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VOYAGEUR TRAIL
ASSOCIATION

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A member of
Hike Ontario,
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VOYAGEUR TRAIL NEWS

EDITOR: Cheryl Landmark

LAYOUT BY: Gayle Phillips

INTRODUCING, ALLISON NORG

Let me introduce myself. My name is Allison Norg, and I'm the new trail development intern here at the VTA.

I am a graduate of the Parks and Outdoor Recreation Program at Sault College, and have worked in various jobs including: recreation director, camp counsellor, activity programmer, tutor, and others.

My hometown is Brantford, Ontario, but I have become very attached to living in the Sault.

I started working for the Voyageur Trail Association in the beginning of June and have been involved in many different big and little projects. One of the upcoming projects that I've been involved with is the Federation

of Ontario Naturalists' visit to Wawa in September. We have plans to do a maintenance holiday on the Michipicoten Voyageur Trail. Due to really bad storms in the area last year, the trails in this area need some help. This week of work will take place from September 14th to 19th. Naturally Superior Adventures has offered to provide camping accommodations for all those who volunteer on this trip. It won't be all work and no play; there will also be opportunities available for kayaking, canoeing, campfires and other relaxing activities. This working holiday is open to anyone interested. We can use the help. I've also visited the bush on a few occasions...read on!

NEW TRAIL OPENED IN MARATHON! by Allison Norg

(Photos by Rob Woito) On Saturday July 20th, I had the awesome opportunity to hike a brand new section of VTA trail.

The Friends of Pukaskwa under the direction of Rob Woito and Glenn Labrash, have worked hard to clear a trail from Marathon's Penn Lake park all the way through to Pukaskwa National Park.

I met the crew of hikers and local volunteers at 8:00 Saturday morning where I was introduced to Harold Griggs from the town council along with Ted Schintz from the ambulance service, and the other hikers for the day. The purpose of this hike was to open the new trail as well as raise money for the local T.V. station.

Harold Griggs had the honour of officially opening the trail by cutting the branch that started the hike (see photo). And then we were off!

Leaving Penn Lake Park at around 8:30 am we headed out onto the trail in minor rainy weather. This was a bonus, because the flies and mosquitoes (always taken into account when hiking) were few. Unfortunately the cool wet weather didn't last long, and we inevitably faced those annoying little insects in full force.

The first 5 km of trail went off and on existing



The official branch-cutting ceremony.

L-R: Glenn Labrash, Peter Dobbs, Robert Woito, Harold Griggs (representing Town Council), Carole Woito, and Allison Norg from the Voyageur Trail Association.

trails used by ATVs, snow machines, mountain bikes, old train tracks, and other hikers. Our pace was quick, and our legs were light as we approached our first rest station at 5 km. Here we were met by our joyfully cheering crowd, who snapped pictures, refreshed water supplies and gorp, and treated us to freshly cut orange slices. After resting, layering down, and hydrating ourselves we prepared for the next 5 kms,

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NEW TRAIL OPENED IN MARATHON

(Continued from page 1)

which would bring us to our lunch spot at 10 km. Although we lost a few hikers, five of us continued on. Glenn, Peter, Rob, Carole, and myself continued to hike through the next section of trail.

This section was not as well packed by other users, but the many trails from deer, moose, and bear were evident. Along this section of the trail we came out on Lunam Lake, as well as a lookout (photo below) where we could see Heron Bay, CPR Island, and the Pic River area.



On these hilltops, elders from the Pic River First Nations used to come to pick berries. We were able to use some of their trails to hike out from Lunam Lake. We stopped for lunch at 1:00 where our supporters once again met us. At this point, my socks and shoes were very wet and causing blisters to my feet. Paula Golding from the Ambulance service kindly lent me a dry pair of socks and tended to my blisters before we headed back out on the trail for the final 10 km.

We left lunch as four; Carole had other business to tend to. Glenn, Peter, Rob and myself took to the rather rugged trail around 2:00 pm.

This trail is definitely a wilderness class trail, and should only be done by experienced hikers. As Rob explained to me, Glenn had spent many trips in this area looking for the best route to take. After only a very short time, the route was decided and construction began. It is evident that it took a great deal hard work to cut the trail through this section, not just once, a few times.

It was around 5 km into this section of trail that Rob could go no further. Earlier in the day he had re-injured his knee, and had to stop. He was air lifted by helicopter ahead of us to Pukaskwa where we would meet with him later. And so we were three.

It was around this time that we slowed our pace and pressed on up and down the remaining trail. I have to admit my energy level took quite a drop soon after we left Rob, and wasn't regained until we hit the final coastline. The final part of the coastline is a very interesting section.

