



No. 80 WINTER 2002

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VOYAGEUR TRAIL
ASSOCIATION

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A member of
Hike Ontario,
National Trail Association,
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VOYAGEUR TRAIL NEWS



EDITOR: Cheryl Landmark

LAYOUT BY: Gayle Phillips

CONQUERING MOUNT GWYNNE by Gayle Phillips

It started simply enough, with a glimpse of a few photos in a trail audit of the Casque Isles section of the Voyageur Hiking Trail, but I was hooked. Mount Gwynne became my personal goal!

When you work five days a week sitting on your duff pushing around a computer mouse, anything named "Mount" is an achievement, believe me!

In the Voyageur Trail Association outing schedule, a week was set aside in August to visit the Terrace Bay/Schreiber/Rosspoint area to hike the entire Casque Isles section (including...Mount Gwynne).

I love the drive along the north shore of Lake Superior. From my home in Sault Ste. Marie to Wawa you follow the coastline of Lake Superior closely with many spectacular vistas over the lake. I never tire of those views. At Wawa, you turn inland and skirt around Pukaskwa National Park. Being a "Lake Superior snob", I never really enjoyed this section of driving, but a 20+ kilometre forest fire just west of White River a few years ago has made this section a valuable lesson in how Mother Nature reforests burns. It is a testament to nature as she strives to clean up a man-made mess.



Our first day looking out over Rosspoint's islands (Casque Isles)

Seven of us, anxious to begin our week of hiking, spent that Sunday hiking the Coastal Trail in Pukaskwa to the White River suspension bridge. Crossing that jiggling bridge fifty feet over the crashing white water below is enough to make you thankful to place your feet on solid ground again. A taste of God's country to begin our week.

Sunday evening, we moved our campsites to Rainbow Falls Provincial Park on Whitesand Lake near Schreiber. Upon arrival, we found Duncan MacKay, Voyageur Trail Association Vice-President of the Western Section already registered. Duncan graciously offered to lead us on the five day hikes that it would take to cover the 52.4-kilometre Casque Isles Trail, and we were lucky to have him!

The weather couldn't have been better for our week—sunny and warm.

We began our week of day hikes with the section from Rosspoint to Rainbow Falls Park. I noticed a few differences from our trails in the Sault Ste. Marie area. On the Casque Isles section, they have blue back-ground/white hiker blazes, similar to the parks. For access points



The inevitable "lunch shot" on a beautiful beach.

(Continued on page 2)



CONQUERING MT. GWYNNE

(Continued from page 1)

or lookout trails, blazes have a white background with a blue hiker. Blazes were scarce compared to Sault trails, but somehow the paths stay on the ground here and are easy to follow. I wondered if the absence of maple saplings had anything to do with this, or if it was the type of shallow, sandy soil.

We came across the first of many raised cobble beaches on that day. These beaches were the shoreline of Lake Superior as the last ice age receded. It is amazing how far away from today's shoreline they are.

Lookouts over the islands of Rossport were wonderful and full of plump, juicy blueberries (until we got at them)!

The second day was spent doing the section from Schreiber to Rainbow Falls Park. Along the route, we found (to our surprise) that a backpacker from Thunder Bay had come to join us, but no one from our group had decided to backpack, we were doing strictly day hikes. I found it interesting to follow this fellow's progress by reading the notes he left in the sign-in boxes located along the trail.

Wednesday was Mount Gwynne! Four more hikers had joined our group by this time and everyone was really excited about doing this section in particular. We started at



Ian Graham perched atop Mt. Gwynne overlooking Schreiber way down below!

Worthington Bay, the site of an old gold mine and some ancient pictographs. Then the climb began! It was a struggle for me but when you reach the top, you forget your aching muscles. The 360 degree lookout is intoxicating. It seems as if the entire world is at your feet! All the islands along the shoreline, from Thunder Bay to Pukaskwa, are laid out for you. Fishing boats look like ants pushing their way through the lake. We marvelled in the views, posed



for pictures, picked blueberries, had lunch, and visited the plaque honouring Tom McGrath (who was instrumental in building the



The Conquerers at the top of Mount Gwynne!

trail in this area) before making the inevitable descent.

Thursday was the "Death Valley" section. After conquering Mount Gwynne, I was cocky enough to think that Death Valley would be a piece of cake! It was a tough trail. There were a few steep climbs. But when you broke through the trees on to a peaceful, beautiful sand beach like Les Ecrits, you thought you were in heaven! Breathtaking lookouts and white, sandy beaches were the order of the day...more than worth the tired muscles. I was pleased to read in the registration book that our backpacker enjoyed it too!

On the last day we were joined by two more hikers from the Nipigon area. We did the section between Hydro Bay and Aquasabon Gorge. As an added bonus, Duncan showed us where he would like to extend the trail in the near future to include three more beautiful beaches near the town of Terrace Bay.

The whole week was an absolute joy with superb guiding by Duncan (including many, many stories of the area), wonderful companionship and conversation with friends from Ottawa, Nipigon, Spragge, Gravenhurst, Terrace Bay, Rossport and Sault Ste. Marie, fantastic scenery, excellent weather, and memories to last a lifetime, or at least until my holidays next year! Now that I have climbed Mt. Gwynne, maybe I should look into the Swiss Alps... :-)



Happy Casque Isles Section end-to-enders: (l to r): Ila Aho, Duncan McKay and Marge Kelland. Congrats to all!



