

RANDONNEWS

Published by Randonnée Aventure
Montreal's Friendly Outdoor Club

Spring 1996





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Randonnée Aventure, founded 1986, is a non-profit, year-round outdoor club for adults, with over 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...

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PRESIDENT'S MESSAGE

Ten years ago Randonnée Aventure was founded as a successor to the Montreal Adventure Club. This was a similar organization that was run by Richard Cox-Horton. When Richard decided to fold the Montreal Adventure Club and move on to other interests, a few of the members decided to pick up the torch and carry on. Thus was born Randonnée Aventure — Montreal's Friendly Outing Club.

Ten years later we are still thriving.

The continued existence of R.A has only been possible due to a strong base of volunteers — some of who have been involved right from the very beginning.

What do these volunteers do?

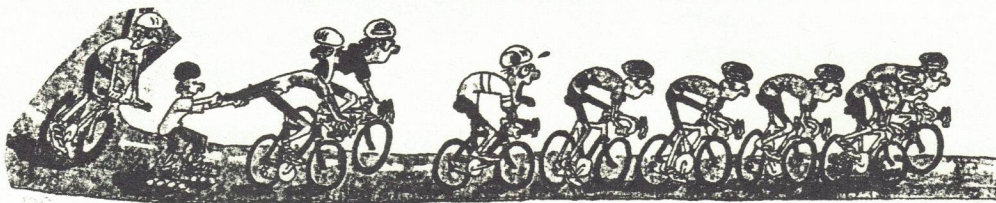
We have four activity committees that meet on a regular basis to plan and coordinate our activities. In a typical year these committees run 35 to 45 day trips, 7 weekend trips, several different clinics & information evenings, and numerous social activities. These activities require trip leaders and assistants, carpool organizers, condo-coordinators, scouts, party people etc.

Behind the scenes we have the Registrar, Treasurer, and Randonnews Editor. As well, there are volunteers who answer the club tape and help stuff envelopes for mailing.

The list is endless but these volunteers are the reason that Randonnée Aventure exists. Thank you all for a wonderful 10 years. Let's hope that we are all here to celebrate our 20th. One very important way to make sure we do is to by offer to help out. Our spring sign-up and party is going to be a celebration of Randonnée Aventure's Tenth anniversary and Egon Nicol is organizing a photo exhibit to highlight the event. Dig out those old photographs and let's see how the club has evolved and how its members have changed over the years.

After the party, the season starts in May with our first cycling and hiking trips. The Hiking and Cycling committees have got a lot of new ideas this year — check out the new overnight trips — as well as tried and true destinations. It looks like it's going to be a great year — hope to see you on the trails.

Anne Harper



FROM THE EDITOR

Hi, it's me again,

Yes, I know I said I was going. Really, I tried. But this newsletter just has a way of pulling (euphemism) one in no matter what. Actually, I really enjoyed doing it (in spite of the massive respiratory infection, etc.) I got to work with some very interesting, offbeat people (now Anne, let's not get personal), discover what fascinating escapades are planned for the upcoming year, and have the chance to choose which revealing photographs to include in this season's newsletter. (Or not to choose. Unfortunately, you'll never get the opportunity to see the photo of in the very skimpy, down-to-here and up-to-there costume who was found in a certain disreputable location.) You may, however, notice certain incongruities in the pictures on pages 10 and 12. Is it pure chance that our cycling directors were seen on a hiking trip (wearing cycling t-shirts) while our hiking director was caught in mid-cycle break. Hmmm.

Let's see, what else is new. Both the hiking and cycling committees have planned some innovative programs for the upcoming spring and summer season in order to accommodate all levels of interest. Randonnée Aventure is going stronger than ever and I'm glad you're here to be a part of the action.

So, get in on the ground floor and sign-up now. You certainly wouldn't want to be reading all the stimulating accounts of other members' trips come the *Fall/Winter Randonnews* and regretting you didn't go. Instead, you could be one of those articulate few who contribute articles on their experiences in the outdoors world.

Once again, I say adieu (this is beginning to sound like Frank Sinatra's retirement attempts) and I am thoroughly glad to have had the opportunity to edit your newsletter.

Nancy LaRose



MEMBERSHIP FEE & TRIP PRICES

As you know, we do everything we can to keep our trip prices low. Some times we go a little too far — for the last three years Randonnée Adventure has actually lost money. Since we have a surplus from prior years we were able to live with these losses. Unfortunately, we can't do this forever. So this year, the executive has decided that some prices will have to be increased. The membership fee has increased to **\$32** mainly due to large increases in liability insurance costs (this is separate from the accident insurance policy).

We have also had to increase cycling prices to **\$28** per trip. Last year's price simply did not cover our trip costs. Without this increase we would be looking at a considerable loss for our cycling program this year.

Hiking trips have remained at **\$24** per day trip.

The executive is continually reviewing revenue and expenses to ensure that we offer our members good value for their money. I'm sure that you agree with me that our prices are just that — good value for your money.

TRIP PRICES

CYCLING:	Regular Day trips	\$28
	Trip #8 (Overnight)	\$75
	Trip #11 (end-of-season)	\$31
HIKING:	Regular day trips	\$24
	Trip #3 (overnight)	\$94

SEPARATE CHEQUES PLEASE !!!

Don't forget that your membership fee and trip registration fees must be on **SEPARATE** cheques. All money for trips is deposited into a special account where it is held "In-Trust" and used only for trip expenses. This allows us to avoid using a Travel Agent to collect this money and helps keep our costs down. None of our general administrative expenses can be paid from this account. This is the reason that we need a separate cheque for the membership fees.



BORDER CROSSING

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

NON-MEMBERS

Newcomers to the club are invited to join **ONE** cycling, hiking, or cross-country ski trip before paying the membership fee. They can do so by registering by mail, at our sign-up evening or by using the club buy/sell procedure the week of the trip. This **is a once-in-a-lifetime trial offer** and not open to those who have been a member of R.A. before or participated in any of our trips. Ex-members are reminded they must renew their membership before using the buy-sell procedure.

MEMBERSHIP RENEWAL

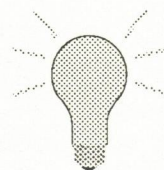
Randonnews and Randonnotes

To reduce costs, the current club policy is to send members only one issue of *Randonnews* after their membership expires. If your membership expired in November of 1995 be forewarned. This will be the last copy of the *Randonnews* that you will receive.

And don't forget that *Randonnotes*, our mid-season publication is only sent to current members. The next *Randonnotes*, in July will have all the details of the Labour Day and Thanks giving weekend trips.

Don't run the risk of missing out on the latest information on upcoming events or of not being able to buy that trip when your boss finally gives you a weekend off.

Check the expiry date on your mailing label. **Renew now!**



SUGGESTIONS AND IDEAS

We are always looking for new places for trip destinations as well as new ideas for any club activities. The Management Meeting of the Club, held on the second Thursday of every month, as well as other committee meetings (cycling, hiking, skiing and social), are open to all club members. Come out and attend one of these meetings. For information, call the Club tape at 489-0339 and ask for details of date, time and location. Don't forget that this is your club. It is run by volunteers just like you and we are always in need of an extra hand, back, etc.

BUYING AND SELLING DAY TRIPS

Fees for day trips cannot be refunded to anyone for any reason. If you are unable to come on the trip, you may personally sell the trip to anyone you wish—either a non-member or another member. If this is not possible, we offer a service whereby we attempt to sell the trip to one of our members.

Once you have activated the R.A. service, you **MUST NOT** attempt to sell the trip on your own. This might result in double selling the trip. Priority will always be given to the person who bought the trip through the R.A. system. The procedure to follow is:

To Buy a Day Trip

From **Monday a.m. to Wednesday 9:00 p.m.**, the week of the trip, call the Club number (489-0339), and leave your name and the name of the trip you want to buy. Calls outside this period **will be disregarded**. Non-members taking their first trip should say this and leave their phone numbers. We do not phone you back to confirm; you must call the Club number on the Friday evening before the trip to listen to the list 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.