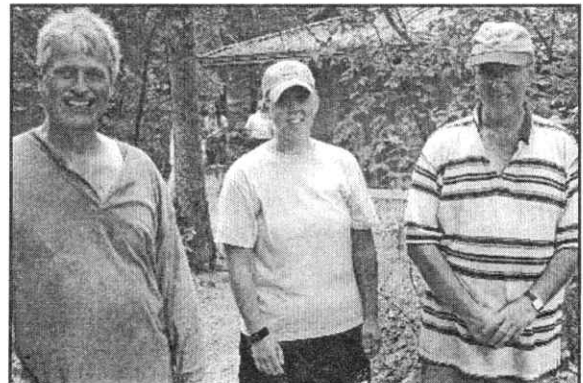
The quick, rocky ups and downs are challenging, but cool. Along with the cedar trees and soft mossy forest floor are rock crevices and cave-like areas. If you are short on time and

energy, this section of the trail is a great area to see. We finally made it to "the beach" which I had been anticipating since just after lunch. Finally I could stop asking Glenn, "How far are we from the beach?" Peter and I removed our boots, and walked the 2 km beach bare foot. Boy did it feel great! From here, we travelled up the road along the Pic River and across the Pic River bridge into Pukaskwa National Park. We had finally made it! We finished our hike by walking all the way into the Pukaskwa Park Visitors Center, where once again our supporters greeted us. Our arrival time was somewhere between 8:00 and 8:30.

The local folks who put on this event prepared a large feast of moose stew and salads. Although we missed the ceremony, the food was great! It felt so good to sit down and eat.

So that's the play by play of my experience in Marathon. Rob suggests that the trail is around 25 km; I tend to agree with him.

If you're ever in this area and looking to hike, any part of this trail is worth your time. For pictures and more information check out the Friends of Pukaskwa website at <http://www.friendsofpnp.ca/marathontopukaskwatrail.htm>.



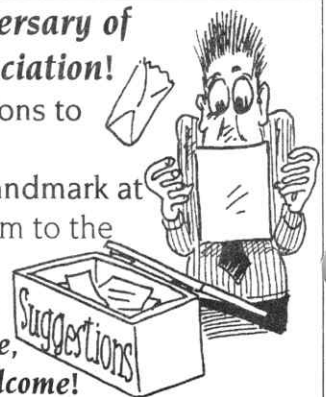
L to R: Glenn Labrash, Allison Norg and Peter Dobbs end-to-end the new Marathon trail!

Note from Rob Woito: I would like to take this opportunity to especially thank the Pukaskwa National Park staff for their support and help, Collette and Proddy Goodchild for the opening ceremony, Marathon District Ambulance and Ted Schintz, Paula Golding for volunteering to provide emergency services, as well as several of the friends who helped to make this day such a success. We can only hope to continue to improve the quality of life for all to enjoy.

2003 is the 30th Anniversary of the Voyageur Trail Association!

If anyone has any suggestions to celebrate this milestone, call the President, Mike Landmark at 705-779-3409 or bring them to the Annual General Meeting

1:00 PM October 26, 2002 at the Snowbird's Clubhouse, in Elliot Lake. Everyone welcome!



THANK YOU TO THE VOYAGEUR TRAIL ASSOCIATION

by Kas Stone

Dear VTA:
I have just recently returned from a holiday along the north shore of Lake Superior. It ranks as one of my best



holidays ever, and that is due, in large measure, to the efforts of the Voyageur Trail Association and its member clubs. So this letter, with its accompanying photographs, is by way of thanks for this most excellent of trails, upon which much of my time was spent.

The impetus for this particular holiday came last fall, when, at the end of a short camping trip, I spent several glorious days hiking and paddling in Lake Superior Provincial Park. It was my first acquaintance with the rugged Superior landscape. Those few days whetted my appetite, and I decided to spend my entire vacation this year along the Lake Superior coastline, starting where I left off last year, in Michipicoten, and continuing north and westward. My allotted time away from work was two and a half weeks in early May, perhaps not the ideal time of year for such a trip to such a place, but I decided to enjoy it anyway. All winter I browsed enthusiastically through guidebooks and maps and websites about the area. Then finally, on the first Saturday in May, I set out, with my tent, my canoe, and yellow Labrador retriever, Skye (named after the Scottish island, where I spent another best-ever holiday).

Let me admit, before I go further, that I am a bit of a wuss. It is with unimaginable admiration that I see backpackers toiling through the wilderness with days (or even weeks!) of gear shackled to their backs. And it is with embarrassment that I meet other canoe-campers on a portage, carrying a canoe and all their gear in a single portage, while I trek back and forth half a dozen times with my 'essentials'. My experience of the Voyageur Trail, therefore, was as a day-hiker. At night I retreated to the comfort of my fleeced-lined sleeping bag and my 2" Therm-a-Rest mattress and dined on home-made spaghetti with a glass of wine, albeit from a plastic glass. When it was particularly cold and I was particularly dirty, I even yielded to the temptation of a motel for a night or two along the way, and Skye became a serious motel-camping addict!