NATIONAL TRAIL UPDATE

by Jeff Hemming, President, NTAC

I want to thank you and the Voyageur Trail Association for your ongoing support of the National Trail Association (NTAC) and the Sentier National Trail (SNT). After a rather quiet period in our development we are once again building our network of trails that make up the SNT.



Our most recent member is the East Coast Trail Association of Newfoundland which is a single use hiking trail. They have been profiled in Explorer magazine and other hiking newsletters. They plan to expand to Argentia which is the ferry terminal to the mainland. We are pleased to have them as members as we are now truly west to east coast. BC has been active in the past few years and are now making plans to connect with Alberta. The NTAC is represented by the Federation of Mountain Clubs of B.C. who have mapped out trails on Vancouver Island from south to north and then eastward across the mid to northern part of the province. Their trails take in some spectacular country. Expect to hear more of them in the future.

In Ontario, we are working to fill in the gaps between the Rideau/Ganaraska Trails and the Bruce/Voyageur Trails. Quebec is busy as always developing a west/east trail as part of the SNT. They were linked with Ontario some years ago. For the first time they have experienced difficulties on their trail with clear cutting. They are working to rectify this and are positive about the outcome.

New contacts have been made in Manitoba and Saskatchewan with more work to be done in the Maritime provinces. I have met with Pierre Blouin in Montreal; communicated with most directors; work closely with Bruce Calvert, director for Ontario; and recently had a Western Region meeting with the directors from B.C. and Alberta. Additionally, I have communicated with Cecil Freeman, the new Chairman of the Trans Canada Trail (TCT) and David Francis, president of Hike Ontario and received their support. The NTAC has a written agreement with the TCT to share trail where suitable and appropriate. I have used your association as an example of how the two organizations can work together.

The above is provided as an update on where the NTAC is and going. You should also have received our most recent edition of our newsletter "Hike Canada" which covers some of this. If you have not received it, please advise me and I will ensure that it is sent. Doug Campbell receives your newsletter and forwards it to me. It is much appreciated.

As we move forward with the development of the SNT we need and appreciate your support. Your comments and thoughts about the NTAC and SNT would be appreciated as would any material you would like to submit for Hike Canada.



IF YOU CAN GIVE OF YOUR TIME OR TALENT...WE WOULD LOVE TO HAVE YOU!

Contact Gayle 705-942-1891 voyageur.trail@sympatico.ca for info on vacant VTA executive positions or other ways to help!

WORKING FOR WILDERNESS

...for these folks, vacation is not a time to 'do nothing' by Georgena MacDonald



It would be hard to find a more willing and cheerful group of workers than the crew that showed up at Stokley Lodge (north of Sault Ste. Marie) in September to help us with trail maintenance. Thanks to these folks we now have a new lookout on the Harmony extension, a completed loop at Carp Lake, a cleaner Harmony trail section, and a new trail started at Mile 38 Road.

This Federation of Ontario Naturalist's 'Working for Wilderness' team included four participants from southern Ontario, one from Australia and four from England. Call them what you will; naturalists, hikers, conservationists, those of us who spent some time with them were positively infected by their enthusiasm. This type of work is fun, especially if it's outdoors, with like-minded people.

Day activities included trail maintenance, new trail construction, and hiking. Evening programs included presentations on responsible forestry, the falcons of Algoma, and wood turtles. Other activities included sampling "Canadian" foods, (perogies?, poutine? strawberry shortcake!), looking for bears at the local landfills, trying to find sand-hill cranes, and observing eagles, peregrines, and turkey vultures.

Our thanks to Stokley Lodge for providing affordable accommodation, to George Schmitz, Bob Knutsen and Neil Ray for excellent evening programming, to Denis Novick for the souvenir fishing maps and copies of the Goulaigan Free Press, and to all the VTA folks who helped behind the scenes - Ila for leading the hike to Tier Lake, Don for trail work and cooking in the rain, Gayle for website updates and publicity, Mike and Cheryl for the fish fry, and everyone who came out to welcome our guests at the pot luck, hikes and work parties.

Well done team!



Their VTA Appreciation Certificates!



WATER MANAGEMENT

by **Salil Gupta, M.D.** and **Joanne DeTore, P.A.**

Salil Gupta is a nephrologist (kidney specialist) and Joanne DeTore is a physician's assistant who works with Dr. Gupta at Community General Hospital in Syracuse.

Most athletes don't stop and think of the importance of water and its relationship to the workings of our bodies. The human body is 57 percent water. Therefore, an average person weighing 70 kilograms (154 pounds) contains approximately 40 liters (1 liter equals about 1 quart) of water. All cells need water. Water is lost from the body in our urine, sweat, and feces. On a normal temperature day, our body loses approximately 2 liters of water; this increases to 3 liters in hot weather. Water lost during a day should be replenished in order to maintain good nutrition. Inadequate fluid intake will adversely affect the body's cardiovascular function, muscle metabolism, and ability to regulate body temperature.

