

# VOYAGEUR TRAIL NEWS

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

BOX 66, SAULT STE. MARIE, ONTARIO P6A 5L2

NO. 23

EDITOR: KEN JOHNSON

WINTER, 1982-83



A WINTER STREAM, SAULTEAUX SECTION

Photo by G. T. Harvey

**PRESIDENT'S REPORT**  
**1982**

(Presented at the A.G.M., November 20, 1982)

Members and friends, I have some good news and some bad news for you today. First, the bad news. The Thunder Bay Club has folded, primarily because of the lack of support from the members. The membership of that club was made up mostly of students, who, of course, are away during the Summer trail-building time, at summer jobs. The Sudbury Club has also folded, partly due to the unfortunate death of one of the prime movers and the President of the Club, Robert Brown. There has been little maintenance of the Rainbow Section, because of the lack of members in that Club, and similarly, there has been little maintenance of the Thessalon Section, but I will say more about this later. We were unfortunate to lose one of our prime movers in the Goulais Bay area, Derry Armstrong, who has moved to Alberta, and our membership is falling. That's the bad news.

Now for the good news. The Echo Ridges Section is almost completely painted and will require just a little more work next year. The portion of the Casque-Isles Section that has been cleared is now completely blazed, although the clearing of the entire section is not complete. It won't be as easy to get lost on that section now. The Penewobikong Club is making steady progress in extending their section around Blind River, and we expect to have a club in Elliot Lake this year. One of the Casque-Isles members is still trying to find someone in Thunder Bay to restart the Thunder Bay Club. Finally, as a spin-off from the highly successful event held last year by the Bruce Trail Association, there is to be a province-wide GO-TO-BLAZES DAY this Spring, Saturday, May 14th, 1983, wherein all members are encouraged to get out and spruce up their section. The Saulteaux Club is being asked to assist in sprucing up the Thessalon Section, prior to it being measured and mapped this Summer. (see article on Page 3).

Over the past year, I have acted as your F.O.H.T.A. representative, attending 5 meetings a year, and currently am serving as President of that Association. I have attended several meetings on volunteerism and have responded to many enquiries from various sources.

The Voyageur Trail Association has accomplished a great deal over the past year and you should all be proud of this record. An enormous amount of time, energy and talent has been unselfishly donated by many of our hardworking members.

In conclusion, I would like to express my sincere appreciation to all of you, whose enthusiasm, dedication and hard work, has made my job as President a pleasure, and I feel confident that the Voyageur Trail Association will continue to grow and expand in the future.

PAUL D. SYME

## MAILBAG

In our last issue we published a letter from Mr. Lance Feild of the North Country Trail Association. The following is the VTA reply:

"Dear Mr. Feild,  
On behalf of Mrs. L. Armstrong, Editor of the Voyageur Trail News, I wish to thank you for your recent letter and for your interest in the Voyageur Trail Association.

Your thoughts about a link with the Voyageur Trail and the North Country Trail had already crossed our minds and since the proposed route of the NCT (don't believe it is completely built yet, but I stand to be corrected!) seems to approach within about 60 miles of Sault Ste. Marie Michigan, that seems to be an appropriate spot to link the two trails. Of course, the link would necessarily have to pass through both the Saults, not exactly a "natural" route! With this in mind, however, when the NCT is built, perhaps it could be routed a little closer to Sault Ste. Marie, Michigan."

Paul D. Syme,  
President.

## HYPOTHERMIA

Adapted from  
THE TRAIL VOICE, VOL. IV, NO. 4

Hypothermia (commonly called exposure) occurs when the body core temperature drops below 37°C or 98.6°F. Common causes are the choice of inadequate clothing or by the decreased insulation value of adequate clothing due to perspiration or an unexpected soaking. Exhaustion or hunger can increase your vulnerability to hypothermia as can illness or injury.

The onset of hypothermia is very gradual and difficult to recognize. By the time the symptoms of disorientation, irritability, fatigue or giddiness become noticeable, the victim's condition is serious and treatment should begin at once. If hypothermia symptoms are noted in a member of your party seek shelter away from the wind immediately. If the victim is conscious a hot, non-alcoholic drink and additional clothing is the best treatment. Wet clothing should be changed or taken off and thoroughly wrung out.

