

RANDONNEWS

Published by Randonnée Aventure
Montreal's Friendly Outdoor Club

Winter 1992





recycled paper

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Randonnée Aventure, founded in 1985, is a non-profit year-round outdoor club for adults, with over 500 members.

Randonnée Aventure offers:

- Saturday, and some Sunday bus trips to prime cycling, hiking and cross-country skiing destinations within a 2-hour drive from Montreal. Trips are designed to accommodate all levels – from beginner to expert.
- Long weekend getaways.
- Frequent social events such as picnics, barbecues and parties.
- And more...

Randonnée Aventure
P.O.Box 1102, Snowdon
Montreal, Quebec H3X 3Y2
489-0339

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Editor Tim Skene
Assistants Bill Mclean, Linda Cademartori
Photography Lewis Helig, Hélène Millas, Gerry Bard

Other contributors:

Brian Abbott	Gerry Bard	Andrew Byrne
Mike de Tracey	Karen Findlay	Susan Harris
Renée Levy	Monika Malecka	Egon Nickel
Michael Serniuk	Gail Tedstone	Derek Wisdom

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Send contributions to:
Tim Skene
4843 Jeanne-Mance
Montreal, H2V 4J6

PRESIDENT'S MESSAGE

I have a friend, a wonderful, reliable, constant companion with whom I have spent countless hours over the past number of years but especially the past couple of years. With my friend I have accomplished so many things which I never before dreamed I could do. As a child I was not at all athletic, preferring to read books and play the piano than to take part in any sporting activities. As an adult, however, I have discovered the wonder of the outdoors because my friend introduced me to the mountains, the forests and the lakes so close at hand which before had been unknown to me. In winter, while gliding through a quiet grove of pine trees, heavy with a blanket of pure white snow, I have experienced with my friend a sense of oneness with nature which is almost impossible to describe. What joys there are in living!

How thankful I am that I have such a remarkable friend! What would I do without my friend. Life would certainly be different. I could still go hiking and cycling and cross-county skiing but it would require so much more effort. I would have to decide where to go and how to get there. If I didn't want to go all by myself, I would have to make numerous phone calls to people to see if they were free. Going away on weekends would be so much trouble – finding a place to stay, can I afford it, what

trails are in the area for hiking, are the roads good for cycling? - I probably wouldn't bother and would end up at home. But thanks to my exceptional friend, I have so many opportunities to do so many fulfilling things,

The greatest and most rewarding activity I have shared with my friend, though, does not involve the outdoors but involves all of you. Through my friend I have met so many special people and have made so many new friendships and acquaintances. Having such a magnanimous character, of course, my friend is not mine alone but is also yours. Let us all hope that our friend will provide us with the chance to live life in the outdoors and with each other for many many more long and busy years to come.

You surely realize, by now, that it is up to us all to make sure that our treasured friend stays healthy and alive in order to provide us with all those wonderful opportunities we so look forward to for experiencing life in the outdoors. We must all share in the responsibility of friendship and each do a part in keeping our special friend happy. Have you done your share lately?

Susan Harris

A WORD FROM THE EDITOR

My pleas for contributions to this publication seem to have produced results! This issue of Randonnews contains more items from members than ever before. From tandem cycle tours to Rocky Mountain hikes, RA members seem to go everywhere and try everything. A couple of volunteers have also offered to give me hand with the Randonnews, for which I am truly grateful.

Don't rest on your laurels though, Randonneers; keep those cards and letters coming in. The spring issue is just around the

corner, and we'll need your stories, photos and used ski pole ads to keep things humming. Deadline is the first of March, and material on MS-DOS or Macintosh disks is welcome.

You might also think about other ways you can become involved in Club activities. The list of Executives is on page 2, and any one of them will be glad to talk about how your talents can be put to use. Now let's all pray for a snowy winter!

Tim Skene



Registration Information

Prices

Please note that for 1992, there will be a surcharge of \$2 for late signups. The cutoff date is December 13. Cheques must be dated and received by December 13.

Trip price is \$24, (\$26 after Dec. 13).

End-of-season ski party is \$27, (\$29 after Dec 13).

Trip Signup Procedure

To get your first choice of trips, sign up early!

Either *mail* the registration form to the club address or sign up at the:

- **Halloween Party**, on Saturday, November 2, McGill Grad Centre, 3650 McTavish, 7:30 pm.
- **Signup Night**, on Monday, November 11, Atwater Library, Corner of Atwater & Tupper St. from 5:30 to 8:30 pm.

Registrations will be accepted after November 11, but check the club tape first to see which trips still have space available.

Selling a Trip during the Season:

From Monday to Wednesday prior to the trip, call the club tape and leave your message. RA will *not* call you back, but if a buyer is found, a cheque will be mailed to you for the regular trip price.

Buying a Trip During the Season:

From Monday to Wednesday prior to the trip, call the club number and leave a message. On the Friday evening before the trip, call back to listen to the names of people who have been added to the trip list. If you hear your name, show up with \$26 cash or a cheque payable to "**Randonnée Aventure**". We do not carry change on the bus.

If you don't hear your name, you can go the the *last* pickup point (Murray's - T.M.R. Shopping Centre at Lucerne Road) where you have a good chance as there is often room on the bus due to "no-shows".

Remember: RA cannot give refunds nor guarantee the sale of any trip.

