RANDONNEWS

Published by Randonnée Aventure
Montreal's Friendly Outdoor Club

Fall 1995/Winter 1996



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Randonnews is published twice a year
and is printed by Impressions Vincent.

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

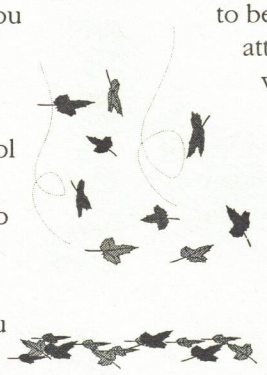
Randonnée Aventure offers:

- 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...

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

PRESIDENT'S MESSAGE

Once again, I turn my thoughts toward winter. looking at the program that the Ski Committee has set is starting to make me look forward to snow. Now before you all start jumping, I really believe that your attitude toward winter will make it or break it. If you dread winter, it will never end. Life is a parade of events over which we have no control (just try and pretend that winter doesn't exist), so if you are really depending on a 'nice day' to have a nice time, you may be disappointed!



Your attitude toward the day makes all the difference and can influence your mood. If you are out cross-country skiing and it is very cold out.... push yourself hard to get warm and appreciate the scenery around you. Looking back, although the memory of the cold may still be there — you wouldn't have missed the adventure for the world.

The whole idea of an adventure, and I hope that you look at all of R.A.'s trips as adventures, is that it is meant to be fun and should be approached with this attitude in mind. So keep a positive attitude and winter will be as fun as you want it to be.

Similarly your attitude toward the club will make a world of difference in what you get out of it. By volunteering and getting involved, you will meet more people and enjoy your trips and the club even more. We have tasks to suit all talents — look at the registration form or check out the help-wanted section later on in the newsletter. I know that the memories of the people I have met through the club, the skills I have gained working with them, and the adventures I have had with them will last much longer than the winter.

Anne Harper

FROM THE EDITOR

It's been a truly wonderful season, both in terms of weather and in trip participation.This issue, you can wander the corners of the earth, from California to Nepal, with a brief sojum somewhere inbetween in Malta.

As you will see, contributions to the Randonnews have been very good indeed. So good, that we just don't have space to include everyone's submissions this time. But don't let that discourage you—we will find a place for you in next year's issue. So thanks to all who submitted articles, cartoons and photos.



As you will also notice, the Randonnée Aventure Ski Committee has been very active in preparing a list of cross-country ski trips along with various opportunities to help you improve, if not learn outright, skiing skills.

Unfortunately, my stint as Editor of the Randonnews is coming to an end. Having overcommitted myself with too many volunteer obligations, I find I must be practical and divest myself of some of my responsibilities, no matter how much it hurts. So to all you budding desktop publishers out there, please call the Club tape and offer your services. You get to talk to many very kind and very helpful people. Believe me, you don't do this job all alone—everyone is more than willing to help!

I would very much like to thank Anne, Karen, Bill, Elise and Margaret for the enormous help they have provided by contributing cartoons, advertising, proof-reading and editing, not to mention a shoulder to lean on every once in a while. Merci beaucoup à tous!

Nancy LaRose

Just A Reminder

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, December 9, 1995 at 8:00 p.m. for the following purposes:

- To receive the unaudited Financial statements of the Club for the fiscal year ending October 31, 1995
- To elect the Board of Directors for the following year
- To resolve not to appoint auditors for the following year.
- To transact any other business which may properly come before the meeting.

Dated this 15th day of September, 1995

By Order of the Board of Directors

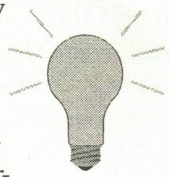
According to the by-laws of Randonnée Aventure, the four members of the Board of Directors are voted in by the membership at the Annual General Meeting.

Nominations received to date for the position of director are:

Anne Harper	Jill Aspinall
Gail Tedstone	Vacant

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.



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.

MEMBERSHIP INFORMATION

MEMBERSHIP FEE



The annual membership fee is **$30**. Please make sure to write separate cheques for the membership fee and for any trip registrations. This is due to government regulations that require us to deposit all trip payments into a separate account. Your cooperation is appreciated.

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 April of this year be forewarned. This will be the last copy of the *Randonnews* that you will receive.

And, of course as you probably know, *Randonnotes*, our mid-season publication is only sent to current members. 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 and renew now**.

BORDER CROSSING

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

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.

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 (TMR shopping center before 8:00 a.m.). 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.

KICKING AND GLIDING WITH RA

Welcome to the 1995-96 ski season. This year's day trip prices are offered at the same prices as last year—**$24** for regular trips and **$30** for the end-of--the-season party.

Due to professional commitments, John Stewart has stepped down as Ski Director passing the torch to Leon Ferrari who will be assisted by the indefatigable Gail Tedstone. Pat Zebel will be handling administrative duties this season for the fifth year.

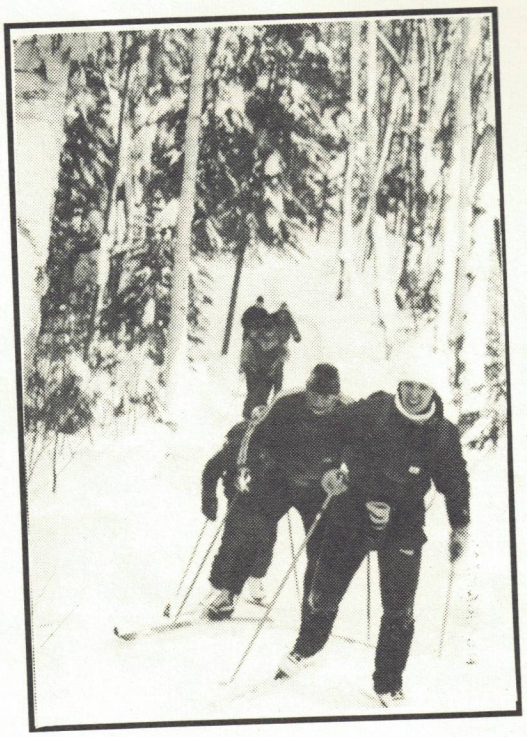
In his short tenure John brought many new ideas to the club, one of which was to offer a pre-Christmas ski clinic to take place Dec. 15 to 17 at Craftsbury Common in Vermont. Again this winter, we will be offering ski lessons Tuesday and Wednesday nights on Mount Royal. A third way to take a lesson is to make a reservation through the club for group instruction on the Far Hills trip on Jan. 13.

We will be holding our annual hands-on waxing clinic on Wed. Jan. 3. Bring your skis or just come and get some waxing tips. Two new trip destinations this year are Lac à la Loutre and Mount Van Hoevenberg. The last trip of the season will go wherever the snow conditions are best.

Our not-quite-end-of-season party will be held on the second last trip of the season to Farmer's Rest. Two years ago the chili was so good there was none left for latecomers. This year we will try to make sure that there is enough to go around. As usual, we will have plenty of mulled wine and Jim's sangria to accompany the lunch.

Keep your fingers crossed for a great ski season with lots of snow. See you on the trails.

Leon Ferrari, Ski Director
Pat Zebel, Ski Administrator

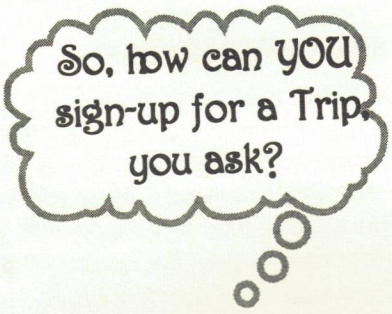


TRIP REGISTRATION

Prices This Year:

Skiing: **$24** for regular trips
$30 for Trip 12 (the end of season ski/lunch/sangria trip).

