and plants for others to enjoy.
- Do not damage live trees or strip off bark.
- Protect and do not disturb wildlife.
- Keep dogs under control (*leash if necessary*) and follow your club's guidelines concerning dogs.
- Respect the privacy of people living along the trail. Walk around the edges of fields, not across them.
- Leave only your thanks and take nothing but photographs.

DECLARATION: I understand that the Voyageur Trail is a wilderness trail and some remote or little-used sections may be in poor condition due to fallen trees or regrowth of vegetation. I understand I hike it at my own risk. I have read and will abide by the Trail Users' Code.

(signature) _____

I WOULD LIKE TO HELP WITH: Outdoor Activities (*eg: trail maintenance/development, lead outings*) Tel: _____

Indoor activities (*such as: newsletter, publicity, record keeping, special events, guidebook work, etc.*) Tel: _____

Do you have any special skills? (*eg: leadership skills, computer skills, etc.*) _____

Please consider me a member-at-large or a member of (*check one below*):

| <u>Section</u> | <u>Club</u> | <u>Section</u> | <u>Club</u> |
|--|----------------------------|--|------------------------|
| <input type="checkbox"/> Nipigon/Thunder Bay | Nipigon/Thunder Bay V.T.C. | <input type="checkbox"/> Echo Bay | |
| <input type="checkbox"/> Schreiber/Terrace Bay/Rosspoint | Casques Isles V.T.C. | <input type="checkbox"/> Desbarats | Desbarats V.T.C. |
| <input type="checkbox"/> Marathon | | <input type="checkbox"/> Bruce Mines | |
| <input type="checkbox"/> Wawa | Michipicoten V.T.C. | <input type="checkbox"/> Thessalon | |
| <input type="checkbox"/> Batchewana | | <input type="checkbox"/> Blind River/Iron Bridge | Penewobikong V.T.C. |
| <input type="checkbox"/> Harmony Beach/Haviland Bay | | <input type="checkbox"/> Elliot Lake | Coueurs de Bois V.T.C. |
| <input type="checkbox"/> Goulais / Stokely | | <input type="checkbox"/> Spanish | |
| <input type="checkbox"/> Sault Ste. Marie | Saulteaux V.T.C. | <input type="checkbox"/> Massey | |
| | | <input type="checkbox"/> Espanola | Rainbow V.T.C. |
| | | <input type="checkbox"/> Little Current | |
| | | <input type="checkbox"/> Sheguiandah | |
| | | <input type="checkbox"/> South Baymouth | |
| | | <input type="checkbox"/> Sudbury | |

