



# VOYAGEUR TRAIL NEWS

PUBLISHED BY THE VOYAGEUR TRAIL ASSOCIATION, A MEMBER OF F.O.H.T.A.

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NO: 33

EDITOR: STEVE TAYLOR

SPRING, 1986



LAKE SUPERIOR SHORE AT DUSK

The Voyageur Trail Association Executive is currently as follows;

President	-Peter Stinnissen
Vice President	-Tom Baxter
Second Vice President	-Vacant
Secretary	-Kristine Stinnissen
Treasurer	-Dieter Ropke
Membership Secretary	-Patrick Capper
Trailmaster	-Paul Syme
Landowner Recorder	-Ian Hamilton
Editor	-Steve Taylor

#### THE COVER

Our cover photo shows some of the islands in Lake Superior off of Gargantua Harbour. One must climb the hill that forms the headland of Gargantua Harbour to see this particular panorama, but many impressive vistas of hills that reach down to island studded waters are offered from near the coast along the north shore of Lake Superior. A weekend backpacking Hike in this area is scheduled for the July long weekend.

#### PRESIDENTS REPORT

Greetings fellow hikers! Let me begin by saying how impressed I am with the enthusiasm and energy exhibited by members of the Voyageur Trail Association. In particular, mention should be made of the Saulteaux Club for their highly successful annual dinner and hiking workshop. Congratulations!

As an association, we are evidently alive and well, however, some challenges lie ahead. The 1980's is a time when self sufficiency is the operating word. We can no longer rely on government grants to operate or promote our recreational pursuits. For hiking organizations, this will mean more fund raising activities to support and promote our sport. To meet this new challenge, the VTA board has approved the active promotion of classified adver-

tising in our newsletter. Special rates will apply to VTA members who wish to use this service.

Another challenge lies in the changing demographics and choice of leisure activities in our society. An indication of this change is mirrored in the magazine trade, where special interest magazines such as Backpacker and Hiking have undergone content and/or name changes to appeal to a larger audience. They have realized that the hiker is an outdoor enthusiast dabbling in a multitude of recreational pursuits, including photography, cross country and downhill skiing, nature observation, travelling, canoeing, kayaking, and many more activities. Not only are recreational interests expanding into other areas, the population is aging and activities must include the progeny of the baby boom generation. Perhaps we must adjust our goals or accept new activities to satisfy this new breed of recreationist. The Federation of Ontario Hiking Trail Associations (Hike Ontario) is one such organization which is presently doing some soul searching to identify its role in the complex and changing field of recreation. Hopefully, the members of the hiking fraternity who attend the upcoming Hiking Conference in Guelph on May 17-19 of this year, will suggest new ways for this organization to serve our needs.

A final challenge is to reach our original goal of a hiking trail from Manitoulin Island to Thunder Bay. The infectious enthusiasm I have witnessed in my short term as president will go a long way towards maintaining our present membership, and recruiting new members. We hope this year to reach new members and develop new clubs in the Lake Superior region, and to revive hiking interest in the Lake Huron area. With your ideas and energy, we will meet these challenges.

Peter Stinnissen

Hike Ontario!

# OUTLOOK



Box 651, Station K, Toronto, Ontario, M4P 2H1

## South Moresby National Park

The issue of logging in the area of the proposed South Moresby National Park is much more than a regional dispute. The final decision will be an indication of our country's maturity in handling environmental issues. The threats of a Suzanne Blais-Grenier to log and mine in national parks are hopefully behind us. Have we gained the wisdom, however, to preserve the rich resources of the Queen Charlottes for future generations?

The magnificent forests and coasts of the Queen Charlotte Islands are unique. Already centuries old when Columbus arrived in North America, the Sitka spruce, western hemlock and red cedar are among the largest trees on earth. But they are targeted for logging in South Moresby, the wildest and most beautiful part of the island.

It is a special place, boasting

- the world's largest concentration of the rare Peale's peregrine falcon and the largest nesting concentration of bald eagles in Canada
- over one-quarter of all the nesting seabirds on the Canadian Pacific coast
- more than one-half of Canada's Steller's sea lions
- eleven species of whales
- the world's largest black bears
- plants, birds, mammals and insects found only on the Queen Charlotte Islands
- several hundred archaeological sites, including the Haida Indians' Ninstints village, a UNESCO

World Heritage Site

- some of the most majestic scenery on earth.

Yet the area is threatened by clearcut logging operations. Because of the steep slopes, the result will be erosion and landslides. South Moresby has only 2/10 of 1 per cent of British Columbia's productive forest land. There are other alternatives for the logging companies without the loss of jobs.