Hiking demands a great deal of energy. When your body expends energy you burn calories. This in turn raises the internal temperature of the body. The body must regulate the temperature and appropriately get rid of extra heat being produced to maintain an internal temperature of 98.6°F. Heat loss is accomplished by sweating. When the sweat is evaporated from the skin's surface, the process in turn cools our body. Hiking, or any exercise, increases sweating which depletes your body of more water and electrolytes. Therefore, to achieve your peak performance while hiking, it is important to increase your fluid intake to replenish what is lost.

A study done by Rozier (1998), looked at the hydration status of recreational backpackers. His results showed that hikers tended to be dehydrated before even beginning their daily hike. The data further indicated that these hikers were, as one would expect, even more dehydrated at the end of the hike. Exercise performance is negatively affected if the body is not properly hydrated. Therefore, it is important to stress that everyone involved in any type of exercise should know the importance of ingesting enough fluid before, during, and after exercise.

First, it is important to always hydrate yourself before exercise. Everyone should eat nutritiously and drink adequate fluids 24 hours before exercising. Remember, on an average day you should be drinking at least 2 liters of fluid to replenish normal daily losses. Water intake increases with exercise. To get the maximum benefits of exercise, the American College of Sports Medicine advises people to begin with drinking approximately 500 milliliters (17 oz. or a little more than one-half quart) of fluid 2 hours before exercising. This will hydrate you and give you plenty of time to get rid of any excessive water before starting your exercise.

Just because you had some water before beginning your hike does not mean you are done. Individuals also need to drink during exercise at regular intervals to replace water lost through sweating. Sweating induced by exercise can cause



individuals to lose up to 3 liters of fluid per hour. Therefore, one should try to drink 150 to 300 milliliters (5-10 oz.) every 20 minutes of exercise. Failing to replenish water may cause dehydration. Dehydration reduces blood volume. The body tries to preserve the fluids and therefore decreases blood flow and sweating.

Failing to sweat and cool the body causes the body's temperature to rise. In extreme circumstances, body temperature can rise to dangerous levels, and one may suffer a heat stroke. Symptoms of heat stroke include headache and dizziness. If severe, one may become unconscious, have convulsions, and even die. But don't worry, if you remember your water bottle, you should be fine.

Lastly, don't stop drinking when your feet stop hiking. Rapid and complete restoration of fluid balance after exercise is an important part of the recovery process. Water alone is adequate for rehydration if you also eat solid food. The food replaces the electrolytes lost in sweat. If during backpacking you are unable to have solid foods, it is important to replace electrolytes in the fluids you drink. (article courtesy the Finger Lake Trail News - Summer 2001 edition)



NEW HIKE ONTARIO EXECUTIVE

Hike Ontario is pleased to announce their new 2001-2002 executive:

- Bob Griffin succeeds David Fancis as President
- David Francis becomes Immediate Past President
- Kathy Hodder has been appointed Treasurer
- The positions of Vice-President and Secretary are vacant at this time.

(Harold Sellers is still Administration Manager.)

To contact Hike Ontario, Telephone (416) 726-7362; Fax (416) 426-7045; E-mail: hikeontario@osrc.com; visit their Web Site: www.hikeontario.com



Below the Aquasabon Gorge on the Casque Isles Section.



Looking to hide your millions?
Voyageur Trail Association is a registered charity.
Send your tax deductible donations today!

This schedule was put together early and may have last-minute changes from time-to-time. Please call our Information Hotline at (705) 253-5353 and select message No. 9999 to check if any details of the outing have been changed. This Information Hotline is updated regularly and will have the latest news on the next planned outing. The schedule is also on our web site. Visit: < <http://www3.sympatico.ca/voyageur.trail> >

(Sault Ste. Marie and area—outings marked with an asterisk () are outside Sault Ste. Marie) For all outings, bring water, a lunch and dress appropriately. Be prepared to sign an Assumption of Risk Agreement.*

Wed., Dec. 26 (Boxing Day) - Work off those Christmas calories with a snowshoe at Glenview with Don (946-9599). Zellers behind Pennington's @10AM. Behaved pets welcome.

Tues., Jan. 1 (New Year's Day) - Start 2002 right with a snowshoe from Camp Korah to Maki Road with Ila (949-1097). Meet Market Mall @10AM. Behaved pets welcome.

Sun., Jan. 6 - Snowshoe with Gayle at Red Rock (942-1891). Market Mall @10AM. Behaved pets welcome.

Tues., Jan. 8 - Bushwhack ski with Horst (254-8504). Meet at the end of People's Road at 10AM. Pets welcome.

Sun., Jan. 13 - Family snowshoe east of Goulais Ave. Market Mall @ 1:30PM. Behaved pets OK. Susan 949-4105.

Tues., Jan. 15 - for Horst's bushwhack ski details, see Jan. 8th.

Sat., Jan. 19 - VTA Executive Meeting 10AM at Great Lakes Forestry Centre.

Sun., Jan. 20 - Snowshoe in the city's west end with Jack (942-1761). Market Mall @10AM. Behaved pets welcome.

