

Ruminations From

Ruminations From the President | Hiking For Everyone | Membership Report The Story of the Green Thunderbird | AHC Trail Use Policy | Sprucing up Harmony-Stokely Trails | Ondago Maps Update | Hiking and Nature Trivia Fundraiser | Odena Loop – Waterbar Installation | VTA Photo Gallery

FALL 2024 | Issue #137



IN THIS ISSUE:

# Ruminations From the President

s a trail manager, it is beneficial to be focused on the task at hand. Do we have the proper tools, and the materials needed to complete the job? Are there enough workers in our group for the work that needs to be done? And overriding every other concern, is the safety of the group.

Occasionally, I need to be reminded that we sometimes take the region that we live in for granted. In our busy lives, we forget to stop and enjoy the views and take time to sit and smell the roses, so to speak. The North Channel of Lake Huron and the North Shore of Lake Superior are spectacular places to live or make our sometimes home. Every little town or city hopes to entice a few tourists to stop, or to make themselves a destination for those looking for some new adventures. The trails that we manage are wonderful assets for these communities and that is why we work in partnership with them to promote them as such.

But to most of us, keeping these trails open and passable is a labour of love. We have a passion to be out there, sometimes just for the exercise but always searching for that one special place that each of us has along the path.

A few years ago, I purchased a water bladder for my pack. I found it to be easy to use, and it does have a place for some people. If I wanted to hydrate, I would just use the bite valve and keep moving.

What I found though was that this didn't suit my style of hiking. There was no real reason to stop, and I found the outings less enjoyable. I have since gone back to carrying water bottles, so I must stop and doff my pack to hydrate.

This slows me down for sure, but if you look for them, the special little spots reveal themselves to you as well. These can be a break in the trees where a breeze cools you off, a bunch of trees after a steep climb to provide shade, that spot where a small creek provides an enchanting background song or that Lookout that our trails always lead to.

Recently I was giving a ride to some new friends from Manitoba from one

end of the trail to the other. We were headed west to Rossport, and I was doing my regular 'Chatty Matty' thing. The lady of the pair asks me to pause for a bit as we break out over the bluff at Selim, to the west of our A3 Access. Being from Manitoba, they never see vistas over the Lake like the one right in front of us.

Now, I know that they will be hiking that day on the Mcleans Segment. This will provide them with some of the prettiest views along our trail, the Rossport Heights, Terrace Heights, Battle Island and Rainbow Falls Lookouts. She provided me with a reminder at the perfect time to not take the natural beauty of our region for granted, and I thank her for that.

I hope that you all remember to take some time, hit the trails, and enjoy some fall hiking. It truly is the best time to be out there. And, if your friend needs it, just give them a little reminder that we all need some quiet time to absorb the feel of the special places that we find.

Take care, I'll be seeing you on the trails!

– Matt Borutski, VTA President

# **Making It Work for You**

### Hiking for All Ages, Levels, and Abilities

By Elise Orlando, VTA Newsletter Editor

f you're like me, you might get intimidated at the thought of starting a new activity. For running, it was hard not to compare myself to other runners who had conquered great distances, with impressive speed. With yoga, I had the impression that I had to master certain poses, and learn the lingo, before I felt like I truly belonged. With hiking, you might question if you have the right gear, have enough familiarity with the terrain, or whether you have the physical ability to finish a trail. But, I promise you – the title of "hiker" isn't one that you have to earn. It's an activity that anyone has the right to enjoy.

It might interest you to know that Jon Anderson completed the Pacific Crest Trail at the age of 71. And just to be clear - that's a 4,270-km hike! As an aside, Christian Thomas was the youngest person to have reportedly completed that same trail, at the age of six (with the help of his parents, of course). It's a rare feat for either of them to have made the trail's "2,600 miler list." The Pacific Crest Trail Association has tracking information dating back to 1952, which states that approximately 10,174 people have managed to complete the trail since that time (as a comparison, about 6,664 people have climbed Mount Everest during a similar period).

While these types of accomplishments are amazing, they certainly don't have to be the bar we measure ourselves against. If you're just starting out, there really isn't a goal that is too small – no rule requiring you to clock a certain speed, to hit a certain number of kilometers, or even requiring you to finish the trail for that matter, if you can't quite manage it yet. There is still value in spending a few minutes in

nature, and finding a way that works best for you to accomplish that (for more on this, you can review a previous write-up on forest bathing, featured in <a href="Issue 136">Issue 136</a>).