Naturalist artist Robert Bateman has written: "Preserving bits and pieces of South Moresby is not good enough. It is like preserving a stately historic building and surrounding it with parking lots."

We must show the federal and provincial governments that Canadians care about South Moresby.

Federal Environment Minister Tom McMillan and BC Environment Minister Austin Pelton have said that they place top priority on preserving the area. But they need strong public support to convince their governments that South Moresby needs to be preserved.

You can help. Write Prime Minister Mulroney and Premier Bennett. Tell them to stop the logging of South Moresby **NOW** to preserve this world treasure as a park for ourselves and future generations.

Rt. Hon. Brian Mulroney  
Prime Minister  
House of Commons  
Ottawa, Ontario  
K1A 0A6

Honourable William Bennett  
Premier  
Parliament Buildings  
Victoria, British Columbia  
V8V 1X4

Ross McLean

## NEWS ROUNDUP

### Hiking for health

The Salteaux Section of the **Voyageur Trail Association** held a Hiking for Health workshop earlier this year that included sessions on first aid, finding your way in the woods and emer-

gency outdoor survival tactics. Willard Kinzie took the mystery out of hiking and backpacking for those new to it all. Darcy Ortiz and Virve Squire got together to take a light-hearted look at food packaging and food preparation

for while on the trail.

Voyageur was organized in 1973 and received its provincial charter the following year. To mark its ten years since the first section was completed, at the 1985 annual meeting a bronze placque

# **“Broadening Horizons”**

## **Second Ontario Hiking Conference**

**May 16 to May 19, 1986**  
**University of Guelph, Guelph, Ontario**

### TAKE A HIKE TO GUELPH IN MAY

Under its thick blanket of snow, southern Ontario waits — trilliums and garter snakes, ladyslippers and toadstools — ready to welcome serious and dilettante walkers alike on her trails. Plan to take a hike or two, and talk to other enthusiasts about the future of Ontario trails at the **Second Annual Hike Ontario Conference** at the University of Guelph from May 16 to 19, the long weekend.

The conference is designed to appeal to all ages and a wide spectrum of interests with sessions on new trails, trail management, backpacking and securing public trails, workshops on communication skills and bird identification, a look at opportunities for Ontario hiking with Minister of Natural Resources Vince Kerrio and leaders of the Canadian trails movement, including Doug Robertson, Ray Lowes, Gordon Thompson, and Douglas Campbell

of the National Trail Club Association. A town meeting will help bring all the ideas together.

The conference, a follow-up on the highly successful Peterborough event of 1980, will not be all work. Participants will have an opportunity to work up a lather square dancing, laugh with the comic folk group, The Beirido Brothers, enjoy a barbecue, bird watch or jog at dawn and enjoy a presentation on the High Arctic by internationally known conservationists Janet and John Foster.

It's all in Guelph and the conference committee invites you to attend. Registration forms were included in the Winter 1986 *Bruce Trail News*. For further information or a spare copy of the registration form, contact registration chairman Jim Pierce (519) 821-3057 or program co-ordinator Jill Leslie (519) 821-2133.

was unveiled that included a tribute to “the vision and leadership of Dr. Paul Syme” the founder of the Voyageur Trail Association.

### **Ten-year celebration**

The **Avon Trail Association** has recently celebrated a tenth birthday, the trail having been officially opened in 1975. Master of ceremonies Perry Hill paid tribute to two key people responsible for getting the trail organized: Dr. Crosby Kirkpatrick and James Essex.

### **New guidebook**

The **Bruce Trail Association** has also been busy putting together a new guidebook. It is the fifteenth edition of the guidebook and although there are not a great number of changes from the previous edition — a few minor and two major changes — editor Trevor Stock did have to totally re-draw two of the maps. This was because the association's Toronto section now has its northern

terminus at Cheitenham instead of Dark Corners, also because its Niagara section has put in a very attractive 2-day loop trail that links Niagara-on-the-Lake to its trail network.

Another very attractive side-trail, one that didn't make it to the guidebook in time, was recently put in by the association's Caledon Club. Details appear in the current issue of *Bruce Trail News*.

### **Hiking course**

This past fall, **Thames Valley Trail Association** offered a four-week course at Fanshawe College, London, on Hiking for Fun and Fitness. Besides evening classroom instruction, the group was introduced gradually to all aspects of hiking, beginning literally at ground level on a work party. This was followed by an in-city hike of 2-3 hours, and a longer 24 km jaunt around Fanshawe Lake.

Co-ordinator Jean Law was assisted by volunteer instructors Cathy Anderson, Ron Gill, Jack Mayos, Bill Savage, Bob Vischscaper and Steve Winder. Registration fee was \$35.00.