My first, and also my last, contact with the Voyageur Trail during my holiday was at Michipicoten, where, on the outward journey, I hiked south from Magpie Falls, and on the return, hiked in Michipicoten Provincial Park southward from Driftwood Beach. I'm afraid my experience of this section of the VT and my appreciation of its loveliness was rather marred by the frustration of having to navigate around/over/through considerable amounts of deadfall along the way. (NOTE: after Kas' report, we planned a maintenance week in September.)

In Pukaskwa National Park, where I set up camp for several days, I hiked the coastal trail from Hattie Cove to the spectacular suspension bridge across the White River. It was a strenuous day-trip, 20km over rough terrain with obstructions from the ravages of winter, made all the more difficult by the fact that I had Skye on the leash for the entire 20km! This was not merely in observance of the park regulations about dogs; actually it was more for Skye's sake, who was supposed to be 'resting' after surgery to a leg some months earlier. It was a success, in that it was me, rather than she, who was limping at the end of the day, having whacked my boot into a rock!

The White River, racing in extravagant May flood over the Chigamiwinigam Falls, more than compensated for the few temporary aches and pains. I spent much of the afternoon there, exploring the river both upstream and down, soaking up the spray from the rapids, basking in the sunshine, and taking innumerable photographs. On the return journey I met a group of students from Lakehead University, backpacking along the trail to fulfill one of their Outdoor Recreation course requirements, a number of them looking as though they regretted not having elected a major in Latin instead!

Marathon was next. On a bitter, windy day I hiked a short section of the VT from Carden Cove to Sturdee Cove, with a stop at the picnic table lookout for its panoramic vista over Peninsula Harbour. Further along, and later in the holiday, I discovered, quite by accident, the soon-to-be-completed extension of the VT Marathon section - a coastal trail along the Coldwell Peninsula southward from Neys Provincial Park, about which I look forward to hearing once it officially exists.

At the western end of Lake Superior, after several days spent exploring the trails of Sleeping Giant Provincial Park (which isn't part of the Voyageur Trail but should be!), I had a lovely day's hike along the Nipigon-Red Rock section of the VT.

The views from Eagle Ridge were magnificent, northward along the Nipigon River to the town and hills beyond, and south across Nipigon Bay to the many islands that shelter it. And the day, though it was May, felt deliciously autumnal, with a morning sprinkling of snow, a crisp breeze and brilliant blue sky.

Between Marathon and Nipigon lies the Casque Isles section of the Voyageur Trail. And it was here that I spent my most blissful days of the holiday, and upon which I think I would like my ashes to be scattered when I die. I often wondered, in fact, if my demise might be imminent along that trail, in the numbing temperatures I encountered most days. (On the other hand, I am grateful for those temperatures, as they kept the blackflies at bay!) Mount Gwynne was a perfect example. Skye and I huddled in a hollow at the summit eating our picnic, (in photo above)

(Continued on page 8)



COUREURS DE BOIS TRAIL CLEARING HWY 108 TO POWER LINE *by Alan Day*

We had two groups doing trail clearing over the period of May 2nd to 6th.

The first group of 4 did a day clearing trip, led by Al Carriere from Hwy 108 to Christie Creek section. They took out all blow downs and cleaned the trail, and installed approx. 100 white vinyl trail markers (in both directions). The sign-in box was repainted green and a new sign-in book and plastic container were installed. This section of the trail is now cleared and very well marked.

The second group of 7 used the Christie Lake Road and a logging trail (and then an illegal ATV trail) to gain access to our trail at Turtle Lake and headed west to our camp site at (03)72810E (51)25335N (average of 3 different readings over 3 days). This area has the capability of supporting up to 20 tents (2/3 person size) in 2 areas - 10 in an open area and 10 in a more shaded area. The site is high and dry with good access to Turtle Lake for drinking water and bathing. It is this area we will make the "official" camp site for this section. The camp site shown in the guide is low, has wet areas and is currently being used by beaver (trees down or partially down).

After setting up camp, having lunch and a rest, we started our trail clearing activities. The group cleared back east from the camp to the ATV trail, removing all deadfalls, blow downs and regeneration on the trail. On the Saturday, we cleared to the west of the camp to the power line where we met a 5-person crew from Sault Ste. Marie clearing and marking from Hwy 555 to Turtle Lake. On Sunday, two of our group hiked out with Boris Swidersky of Bushwhacker Magazine (I am glad your dog Bandit was found) and Thomas. The rest of us proceeded east and cleared from the ATV trail to Christie Creek.

We installed about 450 white vinyl markers (these in addition to the 400 - 500 we installed last year along the trail). There is still room for some improvement, particularly eastbound between McGivern and our camp as we ran out of blazes even after scrounging an additional 50 from Patrick (Capper).

We had a great weekend and a lot of fun. In addition, we saw a good selection of wildlife including cranes, loons, grouse and a wolf howl, or it may have been coyotes, late on Sunday night before the rain.

We can now say the CdeB section is well cleared and well marked. Another bonus, as we were hiking out on Monday, we met a young woman from a university in Montreal (a former resident of Elliot Lake), who was hiking from Hwy 108 through to Blind River proposing to spend 3 days in the bush. It made all our efforts worthwhile.



