RANDONNEWS

Published by Randonnée Aventure
Montreal's Friendly Outdoor Club

Spring 1998



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

Randonnée Aventure offers:

- Saturday, and some Sunday, bus trips to prime cycling, hiking and cross-country skiing destinations within a two-hour drive of 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

It's always a pleasure to be the bearer of good news, and it's particularly nice when it applies to so many people. The good news this Spring for all RA members is that we have managed to reduce both the Cycling and Hiking day-trip prices by $1 per trip. As you know, we are a non-profit organization, and we try to provide the best possible value for our members. Because costs have remained reasonably stable over the last couple of years and, because we've sold out nearly all our trips, we can reduce the prices. We hope that this will encourage you to keep snapping up those places on day-trips !

The weather has made 1998 a difficult year so far for most people in Quebec, and many are still coping with problems. I know that many RA members were offering floors and beds to people without electricity, and that several members were phoning around, checking if others were all right. I'd like to thank everyone who helped out during the ice storm and its aftermath — it seems to me a good example of how wonderful people are in our "friendly" club.

On the bright side, of course, the skiing since the storm has been great, and now we have cycling and hiking to look forward to. Many, many thanks go to all the activity committees. Paul and the Ski Committee have run a great program, with lots of new events and destinations, and they have done a marvellous job keeping the ski lessons going, and managing the post-storm day-trips. Linda, Susan, and the Cycling and Hiking Committees have planned more trips this year than last, including lots of new choices – it looks like a great season ahead. Thank you all.

Have a wonderful Spring and Summer. See you on the buses!

Clive Brewer

From the Editor

I recently received a submission from a Randonnée member, David Dillon, containing a quote to use in the Randonnews. After reading it, I realized that this quote epitomized what our philosophy should be when taking part in any of the RA outdoor activities. I hope that it will provide you with some food for thought.

> "Mountains should be climbed with as little effort as possible and without desire. The reality of your own nature should determine the speed. If you become restless, speed up. If you become winded, slow down. You climb the mountain in an equilibrium between restlessness and exhaustion. Then when you are no longer thinking ahead, each footstep isn't just a means to an end but a unique event in itself. The leaf has jagged edges. This rock looks loose. From this place the snow is less visible, even though closer. These are the things you should notice anyway. To live only for some future goal is shallow. It's the sides of the mountain that sustain life, not the top."
>
> From *Zen and the Art of Motorcycle Maintenance*, by Robert Pirsig

Thank you, David, for sharing this with us.

Catharine Findlay

ATWATER INFORMATION & SIGN-UP EVENING

Tuesday, April 7, 7:00 pm
Atwater Library,
1200 Atwater (use side door on Tupper)

This year's Spring/Summer sign-up and information evening will use the same successful format as last year. Various Club officers will make short presentations about the Club, our activities, the procedures for buying and selling trips, the level of physical fitness required, the equipment recommended, etc. The talks will be followed by a question period, and by a chance to register for the different activities. All are welcome.

SUGGESTIONS AND IDEAS

We are always looking for new places for trip destinations, and for new ideas for Club activities. The Monthly General Meeting of the Club, held on the second Thursday of every month, and the other committee meetings (Cycling, Hiking, Skiing and Social), are open to all Club members. Come out and attend one and find out more about how the Club operates. 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.

HIKING

"FROM THE HIKING DIRECTOR"

It is now early February and I've just finished describing the hikes for this issue of the Randonnews. Wow—what a season we're going to have! Your hiking committee has put together 18 day-hikes (the most ever), including 2 during long weekends for those hikers who can't get away for three days in a row, and a special mid-week hike on Wednesday, June 24th, St. Jean Baptiste Day, to visit Camel's Hump, VT without the usual crowds we find there. In addition, a 3-day backpacking trip to the high huts of the White Mountains has been organized for 24 experienced hikers, and two special hikes have been arranged just for beginners, one in the spring (May 23rd) and one for those who join RA later in the season (Aug. 22nd).

After having met a very poorly prepared group of new backpackers last year while hiking the Long Trail, I am proud that the Hiking Committee makes a concerted effort via the annual Outdoor Literacy to prepare newcomers for hiking safely. I would recommend this free evening to all new hikers and even those who think they know everything about hiking. There's always room for improvement.