Mon., Jan. 21 - Saulteaux Club meeting @ 7:30PM at GLFC. End-of-the-year celebration. Bring your photos to share. Pizza available. Gayle 942-1891.

Tues., Jan. 22 - for Horst's bushwhack ski details, see Jan. 8th.

Sat., Jan. 26 - Snowshoe with Doris (942-9466) in the Goulais Avenue area. Market Mall @10AM. Behaved pets OK.

Tues., Jan. 29 - for Horst's bushwhack ski details, see Jan. 8th.

***Sat., Feb. 2** - Heyden Lake to Trout Lake winter walk with Bev & Verna (777-3053). Meet at 9:30AM at Aweres School in Heyden. Behaved pets OK.

***Sun., Feb. 3** - Snowshoe to the Desbarats Caves with Patrick (253-4470). Churchill Plaza near Roger's Video @9AM. Behaved pets welcome.

Tues., Feb. 5 - for Horst's bushwhack ski details, see Jan. 8th.

Sat., Feb. 9 - Bon Soo Family Snowshoe Experience. Bellevue Park @ noon. Volunteers needed. Call Gayle 942-1891.

Tues., Feb. 12 - for Horst's bushwhack ski details, see Jan. 8th.

***Sat., Feb. 16** - Snowshoe with Monica Hilton and Ann Sloan. Meet @10AM at the Esso gas station in Heyden. Behaved pets OK. Call 777-1417 for info.

Tues., Feb. 19 - for Horst's bushwhack ski details, see Jan. 8th.

***Sun., Feb. 24** - Ski the McNearny Lake trails. Michigan Tourist Info building @9:30AM. No pets. Susan 949-4105.

Tues., Feb. 26 - for Horst's bushwhack ski details, see Jan. 8th.

Tues., Mar. 5 - for Horst's bushwhack ski details, see Jan. 8th.

Sat., Mar. 9 - Maki Lake snowshoe with Ila (949-1097). Meet at 10AM, Zellers behind Penningtons. Pets OK.

Tues., Mar. 12 - for Horst's bushwhack ski details, see Jan. 8th.

Mon., Mar. 18 - Saulteaux Club bi-monthly meeting @ 7:30PM at GLFC. Planning of next outing schedule will take place. Call Gayle 942-1891 for info.

Tues., Mar. 19 - for Horst's bushwhack ski details, see Jan. 8th.

Sun., Mar. 24 - Snowshoe (or hike) with Ila (949-1097). Final details TBA.

Tues., Mar. 26 - for Horst's bushwhack ski details, see Jan. 8th.

Tues., Apr. 2 - for Horst's bushwhack ski details, see Jan. 8th.

Sun., Apr. 14 - Hike with Ila (949-1097). Final details TBA.

Sat., Apr. 20 - Annual Saulteaux Club Dinner at Aurora's-West End featuring, Dieter Ropke with his slide presentation, "Hiking the Greek Islands". Dinner at 6PM. Elections will be held (*volunteers always welcome for executive positions.*) Tickets \$20 each. Children under 10, half price & under 2-free. For tickets, call Gayle 942-1891.

Sun., Apr. 21 - Earth Day clean-up with Gayle (942-1891). Details TBA.

Sun., Apr. 28 - "Go to Blazes" trail maintenance with Gayle (942-1891). Details TBA.

***Weekend of Fri., May 3, Sat., May 4 & Sun., May 5** - Elliot Lake trail maintenance backpack and possibly day trips. Pets OK. Call Gayle 942-1891 for info.



VTA Winter Activities Disclaimer: It is important to note that the VTA does not provide formal instruction for snowshoe and ski activities. Each participant in our winter activities is assumed to:

- understand the causes, preventive measures, and treatment for hypothermia
- dress appropriately, bring lunch and water and be prepared for unforeseen delays on the trail
- understand that changes in weather and snow conditions can affect the difficulty level of a given trail
- have experience on, and be familiar with his/her own equipment
- for skiers: be able to perform the basic manoeuvres, such as snowplow and herring bone under a variety of snow conditions for a period of several hours.



OUTING SCHEDULES (continues)

Coueurs de Bois Outdoors Club (Elliot Lake area)

For fun, fitness and friendship. Meet at Sears parking lot unless otherwise noted. For more information, phone outing leaders. No pets please.