**For that hard-to-buy-for person
on your Christmas list...
a VTA membership! Still only \$20!**

HORST'S SAULTEAUX CLUB SKI OUTINGS *by Horst Wetzl*

Now we have reached the end of April and I am looking out the upstairs window of my log cabin and watching it snowing nicely. The snow never did go all away yet, and now with the storm last night the skiing conditions would be quite good, but no, I am not getting them back out again. For me, winter went by very fast. It was always, "There are a few weeks left."



The attendance on *Horst skiing at the "canyon" in 1997* my Tuesday outings was not very high, but I had people coming from Michigan on weekends to ski also.

I maintained a lot of my old trails and made some new ones. Now I have an easy ski trail from my place to the new golf course (Crimson Ridge). The club house there may be open all winter and I think it would make a nice outing to ski there for coffee and back again.

As we all know, the snow conditions at the late start of winter were quite bad. There was too much exposed water so we couldn't go near the "canyon". I hope it will be better next ski season.

I had some requests to change the outings to Thursdays. This would be fine with me.

Maybe the term "bushwhack skiing" is not quite fitting. My ski trails are not machine groomed, but they are free of brush and obstacles and I have nice trails. (*for Horst's outings, see page 5*)



WILDERNESS TRAVEL ZIPPERS VS. SANDPAPER - HOW TO LIGHT A MATCH

by Dieter Ropke

Years ago when zippers were still made from metal I was fond of striking a match on it. Since then I have had to do with rocks or worn out match boxes, etc. In the morning when everything is moist, I often broke matches trying to make a fire. They would absorb just enough moisture to be ineffective.

Well, no more. We just returned from a 10-day kayak trip. I took a very small ziplock bag with a very small piece of sandpaper stocked with some 5 matches at a time. I would take the match and sandpaper and strike it where I wanted the flame. It saved matches and it was an unfailing technique.



OUTING SCHEDULE

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> >

Saulteaux Club

(Sault Ste. Marie and area—outings marked with an asterisk (*) are outside Sault Ste. Marie) For all outings, bring fly repellent, water, a lunch and dress appropriately. Be prepared to sign an Assumption of Risk Agreement. For paddling outings, participants must come as part of a self contained canoe team (i.e. vessel, pfds, paddles, partners, etc.)

Sat., Sept. 8 - Hike in the west end of town with Jack (942-1761). Market Mall 10AM. Behaved pets welcome.

***Sat., Sept. 14** - Forestry tour of Ranger Lake area with Jim Miller of Clergue Forest Management Inc. (942-7706). Call to reserve your spot.

***Sat., September 14 to Thurs., September 19** - Ontario Federation of Naturalists will work on the Bridget Lake Trail and stay at Naturally Superior Adventures in Wawa. Call Gayle at 942-1891 for more info.

Sat. Sept. 21 - Canoe the Crystal Creek from Trout Lake to Thayer Acres. Several portages with a combined length of 1200m. Meet 10AM behind Penningtons-Zellers Plaza. Contact Don (946-9599).

***Sun., Sept. 22** - Hike the Pancake Bay Lookout Trail with Ila (949-1097). Zellers behind Penningtons 9AM. Behaved pets welcome, but bring a leash.

Mon., September 23 - Saulteaux Club bi-monthly meeting at 7:30 PM at the GLFC. Call Gayle for more info.

Sat., Sept. 28 - Bicycle outing with Gail Andrew (942-0768). Market Mall at 10AM.

***Sun., Sept. 29** - Work Party east of Sault with Patrick Capper (253-4470). Churchill Plaza 9:30AM. Pets ok.

***Sat., Oct. 5** - Hike new LSPP trail from Pictographs to Agawa Bay with Doris 942-9466. Very strenuous and for experienced hikers only. Penningtons at 9AM.

***Sun., October 6** - Ontario Hiking Day - Join Allan Beilhartz for a hike in the Bruce Mines area. Meet at 9AM. For meeting location, call Allan at 785-3889.

***Sat., October 12** - See Penewobikong Club hike (Iron Bridge)

***Mon., October 14** (Thanksgiving Day) - Hike to the Desbarats Caves with Patrick Capper (253-4470). Churchill Plaza at 9:30AM. Dogs must be on leash at caves.

Sat., October 19 - Hike on the Tom Allinson Spur Trail with Doris (942-9466). Market Mall 10AM. Pets ok.

***Sun., October 20** - Hike a new trail in Montreal River. Penningtons 9AM. Pets ok. Gayle 942-1891.

***Sat., Oct. 26** - VTA Annual Meeting in Elliot Lake at Snowbird's Club-house 1:00PM. At 2:00PM we hike! All welcome.

Sat., Nov. 2 - "Gales of November" hike at Red Rock. Market Mall at 10AM. Pets ok. Gayle 942-1891

Sun., Nov. 10 - Work party with Gayle. Call 942-1891 for arrangements.