Plans for a brand new destination for Labour Day Weekend are under way, not to mention Thanksgiving Weekend where we'll hike in the cool autumn breezes until we drop! We're even looking ahead to destinations for 1999!

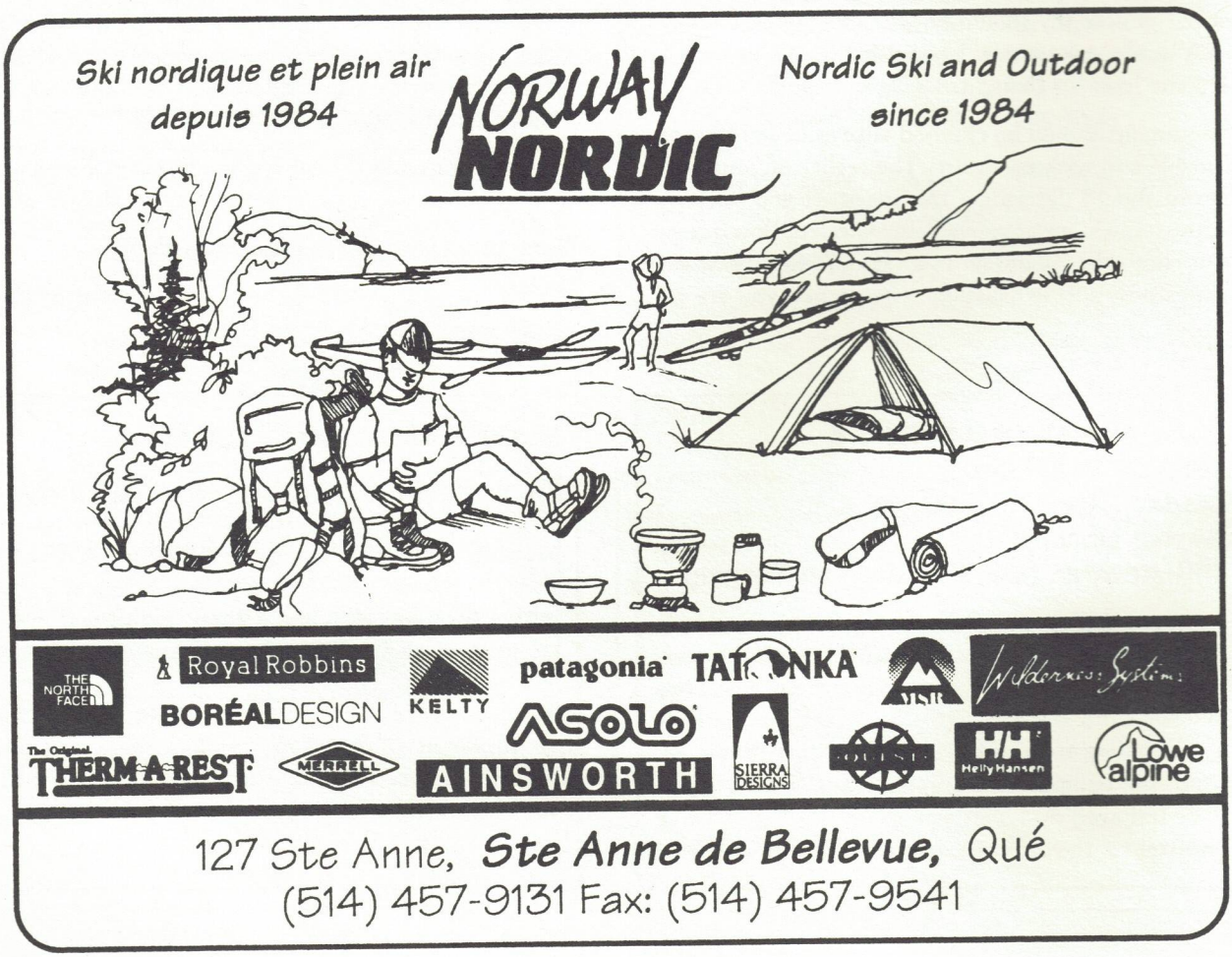
I hope you will find the roster of hikes to your liking. Please don't hesitate to send me your comments about any of them but, in particular, I would welcome your input on the day-hikes planned to coincide with Labour Day and Thanksgiving. Talk to me on the bus or give me a call via the Club tape; we need some feedback to decide whether or not to continue these day-hikes on long weekends.