..... Cont'd p8

## GO TO BLAZES!

A "Go-To-Blazes" Day is planned for Saturday, May 14, 1983. This is an occasion to clean up the trail and refresh the blazes.

All volunteers should bring a paint scraper and a 1 to 1 1/2 inch (25 - 40 mm) old paint brush, or a pair of pruners. Paint will be supplied. Bring a friend and introduce him or her to the delights of nature. No major construction will be done.

The Saulteaux Club will go to Thessalon to clean up that section before it will be measured and described this summer. Other clubs will refresh their respective sections. A social get-together afterwards for all volunteers will be planned.

You will be contacted by one of your club members, so be sure to volunteer, and make this a success. One day's work will provide all users with a more enjoyable trail and summer recreation.

This event is sponsored by F.O.H.T.A. and will be held across the Province on all Hiking trails. More news about Go-To-Blazes Day later, but mark the date in your calendar now!



#### TIME TO RENEW YOUR MEMBERSHIP

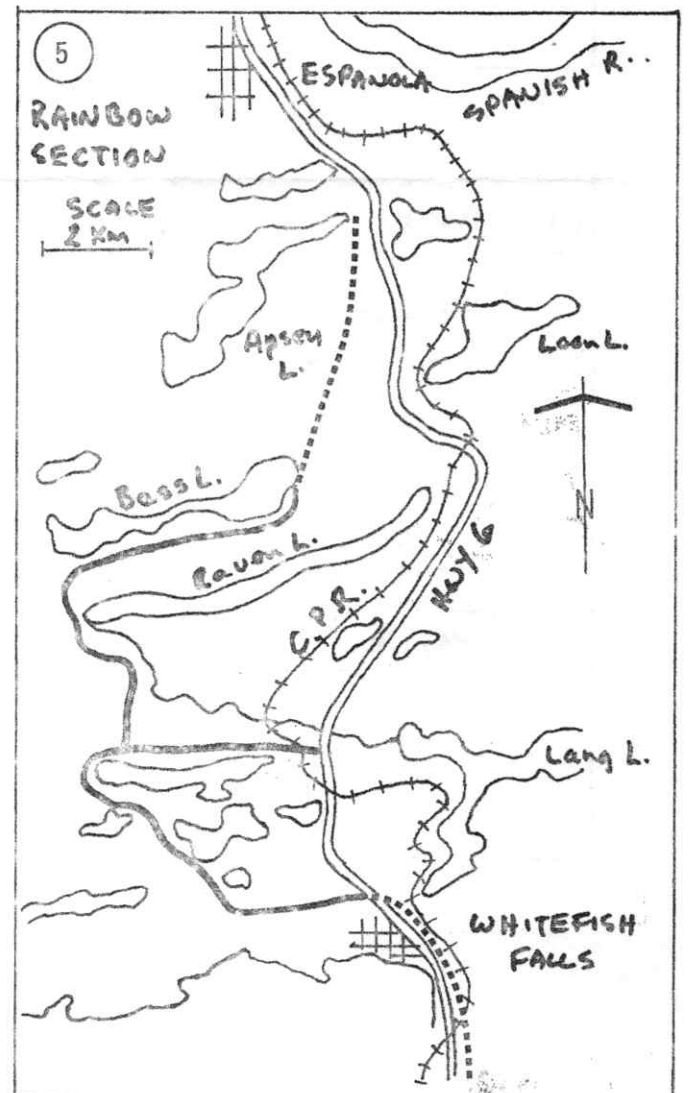
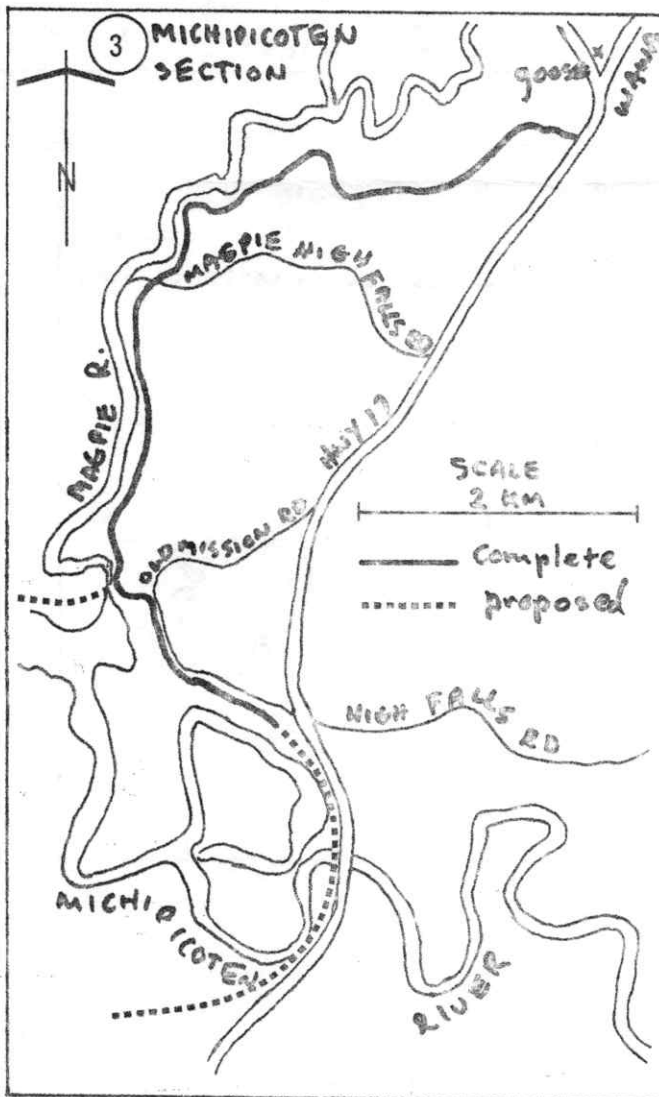
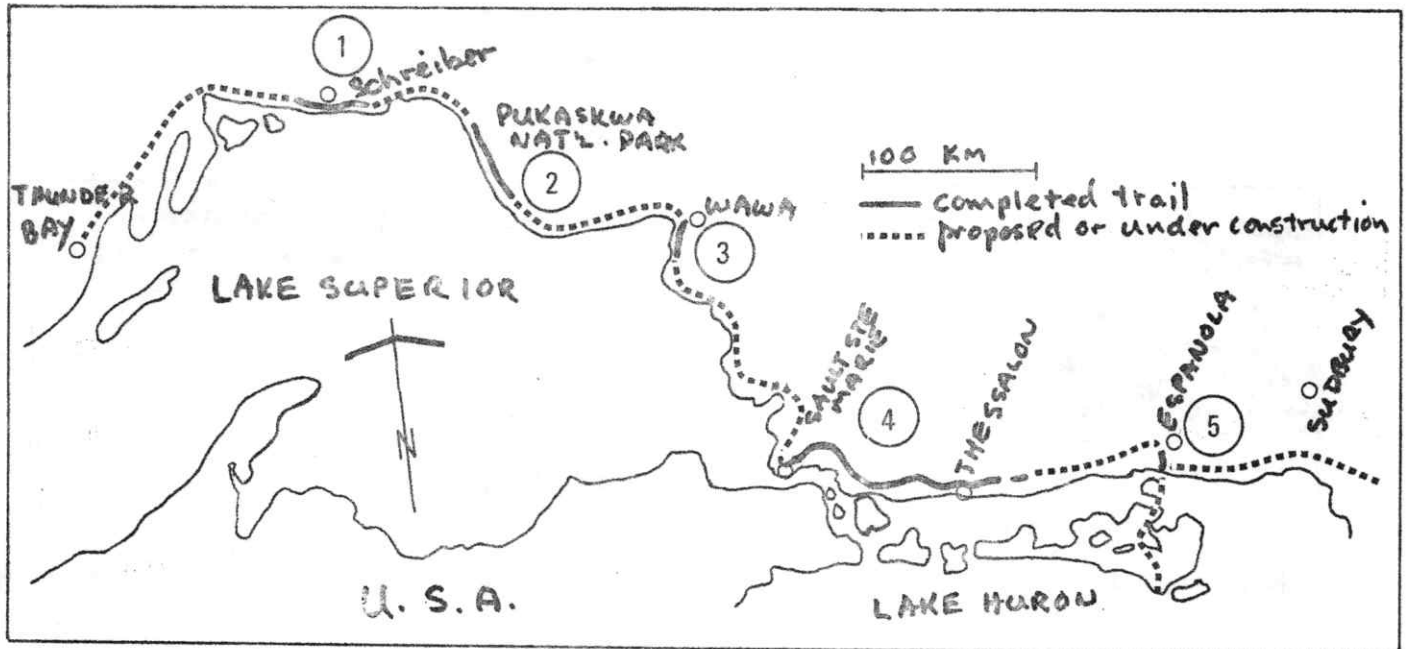
If you have not renewed since September 1, 1982, you are in arrears! Our membership year runs from January 1 1983 so it is now time to renew your membership. We wish to publish a membership list this spring, so please send in your dues promptly. Our fees are a bargain these days; they have not changed since our beginning 9 years ago, so DO IT NOW, before you forget! Thank you for your co-operation.