Please note that there is a surcharge of **$2** for all trip signups received after December 8. Cheques must be dated and received by that date for the regular price to apply.



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 Halloween Party on Sat., Oct. 28, at the Westmount Armory, 4625 Ste-Catherine West. (Registration from 8:30–9:30 pm.).
- ✓ **Come to our SIGNUP NIGHT** on Mon., Nov. 6, at the Atwater Library, Atwater & Tupper St., 5:30–8:00 pm.

ATWATER SIGN-UP EVENING

The Winter sign-up and information night will be at the Atwater Library, 1200 Atwater at Tupper, **Monday, November 6, from 5:30 to 8:00 p.m.**. Members of the ski committee will be there to answer your questions about ski trips, the waxing clinic and/or ski lessons.



SKI TRIP LEADERS ORIENTATION MEETING

Tuesday, December 5th, 7:30 p.m.

R.A. wants YOU! As with all other aspects of the club, ski trips are run by volunteers. If you want to help R.A. by leading or assisting a ski trip, check off the appropriate box on the registration form. First timers will be paired with an experienced partner. All volunteers who have been selected as trip leaders will be contacted prior to the meeting, but other volunteers are welcome to attend.

Le Manoir, *5319 Notre-Dame-de-Grace Avenue (corner of N.D.G. Avenue and Décarie Boulevard, Metro Villa-Maria)*

1996 CROSS-COUNTRY SKI TRIPS



No.	Date	Destination	Trail Rating	Facilities
1	Sat Jan 6	**Lac Monroe** Parc du Mont Tremblant (west sector) Our favourite early-season destination.	E-M-D	R/W/B
2	Sun Jan 7	**La Mauricie** National Park north of Trois Rivieres Well-groomed trails with rustic trailside cabins.	E-M-D	W
3	Sat Jan 13	**Far Hills** Val-David/Val-Morin, Laurentians A perennial RA favourite. Lots of excellent trails. Reserve a ski lesson through the club.	E-M-D	R/W/L/S/B
4	Sat Jan 20	**Pimbina** Parc du Mont Tremblant (eastern sector) Warming huts on the trails & gray jays that eat from your hand.	E-M-D	R/W
5	Sun Jan 21	**Parc du Mont Orford** Eastern Townships (819-843-9855) Wide variety of trails and lots of huts.	E-M-D	R/W/L/S/B
6	Sat Jan 27	**St. Jovite** Laurentians Meet up with your buddies on the weekend trip.	E-M-D	R/W/B
7	Sat Feb 3	**Mt. Van Hoevenberg** Lake Placid, New York (518-523-2811) Site of the 1980 Winter Olympics but also has easier trails. Bring ID for the border.	E-M-D	R/W/L/S
8	Sat Feb 10	**Sutton En Haut** Eastern Townships Short, but very pretty trails.	E-M-D	W/S
9	Sat Feb 17	**Le Petit Bonheur** Val des Lacs, Laurentians Situated on the snowbelt so always has lots of snow.	E-M-D	W
10	Sat Feb 24	**Lac à la Loutre** Huberdeau, Laurentians Discover new trails at a new destination.	E-M-D	R/W
11	Sat Mar 2	**Hotel L'Esterel** Esterel, Laurentians (866-8224) Lots of easy trails. Bring your skates, snowshoes or hire a dog-sled team.	E-M	R/W/L/S/B
12	Sat Mar 9	**Farmer's Rest** Eastern Townships End-of-season party – chili, sangria, wine.	E-M-D	R/W
13	Sat Mar 16	**Go With the Snow** Wherever the snow is best Destination unknown until 2 days before the trip.	? ? ? ?	

Trail Rating

E	Easy	flat, machine-groomed
M	Medium	gentle hills
D	Difficult	hilly, narrow

Note: Ratings may differ from one center to another.

Facilities

- **R** Restaurant or snack bar (Destination may change so bring a lunch)
- **W** Waxing room or hut
- **L** Ski lessons available (make your own arrangements)
- **S** Ski skating trails
- **B** Bar for aprés-ski

BUS DEPARTURE TIMES

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

7:45 a.m. Queen Mary and Decarie Blvd. (TD Bank) **Snowdon Metro**.

8:00 a.m. Town of Mount Royal Shopping Center (Murray's Restaurant). Luceme Road and Metropolitan Highway service road. 10 minute walk from **de la Savane Metro**.



IMPORTANT SKIING INFORMATION



DRYLAND CROSS-COUNTRY SKI TRAINING & FITNESS

Wednesday, October 18, 7:00 to 9:00 p.m.



Get in shape before the start of the ski season. R.A.'s ski instructor, Tom Silletta, is conducting a dryland ski training and fitness course every Wednesday evening for eight weeks.

Exercises will be geared towards improving technique and level of fitness for cross-country skiing. Sessions will be composed of a theoretical component, stretching and warm-up routines, running and hill-climbing with poles, followed by a group activity.

Cost is **$80** per person for a package of eight lessons. A minimum of 15 people are needed for this activity to proceed. For more information or to sign-up, call John Stewart via the Club tape.

Note: After five years of leading Randonneurs through their paces, Tom Ravnay will no longer be holding his Tuesday evening fitness and volleyball sessions.

BLACKS' OPEN HOUSE

Tuesday, November 21, 7:00 p.m. to 8:00 p.m.

For one night only, Randonneurs and their guests will have the exclusive run of Blacks' sporting goods store. Blacks' staff will demonstrate sports clothing and equipment and will be glad to answer any questions you may have. Don't forget that R.A. members receive a discount on any purchases.

Blacks Camping, *3525 Queen Mary Rd*
(corner Cote-des-Neiges, Metro Cote-des-Neiges)

HANDS-ON WAXING CLINIC

Wednesday, January 3, 7:00 to 10:00 p.m.

Time to dust off the old boards and get them in shape for the season. Glide wax should be applied at least once a year so don't keep putting it off. Do-it-yourself with help and advice from experienced club members.

A representative from a wax manufacturing company will be on hand to explain the basics of grip and glide waxes for novices. A more in-depth demonstration of the art of waxing will be presented for intermediate and advanced skiers.

Bring your waxes, scrapers, base cleaner, waxing irons and cloths and wear your old clothes. Work benches will be available for your use. Unfortunately, due to the messiness of the tarring process, we will not be equipped to pine-tar wooden skis. Refreshments will be provided courtesy of R.A.

Western Radiator *(Jim's garage)*
2160 Harvard Ave, N.D.G.
(corner of de Maisonneuve and Harvard)



CROSS-COUNTRY SKI LESSONS

Tuesdays or Wednesdays, January 9 to February 7
Time: 7:00 p.m. – 9:15 p.m.

Once again, Tom Silletta, former Quebec Ski Team coach, will be giving ski lessons on Mount Royal on Tuesday and Wednesday evenings. Two levels of instruction will be offered each night: Beginner and Intermediate/Advanced.

Beginner lessons will consist of an introduction to the basics of diagonal, skating, uphill and downhill techniques. Intermediate/advanced lessons will concentrate on the refinement of the above techniques.

Each group will have one hour of instruction and one hour of skiing the excellent trails that the mountain has to offer. An R.A. volunteer will be on hand to guide novices around the mountain. People not enrolled in the lessons are more than welcome to come up and join us for some night skiing.

Lessons may possibly be cancelled due to a lack of snow and rescheduled at a later date. If snow conditions are iffy, check the Club tape to find out if the lesson has been cancelled. Lessons will not be cancelled due to cold weather so dress appropriately.

