



# VOYAGEUR TRAIL NEWS

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Editor: Virve Manniste Squire

Summer 1990



Looking for sun on the Superior shoreline

#### ON THIS ISSUE'S COVER:

An enthusiastic group takes a break at the mouth of the Bald Head River while hiking the Peat Mountain Trail last summer. Although spectacular views of Lake Superior were promised, thick fog blanketed the coast for the entire day. The beauty of the trail alone ensured that the hikers will be back again to enjoy this wonderful section of trail.

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#### EDITOR'S NOTE \*\*

My apologies to everyone for the poor quality of last month's newsletter. Our printing equipment is quite dated, and occasionally will act up. The current problem was remedied, but I cannot promise that future setbacks will not occur. We are currently exploring other possibilities for newsletter production, but until a feasible alternative can be

found, we must continue on with what we have. If any of our membership has any ideas to improve production, please contact the editor. Thank you.

#### UPCOMING EVENTS

VTA Annual Meeting - Sat. Oct. 13 in Wawa at 1:00. For further details, contact V. Squire - 942-2370 or P. Stinnissen - 856-4270.

#### SAULTEAUX SECTION

June 2: First of four hikes in end-to-end series of Airport Road to Gros Cap. Meet Market Mall 9:00 a.m. with lunch. Moderate. Tom Allinson - Leader.

June 16-17: Lake Superior Provincial Park weekend. Day hike Peat Mountain Trail on Sat. or Sun. (weather dependent). Camp overnight in campground. Joint outing with Michipicoten Club. Contact V. Squire - 942-2370

June 21: Evening hike near Netleton Lake. Meet Market Mall 7:00 p.m. Easy walking. Susan Graham - Leader.

June 23: Airport Road to Goulais Ave. Second in end-to-end series. Meet Market Mall 9:00 a.m. with lunch. Moderate. T. Allinson - Leader.

July 11: Gros Cap evening sunset hike. Meet 6:30 p.m. Market Mall. Easy hiking.

July 14: Goulais Ave. to Glenview. Third in end-to-end series. Meet Market Mall

9:00 a.m. Moderate. Steve Taylor - Leader

July 29: Naomikong Point. Picnic - swim - hike. Meet parking lot behind Collegiate Sports 9:00 a.m. or U.S. Info Centre 9:30 a.m. Easy. Tom Allinson - Leader.

Aug. 4-6: Backpacking Michipicoten Section. Not too difficult for those with limited experience. Much of the hike is on new trail near Lake Superior. Contact Steve Taylor - Leader, by July 20. (759-2480)

Aug. 23: St. Mary's River Boardwalk hike to the Jolly Friar. Meet 7:00 p.m. at the Visitors Centre, Sault Canal. Easy. Susan Graham - Leader.

Aug. 26: Glenview to Mabel Lake. Fourth in end-to-end series. Meet K-Mart 9:00 a.m. Moderate. Patrick Capper - Leader.

Sept. 1-3: Backpack and clear trail in the Casque Isles Section. Contact Patrick Capper - Leader

Sept. 16: Orienteering, Old Goulais Bay Road and west. Good instructional event for families. We will try to compass to 'The Canyon'. Meet K-Mart 10:00 a.m. with lunch. Easy to moderate. Steve Taylor - Leader.

Oct. 7 - Ontario Hiking Day. Enjoy the last of the fall colours east of the Sault on the Penewobikong Trail. Meet Churchill Plaza 9:00 a.m.

Oct. 20: Tower Lake to Wilson Lake, Echo Ridges Section. Good views with the leaves

down. Meet Churchill Plaza at 9:00 a.m. Tom Allinson - Leader

Nov. 4: Hike the trail west of Shaw Dam. Meet 9:00 a.m. Churchill Plaza. Moderate. The dam alone is well worth seeing. Virve Squire - Leader

#### MICHIPICOTEN SECTION:

A Wednesday evening hike is planned every month this summer. Sunday afternoon hikes are also scheduled June through September.

Contact Dorothy Egan - (705) 856-2226 or Pete Stinnissen - (705) 856-4270 for schedule and further details.

#### \*\* PLEASE NOTE \*\*

All hike leaders are unpaid volunteers. Participants are encouraged to join us but please do so at your own risk. Pack a lunch, spare clothing and extra socks. Be prepared for all possible weather conditions and have equipment for all possible needs.