Just as there are a wide variety of hikers, I think it's important to understand that there is an equally unique assortment of trails at your disposal. Most of us are probably familiar with trail rating systems that will tell you the length of a trail, the average amount of time it will take to complete, or where it falls on the easy-intermediate-difficult range. What you

might not realize is that there are sites that take classification one step further, which is great, and allows a person to tailor hiking to their specific needs.

For example, <u>AllTrails.com</u> has a "suitability" filter, which allows people to discover trails that are kid-friendly, stroller-friendly, and wheelchair-friendly. Similarly, I was pleased to see that the <u>Ontario Trails Council</u> has a list of accessible trails – many of which are classified as "complete wheelchair access." Our own Voyageur Trail, being largely a wilderness trail, cannot boast many accessible options. The main exception, as

described on the interactive Ondago map, is the boardwalk from the parking lot to Aquasabon Falls and Gorge, on the Casque Isles section.

On the flip side, you could be a wellseasoned hiker, of course. Maybe you're no stranger to the trails, but looking to level up your current hiking game, to tackle some of the more advanced trails? Know that there are some specific exercises that you can work on, to target the right muscles. I thought one of the best tips in the links below was to incorporate lunges on a downhill/decline. I think many of us can agree that we might underestimate that the descent can be more challenging than the climb! Another interesting tip was to practice crawling (believe it or not), as this can improve your stability on uneven terrain. Ideally, this is done with your knees raised a few inches off the floor, if possible.

The bottom line? Hiking doesn't have to be a competition against anyone else. I personally find it most motivating to be your *own* competition. The trails, and the hike, are yours for the taking – you can make them whatever you

want (and need) them to be!



#### \*References & further reading:

- Outside Online "This 71-Year-Old Hiker Just Completed the Pacific Crest Trail"
- Christian Thomas & the "Triple Crown"
- Ontario Trails Council Accessible Trails
- Pacific Crest Trail Association
- Ultimate Hiking Workout: 6 Best Training Exercises For Hiking
- 11 Bodyweight Exercises to Train for Hiking

#### 1. Overall Growth:

- The total membership grew from 301 in March 2022 to 453 in September 2024, representing an overall increase of 50.5%.
- The largest single jump occurred between March 2023 (332 members) and October 2023 (430 members), with a growth of 98 members.

#### 2. Club-by-Club Analysis:

• Casques Isles: Displayed strong growth, more than doubling its membership from 22 in March 2022 to 61 in September 2024. It's the fastest-growing club.

- Membership
- G7 Trail Marathon: While small in total members, this club has seen growth from four to nine members, showing a 125% increase.
- Michipicoten: Growth has been minimal, from four to six members, with periods of stagnation.
- Nor'Wester: Membership has been inconsistent, peaking at 32 in March 2022 but dropping to 14 by September 2024, a notable decrease of over 56%.

- **Penewobikong:** Consistent but small growth, increasing from 12 to 28 members, more than doubling its membership.
- Saulteaux: This is the largest club by membership and has shown steady growth from 199 members in March 2022 to 311 in September 2024, an increase of 56%.

#### 3. Membership Growth Rate:

 As calculated earlier, the overall growth from 407 in May 2024 to 453 in September 2024 is approximately 11.3%, indicating steady recent growth.

Membership – By the Numbers		Total Total Control of the Control o					
CLUB NAME	MARCH 2022	OCTOBER 2022	JANUARY 2023	MARCH 2023	OCTOBER 2023	MAY 2024	SEPTEMBER 2024
At Large	28	39	39	42	42	16	24
Casque Isles	24	23	20	20	38	46	61
G7 Trail Marathon	4	5	5	5	5	5	9
Michipicoten	4	3	3	3	5	5	6
Nor'wester	32	14	13	16	17	12	14
Penewobikong	12	20	18	17	24	27	28
Saulteaux	199	233	240	229	299	296	311
Total	301	337	338	332	430	407	453





# Awakening Life and Growth

By Brad Robinson, (Green Thunderbird), CEO/Owner of Thrive Tours

n Anishinaabe culture, the Thunderbird holds a sacred place in our stories and our understanding of the world. It is not merely a symbol, but a powerful being that brings balance, protection, and renewal to the land, the waters, and all living things. The Thunderbird is believed to control the forces of nature – thunder, lightning, and rain – and plays a vital role in the cycles of life and growth.

