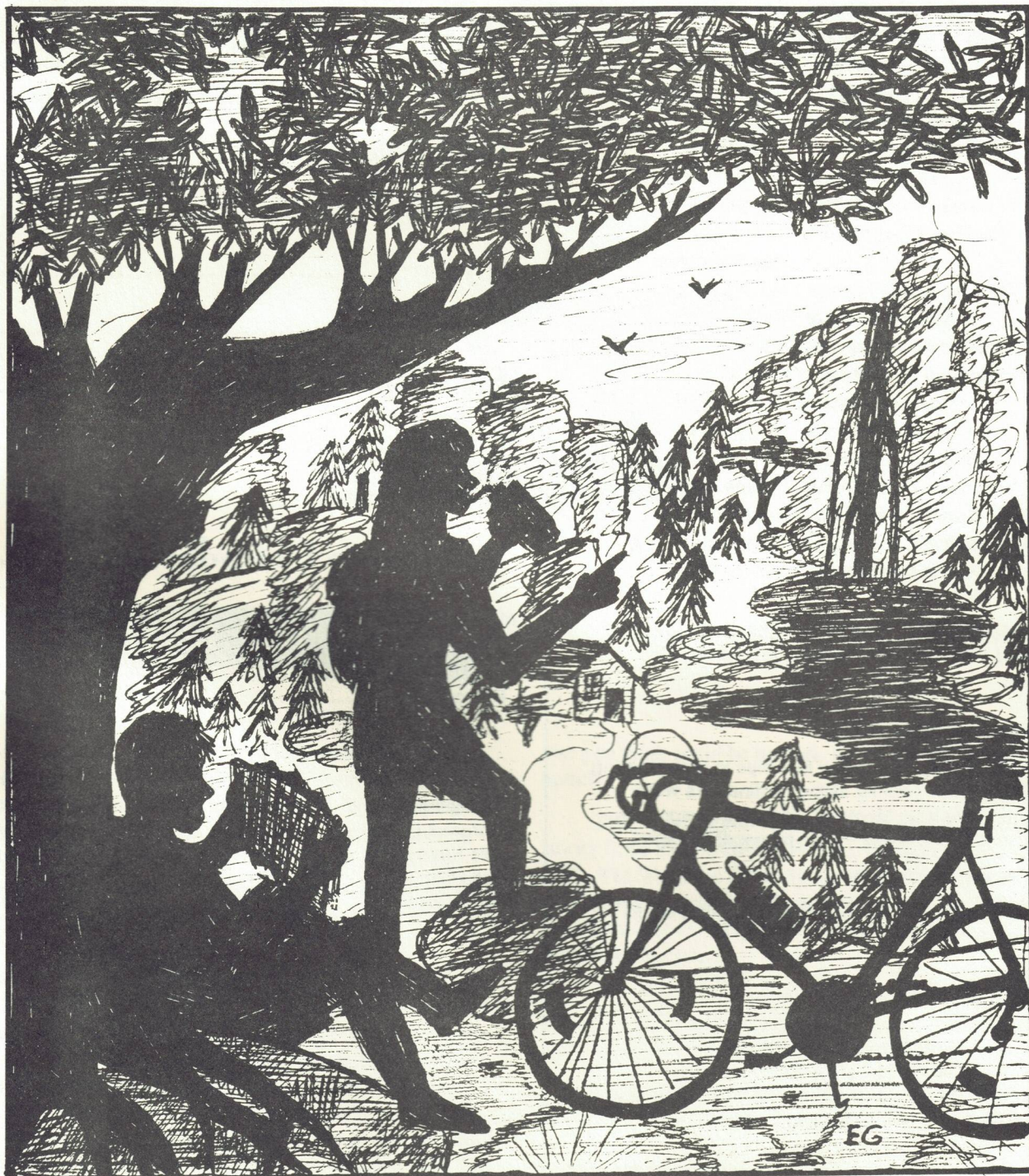


RANDONNEWS

Published by Randonnée Aventure
Montreal's Friendly Outdoor Club

Spring 1994





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Randonnée Aventure Executive

President	Jill Aspinall
V.P. Operations	Gail Tedstone
V.P. Administration	Maureen Robertson
Treasurer	Mike Serniuk
Registrar	Margaret Robertson
Assistant Registrar	Pat Zebel
Recording Secretary	Linda Shear
Legal Advisor	Robert Fyfe
Randonnews Editor	Tim Skene
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Social Director	Anne Harper
Skiing Director	Jim Mullett
Skiing Administrator	Pat Zebel
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Business Manager	Susan Harris
Advertising Coordinator	Elise Brais
Phone Coordinator	Hélène Millas

Randonnée Aventure, founded in 1986, is a non-profit year-round outdoor club for adults, with about 400 members.

Randonnée Aventure offers:

- Saturday, and some Sunday bus trips to prime cycling, hiking and cross-country skiing destinations within a two-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 Elise Brais, Nancy LaRose
Photography Dave Howard, Anonymous

Other contributors:

Jill Aspinall	Clive Brewer	Andrew Byrne
Margaret Dalziel	Anne Harper	Susan Harris
Jola Kuzmicki	Rick Molz	Jim Mullett
Bob Paknys	Ray Stevenson	Al Ramsay
Jan Spaniel	Colleen Wilford	Vivien Wiseman

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recycled paper

PRESIDENT'S MESSAGE

Passing the President's Torch

My term as President of Randonnée Aventure has gone very quickly, and as I look forward to more free time, I leave with both relief and rewards. (I don't mean the salary rewards! The annual 20% raises still left zero as zero!)

Relief: the Club's leadership is being passed into good hands who will steer our course over the hills, down through the valleys, and hopefully into the pub!

Rewards: Being RA President has given me a great deal of pride - to lead an organization with volunteers as knowledgeable and well organized as ours has truly been an honour. It has also given me great satisfaction - not from doing it my way, but from guiding us to share the decisions, and pull together to correct our mistakes. (A lot of big companies

couldn't match that team strength, and the results that it brings.) Above all else, there are ongoing rewards - good friends with common interests; tired & proud members at the end of a trip (no matter how modest their goals); simple but superb outdoor activities; happy faces sharing new experiences... the list goes on. A lot of those rewards I'm going to continue to reap, some as a regular member, but also some as a continuing (lower profile!) volunteer. Yes, for a Club that has given me so much, I am very happy to give back.

I am confident that all 400 Randonnée members will offer my successor, Anne Harper, their full support.

Jill Aspinall



WORD FROM THE EDITOR

This is my last "word" as editor of Randonnews, since I will be retiring this spring. Over the three years that I've been editor, I've learned a lot, it's been fun, and, yes, work too. I was recently browsing through some past issues, and could see the progression from then to now. I hope the current look of Randonnews provides some inspiration for my successor, but not too much - new ideas are always a good thing.

Speaking of successors, Nancy LaRose has agreed to take on the editorship, and Bill Mclean will be assisting her. Nancy is currently in the document business, and wants to learn more about desktop publishing. This job will provide them both with plenty of experience, believe me. I will be helping them get started, but as members you can help too. Send in your contributions on time, suggest things you would like to see, and offer to give them a hand with typing, photos, cartoons, or whatever

else you think could be helpful. An editor can only do so much herself.

This is the biggest issue of Randonnews yet - there are stories from Switzerland, Tanzania, Germany and even Big Slide. The Weekend Getaway section features two backpacking trips, plus the regular long weekend excursions. The social agenda has some new physical activities: bowling, baseball and even Shakespeare.

Our cover artwork was drawn by a budding artist, Emily Grandin. At 15 years old, she shows great promise. I hope she becomes an RA member, for the sake of Randonnews!

I wish the new editor all the best, and am looking forward to the extra time I'll have. Now, what will I do with it...

Tim Skene

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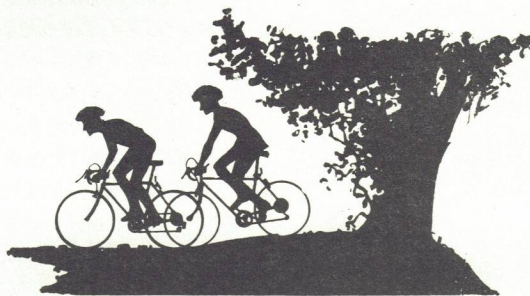
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Tim Skene

Notice to Members Annual General Meeting

Notice is hereby given that the Annual General Meeting of Members of Randonnée Aventure will be held at Thompson House, 3650 McTavish Street, Montreal, Quebec on Saturday April 9th, 1994 at 8:00 pm for the following purposes:

- 1) To receive the unaudited financial statements of the Club for the fiscal year ended December 31, 1993;
- 2) To elect the Board of Directors for the following year;
- 3) To resolve not to appoint auditors for the following year;
- 4) To transact any other business which may properly come before the meeting.

Dated this 14th day of March, 1994

**By order of the Board of Directors
The Secretary**

According to the by-laws of Randonnée Aventure, the four members of the Board of Directors are voted in by the membership at the Annual General Meeting.
Nominations received to date for the positions of director:

Jill Aspinall	Vacant
Anne Harper	Vacant

Monthly meetings for the general management of the Club, as well as the four committees, i.e. cycling, hiking, skiing and social are open to all Club members. You are encouraged to participate and attend any of these meetings. For information, call the Club tape at 489-0339 and ask for details of date, time and location.

Paying Your Dues

How about your RA dues? You paid your \$25, you say? Don't be so sure you're not overdue - read on please! Randy (our Club computer) has a secret file on all trips ever taken by our members. He takes this list, and compares the "frequent flyers" with our annual list of volunteers. (This is our invitation list for the volunteer dinner - a great evening sponsored by RA for which invitations can only be earned!) Anyhow, you know what? Some of you frequent flyers are on Randy's hit list. You are Randonnée's most wanted members for unsettled membership support dues.