Important: If you are confirmed as a buyer, you have made a **commitment** to pay for the trip. If you cannot make the trip, you must send a cheque for the trip fee to the Club immediately. This applies to non-members also. If you do not do so promptly, you will be **BLACKLISTED** and will not be allowed to register for any more trips until payment is made.

If you do not hear your name on the Friday evening tape, you can go to the **last** pickup point with the correct payment and take a chance (Atwater and St. Catherine before 7:45 a.m. for hiking, Atwater and Tupper before 7:30 a.m. for cycling). You have a good chance of getting on the bus if there are "no-shows." People who have already tried to reserve by phone have priority as walk-ons.

To Sell a Day Trip

Monday a.m. to Wednesday 9:00 p.m., the week of the trip, call the Club tape (489-0339), and leave a message. R.A. 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.

R.A. does not guarantee the sale of any trip. Once you have given your name to sell your trip, you no longer have a reserved seat on that bus. If you want to go on the trip after all, you may do so on a standby basis at the last pick-up point.

Waiting Lists for Day Trips

We do not have waiting lists for any day trips. Cheques sent in for sold-out day trips must be returned, creating extra work for our registrar. Please check the Club tape (489-0339) before you register and, if a trip is sold out, use the buy/sell procedure to purchase a seat. Your cooperation is appreciated.



Information about the Buy/Sell Deadlines

Almost every week our phone volunteers get a message that goes something like this: "I know I'm calling late but I'd like to sell my trip for this Saturday..." Unfortunately, due to time constraints, we cannot help you sell your trip if you call after the Wednesday 9:00 p.m. deadline. A phone message left on Thursday morning will not be picked up by our phone volunteers until Thursday evening and may not be received by the activity coordinator until Friday. Since this doesn't give the activity coordinator enough time to contact the trip leader or to update the Club tape message, any calls after the Wednesday 9:00 p.m. deadline are disregarded.

Another common occurrence is members phoning to either buy or sell a trip several weeks prior to the trip. To be fair to all members, neither buys or sells are accepted until Monday of the week of the trip. Buys and sells are then handled in order of the call — with members given priority over non-members. Remember that R.A. does not guarantee the sale of any trip and the number of people wanting to sell may sometime exceed the number of buyers available. Obviously, the earlier in the week that you call the better chance you have of either selling or buying a trip — just don't call too early or you won't even be on the list.

Please respect the deadlines — if you want to buy or sell a trip, call between Monday a.m. and Wednesday 9:00 p.m. of the week of your trip. It makes life easier for all of our volunteers.

Buying and Selling Weekend Trips

Weekend trips are not refundable but R.A. will attempt to find a buyer if you are unable to make the trip. To sell a trip, leave a message on the Club tape (489-0339) as soon as possible and you will be contacted by the weekend coordinator. **Requests to sell must be received at least 7 days before the date of the weekend trip.** R.A. does not guarantee the sale of any trip.

To be placed on a waiting list for sold out weekend trips only, send a cheque for the full amount to the Club. You will be contacted if a space becomes available and given the option to purchase the trip. Your cheque will be returned if a place is not found.

TRIP REGISTRATION

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, March 23, at the Blackwatch Armory, 2067 Bleury. (Registration from 8:00 to 9:30 p.m.)
- ✓ Come to our Sign-up night on Wednesday, April 3, at the Atwater Library, Atwater and Tupper St., 5:30 to 8:00 p.m..

Note: There is a **two dollar surcharge** for all trip sign-ups received after April 19. Cheques must be received by that date for the regular price to apply. Payments for trips after August 1 may be postdated to August 1, if the cheque is received by April 19.

Registrations will be accepted after the sign-up evening of April 3, but call the Club tape to find out which trips have space available. Your cheque should arrive at least one week before the trip date and must include the two dollar surcharge.

ATWATER SIGN-UP EVENING

Wednesday April 3 – 5:30 to 8:00 p.m

The spring/summer sign-up and information night will be at the Atwater Library, 1200 Atwater at Tupper, Wednesday April 3, from 5:30 to 8:00 p.m. Members of the cycling and hiking committees will be there to answer your questions about this season's trips or any other questions you may have.

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 to smoke where other members will not be affected.

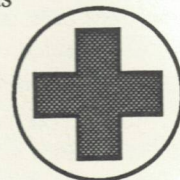


DRINKING ON BUSES

It is illegal to consume alcoholic beverages on Club buses and infractions of this law could result in the driver being fined. Further complications can arise when border crossings are involved. All members are requested to respect the law and to refrain from bringing or drinking any alcoholic beverages on the bus. Your cooperation is appreciated.

ACCIDENT INSURANCE

The Club executive and Board of Directors has reviewed our current Accident Insurance plan which expires at the end of March, 1996. This is a very basic plan that covers club members only in the case of an accident during a club activity. The maximum payment per accident is \$7500 Canadian and does not include physician or surgeon's fees.



Given the high cost of medical treatment in the U.S. it was decided that this policy was not sufficient. Insurance that would adequately cover all members during R.A. trips only would cost about \$40 per member per year. Given the facts that many members have their own insurance through work and that privately purchased travel insurance would cover members on all trips to the States, not just R.A. sponsored events, it was decided not to continue the accident insurance policy for Randonnée Aventure members.

Randonnée Aventure strongly recommends that all members and non-members participating in club events outside of Quebec obtain travel insurance. Quebec Medicare will cover only a small portion of medical expenses incurred outside the province. Hospitalization in the states can cost up to \$2000 per day and only about \$400 of that would be covered by Quebec Medicare. Be prepared — make sure you have adequate insurance coverage.



Once you're off the bus, however ...
There's a good reason why we're known as
Montreal's "friendly" outdoor club

Sometimes you hit the road — Sometimes the road hits you.

Most of us, when we head across the border, whether with the club or on our own, don't really think about what might happen if we suffered an accident in the US. I know I didn't until it was brought to my attention the hard way — by falling off my bike and landing on my head while Mike and I were on a one-week vacation in Vermont last fall.

I was lucky. Thanks to my helmet and a hard head I suffered no serious injuries. Knocked unconscious by the fall, I was taken by ambulance to the hospital in Springfield Vt. Worried that I had suffered head trauma, they quickly made arrangements to transfer me to the Dartmouth-Hitchcock Medical Center in Hanover NH. Since this would have taken over an hour by road, I was transported by helicopter. All very exciting. If only I had been conscious.

At the hospital in Hanover I was CAT-scanned, X-rayed, poked, prodded and eventually pronounced normal (?) after overnight observation.

The worst was yet to come — within a few weeks I started receiving the bills:

- One hour at the Springfield emergency room: \$1000 US
- The helicopter ride: \$2750 US
- Overnight at the DMHC: \$2400 US.

In total, my bills came to just over **\$6500 US**.

I'm lucky. My company has excellent medical coverage. They have a 800 number to call if you need medical attention outside Quebec. Just phone and they'll take care of all the details — including submitting all the paper work to the Regie. Unfortunately, I didn't call. As a result of not calling, I had to collect all the paperwork, medical reports, bills etc. and submit the claim to Medicare myself. This took several months. Receiving the final payment from the Regie was a bigger shock than the original bills. Out of a total of \$6520 US the Regie reimbursed \$452 US.

Some examples of what wasn't covered:

1. Ambulances (and especially not helicopters) are never covered by Medicare. This is true even within Quebec. That was \$2750 US not covered right off the bat.
2. Medicare reimburses a flat rate of \$60 CDN for any ER treatment in the States. That meant that they paid \$44 US out of a \$1000 US fee.
3. Hospitalization is reimbursed at a flat rate of \$400 per day. This includes all treatments including operations, medications, you name it. Even with open heart surgery and 24 hour a day intensive care treatment Medicare would still only pay \$400 CDN.
4. Medicare reimbursed \$3.01 for a \$30 doctor's bill.