Among the many Thunderbirds, the Green Thunderbird, the name that I have been honoured to carry, is particularly significant in the context of spring. As the first Thunderbird to awaken after the long winter, the Green Thunderbird is responsible for bringing life out of its dormant state. Just as the land stirs from its sleep, the Green Thunderbird's call encourages trees to bud, rivers to flow, and all beings to rise with renewed energy. In Anishinaabe tradition, the Green

Thunderbird is revered as a force of transformation, ushering in growth and nurturing all that is connected to Mother Earth.

I am Brad Robinson (Green Thunderbird), a Haudenosaunee from the Oneida Nation of the Thames, and I have made my home in Baawaating (Sault Ste. Marie, Ontario) for the past four years, where I have spent time learning from Anishinaabe Elders and knowledge keepers. Prior to my time in Baawaating, I served as the Board President and the Cultural Resource Coordinator at the N'Swakamok Indigenous Friendship Centre located in downtown Sudbury. These roles allowed me to further deepen my connection with Indigenous communities and the teachings passed down from our ancestors. As the CEO and Owner of Thrive Tours, I am deeply committed to integrating the wisdom I have gained from these teachings into every part of my work, whether it is through eco-tourism or my creative endeavours with Green Thunderbird Video Production and Design.

(continued on page 5)

(continued from page 4)

Being given the spirit name Green Thunderbird has been a profound responsibility. Like the Thunderbird that awakens the land each spring, I see my role as awakening connections between people and the natural world, fostering growth and respect. At Thrive Tours, we offer authentic Indigenous landbased experiences that invite people to engage with the land in a meaningful way. Just as the Green Thunderbird breathes life into the land, we encourage our guests to deepen their understanding and respect for Mother Earth, the water, and all living beings.



Brad Robinson (Green Thunderbird), CEO/ Owner of Thrive Tours

This powerful symbol of the Thunderbird is also recognized by the Voyageur Trail Association (VTA), whose logo was commissioned to honour the Thunderbird pictograph at Agawa Bay. Since 1973, the VTA has respected the Thunderbird and its significance, sharing this powerful symbol with all who hike their trails. This shared respect reflects the connection that both Indigenous and non-Indigenous people hold for these sacred lands. As hikers traverse the vast trail system that winds through Northern Ontario, they do so on

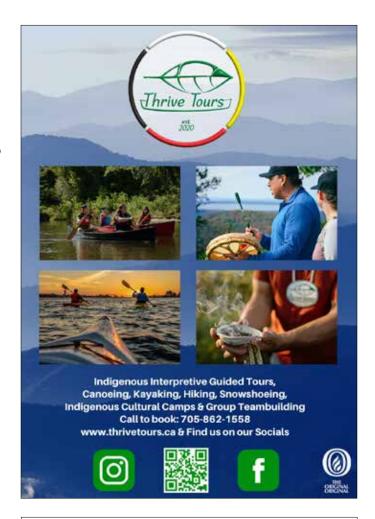
lands that have been stewarded by our First Peoples since time immemorial. The Thunderbird reminds us of the responsibility we all share to honor and protect the land as we walk upon it.

Through the work I do at Thrive Tours and the stories I share, I seek to honour my Anishinaabe mentors and pass on their knowledge. Our tours are not just about exploring the land they are about reconnecting with it. In the spirit of the Thunderbird, we guide people through the landscapes of Northern Ontario with reverence, helping them see the deep cultural and spiritual significance of the land, water, and skies.

As the Green Thunderbird is both a nurturer and protector, I approach my work with that same balance. Whether I am guiding a tour, creating a video, or sharing stories of my people, I aim to nurture understanding and protect Indigenous culture. My work with Green Thunderbird Video Production and Design allows me to tell these stories through film and design, sharing the beauty, resilience, and wisdom of Indigenous culture with a wider audience.