Car pools are formed at the meeting places. If you are without a vehicle, you are always welcome to ride with someone.

#### REVISIONS TO GUIDEBOOK

Please note the following revisions to your current guidebook.

Page S-2: At one line under 2.1 logo. The north branch ~~DELETE~~ "which is currently being extended at the north end".

Page S-3: Eight lines below 6.1 logo. The trail runs north on the road for about 90 m then turns East into the forest. ADD "Extensive logging operations in the vicinity of the creek has resulted in the trail being rerouted slightly along the skidder trails for a short distance."

Page S-5: At logo 32.2. ADD "The North section of the trail is laid North on the Old Goulais Bay road for approx. 8 km and then goes generally East to Hwy 17, approx. 3 km."

Page S-5: Just before "cabin has bear claws" ADD "The trail crosses several new logging roads."

INSERT: Old Goulais Bay Road - The trail starts on Old Goulais Bay Road. Coming from Gros Cap, it continues for about 2 km, crossing a bridge. Walk along a pole line for about 1/2 km, then proceed up the road until 3.5 km where a second bridge crosses the Root River and continue on the road for about 5 km. Turn right crossing a small creek and head 3 km to Hwy. 17.

Page ER-1: Five lines from the bottom of the page.

DELETE "It turns east and climbs..." to page ER-2 (13 lines from the bottom of the page). "...Cross this road."

INSERT "Due to extensive logging operations in this area, the trail has been diverted to the main logging road for approx. 6 km. The trail turns North and heads part way up a hill and then heads North West along the side of the hill. At the top of the hill the trail heads

generally North along the crest for 300 m and then goes down the hill to the main logging road (gravel). It follows this road for approx. 5 km. Leave the gravel road and follow another logging road..."

Page ER-2: Ann Lake - Maud Lake. At point '5.5' where the trail leaves the road, the trail cannot be found. Continue down the road and it will join back up with the trail at point '8' (approx.) and just keep following the road.

Page ER-4: After "... an abandoned flat bed trailer is seen", INSERT "Due to extensive logging operations in the area, the trail is difficult to follow until it reaches the logging road."

Page T-3: Three lines from the bottom of page. "...a road ADD "and the gas line to the North parallels the trail."

Page T-5: Line three from the top. "Continues North East for a couple of 100 m and climbs a hill. ADD "The trail crosses the gas line."

Thanks to Denis Andre for the current revisions to our guidebook. Denis was hired by the VTA last year through an Environment Youth Corps Project. His report on this project follows.

#### FALL CLEANING

During the shortening days and ever changing colours of autumn, the Environmental

Youth Corps started work on the rehabilitation of as many kilometres of trail time permitted. Due to the early snow, our time was cut short, but we did manage to rehabilitate most of the Saulteaux Section and the entire Echo Ridges Section.

This was not achieved without hard work and difficulties. Because the work took place in the fall, we had trouble finding employees to work for minimum wage as students had returned to school. Other problems were either mechanical or financial. This created a rapid rotation of workers, somewhat lessened with the strike at Sault College. I would like to say that all crew members were very hard workers and very understanding of the situation the VTA was in.

This work project had been organized and started by Peter Stinnissen and Tom Allinson. The field work actually started on August 10. It took slightly more than a month to clean the Echo Ridges section due to very little usage and poor maintenance. Of all the trails I have worked on, this section of trail is one of the most enjoyable to hike through: majestic hemlocks surrounding numerous clear water lakes and trails that are challenging without being too difficult.

During the next two months, the crew and I cleaned most of the Saulteaux Section and parts of the Desbarats and Thessalon sections. North Gros Laj, along Lake Superior

was measured, blazed, cleared and readied for the spring; it has some amazing scenery of Lake Superior.

After discussion with Steve Taylor, we decided to work on the North Saulteaux Section which now branches north off the VTA trail on the Old Goulais Bay Road. The new section extends to the top of the Mile Hill where it can also be accessed by vehicle. We attempted to continue the construction of the trail toward Kirby's Corners, but due to logging and early snowfall, we were not able to achieve this goal.

Because the snow now kept us from working outdoors, I assigned the crew various activities to help me in my duties; newly built trail descriptions were written for the guidebook, a phone survey was done to help evaluate the work needed in respect to publicity, and other maintenance work on the tools was completed.