As I said, I'm lucky — if I hadn't had insurance I would have had to pay over \$6000 US for one night in hospital.

Imagine the consequences of a serious accident (which could easily occur on one of R.A.'s trips given the nature of our activities) that involved longer hospitalization.

I cannot emphasize enough the importance of ensuring that you have adequate insurance before traveling to the states. Even if you have private insurance through your employer you should review and clearly understand what is and what isn't covered. Things to look at include:

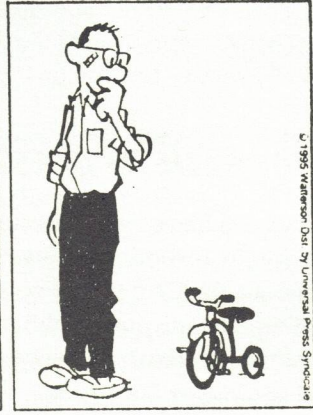
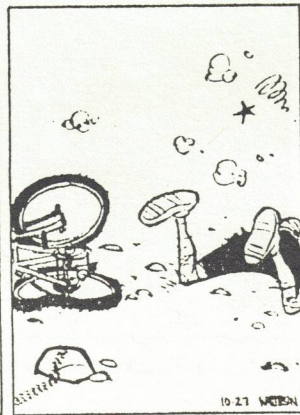
- *Is transportation by air ambulance covered?*
- *Will it cover costs to return you to Montreal if you are hospitalized for several days?*
- *Does it cover semi-private or private rooms?*
- *Do any pre-existing conditions effect the policy?*
- *What do you have to do if an accident does occur?* (I could have saved myself a lot of aggravation if I had realized the importance of that 800 number).

Make sure you are covered before going to the US for even a few hours. Travel insurance is not expensive — when you look at the alternatives.

Anne Harper

Calvin and Hobbes

By Bill Watterson



EXTENDING THE TRAILS—HIKING '96

1996 promises to be a GREAT year for R.A. hiking. We have 16 trips planned, more than ever before. Among these trips are 5 of our most-popular extended hikes, including two new types of hikes for you to enjoy. The new types of hikes have been added in order to expand our list of destinations. Several members have asked that we find new places to hike on day trips, but unfortunately there are very few mountains being built within a two-hour and fifteen minute drive from Montreal, our normal limit. Therefore, we have decided to travel further afield in order to reach new heights.

Two 1996 hikes will be to destinations we normally visit only on long weekends, so those who are unable to come on our weekend trips can visit these places with us. One extended hike this year will be to Appalachian Gap, on the Long Trail in Vermont. The driving time will be a little longer than usual but the hiking time will still be 1 hour to one and a half hours more than we have available on a standard day trip. So everyone will be able to tackle more ambitious trails than usual, just as on the traditional extended hikes where two hours are added to the normal hiking time.

The second new type of hike is an overnight hike. No, this is not a hike where we start at 9 p.m. and finish at dawn, but rather a hike where we go to the destination (Franconia Notch this year) on Friday evening, spend a night in a motel, then hike through Saturday and return on Saturday evening. This type of trip costs more than usual, of course — \$94 this time — but if it is successful, we will be able to be much more adventurous in our selection of future hikes.

Maintaining the trails that we hike is a great way to say thank you for the pleasure we get from hiking, and we are very proud that R.A. works on maintaining trails in both Vermont and Quebec. If you are interested in helping us, please come to the Information evening on April 16. This year, our Outdoor Literacy Session is on May 8. I encourage as many of you as possible to come along, especially those new to hiking. It's a great way to pick up tips on hiking, and to find out more about how R.A. trips operate. Add to all this the prospect of a new long weekend destination at Thanksgiving (Bethel, Maine), and I think we can look forward to a wonderful season. See you on top of the mountain.

Clive Brewer

TRIP LEADERS & ASSISTANTS

If you would like to become more active in hiking, we invite you to a meeting for interested volunteers. Please indicate via the Club tape if you are interested in attending. The purpose of the meeting is to review trip procedures, and responsibilities of leaders and assistants.

Date: Monday, April 29, 1996, 7:30 p.m.

Location: TBA on Club tape (489-0339) the week before.



EXTENDED HIKES

We are offering three types of Extended Hikes in 1996 :

1. **More hiking time, same travel time.** These hikes are to our usual destinations, but more time is available for hiking. The bus leaves Montreal at the regular times and places, but leaves the destination area later than usual, around 7:00 p.m., finishing the drop-offs at about 10:00 p.m. The extra time allows hikers to cover longer trails than usual. For example, people who normally choose the Moderate hike can often manage a trail that is more difficult. Due to the added hiking time, none of these destinations have Easy options. We recommend bringing extra food for the longer stay, which you can leave on the bus in order to eat on the way back. And, maybe, we might get to stay a little longer at the Pub!
2. **More hiking time and more travel time.** This new type of extended hike involves a slightly longer travel time, in order to allow us to visit new destinations. Departure from Montreal is as usual, but this time the return trip will start around 6.30 p.m.. Again, bring extra food for the journey back — we reach Montreal only around 10:00 p.m.
3. **Overnight stay.** This is another new type of extended hike that will open up new destinations for us. The bus leaves Friday evening at 7:00 p.m., from MacDonalds at Atwater and Ste. Catherine. Please note that there is only one pickup point for this hike. After a journey of 3-4 hours, we spend the night in a motel. We start hiking earlier than usual, and leave the destination area around 5.30 p.m. on Saturday. You should bring a lunch, plus something for the journey home. Breakfast is included in the price of the trip.



And 'nary a one is carrying a cellular phone!

1996 HIKING DESTINATIONS

Trip #	Location	Trail Rating
1	18 May – Mt. Sutton, Sutton, PQ A non-strenuous start to the hiking season! Beautiful views of the Eastern Townships from the top.	E – M
2	26* May – Hurricane & The Crows, Elizabethtown, NY Great views of the Adirondaks, Lake Champlain and the Green Mts. of Vermont from this old favourite.	E – M
3	31 May & 1 June – Franconia Notch, Lincoln, NH (EX/OV) Usually only a long weekend destination, this overnight trip to the White Mountains lets us hike the magnificent Lafayette Ridge.	M – D
4	8 June – Appalachian Gap, Bristol, VT (EX) Another destination that we have so far visited only on long weekends offers some beautiful hikes along Vermont's Long Trail.	M – D
5	16* June – Ausable Lake, St. Huberts, NY. Walk along streams and spectacular falls or climb up to exquisite views. Variety of cut-offs along main trail.	E – M – D
6	22 June – Mt. Mansfield (East side), Stowe, VT The highest mountain in Vermont with many trails to great views. From the top, the Subway or Wall St. are accessible for adventurous souls. Great for all levels.	E – M – D
7	6 July – Adirondack Loj, Lake Placid, NY (EX) Very popular. Many trails to choose from such as the long, beautiful hike to the top of Mt. Colden, or the trail to the second highest Adirondack peak, Algonquin.	M – D
8	13 July – Orford, Orford, QC The trails round Orford are part of the Sentier de l'Estrie. Pleasant hiking in the Eastern Townships, with nice views.	E – M
9	17 Aug – Vache Noire, Lac Supérieur, QC Three sections of trail, and climbs to suit every whim. Many excellent views of Lac Supérieur and of Mt. Tremblant.	E – M – D
10	24 Aug – Camel's Hump, Waterbury, VT (EX) One of the highest mountains in Vermont with 360 degrees of spectacular scenery as the reward for a challenging climb. Bring your binoculars and you'll even see Montreal on the horizon (on a clear day!).	M – D
11	7 Sept – Giant, East Ridge, Keene Valley, NY (EX) At 4736 feet—a tough climb—it is the 12th highest in the Adirondacks. As an extended hike, there will be plenty of time for the long but rewarding East Ridge.	M – D
12	15* Sept – Chertsey, QC. A pleasant summer walk on low rolling trails developed and maintained by an RA club member who will give you a personal guided tour.	E – M
13	21 Sept – Mts. Hunger & Pinnacle, Stowe, VT. Panoramic views of the Green Mountains, and even the White Mountains can be seen on a clear day.	M – D
14	28 Sept – Cascade, Porter and Pitchoff, Keene Valley, NY. Some of the best views in the Adirondacks, on all the trails. Pitchoff or Cascade for easy and moderate hikes; Blueberry to Cascade for the experts.	E – M – D
15	5 Oct – Brothers/Big Slide, Keene Valley, NY. This trail offers a spectacular approach to Big Slide over the three Brothers, with excellent views along the way.	E – M – D
16	19 Oct – Belvidere/Tillotson, Montgomery Center, VT. This section of the Long Trail is maintained by RA on behalf of the Green Mountain Club. Come and see the work done by RA volunteers with your support.	E – M – D