What can you do? You know better than most how the trips run, so you're ideal for assisting or leading a trip or two. Why not? Instead, let's ask why? It makes the trips more fun,

The members listed below have stated their willingness to serve the Club for one year in the following positions:

President	Anne Harper
Treasurer	Mike Serniuk
Registrar	Margaret Robertson
Assistant Registrar	Pat Zebel
Recording Secretary	Linda Shear
Legal Advisor	Robert Fyfe
Randonnews Editor	Nancy LaRose
Assistant Editor	Bill Mclean
Cycling Director	Al Ramsay
Cycling Administrator	Cathy Poth
Hiking Codirectors	Clive Brewer
	Andrew Byrne
Hiking Administrator	Vacant
Trail Maintenance Coordinator	Colleen Wilford
Social Director	Vacant
Skiing Director (93-94)	Jim Mullett
Skiing Administrator (93-94)	Pat Zebel
Volunteer Coordinator	Helene Auclair
Business Manager	Susan Harris
Advertising Coordinator	Elise Brais
Phone Coordinator	Maureen Robertson

Smoking Policy

The vast majority of Randonnée Aventure members are non-smokers, and prefer a smoke-free environment. Members who smoke are requested to respect the preferences of other participants, or smoke where other members will not be affected.

you meet more people, you may get to chose some of the trip routes, you gain gratitude and satisfaction from doing your bit for your fellow members, you can find the time (we're busy too!), and most important, you spread the burden of Club operations beyond those diehard volunteers who have, on occasion, been known to burn out. We are counting on you to help ensure that Randonnée Aventure, your friendly co-op outdoor Club, survives healthily for many more seasons of our favourite trips and activities.

You know the number: call 489-0339 and let us know how you would like to help. Don't wait for Randy to post your picture ... WANTED, for unsettled membership dues....

Jill Aspinall

How to Buy or Sell a Day Trip

Fees for day trips cannot be refunded to anyone, for any reason. If you are unable to come on a trip, you may personally sell the trip to anyone you wish — a friend or relative. If this is not possible, we offer a service whereby we attempt to sell the trip to a member.

Once you have activated the RA service, you must not attempt to sell the trip on your own, which might result in double selling the trip. Priority will always be given to the person who bought the trip through the RA system. The procedure to follow is:

To Buy a Day Trip:

On Monday to Wednesday prior to the trip, call the Club number (489-0339), and leave a message. On Friday evening before the trip, call the Club number to listen to the names of people for whom there is a place on the bus. If you hear your name, show up with exact change or a cheque. We do not carry change. If you cannot make the trip, you are obligated to immediately remit the trip fee by cheque to the Club. **If you do not do so promptly, you will be BLACKLISTED and no longer permitted to use the Club's buy/sell service for the balance of the season.**

If you do not hear your name on the tape Friday evening, you can go to the last pickup point with the correct payment and take a chance. (Atwater and Ste. Catherine for hiking; Atwater and Tupper for cycling, both before 7:45 am). You have a good chance of getting on the bus due to "no-shows".

To Sell a Day Trip:

On Monday to Wednesday prior to the trip, call the Club number (489-0339), and leave a message. RA will not call you back, but if a buyer is found, a cheque will be mailed to you for the amount that you paid for the trip.

Atwater Signup Night

The spring signup and information night will be at the Atwater Library, 1200 Atwater at Tupper, **Monday, April 18**, from 5:30 to 8:30 pm. Come on down and talk to the Hiking and Cycling Committees about the season's trips, or send a friend who wants to find out about Randonnée Adventure.

Trip Registration

Prices this year:

Cycling: \$26, and \$29 for the season's final windup trip.

Hiking: All trips are \$25.

Please note that there is a surcharge of \$2 for all trip signups received after May 1. Cheques **must** be received by then for the regular price to apply. Payments for trips in August and later may be postdated to August 1, if the cheque is received by May 1. To get your first choice of trips, sign up early by doing one of the following:

- **Mail** the registration form and payment to the Club address.
- Sign up at the **Spring Party** on Saturday, April 9, at Thompson House, 3650 McTavish, 8:30 - 9:30 pm.
- Come to **Signup Night** on Monday, April 18, at the Atwater Library, Atwater & Tupper St., 5:30 to 8:30 p.m.

Registrations will be accepted after May 1, but call the Club tape first to see which trips have space available. Your cheque should arrive at least one week before the trip date.



Three smiling Randonne'ers on one of the best cross-country day trips this winter, at Far Hills Inn. L to r: Julie Berardinucci, Kathy Pothe and a frost-encrusted Tim Skene.

Photo by Dave Howard

THE DIRECTOR'S YEARLY MUDDLE

This year's destinations offer a great variety of choice. I am particularly excited about the extended hike to Giant's East Ridge. The prolonged physical exercise (hiking is very aerobic ya know) in a great natural environment is very satisfying. Perhaps it's just what you have been looking for.

You can hike with others and talk, or find a solitary pace that will bring inner peace to your soul. The sense of accomplishment, self-reliance and/or comradeship (we offer them all, and maybe a beer too!) will be well worth the early morning torture of pulling yourself out of bed before 7 am.

The Hiking committee has put a lot of work into preparing this season for the Club. I would like to thank for their efforts: Mike, Maida, Mike, Susan, Clive, Elise, Mary (in no particular order). If you would like to do more for the Club just mark: "Assist with Hiking" on the registration form. Have a great time and see ya at the top!

Andrew Byrne

Outdoor Literacy

A Hiking Skills Workshop for All
Wednesday, May 4, 7 - 10 pm.

Atwater Library, 1200 Atwater, corner of Tupper

Randonnée Aventure presents the fourth annual hands-on workshop for everyone interested in improving and developing their skills and confidence while enjoying the outdoors during hiking season. Lectures, discussions and activities will take place on the following topics:

- Reading terrain and maps to find your way in the woods
- What to wear and to pack for a successful and safe hike
- Pacing yourself, planning a hiking strategy
- Hiker ethics - hiking with others for fun and safety
- Basic survival skills for day hikers
- Fitness preparation for the hiking season
- Books to read for additional information and enjoyment

Some handouts will be given out, including a day hiker's equipment checklist. Ample time will be available to answer questions and deal with the special concerns of all.

A practice map reading session will be held on Mount Royal, Sunday, May 8 starting in the morning for a couple of hours. Details will be available at the Workshop.

For more information and to register for the Workshop, please call the RA tape at 489-0339. There is no charge for this event.



1994 Hiking Day Trips

No.	Date	Destination	Rating
1	May 14	Mont Sutton, Sutton, Que.	E - M
		Easy start to the Hiking Season. Beautiful views of the Eastern Townships from the top.	
2	May 28	Hurricane & The Crows, NY	E - D
		Great views of the Adirondacks, Lake Champlain and the Green Mts. of Vermont with something for all levels.	
3 *	June 5	Mts. Hunger & Pinnacle, Vt.	E - D
		Panoramic views on a clear day. This hike includes Stowe Pinnacle (good vertical climb) and Mr. Pickwick's Pub.	
4	June 11	Giant, East Ridge (Extended), NY	E - D
		The height of this mountain makes it a tough climb to the top. As an extended hike, there will be plenty of time for the long but rewarding East Ridge.	
5	June 18	Mt. Mansfield (Extended), Vt.	E - D
		Vermont's highest mountain: a favourite destination with many trails and great views. Try the adventurous Subway or Wall St. from the top. A great destination for any level.	
6	July 9	Adirondak Loj (Extended), NY	E - D
		A very popular destination. Many trails to choose from such as an easy walk to Marcy Dam, or a hard climb to the top of Mt. Colden.	
7 *	Aug 21	Camel's Hump, Waterbury, Vt.	E - D
		A challenging 4,000 ft. peak with 360 degrees of spectacular scenery as reward. Bring your binoculars and you'll even see Montreal on the horizon (on a clear day!).	
8	Aug 27	Vache Noire - Lac Supérieur, Que.	E - M
		Three sections of trail, and climbs to suit every whim. Five spectacular views of Lac Supérieur (darling of the Laurentians) and Mont Tremblant.	
9	Sept 10	Mystery Hike Canada/U.S.	E - M
		Let us lead you astray! Come prepared with ID, lunch and a sense of humour. Can't tell you where we're going but we'll have fun getting there, that's for sure!	
10*	Sept 18	Cascades/Porter/Blueberry, NY	E - D
		Do you like varied terrain? (up and down) Or for the experts, a long hike from Blueberry to Cascades. Great views and a wonderful pub at the end of the day.	
11	Sept 24	Mont Legault - St. Donat, Que.	E - M
		Two lakes to entice swimmers. An easy to moderate climb to Mt. Kaaikop and around Lac Legault.	
12	Oct 1	Ausable Lake - Keene, NY	E - D
		Walk along streams and spectacular falls or climb up to exquisite views. Many routes along the main trail.	
* Sunday			

Trail Ratings:

These ratings are guidelines only. Distances and elevation gains are approximate, depending on the terrain.

- Easy - 8 miles, 1000 - 1500 ft.
- Moderate - 10 miles, 2000 - 3000 ft.
- Difficult - 12 miles, 3000 - 4000 ft.

Trip Leaders & Assistants

If you want to become more active in hiking, there will be a meeting to explain procedures and responsibilities of trip leaders and assistants. Please indicate if you are interested in attending on **Monday, May 9 at 7:30 pm**. The location will be announced on the Club tape the week before. It's not difficult, so come on out.

Extended Hikes

The bus will leave Montreal at the regular times and places, but will not leave the destination until 7 pm, and will finish the drop-offs by 10 pm. These trips are being held at the peak daylight times around June 21 (the longest day of the year). The extra time will allow us to hike on trails which are normally too long. Bring extra food for the longer stay (or we might get to stay a little longer at the Pub).