Sat., Nov. 16 - Work party with Gayle. Call 942-1891 for arrangements.

Mon., Nov. 18 - Saulteaux Club bi-monthly meeting. GLFC at 7:30PM. After meeting, we will do the winter outing schedule. Gayle 942-1891.

Sun., Nov. 24 - Work party with Gayle. Call 942-1891 for arrangements.

Sun., Dec. 1 - Outing Leaders/Trail Adopters Appreciation Evening (by invitation only.) Watch your mail!

Tues., Dec. 17 - Trail closed.

Thurs., Dec. 26 - Boxing Day snowshoe/hike at Glenview with Don McGorman (946-9599). Penningtons at 10AM. Behaved pets welcome. Afterwards we will warm up inside Glenview Cottages reception room.

Wed., Jan 1, 2003 - Hike/Snowshoe at Camp Korah with Ila Aho (949-1097). Market Mall 10AM. Pets ok.

Sun., Jan. 12 - Snowshoe with Gayle (942-1891). Market Mall 10AM. Pets ok.

Thurs., Jan. 16 - Ski with Horst (254-8504). Meet 10AM at western terminus of Peoples Road. Pets ok.

Sun., Jan. 19 - Snowshoe with Jack (942-1761). Market Mall 10AM. Pets ok.

Mon., Jan. 20 - Saulteaux Club bi-monthly meeting. GLFC 7:30 PM. Afterwards, we will have our end-of-the-year social. Bring your photos of the past year's outings. Pizza will be available at a nominal fee.

Thurs., Jan. 23 - Ski with Horst (254-8504). Meet 10AM at western terminus of Peoples Road. Pets ok.



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

(Continued from page 5)

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. The Club extends thanks to Norm Black for the canoe lessons this summer and to Fred and Maxine Forsyth for the hospitality at their cottage in June.

SLOWPOKES - EVERY TUES. at 10AM (2 hrs-easy)
Behaved pets welcome. Nancy-Jo 848-2947

SEPTEMBER:

2 Mon 9:00 CANOE McCarthy L (18km-7hr) Norm 461-1563
5 Thur 10:00 HIKE (moderate 3-4hr) Fred 848-2956. Behaved pets welcome.
7 Sat 10:00 CYCLING (easy-3hr) Klaus 849-5225
9 Mon 10:00 WALK (2hr) in Sanctuary Elizabeth 848-6079
12 Thurs 10:00 CANOE Depot L (4hr) Nancy-Jo 848-2947
14 Sat 10:00 HIKE Cobre Trail (intermediate-5hr) Alan 848-8776. Behaved pets welcome.
15 Sun 10:00 CYCLING (easy-3hr) Klaus 849-5225
16 Mon 9:00 CANOE Mississauga Delta (7hr) Norm 461-1563
18 Wed 10:00 Nordic Hills Work Party (4-5hr) Alan 848-8776
19 Thurs 10:00 HIKE (moderate 3-4hr) Fred 848-2956. Behaved pets welcome.
19 Thurs 7:00PM General Meeting-United Church basement
20-22 RAID THE NORTH - Championship
24 Tues 10:00 President's HIKE (3hr). Slowpokes and behaved pets welcome. Jerry Bertrand 461-1444
26 Thurs 10:00 WALK (easy 2-3hr) Nicole 848-8317
28 Sat 10:00 HIKE (intermediate-4hr) Chuck 848-1076. Behaved pets welcome.
29 Sun 10:00 Canoe Flack Lake / Hike Old Baldy (6hr) Alan Day 848-8776

OCTOBER:

1 Tues 10:00 HIKE Christie Creek (intermediate 4-5hr) Al 848-4372
2 Wed 10:00 Explore the VTA from Tweedle L to Hope L (4-5hrs) Alan 848-8776
3 Thur 10:00 HIKE to the Fire Tower (moderate 2-3hr) Diana 848-8776. Behaved pets welcome.
4 Fri 10:00 HIKE the McKenzie Trail (intermediate-6hr) Bill 848-7445
5 Sat 10:00 HIKE (easy-3hr) Klaus 849-5225
7 Mon 10:30 HIKE (moderate 2-3hr) Hilda 461-9974
10 Thur 10:00 HIKE (moderate 3-4hr) Fred 848-2956. Behaved pets welcome.
11 Fri 10:00 HIKE (moderate 3-4hr) "big" Stan 848-9702
12 Sat 10:00 HIKE the Cobre (intermediate-5hr) Barry 848-2947. Behaved pets welcome.
13 Sun 10:00 HIKE 9 (easy-3hr) Klaus 849-5225
17 Thur 10:00 WALK (easy 2-3hr) Nicole 848-8317
19 Sat 9:30 HIKE the Semiwhite Trail (intermediate 4-5hr) Alan 848-8776. Behaved pets welcome.
20 Sun 11:00-2:00 Demonstration on tarps by Thomas Benian. Bring your lunch. Tea and cookies supplied. Call 461-9668 or 848-7607 for location.
24 Thur 10:00 HIKE (moderate 3-4hr) Fred 848-2956. Behaved pets welcome.
25 Fri 10:00 HIKE (moderate 3-4hr) "big" Stan 848-9702