As a proud father and new grandfather, I am ever mindful of the responsibility to future generations. The teachings I have received from the Anishinaabe are not just for me; they are meant to be passed on, so that our children and grandchildren can continue to learn, grow, and respect the natural world.

In all that I do, I seek to embody the spirit of the Green Thunderbird - awakening life, fostering growth, and nurturing the sacred connections between people and the land. I believe that through this work, I can help others not only experience the beauty of Northern Ontario but also come to understand and respect the deep Indigenous traditions that shape our relationship with this land.





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# Respect, Responsibility, and the Importance of Ethical Recreation

t Algoma Highlands Conservancy, we are dedicated to the stewardship of one of Ontario's most pristine wilderness areas. Whether you're a summit-seeker captivated by the iconic views from Robertson Cliffs and King Mountain or a silent sport recreationalist enjoying the peaceful beauty of the Ebare Tract, we want your experience to align with our core values of conservation and responsible land use. With an increase in visitors, we have outlined some of our most pressing policies, all of which can be found in full on our website under <u>Trail Use Policy</u>.

#### **CLEARING THE AIR: NO DRONES OR FIREWORKS**

In an age when drones have become ubiquitous, it can be tempting to bring them along for breathtaking aerial shots, especially when combined with fireworks. However, all Algoma Highlands Conservancy lands, including Robertson Lake Road, are designated no-drone zones, and fireworks are strictly prohibited.

For those seeking the serenity and stillness of nature, drones can be intrusive, detracting from the immersive wilderness experience that defines the Conservancy. But more importantly, their use – and that of fireworks – poses a threat to wildlife.

Wildlife, particularly birds, can become stressed or disoriented by the proximity of drones and fireworks. These disturbances can disrupt feeding and breeding patterns, leading to long-term ecological consequences. An example of this occurred in 2023, when illegal fireworks and drone activity caused the resident peregrine falcons at Robertson Cliffs to abandon their nest. This was especially heartbreaking for our local community, as Robertson Cliffs had been a release site for Ontario's peregrine captive breeding program in the late '90s. The falcons had successfully nested on the cliffs since 1997, serving as an unofficial symbol of the highlands – until that unfortunate event.

#### **NO CAMPING OR CAMPFIRES**

We encourage visitors to come and enjoy the beauty of the Algoma Highlands, but please note that camping and campfires are not permitted. Both King Mountain and Robertson Cliffs are designated day-use natural areas. Overnight activities can significantly disrupt the delicate rhythms of wildlife, and there are no facilities in place – such as restrooms or designated campsites – to accommodate overnight stays.

Preventing wildfires is another critical concern. According to Ontario Parks, during the summer and fall, the province averages one wildfire a day caused by improper campfires, with around 200 wildfires annually. Every wildfire begins with a single spark – whether from a campfire, cigarette, or even a sparkler. To protect the fragile landscape of Algoma Highlands and its visitors, campfires are strictly prohibited and must be reported immediately if spotted.

#### **PROMOTING ETHICAL TRAIL USE**

If you encounter someone violating our policies, and you feel safe doing so, we encourage you to politely point them toward our <u>Trail Use Policy</u>. We believe in operating in good faith – many visitors may simply be unaware of the rules.

#### **CONTINUED SUPPORT**

Preserving and protecting the Algoma Highlands is an ongoing effort, and we rely on your continued support to ensure that this land remains healthy and accessible. Through donations and



View from Robertson Cliffs Trail, Saulteaux Section. Photo by Desiree Keene.

memberships, you can help fund trail maintenance, signage, educational opportunities, and other conservation initiatives. Your generosity today directly impacts the future of the Algoma Highlands Conservancy and its natural habitats.

Thank you, reader, for adhering to our policies. Every step you take, every whisper of respect for nature, contributes to the conservation legacy of this remarkable place. Your actions today ensure that the Algoma Highlands remain wild, rugged, and free for all to enjoy, both now and for generations to come.

For Algoma Highlands Conservancy's full list of policies, please visit our <u>Trail Use Policy</u>. To report violations, you can email us at info@algomahighlandsconservancy.org, or message us on Facebook or Instagram.







Work crew on the trail near Walker Lake. Photo by Carole Blaquiere.



Work crew on trail near Sam Lake. Photo by S. Dominy.