Meet at Beaver Lake chalet at 7:00 p.m. sharp. If you don't have a car, the Number 11 bus runs near the chalet or you can walk up from Cote-des-Neiges. People with cars can park near the chalet but don't forget to bring change to feed the meter.

Lessons will be sold as a package of **five for $45** with a choice of either Tuesday or Wednesday evenings. R.A. will attempt to find a buyer for the entire package of five lessons if you decide to sell it prior to January 3, but R.A. does not guarantee that a buyer will be found.

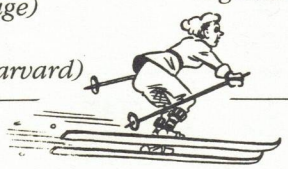
Make sure that you indicate the level of lessons as well as the evening on the registration form.

SKI LESSON AT FAR HILLS

January 13, 1996

New this year! Reserve a place in a group lesson at Far Hills when you register for your trip with R.A. Choose either a beginner, intermediate or expert lesson. Class size is limited to eight people. With two busloads of people and only four instructors, there will be a maximum number of reservations that we can accept. Cost of the lesson will be approximately **$10** to **$12** per person for a three-hour session, payable directly to Far Hills. Don't forget to bring money on the trip to pay for the lesson.

If interested, mark the appropriate box on the registration form.

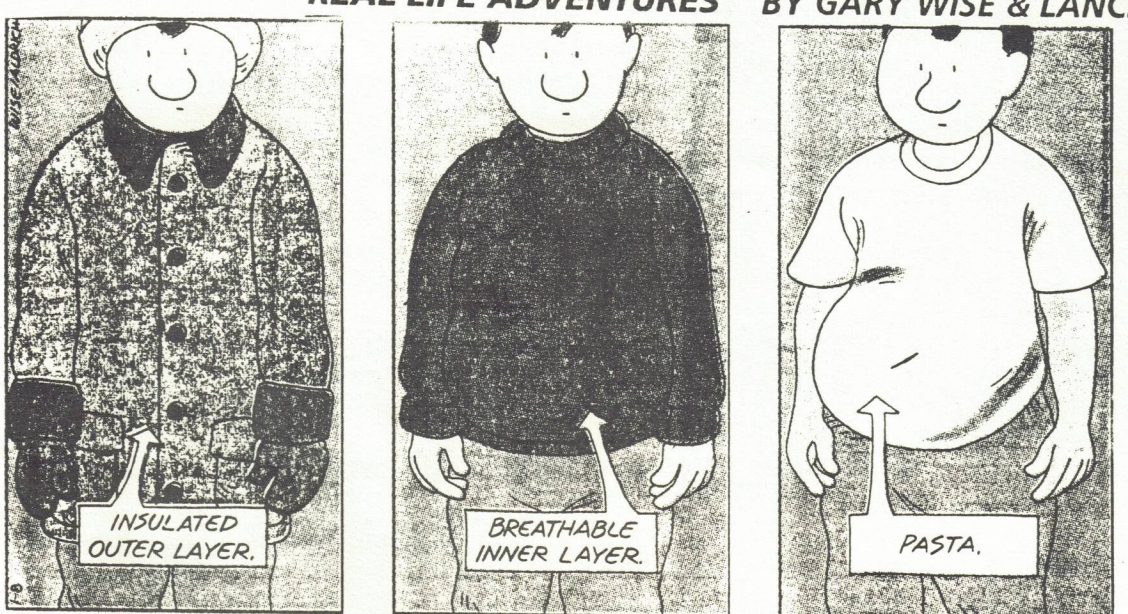


SKI TOURING TIPS

Follow these tips for your comfort and safety, and to get the most out of your R.A. day ski trips:

- ✔ Wear layers of clothing because each layer traps air for insulation and can be added or removed to control body temperature. Avoid overdressing as this makes you uncomfortably hot and excessive sweating can lead to hypothermia later.
- ✔ A lot of heat is lost through the head, so on cold days a tuque is important. On warmer days, a tuque will cause you to overheat so that a headband or earmuffs are better.
- ✔ Avoid cotton fabrics because they hold water and cause heat loss. Wool keeps you warm even if wet. Polypropylene "polypro" (e.g. Lifa or Helly Hansen) wicks moisture away from the skin to evaporate, so is the best first layer — dry skin is important for warmth. A thin pair of polypro socks under your regular socks helps to keep feet dry and warm.
- ✔ Mitts are warmer than gloves. Thin polypro gloves will fit under mitts and most gloves for extra warmth.
- ✔ Carry a lightweight breathable windbreaker.
- ✔ For longer outings carry a day pack with energy food and liquid, extra wool sweater, socks and mitts, tape, laces, spare ski tip, pocket knife and ski waxes.
- ✔ Bring a spare turtleneck, sweater and socks (leave on the bus) to change into after your ski.
- ✔ Carry identification, some money, and **medicare card** with you, **while skiing**—don't leave in the bus.
- ✔ Don't ski alone: you could be stuck out in the cold from even a trivial accident, and besides it is more fun to ski with others. If you are new to the club and have no one to ski with – ask the trip leader and he/she will match you up with other skiers at your level.
- ✔ Buy or make a bag for your skis and poles. This protects them and makes it easier to load and unload them on the bus.
- ✔ Waxing: Listen to the weather forecast the day before and guess the correct wax. This saves prolonged waxing when you're itching to get on the trails after a long bus ride.
- ✔ Use the map. The trip leaders will usually provide maps, and many places we go to have maps on boards at trail junctions. It is surprisingly easy to take the wrong trail.
- ✔ Most, but not all, of our destinations are to ski centres that have a cafeteria or restaurant. However, you should bring a packed lunch because sometimes we change destinations at the last minute because of snow conditions. Most places we go to have somewhere warm to eat lunch. If not, we can use the bus.
- ✔ Give yourself lots of time to get back to the bus on time otherwise you risk being very unpopular with over 40 other club members, and you will have the trip leaders worrying about whether you might have had an accident.
- ✔ Check yourself and your companions for signs of frostbite. White patches on face and ears or numbness of body parts indicate that frostbite is imminent. If shelter is not nearby, warm a frostnipped nose or ear by placing a bare hand on it– **DO NOT RUB** as this will cause further damage. Cold hands can be warmed up by windmilling the arms.
- ✔ To prevent hypothermia, avoid overexertion, dress appropriately, eat and drink at regular intervals. Symptoms of the early stages of hypothermia are fumbling, stumbling, disorientation and uncontrollable shivering. Hypothermia is progressive and must be treated before it leads to unconsciousness and death. Get to shelter, if possible, remove wet clothes, add another layer of clothing, drink hot fluids and keep moving to rewarm the body.

REAL LIFE ADVENTURES **BY GARY WISE & LANCE ALDRICH**



CANADIAN SKI MARATHON

February 10–11, 1996

A Canadian cross-country skiing tradition continues with the 30th running of the Canadian Ski Marathon (CSM). We return this year to Gatineau for the start of the world's longest ski tour. The 170 km of trails that are part of the CSM are some of the most spectacular ones around and are open only once a year. Don't let the word marathon scare you – divided into 10 sections the two-day marathon has something for every level of skier – you can ski as many or as few sections as you like. Each year R.A. enters a Maxi Team in this event. Some of our members participate as a four-person Touring Team, and a few enter the elite Coureur de Bois category. It's a lot of fun, you meet skiers from all over the world, and that long, slow bath at the end of the day feels really great!

Information, Pot-luck Supper and Sign-Up

A combined information-registration evening and pot-luck supper will be held on **Sun., Nov. 26th**. Call the Club tape the week before for time, location and details. Application forms will be available at the meeting.