The crew finished work on December 15. Even though many mistakes were made and we had quite our share of bad luck, especially with our vehicle, I believe the crew enjoyed themselves and now have a different perspective of our environment.

Since then, I have been working alone on various publicity ideas and whatever work the VTA and its clubs have given me; my duties have ranged from labourer to accountant.

I would like to thank all the people I have worked with



in making this position one of the most educational and interesting positions I have ever had. I have learned so much that will help me later on that I will always remember the VTA.

- Denis Andre

### STRANGE PARTNERS

It seems like an odd marriage - a hiking club and two fish and game clubs, exchanging vows, with a government agency officiating - but that's exactly what happened last fall in Wawa. The marriage partners, the Michipicoten Voyageur Trail Club and the Montreal River and Wawa Fish and Game Clubs, worked together under the watchful eye of the Ministry of Natural Resources (M.N.R.) to help transfer 39 woodland caribou from the Slate Islands near Terrace Bay to the Gargantua area in Lake Superior Provincial Park.

The caribou move was made possible through the Community Wildlife Involvement Program, an MNR program through which volunteer organizations can donate their resources and manpower to promote wildlife conservation. In our case, it seemed perfectly natural for us to help reintroduce caribou to coastal habitat where they have not been seen since the early 1900's. After all, we'll be hiking the coastal trail some day knowing those hoof prints in the sand belong to "our" caribou.

There were actually two caribou transfers - one in August and a second in

September when Fish and Wildlife students from Sault College also helped in the project.

The transfer process began with a roster of interested volunteers. On transfer day, when weather conditions for flying were good, publicity director Dorothy Egan summoned the troops and up to two trail club members flew with the rest of the caribou team via MNR Twin Otter aircraft to the Terrace Bay Slate Islands. There the volunteers joined an MNR fish and wildlife team at a base camp set up near an enclosure-style trap. At the caribou trap, volunteers assisted in the capture and release of selected caribou. The caribou chosen for the transfer were gently wrestled to the ground, protected with a blindfold and earplugs, lightly sedated and in some cases fitted with a radio transmitter collar. The animals were then transferred by rickshaw to a waiting Twin Otter and flown to Gargantua.

Most of the caribou were then transferred by boat to the large islands north of Gargantua Harbour but, due to rough weather, a number of caribou were released on the mainland. By late fall the majority of the animals swam to the mainland and remained in a large group near Warp Bay. Only five of the animals had died by Christmas - probably due to the stresses of the move, although one may have been killed by wolves. At least one caribou took an independent route and headed south to Katherine Cove, 30 km south of its original

arrival point.

Club members are eagerly waiting to see how "our" caribou have survived the winter and we invite the rest of the Association to visit the Harbour area and hopefully observe the results of a successful transfer.

- Peter Stinnissen

## HIKE ONTARIO NEWS

### Bruce County Forest

The threat to the Bruce Trail between Emmett and Cyprus lakes still exists, but the BTA is happy with the results of their lobby. Bruce Trail members made loan pledges in excess of \$1,278,000 toward purchase of the property and wrote letters to both Bruce County and Mr. Bouchard, the minister responsible for parks.

The minister declined BTA cooperation in purchase of the property, but officials of the Canadian Parks Service have renewed negotiations with Bruce County.

### Proposed Denison Falls Dam

Great Lakes Power proposed construction of a dam and hydro-electric plant on the Dog (University) River at Denison Falls. The Dog River flows into Lake Superior about 20 km west of Wawa. The Michipicoten Club of the Voyageur Trail Association opposes the project and has written to the Ministry of Natural Resources about members' concerns. (The MNR governs use of rivers in this area.)

"We are the club responsible for the construction of a portion of the Voyageur Trail that runs along the coast of Lake Superior from Lake Superior Provincial Park to Pukaskwa National Park," explains Phil Egan, president of the Michipicoten Club. "This long-distance wilderness trail will one day become a major international tourist destination in Ontario, and we hope, once complete, that it will rival the now-famous Milford Track in New Zealand. It is hoped that Denison Falls will be a major attraction on the trail. A hydro-electric project would destroy this waterfall and the wilderness character of the trail."

The Voyageur club proposes a 1-km coastline reserve along the shore of Lake Superior to protect both their trail and the newly reintroduced woodland caribou.

Hike Ontario supports the Voyageur Trail Association on this issue and has written to the MNR to say so. We urged the creation of a 2-km coastline reserve, believing that 1-km is probably too conservative. We also suggested that the north shore of Lake Superior be nominated as a UNESCO biosphere reserve.