RA Cross-Country Skiing Guide

No.	Date	Destination	Trails	Rest.
1	Jan 4	Pimbina	E,M	N
2	Jan 11	La Mauricie	E,M	N
3*	Jan 12	Morin Heights	E,M,D	N
4	Jan 18	Far Hills Inn	E,M,D	Y
5	Jan 25	St. Donat	E,M,D	Y
6*	Jan 26	Farmer's Rest	E,M	Y
7	Feb 1	Lac Monroe	E,M,D	N
8	Feb 8	L'Esterel	E,M,	Y
9	Feb 15	St Jovite	E,M,D	N
10	Feb 22	Petit Bonheur	M,D	N
11*	Feb 23	Mont Rolland	E,M,D	Y
12	Feb 29	Montagne Coupée	E,M	Y
13	Mar 7	La Boulé	M,D	N
14	Mar 14	Rivière Rouge (Windup Party)	E,M	Y

*Sunday

Trail Rating

Easy: flat, machine groomed

Moderate: gentle hills, mixed machine and skier tracked

Difficult: hilly, narrow, wooded trails

Restaurants

Y: available

N: not available

Always bring a lunch in case the destination is changed.

Price: \$24 by Dec. 13, (\$26 after).

Trip 14 is \$27 by Dec. 13, (\$29 after).

Destinations may change due to snow or road conditions. In adverse conditions, call the club number 489-0339 after 8 pm the evening before to verify that the trip is on.

Bus Pickup Points

7:30 a.m. Atwater and Ste-Catherine (McDonald's)

7:45 a.m. Queen Mary and Décarie (Toronto-Dominion Bank)

8:00 a.m. TMR Shopping Centre (Murray's Restaurant)

Canadian Ski Marathon Weekend

Feb. 8 - 9

The Canadian Ski Marathon (CSM) is an annual 2 day cross country ski event for skiers of all ages and abilities. The 170 km trail from Lachute to Gatineau is divided into 10 sections ranging from 12 to 21 km, 5 sections skied on Saturday and 5 on Sunday. The CSM is not a race, how far and how fast you ski is up to you. You may ski only one section, or become a Coureur de Bois and ski all 10 sections with a backpack. This year the marathon will be held on February 8th and 9th.



Hélène Millas – a bronze medal performer!

Randonnée Aventure Participation

Last year 23 Randonnée Aventure members joined the 1,500 other skiers who participated in the marathon, 20 members joining RA's maxi team and 3 members attempting the Coureur de Bois category. We were rewarded with 13 medals and our maxi team came in 4th place.

How You Can Participate

1. Ski – As stated above, you do not need to be an expert skier as you set your own goals; give yourself a good workout or relax and enjoy a great weekend of skiing in good company.
2. Marathon Volunteer – Over 300 volunteers are needed on the actual weekend of the marathon. The services needed include feeding stations, timing and checking, checkpoints, information centres etc.
3. Trail Maintenance – RA will be providing work crews for trail clearing and maintenance on October 26th and November 9th. This work will be very similar to the work we do on the Long Trail.
4. Promotion – RA will be promoting the CSM in Montreal

Anyone wishing to participate in any of these four activities should call the club number and leave a message for Gerry Bard.

Gerry Bard

Wilderness Ski Weekend

Feb. 29 - Mar. 1

This weekend has become an annual event. The destination, a park or reserve, will be confirmed after November 15. The trip is open to anyone who is able to ski a minimum of 12 kilometres each day carrying a pack with a sleeping bag, change of clothes and food. Space is limited to a maximum of 24 skiers.

Transportation will be by car pool early Saturday morning, with return Sunday evening. Food and gas costs are shared. The price for accommodation will be from \$15 to \$30, depending on the location. Please include a deposit of \$15 with the registration form to reserve a place. The remaining information will be sent to you when available.

La Traversée des Laurentides

I love winter, and the highlight of this glorious season for me is La Traversée. This is an event which began seventeen years ago with a small group of adventurers skiing from Labelle to Shawbridge on a long winter weekend. In recent years the group has grown to seventy skiers and the distance a little shorter. Last January 31 to February 3, we trekked from Lac Supérieur to Shawbridge, covering around 50 kilometres a day on untracked ski trails. Needless to say a good trail appeared after the first ten skiers went through!

The northern section of the trail goes over one, two or three (you have a choice) mountain peaks over 2000 feet in elevation, climbing to lofty heights through snow-laden fir trees, accompanied by dizzying descents. There are no inns on this route, only a few primitive shelters waiting for a hardy woodsman to get a fire going! Our first overnight stop was at l'Intervale in Ste. Lucie.

The second day dawns early. Leaving l'Intervale we follow a new trail cut two years previously by a few Traversée aficionados, leading through deciduous forests and across frozen windswept lakes toward Ste. Agathe. After a snack of hot soup,

bread and cheese at Pierre Gougoux's Bergerie and a visit to the barn to welcome the new lambs it is over the Gillespie trail to Val David where a feast awaits at l'Auberge du Vieux Foyer. Chalet Beaumont is our home for the next two nights.

On Saturday, a layover day, many of us attend the inauguration of the new railroad ski track. We then go for a leisurely ski in the Far Hills network, returning early to relax before the Fondue dinner prepared by our hosts.

Entertainment comes naturally from the sharing of experiences in the outdoors. We view slides and hear tales of skiing in Switzerland, and climbing in Peru and Kashmir. The last day takes us through more familiar terrain in the lower Laurentians - the trails Jackrabbit blazed- as we end our odyssey at the Prevost train station.

La Traversée this year begins Wednesday evening, January 29, and ends February 2. If you wish to discover the splendour of the winter Laurentians, leave a message for Gail on the club tape. Application forms are available in late October.

Gail Tedstone



*Photo by
Hélène Millas*

1991 CYCLING REPORT

Our sixth cycle season opened with our traditional bike clinic. We had to find a new location this year because Janet Davis decided to move to the mountains of British Columbia. We miss her dearly. She had graciously allowed us to use her premises over the last few years. We did find a new spot, Jim Mullet's auto shop, where the '91 cycle clinic went off without a hitch. Thanks, Jim! The clinic consisted of old and new cyclists alike, all willing to dirty themselves for a good cause, a healthy bike.