Accommodation

To suit different budgets, there is accommodation in different price ranges. The luxurious Chateau Montebello is ever popular. We will also be returning to the B&B we stayed in last year. Motels are available and of course there is always the school gym in Papineau-ville, although this option is not for the faint of heart! R.A. will help make arrangements for the two-night stay.

Marathon Volunteers

Trail Maintenance: As part of R.A.'s commitment to maintain a section of the CSM trail, volunteers are needed to help clear branches and flag trails along the marathon route on two dates: **Oct. 21st** and **Nov. 4th**.

Help Wanted: The CSM runs smoothly due to the dedication of several hundred volunteers. If you are interested in helping, Karen Findlay can provide information about different volunteer opportunities.

If you are interested in participating in the CSM, check off one or more boxes on the R.A. registration form or leave a message on the Club tape (489-0339) for Diane (skiing), Gerry (trail maintenance) or Karen (volunteers).

Diane Lowden, Maxi Team Captain

A FIRST TIME EXPERIENCE AT THE 1995 CANADIAN SKI MARATHON

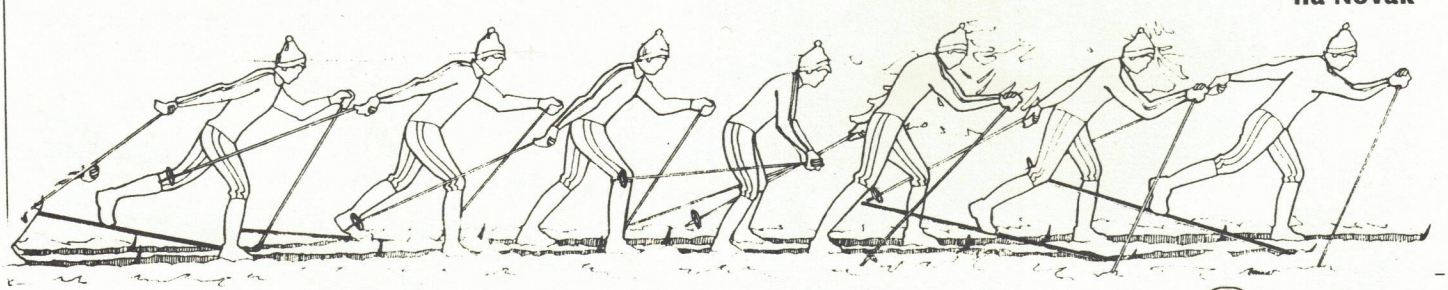
My first experience with the C.S.M. (Canadian Ski Marathon) was both interesting and fun. We stayed at a lovely bed-and-breakfast in Montebello owned by a very nice man who fed us very well, very early in the morning.

Off to a mass start on the first day—reminiscent of the Décarie Expressway during rush hour. I didn't know so many people knew how to ski. Well, after a while, the crowd thinned out. (They all passed me.) The day was beautiful—sunny and mild. The sun shone on the snow more beautifully than on any beach I can think of. There were people from all over the world—such as British teenagers stopping for smoking breaks in the snow—and of all ages. I was mostly impressed by the children. I didn't know people that small (5 or 6 years old) could ski that much. It took me four hours and fifteen minutes to finish one section — and I was too late to start the second section, as I landed with a crash at the checkpoint way after the cut-off time, so I just had some soup and bagels and got on the bus back to Montebello.

Next day—oy vay!—was it ever cold. Icicles formed on my eyelashes and hurt my eyes when I blinked. The skin on the front of my thighs froze, and I was certainly exercising them. The trail was very open, and boy, was it windy. There were all those children again and they were a lot less happy than they had been on Saturday! On the bus back, one woman told me she had read a story to her son the previous week about an Antarctic explorer who had frozen to death. On the trail that day, the poor kid told her, "I'd rather die than freeze to death." Finally, I made the checkpoint (3 hours later) with enough time to start the second section. I thought about it a while, but the faster skiers had finished off all the soup and the bagels, and my fingers were frozen solid, so I hopped on board the bus. I was absolutely certain all my friends were way ahead, doing two or three sections. When I got back to the bed and breakfast, the whole crowd was there to greet me! It seems I wasn't the only one to get frozen.

All in all, the marathon was fun and interesting, and well within the capacity of a very average skier like me. It is cross-country skiing as it was meant to be—across the country—rather than doing little loops around and around some commercial center. Try it, you'll like it.

Ila Novak



CROSS-COUNTRY SKI CLINIC WEEKEND

Craftsbury Common, Vermont
Fri., December 15–Sun. December 17, 1995

A very full weekend of training with expert ski instruction. Lessons will include classic and skating techniques plus video analysis and, hopefully, a waxing clinic. Accommodation is rustic with basic rooms that comfortably sleep two people. Bathrooms are shared. There is a fully-equipped kitchen for hot and cold drinks and a common lounge for, well, lounging around.

Meals are served buffet-style and are, of course, all-you-can-eat. The home-made food is of excellent quality and the whole wheat breads, fresh salads, wholesome vegetarian dishes and desserts are highly recommended.

WEEKEND COST: **$235** which includes ski lessons all day Saturday and Sunday morning; Friday and Saturday evening theory and video analysis sessions; six meals; two nights accommodation; and trail fees.

TRANSPORT: by carpool with shared expenses leaving Friday afternoon and returning Sunday evening.

DEADLINE: Full payment for the trip must be made by **Nov. 15** to guarantee a reservation.

MONEY-BACK OFFER: Craftsbury guarantees snow or a full refund will be made. Non-members must also buy a one-year R.A. membership. For more details, call Jim Mullett between 9:00 a.m. and 4:00 p.m. at 481-5903.

CROSS COUNTRY/ALPINE SKI WEEKEND

Pinoteau Village Condos, Mont Tremblant, QC
Friday, January 26 to Sunday, January 28

While waiting for the snow to fly, your ski committee has planned a weekend getaway to one of our favorite areas. The weekend includes bus transportation, 2 nights accommodation and Saturday night dinner at the nearby Chalet des Chutes. Over 110 km of cross country ski trails begin at the front door and Mont Tremblant's Alpine ski slopes are 10 minutes away by shuttle bus.

We will be staying at the condos at Pinoteau Village with three to five people per condo. Each unit has a fully equipped kitchen, two bathrooms, a living room with a fireplace and two or three bedrooms. Sleeping accommodations include queen size and twin beds and some pull out couches. Condo occupants will share breakfast expenses, cooking and other chores. Bring your own lunch supplies. Pinoteau's facilities include an exercise and games rooms. The number of places is limited so register early to avoid disappointment.

TRANSPORTATION: By luxury charter bus departing from Atwater & Ste. Catherine (in front of McDonalds) on Fri. Jan. 26 at 7:00 p.m, leaving Sun. Jan. 28 at 4:00 p.m.

COST: $166/person for members only. To become a member, you must provide a separate cheque of **$30**. A **$20** surcharge applies to reservations received after Dec.8.

METHOD OF PAYMENT: A deposit of **$50** is required when making your reservation along with a cheque for the balance, dated no later than Dec. 8, 1995. All cheques are to be made payable to **Randonnée Aventure**.

ALPINE SKIERS: Please indicate on the registration form if you wish to purchase a two-day lift ticket for Mont Tremblant for **$76.** (Regular day ticket is $44). A coordinator to organize money collection will be selected from those interested.

WILDERNESS WEEKEND

Want to get away from it all? Join us for a weekend in a rustic cabin in the wilds of Quebec. Previous trips have been to the Papineau-Labelle and Mastigouche reserves and Tremblant park. Participants must be able to competently ski up to 15 km with a 25 to 30-pound backpack containing sleeping bag, clothes and supplies.

Cabins are warm – once the stove has been lit so there is no need for heavy-duty sleeping bags. Plumbing is of the outdoor variety, lighting is candle-powered.