Late Season Car Pool

Some places are worth going to twice, especially with a change of season and limited space. A car pool trip to John's Brook Lodge is planned for this fall on October 15. Space will be limited by the number of cars, so those without should encourage those with to sign early. Price for the trip will be \$7 per person, (drivers will be reimbursed for gas).

Pick-up Points

The first pickup point is Décor Decarie at Vezina and the Southbound Decarie Service Rd. The next pick-up at Queen Mary and Decarie is for hiking only, because of its proximity to the Snowdon Metro. Bus departure times are:

- Decor Decarie - 7:15 am,
- Queen Mary & Decarie - 7:25 am
- Atwater and Ste. Catherine - 7:45 am.

Prices

Day trips including extended trips will be \$25. After May 1, a \$2 surcharge will be added. Cheques postdated August 1 for fall trips will be accepted at the regular price until this date as well.

Remember:

Acceptable I.D. (passport, citizenship card or birth certificate only) **must** be carried on all trips to the U.S.A.

A Scouting Proposition

Have you ever wondered what Randonnée Aventure means by a 'scout', and what happens on a scout? Here are some answers, mainly from the hiking point of view.

In military parlance a scout is an exploratory mission undertaken to obtain information, and this is certainly one of the RA objectives. We need the location of the trailheads and how to get there, and we need information on the trails themselves. This includes such items as trail condition, level of difficulty, choices at junctions, any confusing places, and points of interest. We use the information to select the trails to be hiked, or to confirm that trails we used before are still worthwhile, and to prepare or update the hiking notes and maps.

Another important objective of an RA scout is to familiarize a group of people with the destination, preferably people who are going on the trip being scouted. It helps make a trip successful when there are a number of people present who can answer questions about the area.

So the people on a scout should be a mixed bunch, not just boy scouts and girl scouts, but people who have been to the destination before and people who have not, and people with experience together with those new to scouting (how else can the inexperienced gain experience?). And people of various skill levels and strengths are needed, since all types of trails are scouted and their difficulty assessed.

One person who will always be on a scout is the trip leader. He or she will organize the scout, collect the reports from each person, and use the information to prepare the trip. Scouts usually involve 2-6 people for a day, and one or two cars, with more extensive scouts needed for weekend trips.

Is a scout fun? Yes! You get sneak previews of future hikes, in good company, and you're helping out the Club. If you're interested, please tick the box on the Spring sign-up form, or simply leave a message on the Club tape.

Clive Brewer

1994 Hiking Scout Dates

Date	Location
May 1	Mt. Sutton, Que.
May 7	Hurricane Mt., NY
May 15	Mt. Hunger & Pinnacle, Vt.
May 29	Giant Mt. (Extended Hike), NY
July 10	Lac Supérieur, Que.

From the Rain Forest to the Snows of Kilimanjaro

When I decided to join a small group of travellers for a three-week-long winter vacation in Tanzania I had little idea of the physical effort, the touch of adventure and the thrill which this trip would provide. The first part of the holiday was the easy one: a two-week camping safari in three open-top Land Rovers, with emphasis on wildlife photography as well as visits with Masai and Sonjo tribes in the Serengeti, Ngorongoro Crater and Lake Manyara National Parks. The tour was full of surprises and beautiful sights. The only hardship was extremely long hours on the go and a few rough campsites, but all was well worth it.

The third week, however, was where the real adventure and physical exertion came in - the ascent of Africa's highest mountain, Mount Kilimanjaro (5895 m). The starting point was Ashanti Lodge in Mamba village. After breakfast a small army of guides, porters and cooks showed up to meet us, in all 26 of them or a ratio of 3:1, just like what one would expect in the movies about high mountain climbing.

A mini-bus brought us to the entrance gate of the Kilimanjaro National Park where we checked in at an altitude of 1800 m. The first three hours were easy going: a wide trail through lush tropical forest for which we wore shorts, T-shirts and sneakers best suited for this dry trail. The route was busy with porters carrying loads on their heads or slung over the shoulders, and we saw tourists of many nationalities. Fortunately, only the last part of this trail section was steeper with big roots, some rocks and small streams to cross where the recommended skipole came in handy. Having covered some 14 km in four hours, we gained 900 m in altitude where we checked into the Mandara camp (2,700 m) which consisted of some twelve wooden huts with bunk beds and a communal kitchen. The camp had electricity generated by solar energy and running water.

One young woman from our group did not reach this elevation because she was hit by an attack of mountain sickness shortly after we set out from the base camp. Her symptoms were headaches and gastrointestinal complications. To minimize this possibility I was gobbling up Diamox, a preventive altitude sickness pill, which may help some climbers. A

disconcerting sight was an unconscious young man being carried down the mountain by his buddy and his porter. A much worse omen came in the shape of a pile of rocks with a cross - the grave of a hiker. Stetchers were stored at strategic points along the route, ready for immediate use by paramedics patrolling the mountain continuously.

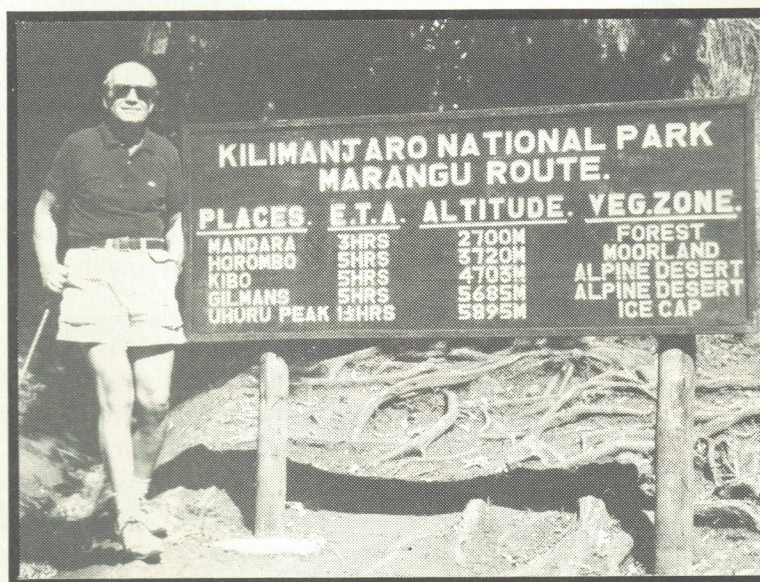
The next stage of the hike was a four-hour trek to Horombo camp (3720 m); the relative shortness of each daily hike is planned to allow some acclimatization to the altitude

during the rest and over-night. This trail section, quite narrow now, started by a very steep climb in the rain forest, but after one half hour the scenery changed to high heather country, and for the last hour to moore-lands with winding trail, not steep, but climbing relentlessly. There was a variety of birds, but the only mammal I observed was the Kilimanjaro Hyrax; this is definitely not the land of wild predators.

As we climbed higher the temperature dropped quickly from 20 C to 10 C. From now on I insisted that my personal crew (one guide and one porter carrying my main

bag including my sleeping bag) stay close to me for any emergency. At this stage another member of our group had to abandon the climb and descend to the base camp with his wife. Although more than twenty years older than they, I encountered no problems, perhaps due to the hiking and cycling I do with Randonnée Aventure. Our guide told us that age has little to do with resistance to mountain sickness as the previous week a young marathon runner collapsed on the trail and was taken down on a stretcher.

From time to time we saw the twin snow-clad peaks of Mount Kilimanjaro, and not far away its sister mountain Mowenzi. The morning had been clear, but clouds appeared in the afternoon, and occasionally we were literally walking through the drifting clouds. After a five-hour trek (one should hike slowly when high up) we attained Horombo camp, the largest of the three overnight camps (3720 m). The usual small



RA trekker Jan Spaniel poses by the beginning of the trail up Kilimanjaro. The altitude of each camp is shown on the sign, as well as the travel time and the terrain to expect.

cabins were here replaced by large dormitories. Overall, the Horombo's sleeping capacity is 200 trekkers and 600 guides, porters and cooks, and it was filled to the rafters. We met very few Canadians; Americans, Germans and Japanese seemed to dominate.

After a breakfast of scrambled eggs, we set out again, this time dressed more warmly. We hiked through desert-like landscape with lava boulders and rough terrain, past the timberline and past the last fresh water stop, admiring a few bizarre, hardy plants and rapidly changing clouds and lighting. Although feeling somewhat heavy in the legs, the five of us reached the smallest camp, Kibo (4703 m), which consisted of only a handful of huts. All food, water and firewood had to be brought here by our army of porters. At this point the temperature was only a few degrees above zero. Carrying only my camera and accompanied by my personal guide, I decided to climb higher. We reached 5000 metres to look down at the last camp, partly obscured by clouds. Then sleet started to come down, and despite heavy ski clothes I was cold, so we returned to camp.

At midnight, several small teams of trekkers and guides set out for an assault on the peak. Lucien from our group opted not to attempt it due to his high blood pressure, and I passed it up too because of a cold I had brought from all the way from Montreal. With such a condition, I should not have gone beyond 300 metres, but there I was at 5000, well and happy. Only three women from our group set out for the peak; Diane abandoned it but the other two made it all the way. They returned at 6 am, totally exhausted.

They reported seeing a Japanese woman carrying an oxygen bottle and being pushed by her guide, and a Japanese man, unconscious, being carried down. Apparently he attempted the summit alone and passed out when resting between two boulders, but was luckily discovered by others at the peak. Missing all this drama I slept like a baby for ten hours, and shortly after breakfast I suggested the descent. Halfway down to Horombo camp the sky opened with a deluge of hail. The size of the frozen pellets was equal to the last joint of my little finger and they hurt, despite a wool tuque and nylon rain hood. As we hurried our descent the hail changed into sleet and then into rain, and we reached Horombo camp completely drenched because the barren landscape offered no natural shelter. The primitive camp felt just like a Hilton Hotel.