* Sunday trip EX: extended trip OV: overnight stay

Trail Ratings:

These ratings are given as guidelines only. The distances and elevation gains are approximations, dependent on the difficulty of the terrain. Some climbing is usually required on all hikes, less with easy hikes than with difficult trails.

E(asy): 5–7 miles; 1000–1500 ft.

M(oderate): 8–9 miles; 1500–2500 ft.

D(ifficult): 10–12 miles; 2500–3500 ft.

Bus Departure Times

Pick-up departure times are:

Decor Decarie **7:15 a.m.**
(south side of Vezina, near Décarie)
Namur metro

Queen Mary/Décarie **7:25 a.m.**
(northwest side: in front of cigar store)
Snowdon metro

Atwater/ Ste. Catherine **7:45 a.m.**
(outside MacDonalds on Atwater, near Ste-Catherine)
Atwater metro

Overnight Hike to Franconia Notch, NH – May 31 to June 1

The \$94 cost includes bus, shared motel room, breakfast, taxes, and tips.

1. Depart Montreal at 7 p.m., Fri. May 31, Atwater/Ste. Catherine (outside MacDonalds). There is only one pickup point for this trip.
2. Arrive Woodward's Motor Inn, Lincoln at 10.30–11:00 p.m.
3. Sat. June 1, breakfast at Woodward's Motor Inn, then hike to your heart's content
4. Sat. June 1, depart for Montreal around 5.30–6:00 p.m.

1996 HIKING TRIP PRICES

Regular day trips **\$24**
Trip #3 (overnight) **\$94**

A \$2 surcharge will be added for trips booked after April 19. Payment for trips after Aug. 1 may be made by a cheque postdated to Aug. 1, if the cheque is received before April 19.

OUTDOOR LITERACY CLINIC

A HIKING SKILLS WORKSHOP FOR ALL

Date: Wednesday, May 8

Location: Atwater Library

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

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

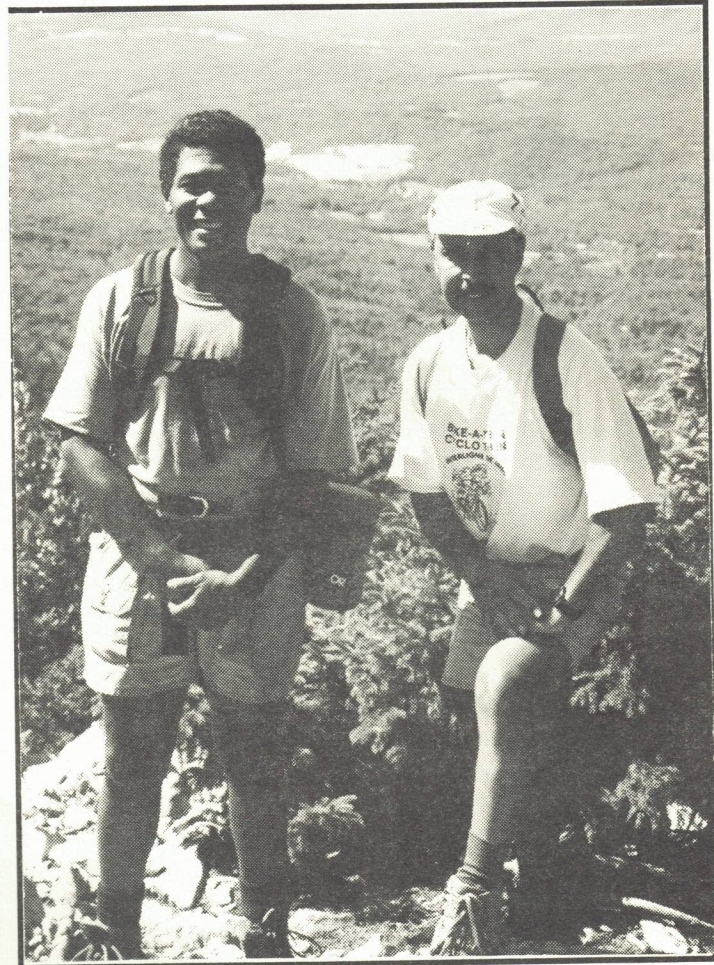
The Outdoor Literacy Clinic will be from 7:00 p.m. - 10:00 p.m. Some handouts will be provided, including a day hiker's equipment checklist. Ample time will be available to answer questions and deal with the special concerns of all. A practice map-reading session will be held on Mount Royal on Sunday, May 12 at 9:00 a.m. (duration approximately two hours). More information on this session will be available at the Clinic.

For more information please call the R.A. tape at 489-0339. There is no charge for this event, and no registration is necessary.

WEEKDAY HIKES

Ricky Zurif and Mike Serniuk will once again organize weekday hikes (Tuesdays or Wednesdays) during the summer months. These hikes will accommodate those individuals who are free during the week. Participants travel by carpool to destinations not normally slated for this year's schedule of events.

If interested please check the appropriate box on the registration form. A list of hikers interested in hiking during the week will be prepared and distributed to this group. This will allow weekday hikers to organize hikes in a short period of time. For more information, leave a message for Ricky or Mike on the club tape.



The grass is always greener!

OF INTEREST TO HIKERS

Date: Wednesday, March 27, 1996 - 8:00 p.m.

Location: Redpath Museum, McGill University

The Montreal Field Naturalists Club is sponsoring a lecture entitled, "*Building a Walking Trail Across Canada*" that might be of interest to R.A. club members. This event is open to the general public and there is no entrance fee.

The talk will be given by John Bellini, executive Director of the Trans-Canada Trail Foundation. This registered charity is dedicated to creating a shared-use recreational trail (walking, bicycle, ski) to run through every province and territory in Canada. Several hundred kilometers are already established including one section in Quebec near the New Brunswick Border.

FEARS OF A NEW R.A. HIKER

As I reflect back on my first hiking trip with R.A. in 1995, I wondered if my anxieties were unique. After doing an unofficial survey of R.A. members, I realized I was not alone. The following is aimed at relieving common fears of new hikers.

Will I be properly dressed?

I am not referring to the utility of the clothing, which is perhaps the critical issue, but to the look of the clothes. I was concerned about having the proper "look." This fear was quickly relieved as I stood at Atwater waiting for the bus. R.A. members have a multitude of styles from right out of the L.L. Bean catalogue to Army Surplus chic. I leave it to others to decide where I fit.

Since I was alone, would people be friendly and would I find someone to hike with?

I found a seat, and introduced myself to the guy I was sitting next to. We chatted for a while and then both comfortably fell into our own thoughts. Once hiking instructions were passed out, the conversation flowed easily. The friendliness of everyone and the helpfulness of the leaders made me relax. I was soon introduced to some hiking companions.