TRANSPORTATION: By carpool to the trailhead on Saturday morning, returning Sunday evening.

COST: Will be $20 for accommodation plus an equal share of the food, drink and transportation expenses.

DESTINATION: Cabins cannot be reserved until October 1 so the destination won't be known until the sign-up evenings. A limit of 15 to 20 people will be imposed, depending on the capacity of the cabin.

DATE: We will try to reserve for the weekend of **March 2nd** but may have to settle for a altemate date.



HIKING 1995 – THE STORY SO FAR ...

We're well into the second half of a terrific hiking season, a season with the best weather I can remember. We still have lots of good hiking to come, so let's hope the wonderful weather continues right into November.

It's been good to see so many new members this season, both at our Outdoor Literacy Evening and on the trips. Welcome to R.A.

I'd like to thank our Hiking Administrator, Bob Paknys, and all the members of the Hiking Committee, who have done so much to organize the season and keep it going smoothly. Thanks also to all the Trip Leaders and Assistants who have made the day-trips and weekends successful. We're always looking for new people to help plan and run the activities, so please contact us if you would like to assist.

An idea for a new type of Extended Trip has been suggested for next season, an idea that would open up some new destinations for R.A. 'day-trips'. A Friday evening bus departure to a destination further afield than usual, such as the White Mountains, an overnight stay in a motel, an early start to a long day of hiking, then a Saturday evening return. The cost would likely be in the range of $80 to $95. Before organizing this kind of trip, we'd like to find out if there is sufficient interest, so please respond to the question on the registration form.

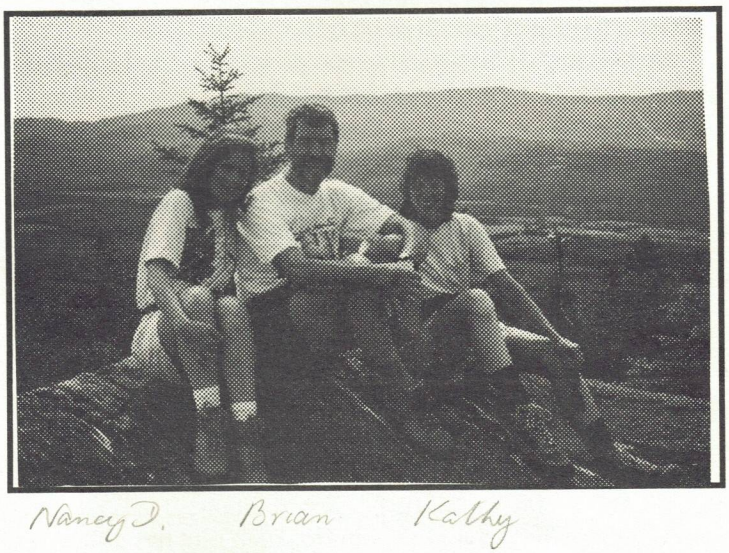
Have a great time hiking this fall!

Clive Brewer

WEEK-DAY HIKES

To date, four hikes have been organized to such destinations as Laraway, Vt., the Adirondacks, N.Y., and Sutton, Quebec. Trips take place on Tuesdays with a Wednesday alternative. Those hikes which have already taken place were exceptional. Proposed trips are to **Hurricane**, **Oct. 17** and **Lake Willoughby, Oct. 31**. If interested, call Mike at 630-4767.

Mike Serniuk



WANTED - PREFERABLY ALIVE

Some key positions in the club are becoming vacant in the near future and we are looking for a few good men or women to fill them.

Margaret Robertson, our Registrar, will be retiring in the spring and ideally we would like to find a replacement as soon as possible. This would allow the new person to work with Margaret throughout the winter registration period so as to benefit from Margaret's wealth of experience. As a bribe, I will mention that a computer comes with this position.

In addition, Nancy LaRose will be stepping down as Editor of the *Randonnews* after this issue. If you have some experience in desktop publishing and would like to give us a hand, please let me know. If you are interested in either of these positions or in working for the club in any capacity, or if you would like more information, please leave me a message on the Club tape. I'm looking forward to hearing from you.

Anne Harper

CLASSY AD

Bottecchia Racing Bike

57 cm (23") frame; Columbus tubing; Ferrari red; Campagnolo Victoria components; Mavic rims; Time Criterium pedals; Profile Aero handlebars.
Includes 2 spare tires and orginal handlebars.
Asking price: **$500**

Anthony: 631-0265 (evenings)

QUEBEC TRAIL MAINTENANCE

After our six outings in 1995, putting up ribbons on proposed trails and clearing two more kilometers of new trail, there remain but two more trips to Mont Oureau. We are currently waiting for permission from landowners to clear a small section of the trailhead on Rt. 329. This 1 km stretch, when completed, will join our trail with the small bridge that leads to the trailhead at Montagne Noir Ribbons must also be placed in the mid-section where the existing trails are to meet. When completed, approximately 12 kms of trail will have to be groomed and made ready for travel, a feat yet to be accomplished in 1996. Our spring and summer crew included Barbara, Ricky, Karen, Holly, Cesar, David, Leon and Sheila.

Thanks to all!

Mike Serniuk



Brian Abbott Monica Maida



Al Wayne Mike

LONG TRAIL MAINTENANCE 1995

Once again, we, the Vermont trail maintainers, have had a productive season with 3 out of 4 maintenance weekends having been completed. We had the opportunity of working with Tim Tierney, Northern Field Assistant of the Green Mountain Club, and the Long Trail Patrol (a full-season professional crew that worked for 3 weeks on the Forester's Trail). We enjoyed working with them and learning from their experience. We thank them as well as Sharon and Rolf Anderson for their hospitality and their willingness to come to our rescue!

The following tasks were accomplished:

- Spring walk-through with about 50 blow downs removed by chainsaw
- Waterbar work and steps at Hazen's Notch
- Reroute on Haystack — eliminating dozens of dangerous puncheons
- Rock step work and waterbar work on upper Forester's
- Extensive brush cutting on about 3/4 of R.A.'s section of the Long Trail (the remaining 1/4 is one of our projects for the October 13th weekend)
- And, last but not least, the usual tedious jobs like whacking annual growth.

October 13-15 is the last weekend this year where we prepare the trails (as much as possible) for spring runoff.

Thanks gang! You've done a great job. A special thanks to those who helped organize weekends. We couldn't have done it without you.

Those who have never done trail maintenance before but think you'd like to, be sure to sign up for the next season. We need you!! To give you a better idea of what it's all about and to meet some of the regulars, come to our Trail Maintenance Information meeting to be held in the spring of 1996. Details will follow in the next edition of the *Spring 1996 Randonnews*.

LET'S HIT THOSE TRAILS!

Maureen Robertson



END OF SEASON CYCLING REPORT

Our annual bike clinic was well attended by eager cyclists getting down to the business of cleaning and adjusting their bikes. Our first day trip took us to Rivière St-François, Quebec where a very windy day made for a challenging ride. Victoria Day weekend took us west to Kingston, Ontario, a slight change from going south. All our routes this year were great, topped with sunny days but the wind was there to add some spice to our conversation at the end of the day's ride. St-Jean-Baptiste weekend was a joint event spent with our hiking colleagues at Stonehurst Manor, North Conway, N.H. Lots of sunshine, a little hot for some cyclists but fun was had by all. Rutland, Vermont, new territory for our Labour Day weekend, had good cycling routes with rolling hills—a great condo weekend.