In the morning the weather cleared up and we cheerfully began a double leg of the descent, stopping at Maranda (camp #2) for lunch and then continued all the way down to the base of the park. The hike down was technically easy, the only difficulty was the muddy section made slippery as a result of

rain the day before. It was shorts and T-shirt weather again, and while we were in a jubilant mood we were meeting many trekkers in a rather apprehensive mood on their way up. After the rain forest, we stopped at the Kilimanjaro Park gate where we signed out, and those who had reached the peak obtained a small souvenir certificate.

Then it was only a one hour drive back to Ashanti Lodge where hot showers, good food, sit-down toilets and other amenities of civilization were most welcome. Thus ended the second greatest adventure of my life, a unique experience which I can highly recommend to many friends.

Jan Spaniel

**CAMP de BASE**

Specialists in canoe/kayak,
camping & climbing equipment



173 Cartier Ave.
Pointe Claire
630-6717



RA Trail Maintenance, '94 Edition

Hi! Welcome to RA Trail Maintenance. The following is Elizabeth Gosling's experience "doing trail": My first experience with RA trail maintenance was in May 1993 near Jay Peak in Northern Vermont. Three representatives from GMC supervised the work projects to be undertaken that weekend. Their guidance proved to be invaluable, given in a spirit of teamwork and consultation.

The first project, Rock Steps, involved reinforcing soggy areas on the trail with suitable rocks. So off we went on a rock hunt! Our Mission: to seek out and unearth rocks from their safe refuge of hundreds of years. The chosen rocks were then upheaved, rocked back and forth (pun intended), pushed, pulled. All manner of manoeuvre was employed so as to relocate them to their new 'home'. This activity was accompanied by a chorus of grunts and a few expletives. Colleen Wilford's expertise with the rock bar manoeuvred any 'recalcitrant' rocks into the designated spots - her energy and determination knew no equal! Out! Out! Damn Rock!

Next, the Bog Bridge. This project required a herculean effort on everyone's part when it became necessary to hoist and transport tree trunks over a distance of about a hundred feet. The short people were placed in front - I was the very first. Going up an incline, I saw the trunk suddenly rise away from my shoulder and so for a brief moment I had absolutely no weight to support, but then suddenly upon reaching level ground or a decline, the trunk came down on my shoulder. I found myself crushed by an incredible weight, thinking my entire body would collapse and sink into the ground.

A camaraderie developed quickly among us. We ate very well, due in large measure to a most excellent lasagne cooked by Mike Habib's mother. I was very tired by Sunday night but satisfied with having worked hard and seeing the immediate results from our labour...

Sound like an interesting way to spend a weekend? The schedule is as follows:

May 20-23
July 9-10
Aug. 13-14
Oct. 15-16

So sign up at the Spring Party or leave a message on the Club tape and I'll be happy to get back to you.

Colleen Wilford
TM Co-ordinator

Reflections on Hiking

Sometimes, a fellow hiker will point out a rare little flower nestled in the sea of greenery that surrounds the trail. Your everyday high-tech side scoffs at the subtext of sentimentality which seems almost ready to blossom into a dominant theme, but, after all, why are you here? Isn't it to drink in wondrous nature and not only tramp through the challenges it offers?

The more you hike, the deeper and the more unified can the experience be. The reward of each excursion is that the next one becomes an irresistible dream, until it is fulfilled. This is not to say that finishing a solid hike is as easy as pie, or peaches and cream.... At first, as your cardiovascular system adjusts to your heightened efforts, your inner answering machine may start taking strange little messages, alternately reflecting your physical or mental state. You may hear yourself groaning, and you hate yourself for it. After you get your second wind, a feeling of exhilaration may take over - you note the beauty in everything: in the play of sunlight and shadows... in the sounds streams utter... in the scent of the mountain wind... in the mysterious power carrying you forward as on wings. Then you may realize that you and the mountain, on the flank of which you are poised feeling practically invisible, are sharing an essential vitality which is stronger than the sequence of your thoughts.

At midday, once you are settled on a mountaintop, having found a back support in a convenient rock formation, you can munch on a sandwich and some celery stalks, drink an orange juice, and allow your mind to dwell on the images of the trail as they return to you. (On some hikes, however, you may be distracted by the magnificence of the view.)

You may have followed a very steep, demanding, rocky or rooty trail. You may have crossed old logging roads or looked down into a verdant valley or two, or brushed against a cliff-face rising high into the sky. You may have encountered boulders posing for leprechauns in their suits of moss, crossed a torrential stream in spring, either on a hand-made bridge or on wits and experience, walked through a sunny glade along a series of beaver dams or trekked for long stretches through black mud. You may have been wearing a poncho because of a light rain, or a sweet- or a vile-smelling lotion against the massed armies of bugs, or only light clothing and sunscreen because of the perfect day.

Sitting there, whether looking out and down on the visible world, or enfolded by a cloud, you grasp for words to share your complex sense of power, fitness, humility and gratitude with your companions. You may think about the fact that the opportunity to find this reality has been provided by the wonderful volunteers who operate Randonnée Aventure with an admirable dedication.

Jola Kuzmicka

Trekking the Alps

When Mt. Mansfield and Camel's Hump start to feel like your own backyard, there's a hike in Switzerland you're going to love. Even if you're a less experienced hiker like me... "and why can't they install a chair lift to the top of Mt. Royal"... you might get a kind of masochistic kick out of it. The hike goes from Chamonix, France (admittedly less than 10 kilometres from Switzerland) to Zermatt, Switzerland, home of the Matterhorn (or the Cervin if you're French). I did it last summer with a French organization called UCPA (Union célibataires en panne d'amour) but no doubt Randonnée will be including it in their hiking itinerary sometime soon.

A bit of a clarification here: the traditional hike goes from Chamonix to Simplon Pass (northeast of Zermatt) via the Grand-Saint-Bernard pass in 17 days. Our group went from Argentières (still in France, although just barely) to St. Niklaus (just north of Zermatt) skipping the Grand-Saint-Bernard pass in 9 days. There were 12 of us (most, but not all, energetic young bucks in their twenties) and a UCPA guide, Jacques. The 9-day trek was preceded by a rather humbling day hike to Lac Blanc, straight up from Argentières. This sent off all the appropriate panic signals and I spent the evening tossing out hair conditioner and squeezing out all the toothpaste from the tube that wouldn't be required during the next 9 days. Fortunately Jacques was very encouraging and assured me it would get easier as I got used to it.

Suitably lightened and enlightened I set off with the group early the next morning towards Col de Balme on the French/Swiss border. Now there's one thing about traveling with a French group that deserves special mention: the food. Regional wines and cheeses on a daily basis and lunch was never less than 2 hours long, even if it meant we had to get up at 4:00 a.m. to get in our 9 hours of hiking. That meant that we had a rather astounding assortment of provisions as we set off that first morning... and nothing freeze-dried or otherwise compromised in sight.

We spent a good part of that first day, and many subsequent days, walking past or through fields of grazing cows. Their bells could be heard from quite a distance and it got to be reassuring sound as it usually meant we were descending into a village for the night. Anyway, we did make it to Col de Balme and then to Trient, our destination for the first night. We spent the nights in refuges that were equipped with kitchens, bathrooms, beds, and blankets and occasionally hot showers. Most of the time we cooked for ourselves but sometimes the refuges would be staffed and they would cook.

The second day was indeed easier with a lunch time break that was unforgettable. We stopped at what seemed to be a private farm in a sun-drenched mountain meadow. I guess

they were used to hikers though, because after lunch and the siesta they served espresso in the field. A little of this sort of civilization and the Long Trail might start to seem a lot shorter.

The third day started in Champex about an hour before dawn. A two-hour walk was followed by oh-so-short train and cable car rides. Then coffee was served with whipped cream and chocolate in Verbier and shopping for more food for the next three days. With considerably heavier packs we set off for Mt. Fort, our first night in the high Alps at 2500 metres. Even with the heavy packs the walk to Mt. Fort was wonderful with spectacular views of snow-capped mountains in all directions.

Day four consisted of three rather challenging passes, all close to 3000 metres, on the way to the cabin at Prafleuri. This was the first ascent into the barren monotone moonscape of the high Alps, the sort of scenery that seems to resonate with the masculine psyche but which left me cold. And cold I stayed since on the fifth day it snowed as we walked alongside the length of Lac des Dix en route to Arolla. Fortunately the snow stopped just as we approached Pas de Chèvre, a Swiss euphemism for a rickety three-flight ladder that led into the clouds up the side of a vertical rock face. Undaunted by the snow, the staircase or the cold we stopped for lunch at the top, although today the siesta was replaced by a snowball fight. The following day's descent from Arolla to the very picturesque La Sage was easy and sunny and even included a beer stop in Les Haudères - this was sheer bliss.

The last three days were objectively the most challenging, beginning and ending at about 1500 metres but climbing to about 3000 metres during the day. Fortunately Jacques was right and I found them easier than the first day hike to Lac Blanc. Day seven took us from La Sage to Zinal via the beautiful glacier-fed Lac de Moiry which looked a lot like Lake Louise. I don't remember too much from the second last day which ended in Gruben but on the last day we climbed from 1500 to 3000 metres before 10:00 a.m. and spent rest of the day admiring spectacular views as we descended into Saint Niklaus at 1000 metres. From there it was but a short train ride to Tasch and the youth hostel in Zermatt.

The trip is highly recommended for the gorgeous scenery, combined with what I found to be comforting doses of civilization. If you're under 40 you can go with UCPA and they'll supply everything (all food, equipment, and the guide) for the exceptionally reasonable price of CS900 for the two-week program. Otherwise I'm sure the Swiss tourist office can help you locate another organization offering similar services.