26 Sat VTA Annual General Meeting at Snowbird's Club-house 1:00PM. All welcome. 2:00PM Hike.

31 Thur 11:00 Hike Beaver Mountain (moderate 2-3hr) Diana 848-8776. Behaved pets welcome.

NOVEMBER:

3 Sun 10:00 HIKE (easy-3hr) Klaus 849-5225
4 Mon 10:00 Trail maintenance on the Rainbow & Eagle trails (3-4 hrs) Alan 848-8776
7 Thur 10:00 HIKE (moderate 3-4hr) Fred 848-2956. Behaved pets welcome.
9 Sat 10:00 HIKE Helenbar trail (moderate 3-4hr) Alan 848-8776. Behaved pets welcome.
14 Thur 10:30 HIKE Horne Lake (moderate 2-3hr) Di 848-8776. Behaved pets welcome.
15 Fri 10:30 HIKE (moderate-3hr) Hilda 461-9974
21 Thur 10:00 HIKE (moderate 3-4hr) Fred 848-2956. Behaved pets welcome.
21 Thur 7:00 General Meeting in United Church basement

DECEMBER:

1 Sun 10:00 HIKE (easy-3hr) Klaus 849-5225
5 Thur 10:00 HIKE (moderate 3-4hr) Fred 848-2956. Behaved pets welcome.
13 Fri 6:30 CHRISTMAS DINNER at the Curling Club. Please phone Chuck Zietsma at 848-1076 before Dec 4 to confirm.
15 Sun 10:30 HIKE (moderate-3hr) Hilda 461-9974
19 Thur 10:00 HIKE (moderate 3-4hr) Fred 848-2956. Behaved pets welcome.

Penewobikong Club (Iron Bridge/Blind River)

1) If the Trail Captain cannot make the outing, he/she is responsible for a replacement. 2) All hikes/canoe trips are rain or shine. Please prepare accordingly. 3) Pack your water and a lunch, but be careful, someone may want to swap with you. 4) And most important, have fun, and nature will teach you all you need to know.

Sat., September 14 - Hike from Blind River to Upper Cranberry Lake (6 km). Meet in the back parking lot of the Valu-Mart Grocery Store in Blind River at 9:00 a.m. Call Andy Penikett at 356-7696.

Sat., October 12 - Hike from Melwel Road to Highway 129 (9.2 km). Meet at 9:00 am at the Red Top Motor Inn in Iron Bridge. Call Joanne Marck at 843-2199.

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.



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footprintstours@yahoo.ca

USING POLES WHILE HIKING *by Alex Matheson*

During a hike, your arms are along for the ride. You might as well make them participate. Experienced hikers are often looking for ways to make the trek easier. In the short run, it gives them more range that day and, in the long run, it gives them more years on the trail. The walking stick, from the roughly modified branch picked up along the way, to the highly engineered telescoping version, has been recognized as assisting on the trip. Better than the branch and cheaper than the telescoping stick is a cross-country ski pole. They come in pairs and that is the best way to use them. Mine are slightly shorter (a little below armpit height) than what I would use for cross-country skiing. Unlike for the glide in skiing, a long push is not usually necessary in hiking. I use them in all seasons and on all terrain from hard packed earth to snow, mud and ice. Some hikers describe the use of poles as like having four legs instead of two. The primary use is to transfer some burden and responsibility away from the legs and feet and onto the hands and arms. Here "burden" refers to power needed and "responsibility" to balance. I train by carrying a 40 to 50 kg. pack over an intermediate level trail in all weather and seasons. I push with the poles going up. Some claim that one can transfer as much as 15 per cent to the arms uphill. But at all times by pushing with your arms, you can mitigate the stress on leg joints and feet. Leading with the poles going down downhill allows me to lean slightly forward, reducing the likelihood of my feet sliding forward from under me. A pole can be a saviour when your foot slides laterally on a side slope. The danger presented by a fall is magnified when carrying weight. Using poles allows one to compensate and carry on when something is wrong with one or both legs. Along with the obvious two advan-

tages, there are others. Usually you lead with poles and, in a sense, they announce the arrival of each step. While it may not be too likely, one would much rather that a surprised rattlesnake or similar creature took umbrage with your pole rather than your leg. Poles can also be used to tap water-laden foliage just before arrival and reduce the amount absorbed by your clothes and boots as you pass. In addition, the pole can be used to push skin-irritating foliage aside before you can come in contact with it. Although likely the least consideration, a ski pole is a benign tool that can become a formidable weapon. An East African mountain guide once alluded to this when explaining why he was taking his ice axe to a mountain where there was no snow or ice. "It is for emergencies", he said, and he wasn't referring to the unexpected onset of winter weather. Many young and fit people disdain the use of poles, claiming, with machismo behind it, that they don't need them. And it may be that they don't "need" them in the sense that older people might "need" them. But whatever your durability without poles, it can be increased with them. It may be that the young person can make the predetermined destination easily without using poles. But if they do use them, they may have more exploring energy available to them after reaching the destination. It is unlikely that one has to go to a ski outfitter and pay retail prices for a pair of poles. They seem to be the kind of thing that turns up at garage sales and reuse centres.