Cycling started early with scouting trips to Vermont and Ontario. Eleven trips had to be scouted, some of them in April when the frost was still on the pumpkin. Fortunately, the Rideau Lakes cyclists were preparing for their back-to-back century and were more than willing to participate. If you are interested in starting your cycling season early next year, give me a call; we are always looking for people of your ability, the only prerequisites being an abundance of enthusiasm, a sense of humour and some warm underwear!

Three weekend trips were organized to give people the opportunity to spend more time on their bikes. The first one was to our old haunt, The Bristol Commons Inn in Bristol, Vermont where 32 cyclists gobbled up bacon & eggs and home fries and then headed out to tackle the surrounding hills. The second trek was to Trailside Lodge in Killington, Vermont where the hikers and cyclists joined forces to conquer Killington and talk about it over a few beer. The last trip of the summer season was the Labour Day Weekend outing to The Battleground. The Battleground, situated in Waitsfield, Vermont is only minutes away

from the Appalachian Gap where the only way to go is up... and up... and up! The scenery in that area is beyond words, just ask any of the seventy or more Randonneers who were there. After cycling and/or hiking all day, these Randonneers braved the elements to enjoy an early evening barbecue hosted by Randonnée Aventure. Later in the evening, as the weather approached freezing, hikers and cyclists huddled together for a singsong around the bonfire—talk about togetherness!

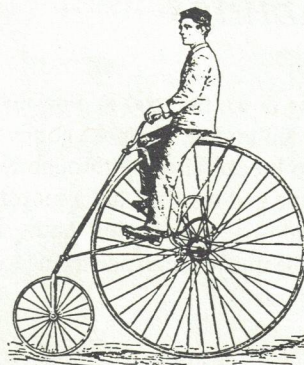
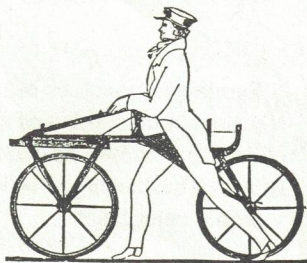
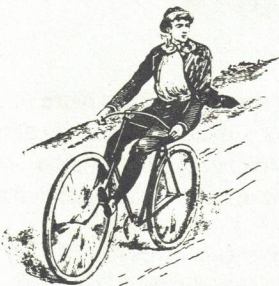
Wayne and I would like to take this opportunity to thank all of the volunteers who helped out this cycling season. This was our first year as cycling directors and your patience and dedication made it a lot easier for us to "learn the ropes". Special thanks to the cycling committee including Jill, Elise, Monika, Jan, Cathy, Al, Ray, Gerry, Sarah, Egon, Linda and Gail.

Wayne, my co-director and friend, has decided to step down as cycling co-director at the end of this season. He has done a lot of work for the Club and I know he will be around to help whenever the need arises. We all wish him well in his retirement and hope he will be around for a long time to come. This opens the door of opportunity for others to demonstrate their talents. If you are interested in developing your leadership qualities by working with a group of dedicated cycling volunteers, please give me a call. To contact me just call Randonnée Aventure at 489-0339 and leave a message.

We wish you all a happy fun-filled winter and we'll see you back in the saddle next spring.

Mike de Tracey





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A Trying Trial of Touring Tandem

No matter how dear to your heart a cycling partner is to you, they seldom cycle at the pace you do. This was noticed a long time ago and resulted in the bicycle built for two – the tandem.

It is not clear whether seeing the \$3000 tandem in a bike shop in New York or reading an article in *Bicycling Magazine* did it, but tandeming seemed like a good idea, so on Victoria Day Weekend Linda Shear and I decided to give it a try. We rented a "Burley" at Peel Cycle, and roof-racked it down to Alburg on the Lake Champlain Islands.

I, Egon, was appointed captain, in command of steering, 18 indexed gears and 3 brakes (2 connected to the same lever). Linda was the stoker, concentrating all her efforts on the pedals and trying to keep "kvetching" to an absolute minimum.

It takes a bit of time to get used to having to coordinate things that one does automatically on a single bike. Starting off, putting on toe clips, taking a sip of water, coasting a bit, all require communication and coordination. We discovered that our normal cycling styles differ considerably – Linda is more of

a plodder than I am, but since I was in charge of the gears, all she could do was complain every once in a while.

After some initially tense moments we were soon zooming along at quite a clip, especially down hills where we reached amazing speeds. Slowing down from these amazing speeds, however, required quite some braking effort.

A flat tire delayed us by two hours (wrong tools) and weddings and graduation parties had filled up all the motels, but in the end, we managed to find a place in St. Albans. As far as sharing the cycling effort is concerned, that seemed to work well since we were both too tired to disco!

We took it easy on the next day (Sunday), only getting to Enosburg, having pushed the tandem up some hilly back roads. Then on Monday it was back to Alburg.

Would we do it again? At the time of writing, we are still on speaking terms, so I guess the answer is a qualified yes.

Egon Nickel

Trailside Ramblings

So there I am zooming down the road in glorious sunshine between the hills in Killington, Vermont going faster and faster with the warm breeze blowing through my T-Shirt and with nothing between me and the road but a bicycle! Wow, what a feeling, just yesterday I was driving home along the "Bonaventure" listening to the traffic report and trying to avoid the rush hour jams. What a contrast!

We all drove down to the Trailside Lodge in Killington, Vermont on Friday, the 21st of June for the St. Jean Baptiste weekend to spend three days of biking and hiking. The pleasure of crossing the border into Vermont, and tanking up for half the price was surpassed only by being able to browse around the bike shops in Burlington on the way down.

After settling in on Friday evening, we awoke on Saturday morning to a huge breakfast of scrambled eggs, bacon, pancakes, syrup, oodles of coffee, etc., etc. After this, we all scrambled to make up lunch for the day from the "fixings" awaiting us on a table in the breakfast room. (None of us took too much, did we?) Then off to plan the day's itinerary. Which route to take? "Are you doing 4 or 5?" "How many kilometers is that?" "What are the hills like?" "You've got to be kidding, they're all huge here!"