Margaret Dalziel

Trip to Big Slide

I was recently asked to relate my experiences to you, as a relatively new member of RA. To some extent, I feel like I am preaching to the converted. In any case, for your amusement, here is an outside perspective of what I found.

My interest in RA was first aroused by an article last summer in The Gazette. Though I am not new to hiking, I was nevertheless intrigued by a club that would get me out to some of the best hiking trails in our area. I also figured that a club that is 70% women should be pretty interesting...

So, I signed up for the hiking trip to The Brothers/Big Slide in the Adirondacks. From the beginning, I was impressed with how well the trip was organized. Our guides, Sam and someone whose name I forget, sorted us into various groups according to our level of ambition. Our particular group was an eclectic mix of very interesting people. There were artists from Plateau Mont Royal, eggheads from NDG, and everything else in between as well. With a mix like this, we ended up talking about everything, and nothing. A little like Seinfeld, I suppose.

We made our way along the trail, through the fog. In spite of the marginal weather, everybody was enthusiastic. We made it up and down The Brothers. Sam helped us identify some of the peaks in the area and told us some very funny anecdotes about misadventures on other excursions he had led.

We then had a brief conference, to decide whether or not we should push on to Big Slide. Since it was almost one o'clock and we had our priorities the right way around, we decided to stop and eat, rather than pushing on for Big Slide.

After lunch, it was already about one thirty, so we started making our way back to the bus, arriving at the bar in Keene Valley at a respectable hour. We met up with other club members, had a couple well deserved beers, then headed back to the bus. Definitely preferable to driving!

I found out that RA is not only a way to get out and do some weekend hiking, but also a novel way to meet an interesting variety of friendly people. The muscle pains did not really settle in until the next day.

Bob Pakny

Discounts for RA

The following stores offer RA members discounts on regular prices. Present your membership card when you make a purchase.

Blacks Camping
3525 Queen Mary Rd.
739-4451

VB Cycle Inc.
6344 Victoria Ave.
738-21201

Sirens Ski Shop
6131 Sherbrooke St. W.
482-2734

Cascapedia Sports
263B St-Jean Blvd,
Pointe-Claire PQ
694-6374

Dr. Bike
559 Lakeshore Rd.
631-2198

The Trading Post
5385 Queen Mary Rd.
484-3447

Base Camp
173 Cartier Ave.
Point Claire PQ
630-6717

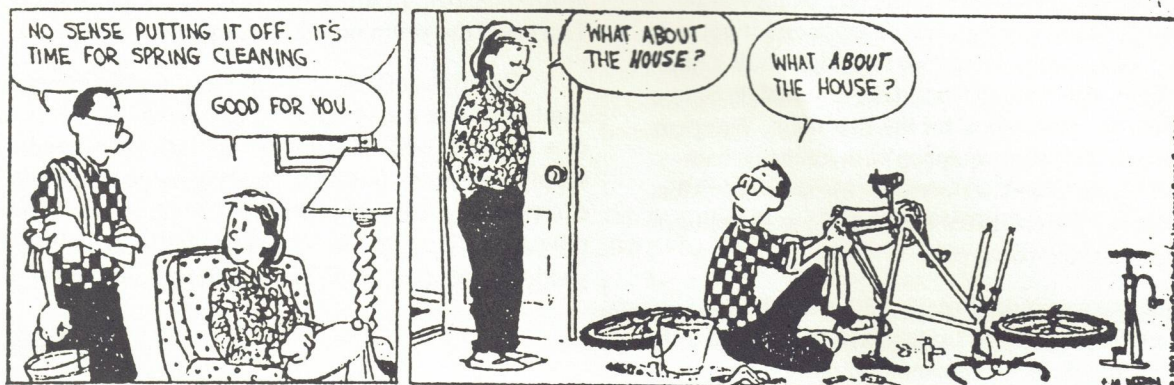
Norway Nordic
127 rue Ste Anne,
Ste Anne de Bellvue
457-9131

McWhinnie Cycle Inc.
6010 Sherbrooke St. W.
481-3113

Le Yeti Boutique Plein Air
5127 St Laurent
271-0773

Calvin and Hobbes

By Bill Watterson



The Hills are Alive

Imagine hiking up Ampersand in a steady drizzle and hearing what sounds like a multitude of climbers ahead. Then you see the lone person whose voice has become multiple in the mist. That turned out to be Peter O'Shea, whose booming basso is at home in the hill country of New York, and who has authored three books on the northern Adirondacks.

To the half-dozen or so Randonne'ers around him on that hike, it became apparent he would be a most lively speaker, should he wish to address the membership in Montreal.

Taking the bull by the horns, I asked if he would be willing to talk to RA about his Field Naturalist experience. He had no difficulty agreeing to share his interests with us! As a Board member of the North Country Conservation Education Association - Indian Creek Nature Center, he is used to leading nature walks and giving talks at the Adirondack Park Visitor Interpretation Centre (at both Paul Smith and Newcomb).

Two of his hiking and canoeing guidebooks are: "Guide to Trails of the Northern Adirondacks", published by the Adirondack Mountain Club; and "Discover the Northwest Adirondacks", which he co-authored with Barbara McMartin, and was published by Backcountry Publications (Woodstock, Vermont). He has also written magazine articles about the flora, fauna and historical aspects of the rural north country.

To encourage attendance, it was suggested we have a joint presentation with the Montreal Field Naturalist's Club. They meet every last Wednesday of the month at McGill University's Redpath Museum, on McTavish St. just north of Sherbrooke, at 8 pm. Admission is free. The date of his talk is **Wednesday, April 27**. Interested in a garrulous guy's natterings about nature? Then let's see you there.

Vivian Wiseman

Montreal Amateur Athletic Association (MAAA) Membership Drive

The MAAA is currently offering a special deal: no initiation fee (normally \$2125) if you join before May 1.

The MAAA is a downtown sports club in a historic building on Peel St. Facilities include squash, badminton, handball, swimming, a well-equipped fitness centre, aerobics, sauna, pub, dining rooms, meeting facilities, children's sports programs, - even a bowling alley and cribbage. There's also hiking/cycling, but not a patch on RA!

Membership fees vary, depending on age, family/single, etc. Yearly membership for a senior adult is \$1605, with a \$300 minimum for food and beverage. For more, call MAAA & RA member John Stewart at 481-6036 (evenings), or the MAAA membership manager Joyce Tymchak at 845-2233.

PRE-SEASON SALE!

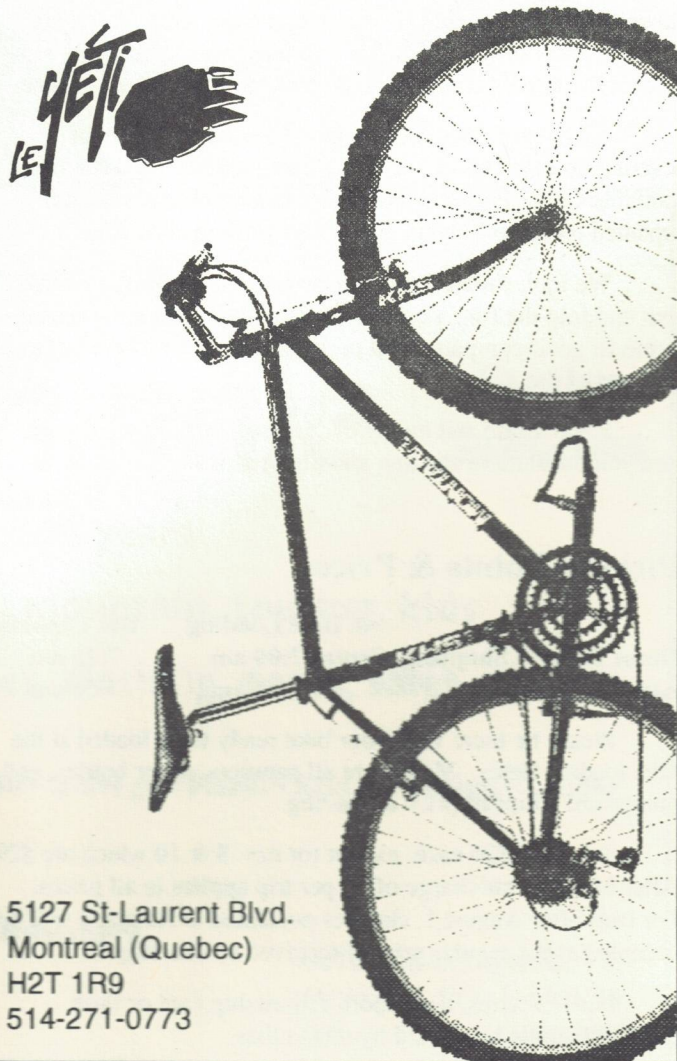
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Gearing Up for '94

Welcome to the 1994 cycling season. Spring is fast approaching and summer is just around the corner. Soon it will be time to put those snowboards away and roll out your trusty two-wheeler.

This year, we have 10 trips. Some to destinations RA members have not cycled for a few years, a couple of favorites, and the ever popular Myster Tour is back.

New for this season, is a challenge ride for all levels of ability, taking place on Sunday July 17th in the area of the Richelieu River Valley on the South Shore. Achievement certificates will be awarded, and a Bar B-Q awaits you at the end of the ride. Final details have yet to be completed. The start and finish will take place in Greenfield Park. Watch for more details early this summer.

Cycling helmets are mandatory. Don't leave home without one, as your seat on the bus depends on it. You should always have acceptable ID for cross-border trips. If you are refused entry into the U.S. we will have no choice but to leave you at the border crossing, to be picked up on the way home.

All cycle routes are pre-scouted for every level of cycling ability. Our new cycling administrator for 1994 is the amiable Cathy Poth, who oversees that trip leaders receive updated names of buyers and sellers prior to each trip.

