



# VOYAGEUR TRAIL NEWS

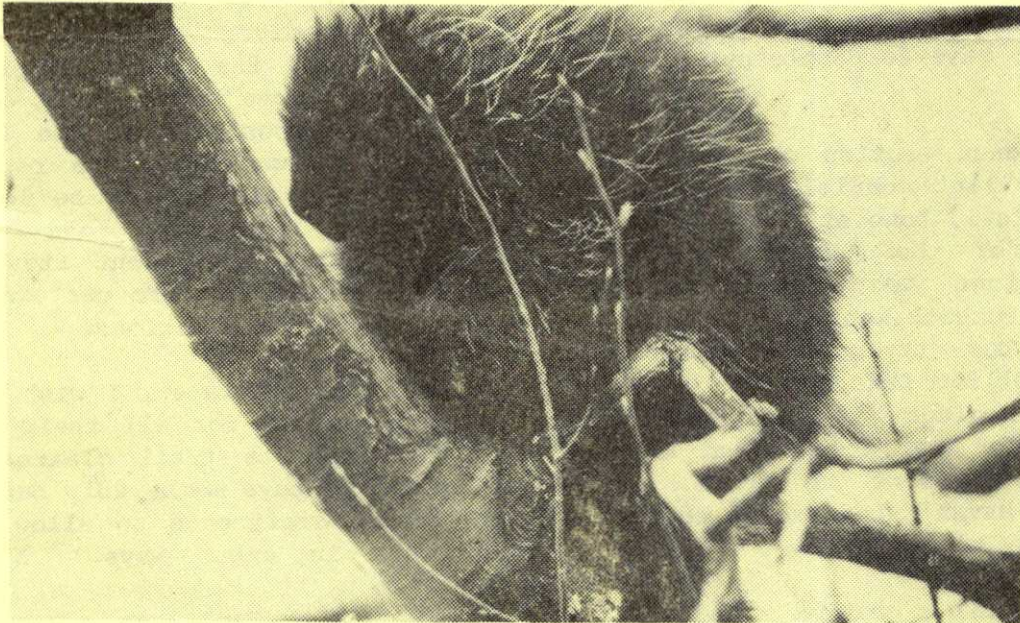
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EDITOR: STEVE TAYLOR

AUTUMN 1985



HIKING CAN HAVE ITS PRICKLY ASPECTS !  
THESSALON SECTION

As of the Annual Meeting on Saturday September 21, the Voyageur Trail Executive is as follows;

President	-Peter Stinnissen
Vice President	-Tom Baxter
Second Vice President	-Vacant
Secretary	-Rita Bertoli in an interim capacity
Treasurer	-Dieter Ropke
Membership Secretary	-Steve Dominy
Trailmaster	-Paul Syme
Landowner Recorder	-Ian Hamilton
Editor	-Steve Taylor

#### PRESIDENT'S REPORT - 1985

This year has been very successful at both the Saulteaux (Sault Ste. Marie) club and the Michipicoten (Wawa) club. Both clubs have had lots of activity with excellent participation. The Saulteaux club had an unprecedented 21 backpackers out on the July holiday weekend trip on the Pictured Rocks trail, and it has not been unusual to have 20 people out on the day hikes.

The Saulteaux section of the trail is now in excellent condition as is the Michipicoten Trail, however the same cannot be said for the Echo Ridges and Thessalon sections where there are few members. The Penewobikong (Blind River) club has been busy trying to connect up with the new Elliot Lake group's trail. I shouldn't neglect to mention the Desbarats section which has been maintained by the efforts of the Ropkes. Unfortunately, I haven't had recent contact with the Casque Isles group.

There is still a problem with developing a trail northwards out of Sault Ste. Marie. Discussions have been conducted with Cross Country Algoma on the use of their ski trail, however a ski market study is being conducted and there is thought of widening their trail to five meters which would affect aesthetics for a hiking trail.

There is a problem with enough manpower to maintain the trail through the

Garden River Reserve and in the Thessalon area. Steve Dominy is working on a proposal for a government grant to help us with this task.

A national trail organization has been formed with Paul Syme as one of the directors. The National Trail would include most of the Voyageur Trail.

A new brochure was produced thanks to Tom Baxter's efforts. Brian Williams' computer talents were put to good use in computerizing the membership and landowner lists with the help of his father Harold who did the typing. Our membership is at present 198 with several more months to go. This compares with 206 for all of last year. These numbers are mailing list numbers so actual members including families is about double.