In my research the biggest fears seemed to be being left alone with no one to hike with, and not being able to keep up. Leaders will match up hikers, but remember they are volunteers. They may get involved in other aspects of the trip's organization and may forget to ask if everyone has someone to hike with. It is important that new, and old, members let the leaders know when they need hiking partners. As for not being able keep up, it is important to be realistic about your ability. If you are unsure about your hiking level, discuss it with the leaders. Until you are familiar with the R.A.'s criteria for the levels, it is best to underestimate your ability and choose a less demanding hike.

The morning went well. We got to the top of the mountain and stopped for lunch. As I set up my lunch of pate, cheese, tomatoes, baguette and chocolate-covered strawberries I was told about an R.A. tradition; new members have to share their lunch. Funny, but I've never heard about that tradition since... but I digress. Back to my fears.

What if I get lost or am late for the bus? Will they leave without me?

After lunch my hiking partner and I broke one of the cardinal rules that one learns at the Outdoor Literacy Session. We were talking and did not read the instructions when we came to a junction. When we came to a

lake, we realized we were lost. However, we did remember to keep calm. Looking at the map and reading the instructions confirmed our fears. At this point we retraced our steps, and found our mistake. We hurried along, arriving at the pick-up point half an hour late. No bus – but we were greeted by a big sigh of relief from the assistant leader, who was just glad we were okay. He told us that the bus had gone to look for us at the drop-off point. It soon returned to take us to the pub where the rest of the group was waiting. We felt embarrassed and guilty, but what really impressed me was the strong sense of relief I felt from everyone that we were okay.

I regret we kept everyone else waiting. It not only interfered with any plans they may have had back in Montreal, but it caused unnecessary concern about our safety. Therefore, I want to stress the importance of getting back to the bus on time.

After my maiden trip I did several others which made for a great first year with R.A. I hope by writing this article, I can continue the true R.A. tradition of offering warmth and friendliness to new members, by helping relieve some of the fears of new and less experienced hikers.

Annice Polacsik

TRAIL MAINTENANCE INFORMATION MEETING

Date: Tuesday April 16, 1996, 7:30 p.m.

Location: TBA on Club tape the week before meeting

Have you ever wondered exactly what trail maintenance is all about? To satisfy your curiosity, we're holding *Trail Maintenance Information Meeting* on Tuesday, April 16 to provide all those details. This meeting is for anyone who is interested in working on either the Quebec or Vermont trails. If you can only spare a day, Mike would be happy to let you know how you can help him on the Quebec trail. And if you've got a weekend free to work in Vermont, then let Maureen know.

Both groups need people—with and without experience—so why not come to the meeting? This way, you can meet the people involved and, maybe, become involved yourself. We appreciate those who have participated in the past and we know we can count on you in the future. We hope to see these old friends at the meeting but we look forward to seeing new faces too. If you have never done trail maintenance before, come out to find out what it is all about. It is an unforgettable experience! (For a description of what's involved in trail maintenance, see page 15)

DIRECTOR'S COMMENT

Welcome to 1996! Your Cycling Committee has been preparing since the end of the 1995 season and have put together an interesting package of events which I am sure will make for an exciting cycling season. Our first long weekend will be Victoria Day holiday, May 17 to 20, and our destination is Stowe, Vermont. A bike clinic will be presented before the cycling season starts so you can give your bike that personal touch of maintenance. The summer of 1995 had great weather for cycling and with some luck, we hope to have an even better summer in 1996.

In the past years, our club has participated in the Rideau Lakes Cycle Tour with a good showing of over 30 riders. For those cyclists interested in taking on this challenge, start your training early and ride the Rideau Lakes Cycle Tour. A reminder! Cycling helmets are mandatory for ALL club cycling events.

I look forward to cycling with you this coming season; until then, take care.

Tony Scott

OTHER CYCLING EVENTS

Sun. June 2	Le Tour de l'Ile de Montreal (70km)
June 8-9	Rideau Lakes Cycle Tour (334km)
Sun. July 14	R. A. Challenge Ride (50km-100km)
July 27-28	MS 150 Vermont Ride (242km or 325km)
August 3-10	Le Grand Tour Quebec (1000km)
August 24-25	MS 150 Quebec Ride (150km)
August 25	Air Canada Interline Charity Ride (70km)

NEW FOR THIS YEAR!!



Try our overnight cycle trip to Newport, Vermont on Saturday and Sunday, August 10 & 11. The price of \$75 includes bus transportation, overnight accommodation (double occupancy) and two days of cycling in the Lake Memphremagog area. Sign up quickly as this event is sure to sell out.



The other side of the fence

CYCLING TRIP LEADER'S BRIEFING

Wednesday, April 17

All trip leaders and assistant leaders are invited to attend the briefing at the N.D.G. Centre. This invitation is also extended to all members who have an interest in learning how to lead or assist in a trip. Hope to see you then. For more information, please leave a message for Tony Scott on the club's answering machine 489-0339.

1996 CYCLING TRIPS

Trip #	Date	Location
1	May 4	St. Albans, VT A great place to start the season with a randonnee ride along Lake Champlain.
2	May 11	Loon Lake, NY Upstate New York in spring time with the sights and sounds can be enjoyed while cycling through endless pine forests.
3	May 25	Pleasant Valley, VT Ride in the valleys of Cambridge County with spectacular views of Smuggler's Notch to the east.
4	June 1	La Petite Nation, QC We now head west to a part of Quebec not well known. Take in the charm of a gentle rolling landscape and finish in St. Andre Avellan. Refreshments will be at the charming <i>Au Vieux Chaudron Grec</i> .
5*	June 9	Montgomery Centre, VT Great farming area and stunning views with a refreshing waterfall and swimming hole at end of the ride.
6	June 15	Shelburne, VT (Late return) One of Vermont's most scenic cycling areas with beautiful rolling hills. Visit the historic Shelburne Farm & Museum, and a visit to the bakery is a must.
7	July 6	Lac Superior, QC A superior cycling location in the Laurentians, nestled in the pine and maple forests. Many small lakes abound to keep you cool during or after your summer ride.
8	Aug.10/11	Newport, VT A wonderful two day event taking in Lake Memphremagog with the peaceful countryside of the Northeast Kingdom. Overnight at the Newport Motel, with indoor pool and fitness centre.
9*	Aug. 25	Havelock, QC (Late return) Apple country at its finest. See the harvesting of the first apple crop and roadside stalls selling apples and cider.
10	Sept. 7	Arthabaska, QC The neighbouring town of Victoriaville in the townships, situated on the edge of the Appalachian foothills.
11	Sept. 14	Glen Sutton, QC & VT We are in the "season of mists and mellow fruitfulness." Our annual end-of-season extravaganza takes us to the border, criss-crossing Quebec and Vermont. The end of the ride will reward us with sangria to wind down another stupendous cycling season.

* Sunday trip

A late return trip leaves at 5:00 p.m. for Montreal.

Destinations for all trips have been scouted to accommodate all levels of cycling ability. Route range from 40 to 90 km.

Pick-up Points for Cycling

	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.

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

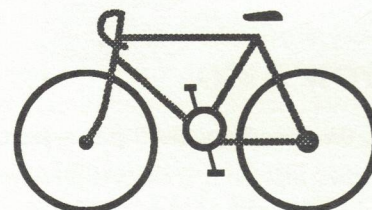
CYCLING TRIP PRICES

Regular Day trips	\$28
Trip 8 - Overnight	\$75
Trip 14 - End of the Season	\$31

Please note that a \$2 surcharge will apply for all trip signups received after April 19. 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 before April 19.

BORDER CROSSING

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



CYCLE CLINIC

Sunday, April 28th ~ noon to 4:00 p.m.