### Saulteaux Club Spruces up Harmony-Stokely Trails - May, 2024

By Steve Dominy, Saulteaux Club Trailmaster

On a cool and dampish day in late May the Saulteaux Club organized a 'trail blitz' to improve trails in the Stokely Creek-Harmony area. Most of the main (white-blazed) Voyageur Trail is part of the Trans Canada Trail, which makes us eligible to apply for TCT Trail Care Grants. This grant allowed us to hold this 'trail blitz' to improve a portion of trail in a remote area (between Sam Lake and Stokely Creek) that has been difficult for us to send crews to.

Fifteen volunteers stepped up to help out. Five of these had never before taken part in a trail maintenance event. We broke up into three work crews (five people each) and covered a total of ~7 km. The hiking trail in the area follows Stokely Creek ski trails, so the work focused on ensuring the blazing was in good shape and was easily visible for hikers. Like most other Saulteaux-area trails, these were marked with vinyl rectangular markers attached to trees with aluminum nails. There was some brushing around the blazes, which in places were almost hidden by new growth. A few new blazes were added, with most efforts entailing freeing up the existing ones by prying out the nails to leave room for the tree to grow further.

Our trails in that area are on lands owned by Blackbird Maple Products Ltd., Astina Forest Management and the Algoma Highlands Conservancy. Thanks to the cooperation of the Blackbird folks, one crew was given access along their bush road to drive close to the north end of the trail near Sam Lake, saving about 4 km of hiking. As it was, each crew hiked between 7 and 9 km to complete this work.

We used the funding to: 1) purchase some new tools and supplies; 2) provide snacks to all crew members during the work party; and 3) treat the crews to a hot lunch at a local restaurant (Country Kitchen in Goulais River). This token of appreciation was very well received (trail work generates a hearty appetite!), and allowed for the three crews to share stories of their experience. Additionally, we purchased and installed sign posts with wayfinding signage in the Stokely and Robertson Cliffs areas. The event, including pre-planning activities, resulted in a total of 141 volunteer hours contributed!

There is a tremendous amount of organizing that goes into a TCT-funded trail blitz. First, the funding application and trail scouting, to determine the scope of work. The event then needs to be publicized, and tools need to be acquired (which includes preparing satellite communication devices like SPOT, or Garmin in-Reach). There is also extensive coordination to arrange work crews, transportation, and ensure the team is adequately fed. Photos are taken during the event to commemorate the outing, and are often shared with the media, and of course our newsletter, afterwards. A final report is then prepared for the TCT.

Examples of the event coverage are included in the links below:

https://www.facebook.com/Saulteaux.Voyageur.Trail.Club

https://www.sootoday.com/local-news/voyageur-trail-association-holding-maintenance-blitz-8752677

A huge THANK YOU goes out to everyone who took part in this outing, and to the Trans Canada Trail for their financial support.

### WHAT'S NEW WITH YOUR ONDAGO MAPS?

By Steve Dominy, VTA Trail Maps Coordinator



Ondago is the platform we now use for the Voyageur Trail maps, following a major investment of time

and funds. These digital maps replaced our printed guidebook four years ago, and continue to evolve with new features and regular updates. In addition to the cartography, the digital maps (in the app and on the website) contain a wealth of user information 'behind' each trail and points of interest, and in the menu dropdowns.

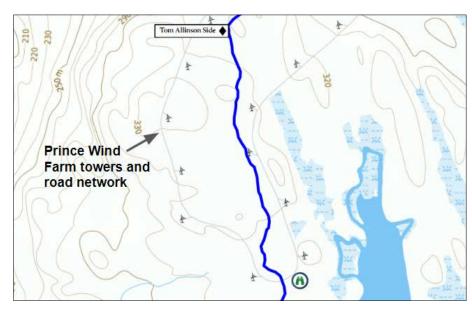
Maps are now updated at least once a year, unlike the guidebook which was reprinted on a five- to seven-year cycle. Another important difference is that we can now contact all map users (who are members) directly, should that ever be necessary. For example, if a safety-related trail issue were to arise during the year the webmap would be modified and members would be notified to update it in the app. You'll find the detailed trail maps on your Smartphone (via the app) and your computer (by logging into your VTA account and going to Trails | Trail Maps).