- from OUTLOOK

## RABIES AND LYME DISEASE

As hikers head for the wilds this summer, it is a good time to remind you of two concerns in our northern woods - rabies and the recently identified Lyme Disease.

Rabies - Most of Canada's rabies is carried by wildlife. This makes control difficult and eradication almost impossible. Foxes, skunks, bats and raccoons are the main carriers and pose a continuing threat. However, do not become alarmed every time you see a wild animal. Learn how to recognize a rabid animal. Know what to do when you suspect an animal has rabies. Know what to do if you think you have encountered a rabid animal.

Recognition: Animals do not all behave the same when they have rabies, but the described signs are characteristic. In early stages, the animal changes its disposition or behaviour. A wild animal may become abnormally tame. It may bite indiscriminantly. Its voice may become hoarse.

In the later stage, the animal may become unusually restless and excitable. It may startle easily, run aimlessly, become watchful and exhibit a puzzled or apprehensive look. It will develop gradual paralysis in the throat (drooling profusely) and hindlegs. Eventually it dies.

Exposure: If you suspect a person has been exposed to rabies, flush the wound or exposed surface immediately with soap and water. Remove any clothing that may be contaminated and wash it promptly. Consult your doctor and notify police.

It is always good practice to keep a healthy distance from wildlife, but if you do find an animal with

suspicious behaviour, notify the authorities.

Lyme Disease: With Northern Michigan's healthy deer population and a large number of deer reported in the airport area, Lyme Disease can be considered a threat to VTA hikers. Deer are the main host to tiny ticks that carry the bacteria that causes this difficult-to-diagnose illness. Without treatment, an infected person may eventually develop symptoms resembling rheumatoid arthritis, and neurological and heart abnormalities.

Recognition: Lyme disease usually begins with a distinctive red rash that appears up to 30 days after the tick bite. It can look like a target - a white centre with a red area around it that spreads gradually. This may be accompanied by flu-like symptoms, including fever, headache, fatigue and muscle and joint pain. The illness responds well to antibiotics at this early state. Quick recovery depends on an early diagnosis, but Lyme disease remains hard to diagnose. The ticks are so tiny that people often don't know they've been exposed; some people don't get the telltale rash, and they interpret the flu-like symptoms as the flu. The blood test for Lyme disease is not yet entirely reliable. The longer Lyme disease goes untreated, the more debilitating it becomes and the more difficult it is to treat.

Precautions worth taking are: If you are in tall grass or in the bush, where ticks are known to exist, wear long



sleeves and tuck your pants into your socks. You may also use an insect repellent that is effective against ticks. If you do happen to develop the rash or flu-like symptoms within a month of a tick bite, see your doctor right away.

#### CANYONS, FOOD AND GARBAGE DAY SAULTEAUX CLUB EVENTS

The Saulteaux Club has been active with a number of different activities over the first few months of 1990.

On the last day of 1989, a group lead by Bill Robinson successfully managed to go snowshoeing. I say successfully because this trip was in doubt for a while; a police officer kept the group off the trail because it was on private land. However, they eventually managed to finish the outing with snowshoes strapped on.

There were three outings enjoyed by VTA skiers this winter. The most memorable occurred on a sunny winter's day when Tom Allinson led us into a canyon he knew about. After a pleasant ski from the top of Peoples Road, we reached 'the canyon', which was a picturesque spot indeed, and we intend to go to it in the summer. Thanks to Horst Wetzl for the hospitality on the way back.

Seventy-six people attended the Saulteaux Club Annual Dinner at Buttermilk's Schnitzel Haus. After a great meal, the bloated attendees listened to our club president (yours truly) talk about the

Saulteaux Club's past, present and future activities (and the trials and tribulations of computing VTA style). John Berry entertained us with a brief but exquisite description of his experiences on the West Coast Hiking Trail on Vancouver Island.

T-shirts, sweatshirts, VTA posters and the Association's new, light-weight display board made their debut. The dinner drew people from as far away as Southern Michigan (Larry Lemanski and Brendon Epp) and Wawa (Pete Stinnissen). Thanks to Superior Watersports and Clean North for their generous donations of door prizes. Those in attendance are probably still wondering how Darcy (Radar) Yanni drew his mom's name for one of the prizes, but this trait could come in useful in future attempts to get outside funding.