We look forward to a season of good cycling, so come on out and join the fun. You will cycle some of the most scenic areas in good company, and perhaps partake of a beer or two at the end of the day.

Have a safe and happy cycling season, and we hope to see you on some of the low and high roads.

Al Ramsay

Pick-up Points & Prices

	Bike Loading	Bus Departs
Decor Decarie Shopping Centre	7:00 am	7:15 am
Atwater & Tupper	7:30 am	7:50 am

Please be there with your bike ready to be loaded at the bike loading times. Make sure all panniers, water bottles, and pumps are removed prior to loading.

Trips are \$26 each, except for nos. 8 & 10 which are \$29. After May 1, a surcharge of \$2 per trip applies to all prices. For trips after August 1, cheques postdated to August 1 will be accepted at the regular price if received before May 1.

For U.S. trips, a passport, citizenship card or birth certificate must be carried by all cyclists.

1994 Cycling Trips

No.	Date	Destination
1	May 14	St. Armand, Que. & Vt. What better way to start the season than a ramble through this beautiful area along the Vermont border.
2 *	May 29	Havelock, Que. Change of season for this location, previously done only in the fall. Come join us to see what this area has to offer us earlier in the season.
3	June 4	Belvedere, Vt. Enjoy a pleasant day meandering through the valleys in this scenic area of Vermont.
4	June 11	Elizabethtown, NY Back by popular demand. The Adirondacks to the west, Lake Champlain to the east, and you & your bike in between. What more could you wish for.
5	July 9	Bald Mountain, Vt. Come cycle this picturesque part of Vermont with breathtaking views of glacier lakes, and not a hairs breadth away from Barton.
6	Aug. 13	Shelburne, Vt. One of Vermont's most scenic cycling areas which abounds with beautiful rolling hills. Visits to the historic Shelburne Farm & Museum and the bakery are "musts".
7	Aug. 20	Carillon Provincial Park, Ont. Our last opportunity for a summer swim & cycle across the border in Ontar-iar-iar-io, on the banks of the Outouais River.
8 *	Aug. 28	Mystery Tour, Can/US Join us for our 4th Annual Mystery Tour. Destination unknown. Bring your bike, helmet, ID and sense of humour.
9	Sept. 10	North Hatley, Que. This beautiful area of the Eastern Townships awaits you & your bike to enjoy the spectacular views at the start of the fall season.
10	Sept. 17	Lac Supérieur, Que. Our annual end-of-season trip takes us to the Mont Tremblant area of the Laurentians, where we can view the fall colours & work up a well-earned thirst. At the end of the day, a drink awaits you to toast the end of the season at a local watering hole.
* Sunday		
All destinations have been scouted to accommodate all levels of cycling ability.		

Cycle Clinic

Sunday, May 1

Time to wake up all you cyclists. Spring is just around the corner and it will be time once again to start thinking about your two-wheeler. If you haven't changed the old clunker for newer wheels, we suggest you dust off "old faithful" and ride over to RA's annual bike clinic. There, we will try to answer all your questions, and volunteer mechanics will give helpful pointers on bike maintenance. You will work on your own bike, so bring your own tools if you have them and rubber gloves to keep hands relatively clean. We will supply the grease, oil, wipers, cleaner, friendly smiles, coffee & donuts, you supply the elbow grease.

The bike clinic will be held from noon to 4 pm at Western Radiator & Autobody (Jim Mullet's garage), on the corner of De Maisonneuve Blvd. West and Harvard Ave in NDG. Come along and bring a potential new member.

New! Challenge Ride

Sunday, July 17

We are having a challenge cycle ride in the area of the Richelieu River Valley on the South Shore, for all levels of ability. Achievement certificates will be awarded to those completing either 50-75-100 km or miles (6 distances altogether). A Bar-B-Q awaits you at the end of the ride. The start and finish will take place in Greenfield Park. There will be a nominal charge for the Bar-B-Q. Final details are not yet complete, but more information will be available on the Club tape and a flyer will be handed out on cycle trips.

Cycling Trip Leaders Briefing

The Cycling Committee will hold a meeting to brief prospective trip leaders and administrators on **Thursday, April 28** at 7:30 pm. Come and learn how to lead or administer a day trip. Hope you will join us to see what is involved in planning these trips. For location or more information, please leave a message for Al Ramsay on the Club tape.

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ZURICH TO BERLIN, BY CYCLE

How often have you done a bike trip and looked back on it fondly for the year ahead? I am sure we have all experienced the joy of reminiscing about a particular trip for months and months. It may have only been a day or weekend outing, or a longer, more adventuresome trip.

One of these is the trip Jill Aspinall and I made last summer from Zurich to Berlin. It was fourteen days and covered 1300 kilometres through both the former West and East Germany. Our route began in Zurich, to Lake Constance, through the Black Forest, the high plateau of the Bavarian Nature Park, then north crossing back and forth over the former West - East German border, and then east at Wolfenbuttel through the heart of old East Germany to Berlin.

The trip is full of spectacular memories. The "Schwarzwald Hoch Strasse" (Black Forest high road) with its 100 meter dips and climbs, each with spectacular scenery; the cool air of the Bavarian Nature Park Plateau, with its clear blue sky and Arctic fauna and flowers, and the tragedy of fifty years of oppression in the former East Germany. The communist regime left a Third World country with severe environmental degradation and roads one would expect in poorest Africa, but also the exuberance and confusion of a newly united Berlin, resulting in joy and anger as these former city neighbours struggled to regain a sense of their history. It is difficult to imagine what a divided city does to one's psyche, but just imagine that one day someone were to divide Montreal north to south along St. Laurent, with no warning and no chance to cross over and visit your friends and relatives who lived on the other side of the divide.

The cycling itself included beautiful, scenic, quiet roads, busy highways, and cycle paths, some of which were excellent and some of which were more like wilderness hiking trails - yet were in fact marked bike paths. Our decision criteria in the former West was simple: avoid large cities and major roads. It worked beautifully, as we found generally good cycling and pleasant small cities with private pension (Zimmer Frei) rooms or campgrounds close to the village centre. In the former East we had to stick with main roads, and even these were rough and difficult cycling. The secondary roads were often broken or rough cobblestone, many the same as at the end of World War II. Accommodations in East Germany were also difficult. We had the misfortune one day of not being able to find a campground or pension. We finally arrived at Magdeburg, a moderate sized city about 150 km West of Berlin. (I had the misfortune of spending a night in Magdeburg a couple of years earlier, so I knew the city a bit.) To me it symbolizes much of the repression of the former communist regime: greyness, lack of "joie de vivre" and poor services. After trying to find a

reasonable place to stay, we ended up in an expensive former "hard currency hotel" that was designed for western tourists. The hotel was by far our most expensive night, and also the least satisfying. The next day we continued on toward Berlin staying in Brandenburg, a former royal city that today is in a time warp, with no modernization or maintenance done on its ancient, regal buildings. Fortunately we found a funky youth hostel, with a simple bungalow for the night.

The people we met were almost universally helpful and friendly. People were eager to offer directions and discuss where we had come from, their own bicycling adventures, or their struggles in a newly united country. Such help and warm hospitality greeted us in Burkardroth, our stopping point on our one cold and wet day of the trip. Chilled and wet, we stopped early at 3 pm in this small town with only one pension. There was no one at the pension, so we went into the Pizza Restaurant next door. The owner quickly took us to his garage to safely store our bikes, offered us hot coffee and then made a series of phone calls to locate the proprietor of the pension. He finally located the husband of the woman who ran the pension who rushed back to town get us into a warm room, and then showed us the boiler room where we could hang out our wet panniers to dry. After a hot shower and a change of dry clothes he told us how he, as a young man after the war, bicycled 200 km back to Burkardroth in one day after his release from the German Army. He knew what he wanted, and that was to get as far away from the Army as fast as possible.

As is true in any country, we occasionally met someone who was rude or unhelpful, but the vast majority of people, whether from the former East or West Germany were friendly and considerate. Even today, seven months later, I know that this trip was one I will long remember as special.

Rick Mo

vernissage

RA hiker and skier Mike Romancio is holding an opening of his works of photography and painting at 361 St. Paul W., on Saturday, March 19, at 7 pm. The works are on display on Saturday, noon to 11 pm, and Sunday, noon to 6 pm, and also the following weekend. To find out more, you can call Mike at 963-6009.



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Route II: Bali & Java, 17 days, From \$2650

Route III: Bali, Java & Thailand - 25 days, from \$3450
(8 days in Thailand, \$800)

Route IV: Bali, Java, Thailand, Hong Kong, 28 days
tours into China can be arranged separately

Optional Tours

A: Lombok - 4 days, \$250 or \$50 plus shared expenses

B: Hong Kong - 3 days, \$350 or \$50 plus shared expenses

Prices are Canadian dollars and include airfare, accommodations (some breakfasts), tours.

For more information, call 739-5744

Lost in the Woods?

The bus leaves at 3:45 pm! Oh-oh! it's three o'clock. Where am I? ..Psss... Not a flat! Broken binding, can't ski. It'll take forever to get there.

Mishaps do happen but with a little care, they should not make you late for the bus. Just heed this bit of advice:

- know your route or at least travel with someone who does.
- know yourself. How fast or slow do you ski, hike or bike? Be humble. Underestimate your ability.
- use time as a measure, e.g. I have an hour, I'll ski for half an hour, turn around and come back.
- carry a repair kit for common breakdowns in equipment.
- travel in groups of three or more. If you are in trouble, one can go for help.
- always allow about 30 minutes for the unforeseen.
- better to be early than to face 46 unhappy Randonne'ers when you arrive late.
- save your adventures for when there is no bus to catch.