Anyway, off we go. Groups of 6 or 8 or 10 people on bikes. Hikers getting into cars to drive to the trails and friendships are made or consolidated. There is nothing like pedalling along a road or walking along a trail talking and sharing the scenery and mountain air with someone for a whole day to get to know them a bit more.

Our group all took off on a route through the hills that took us into Woodstock, which is a picturesque little town almost like a film set. There we had coffee and cookies. From then on we took off into the hills again cycling up and down through some of the most beautiful scenery imaginable.

In the late afternoon, we got back to the lodge and there we were able to sink into an outdoor jacuzzi. What luxury, soaking tired muscles and bones in the sunshine. It was a time of great decision. Jacuzzi first and then a beer or two or a beer or two and then a jacuzzi. Some people, I heard, managed both at the same time, although I personally didn't see that.

In the evening we all sat down to a fantastic lasagna which really hit the spot. Exercise and fresh air makes everyone hungry. For me it was early to bed; biking and beer had taken their toll. Some energetic people, I hear, went to a bar and danced to country music!

Sunday was another beautiful day spent exploring more of the Vermont countryside and stopping for a picnic and a swim at one of the many swimming holes. In the evening, another fabulous meal followed by dancing at the lodge, to the music of a very talented and versatile entertainer.

Monday's cycling was taken at a more leisurely pace, and in the mid-afternoon we returned and loaded up to drive back to Montreal.

I suppose for me the most vivid memories are of the spectacular scenery, of rivers and hills and the pretty little towns and, of course, the friends I made with the club. What a memorable week-end!

Brian Abbott



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February Cross Country & Alpine Ski Weekend

Pinoteau Village Condominiums

Mont Tremblant, Québec

Friday, Jan. 31 to Sunday, Feb. 2

With such an enthusiastic reaction to 1991's Cross-Country & Alpine Ski Weekend held at Pinoteau Village Condominiums, we contacted Pierre and worked out the details for a return visit this year. Once again, we shall stay at their beautiful condominiums located in Mont Tremblant, with only four people per condo. Each unit has two bedrooms, fully-equipped kitchen and living room with fireplace. 90 km of cross-country ski trails start at the door and downhill slopes are 10 minutes away by shuttle bus.

In addition, meals will be served to us, so no cooking is required. La Bonne Fourchette, the restaurant where we ate last year, is no longer available but don't despair; arrangements have been made for us to dine at Chalet des Chutes, just around the corner. Dining room hours for our group are 8-10 am and 7:30-9:30 pm. A delightful menu has been suggested by Madame Boudreault, the owner of Chalet des Chutes.

Pinoteau's facilities include a ski shop, waxing room, exercise room, sauna and whirlpool. The shuttle bus will leave at regular intervals to take downhill skiers to Mont-Tremblant. A two-day ski pass for alpine skiing is only \$46, but reservations must be made in advance, so let us know on the reservation form if you want to take advantage of this.

For the evening, we shall have the services of a private bus to transport us to either Mont-Tremblant Lodge or Gray Rocks for music and dancing, depending on what's happening at these two places that weekend.

Transportation for the weekend is by bus, therefore the number of places is limited and early registration is recommended.



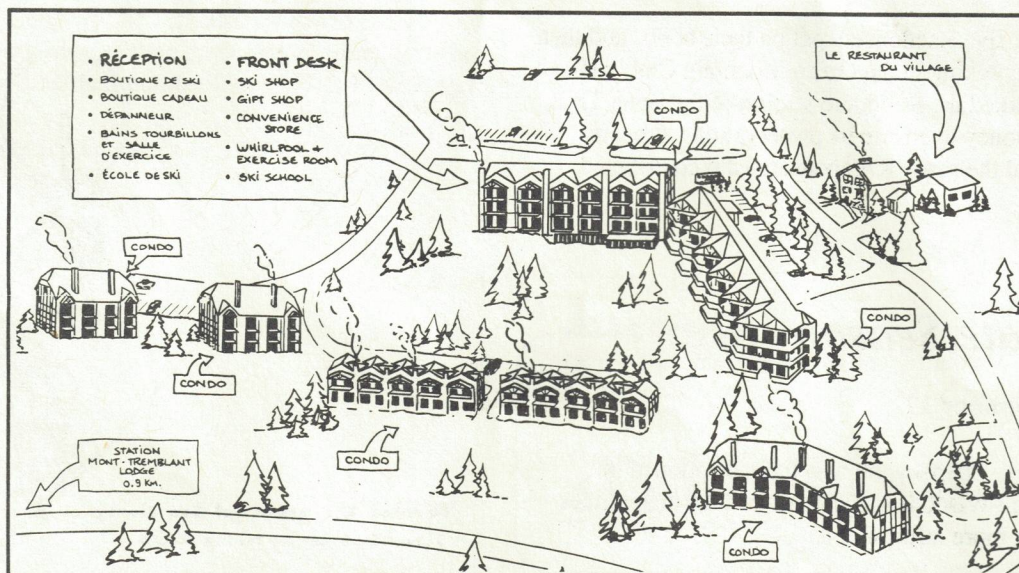
Transportation: By bus from Atwater and Ste. Catherine St. (McDonald's) on Friday, January 31, at 7:00 pm sharp.

Cost: \$160 for members, \$185 for non members (includes \$25 membership).

Note: A \$20 surcharge applies to all reservations received after December 13.

Method of payment: Deposit of \$50 dated with date of registration, plus a cheque for the balance dated no later than December 6, 1991. All cheques to be made payable to **Randonnée Aventure**.

Alpine Skiers: If you wish to purchase the 2-day Mont-Tremblant lift ticket at \$46, please indicate this on the registration form. Payment will be required upon arrival at Pinoteau Village Condominiums.