This annual event is on again, folks. Take advantage of this clinic to do that minor tune-up on your bike before the season starts. Your fellow cycling buddies will be there to give you advice as you are responsible for any maintenance on your own bike. Bring your own tools and we'll supply the lubricants, cleaning solvents along with tea, coffee, and donuts.

This clinic is for members only.

*Western Radiator & Autobody
(Jim Mullet's garage), corner of
de Maisonneuve West & Harvard, N.D.G.*



VIDEO NIGHT

Wednesday, May 1

A new event this year — this will consist of cycling videos on bike handling and other related issues followed by a discussion period. A great way to increase your cycling knowledge and get to know other cyclists in the club.

Location—TBA. Check the club tape (489-0339)

GET TO KNOW YOUR BIKE NIGHT

Wednesday, June 5

This is a repeat of a successful evening held last year. More than 40 people attended last year to learn the intricacies of their bike from experienced cyclists and mechanics. Don't bring your bike. This is an evening of lectures and demonstrations with plenty of time for questions.

Location—TBA. Check the club tape (489-0339)



SHOW & GO

Wednesdays, 5:45 p.m. ~ June, July, & August

Another first from your cycling committee. Every Wednesday at 5:45 p.m. beginning from the first Wednesday in June to the last Wednesday in August there will be an informal cycling excursion on the Lachine Canal bike path heading west and back for 90 minutes. Starting point will be at the Railway Caboose on the path in Ville St. Pierre on Lafleur St. Everyone is welcome and the pace is leisurely. You show and you go.

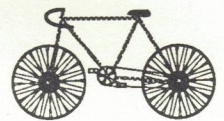
R.A CHALLENGE RIDE

**Mont St-Gregoire
Sunday, July 14th, 1996**

This year we go back to the South Shore for the annual Challenge Ride. The ride will take us out to the Montregie, visiting small villages and fields of maize. The cost will be \$10 for hamburgers, hot dogs, salad, and soft drinks. Beer will be available for purchase.

This event is open to both members and their friends, but advance registration and payment is required by July 5th. Complete the registration form and mail with your cheque to the Club address.

Achievement certificates will be awarded for the completion. More information will be available at registration.



MULTIPLE SCLEROSIS CYCLATHON

Dear Friends,

For the last five years I have been cycling to raise funds for research on Multiple Sclerosis. First I would like to thank everybody in the club who supported me last year. As my sixth year approaches, I would like to let you know what your donation means to me.

Last year I raised \$2,360 towards the cyclathon weekend. The overall monies raised were in excess of \$260,000. As you can imagine, this one event plays a very important part in the annual campaign of the Society for Multiple Sclerosis. Since being involved in the cyclathon, I have tried to think of other ways of raising money, and a modicum of success has been reached through garage sales, through the donation of tips by the staff of a local catering company, and also the return of bottles and cans. Although these other methods do not reach the same degree of success as annual sponsorship, they are no less important.

The fight to conquer MS goes on, and incredible progress has been made in recent years, even months, towards victory. It is for this reason that I ask you to donate something to my garage sale or sponsor me on the cyclathon week-end, in order that this debilitating disease can be wiped out once and for all.

I thank you in advance for your generosity. For more information, leave a message on the Club tape (489-0339).

Linda Lessard

Editor's Note: *Linda broke her wrist a few weeks before the cyclathon. Nonetheless, she cycled two days with a cast. That's dedication. Thanks, Linda!*

VERMONT TRAIL MAINTENANCE

Trail maintenance time is almost here. For hikers, it's time to think about putting something back into the trails that we all enjoy by helping keep them clear and pleasant to use. This year there are some special projects planned in conjunction with the Green Mountain Club of Vermont as well as our ongoing work of removing blowdowns and maintaining R.A.'s adopted section of the Long Trail in its usual pristine condition.

This season's schedule is:

1. May 24-26
2. July 5-7
3. August 16-18
4. October 18-20

Departure times are Fridays after 6:00 p.m. and we return on Sunday evenings. If interested, either come out to the April 16 information meeting (see page 11), check-off the box on the registration form, or leave a message for me on the Club tape.

Maureen Robertson

RANDONNEUR SIGHTINGS

Active creatures that they are, Randonnée hikers can be spotted world-wide in summer by keen-eyed observers. And are they to be seen relaxing, soaking up sun on the beach? Of course not, they're pursuing their masochistic passion — sweating up and down mountains! Here's a selection from my intelligence reports.

Lots of sightings across Canada — Robert Kearns was doing some beach hiking in B.C. with occasional sorties into Washington — but the real action appeared to be out east. A veritable flock of Randonneers were observed, it seems; Clive Brewer, our esteemed hiking director, guided a team of acolytes comprising Karen Findlay, Helen Kohler and Nigel Williams over the scenic trails of the Gaspé. Meanwhile, Al Ramsay was cycling and hiking in the Maritimes, while Gerry Bard was reconnoitring Gros Morne in Newfoundland —where he coincidentally encountered Margaret Dalziel.

Of course, some wandering migrants ventured even further afield. There are reports of Françoise Bibor hiking the mountains of Corsica (in a swimsuit!), and Bernadette Benoist in the Haute Savoie. Not to mention Sofia T. who was seen furthest from home, hiking in Bulgaria. Several observers reported seeing specimens in the U.K.; for example, Sam Allison was spied trekking in the Scottish Mountains.

QUEBEC TRAIL MAINTENANCE

With less than 2 km of trail to clear, we remain optimistic that our section of the National Trail will be completed this year. Setting up signs and painting trail blazes will be done later in the summer when there are fewer pests and dryer weather.

To begin with, two Saturday outings have been planned for May 4 and May 11 with Sundays as back-up dates in case of bad weather. Summer and fall trips will be determined later depending upon the need and the availability of personnel. Complete details of impending trail activities in Quebec will be discussed at a joint meeting with the Vermont Trail maintenance group on Tuesday, April 16 (see page 11). If interested, please come out to the meeting or leave a message for me on the Club tape.

Mike Serniuk

FIFTH ANNUAL GMC TRAIL AND SHELTER MAINTENANCE WEEKEND

GMC Headquarters, Waterbury Center, Vermont
8:30 a.m. to 5:00 p.m., Saturday May 11, 1996

The Green Mountain Club is organizing a workshop on trail maintenance. If you would like to attend this session, contact Lars Botzjorns at the GMC, (802) 244-7037

Among the many topics covered are blazing, drainage improvement, rock step, stair and waterbar installation, and trail design and layout. This is a hands-on workshop that takes place on the trail—rain or shine. Registration is free and a hearty dinner will be served for \$5 a person. Bring your own lunch and work gloves. Pre-registration is advised.



Rounding out our survey, Stateside hikers included Maida Haltrecht whose visit to Yosemite is described in the last *Randonnews*, Bob Paknys, and Susan Harris's group of twelve, including yours truly, who revisited the White Mountains and spent consecutive nights in Greenleaf, Galehead and Zealand Falls Mountain Huts. No doubt, parties interested in future visits to these venues could well benefit from the experiences and acquired expertise of these hardy pioneers!

R.A.Yarnold

VICTORIA DAY CYCLING WEEKEND

Stowe, Vermont

Friday, May 17 to Monday 20, 1996

Spring is fast approaching and we're off to a well known area of Vermont. The hills will be alive with green grass and trees and the birds busily making their nests. The time spent cycling will allow you to discover new and old routes.

The routes will give us peace and quiet, majestic valleys, an abundance of beauty everywhere you look, this is Stowe. Cyclists are forever returning to this area to spend quality time with friends.

We will be staying at the comfortable condominium complex, *The Village Green* at Stowe within walking distance of shops and restaurants. Master bedrooms have only king-size beds, so a few members will be asked to share. Please indicate if you will be sharing with a friend.

Non-members are welcome, but they must also purchase an annual membership (separate cheque for \$32 at registration time.

Cost: \$158. All cheques are payable to Randonnée Aventure.