The course was so well received that Thames Valley has been asked to present a similar session in the spring. The interest generated prompted many of those attending the course to join TVTA. This is a good way to keep hiking alive and active.

### **End-to-end hikes**

Charlie Aberhart led another successful end-to-end hike on the **Thames Valley** trail in 1985. It took place over four consecutive weekends and proved very popular, with more than 20 people participating on some days.

Carved wooden Hornehiker plaques were presented to eight members who completed the end-to-end. Hikes were approximately ten miles in length each time.

Thames Valley also operated a two-day end-to-end hike on a June weekend, and sixteen persons completed that in spite of poor weather on the second day. Participants included members from Blue Mountain, Iroquois, and Grand River hiking clubs as well as TVTA-ers. This annual event will take place again this year.

From four to two to one... If Jack Mayos and Gord Anderson spent one evening last year soaking their feet — well, it was understandable. These two TVTA-ers set some kind of record by hiking all 60 kms. of the Thames Valley Trail IN ONE DAY! They started out from St. Marys about 5:45 am and finished in Byron about 8 pm, which meant a steady pace all the way.

Hike Ontario! wishes to acknowledge the support of the Ministry of Tourism and Recreation during 1985.

Keep in touch, spread the word. Please send news of your association's activities to:

**Norman Day**  
Outlook editor  
17 Marlborough Avenue  
Toronto  
Ontario M5R 1X5  
Tele: (416) 922-4880

SCHEDULED EVENTS

SAULTEAUX CLUB

May 3 - Hike Red Rock area. We will hike the trail off of the Red Rock Road and return to the road along the Lake Superior shore (Approx. 12 km). Bring a lunch and meet beside the gas bar at Stedman's Plaza on Second Line at 9:30 a.m. sharp. This hike will be moderate in terms of difficulty.

May 25 - Sunday hike in the hardwood forest in the camp Korah area. Meet at Stedman's at 10:00 a.m. with lunch and fly dope. Spring wild flowers should be near their peak and many songbirds should be passing through. Horst Wetzel invites us to a campfire afterwards if you are interested. The hiking should not be too difficult.

June 7 - Hike from near Hwy 129 east to Melwel Lodge Road (north of Thessalon), a distance of about 16 km in relatively easy hiking terrain. We will begin on sparsely wooded Precambrian shield rock with great views. Eventually, we will progress into hardwood forest. A dinner and swim afterwards is planned for those who are interested. Please contact Dieter Ropke at 253-8375 for more details if you wish to attend. Bring lunch and FLY DOPE.

June 27 (Friday evening) to July 1 (Tuesday) - Shoreline backpacking from Gargantua Harbour to Katherine Cove in Lake Superior Provincial Park. We will spend Friday night at Gargantua, so any kind of food will do, but for the remainder of the trip, the more lightweight your pack, the more you will enjoy the trip. This is a good opportunity to take in a beautiful and remote section of Lake Superior shoreline. Interested persons should contact Dieter Ropke (253-8375). There may be a group size limit if response is too great. Tuesday July 1 is Canada Day so participants may have to arrange to take Monday off work. Note that a bottle

ban and an interior camping fee of \$2.50 per person per night are in effect for Lake Superior Provincial Park.

July 12 - Hike Driving Lake and Garden River area. Tom Allinson leader. Meet at Churchill Plaza at 8:30 a.m. Bring lunch and fly dope. Some rough trail could be encountered over the distance of about 10 km.

August 1 (Friday evening) to August 4 (Monday) - Three day hike to Pictured Rocks National Lakeshore in Michigan's Upper Peninsula. Hike from park headquarters to Little Beaver Lake. Those interested contact Tom Allinson (256-8742) by July 11. This trip is fairly long but the trail is quite easy after the initial climb. There is a limit of 16 people.

August 17 - Hike Shaw Dam to Hwy 129; about 10 km. Barbecue afterwards. Bring your own food. Meet 9:00 beside the gas bar at Churchill Plaza. Some climbing.

Aug 22 (Friday evening) to August 24 - Meet Friday night at the Agawa Bay Campground. Hike Towab Trail Saturday to Agawa Falls, stay over Saturday night, Hike out Sunday (total about 27 km). Those interested contact Tom Allinson (256-8742) by August 15. There will be a \$2.50 fee per night per person.

Aug 30-Sept 1 - Canoe trip in the Rocky Island Lake area. Meet Friday evening or early Saturday morning at Rocky Island Lake and paddle Saturday, Sunday and part of Monday, returning to the Sault Monday evening. The area is located about 2½ hours drive NE of the Sault on the Missisquoi River system. Rocky Island Lake and associated lakes form an extensive network of island studded waters with many sandy or rocky pine shores and many inlets and bays. There should be little portaging. For more details contact Darcy Ortiz at 942-5709 or Steve Taylor at 253-7541.