Director's Report

It's only been a little less than two years since I joined the club in the spring of '90, and the '91 hiking season is already drawing to a close. How time flies. I have enjoyed meeting a lot of new people and seeing many fantastic new vistas, even if some were in the midst of a thunderstorm, like at Mt. Colden early this year.

A year ago when I decided to become involved with RA, I felt that this was going to be "my club". Because of this, I knew I should help to organize activities, and not simply just show up. This is your hiking (or if you're really bent, cycling) club too. However, we need some new blood in the group to help organize activities. There are quite a few of us, but the number of things to do always seems to be endless. And we don't expect you to take on more than you can handle.

If you have ideas about next year's events, we would love to hear from you. Simply call the club number and ask to be informed of the time and place of the next hiking committee meeting. The committee does most of the preparatory work during the winter, a little bit at a time. This is a good time to get involved.

This is a sport you can do many places. So stay "en forme" and come hiking with us soon. Many of our avid hikers have been off to various locales this past summer, and we have some of their impressions for you.

Andrew Byrne

Hike-A-Thon Results

On September 7, five Randoneers put on their boots, and then raised over \$500 by hiking in the Green Mountain Club's Hike-A-Thon. They trekked the Belvidere section of the Long Trail, which needs the money to ensure its preservation. A hearty thanks to them, and the many RA sponsors who contributed.

Late Season Hike

Sunday, November 17

At Grand Valley, Chertsey, on new trails developed this year. Call Derek Wisdom at 352-6849 or Christiane Maes at 354-2089 for more information.

Hiking in the Charlevoix

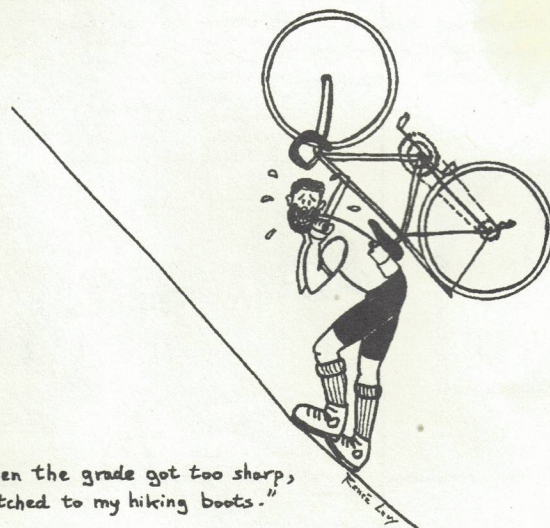
Have you ever heard of The Charlevoix? Since mentioning to friends and acquaintances that we planned to visit The Charlevoix on vacation, we have learned that few people know of this spectacular area of Québec. About 2 hours drive north-east of Québec City, it encompasses such quaint towns as Baie St-Paul, La Malbaie and Cap-à-l'Aigle. It is impossible to ignore the hills, they are everywhere. Signs abound at the beginning of each slope: 10% grade, 11% grade, 14%, 18% and even 20%! Did we actually use our bikes, you ask? Yes, and it was thrilling going down, but what a grind to get back to the top!

When our muscles couldn't take the hills on the bikes any more, we switched to hiking boots and took to Parc Régional des Hautes-Gorges, Parc du Saguenay, Secteur-Rivière-Éternité and Parc du Saguenay, Secteur de l'Anse Saint-Jean. We discovered some new thrills – magnificent gorges and the Saguenay fjord, blueberries galore and lonesome lakes. The hiking trails were almost deserted, in fact only on the first hike did we see other people!

Perhaps the biggest thrill was looking down at the Saguenay from the lookout on the l'Anse Saint-Jean to Petit Saguenay trail and sighting about 20 beluga whales frolicking in the water. It seemed they can hear the piercing sounds of a human whistle from the lookout a mile away. What magnificent creatures in a magnificent spot!

We highly recommend a visit to The Charlevoix. There are affordable Bed & Breakfasts opening everywhere (called Gîtes du Passants) and the people are very hospitable. If you want to see photos or maps, we would be glad to share them with you. Your visit will bring you a new Québec experience, one you will never forget!

Susan Harris and Gerry Bard



Encouraging Our Partners *Fédération québécoise de la marche*

Many of us have heard of organizations like The Green Mountain Club, The Adirondack Mountain Club and The Appalachian Mountain Club. In Québec we have La Fédération québécoise de la marche (FQM), an umbrella group formed to help promote hiking in the Province of Quebec. RA has a club membership in La Fédération and we have recently been advised of a special arrangement which La Fédération is making available to individuals who would like to become members of La Fédération and who are also members of clubs which are members of La Fédération. A reduction of \$5.00 will be given to individuals and families who wish to become members of La Fédération if they have confirmation from RA that they are already members of RA. For example, individual annual membership drops from \$20 to \$15 and family annual membership drops from \$25 to \$20 (GST included).

As part of your contribution to hiking and improving the trails available in the Province of Québec, you should consider supporting La Fédération by becoming a member. The more members and the more active La Fédération is, the more it will be able to work towards better and longer trails. Membership includes receipt of the regular quarterly newsletter called La Marche which provides details about hiking trails and experiences in Québec, reduction in fees at certain campsites on the trails in provincial parks, information about various levels of training courses given by La Fédération and information about hiking throughout the Province of Québec.

If you are interested, you may contact Susan Harris for a membership form which will be validated by RA to ensure your reduction of \$5 or you may wish to communicate directly with La Fédération by calling their number 252-3157 or by writing to:

Fédération québécoise de la marche
C.P. 1000, Succursale M
Montréal, Québec, H1V 3R2

Susan Harris

Tenth Jamboree de la Marche *September 7 - 8*

A friendly crowd, impeccable organization and perfect weather combined to make the FQM's annual Jamboree an outstanding success. With some 80 enthusiastic participants representing numerous clubs, it was evident that hiking in Quebec is booming. Susan, Chris, Sam and Derek showed the flag for Randonnée Aventure, and we were made to feel very welcome.