After this winter's ice storm, there will be lots of trail maintenance work to do in 1998. Check out the opportunities to help out either in Vermont with Maureen or in Quebec with Mike, and lend a hand to get our trails back into shape.

Of course, any one of you is invited to join your Hiking Committee and help organize trips for 1999 and the year 2000. How about it? Camel's Hump, Marcy, Mars ????

See you on the trails! Happy Hiking!

Susan Harris



HIKING

TRAIL RATINGS

The following ratings are to be used as guidelines only, because other factors enter into estimates of difficulty. Please note that almost all hikes involve uphill walking. If you are unfamiliar with RA hikes, please choose the easiest option to avoid unpleasant surprises during the hike.

E(asy):
5–7 miles and/or 1,000–1,500 ft elevation gain

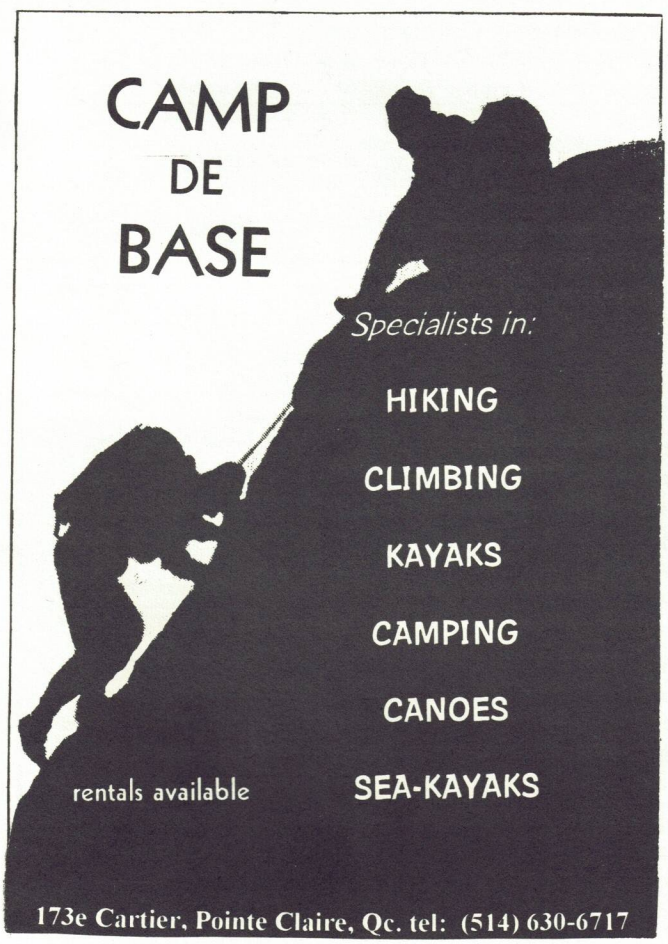
M(oderate):
8–9 miles and/or 1,500–2,000 ft elevation gain

D(ifficult):
10–12 miles and/or 2,500–3,500 ft elevation gain

1998 HIKING TRIP PRICES

Regular day trips:
$23 (*$1.00 reduction from last year*)

Book before April 24 and save a $2 surcharge. Trips scheduled after August 1 may be booked at the lower price, with a cheque postdated to August 1, as long as the cheque is received before the April 24 cut-off date.



BUS DEPARTURE TIMES - HIKING

Carré Décarie Square (formerly Décor Décarie) Décarie and Vezina, in the parking lot on the south side of the building	7:15 am
Queen Mary/Décarie Northwest corner, in front of the news agent Snowdon Metro	7:25 am
Atwater/Ste-Catherine Outside McDonalds on Atwater Atwater Metro	7:45 am

EXTENDED HIKES - NOT FOR BEGINNERS

RA has developed the extended hike to provide intermediate and strong hikers with an opportunity to hike for up to 6 or 7 hours, instead of the usual 5 hours. New hikers are advised not to register for these hikes which will likely be too strenuous.