Unfortunately, the association has lost or is about to lose some of its most dedicated members. Donna Kidd, the Saulteaux vice president, moved south but is still involved with Hike Ontario. Brian Williams, the Saulteaux president, is about to move south also, and Norm Lediett, the president of the Penewobikong club for many years is retiring as president. We will likely be losing our membership secretary and current Saulteaux acting president Steve Dominy this coming May. We are certainly going to miss their contributions.

Last but not least, I wish to thank the many members for all their efforts. This includes the trail clearer to the supporter who pays membership but has too many other commitments to allow them to contribute in other ways. A special mention should be made on this, our tenth anniversary, to Paul Syme whose leadership made the present trail and organization a reality. There were many setbacks in the early years, but his persistence has paid off, although we are still many years away from making his dream of continuous trail from South Baymouth to Thunder Bay a reality.

One of the challenges facing the new president Peter Stinnissen is to find ways to rejuvenate the small clubs and

expand the present trails. I wish him the best and trust he will have the good support from the members that I have had during the past two years.

### THE HIKING TRIP

This article was contributed by our youngest writer to date, and it concerns the April 28 Hike in the Sauleteaux section. The author, nine year old Rachel Squire, is a student at Alex Muir Public School. Tom Allinson discusses the same hike in the following article.

Once, on a sunny morning, my Dad's friend Lyle came over. I was glad to meet him. He ate breakfast over at our house. After breakfast we went on a hike. We met at Stedman's. Lots of other people were there too. We had to put cars at two different places. Then we squished into a couple of cars and drove to the start of the hike at Creek Road. A sign there said NO GARBAGE, but we saw lots of garbage, even five bottle caps. We started on the hike and headed towards a lookout. When we got there, there was a big cliff so Mom told Laura (my sister) and I not to go near the edge. Laura, mommy, daddy, and I sat on a big rock while Lyle took pictures of us. It was a pretty picture with the steel plant in the background. Then, we left the lookout and hiked to a river. The river was skinny enough for the grownups to get across, but too wide for the kids. Some of the grownups put one foot on each side of the river and lifted the children across. Then we climbed a steep hill to another lookout. It was a nice one. Then we went back into the bush. We hiked a lot and I even did some cartwheels and a front walkover.

Then we were at another lookout where we had lunch. We had cheese, salami, trail mix, and juice. It was good. I ate just with my family and Lyle. Lyle ate with us because he forgot to make a lunch.

We continued on the hike. We walked a long way when we came to some snow which was about NINE FEET DEEP. We all

got soaked. I was wet from my toes to my knees. We came to another river and I was scared to cross it because it looked like it had rapids in it. Patrick cut a log to make a bridge so we could cross it. After crossing, we had to climb up a hill. Laura fell here. She was all muddy so we had to change her shirt. She wore my pink sweatshirt. Then we walked a little and I fell. I had no other shirt to change into so I wore my dirty shirt. We hiked until we came to another river. It was a big one. At first, we didn't see any place to cross it, but then Patrick found a bridge. Finally, we could get across. First, some of the grownups crossed it, then Mom helped Laura and I get across.

Then, we climbed up a hill and started the last part of the hike. We came out of the bush at Maki Road. While we were walking down the road, a dog came over to us. Mom wanted to take a picture of him but he ran away too fast. We walked a little bit down the road and then we had to cross a farmers field to get back to the bush. Mom took a picture of a rusty tractor in an old barn.

We walked through the bush and then the hike ended at Korah camp. It was a nice hike.

Rachel Squire

### SPRING HIKING SAULTEAUX STYLE

The Sauleteaux section of the Voyageur Trail Association had its first scheduled hike in 1985 on Sunday April 28. Fifteen adults and two children met at Stedman's parking lot at 10:00 A.M. under a sunny sky. Cars were pooled and eventually spotted at both ends and in the middle of the section to be hiked (from Old Creek Road to Goulais Ave.-- 11.5 km).

The trail was a bit wet with snow under foot in the shaded sections but it was great to be out seeing the first spring flowers. A couple of the creeks were still 'in flood' and presented a bit

of a challenge in getting across. The Bennett Creek crossing was particularly interesting. The 'ford' was narrow, but fairly swift and deep. It appeared for a moment that Steve Taylor was going to do his impersonation of a salmon swimming upstream to spawn, but luckily he made a last second recovery.