September 20 - Fall super hike on the Hoken Lien Trail at Stokely. We will probably suggest stopping for supper on the way back for those interested. Meet beside the gas bar in the K-Mart Plaza at 8:00 a.m. Bring lunch and wear bright clothing (no fur coats). This trip will be 20 km. over fairly demanding terrain.

October 19- Ramble along the Lake Superior shoreline north of Gros Cap. Meet at Stedman's by the gas bar at 9:00 a.m. with lunch and bright clothing. There will be some rough terrain.

#### Other Events

Go to Blazes Day- May 24 for the Voyager Trail Association. Contact your club for more details (club presidents note). Let's get together with your club to have some fun and clean up trail. Members in the Sault Ste. Marie area should meet at Churchill Plaza beside the gas bar at 9:00 a.m. with lunch and fly dope. It should be an enjoyable day.

Ontario Hiking Day- October 5. Again, club presidents note. Let's try to show non-members our trail as well. People in the Sault Ste Marie area should meet at 1:00 p.m. at the K-Mart plaza beside the gas bar for an easy fall colour ramble.

#### TRAIL MIX

The Voyager Trail Association has just received some funding through a grant administered by Hike Ontario for upgrading association newsletters. Our funding, which was granted on a 50/50 basis (we pay 50% of the cost), was used to fix and service the equipment which prints the newsletter, and to obtain some photos from slides for the cover.

The Voyager Trail Association has tickets available for a draw for Robert Bateman prints. The draw will be held at the Hiking Conference in Guelph

on the Victoria Day weekend. Two winning tickets will be drawn. One of the prints depicts two terns on a rock, the other a roe deer in the morning mist. The funding is to help finance the conference, and some of the extra money will be turned over to the VTA should there be a profit. Tickets are \$2 a piece or 3 for \$5. Anyone interested should write the association or give Steve Taylor (253-7541) a call.

The Hike Ontario Outlook section of our newsletter has a new editor in Norman Day. He intends to improve this page and to update readers with notes on other hiking clubs in the province. This page goes in the newsletters of all clubs that are members of Hike Ontario. See also Norman's add for day hiking in England.

Many VTA members may not know much about Hike Ontario (formerly referred to as FOHTA). As well as giving us the Outlook page of our newsletter, this organization has obtained grants that have allowed us to fix some of our newsletter printing equipment, and to bring Willard Kinzie to the Saulteaux Club's February Workshop. They organize Go To Blazes Day and Ontario Hiking Day, and this year, they are helping with the organization of the "Broadening Horizons" Hiking Conference on May 16 to May 19 in Guelph. The mandate of Hike Ontario is to help promote hiking in Ontario, and to partake in activities which will benefit hiking clubs in the Province. At this point in time, Hike Ontario is trying to determine how it can help hiking clubs in Ontario. If you have any ideas as to what such an organization can do for hiking, or how it can help the Voyager trail Association, please drop the VTA a line.

We had an incident in 1985 where a small portion of the Voyager Trail in the Echo Ridges Section was logged. The logging company had chosen to disregard guidelines suggested by the Ontario Ministry of Natural Resources. When confronted on this issue, the company attempted to repair some of the

damage that had been done, but a proposed rerouting around a muddy skidding track was ignored. Because the suggested guidelines were not written into the cutting license, no further action could be taken. This year, guidelines concerning the trail have been included in the cutting license. Such action is evidence that perhaps our trail has been given some importance by the OMNR in the Sault district. Let's hope that such is the case in other districts through which the trail passes.

The VTA has recently received a grant from Wintario to update our guidebook. Sometime in the latter part of the year, we plan to have an improved and new second edition available. Those interested in purchasing a guidebook may wish to consider postponing their expenditure until the new edition is out.

Irma Mahlmann of Oskar's Heyden Crafts has extended an invitation to anyone who is interested in Wednesday afternoon hiking. There are some nice trails through the woods behind her house. She would welcome company any week beginning May 21 and continuing into the fall. Call her at 777-2426 for more information or to confirm that the hike is still scheduled for a given Wednesday, or meet her at Oskar's Heyden Crafts at 2:00 pm.

#### EDITORS NOTE

In the last newsletter, Jim Mitchell was incorrectly identified as Ken Kansikas.

If your name or address on the label is incorrect, please pass a note on to us so that we can make corrections. If you don't, our labels are now computerized, so the same mistake will appear in the next newsletter.