The bus leaves Montreal at the regular times, but departs from the hiking area later than usual, around 7:00 pm, finishing the drop-offs around 10:00 pm. The longer day allows hikers who normally choose a moderate option to tackle a more difficult or longer trail. It is wise to bring a change of clothes and extra food to leave on the bus for the ride home.

1998 extended hikes are:

- Adirondack Loj, NY – June 27
- Mount Mansfield, VT – July 11
- Cascade, Porter, Blueberry, Pitchoff, NY – August 15 (Note: This will be a late return by 1 hour only, i.e. bus leaves trailhead at 5:00 p.m. to permit intermediate hikers to complete the Blueberry to Cascade option.)
- Giant, New York – August 29

HIKING AWARD PROGRAM

In 1997, hikers of all abilities were seen busily recording their RA day-hikes in their log books and seeking fellow hikers to witness their participation. Our Hiking Award Program continues with enthusiasm. Complete 25 day-hikes on day-trips or weekends with RA, record your hike in the specially designed log book (available on the hiking bus or by calling the Club tape) and submit your complete log book to the Hiking Award Program Coordinator to earn the RA frequent hiker pin.

There is no time limit for collecting the 25 hikes. Will the first awards be presented this year? And to whom???

1998 HIKING DESTINATIONS

TRIP	DESTINATION	TRAIL RATING
1	**30 May – Ausable Lake, St. Huberts, NY** The first hike of the year provides a variety of choices for all levels of hikers. There are beautiful streams alongside the trail, a spectacular waterfall, and a climb up to exquisite views of New York's Adirondacks. To end your first hike of 1998, put your feet up in the pub.	E-M-D
2	***7 June – Orford, QC** There is nothing terribly challenging today, so you can continue to get your hiking legs back into shape. Enjoy very pleasant hiking in the Eastern Townships, with delightful views of the surrounding mountains.	E-M
3	**13 June – Brothers, Big Slide, Keene Valley, NY** Back to the Adirondacks but this time for a more challenging day. Hike over the three Brothers and enjoy excellent views along the way to today's summit, Big Slide Mountain (4,240 ft./1292 m), then rehash your day at the pub with your RA friends. Shorter options are also available.	E-M-D
4	**Wednesday, 24 June – Camel's Hump, Waterbury, VT** At 4,083 ft. (1244 m), Camel's Hump is tied with Mount Ellen for the third highest peak in Vermont. As this weekday is a holiday only in Quebec, we should have this popular summit almost to ourselves. This challenging hike will reward you with a 360 degree view reaching to Mount Royal (on a clear day and with the aid of binoculars). This is not a hike for beginners. The Buy/Sell process for this trip will be handled as if the trip were on the preceding Saturday. To Buy or Sell, phone from Monday 15 June to Wednesday 17 June and listen to the tape late Thursday 18 June or Friday 19 June.	M-D
5	**27 June – Adirondak Loj, Lake Placid, NY (EX)** A panoply of choice awaits hikers ready for an extended day in the Adirondacks, ranging from strolls to Rocky Falls and Indian Pass, to hikes up moderate peaks such as Wright (4,580 ft./1395 m) or tough destinations such as Algonquin (5,114 ft./1558 m), or the highest peak in New York State, Mount Marcy (5,344 ft./1628 m). This is an extended hike and not recommended for beginners.	M-D
6	**4 July – Mont Ouareau and Mont Kaaikop, QC** We hike in Quebec today, visiting the trails which RA maintains as part of Canada's National Trail. With gentle climbs throughout the day, this is not a strenous hike. The highlights are views of St-Donat and Lac Ouareau, and a hike up Mont Kaaikop. Enjoy a relaxing day in the Quebec forest.	E-M
7	**11 July – Mount Mansfield (East Side), Stowe, VT (EX)** Today we climb the highest peak in Vermont – Mount Mansfield (4,393 ft./1338 m), from the east side, Smuggler's Notch Road. There are various options but, there's no mistake about it, this is a difficult hike. If the weather is against us (even in July!), the exposed summit ridge can be treacherous, so be sure to pack extra clothing. This extended hike is not recommended for beginners.	M-D
8	**18 July – Madonna & Whiteface, Stowe, VT** Another visit to the Stowe area, but this time going north on the Long Trail to Sterling Pond Shelter and the ridge of the Sterling Range, which includes Madonna (3,668 ft./1117 m) and Whiteface (3,715 ft./ 1132 m). There are good views, especially of Mount Mansfield to the south, and the west wall of Smuggler's Notch. Come prepared for a swim in Sterling Pond.	E-M-D
9	**15 August – Cascade, Porter, Blueberry, Pitchoff, Keene Valley, NY (EX)** This hike has been extended, with departure from the trailhead at 5:00 pm instead of 4:00 pm, to permit intermediate hikers to do the long hike over Blueberry and Porter to Cascade (4,098 ft./1249 m) with excellent views along the way. Other choices are a hike up to the superb views from Cascade Peak, or the Pitchoff ridge hike, again with wonderful views. This extended hike is for beginners and intermediates, although expert hikers are welcome to come along, of course!	E-M
10	**22 August – Chertsey, QC** This hike is especially for beginners, and explores the rolling hills and the lakes of the beautiful Chertsey forest. Experienced volunteers will hike with beginners for the day, helping them to interpret the map, recognize the trail markings and find their way. All newcomers to RA and new hikers are encouraged to sign up. Bring a swimsuit for a dip in one of the lakes. Experienced RA hikers are also welcome!	E-M
11	**29 August – Giant Mountain, Keene Valley, NY (EX)** At 4,627 ft. (1410 m), Giant Mountain is the 12th highest peak in the Adirondacks and provides us with the most challenging hike of all that we offer, due to the total elevation gain from the parking lot to the summit via Rocky Peak Ridge – 4,810 ft. (1466 m)! Only hardy intermediates and experts need apply!	M-D