The Cycling Committee decided to lead eleven day trips for the 1995 season, and with the exception of Trip No. 10 to Jay Peak, Vermont, all were sold out. I think our early season description in the *Spring Randonnews* gave members the wrong impression regarding Jay Peak. It was only the expert route that led you over Jay Peak. Our last day trip went to Bedford/Dunham, Quebec. After a nice day of cycling, we celebrated the end of the season sipping sangria.

The cycling trip leaders' briefing was well attended. A good job was done by all leaders, assistant leaders and scouters. The R.A. Challenge Ride was well co-ordinated — a great success for our 2nd year. Watch for the Challenge coming to you in 1996. Your Cycling Committee is already planning events for a new season.

Thanks to all volunteers and committee members for a very successful season.

Looking forward to a new season. See you then!

Tony Scott

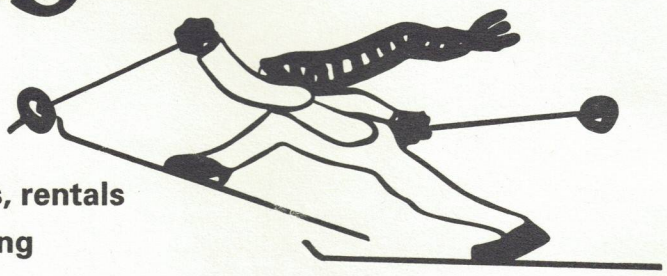


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CALIFORNIA DREAMING

At the end of July this year, I had the chance to visit Los Angeles for 8 days with four days set aside for cycling. I had heard that the smog there could be a problem and the traffic horrendous. Lo and behold, these do exist but even they did not stop me from having an awesome time.

The first ride took me on the bicycle path constructed on the beach, winding itself from Temescal Canyon Road to Palos Verdes Peninsula—a total 72 km round trip. This route allows you to take in all the L.A. beaches in one day such as Santa Monica Pier and Beach (TV's Bay Watch), the famous Venice Beach (yes it's wild with its funky people), Marina del Rey (known for its expansive marina) and Hormosa Beach where young ladies roller blade in thong bikinis.

For my second ride, I joined up with 15 members of the San Fernando Bicycle Club. We rode from Cal State Tech to the beaches and back—a total of 118 km. This enabled me to cycle through Brentwood, the neighbourhood of O. J. and Nicole Simpson, and pass the restaurant where Ron Goldman worked. It is an area of tree-lined boulevards and manicured lawns. Just marvelous.

The third trip was, as they say in Califomia, 'Just awesome, dude.' It's was a circular route which started in the Santa Monica Hills at 100 metres and wounds its way up to 700 metres within ten kilometres, and the temperature was 43° F and dry. As you stop and look back down the valley you can see the San Gabriel mountains, 100 or more kilometres away. The scenery is just spectacular with small village enclaves of Spanish architectural homes with their orange tiled roofs and the odd lake nestled in the valleys. Continuing along the main road, Mulholland Highway, which is along the top of hills, the view on either side is overwhelmin g. And then comes the descent. From 500 metres to the Leo Carrillo Beach (named after Pancho, Cisco Kid's side-kick) within 10 kms on Pacific Coast Highway (PCH). The temperature dropped from 40° to 25° F at the beach with a breeze that soothed the body no end. The next leg is south along PCH following the ocean on your right for 55 kms to Malibu Canyon (Rockford Files). The shoulder is wide and safe, and not a highway in the conventional sense. At Malibu Canyon, the route turns left away from the ocean and winds through an actual canyon that dwarfs you, as you pedal along the river that carved it, back to the starting point.
I was sorry to end this ride but it will be repeated.

The final ride was short, as I stayed inland for another 40° F ride in town. This route passed Burbank, Warner Bros., and Universal Studios. Here, you view the Hollywood Bowl and Beverly Hills, and from the top of Mulholland Drive that is a road along the crest of the hills, there are vistas for kilometres around.

As I left California for Montreal, I was sure I could hear that old refrain from the Beach Boys, 'Surfing USA.'

Dinsmore Roach

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R.A. CHALLENGE RIDE

The Challenge Ride held this year on Sunday, July 16, 1995 attracted 50 members on a perfectly sunny day of 26° C and low winds. This year it was held at Quinns Farm on Ile Perrot where everyone gathered for the 9:15 a.m. start off. The route from the farm was able to accommodate everyone as a group for the first and last 24 km up the Ottawa river and back along the St. Lawrence. There were enough challenges for all levels of cycling and expectations—the short, intermediate and long routes covered 70, 86, and 112 kms respectively. Back at the farm lunch was served at 3:00 p.m. with hamburgers, hot dogs, homemade pies and tarts, and a super salad. There was more than enough food for all. Congratulations go out to Coordinator, Paul Jensen, and to Tony Scott and Dinsmore Roach for assisting.

YOSEMITE NATIONAL PARK, CA

In August, while vacationing in California, I took a three-day camping trip to Yosemite National Park and the Eastern Sierra Nevada with a group called *Green Tortoise*. Having read about it beforehand, I knew that this would be a different sort of trip. Because we were driving at night, we travelled in a special bus which could be converted into beds, a.k.a. "The Miracle".

Leaving San Francisco at 10:00 p.m., we did our food shopping along the way, and then performed "The Miracle" since we still had some distance to cover. The next morning, upon awakening, we discovered that due to problems with the bus, we were still a good hour away from the park. We had planned to go on an early hike from the top of Glacier Point down into the valley, but soon realized that it would not be feasible. After waiting hours for a replacement bus, we finally arrived at Yosemite where we were thoroughly enamoured by its mountains and waterfalls.

The hiking there is different from what we're used to. Due to heavy tourist activity, paths are used rather than trails. On our first day, we hiked up to Vernal Falls and Nevada Falls. Although it was very hot, we finally reached the top, taking pictures along the way, of course. With the mountains in the background, it was a sight to behold! We tried to go for a dip in the pools but only made it up to our toes because the water was ice cold! So we rinsed off as best we could and then headed back to the Valley. After dinner, we headed back for our campsite in a beautiful secluded spot in the Eastern Sierra Nevadas.

On the second day we had some swimming stops planned. Our first destination was the Hot Creek where the water is actually freezing but is heated by the hot springs. You have to keep moving until you find a warm spot so you do not freeze. On one side, you can see the Glass Mountains which are brownish in color, while on the other side you see the snow-capped Sierra Nevada Mountain Range.

Our next destination was Mono Lake filled with salt and mineral formations called tufas. We were able to float on the water but our skin had turned white from the salt. Mono Lake has been steadily depleted of its resources and continues to decrease in size due to the fact that the southern part of the state gets their water from resources in the north. After stopping to refuel, we drove to our campsite in another secluded area past the Nevada border where the trees are thought to be the oldest in history.

On our final day we returned to Yosemite National Park to visit the Tuolumne Meadows. We hiked up to Lambert Dome which looks much more ominous from the bottom than it really is except that near the top there are boulders. But the view of the valley and the snow capped mountains are worth it! We then drove to see the Sequoia redwoods which are the largest trees in California. After dinner we set off for San Francisco where our tour ended.

All in all, it was an interesting excursion. Everything was just beautiful and the camaraderie was great. However, this tour is not for everyone as there is a lack of basic facilities. It is difficult to shower, you must use the shovel and hole trick, and you must be prepared to sleep on a bus with forty other people. But the sights you see are impressive and the experience itself is definitely worth it.

Maida Haltrecht

Discounts for R.A.

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

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

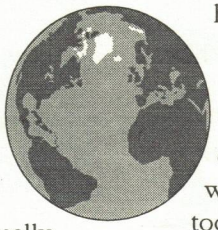
Sirens Ski Shop
6131 Sherbrooke St. W.
482-2734



HIKING IN MALTA–SPRING 1995

For ten days last April, Debrah and I hiked the islands of Malta and Gozo. We joined a group tour of 17 people led by Ron Baylis who owns the tour company, called appropriately enough, "Comfortable Hiking Holidays."