On the first day Derek led some 50 hikers at a brisk pace over 14 km of rugged terrain and several peaks, losing less than 30% of the group. Notwithstanding this, everyone returned safely for an evening of traditional Quebec music. Our president was put on the spot to make a brief presentation about RA's activities, and acquitted herself well.

Despite the previous day's (and evening's) exertions, there were still over 50 hikers raring to go on the long hike the next morning. An inspiration to us all was 79-year young Adèle, who completed a rugged 10 km and three peaks on Saturday, and another 8 km on Sunday, all never without a smile or a cheerful word.

Congratulations to the FQM and Paul Perreault for organizing such a successful weekend.

Derek Wisdom



Classy Ads

Hiking Boots seek new owner. Matterhorn, all leather, size men's 10. Never worn, still in original box. Derek Wisdom at 352-6849.

Women's 10-speed bicycle. Good condition, includes padded handlebars, kickstand, saddlebag, bookrack. Asking \$75. Call 281-1922.

Bearing Beautiful B.C.

Summertime holidays can leave the nostalgic traveller with some pleasant memories of new-found vistas. On a recent trip to panoramic and scenic British Columbia, my wife Mary and I ventured to the interior where a myriad of hiking trails awaited us, offering opportunities to experience some of the most spectacular views of the Columbia and Rocky Mountains.

We visited four areas that contained nature and hiking trails which are noteworthy. Whistler Mountain resort has a number of easy and difficult trails, some of which are inaccessible due to snow and glacier formations. Lakes at higher elevation are still frozen over in mid-July. Banff National Park will provide some challenging trails, but some travel is required to get from one trail to another. In our estimation, Mount Revelstoke and Glacier National Parks offer a greater variety of trails that are centrally located with basically similar challenges and views normally found at the other centres.

The Glacier National Parks system can be considered the best in terms of planning and organization, due to the ideal situation encountered at Rogers Pass. The mountains are steep and the valleys narrow, allowing for only a few easy hikes and a good number of tough ones. For example, Beaver River Trail takes 3 days to complete on a 42 km stretch, one way. Essentially, long trails are uncommon because glaciers and rugged terrain have curbed trail construction. The 27 trails range from short level

strolls to ambitious climbs. Some offer dramatic mountain views, while others wind through stands of ancient, giant trees or probe the secrets of the abandoned railway over Rogers Pass.

Before setting out on a hike, visitors are encouraged to familiarize themselves with the territory by visiting the Rogers Pass Information Centre. The centre offers movies which describe and explain pertinent peaks in the area. "Snow War", the story of avalanche control in Rogers Pass, and "Bears and Man", are two excellent movies that prepare individuals for hiking in bear country. The most informative feature of the centre would be the daily trail conditions reports. During my stay at the Lodge, for example, two trails had been closed due to bear sightings. Unlike many other centres, this one takes an active role in providing hikers the best of conditions, whether you are there for a day or a week.

For those who might be interested in visiting this part of B.C., there are plenty of challenging trails that would keep a party of hikers busy for a full week or more. July and August are the best and only times, since some of the better elevated trails are rid of snow only by the end of July. Also, park interpreters lead conducted hikes every other day during this period. A group of four hikers could enjoy all of this for approx. \$800 p.p. per week, all inclusive. Give it a try!

Michael Serniuk



RA's Presidential Visit

We came, we saw, we conquered! Julius Caesar would have been proud of the six RA legionaires who set out from Randolph, NH, on a hot sunny July day. In spite of heavy packs (about 13kg), we reached our first hut (Madison Springs) in record time. The next day, fortified by a hearty AMC breakfast, we began the methodical ascent and descent of the more than ten peaks that belong to the Presidential Range: Mts. Madison, Quincy, Adams, Jefferson, Clay and Washington. We posed for the traditional pictures, and enjoyed perfect weather and junk food (hot dogs tasted so great after gorp!). We had heated discussions about the infamous Cog Railway. Its black smoke from the burning coal is visible for miles. We had a great evening at Lake of the Clouds hut on our second night. Our astronomer-in-residence, Gerry, and friends decided to climb Mt. Monroe to watch the sunset and gaze at the stars. Visibility was so good that the distant lights of Portland, Maine could be seen. The next day, after climbing four more peaks, (Mts. Monroe, Franklin, Eisenhower and Clinton), we reached the Mitzpah Springs hut.

On day four, our two strongest troopers did Mt. Jackson and the Webster Cliffs, while the others rushed to the Crawford Depot for a ... hair wash. We were lucky enough to enjoy unusually sunny and warm weather, in fact, New Hampshire was going through a record drought. Water levels were so low at the huts that we had to use it very sparingly. We reached the new Zealand Falls hut and relaxed in the pools of water nearby. It was still getting warmer and more humid. We went up

Mts. Avalon, South Twin and Field before reaching Galehead. With the help of our resident physio and nurse, we followed a tradition begun at the Bristol cycling weekend, the evening massage train. The constant stress from heavy packs and rocky trails had left our feet bruised and blistered.

On day six, we climbed Mts. Guyot, Bond and Garfield before reaching Mt. Lafayette. We could actually sit and rest on the summit; there was not a breeze in the air – unbelievable! We met Mike and Angela and enjoyed our last night at Greenleaf Hut. We saw the plane propellor, object of so many night raids between different hut “croos”.

I should have introduced the six happy troopers earlier. We came to be known by our nicknames: the Prez (Susan Harris, of course), the Trail Bard (Gerry Bard, who left limericks at each hut's registry book), the Mountain Goat (Colleen Wilford), Bet-Your-Boots (Betty Macnaughton), the Valley Girl (Hélène Millas), and Ouch-My-Toes (yours truly). We enjoyed filling meals and entertainment provided by each hut's “croo”, (great skits showing how to make your bed properly, e.g. fold your blankets). We spent our evenings playing a very instructive game, Slang Teasers. On day seven, we explored the Franconia Ridge minus the packs, in sweltering heat.