Be sure to have Notifications turned on for the Ondago app so you will receive updates we send throughout the year. To do this, open 'Settings' on your phone, navigate to 'App Notifications,' and locate Ondago on the app list. When the notification is first sent you'll see a pop-up message on your phone. Past notifications are saved in the app – open any map, go to 'My Profile' in the main menu, then select 'My Messages' to view them.

#### **Key Changes**

Here are some of the key new features that we have recently implemented through the Ondago/MapGears team:

 The basemaps, which show key landscape and infrastructure features on the ground near the trail, have



Screenshot of an example of key changes to VTA Ondago Maps, such as the addition of wind and communication tower locations.



Ondago is the platform we now use for the Voyageur Trail maps, following a major investment of time and funds. These digital maps replaced our printed guidebook, and continue to evolve with new features and regular updates.

been updated to show more detail. For example, you will now see boundaries for First Nations and Provincial/National Parks, wind and communication towers (see screenshot above from the Saulteaux Section).

- Previous inaccuracies in some road names were corrected on the basemaps.
- Printable PDF maps have been completed for the majority of our trail network. These are available for members to download for free (see the 'Trail Maps' area of the website).

If you don't see the new app features, it means you haven't installed the 2024 version of the maps. Members received the passcode to access these maps along with instructions in spring 2024.

#### **Tutorial**

Trail users can review the updated 'Using the VTA Ondago App' tutorial by following the link or finding it on the VTA website under Trails | Trail Maps. If you are having any problems with the maps please contact <a href="mailto:trailmaps@voyageurtrail.ca">trailmaps@voyageurtrail.ca</a>.

### Using the 'My GPS Location' feature

Here are tips for getting your precise location coordinates (blue dot), which you can view by tapping on the blue dot; the coordinates will appear at the bottom of your screen. The accuracy of your GPS location depends on a multitude of factors, including the quality of the GPS signal in a specific area and the strength of the GPS chip included in your mobile device.

For optimum performance, the application should be used outdoors with a direct line of sight to the sky. It won't work well inside a building, and is (continued on page 7)

(continued from page 6)

limited in a car, on cloudy days, or if the forest is dense. This is true for any GPS receiver, not just mobile devices.

Ensure that your device's GPS is activated and that Ondago has authorization to access it. To enable the [Exact location] option on your device, follow these instructions:

#### iOS Devices:

- 1. Open [Settings], scroll down and tap [Privacy and Security].
- 2. At the top, tap on [Location Services].
- 3. Make sure [Location Services] is enabled at the top.
- 4. Scroll down until you find Ondago and click on it.
- 5. Make sure one of the last three choices is activated (i.e. ensure "Never" is not selected)".
- 6. Ensure [Precise Location] is activated.

#### **Android Devices:**

- 1. Open [Settings], scroll down and tap [Location].
- 2. Make sure the location is enabled, on the top right.

- 3. Tap [App location permissions].
- 4. Scroll down until you find Ondago and click on it.
- 5. Make sure one of the first three choices is activated (i.e. ensure "Don't allow" is not selected).
- 6. Ensure [Use precise location] is enabled.

#### Ondago+

Ondago users might be interested to know about the features of Ondago+, a subscription based version of the free Ondago that most of us use. With Ondago+ you can save a track of your hike for future reference, share your location with others (even if they haven't purchased Onadgo+), and add your own markers to be displayed on your map the next time you open it (custom markers just for your display). A screenshot showing a comparison of the free version of Ondago versus Ondago + is shown below for reference. After a free 14-day trial period the cost is currently \$19.99 per year. Ondago has said they will be announcing additional features and capabilities for Ondago+ in the near future.

[Note that the VTA does not receive any revenue from Ondago + subscriptions.]



### TA Photo Gallery

#### Show us where you've been on the Voyageur Trail!

Submit your favourite high-resolution photos with the trail location and photo credit name to info@voyageurtrail.ca.



Near Goulais Wind Farm, Goulais Section. Photo by Steve Dominy.



# Think You Know the Voyageur Trail? Enter The VTA Trivia Fundraiser Event!

The VTA will be holding a Hiking and Nature Trivia Fundraiser on November 24, 2024 starting at 7:00 p.m., before our Annual General Meeting. It's taking place on Zoom, so people from anywhere can join a team. Test your knowledge and have some fun at this hiking- and nature-themed event.