Patrick Capper spent a lot of time ahead of the pack, building 'bridges' and generally easing the creek crossing for all concerned. A great big ATTA BOY goes to Pat for his efforts.

To sum up, I would say that the hike was enjoyed by all, although the writer received some comments to the effect that the pace was a bit slow.

Tom Allinson

#### HIKING THE HIGH PEAKS REGION

Spectacular vistas and waterfalls, clear streams, cool, starry nights and sunny, sunny days were among the merits of hiking in the High Peaks Region of Adirondack State Park, New York on the Canadian Thanksgiving Weekend, 1984. I was accompanied by my brother Les from Ottawa and two friends, Rod from Vankleek Hill and Wendy from Montreal.

Adirondack State Park is situated in the northern part of New York, about a three hour drive from New York City and a similar distance from Ottawa and Montreal. For our group, the trip began in Cornwall, a convenient meeting point. At 9:00 A.M., we crossed the St. Lawrence River and wended our way along the country highways to Lake Placid. Here we agreed to stop and ogle at the vast array of outdoor equipment on display at the Eastern Mountain Sports outlet. After a few small purchases our stomachs were craving a good meal. Perhaps it can sense when it is about to be force-fed a diet of gorp, rice and other exotic foods.

It was 2:00 before we arrived at The Garden, a parking area near the village

of Keene Valley. Suddenly we were amidst a jungle of cars bearing license plates of a dozen different colours. Parking was available along the road only, and both sides were lined in two continuous ribbons for two kilometres beyond the parking lot! After a 20 minute search, we discovered a gap between a car and a maple tree wide enough for a vehicle to squeeze through. Rocks and logs were moved until a two car lot had been created, thus solving the crisis.

It was now 2:30 P.M. and we still had four miles of trail and 1600 vertical feet ahead of us. We chatted briefly with some fellows who had just spent three nights at 4000 feet above mean sea level. The informants had warned of very cold temperatures and throngs of hikers. However, we had come for an enjoyable weekend of camping, and nothing could daunt us.

It wasn't long before the multitudes made themselves known to our group. Many were day hikers who had climbed one of the nearby peaks and were returning to their cars. We passed John's Brook Lodge at about 5:00. Our intentions had been to set up a 'base camp' there, but the multitudes of tents forced us onward through the encroaching dusk.

Our salvation soon appeared in the form of a descending hiker who gave us some inside information on an off-trail campsite a mile further along. We discovered the secluded site after clambering over the icy boulders of the brook below Bushnell Falls. In the twilight, we established camp and gathered firewood. After a hot dinner and a glass of wine we concurred that we wouldn't want to be anywhere else. Shortly thereafter, Les was shivering in front of the fire, wearing all his extra clothes! It must have been a blood type problem, as I felt fine with half the clothes. Fortunately, Rod had packed an extra down jacket, as well as the wine, smoked oysters, and cream crackers. It suddenly became apparent why he was bent over double coming up the trail.

After a chilly night, we welcomed the roaring blaze of our campfire in the morning. A hearty breakfast gave us the boost we needed to continue our ascent. Unburdened by 40 pound (18 kg) packs, hiking took on a very different meaning for Wendy and Les, the novices. The sun quickly warmed the air and began to melt the snow, which first appeared at around 3500 feet above mean sea level and became deeper as we climbed. The first snowman of the season was encountered about a mile from the peak. As the trail became more slippery, we had to stand aside as a group of hikers slid by. That exercise became routine until we reached the bare rock of, yes, the peak of the highest mountain in New York, Mount Marcy. Was it worth it, I asked my brother? All I heard was a couple of gasps, as I turned to see him flaked out over a boulder. Rod, who was prepared for all emergencies, quickly revived him with a cup of hot tea spiked with a shot of spiced rum.

The climb had taken us a total of four hours, leaving us with only 2 1/2 hours to return to camp before darkness settled on us. We descended quickly, thinking constantly about the meal awaiting us. The lovely sunshine fell behind the trees after an entire day of adding colour to our pale skin. Supper consisted of soup, chili and pudding, and Rod offered a glass of Bailey's Irish Cream to his jubilant companions. We were even able to entice the neighbouring campers from Buffalo into joining us for a campfire conversation before bed. It was a fitting end to a glorious day!