1998 HIKING DESTINATIONS (continued)

TRIP	DESTINATION	TRAIL RATING
12	***6 September – Whiteface, Lake Placid, NY** This Sunday trip takes place during Labour Day Weekend. Whiteface Mountain (4,867 ft./1483 m) is well known as a downhill ski area but is also accessible to hikers. The 5th highest peak in the Adirondacks, we reach it via Esther mountain, and are treated to views of the High Peaks as well as the town of Lake Placid.	E-M-D
13	**12 September – Lac Supérieur, QC** Mont Tremblant Park is our destination today with trails on the Sentier du Centenaire. Many interesting trails and views (including glorious autumn colours) await you. At the end of the day, we'll trade stories at the pub with our RA cycling friends who will have cycled the local roads below us all day.	E-M
14	***20 September – Haystack, Tillotson & Belvidere, Montgomery Center, VT** This 10-mile stretch of trail is lovingly maintained by RA's Vermont Trail Maintenance crew. It's a superb hike with some tough climbs and beautiful surroundings, especially in the autumn season. Just the open views from Tillotson Peak (3,040 ft./926 m) are worth the effort.	E-M-D
15	**26 September – Mattawinie, Joliette, QC** Fall foliage on the Mattawinie Ridge near Joliette – no blackflies, no mud, just beautiful colours everywhere! There is no huge peak to climb today but an 18 km option is available for expert hikers only! The rest of us will enjoy a low-level hike along the ridge with viewpoints over the valley.	E-M-D
16	**3 October – Hurricane Mtn. & the Crows, Elizabethtown, NY** From Hurricane Mtn. (3,694 ft./1125 m) take in the panorama of autumn views of the Adirondacks, Lake Champlain and the Green Mountains of Vermont. Big Crow and Little Crow also offer a variety of views from their many ledges.	E-M
17	***11 October – Hunger, Pinnacle, Stowe, VT** RA has arranged for a Sunday day-hike to Vermont, to accommodate those hikers who couldn't join us for Thanksgiving Weekend. All-encompassing views of the Green Mountains are the objective today. The summit of Mount Hunger (3,539 ft./1078 m) via Pinnacle is the longer option, and a climb directly up Hunger is the shorter route.	E-M-D
18	**17 October – McKenzie, Haystack, Scarface, Lake Placid, NY** Great views from the ledges of Haystack (2,878 ft./877 m) and the summit of McKenzie (3,861 ft./ 1176 m). Scarface (3,088 ft./941 m) offers a less strenuous climb, but with lovely views as well. If we're lucky, there may still be some colour in the surrounding hills to brighten our farewell to the 1998 hiking season. RA will treat all participants in today's hike to a drink at the pub before we head on home.	E-M-D