The first hike of the year took place on April 21 at Gros Cap. Nineteen of us got the jump on Earth Day and collected several bags of garbage from the area. Most people were overly enthusiastic, filling their bags early, and lugging them around for the duration of the hike. The remaining ice on Lake Superior, a couple of waterfalls and rock clambering were featured on this trip. Little wildlife was seen until we returned to the parking lot at Gros Cap at which time we saw an animal on an ice flow. At first, we thought it was an otter by the water, but it turned out to be a mink - we think. It dove

into the water and surfaced with catfish.

All in all, we managed to fill the early months of the year with enjoyable activities, and are now looking forward to more of the same during the summer and fall.

- Steve Taylor

#### UPDATE FROM ELLIOT LAKE

The Elliot Lake Section of trail is all but complete with very little work left to be done. Jack Smit and I are looking forward to the end of July, when we can say "fait complet". It is something that Jack has been looking forward to for a long time (mainly because he is anxious to start heading east toward the Serpent River).

Our 28 km of trail still needs a little pruning, setting up of stone cairns, cutting of a few windfalls, and levelling off of campsites. We are looking for volunteers to help with this work from July 19 - 26. Any member of the VTA is more than welcome to come out and give us a hand. Just call me at 461-1978 and let me know when you can come.

A letter has been sent to the Bruce Trail Association and we possibly may have some volunteers from there. It would be a treat to meet members of a different trail club and work with them.

For anyone who has not been on this section of trail - a little information about

it might help your advanced preparations. This trail is definitely WILDERNESS with approximately 28 km of uninterrupted trail. I advise all hikers to carry a compass, maps of the area and a whistle. We will be camping along the trail and will be preparing our own meals. This will provide an excellent opportunity to get to know fellow hikers. Anyone who can take time out of their busy schedules and come work with us will be more than welcome and greatly appreciated.

- Jesse Latendresse

#### \*\*\* TRAIL MIX \*\*\*

Our VTA display board (which many of us have very fond memories of assembling and disassembling) has found a permanent home. The Sault and Region Conservation Authority has given it a place at the Sugar Shack on 5th line.

As 'bug' season has now arrived, a few words of caution regarding insect repellants. Muskol and other efficient repellants contain DEET as an active ingredient. DEET is a known carcinogen (cancer causing agent) and is in the process of being banned (if it has not been already). Alternatives to DEET are citronella based repellants which have proven to be effective and harmless. Skin-So-Soft actually does the trick also - only more applications are required to be as effective. Some may find its aroma a little overwhelming though. Hats, scarves tied around your neck, long pants and sleeves will

protect you. Also remember, once we hit the summer months, the pests are only bothersome in the morning and evening hours, and in swamps.

Denis Andre and his crew did an excellent job last year whipping our trail into shape. Let's keep our trail in top notch condition. If you haven't been contacted yet, Bill Robinson (949-4956) is in charge of our work parties. Call him anytime you have the urge to pick up a pair of clippers: extra hands are always needed. And remember, many of our most memorable outings were on work parties. Whoever can forget one hiker shedding his clothes for a late fall swim in Lake Superior one fine October afternoon!

One of your most important articles of hiking equipment requires close scrutinizing at this time of year. Pull out your boots and assess last year's damage. If you actually cleaned them and treated them at the end of last season, no need to read on. But if your boots still sport mud from last fall's swamp expedition or are hard-dried from excessive rain walks, now is the time for serious servicing. First of all, make sure the boots are clean, free of mud, scat, or anything else that chose to hang on. Brush with a stiff brush to ensure all dirt is gone. Once clean, a thorough polishing will do wonders. This is the hard paste polish, applied army style and buffed to a hard finish. On top of this, add your favourite sealant, be it mink oil, Dubbin or Snow Seal. If

neglect has caused your boots to stretch and cause blisters, add insoles to adjust the fit. Felt insoles are an excellent choice, as they do not pack down like foam. Your boots should now be ready for another season, and your feet will thank you.



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**THE VOYAGEUR TRAIL NEWS** is published three times per year. Your articles and submissions are always welcome!! Submissions for the Autumn Issue should be received by Oct. 10, 1990. Send to Editor, VTA, Box 66, Sault Ste. Marie, Ont. P6A 5L2



# VOYAGEUR TRAIL ASSOCIATION

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