The next morning we reluctantly pulled up stakes and carried our lightened packs back to the car. The parking lot had been virtually vacated and driving out of our manufactured parking space proved to be decidedly easier than parking there. The Ottawa and Montreal contingents parted company after a tour of the Mountaineer Outdoor Supply Shop in Keene Valley (well worth a visit) and a hearty lunch in Lake Placid, but only after vowing to make this an annual event!

A NOTE OF CAUTION. Should any readers be considering a visit to Adirondack State Park, you should be prepared to carry your water. The stream water there is infested with the microscopic cysts of Giardia. This tiny protozoan, when ingested, lodges in our small intestine and causes a diarrhoea requiring antibiotics for a complete cure. The parasite is spread when an infected individual defecates very close to a water course. Giardia hosts in any warm-blooded creature (deer, dog, beaver, bear and man). You may have heard the infected condition referred to as 'beaver fever'.

Steve Dominy

#### TRAIL MIX

We have recently had general greeting cards prepared with the Thunderbird logo on the front. Should any member like to give a gift membership to a friend, we would be happy to send a card with your greeting handwritten inside.

The next newsletter should come out in late January. Articles for it should reach Steve Taylor by no later than January 10, 1986.

The club financial statement for 1985 is ready and copies are available from the club upon request. To highlight, the balance is \$521.59, down from \$1245.03 a year ago. Lower expenditures in 1986 may rectify this direction in our balance, but sufficient donations would certainly help as well.

Members may wish to make note of our membership secretary, Steve Dominy's new phone number. It is 942-3042. Steve may be leaving in the spring to travel and then further his education. In the meantime, he vows to serve enthusiastically.

Help would be appreciated in proof-reading, printing, and putting the newsletter together. Any one of these tasks

would involve only a small commitment, perhaps an evening, three times per year. If you are interested, please contact Steve Taylor.

#### A PLEA FOR MEMBERSHIPS

Please note that the 1986 membership year starts November first. Those who pay in the latter part of 1985 will save the club postage required to send out a reminder. The executive would ask that you consider this and renew promptly by filling out the form at the back.

#### SKI OUTING

On January 11, 1986, a cross country ski outing to Batchewana Bay has been scheduled. Dress warmly, bring a lunch (that won't freeze rock hard), and meet at the K-mart plaza parking lot at 10:00 A.M. The trip is not expected to be too strenuous and we hope to ski on groomed trails. It is hoped that a few more ski outings will be submitted for the January newsletter.

#### ANNUAL MEETING REPORT

The Annual Meeting of the V.T.A. was held earlier than usual this year, on Saturday September 21 at the Bluewater Inn at Gros Cap. After the business meeting, there was a buffet lunch. Then, M.P.P. Bud Wildman unveiled our tenth anniversary plaque in front of about 35 people in the cool autumn air by the lake. The bronze plaque is mounted on a boulder and reads "To commemorate the opening of the first section of the Voyageur Trail in September 1975. The Voyageur Trail became a reality due to

the vision and leadership of Dr. Paul Syme. V.T.A. September 10 1985".

Afterwards, people who wanted to hike split into two groups. One group hiked up the hill behind the Bluewater Inn while the other group of more ambitious hikers trekked along the Red Rock Extension to Lake Superior. This northward extension is not in the guidebook, but it offers a pleasant trip through some hardwood and mixed woodland, a rather picturesque set of waterfalls, and a secluded but rugged cobble beach on Lake Superior.

#### BIRDS ALONG THE VOYAGEUR TRAIL

The following species of birds were noted along the trail by one of our avifauna experts who wishes to remain anonymous.

Horizontal Sunbird  
Starlit Teenager  
Hairy Chested Barbecue Burner  
Red Eyed Bleary-o  
Belted Whiskey Jock  
Three Toed Woodhacker  
Night Flying Tent Pitcher  
Camp Dinner Hawk  
Frustrated Red Spotted Flycatcher  
Early Morning Gravel Throated Warbler  
Long Legged Swift  
Fine Clothed Swamp Swallow  
Ill Equiped Creeper  
Lost Bird of Paradise  
Blue Toed Winter Wren  
Semipalmated Yellow Rainbird

Our expert wishes to note that the Common Chicken and the Blue House Sparrow were not seen anywhere along the trail this summer.

Hike Ontario!