Putting together a newsletter requires a large amount of time. The newsletter must be typed up, proofread, corrected, and typed out on a word processor in its final form. Then,

there is cutting and pasting for the final touch. Next, stencils are cut and the newsletter is printed. Labels have to be printed and stuck onto the newsletter. The newsletter is then collated, stamped, folded, stapled, and mailed. A number of people help with many of these steps, and I felt that it was about time to extend a thank-you to all of you. I would also like to encourage more people to become active in the various stages of putting a newsletter together. It would also be nice to have more sources of written material if anyone feels that they may have something to contribute, even if it is just for the 'Trail Mix' section. The newsletter is also a voice for you in the association.

Information for the next newsletter should reach me by Sept 15, 1986.

#### SAULTEAUX CLUB REPORT-HIKING FOR HEALTH WORKSHOP

The weekend of February 21-22 was a big one for the Saulteaux Club. On the Friday evening, 101 people attended the annual dinner to socialize and to hear Willard Kinzie speak on his tours to The Adirondacks, the mountains of Wyoming, and the Grand Canyon. Then, on the Saturday, an estimated 80 people attended all or some of the HIKING FOR HEALTH workshop at the Sault YMCA facility.

After a hectic put-together session, the workshop got underway shortly after the scheduled 2:00 p.m. start time with a presentation by Willard Kinzie. Willard covered a number of pertinent points for both novice and experienced hikers, using some fascinating examples. He stressed that novice hikers actually make fewer serious mistakes than expert hikers. Sally Childs then told us how to get lost in the woods, and then distributed maps and compasses around the room for some practical work in an entertaining session. Darcy Ortiz and Virve Squire revealed some interesting approaches on

how to and how not to plan camp meals. Andre Riopel had us bandaging the ankles of adjacent people in an informative session dealing with hiking from a physiotherapist's view. Glen Humphrey's talk closed the proceedings, and probably everyone would agree that he is unlikely to perish should he get lost in the woods in the winter (but can we remember to bring all of those things). It appeared that all speakers presented material that was of interest to people present, including both novice and experienced hikers. A good deal of discussion followed all talks, indicating that the speakers were well received.

The response was sufficient for the Saulteaux Club to consider similar events in the future. A single seminar format could be adopted. Any suggestions for topics or speakers would be welcomed.

#### SOME NOTES ON FOOT CARE AND FOOTWEAR FOR THE TRAIL

Since the feet are among the most important parts of the body when it comes to hiking, it seems logical that they should be given a little consideration when one is planning a hike. In spite of this, it seems that we all have our own ideas as to how to look after our feet, and some people probably haven't thought about it much at all. Thus, it seemed worthwhile to kick the subject around a bit. Although I am not a foot expert, I have incorporated some ideas from other people along with some personal experience.

So you are planning a hike. Maybe you should consider your feet before you put anything on them. At the Saulteaux Hiking for Health Workshop, Willard Kinzie related a story from one of his trips that is worth listening to. A young man from another group had to be carried out of the Grand Canyon for treatment because he had infection and broken blood vessels in his feet. Apparently, the constant banging of his toes into the end of his boot had

pushed his toenails back into his toes. Willard says that the simple procedure of cutting toenails can mean a lot on a hike. He also recommended that calluses and corns be removed before a long hike as blisters can start under them.

Now it's time to put socks on. Blisters develop on hikers feet usually because of heat. This heat is generated by something rubbing against the feet. Thus, you want to minimize rubbing. Willard recommends wearing a thick outer pair of socks over a thin inner pair. Be careful though, not to put so much material on your feet that your blood circulation is cut off, especially in very cold weather. Once some rubbing does occur, one should quickly cover up the "hotspot" with something that will not move. Some people swear by moleskin or Spenco adhesive kits. Others prefer various combinations of a bandage and a substance that lubricates the area. A firmly attached dressing applied like a donut with a hole over the affected area, can be used after ointment has been applied. Band-aids are not recommended, but in conjunction with ointment, they can be used in a pinch.

Again, people have different ideas when it comes to boots. A couple of rules should be followed. First, boots should be large enough to comfortably fit over two pair of socks, and small enough so that there is not a lot of free space for feet to move around and rub in. Secondly, a long hike is not the time to try on new boots. Boots MUST be broken in before a major hike is undertaken. You may be able to impress other hikers with your new boots at the start, but you are asking for a lot of pain. I've seen many hikers with blisters and sore feet because they did not break in their boots first.

The type of boots to buy depends on the terrain to be encountered and the support required by the person. Several people have told me that they don't like plastic soles because they don't grip certain surfaces. Mountain