The Club policy is to never leave anyone behind. However, latecomers cause untold grief for the trip leader who is responsible for the outing, and inconvenience for your clubmates who may have other commitments in the evening.

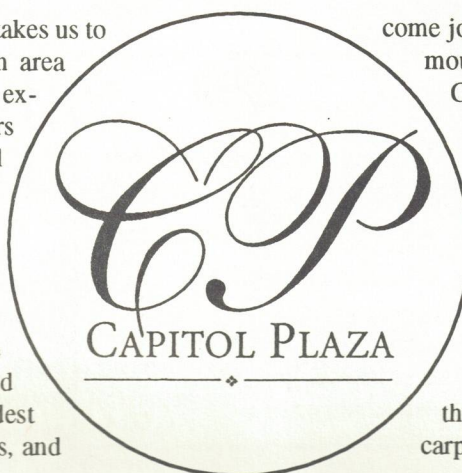
Gail Tedstone

Victoria Day Weekend

Montpelier, Vt.

Friday, May 20 to Monday, May 23

Our first cycling weekend of the year takes us to the state capitol of Vermont, in an area many RA members have not yet explored. This area around Montpelier offers spectacular scenic routes for cyclists of all levels of ability, whether it's rambling through the rolling hills of Vermont or winding down the New Hampshire side of the Connecticut River. We are staying at the newly-renovated Capitol Plaza Hotel & Conference Center, just a stone's throw from the State House, with many shops, restaurants and bike shop close by. Erase one of the coldest winters on record from your memory banks, and



come join us for a springtime frolic in the lush green mountains of Vermont.

Cost: \$165. Non-members are welcome, but they must also purchase an annual membership (separate cheque for \$25) at time of registration. All cheques are payable to Randonnée Aventure. Space is limited to 40 people, on a first-come first-serve basis. Payment must be received to reserve your spot. For payments dated or received after May 1, add \$20.

Includes: Three nights accommodation and three full breakfast buffets. Transport is by carpool, leaving Friday night, returning Monday

St. Jean Baptiste Weekend

Sugarbush Valley Vermont

Thursday, June 23 to Sunday, June 26

The Green Mountains are beckoning us once again, this time from the Warren area. We've met the challenges the Mountains have launched before and won. Are we ready for another round? (Abraham, Ethan Allen, etc.) and the long route to Camel's Hump vs. RA hikers; that same Appalachian Gap vs. RA cyclists! Who will conquer whom in 1994? The surrounding Valley provides the most pleasant of rolling hills for all levels of great cycling. For hikers, yes, there are lower level areas to hike, and walks as well.

Vermont has everything to satisfy our adventurous spirits including quaint shops offering antiques, local handicrafts and food. The Warren Store should not be missed for a glimpse of what it was like to shop in the early 1900s. All ten rooms at The Teddy Bear Shop (All Things Bright and Beautiful) are also a must see for those who can't resist a cuddle, and their Christmas shop right next door will tempt you to spend the whole day there! How to meet the challenge? Register early. The details are below.

Accommodation: At the Powderhound Lodge. Groups of 4 will be arranged to share a 2-room condo in the annex to the Lodge. You will have a private bath and kitchenette to store

your lunch and make coffee or tea. The English-style pub downstairs in the Lodge will offer other challenges (snooker, pool, darts, anyone?) and numerous varieties of liquid sustenance. Our three breakfasts (Friday, Saturday and Sunday) as well as two dinners (Friday and Saturday) are included and will be served to us in the Lodge. Bring a bathing suit to enjoy the outdoor pool and jacuzzi.

Transportation: By carpool

Price: \$185 per person

Deadline: Register by Friday, June 3, 1994 or pay a late registration supplement of \$20.

Volunteers: Please call the Club number (489-0339) and leave a message for Susan Harris if you can help with carpooling arrangements, or music for a party Friday evening at the Lodge.

Note: First-come, first-served, so don't delay in making your plans for the Green Mountains of Vermont!

Wilderness Backpacking Weekend

John's Brook Lodge, New York

Friday, July 1 to Sunday, July 3

Last year's backpacking weekend was so popular we have made arrangements to stay two nights at John's Brook Lodge. We have the Lodge to ourselves (up to 28 people). Friday morning we'll leave Montreal by carpool. We hike about 3.5 miles into the Lodge, and then can use smaller day packs on Friday, Saturday and, Sunday morning. We hike back to our cars and home on Sunday.

Accommodation at John's Brook Lodge is rustic (no shower or electricity, bunk-beds). Bring a sleeping bag, pillow-case, change of clothes, water and your lunch for three days. Friday and Saturday dinners, and Saturday and Sunday breakfasts will be cooked by the Lodge crew. We need to know if you have a car for the carpool. Don't forget to contribute to your driver's gas costs. The drive is about 2.5 hours.

You don't have to be an expert hiker, but you should have done some hiking. Space is limited to 28 people and we'll need help to arrange the carpooling. Hurry and sign up for this year's wilderness weekend in the heart of the Adirondacks.

To register, complete the registration form and send in your cheque by June 3 to reserve your place. The cost is \$110 Canadian. All payments received after June 3 must be accompanied by a \$20 late payment fee.

White Mountain Backpacking Trip

Friday, August 19 to Tuesday, August 23

Have you ever wanted to *stay* up there in the clouds above it all, instead of just slogging up, staying a half hour, and then making your way down? Now's your chance! We're going to climb the White Mountains of New Hampshire and stay for two whole days - Saturday at Madison Hut and Sunday at Lake of the Clouds Hut. Dinners and breakfasts will be prepared by the hut crews, so we only have to bring lunch for three days, change of clothes, water treatment gear, sleeping bag (or you may be able to get away with a sleeping bag liner in August), camera, hut shoes and lots of enthusiasm. You should be a good hiker, but not necessarily an experienced backpacker.

We carpool to New Hampshire on Friday night and stay at The Royalty Inn in Gorham. (Don't forget to contribute to the driver's gas costs). Sunday we move over to Lake of the Clouds Hut and if the night is clear, we can go up Mount Monroe to watch the stars (it's a full moon!) Monday we go up Mount Washington, then down Pinkham Notch to our cars and back to The Royalty Inn in Gorham for the night. Tuesday is a leisurely drive home.

The group is limited to only 12, so register early to avoid disappointment! The cost for the trip is \$240 Canadian for two nights at Madison and Lake of the Clouds Huts, and two nights at The Royalty Inn. To reserve a place, include a \$240 cheque payable to Randonnée Aventure with the registration form. You can send two cheques for \$120 if **one** is postdated to July 8. Please indicate if you have a car.

Deadline for reservations is July 8, to give plenty of time for a group meeting before departure. If you have any questions, call the Club tape and leave a message for Susan Harris.

Labour Day Weekend

Franconia, New Hampshire

Friday, Sept. 2 to Monday, Sept. 5

We've decided to tackle the White Mountains from the northwest direction this time. Last June we stayed northeast of the Presidentials and we've started from the southeast and southwest vantage points several times. We're closing the circle this Labour Day by staying in the town of Franconia. Hikers will get the chance to start from a different perspective in their onslaught of the peaks, and cyclists will hug the border with Vermont along the Connecticut River or venture into granny gear for the New Hampshire hills. Arrangements are being finalized at the moment to stay at an inn with all meals taken at the inn or nearby restaurants. Look in the summer Randonnotes for full details.

Thanksgiving Weekend

Lincoln, New Hampshire

Friday, October 7 to Monday, October 10

Back to the centre of the White Mountains, where a myriad of trails and peaks awaits us at this brilliant fall foliage time of the year. Without a reservation six months in advance, it is almost impossible to get a room in New Hampshire or Vermont around this time. The leaves are magnificent and the weather sometimes is surprisingly warm in the day. We'll be staying in condominiums at The Village of Loon Mountain. The summer Randonnotes will give you all the information you will need to register for a weekend in this very special part of the world.

1994 Ski Director's Report

As I write my report I think back on our 1994 ski season. I am very impressed by the hardiness of the membership of this Club, who skied in arctic temperatures, and showed up for cross country ski lessons on Mount Royal at night in frigid conditions.

The cross country ski lessons were a big success, due to our coaches Tom Silletta and Randonnée volunteers Phil Prince, John Stewart. Tom Silletta is a professional coach with the Viking Ski Club, and the Canadian Army racing team. Tom Phil and John have done a great job. All of us have benefitted from it.

I would like to take this opportunity to express my gratitude to all the trip leaders and assistants: Eldeen, John Mc., Hélène, John S., Egon, Kathy P., Verna, Rick, Pat, Catherine, Maida, Lech, Sandra, Sam, Mike H., Clive, and Karen. You are the heart and soul of this Club; it is successful because of you. I am also grateful to Susan Harris, Gail Tedstone and Karen Findlay for their wise counsel and help.

Jim Mullett

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CSM Wrap-up

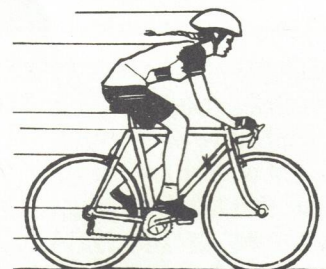
For the fourth year in a row, RA has been a strong presence at the Canadian Ski Marathon (CSM). Our involvement started in the fall with three days of trail maintenance organized by Gerry Bard. The trails certainly look different with no snow on them. Karen Findlay continued the work by organizing a team of volunteers to distribute awards at the Sunday finish line. In the marathon, February 12 and 13, RA was represented by a Maxi team of 31 members, two 4 person touring teams, and 4 Coureurs de bois.