#### STATUS OF THE TRAIL

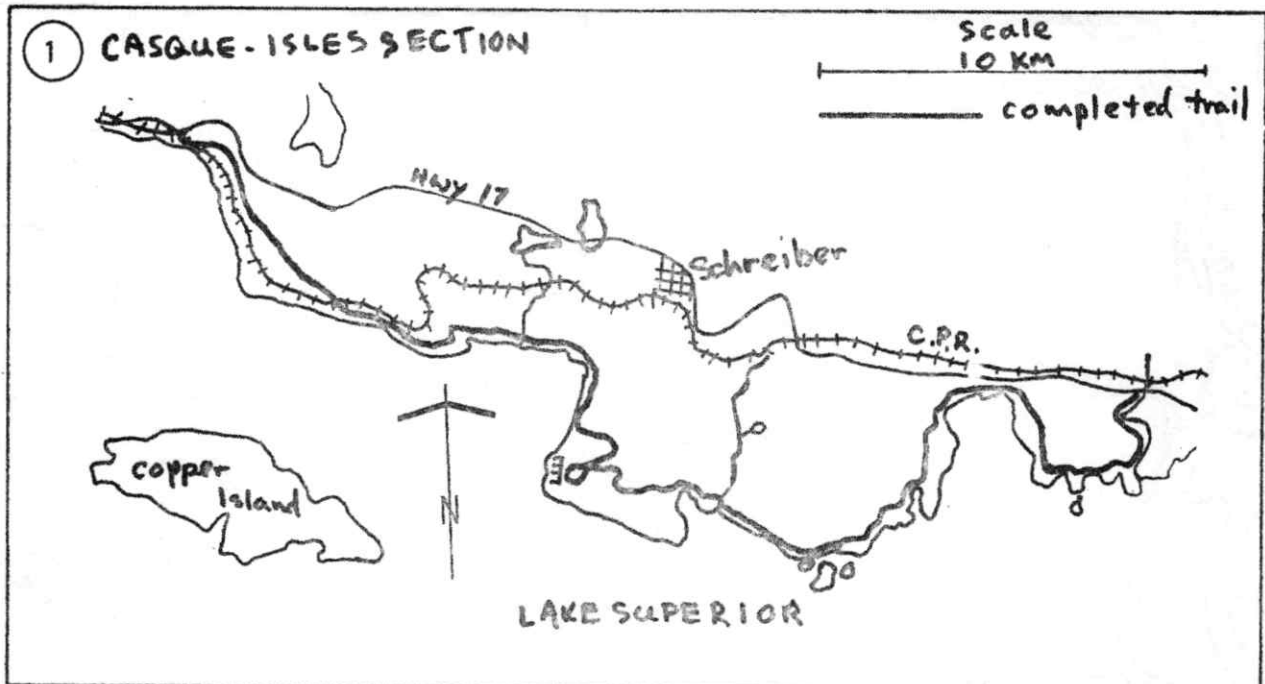
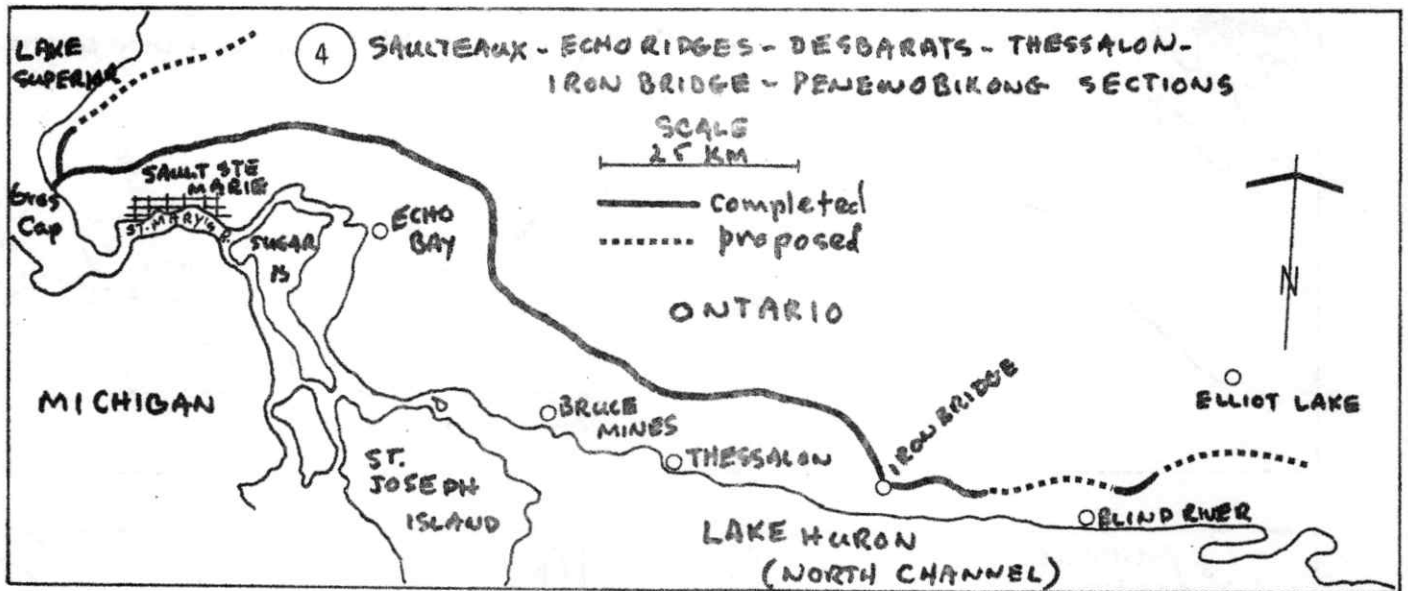
- ① Casque-Isles Section: Between Terrace Bay and Rainbow Falls Provincial Park, approximately 40 km of shoreline hiking trail are completed and blazed. This section will be available to guidebook holders this spring.
- ② Pukaskwa National Park: Seventy kilometres of coastal hiking trail winds its way from Hattie Cove south through boreal forest and over the hummocky volcanic rock of the Shield to the Swallow River. When completed to the Pukaskwa River, we will include this in our guidebook. For further information, contact the Superintendent, Pukaskwa National Park, P.O. Box 550, Marathon, Ontario POT 2E0.
- ③ Michipicoten Section: Approximately 8 km of trail from Highway 17 near the goose to the intersection of the Mission Road and Highway 17 is completed. Work is continuing south towards Lake Superior Provincial Park.
- ④ Saulteaux-Echo Ridges-Desbarats-Thessalon-Iron Bridge-Penewobikong Sections: There is complete and continuous trail from Gros Cap, west of Sault Ste. Marie, to the town of Iron Bridge. Parts of the Echo Ridges and Thessalon sections need a bit of rebrushing and blazing, but they are virtually completed. Some of the Iron Bridge and Penewobikong sections are constructed and the rest is under construction. The Thessalon Section will be mapped and measured this summer, for inclusion in the guidebook next winter.
- ⑤ Rainbow Section: Although there is approximately 20 km of trail completed south of Espanola, there has been no activity in recent years and that section has not expanded. Some of it may be in poor shape.