The author operates a tour company specializing in walking adventures in East Africa. His website can be found at www.footprintstours.com.



EDITION 3.2 OF GUIDEBOOK COMPLETED *by Steve Dominy*

The latest edition of the Voyageur Hiking Trail Guidebook was released in July 2002. Changes include new trail in the Harmony and Saulteaux Sections, multiple minor changes to trail routing and descriptions throughout, and a significant shortening of the Introduction section as a cost saving measure. The map format remains the same as in the previous edition. General hiking and safety information that appeared in previous editions has now been moved to the Web site. For those who wish to have this in hardcopy form, it can be mailed to you for \$2.00 per copy. If the funding gods are favourable, the next edition (4.0?) should be completely revamped.

The member's price for this edition has increased to \$16.50, owing to a hike in costs. However, for the first time we are offering members who already have a previous edition, the option to purchase only the new inserts that is, all the pages in the full edition with the exception of the Pukaskwa Coastal Trail, which has had no changes. The price for this binder-less version is \$10.00.

The Coordinating Council is also considering selling individual trail sections and/or trail regions (e.g., the Lake Huron regional trails). However, no decision has been made on this. We should have more on this at the fall Annual General Meeting, Saturday, October 26th beginning

at 1:00 PM at the Snowbird's Clubhouse in Elliot Lake.

Finally, the Friends of Pukaskwa has graciously supplied us with a number of French versions of the Pukaskwa Coastal Trail text. Should any member wish to have the French version, please contact Steve Dominy at 705-946-2484. If you require us to mail it to you, please send along \$1.00 to cover costs.

P.S. Favourite Web Links worth the trek...
www.gorp.com/gorp/food/main.htm

Great backcountry culinary ideas for the backpacker or day tripper. Some of these look good enough for a quick meal at home! Includes vegetarian fare.



When does your VTA membership expire?

Check the date printed on your

VT NEWS envelope label!

VTA Membership Secretary

705-949-4105



THANK YOU TO THE VTA *(Cont'd page 3)*

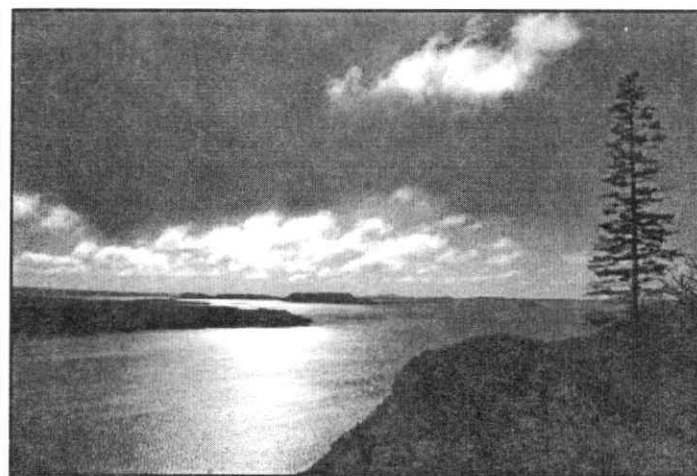
with snow pellets hurtling around us, and me wishing profoundly that I had brought an extra thermos of hot tea instead of a refreshing can of beer. I noticed that none of the stunted trees up there had branches on their northern sides. When I stood up to try to admire the scenery, my eyes watered so badly from the wind that I couldn't see anything, and I felt in full sympathy with the trees. In the end I closed my eyes and took some photographs, hoping that I could enjoy the view later, in the comfort of my living room, once I'd got the film developed.

Mount Gwynne, up the trail from Schreiber Beach over a sequence of increasingly impressive outlooks, was just one of my Casque Isles hikes. Another was the short trail from the Whitesand River to a lookout along the hillside in the Rainbow Falls Provincial Park. And another was the trail from the Aguasabon River, with its spectacular waterfall and right-angle gorge, to the lovely crescent of sand at Lyda Bay.

But best of all was the trail through Death Valley and Les Petits Ecris - extremely rugged, wonderfully varied and stunningly beautiful! Present-day beaches of sand and rock and driftwood, ancient raised cobble beaches encrusted with lichens, mysterious cliff-cave shelters, wave-battered shorelines, boulder tomolos, moss-carpeted inland pathways draped with wispy old man's beard, spectacular vistas around every corner (one becomes rather blasé about spectacular vistas after a few days on the Voyageur Trail!), the soothing roar of waves on cobbles and wind in trees... this section of the Voyageur Trail has it all! And I had it entirely to myself. From the access road on the west side of Terrace Bay to the eastern edge of Worthington Bay and back again, I saw not one soul. And for me, there is something about a day of solitude in such an exquisite place, that makes it possible to continue with life....