No. of participants: Space is limited to 39 people, on a first-come, first-served basis. Full payment must be received to reserve your place.

Late Registration: For payments dated or received after May 1st, add \$20.

Price includes: Three nights accommodation and Saturday night dinner at the famous Stowe Inn & Resort. Breakfasts and Sunday dinner can be in your condo or in a restaurant of your choice.

Transportation: By car-pooling, leaving Friday night and returning Monday.

ST. JEAN BAPTISTE WEEKEND

Gorham, New Hampshire

Friday, June 21 to Monday, June 24, 1996

This long weekend, we are heading back to the scenic Presidential mountains of New Hampshire, to hike, cycle and socialize. Cycling routes and hiking trails for all levels of ability are there to challenge you. Come join the outdoors crowd —sunshine or rain.

This year we have two choices of accommodation.

One will be at the Royalty Inn, right in central Gorham. The Royalty Inn has indoor and outdoor pools, sauna, exercise facilities, squash court and restaurant. We have reserved 20 rooms with 2 double beds each, for a total of 40 people. Local shopping, restaurants and other attractions are within walking distance of the Inn. Check-out time Monday: 12 noon. Luggage may be stored in the conference room and showers taken in the sports complex until 4 p.m.

The other choice of lodging is camping at the Moose Brook State Park, located 2 miles west of Gorham on Route 2. The State Park has toilets, running water, and showers. We have reserved space for a maximum of 20 people. You will have to provide all of your own camping equipment — including tent, sleeping bag, cooking supplies, stove etc.

Included in the cost of this weekend for both sleeping options is Saturday night dinner at the Royalty Inn.

Non-members are welcome, but they must also purchase an annual membership (separate cheque for \$32) at the time of registration.

Price: Includes three nights accommodation and Saturday night dinner.

Option 1: Royalty Inn, Gorham, New Hampshire: \$156

Option 2: Moose Brook State Park Campground: \$57

Late registration: \$20 for payments dated or received after Thursday, May 23.

Transportation: Will be arranged by car-pool. Passengers must pay their share of the expenses.

CLASSY AD

Club member **Tierry Maxwell** will overhaul and repair your bike. Has volunteered as a mechanic at R.A. Cycle Clinic for several years. Expert work at reasonable rates. Pick up and delivery available. Call **761-0529**



RUSTIC HIKING WEEKEND

John's Brook Lodge, NY
Saturday June 29 to Monday July 1, 1996

This July 1 weekend, we return to John's Brook Lodge. We leave Montreal by car-pool on Saturday morning, and then hike about 3.5 miles to the Lodge carrying our gear. It's a nice flat trail! Then we hike from the Lodge on Saturday, Sunday, and Monday morning, carrying day-packs. On Sunday, we hike back to the cars, for our return to Montreal.

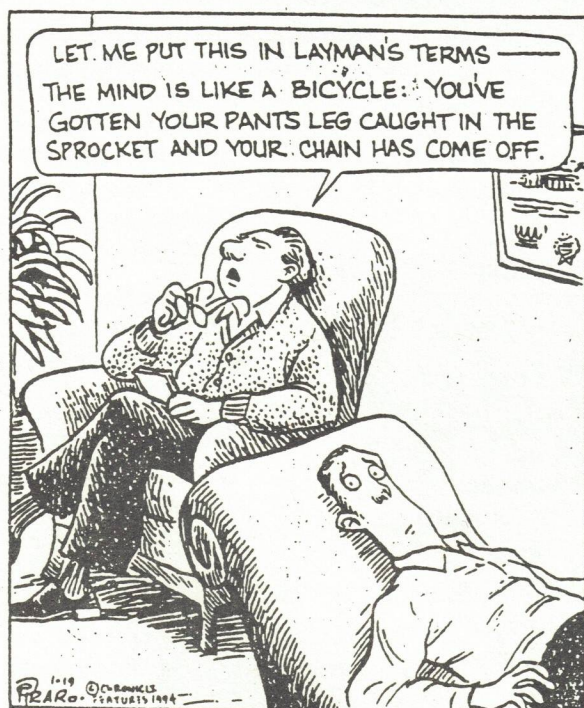
Accommodation at John's Brook Lodge is dormitory style, in bunk-beds. No electricity, no showers (but a very pleasant stream). Bring a sleeping-bag, pillow-case, lunch for three days, and the necessary clothes for three days of hiking. Dinners on Saturday and Sunday, and breakfasts on Sunday and Monday, will be prepared by the Lodge crew, and their meals are very good.

You don't have to be an expert hiker for this trip, but we do recommend that people who are new to hiking do not sign-up. Space is limited to 28 people, and we will be arranging the carpooling.

To reserve your place, complete the registration form, and send in your cheque by May 31. The cost is \$133 Canadian. Please indicate on the form if you have a car and are willing to drive. Passengers are reminded that they will be asked to contribute to the gas costs.

Bizarro

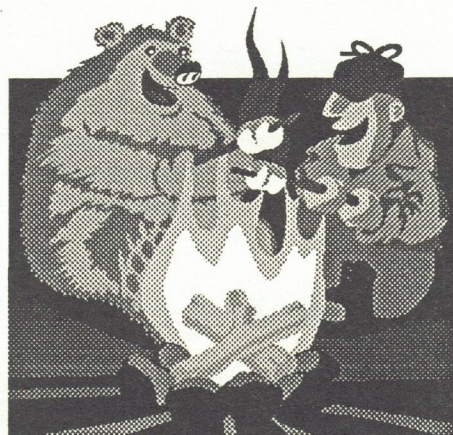
By Dan Piraro



THANKSGIVING WEEKEND

Bethel, Maine
Friday October 11 to Monday October 14, 1996

A new destination this year, on the border of Maine and New Hampshire. We expect to hike in Evans Notch, where there are some beautiful hikes approaching the Presidentials from the East, and also in Grafton Notch. See the Summer Randonnotes for full details.



LABOUR DAY WEEKEND

Lake Placid, New York
Friday, August 30 to Monday, September 2, 1996

A destination that we have visited before, Lake Placid offers great hiking in the High Peaks as well as scenic cycling routes. Check out all the details in this summer's Randonnotes — due out at the end of June.



Randonnée Aventure: an equal-opportunity club

SKI DIRECTOR'S REPORT

Winter arrived early last season with mountains of snow in December. January was a different story with the thaw putting a damper on things. In spite of the inclement weather we still managed to get in some good skiing. Our first-ever trip to the Craftsbury ski camp received rave reviews as did the lessons at Far Hills. Lessons on Mount Royal proved to be popular again this year. The 30th edition of the Canadian Ski Marathon saw our contingent of 40 members taking part. Things will wrap up with the end-of-season party lubricated with Jim's sangria and Mullett wine. All of the successes of the past winter were due to the efforts of our loyal corps of volunteers—the trip leaders and assistants, the members of the ski committee and the other folks who help in the year-round operations of the Club

Leon Ferrari

CANADIAN SKI MARATHON

After a winter of fluctuating temperatures and snow conditions, the C.S.M. was surely the highlight of every skier's winter. With spectacular sunshine, balmy weather and high spirits, many Randonneurs met or exceeded their personal marathon goals. (*Did you know there was a five-year-old who skied three sections on Sunday?!*) This year, in addition to joining the club Maxi Team, R.A. members branched out into the Touring Team and Coureur de Bois classes. Over 40 Club members participated in this year's marathon. Many thanks to the army of volunteers who contributed their efforts to trail maintenance, bridge building and awards distribution. See you all next year at the start in Lachute.