We had climbed more than 20 peaks during seven days, and had greatly enjoyed each other's company. We learned a lot about packing light and right. We certainly look forward to repeating this great experience in the future.

Monika Malecka



*Colleen Wilford surveys
New Hampshire –
“We’re going down
there?”*

Photo by Gerry Bard

Battle of The Long Trail – Trail Maintenance 1991

Only one weekend of maintenance left folks, for this year. We've got to tackle a beaver dam, some water bars need scraping for the spring run-off, plus the usual fight with the jungle to keep the trail passable. October 19-20 will be a busy weekend indeed. Hope our day-trip hikers enjoy trekking over "our" Trail and appreciate the hard work. Say a kind word to RA's Maintenance Crew (the Mean Team) when you frolick by on October 19th, won't you?

Many thanks the Mean Team members who toiled in May, July and August to keep the score even in the Battle of the Long Trail. After going on a weekend, we always come back thinking "Yeah, we're winning - no contest!". When we return in a few short weeks, it's like we've never been there at all! Mother Nature works fast!

We do have a beaver problem - "busy as a beaver" didn't develop without reason. They've built a town site on "our" Trail with lily ponds, gardens and various living quarters. Unfortunately, we both want the same piece of ground - for us to hike and them to swim. Right now they're winning! With help from Rolf Anderson and The Green Mountain Club, we hope to achieve a compromise over "our" piece of territory.

In the spring we'll have other challenges: part of the Trail from Route 118 may need to be rerouted, the bog bridges need

work, and the most dreaded of all chores, The John (OH NO!) at Tillotson Camp is desperate for attention. Rolf will inspect and let us know what's required. Of course, there is always whacking and painting blazes.

Sounds like fun? What do you mean, no! Believe it or not, working on "our" Trail is a very rewarding experience. We have dependable, regular members of the Mean Team, but need some new Meanies as well. Accommodation is indoors at Rolf's (yes, there are beds and showers!) or at Walt's across the street, and camping is also possible. The cost is low and usually depends on the number of weekend participants. Food is prepared communally in a warm and friendly atmosphere. Become an RA Mean Team member - look for next year's dates in the Spring Randonnews, and talk to any of the Meanies who participated this year: Margaret Robertson, Allen Feider, Ian Deakin, Betty Macnaughton, Maureen Robertson, Diana MacDougall, Hélène Millas, Gerry Bard, Lech Mikiszko, Susan Harris, Raye Cambria or Colleen Wilford. (Please forgive me if I've left out any Mean Team Members.) Any of us will be glad to share our experiences with you. Make next year your turn to be an RA Mean Team Member.

Susan "Meanie" Harris



Some high flying Randonneers after a soaring experience

*(l to r) Peter Doob
Margaret Needham,
Jill Aspinall, Karen
Findlay, Vivian Wiseman,
Barry Armstrong, Jack
Melnick, Tim Skene*

Onward All You Hikers, Bikers and Skiers

Onward all you hikers,
Marching to the top,
Trekking to North Conway,
For to hike and shop

Onward to the mountains,
Hiking with the Club,
We climb many a mountain peak,
In looking for a pub!

Nothing at the border,
Do we ere declare,
For we hide our purchases,
In our thermal underwear!

Wax hard all ye skiers,
Flashing on the hills,
Spreading sticky klister
Never paying bills.

Telemarking's much too tough,
Most of us are old,
We only ski in sunshine,
We shop when it is cold

Ride the eternal cycle,
Mount upon your bike,
Tell death's trip director,
She can take a hike.

Side by side we cycle,
Obscenities flow free,
As long as we have lycra,
What the heck care we.

Riding the eternal cycle,
Unseated we will be,
Patching, oiling, pumping,
Sore in back and knee.

words by Allison, Brewer, Deakin and Wisdom

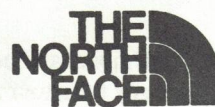
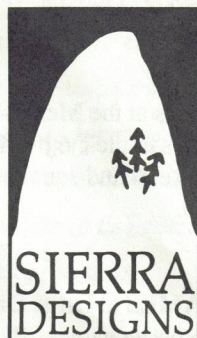


263 B, St-Jean, Pte-Claire, PQ
H9R 3J1, (corner Hwy 20)
694-6374



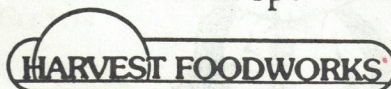
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Christmas Pot Luck Dinner & Dance

Saturday, December 21, 6 pm

McGill Grad Centre, 3650 McTavish

You are cordially invited to RA's annual Christmas pot luck dinner and dance. A dish to serve six to eight people, valued at approximately eight dollars is required for admission. Your last name determines the food category for your contribution. Food should be on platters, and accompanied by serving utensils if necessary. Please do not bring a contribution that needs to be defrosted or heated. The club will supply paper plates, cutlery, napkins and coffee. Drinks will be available from the cash bar.

The categories are:

APPETIZERS – finger food, crudités, dips, no chips

MAIN COURSE – meat dishes, cold cuts, cheeses, pâtés

SALADS – veggie, pasta, potato etc.