Proceeds will be divided as follows:

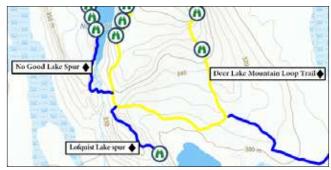
- 50 per cent to the VTA to support new infrastructure initiatives
- 50 per cent to the charity of choice of the winning team

Entry fee is \$10 per person. You are welcome to form your own teams ahead of time (between four and six players), but if not – we'll gladly assign you to a team. Team members will work together in virtual breakout rooms. To register, visit the VTA website on the Bulletin Board under the News and Events tab: https://www.voyageurtrail.ca/bulletin/. **Deadline to register is November 21.** 

The winning team members will each receive a free one-year VTA membership.

Here are a couple of trivia questions to get the juices flowing:

**A.** Where on the Voyageur Trail network would you find this Trail?



- 1. Casque Isles Section
- 3. Group of Seven Section
- 2. Nor'wester Section
- 4. Michipicoten Section
- **B.** If you see these tracks on a winter trail outing, what animal created them?
  - 1. Squirrel
- 3. Deer
- 2. Moose
- 4. Rabbit



# **Odena Loop Waterbar Installation – April 2024**

By Mark Crofts, VTA Vice-President Central

Use of the Odena Loop has increased in recent years and the trail is starting to show the impact of thousands of hiking boots. We have a duty of care to the environment (and the landowner).

The VTA – Saulteaux Club has made the decision to devote a portion of our trail maintenance resources to "hardening" the treadway. An important first step is to get water off the trail. Waterbars are part of a low-tech solution.

We focused our efforts on the western end of the Odena Loop, at the first hill off 6th Line. A stream of water was running down the trail, ever so slowly, but inevitably taking the trail with it. The waterbars (a.k.a. cedar or oak posts) were embedded at about 45° to the slope, such that the water would be directed off the trail.

Hikers can help out by leaving branches that are lying on the trail, lying on the trail. These natural waterbars are easy for the hiker to step over and help direct water off the trail, capture leaves and soil, thus hardening the trail.

My very rough math says that the seven volunteers each devoted three hours digging, cutting, backfilling and raking in order to bring this section of trail back into shape. So, the next time someone asks you what the Voyageur Trail Association does ...



Installing waterbars to deflect water off the trail.



The waterbar installers.

# VTA Photo Gallery

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Submit your favourite high-resolution photos with the trail location and photo credit name to info@voyageurtrail.ca.



Lyda Bay Segment on the Casque Isles Section. Photo by Matt Borutski.



View from Painter's Peak, Group of Seven Section. Photo by Nikki Maronese.



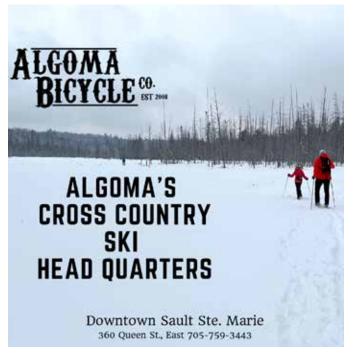
Trail work on the Taylor Creek Loop Trail, Harmony-Stokely Section. Photo by Steve Dominy.



Guided Hike on the Penewobikong section. Photo by Melanie Hall.



Farmer Lake, Beaver Loop Trail, Saulteaux Section. Photo by Steve Dominy.



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- 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 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!

The Voyageur Hiking 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. All outdoor activities involve some degree of risk. Please, remember that your safety is your personal responsibility; be well prepared for your chosen activity and route. Use at your own risk.



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Sault Ste. Marie, Ontario P6B 0E9

Visit our website at: www.voyageurtrail.ca

Your articles and photos are welcome! Articles may be edited due to space constraints. Submissions deadline for our Spring 2025 Newsletter is April 12, 2025.

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The Voyageur Trail Association is a non-profit, volunteer group dedicated to building and maintaining a public hiking trail along the northern shores of Lakes Superior and Huron, from Thunder Bay to Sudbury.

The VTA is a member of Hike Ontario and Trans Canada Trail.