Joining with the group in London, England, we arrived at Luca airport in Malta, near the Capital city of Valetta mid-afternoon. Our first excursion was the one-hour trip to the Paradise Bay Hotel at Cirkewwa (Paradise Bay) on the North end of the island of Malta, about 15 miles away. Malta is only about 15 miles long, but the roads are small, hilly, winding and busy, so getting somewhere can take quite a while.



At the hotel everyone had a room facing the Mediterranean. In the moming we would rise to see the sun and watch the small Maltese fishing boats in the bay.

All expenses were prepaid for the trip— airfare, buses, all meals at the hotel, even a nice box lunch every day to take on our hikes. We usually rose at 7 a.m. in time for breakfast returning at night to ease our muscles in the hotel's heated sea-water pool. Every night we would meet with Ron Baylis to lay out our plans for the next day's hike, followed by dinner together at 8 p.m. There was always a disc-jockey for dancing and sometimes a band or other entertainment such as a magician or cabaret— most enjoyable. Maltese food was good, though plain. Among their specialties were rabbit, a spaghetti-like bean pie and a delicious black bean paté.... So much for the social-culinary side.

Malta, and its sister island Gozo, situated just 60 miles south of the Italian Island of Sicily in the Mediterranean sea are located at the same latitude of the Barbary Coast of North Africa. It is almost always sunny. The temperature in April is about 60-70° F during the day — perfect for hiking. During the summer, however, it reaches up to 145° F and is not the recommended time to visit. All the houses shut their windows completely at that time of year to keep the out heat.

Malta is very rocky, composed almost completely of limestone. There are no rivers and few trees — so it is very open and therefore, is very windy. In fact, the only way to keep your hat on your head, was with a chin strap. With a population of 350,000 population, most of whom live in the capital city of Valetta, Malta has been a republic since 1964. The Maltese people and language are a blend of Arabic, Italian, French and English. English is everyone's' second language and is widely spoken, as the British held the islands from 1814 until their independence. The currency is the lira — currently worth about $4.00 Canadian.

Due to its strategic position in the Mediterranean, Malta has been held by the Carthaginians, Phoenicians, Greeks, Italians, Turks, French and British, as well as by the Knights of Malta (known officially as the Sovereign Military Order of the Knights Hospitaller of St. John of Jerusalem) who made their home there for 150 years from 1530 to 1678 after being driven out of Rhodes.In fact, tehre are temples still standing in Malta that go back to 3600 BC, to the time of the first inhabitants of Malta who arrived from Sicily.

There is much to see in Malta of great quality and beauty. The Knights of Malta left a beautifully rich heritage of walled cities, architecture, churches and art.

Back to hiking exploits, we hiked on 8 out of the 10 days we were there. Sometime we hiked directly from the hotel while on other occasions, we took a chartered bus to our starting point or took the ferry to the neighboring island of Gozo.

There are no hiking trail as such in Malta, but Ron Baylis had put together 8 well-designed and scenic routes throughtout the islands that took us through towns, fields, farms, quarries, footpaths, cliffs, parks and historic buildings. We hiked about 10 miles a day consistently. Malta is not high in total altitude with the highest point being about 800 ft. above sea level. It is, however, very hilly, so we constantly hiked up and down, from sea level to 500 or 600 ft. We stopped for lunches at picturesque spots, often by the sea, such as Mellieha Bay, Buskett Gardens, Fungus Rock, and Marsaxlokk Bay (where the film, "The Guns of Navarone" was made).

On one of our non-hiking days, we visited the capital of Valetta that was built primarily by the Knights of Malta. There you can enjoy the Maltese culture, eat Maltese pizza (very seafoody), shop for Maltese silver jewelry and home crafted lace; and tour beautiful historical structures like the Grand Masters' Palace, the Palace of the Inquisitor, the forts of St. Elmo and St. Helena and the beautiful Cathedral of St. Paul where the most illustrious of the Grand Masters of the Knights is buried.

Currently, Ron Baylis runs 2 hiking trips annually to Malta. He also conducts similar hikes to other destinations such as Madeira, Slovenia, Austria, England, and Hawaii. We thought that some of Randonneé's hikers might be interested. Ron has a brochure that he publishes annually. You can obtain a copy if you call him in Toronto at 416-445-2628. He will reply promptly.

Don Salmon and Debrah White



A NEPAL TREK

In May 1995, my husband Arthur and I embarked on a long-awaited adventure: trekking in the Nepal Himalayas. After many evenings of discussing routes and minimalist packing, we were finally on our way East. When we saw the British Airways flight attendants in red and blue saris on the plane, we knew we were finally heading to Asia. After a brief stopover in Delhi (30°C at 7:30 a.m.), we took Royal Nepal Airlines to Kathmandu. Despite the spring haze, we could see the magnificent snow-capped Himalayas and some of Nepal's many hillside terraces as we approached Kathmandu. The city was far more crowded, noisy, chaotic, and aromatic than I had imagined it to be.

We had decided to organize our own trek and hire a porter in Kathmandu to carry our overnight gear. The few days this took gave us plenty of time to soak up the local colour before our departure for the mountains.

Our plan was to trek for about three weeks, from Lukla up to Gokyo, in the Everest region, and then walk out to Jiri. As we flew northeast from Kathmandu to Lukla, the seemingly endless ranges of the Himalayan mountains came into view. At Lukla, a tiny village situated at 2800 metres above sea level, we met our porter, Lhakpa Sherpa, and began our trek.

Initially the acclimatization (both physical and cultural) made the hiking quite difficult. (I thought it was the most difficult hiking I had ever done — until I came home and went hiking in the Adirondacks in 30° C weather!) We followed the suggested hikes in the Lonely Planet *Trekking in the Nepal Himalaya* guidebook and trekked from teahouse to teahouse, staying overnight in villages along the trail with absolutely no shortage of lodges to stay at.

We ate all our meals in teahouses, so only had to bring hiking gear, sleeping bags, first aid supplies, and toiletries for the trek (and, of course some goodies for trailside snacks). Most of the meals were vegetarian (rice, noodle, or potato-based, with egg or yak cheese). Yak steaks were available, although after seeing them carried for days to the Namche Bazaar market to be cut in the open air, the meat covered with large flies, I decided to stick with the vegetarian entrees.

The mountain scenery was the most spectacular that I have ever seen, with more and more peaks visible as we walked higher and higher. The early morning was the clearest time of day for photography and sightseeing, the sunshine glinting off pristine white glaciers and the sky a vivid blue. In the evening the glaciers were luminescent in the darkening sky. Our porter pointed out some of the local wildlife (Himalayan tsars–a type of mountain goat, Japanese musk deer and Himalayan pheasants). There were vivid red and pink rhododendron forests and tiny blue irises poking up beside the trail. Every day presented a myriad of photo opportunities.

The Tibetan Buddhist influence was noticeable throughout the Everest region. Carved mani (prayer) stones dotted the hillside trails, and prayer flags fluttered in the breeze at even the smallest lodge. Perhaps it was their Buddhist faith that made many of the villagers and lodge staff seem to be very happy despite the lack of what we might consider the necessary amenities of life. At many of the higher elevations all water had to be carried 5–10 minutes uphill. Hydroelectricity was only available in one village, Namche Bazaar, although a few other lodges had solar-powered lights which ran for a few hours after dark.

This lack of what most Canadians consider to be basic amenities made even rudimentary hygiene a challenge at times; the countryside was quite dusty, as were all the lodges, and, in a day or two, our packs, boots, bodies, and hiking clothes. The outhouses were Eastern-style squat facilities, cleaned mainly by the large flies that were ubiquitous in the lodges and teahouses.