QUICHE – should arrive slightly warmed

BREADS – a variety - with breadbaskets for serving if possible

CRACKERS – an assortment - no soda biscuits

DESSERTS – nothing that has to be heated

FRESH FRUIT – ready to serve

**Please bring the meal category that
matches your last name:**

A – Cl.....Appetizers

Co – HerMain Course

How – LizSalads

Lom – MatQuiche

McA – ModBreads

Mol – OttCrackers

P – SteDessert

Sto – ZFresh Fruit



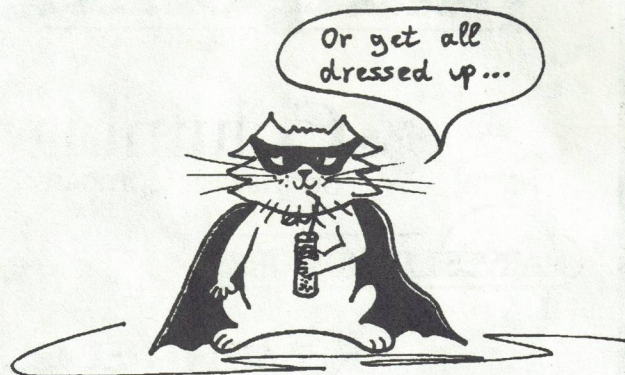
Fall/Winter

NOV 2
Saturday
HALLOWEEN PARTY & SIGN-UP. 8 pm
McGill Grad Centre, 3650 McTavish. Dancing, costume prizes, great bar prices, and registration for the ski season. \$6 for members, \$8 for non. Decorators – arrive by 7 pm SVP, new hands are welcome! **NEW PARTY IDEA** – Bring a clothing or food contribution for **SUN YOUTH** – collected at the door.



NOV 13
Wednesday
Old members and new! Join us at the **McAuslan Brewery** for a tour and a few samples: 6 pm 4850 St. Amboise, just east of St. Remi and south of Notre Dame, metro St. Henri.

NOV 16
Saturday
An afternoon of **FUN & GAMES** at Ian & Di's – 2:30 pm. BYOB & your favourite games. Please call the tape to request the address (489-0339).

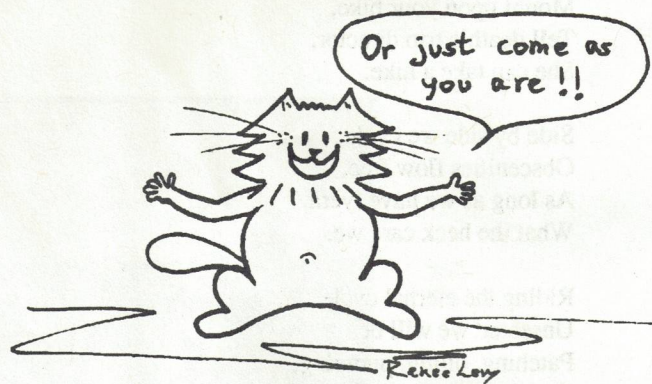


NOV 21
Thursday
SKI TIPS & CANADIAN SKI MARATHON INTRO. – 7:30 pm McGill Grad Centre, 3650 McTavish. Select your beverage from the bar and join us downstairs for an evening of ski talk & tips!

NOV 30
Saturday
NOVEMBERLUDE dance party at Gerry's in Greenfield Park – 8:30 pm. Ring 678-6886 for directions. BYOB!

DEC 21
Saturday
CHRISTMAS POT LUCK DINNER & DANCE. There is no charge but you must bring one of the meal categories to be admitted – please see the detailed menu plan in Randonnews. – 6 pm McGill Grad Centre, 3650 McTavish, 5 pm for decorators.

JAN 29
Wednesday
MOONLIT SNOWSHOE outing up to Mount Royal. – 7:30 pm from the Grad centre. Snowshoes provided, but bring a flashlight. Call so we know how many to supply. Feb. 26 raindate.



FEB 16
Sunday
HUDSON SKI & SLEIGH RIDE winding up for a bite out. Car pool from Vendome Metro 12:30 pm. RSVP the club tape.

MAR 17
Tuesday
DONATE & DINE-OUT: Give between 6:30-7:00 pm at the **RED CROSS** Blood Donor Clinic, 3131 Sherbrooke St. East., then out for supper around 8 pm.



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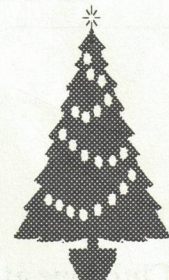
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McA – ModBreads

Mol – OttCrackers

P – SteDessert

Sto – ZFresh Fruit



RANDONNÉE CALENDAR

October

19	Sat	Tillotson Hiking Trip
19-20	Sat-Sun	Trail Maintenance Weekend
26	Sat	CSM Trail Maintenance

November

2	Sat	Halloween Party & Signup
7	Thur	Executive meeting
9	Sat	CSM Trail Maintenance
11	Mon	Atwater Library Signup
13	Wed	St. Ambroise brewery visit
16	Sat	Games day at Ian & Di's
17	Sun	Late Season Hike - Chertsey
21	Thur	Ski Social Night
30	Sat	Novemberlude party at Gerry's

December

11	Wed	Ski leader's orientation night
12	Thur	Executive meeting
21	Sat	Christmas Dinner & Dance

January

4	Sat	Pimbina ski trip
8	Wed	Ski Waxing Clinic
9	Thur	Executive meeting
11	Sat	La Mauricie ski trip
12	Sun	Morin Heights ski trip
18	Sat	Far Hills Inn ski trip
25	Sat	St. Donat ski trip
26	Sun	Farmer's Rest ski trip
29	Wed	Moonlight Snowshoeing
31-2	Fri-Sun	Pinoteau Ski Weekend

February

1	Sat	Lac Monroe ski trip
6	Thur	Executive meeting
8	Sat	L'Esterel ski trip
8-9	Sat-Sun	Canadian Ski Marathon
15	Sat	St Jovite ski trip
16	Sun	Hudson Ski & Sleigh Ride
22	Sat	Petit Bonheur ski trip
23	Sun	Mont Rolland ski trip
29	Sat	Montagne Coupée ski trip

March

29-1	Sat-Sun	Wilderness Ski Weekend
1	Sun	Deadline for Randonnews
5	Thur	Executive meeting
7	Sat	La Boulé ski trip
14	Sat	Rivière Rouge ski & party

Call the Club tape at 489-0339 for the latest information on Club events.