- JAN 1** Tues 11:00 Meet at Sheriff Creek Sanctuary Ray Cormier 848-7979
 3 Thurs 10:30 **Snowshoe** (3 - 4 hrs) Fred Forsyth 848-2956
 5 Sat 1:00 **Snowshoe Demo** Bill Ralph 848-7445 Meet @ Red's-14 Oakland Blvd
 8 Tues 1:00 **Snowshoe** (2 hr) Hazel Thomson 848-5996
 12 Sat 10:30 **Snowshoe** (3 hr) Mississauga Park Paul Fuller 461-9080
 15 Tues 1:00 **Ski** (2 hr) Hilda Gilbert 461-9974
 16 Wed 11:00 **Ski** (2 - 3 hr) Al Carriere 848-4372
 19 Sat 10:30 **Snowshoe** Golf Course Area Nancy-Jo Wannan 848-2947
 20 Sun 10:00 **Snowshoe** (2 hr) Hope Lake Georgena MacDonald 849-0082
 24 Thurs 10:30 **Snowshoe** (3-4 hrs) Fred Forsyth 848-2956
 26 Sat 10:30 **Ski** (3 hr) North Shore Paul Fuller 461-9080
 27 Sun 10:00 **Snowshoe** (2 hr) Kenebek Trail Lee Miller 844-1027
 30 Wed 10:00 **Snowshoe** (3 hr) Carl Yohnke 461-3418
- FEB 2** Sat 10:30 **Snowshoe** (3-4 hrs) Rainbow Trail Nancy-Jo Wannan 848-2947
 5 Tues 11:00 **FUN DAY-Toboggan, Ski, Snowshoe, Wiener Roast**
 Chul-ui Hong 848-4846
 7 Thurs 10:30 **Ski** (3-4 hrs) Fred Forsyth 848-2956
 9 Sat 11:00 **Ski-Spine Beach Trail** Barry Wannan 848-2947
 11 Mon 1:00 **Snowshoe** (2 hr) Esther Bruce 461-3724
 13 Wed 10:00 **Snowshoe** (3 hr) Bob Chalut 461-9062
 16 Sat 11:00 **Snowshoe and Wiener Roast** Jessie Yohnke 461-3418
 17 Sun 10:00 **Snowshoe** (2-3 hr) Iron Bridge Georgena MacDonald 849-0082
 20 Wed 9:00 Meet at Mt Dufour-**Downhill skiing** Fred Forsyth 848-2956
 23 Sat 11:00 **Ski** (4 hr) Alan Day 848-8776
 25 Mon 1:00 **Ski** (3 hr) Gordon Bruce 461-3724
 27 Wed 11:00 **Ski** (2-3 hr) Al Carriere 848-4372
- MAR 1** Fri 10:30 **Snowshoe** (3-4 hr) Fred Forsyth 848-2956
 2 Sat 9:00 **Ice Fishing** Bob Chalut 461-9062 and Carl Yohnke 461-3418
 2 Sat 6:00pm **Pizza followed by City Walk.** Please phone Jessie Yohnke at 461-3418 during the week of Feb 17.
 3 Sun 10:30 **Ski** (4 hrs) Alan Day 848-8776
 6 Wed 12:00 noon **Ice Skating.** Meet at Centennial Arena \$2.00 per person Elizabeth Campbell 848-6079
 9 Sat 10:30 **Snowshoe** (3 hr) Semi-White Creek Diana Day 848-8776
 12 Tues 1:00 **Ski** (2 hrs) Hilda Gilbert 461-9974
 13 Wed 11:00 **Ski** (2-3 hrs) Al Carriere 848-4372
 16 Sat 10:30 **Snowshoe** (3-4 hrs) Peter Burtoft 848-4806
 18 Mon 10:30 **Snowshoe** (3 hrs) Carl Yohnke 461-3418
 21 Thurs 10:30 **Snowshoe** (3-4 hrs) Fred Forsyth 848-2956
 23 Sat 1:00 **Ski** (3 hrs) Gord Bruce 461-3724
 27 Wed 12:00 noon **Ice skating.** Meet at Centennial Arena \$2.00 per person Elizabeth Campbell 848-6079
- APR 2** Tues 10:00 **Hike** (3 hrs) Stan Codlin 848-3087
 6 Sat 10:00 **VTA Trail clearing** to Christie Creek Lee Miller 844-1027
 9 Tues 10:00 **Hike** (3 hrs) Stan Codlin 848-3087
 13 Sat 7:30pm **Ice Skating.** Centennial Arena (\$2/person) Stan Codlin 848-3087
 16 Tues 10:00 **Hike** (3 hrs) Stan Codlin 848-3087
 18 Thurs 9:30 **City Walk** (2 hrs) Nicole Welvaert 848-8317
 20 Sat 10:30 **Hike/Snowshoe** (3-4 hrs) Peter Burtoft 848-4806
 22 Mon 10:00 **Cycling** (4 hrs) Hazel Thomson 848-5996
 23 Tues 10:00 **Hike** (3 hrs) Stan Codlin 848-3807
 27 Sat 9:30 **Trail Clearing** - Cobre Trail Fred Forsyth 848-2956
 28 Sun 10:30 **Cycling** (3 hrs) Klaus Glaub 461-3694
 30 Tues 10:00 **Hike** (3 hrs) Stan Codlin 848-3807
- MAY 3, 4, 5.** (Fri, Sat, Sun) **VTA Trail Clearing** Bill Ralph 848-7445

Penewobikong Club (Iron Bridge/Blind River)

Call Joanne at 843--2199 for info.

Casques Isles Club (Schreiber/Terrace Bay/Rosspoint area)

Call Duncan at 807-825-3338 for info.

Nipigon-Thunder Bay Club

Call Connie at 807-343-8793 for info.

VTA/ALGOMA'S WATER TOWER INN TRAILHEAD AGREEMENT

The Voyageur Trail Association has entered into a Trailhead Agreement with Algoma's Water Tower Inn in Sault Ste. Marie to enhance hiking and outdoor recreation in the Sault Ste. Marie area and to explore the Great Lakes Heritage Coast.