**OUTLOOK**

Box 653, Station K, Toronto, Ontario, M4P 2H1

## **“Broadening Horizons” Second Ontario Hiking Conference**

Gordon Thompson, President of Hike Ontario! is pleased to officially announce that the Second Ontario Hiking Conference will be held May 16 to 19, 1986 at the University of Guelph, hosted by the Guelph Trail Club.

Plan now to spend the May long weekend at Guelph attending workshops, exchanging hiking experiences with old and new acquaintances, viewing displays, and hiking in the Grand and Eramosa River watersheds.

Kathleen Brown, Conference Chairman, Jill Leslie, Program Committee Chairman, and a hoard of volunteers are planning a conference for the whole family. The theme of this second Ontario gathering - the first was held in Peterborough five years ago - is "Broadening Horizons," for the individual hiker, for the hiking movement in Ontario, and for the hiking fraternity of Canada.

Current plans call for two 1 1/2 hour slots on Saturday and Sunday afternoons for workshops on strengthening local clubs, trail maintenance techniques, photography, attracting volunteers, orienteering, extending the trail philosophy, new hiking equipment, etc. Participants will have the opportunity of strolling through historic Guelph, founded by John Galt in 1827, and still possessing a fine array of 19th century limestone buildings.

Some outdoor workshops and short hikes will be scheduled into these 1 1/2 hour slots. Longer outings are planned for Monday. There will be a special program for children.

Three 'special' meals have been scheduled for you gastronomes, a pancake breakfast on Saturday, a barbecue lunch on Sunday, and a banquet on Sunday evening with an after-dinner speaker plus entertainment. On Saturday night there will be square dancing and an opportunity to view slides of fellow hikers' expeditions; if you have been on an interesting hike recently and would like to share your photographs with us, put together a 30 minute show and bring it along.

Registration forms will appear in your local hiking association newsletter in the fall or winter along with further details of the program.

## Hike Ontario! Executive 1985

Past President	Bob Fanning	(416) 298-7250
President	Gordon Thompson	(416) 242-4397
Secretary	Chris Hart	(519) 886-5273
Treasurer	John Cole	(519) 455-7448
HO! Conference Treasurer	Donna Kidd	(519) 885-0083

### Walking Facts and Fallacies

Howard Hunt, Chairman of the Physical Education Department at the University of California at San Diego puts forward the following:

**Fallacy:** jogging is a better form of exercise than walking. **Fact:** a brisk walk is equivalent to a jog. Hunt advocates a 5 to 10 minute warmup of twisting, turning, stretching and bending to limber up. Walk briskly at least four times a week for thirty minutes. Keep the pace at 3-plus miles per hour and you will get rid of 300 calories over that thirty minutes.

### Hike Ontario!

#### Awards

In the past year at least three clubs have presented the Hike Ontario! award (a beautifully designed scroll) to individual members of their respective clubs. The Grand Valley Trails Association honoured Christine Tranmer for service on the executive, for her involvement in land-owner relations, and

ance and newsletter activities. The Guelph Trail Club honoured Kathleen Brown for her decade-plus service as trail organizer and maintainer; and the Rideau Trail has presented Cathy Cutts with the award for long service at all levels of the club executive and for an unbounded enthusiasm for hiking.

#### Backpack Research at University of Waterloo

Results from the research lab of kinesiology professors Bob Norman and David Winter could very well lead to the design of a backpack that will be more comfortable for hikers on a long trek. Funded by government agencies on behalf of the Canadian Armed Forces their research employs sophisticated biotelemetry and computer technology. In part of the research, subjects carry 34 kilograms (about 75 pounds) on a preset route for an hour and a half. As data is collected "patterns are built up that indicate the effect of changes in the weight of the

of the load in the pack, its design, and the amount of fatigue from prolonged carrying."

Certain recommendations are coming out of the studies. For example, it is recommended that chest level be the proper centre of gravity for a backpack, rather than around the ears. This latter position is presently the most popular; although subjects find the high position comfortable at first, increased back stress is encountered over long hauls, and when a subject stumbles. In addition it is recommended that the pack not exceed 20 kilograms (about 45 pounds); most people can carry a pack of this weight for long periods with only slight fatigue, but increasing this weight, even slightly, leads to a great deal of tiredness. Let's hope that some backpack manufacturers pick up on this research and give you wilderness types a new pack.

UW Gazette, 1984

Dave Hull - Editor