THE VOYAGEUR TRAIL -- WINTER, 1983



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# A Review from the Bruce Trail News : December, 1981

## Cross-Country Skiing on the Bruce Trail, edited by Ross McLean. \$2.00.

What we all wanted to know about is "where to ski?", but didn't know "whom" to ask. In editing this book, Ross McLean has answered that question, at least in the proximity of the Bruce Trail. In addition he has discussed equipment, clothing, waxing, technique, rules of the road and first aid. Even a few tempting recipes are included.

I feel that the most important part of this book is the information on "Where to Ski", so I will deal with that aspect first.

McLean has started from the Bruce Peninsula skiing his way south to Queens-ton Heights. All mileages are taken from the thirteenth edition of the Bruce Trail Guidebook. It would be helpful to have a copy available.

He has provided us with an extensive list of ski clubs, ski resorts, parks, and forests with ski trails, listing their names, addresses and telephone numbers. He gives a good description of the terrain, length of trails and the degree of difficulty, as well as the fee structure. He points out that he has not skied all the trails himself and invites comments from the readers for future editions. The reader should be aware that a trail referred to as being superb and challenging may, under adverse conditions, be treacherous and terrifying. Skiers beware! Several trail maps have also been included. . . . .

There are several references to first-aid kits, check lists, basic lists, etc. This is somewhat confusing. Combined they do include most things for outings; however, some lists have not included important items such as a space blanket and triangular bandages. The readers should probably make their own list using the book as a guide.

Hypothermia and frostbite, and treatment for same, are discussed. I should like to have seen a reference to the Canadian Ski Patrol and their excellent first-aid course.

Clothing and the importance of being prepared for any kind of weather is well covered.

Equipment: what can be said about equipment that has not already been said. McLean has made comparison of "touring" versus "light touring" skis.

Recreational cross-country skiing is divided into two categories: touring, the winter equivalent of hiking, and light-touring, the winter counterpart of jogging.

I am pleased to see that "rules of the road" have been included. Not enough has been said or written about trail etiquette.

It will be a pleasure for me to go skiing with this book. For some years I have planned to seek out skiable forest tracks along the Bruce Trail. With this book McLean has done it all for me, and I wouldn't leave home without it!

Vesla Oliner.

For your copy, send a cheque or money order to -

THE BRUCE TRAIL ASSOCIATION, P.O. Box #857, HAMILTON, Ont. L0N 3N0

## CROSS-COUNTRY SKIING ON THE BRUCE TRAIL

Please send me \_\_\_\_\_ copy(ies) of Cross-Country Skiing on the Bruce Trail. I enclose \$ \_\_\_\_\_. (cheque/money order)

Cost: \$2.00 (B.T.A. members)  
\$3.00 (non-members and suggested retail price)

Name. . . . . (please print)

Address. . . . .

. . . . . (postal code)

## HYPOTHERMIA (Cont'd)

If the victim loses consciousness external heat must be applied; however, too rapid warming is dangerous. The recommended method is to place the victim in a sleeping bag with another unaffected person. It should be noted that the victim's outer clothing should be removed if he is to benefit from this procedure. If the victim must be moved, some means of continuing the slow warming process must be provided. Seek medical attention as quickly as possible even if the victim regains consciousness.

The best treatment for hypothermia is prevention. Don't venture out in cold weather out in cold weather without warm windproof clothing, carry a minimum of survival equipment - matches, compass, and a high energy snack on every hike; include a windproof blanket or lightweight sleeping bag and a thermos of your favourite (non-alcoholic) hot beverage if you plan to hike any distance or in an isolated area. Hike with a friend and be sure someone knows your planned route (stick to your plan), know your limitations, be aware of and prepared for impending changes in the weather. Finally don't allow yourself to get overheated. If strenuous activity is necessary, remove your hat, or open your parka to avoid "working up a sweat" at all costs. When the period of exertion is over cover up before the chill sets in.