Three or more days' trailhead packages will include a free Algoma map, the services of a tourist coordinator, detailed maps for local travel, and other specialized information. Recipients of these packages will also be given a password for personal access to the *Great Lakes Explorers Club* Secret Tips and Information.

The Voyageur Trail Association will receive a \$5.00 commission for every reservation of guests at Algoma's Water Tower Inn who mention the Voyageur name.

For more information, check out the VTA Saulteaux Club webpage linked to www3.sympatico.ca/voyageur.trail or contact Algoma's Water Tower Inn at (705) 949-8111 or 1-800-461-0800
www.watertowerinn.com



When does your VTA membership expire?

Check the date printed on your VT NEWS envelope label! (Makes a great gift!)

705-949-4105 for speedy service



PADDLING LAKE SUPERIOR by Dieter Ropke

What makes this lake so unique a paddling and wilderness experience? Bruce Littlejohn and Wayland Drew titled their book, *"Superior, the haunted shore."* It is an appropriate epithet. The lake is so mystical and with its vast shoreline, one can travel it many times and never get enough of its unique wildness and stark beauty. Different seasons, lake conditions, and light guarantee new discoveries with every trip. After 25 years of travelling this forbidding shoreline from Hattie Cove to Catherine Cove, mostly by canoe with the last three trips in a double kayak, I would like to share with you some of the moments which have become indelible in my mind.

- A sudden turbulence at 2AM which brought surf some 6m up the beach urging us to move our kayak.
- Travelling on the lake for up to 7 days without encountering a single person.
- Remnants of arctic flora to be discovered on this cold shore, i.e. carpets of crowberry draping the smooth edges of the rocky shoreline, the revolute leaf margins allowing the plant to conserve moisture on this harsh substratum.
- The colourful and lush orange lichens, most luxurious on Michipicoten Island.
- The frightening sounds of night feeding at heron rockeries, food being regurgitated.
- Coyote visits during the night, huffing and puffing and once actually cutting of 2 kayak straps to get at our food (*unsuccessful*).
- Meeting Mike O'Connor on Otter Island and spending the night with him at a primitive site in Otter Cove. At close range in a canoe, we watched for over an hour as Mike stood in the cold lake, photographing and grunting at a cow moose to keep her within range of his camera.
- Beachcombing and picking some of the dazzling polished stones.
- Finding wolf prints where the wild creature visited my site, lifted its leg and sharing the habitat with us (*Floating Heart River*), the story written in the broken wet sand.
- The green bag of tent pegs left behind (*near Petit Mort Rocks*) and picked up when we returned from the Pukaskwa.

- Stepping ashore on a one kilometre long beach and finding no human footprints.

- Botanizing and early morning photography at Cozens Cove, Michipicoten Is.

- Sharing an early morning feast of beans. These were expertly baked overnight in hot sand by Ernie Pringle (*Michipicoten Island*).

- Camping on a rock plateau at Triangle Harbour and discovering underwater ledges and incredible rock formations on shore walks.

- Hearing the frightening screams and hisses of a lynx in the early morning hours (*Morrison Harbour*).

- Listening to the ravens at Hattie Cove.

- Waiting for favourable weather at Hattie Cove for 3 days without being able to see the lake for takeoff.

- Ducking out of the Willow River when I thought the fog was lifting and being forced off the lake in difficult terrain within 1/2 hour at 8 p.m.

- Frolicking without my fig leaf on a sandy beach too hot to stand on and yet, within less than 24 hours, wearing ALL the clothes I had taken along.

- Camping adjacent to thundering Cascade Falls unable to hear the rodent chewing a hole in our Duluth bag and almost severing the leather strap.

- The ever curious loons surfacing near you and visiting near our campsite.

- The many hummingbird moths (*Sphinx sp.*) hovering to feed on beach pea (*mid July afternoons at the Julia River*).

- Making bannock and cooking over an open fire.

- Finding a wooden galley skeleton intact on the sand floor of a small aquamarine cove.

What you need to go: curiosity and a need to leave the crowd behind; respect for the Lake; the knowledge that today's high-tech gear provides many comforts.

What you take home: indelible images and a never ending yearning to go back.

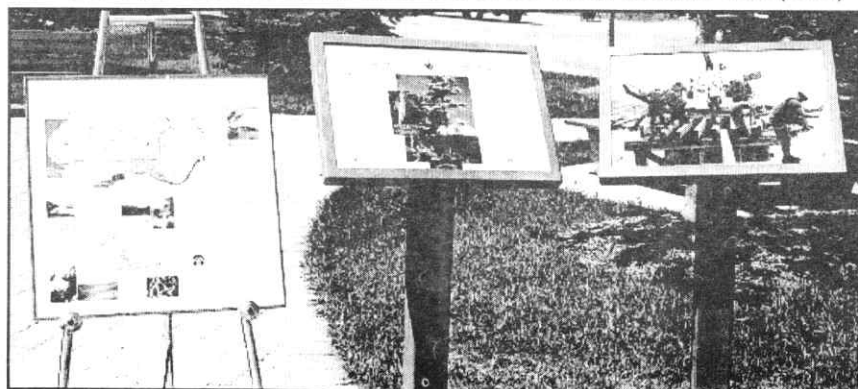


TRANS CANADA TRAIL SIGNAGE UNVEILED

On May 17, 2001 the Voyageur Trail Association was honoured to be included in one of eleven simultaneous news conferences that took place across Canada in an effort to announce a new initiative of the Trans Canada Trail (TCT)--interpretive signage sponsored by the Bronf Foundation.