...So, I just wanted to let you know how very much I enjoyed my time on the Voyageur Trail. And I wanted to thank the members of all the VT clubs who clearly have worked so hard in this difficult terrain to keep the trail in such generally excellent condition. It was a wonderful antidote to the cluttered life in the ghastly city in which I live. Now, if I can just find an excuse to quit my job and move north!

Yours
Gratefully,
Kas Stone
(and
Skye,
who
enjoyed
the trail
as much
as I did!)



Nipigon Bay (photo by Kas Stone)

TIPS FROM BILLY'S BACK-COUNTRY *by Bill Ralph and Alan Day*

THE HUNTING SEASON

During the period of time covered by this issue of the newsletter the HUNTING SEASON will be in full swing. As it happens the HUNTING SEASON is also the best time of the year to be out and about hiking on our trail(s). The weather is cooler and more suited to hiking, and there are few if any bugs.

INCREASE YOUR SAFTY by:

Make sure you are aware of the various hunting seasons for birds, small game, moose, and deer by calling your local outfitter or MNR office for the dates.

Wear bright coloured clothing. A cap, toque and/or jacket in HUNTER ORANGE is preferred. (This is a legal requirement for hunters and they look for, and expect to see it.)

Bright blue might also be useful during fall colour season.

Never assume you are safe during any of the hunting seasons, especially during bird seasons. Shotguns and small bore rifles kill people too.

When in the bush NEVER show white clothing; NEVER wear fur jackets or hats, NEVER deerskin jackets, etc.

Be aware that even loud voices don't carry well in the bush, always carry a loud whistle or horn.



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SURVEY RESULTS - APRIL 2002

From the member survey put out in the April 2002 newsletter, there were 22 returned. The first question asked how long you've been a member of the VTA. This question was fairly even in responses. The majority of replies landed in the **2 to 5 year** category with 36%. **Less than two year** members were in the second highest percentage at 27%. The second question was *do you actively volunteer with the VTA*. As a volunteer association it would be nice to see the **yes** be close to 100% of the answers. Although that is not the case, "yes" was answered by over a majority with 55%. Most of those members spend 1 to 10 hrs a month volunteering with the VTA. This seems to be about the same amount of time as it has been in the past. The most popular reasons that keeps people volunteering with the VTA is **that it is fun, a chance to met new people, and the enjoyment of the outdoors**. On the other side of that question is *"what keeps you from volunteering,"* and the most prominent answer was that they are too busy, or involved with other groups. The most popular reasons that our members have joined the VTA is **organized hikes (68%), and trail maintenance (50%)**.

This member survey pointed out a strength of the Association. Ninety-one percent of the surveys showed that there is enough communication from the VTA. As well, 91% said that the newsletter is the strongest communication tool. 64% of the surveys answered that they have been to a VTA meeting, and it was thought that there is a good balance and they are fun, friendly and very effective.

The answers to **opportunities for funding** fell relatively even. The results were 27% **donations from members**, 41% **membership fees**, 36% **raffles and fundraisers**, 32% **corporate partners**, and 32% **foundation grants**.

This survey showed overall that the Voyageur Trail Association is maintaining itself with hard work and integrity. Overall members seem content with the way things are going.

A number of good comments and suggestions were made and we will try to implement and follow-up on them. *Thank you for your input. Your comments and suggestions are always welcome!*

(Winner of the prize for early submission was Dr. Paul Syme of Sault Ste. Marie. Congratulations!)



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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 = _____

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Guidebook (member) \$16.50 x ____ (non-member) \$25 x ____ = _____

☐ Crest \$3 x ____ = _____

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

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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 Dunn's Authors, Joe's Sports & Surplus, ACR Gift Shop, The Trading Post, Sault Ste. Marie; Red Top Inn, Iron Bridge; The Gift Rack, Bruce Mines; Forestland Clothing & Gifts, Thessalon; Lake Superior Provincial Park Visitor's Centre; Rainbow Gifts, Wawa; Rainbow Country Travel, Sudbury Welcome Centre, Sudbury; Running Free, Markham; Algonquin Outfitters, Dwight; Almaguin Highlands Information Centre, Emsdale; Sojourn, Barrie; Mountain Equipment Co-op, Toronto; Mountain Equipment Co-op, TrailHead, Ottawa.

(Continued on back ➡)



Voyageur Trail News - Fall 2002

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

**Deadline for the next issue is
December 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!

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:

☐ Trail development

☐ ~~Hike leader~~

☐ Organization—executive, directors

☐ Trail maintenance

☐ Landowner liaison, records, maps

☐ Special events; conferences, dinners

☐ Newsletter, guidebook, photography

☐ Publicity committee

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

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Thessalon V.T.C.

Penewobikong V.T.C.

Coueurs de Bois V.T.C.

Rainbow V.T.C.

Sudbury V.T.C.