Deforestation was striking in Namche Bazaar, as was the effort required to build new tourist lodges. We saw porters carrying wood two or three days uphill through the Everest National Park region (where it is now illegal to cut the trees), 6 or 8 planks at a time, to provide the framework for the lodges. Showers (often heated by wood fires) were a tourist luxury that also contributed to deforestation.

One of the advantages of our do-it-yourself trek was the freedom to vary our schedule from day to day, depending on our mood and energy level.. This flexibility made our trek much more relaxing. The group treks that we encountered were quite regimented, with no allowance for delays.

All too soon (or not nearly soon enough, depending whom you asked) Arthur and I were back in Lukla. We returned to Kathmandu in an old Russian-made ex-military helicopter, sitting on benches along the sides with the baggage piled in the middle. We disembarked with mixed feelings: relief at having arrived safely, and regret at leaving behind the incredible scenery and friendly, hospitable Nepalis we had met during our travels.

Catherine Haskins

VOLLEYBALL EVENINGS

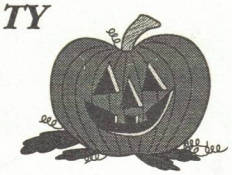
West Hill Sports Center
Tuesdays, September 26 to mid-December.



This fall, we are taking advantage of a program by the city of Montreal to play volleyball once a week. The program starts September 26 but you can join in at any time. Games take place from 8:00 to 9:30 p.m. at the West Hill Sports Center on Somerled just west of Draper in N.D.G. The cost is **$36** for City of Montreal residents and **$41** for non-residents. Payment will be made directly to the City of Montreal on site. Leave a message for Herb on the Club tape for more information or just show up.

HALLOWEEN PARTY

Saturday, October 28



Come, all you ghouls and goblins. Strut your stuff over to the Westmount Armory, 4625 St. Catherine West from 8:00 p.m. – 1:00 a.m. for the annual Halloween Party and Fall Sign–up. Prizes awarded for the most innovative costume as well as door prizes. Bring your friends and loved ones to gyrate & boogy to the sounds of D.J. Gary Wheeler. **$10.00** entry includes party snacks. Offers to help with decorations, door duty and food tables are welcome — please leave a message on the club tape. Note: Ski Season Registration Desk closes at 9:30 p.m.



CARIBBEAN POT LUCK SUPPER

Saturday, November 18

Jambalaya, Ackee & Saltfish's fine, Filet Gumbo! Come on over to R.A.'s Caribbean Pot Luck Supper Pumpkin soup and curried chicken with rice, will leave your tongue a'tinglin, soothed, of course, by Marley and the Wailers. It's set for November 18 and limited to 20 soul food souls. Recipes will be provided. Won't cha ring up the club tape and leave your number for Herb!



ANNUAL GENERAL MEETING HOLIDAY POT LUCK DINNER & DANCE



Saturday, December 9

All Randonnée members are cordially invited to join us for this festive event starting 6:30 p.m. at McGill Thomson House, 3650 McTavish above Dr. Penfield. Admission for members is a dish to serve six to eight people. Non-members will be charged **$10.00** in addition to their food contribution. Your last name determines the category of your contribution.

A – Ba	Green & Vegetable Salads
Be – By	Starch Dishes & Salads - Pasta, Potato, Rice
C – Da	Quiches; (slightly warm and presliced).
De – Dy	Bread/Rolls - a variety - Sliced & in Baskets (no soda biscuits).
E – Jo	Dessert; Pre-sliced if possible.
Ju – L	Fruit; ready to serve
M – N	Appetizers, Finger Foods, Crudities, Dips, no chips.
Ni – Ve	Main Dishes; Meat Dishes, Cheeses, Pastas.
Vi – Z	Cold Cut Platters

Food should be on platters and accompanied by serving utensils (put your name on any serving ware you bring). Please do not bring a dish to be defrosted or heated. RA will supply plates, cutlery, napkins and coffee. Drinks will be available from the cash bar. If you want to help out with the decorating or the food table please leave a message on the club tape.

SPECIAL NOTE: Bring a non-perishable food item to be donated to a local food bank.

ECOMUSEUM UPDATE

The ECOMUSEUM & POT LUCK DINNER held on Sunday Sept. 10 was a huge success with everyone contributing to making this event a festive, as well as an educational one which featured reptiles, bears, foxes, birds, lynx, deer, wolves, etc. in their natural environments. The two guides, Gerry Iannuccilli and Dominique Thel were both congenial as well as witty & well informed and of course the weather co-operated by providing a perfect fall day with plenty of crisp sunshine and cool breezes. All that fresh air created hearty & robust appetites, and each of us enthusiastically indulged in a hearty meal. More events are soon to come which will give us an opportunity to reminisce on the good times we had and talk about those yet to come.

Arnot Heron

RANDONNÉE CALENDAR

October

15	Sun	Randonnée Rally & Dinner
16	Mon	Social Dancing begins
18	Wed	Dryland X-Country ski training begins
21	Sat	Hike # 14 – Brothers/Big Slide, NY
21	Sat	C.S.M. Trail Maintenance
28	Sat	Halloween Party & Ski Sign-up

November

4	Sat	Late Season Hike–Lake Willoughby
4	Sat	C.S.M. Trail Maintenance
6	Mon	Sign-up evening at Atwater Library
9	Thu	Management Meeting
17	Fri	RA's Volunteer Dinner
18	Sat	Caribbean Pot-luck Dinner
21	Tue	Open House at Blacks
26	Sun	C.S.M. Information & Pot-Luck Dinner

December

5	Tue	Ski Trip Leaders' Orientation meeting
8	Fri	Deadline for regular trip payments: **Surcharges apply after this date.**
9	Sat	AGM/HolidayPot-Luck Dinner-Dance
14	Thu	Management Meeting
15/17		Ski Clinic Wknd: Craftsbury Common

January

3	Wed	Waxing Clinic
6	Sat	Trip **#1** – Lac Monroe
7	Sun	Trip **#2** – Parc La Mauricie
9	Tue	Ski Lessons on Mount Royal
10	Wed	Ski Lessons on Mount Royal
11	Thu	Management Meeting
13	Sat	Trip **#3** – Far Hills Inn & Lessons
16	Tue	Ski Lessons on Mount Royal
17	Wed	Ski Lessons on Mount Royal
20	Sat	Trip **#4** – Pimbina (Parc Tremblant)
21	Sun	Trip **#5** – Parc du Mont Orford
23	Tue	Ski Lessons on Mount Royal
24	Wed	Ski Lessons on Mount Royal
26/28		Winter Wknd– Mont Tremblant, Que.
27	Sat	Trip **#6** – St. Jovite
30	Tue	Ski Lessons on Mount Royal
31	Wed	Ski Lessons on Mount Royal

February

3	Sat	Trip **#7** – Mt. Van Hoevenberg, N.Y. (Bring ID)
6	Tue	Ski Lessons on Mount Royal
7	Wed	Ski Lessons on Mount Royal
8	Thu	Management Meeting
10	Sat	Trip **#8** – Sutton en Haut
10/11		Canadian Ski Marathon (C.S.M.)
17	Sat	Trip **#9** – Le Petit Bonheur
24	Sat	Trip **#10** – Lac à la Loutre (Huberdeau)

March

2/3		Wilderness Weekend
2	Sat	Trip **#11** – Hotel L'Estérel
9	Sat	Trip **#12** – Farmer's Rest
14	Thu	Management Meeting.
16	Sat	Trip **#13** – "Go with the Snow" – T.B.A.

WINTER ALERT

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