The Saulteaux Club of the VTA jumped in with a sign of their own and now all of the signs shown in the photo grace the walls of the Ontario Tourism building in Sault Ste. Marie.

Other TCT signs will be placed in locations along the Voyageur Trail route.



PRESIDENT'S REPORT *by Mike Landmark*

This year has been an exciting and challenging one for the Voyageur Trail Association.

In May, the Trans Canada Trail Discovery Program was launched in Sault Ste. Marie with the installation of an interpretative panel at the Tourist Information Centre. The Voyageur Trail Association organized the event and, at the same time, unveiled a new map of the Saulteaux section of the Voyageur Trail, which was also installed in the Tourist Information Centre (see page 7). These maps will be available in the Sault Ste. Marie area for tourists and the general public, who are interested in hiking the local trails and who do not wish to purchase the guidebook for the entire trail system. If the Saulteaux map is a successful endeavour, the VTA will consider developing maps for the other sections of the trail system as well.

A number of the VTA clubs promoted the Legacy Trails program in their local newspapers, which generated some very welcome funding for the clubs. This money will be used towards promoting, building and maintaining our local trails. Our thanks go out to Hike Ontario and the sponsors of the Legacy Trails program.

A comprehensive Guide to Establishing and Maintaining Hiking Trails has been completed and printed for distribution.

Much of the Voyageur Trail has been GPS'd for more accurate plotting on maps for the trail guidebook.

A summer student, Kealy Sweet, was hired in June to assist the Voyageur Trail Coordinator in her many duties, which include assisting in the formation of new clubs and increasing the amount of completed trail. As a result of our ongoing efforts to fulfill these goals, we are pleased to welcome the new Nipigon/Thunder Bay club to the Association fold.

The VTA received approval for a FedNor grant to hire an intern to assist in trail building and maintenance for one year. The successful candidate was Evan McCaul.

A number of people received well-deserved awards at the VTA Annual General Meeting held in October. Don McGorman of Sault Ste. Marie (shown below on rt.) received the prestigious Steve Taylor Volunteer Award for his tireless efforts in maintaining the Voyageur trail in this area.

Congratulations, Don, for winning two years in a row!



Ray Cormier was given a Certificate of Appreciation for revitalizing the Coureurs de Bois club in Elliot Lake. Howie Chaboyer was given a Certificate of Appreciation for his many hours of volunteer work in trail building and maintenance in the Casque Isles area.

Ila Aho, Marge Kelland, and Duncan MacKay were given End-to-End certificates for completing the entire Casque Isles section this summer.

Bill and Iris Ralph, Al Carriere, Stan Codlin, and the Landmark family (Mike, Cheryl and Misty) were all given End-to-End certificates for completing the Coureurs de Bois section in May.

Janet Roberts and Andy Fox of Nova Scotia received End-to-End certificates for completing the Coureurs de Bois and Penewobikong sections in May. As well, Mr. Jacob Pandzic was given a Certificate of Appreciation for his long-time landowner generosity in the Gros Cap area (28 years). *Congratulations everyone!*



S.C. TO THE RESCUE!



The Saulteaux Voyageur Trail Club wishes to thank the staff and students of Sault College's Outdoor Recreation class for cleaning and blazing many kilometres of trail in the Tower Lake area of the Echo Ridges section. Thanks also to those VTA members who volunteered to escort them!

**Just in time for Christmas...
special is extended exclusively for VTA folks...**

Hike the trail with your **FREE** copy of
EXPLORE MAGAZINE
Canada's Outdoor Adventure Magazine.

Enjoy your FREE issue and take advantage of the *Friends of Explore* offer exclusively available to outdoor clubs for **ONLY \$19.95!**

You'll receive 6 issues plus a bonus Gear Guide for one year! If you are not interested, simply write "cancel" on your offer and the FREE issue is yours to keep.

**Call 1-800-465-6183
and quote reservation number Voyage 01.**

Note: subscription offer is separately mailed a few weeks after receiving your free magazine.



Skyline Hikers of the Canadian Rockies

Non-profit organization offers 5 six-day wilderness base camps in the Canadian Rockies

July 15 - August 12, 2002 ~ Total cost approx. \$620

Includes bus transportation, tent accommodation with hot water, all meals, camp staff, guided day hikes, evening camp fire program. Hikers carry only a day pack, but must be fit for mountain hiking. Registration starts January 2002.

For a free brochure call:

780-289-6272

e-mail: skyhiker@telusplanet.net

Ontario residents contact:

Harry Moerschner: 705-445-0267 or

e-mail: moersch@bmts.com

NATURE IMITATES US!