Diane Lowden
Maxi Team Captain

CLASSY AD

Bike parts for sale

Campagnolo chain-rings (new)
Maillard 7-speed free-wheels (used)
Dura-ace crank-set (used)
and other assorted quality parts

Chris or Sylviane: 937-8268 (evenings)

**15 % Discount to
Randonnée Aventure
Members**

**We are dealers for
Specialized bikes**



**MARTIN SWISS
CYCLE - SKI
STEPHEN DENNIS - Manager**

**313 Victoria Ave.
Westmount, QC H3Z 2N1**

**Tel: (514) 481-3369
Fax: (514) 488-9717**

Discounts for R.A.

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

Blacks Camping
3525 Queen Mary Rd.
739-4451

Dr. Bike
559 Lakeshore Rd.
631-2198

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

VB Cycle Inc.
6344 Victoria Ave.
738-21201

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

Martin Swiss
313 Victoria Avenue
Westmount
481-3369

Norway Nordic
127 rue Ste-Anne
Ste Anne-de-Bellevue
457-9131

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

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

10TH ANNIVERSARY BASH AND SPRING SIGN-UP

Saturday, March 23, 8:00 p.m. -1 a.m.

Make sure you circle this date on your calendar.

This year marks Randonnée Aventure's 10th year in existence and we are going to celebrate the fact at our spring party and sign up. This years party will be held at a new location, the Blackwatch Armory, 2067 Bleury, corner of

Bleury & President Kennedy (Metro Place des Arts). If you are coming by car bring loonies for the meter. The \$10 entry fee includes party snacks and, since we are celebrating Randonnée's 10th anniversary, there will be a birthday cake. **Note that the registration desk**



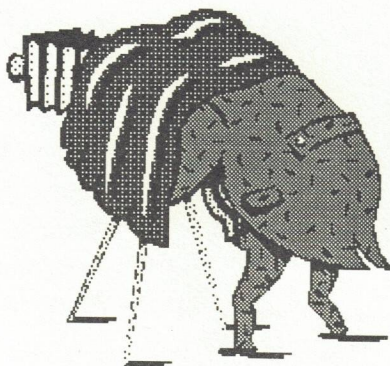
closes at 9:30 p.m.

To go along with the tenth anniversary theme we will be displaying T-shirts from RA's past. If you have any of RA's old T-shirts that you could lend us leave a message for Arnot on the club tape, All T-shirts will be returned after the party.

If you want to help out in the planning, decorating or at the door leave a message for Janet on the club tape (489-0339).

CALLING ALL SHUTTERBUGS

We would like to display photographs of RA activities from the past at the 10th Anniversary Celebration on March 23. Get out those photo albums and find your best (and or funniest) pictures of Randonnée Aventure members in action. Pictures of private trips related to RA activities are also welcome. Maximum of 12 photos (maximum 4 from private activities). The best photos will be published in the Fall Randonnews. Make sure you label each photo with your name, the date and details of who, where, when, what and how. If you have photos to submit please leave a message for Egon on the club tape (489-0339)



MULTI-ETHNIC POT LUCK DINNER

Saturday, April 20

Like to cook? Like to eat? Then you are the perfect candidate to join us for this multi-ethnic dinner. You bring your favourite dish (plus copies of the recipe) and get to try everyone else's specialty. All Randonnée members are cordially invited to share in this festive event but space is limited to 20 people. If interested leave your name on the club tape for Herb by Friday, April 12 at the latest.

PRE-SEASON PUB NIGHT AND GET-TOGETHER

Friday, April 26, 7 p.m. onwards

Before the season starts join us at Alexandre, 1454 Peel, for an evening of relaxation and fun. Hikers, cyclists and even skiers are welcome. Meet in the upstairs pub anytime after 7 p.m.

WALKING TOUR WITH SAM ALLISON

Sunday, June 2

Sam, who is a veritable fountain of knowledge about Montreal and its history, is organizing a walking tour of a section of Montreal on Sunday, June 2. Where? He won't tell us. When? We know the date but are still working on the other details but its sure to be fun and you probably will even learn something. Call the club tape after May 19th for details. See you there (wherever "there" is). Don't forget your walking shoes.

BRUNCH & JAZZ

Sunday, July 7, 11 a.m.



We will be meeting at 11:00 a.m. for brunch at the Jardin Nelson at 407 Place Jacques Cartier and then proceed to an open air concert at the Jazz Festival. No RSVP required -- just show up in front of the restaurant by 11 am.

JILLES POOL (BILLIARDS) PARTY & DINNER

Friday, September 13

All Randonnée members are cordially invited to meet us at 7 p.m. at Jilles, 6900 Decarie, Decarie Square, for Billiards & Dinner. Try your luck on **FRIDAY THE 13TH!!!** Cost is \$4 for an evening of Billiards and is payable on arrival. Food & refreshments are extra.



RANDONNÉE CALENDAR

March

- 23 Sat Spring Signup, & 10th Anniversary Party
27 Wed MFN talk - "Walking Trail Across Canada"

April

- 3 Wed Atwater Library Signup Evening
11 Thu Management Meeting
16 Tue Trail Maintenance Info Evening
19 **Day trip surcharges apply after this date**
17 Wed Cycle Trip Leaders' Meeting
20 Sat Multi-Ethnic Pot-Luck Dinner
26 Fri Pre-season Get-Together: Alexandre Pub
28 Sun Cycle Clinic at Western Radiator
29 Mon Hiking Trip Leaders' Meeting

May

- 1 Wed Cycling Video night
4 Sat At. Albans, VT - day cycle
8 Wed Hiking Outdoor Literacy Clinic
9 Thu Management Meeting
11 Sat Loon Lake, NY - day cycle
12 Sun Map Reading Clinic - Mount Royal
17-20 Victoria Day Cycling Wknd, Stowe, VT
18 Sat Sutton, QC - day hike
24-26 Vermont Trail Maintenance Wknd
25 Sat Pleasant Valley, VT - day cycle
26 Sun Hurricane/Crows, NY - day hike
31-June1 Franconia, NH - overnight hike

June

- 1 Sat Petite Nation, QC - day cycle
2 Sun Walking Tour with Sam Allison
5 Wed "Get to know your bike" cycling evening
8 Sat Appalachian Gap, VT - day hike
9 Sun Montgomery Center, VY - day cycle
13 Thu Management Meeting
15 Sat Shelburne, VT - extended cycle
16 Sun Ausable, NY - day hike
21-24 St. Jean Baptiste Wknd, Gorham, NH
22 Sat Mansfield, VT - day hike
29-July 1 Rustic Hiking Wknd, John's Brook Ldg, NY

July

- 5-7 Vermont Trail Maintenance Wknd
6 Sat Lac Superieur, QC - day cycle
6 Sat ADK Loj, NY - extended hike
7 Sun Brunch and Jazz -Jardin Nelson
11 Thu Management Meeting
13 Sat Orford, QC - day hike
14 Sun R.A. Challenge Cycle Ride

August

- 8 Thu Management Meeting
10-11 Newport, VT - overnight cycle
16-18 Vermont Trail Maintenance Wknd
17 Sat Vache Noire, Lac Superieur, QC - day hike
24 Sat Camel's Hump, VT - day hike
25 Sun Havelock, QC - day cycle
30-Sept 2 Labour Day Wknd, Lake Placid, NY

September

- 7 Sat Arthabaska, QC - day cycle
7 Sat Giant, NY - extended hike
12 Thu Management Meeting
13 Fri Jillies Pool night
14 Sat Glen Sutton, QC - season's final cycle
15 Sun Chertsey, QC - day hike
21 Sat Hunger/Pinnacle, VT - day hike
28 Sat Cascade/Porter/Pitchoff, NY - day hike

October

- 5 Sat Brothers/ Big Slide, NY - day hike
10 Thu Management Meeting
11-14 Thanksgiving Wknd, Bethel, Maine
18-20 Vermont Trail Maintenance Wknd
19 Sat Belvidere/Tillotson, VT - season's final hike
26 Sat Winter Signup Night & Halloween Party

**For the latest information on Club events
call the R.A. tape at 489-0339**