Editor's Note: Most sources say that the most dangerous conditions are wet and windy with temperatures around 40C. However I would suggest that one exercise caution at the extreme low temperatures common on the Voyageur Trail in the winter time as well.

## WHERE IN BLUE BLAZES ?

Hikers along the Echo Ridges section may have experienced difficulty finding side trails shown in the guidebook. If this has happened to you don't lose confidence in your woodsmanship. Although work parties were active in that section this past summer the side trails shown in the guidebook have not yet been painted or flagged. Parts of the main trail from the north-east corner of the Garden River Reserve to Coffee Creek although flagged have not been painted. This particularly beautiful section of trail is accessible by auto via the Echo Lake cottage access road. It should be noted that in all parts of the trail painted blazes are vulnerable to natural hazards such as windstorms, beavers, etc., as well as logging, pit operations, and so on. In winter months blazes may be buried under deep snow or obscured by ice and snow sticking to the trees. If you find yourself in such an area proceed with care after noting landmarks around the last known blazes to help you find the trail again should you miss your guess! One final note, blue blazed side trails lead to a variety of locations such as scenic lookouts, springs, campsites, and so on. Consult your guidebook for particulars.

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## NOTICE

The Voyageur Trail will be closed along its entire length Tuesday, February 15, 1983.





## VOYAGEUR TRAIL ASSOCIATION

Box 66, Sault Ste. Marie, Ontario, P6A 5L2.

### THE TRAIL USERS CODE

- Hike only along marked routes. -Do not climb fences, use the stiles.
- 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 (better still, carry lightweight hiker's stove).
- Leave flowers and plants for others to enjoy.
- Never strip bark from trees. -Protect and do not disturb wildlife.
- Keep dogs on the leash on or near farmland.
- Walk around the edges of fields, not across them.
- Leave only your thanks and take nothing but photographs.

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The membership year of the Association runs from January 1st to December 31st. Dues paid after September 1st will be applied to the next membership year.

Fee includes membership in one Voyageur Trail Club. To join additional V.T. Clubs, add an extra \$2.00 (\$1.00 for student) for each Club.

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### MEMBERSHIP FORM

NEW [ ] or RENEWAL [ ] (Please check.)

#### Sections (please check)

- ☐ Association-at-large
- ☐ Saulteaux V.T.C.
- ☐ Echo Ridges V.T.C.
- ☐ Desbarats V.T.C.
- ☐ Thessalon V.T.C.
- ☐ Iron Bridge
- ☐ Penewobikong V.T.C.
- ☐ Elliot Lake
- ☐ Spanish
- ☐ Massey
- ☐ Rainbow V.T.C.
- ☐ Little Current
- ☐ Sheguiandah
- ☐ South Baymouth
- ☐ Sudbury V.T.C.

- ☐ Thunder Bay V.T.C.
- ☐ Nipigon
- ☐ Casque-Isles V.T.C.
- ☐ Marathon
- ☐ Pukaskwa Park
- ☐ Michipicoten V.T.C.
- ☐ Lake Superior Park
- ☐ Batchawana
- ☐ Goulais

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

POSTAL CODE \_\_\_\_\_ PHONE ( ) \_\_\_\_\_

#### DECLARATION

I have read and will abide by the TRAIL USERS' CODE

\_\_\_\_\_ signed Date \_\_\_\_\_

#### FEES

- ☐ Individual \$5.00
- ☐ Family \$5.00
- ☐ Student \$2.00
- ☐ Crests \$ \_\_\_\_\_ (\$1.00 each)
- ☐ Guidebook \$3.00 (for members)
- ☐ Guidebook \$5.00 (for non-members)
- ☐ Donations \$ \_\_\_\_\_ (receipt for income tax purposes will be sent)

Total amount enclosed \$ \_\_\_\_\_

SIGN UP A FRIEND