This photo (courtesy Monica Hilton) depicts nature's way of imitating our VTA "arrow" logo. (Really, it's a tree split right down the middle.)

CHRISTMAS IS COMING!

What to get for that hard-to-buy-for person on your list...

a VTA membership, or...

(clockwise): sweatshirt \$20, long sleeved t-shirt \$15, short sleeved t-shirt \$12, VTA Guidebook \$15 for members, VTA Crest \$3. Call Susan at 705-949-4105 for fast delivery!



AND, SPEAKING OF PHOTOS...

We are on the lookout for a new photo to grace the front of our Voyageur Trail Association full colour pamphlet. Shots should be taken on an actual section of Voyageur Trail, and ideally, will show people enjoying it! Please send your photos c/o "VTA Pamphlet Photo" to our regular mailing address. The "winner" will get the photo credit on our new pamphlet. All photos will be returned (if you enclose a full mailing address.) So, enter today!



VOYAGEUR TRAIL ASSOCIATION MEMBERSHIP FORM (please print)

Name: _____

Address: _____

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

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

E-mail address: _____

MEMBERSHIP FEES:

Individual (includes insurance for one person only).....\$20 :: _____

Family/Group (\$3.50 per additional member at the same address, to cover optional insurance coverage -please supply name[s]) = _____

Student.....\$10 = _____

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

Charitable Reg. # 119261923RR0001

Guidebook (member) \$15 x ____ (non-member) \$25 x ____ = _____

☐ Crest \$3 x ____ = _____

T-Shirts: sleeves -short \$12 x ____ -long \$15 (size ____).. = _____

Sweatshirt \$20 x ____ (size ____)... = _____

Anniversary Sweatshirt \$45 x ____ (size ____)... = _____

For Topography Maps \$11.75 / Tyvek \$14.50 -

Call Steve (705) 946-2484

Total Amount Enclosed: \$ _____

Make cheques payable and mail to:

VOYAGEUR TRAIL ASSOCIATION,

P. O. Box 20040, 150 Churchill Blvd.,
Sault Ste. Marie, Ontario, Canada P6A 6W3

For non-members, the Guidebook is now available from Pickwick Bookstore, Clean North, Dunn's Authors, Experience North, Joe's Sports & Surplus, ACR Gift Shop & Airways General Store, Sault Ste. Marie; the Travel Information Centres in Wawa and Blind River; the Blind River Public Library; Red Top Inn, Iron Bridge; The Gift Rack, Bruce Mines; Forestland, Thessalon; Little Rapids General Store; Red's Little Hooker Bait & Tackle, Elliot Lake; Lake Superior Provincial Park Visitor's Centre; Pukaskwa National Park Visitor's Centre; Wanderer Travel Books & Maps, Kingston; Running Free, Markham; Mountain Equipment Co-op, Toronto.

(Continued on back -)



Voyageur Trail News - Winter 2002

VTA CO-ORDINATING COUNCIL

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Mike Landmark (705) 779-3409

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VICE-PRESIDENT - CENTRAL:

vacant (Please contact us for info on this position.)

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vacant (Please contact us for info on this position.)

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SAULTEAUX:

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Joanne Marck (705) 843-2199

COUREURS DE BOIS:

Jerry Bertrand (705) 461-1444

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

Deadline for the next issue is April 1, 2002.

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 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.

BE A LOW-IMPACT HIKER!

----- ✂ ----- (clip and mail) ----- ✂ -----

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:

- | | | |
|--|---|---|
| <input type="checkbox"/> Trail development | <input type="checkbox"/> Trail maintenance | <input type="checkbox"/> Newsletter, guidebook, photography |
| <input type="checkbox"/> Hike leader | <input type="checkbox"/> Landowner liaison, records, maps | <input type="checkbox"/> Publicity committee |
| <input type="checkbox"/> Organization—executive, directors | <input type="checkbox"/> Special events; conferences, dinners | |

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

Section

- ☐ *Nipigon/Thunder Bay
- ☐ *Schreiber/Terrace Bay
- ☐ Marathon
- ☐ Pukaskwa National Park
- ☐ *Wawa
- ☐ Lake Superior Provincial Park
- ☐ Batchewana
- ☐ *Harmony Beach/Havilland Bay
- ☐ Goulais
- ☐ *Sault Ste. Marie
- ☐ Echo Bay

Club

- Nipigon/Thunder Bay V.T.C.
- Casque Isles V.T.C.
- Michipicoten V.T.C.
- Saulteaux V.T.C.
- Echo Ridges V.T.C.

Section

- ☐ Desbarats
- ☐ Bruce Mines
- ☐ Thessalon
- ☐ *Blind River/Iron Bridge
- ☐ *Elliot Lake
- ☐ Spanish
- ☐ Massey
- ☐ Espanola
- ☐ Little Current
- ☐ Sheguiandah
- ☐ South Baymouth
- ☐ Sudbury

Club

- Desbarats V.T.C.
- Thessalon V.T.C.
- Penebwbikong V.T.C.
- Coueurs de Bois V.T.C.
- Rainbow V.T.C.
- Sudbury V.T.C.