With accommodation ranging all the way from the Chateau Montebello, to Hawkesbury's Best Western to school gym floors and camping in the woods, our members were well rested and ready to ski. Because of the trail reversal everything was new; even for those who have participated in the CSM for years. Downhills that we flew down last year were converted to uphill slogs but since the reverse was also true, no one minded. Conditions were variable on Saturday, but great on Sunday with the new snow. Some of the RA stalwarts didn't get as far as they had hoped, due to the icy first two sections and severe head colds. Despite that, we had a wonderful time while skiing anywhere from 15 to 80 kilometres per day. We met and talked with people of all ages from all over and thoroughly enjoyed ourselves.

It was great being greeted by friends and RA members at the finish on Sunday. Supporting the RA presence at the awards banquet were: Elise Brais, Clive Brewer, Barbara Burnes, Vivien Freedman, Jola Kuzmicki, Diane Lowden, Jack Melnick, Rick Molz, Cathy Poth, Margaret Robertson, Mike Serniuk and Mary Watt. Many of the RA volunteers were wearing our new RA T-shirts. Great publicity.

The marathon has just finished as I write this, so we don't know if we won the Maxi-team trophy again. What we do know is that everyone, skiers and volunteers, had a marvellous time. Why don't you join us next year?

Anne Harper



RA Week at Blacks

From April 4th to April 10th 1994

During the "RA Week" at Blacks Camping, all members of the Randonnée Aventure Club* will be entitled to a **20% discount** on all regular priced technical clothing and equipment.



*Upon proof of membership.



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Social Stuff

Saturday April 9

Annual General Meeting and Spring Sign-up



Beam down to McGill's Thompson House, 3650 McTavish, between Pine and Dr. Penfield for RA's "Out of this World" party. The theme is Star Wars meets Star Trek and everything in between! Come as My Favourite Martian, ET, or The Blob. Trekkies,

original or Next Generation, are welcome. Join us for dancing, costume prizes, spring and summer registration, and the ever popular Annual General meeting.

Suggestions for party food include pâtés, crudités, dips (salsa, guacamole, etc.), cheese, fruit slices, finger foods, but please, under threat of instant vaporization, no potato chips. Your food contribution should be ready to serve on a platter with utensils if necessary.

Offers to help with the decorating, the food table, or sign-in are welcome. Please leave a message on the club tape.

Annual General Meeting: 8:00 p.m. sharp
Registration

for spring and summer events: 8:30 – 9:30

Party: 8:30 till?

Admission: \$5 with party food, \$10 without.



Tuesday June 21st Softball



Grab a glove and a bat and join us for a softball game starting at 7:00 p.m. This will be a friendly mixed game pitting cyclists against hikers. Come out and play or come watch and cheer your friends on. We

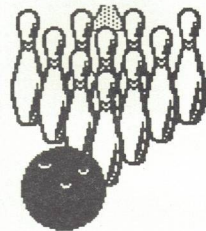
have not been able to confirm the location yet so check the club tape in early June for more details. Hope to see you there.

Saturday April 23

Bowling

It is a little known fact that bowling is highly recommended as a pre-season warm-up for hiking and cycling. To make sure you start the season off on the right foot, come out and join us for an afternoon of bowling from 4 to 6 p.m. at the Rose Bowl lanes, 6510 St. Jacques (90 West bus from Vendôme Metro).

Small pin is \$2.25 a game, large pin \$2.75 and shoe rental is \$1.25. They have a snack bar and pool tables for those interested. **RSVP** to the club tape (489-0339) by Tuesday, April 26th so we can reserve the correct number of lanes. Make sure you specify large or small pin.



Friday July 15th or 22nd

Shakespeare in the Park

What could be better than a picnic followed by the Immortal Bard. This year, Repercussion Theatre will be presenting *Twelfth Night* and *Macbeth*. Their final schedule is not yet out but the plan is to meet at 7 p.m. (probably at Westmount Park) for a BYO picnic supper and then settle in to watch the play at 8 p.m. Bring blankets or folding chairs to sit on. The only charge is a freewill donation to the theatre company. You don't need to reserve but arrive in plenty of time to ensure you get a good view. Check the club tape during the week of July 10th for details on the exact date and location.



► Social Director's Message ◀



Our social activities are part of what makes Randonnée Aventure unique. We need people who are willing to give some of their time to make sure our upcoming events continue to be successful.

Do you go to our parties? If the answer is yes, why not volunteer to help out? We need people to work half-hour shifts at the entrance or at the food table. Decorators, to work an hour before the party, are also required. No experience is required and, as a reward, you are automatically invited to our next party.

If you are interested, leave a message on the club tape or check the box on the registration form.

If you have any ideas for social events or want to get more involved, why not join the social committee? If you are interested and want more information, please check the box on the registration form. Someone will get back to you.

A final word about RSVPs. If an event asks you to RSVP, please do so. While we are usually able to accommodate a certain number of last minute add-ons, life is much easier when we have an idea of how many reservations to make. Please cooperate.

Hope to see you all at our "Out of this World Party" on April 9th. Until then—live long and prosper.

Anne Harper

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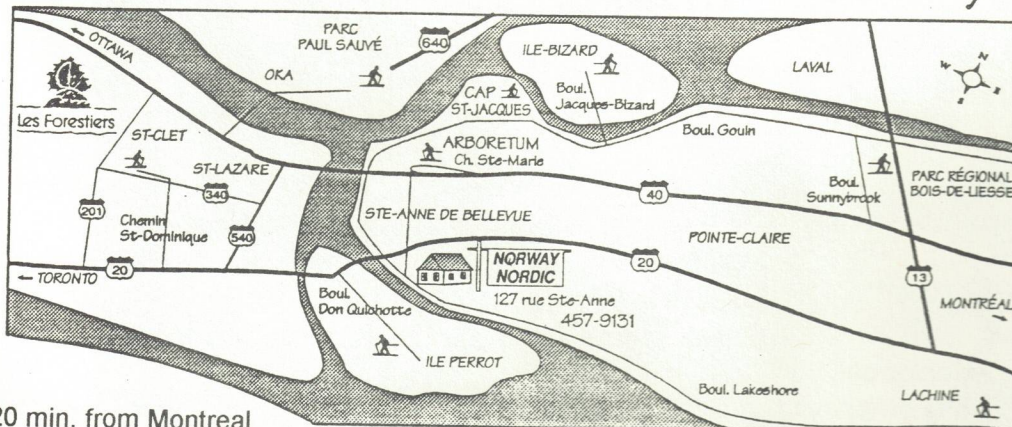
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RANDONNÉE CALENDAR

APRIL

- 3 Sun Easter Sunday
- 4 - 10 Discount Week at Blacks Camping
- 9 Sat Spring Signup, AGM & Planetary Party
- 14 Thu Management Meeting
- 18 Mon Atwater Library Signup Evening
- 23 Sat Bowling, Rose Bowl Lanes, 4 - 6 pm.
- 27 Wed Adirondacks Talk with Peter O'Shea
- 28 Thur Cycle Trip Leader's Meeting
- 30 Sat Bowling at the Rose Bowl Lanes

MAY

- 1 Sun Cycle Clinic at Western Radiator
- 1 Sun Hiking Scout - Mt. Sutton
- 4 Wed Hiking Outdoor Literacy
- 7 Sat Hiking Scout - Hurricane, Vt.
- 8 Sun Map reading/compass course, Mt. Royal
- 9 Mon Hiking Trip Leaders Meeting
- 14 Sat St. Armand, Que. & Vt. Cycle
- 14 Sat Mt. Sutton, Que. Hike
- 15 Sun Hiking Scout - Hunger/Pinnacle, Vt.
- 20 - 23 Victoria Cycling Weekend, Montpelier Vt.
- 21 - 23 Vermont Trail Maintenance Weekend
- 28 Sat Hurricane, NY Hike
- 29 Sun Havelock, Que. Cycle
- 29 Sun Hiking scout - Giant, NY

JUNE

- 4 Sat Belvedere, Vt. Cycle
- 5 Sun Hunger/Pinnacle, VT Hike
- 11 Sat Giant, NY (East Ridge) extended hike
- 11 Sat Elizabethtown, NY Cycle
- 18 Sat Mt. Mansfield, Vt. extended hike
- 18 - 19 Rideau Lakes Cycle Tour
- 21 Tues Softball, check Club tape for location
- 23 - 26 St. Jean Baptiste Wknd, Sugarbush Valley Vt.

JULY

- 1 - 3 Wilderness Backpacking Weekend
- 9 Sat Bald Mountain, Vt. Cycle
- 9 Sat Adirondak Loj, NY extended hike
- 9 - 10 Vermont Trail Maintenance Weekend
- 10 Sun Hiking Scout - Lac Superieur, Que.
- 15 Fri Shakespeare in the Park, check tape 1st
- 17 Sun RA Challenge Cycle Ride
- 22 Fri Alternative to July 15, check Club tape

AUGUST

- 13 Sat Shelburne, Vt. Cycle
- 13 - 14 Vermont Trail Maintenance Weekend
- 19 - 23 White Mountains Backpacking Trip
- 20 Sat Carillon Park, Ont. Cycle
- 21 Sun Camel's Hump, Vt. Hike
- 27 Sat Vache Noire, Que. Hike
- 28 Sun Mystery Tour Cycle, CAN/USA

SEPTEMBER

- 2 - 5 Labor Day Weekend, Franconia, NH
- 10 Sat North Hatley, Que. Cycle
- 10 Sat Mystery Hike, CAN/USA
- 17 Sat Lac Superieur, Que. season's final cycle
- 18 Sun Cascade/Porter, NY Hike
- 24 Sat Mt. Legault, Que. Hike

OCTOBER

- 1 Sat Ausable Lake, NY Hike
- 7 - 10 Thanksgiving Weekend, Lincoln, NH
- 15 Sat Johns Brook Lodge NY Carpool Hike
- 15 - 16 Vermont Trail Maintenance Weekend
- 29 Sat Fall Signup Night & Halloween Party

For the latest information on Club events, call the RA tape at 489-0339