* Sunday Trip; EX – Extended trip

DRINKING ON BUSES

It is illegal to consume alcoholic beverages on buses. Infractions of the law could result in the bus driver and the bus company being fined. All members are requested to respect the law and to refrain from drinking alcoholic beverages on the bus.

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 the other participants, and to smoke only where other members will not be affected.

BORDER CROSSING

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

Persons travelling on a passport from a country other than Canada or the USA, including Canadian landed immigrants, are reminded that they may require special entry documents when they enter the USA. Usually valid for 3 or 6 months, these cost $6 US, payable at the border. Check with your Consulate before the trip, and make sure you have cash with you. Please make yourself known to the Trip Leader before you reach the border.

SHOPPING IN THE USA

Shopping in the USA on day trips is not allowed. Members found breaking this rule may be left at the border crossing, and may be asked to leave the Club.

QUEBEC TRAIL MAINTENANCE

Our main responsibility is in the area of Mont Ouareau,and maintenance is required on a continuous basis.

Even though there are no major projects in the works, activities such as clearing new brush, cutting blowdowns and clipping tree branches are constantly required. The January ice storm caused extensive damage, and we will no doubt have a lot of work to do to restore the trails for regular use.

Why do we do trail maintenance? Because RA believes, as other clubs do, that it's a great way to give something back to the areas from which we get so much pleasure. Many thanks go to Mike, César, Doug, Ruth, Annie, Sylvie, Jack – to name a few.

Quebec Trail Maintenance is a one-day commitment on your part. We go by carpool, usually leaving Montreal by 8:00 am, and are hard at work by 10:00 am, finishing around 3:00 pm to be back downtown by 5:00. Bring a lunch, and water, as you would for a day hike (well, maybe a bit more since you may get a little hungrier and thirstier than normal after working on the trail for several hours!). Sometimes, we'll stop for dinner on the way home (at our own expense).

The group is usually about 4 to 6 people for the day. We bring the tools, you bring yourselves, and we have a great time working together.

You don't have to have a lot of experience, either, just a lot of enthusiasm! Participate in all, or in just one, Quebec trail maintenance days for RA this year. If you would like more details please call the Club tape (489-0339) and leave a message for Mike Serniuk.

Dates (all on Saturdays) for Quebec Trail Maintenance: May 23; May 30; June 20; July 25; August 1; August 8.

Mike Serniuk
Quebec Trail Maintenance Co-ordinator

RA on the Web!

Visit RA on the Web at http://www.aei.ca/~ramtl to find out about the Club and its activities. The principal means we will use to communicate with our members will remain the Randonnews, the Randonnotes, and the Club Tape. However, some of the information there, as well as general information about the Club, will also be published on the Randonnée Home Pages.

Our thanks to RA member Gerry Bard, for his tremendous work in maintaining this site.

VERMONT TRAIL MAINTENANCE

1998 will afford RA members another opportunity to work with the Green Mountain Club's personnel to clear and repair "our section" of the Long Trail, nearly 10 miles starting near Jay Peak and heading south to Vermont Route 108.

For 8 years, RA members have clipped branches, sawed tree trunks, painted blazes, moved trails, heaved boulders and cleaned up the LT for hikers to enjoy. After the winter of 1998, there will be no doubt much work to do. If you would like to join us, don't be concerned about your lack of expertise.

This is the kind of learn-as-you-go group which welcomes all levels of talent.If you've got experience in trail maintenance, we'd love to have you; if you don't know one end of a clipper from the other, we'd love to have you, too! Get up close and personal with RA's part of the Long Trail and you just may fall in love!!

The weekends are: May 22–24; July 3–5;August 14–16; October 16–18.

Transportation is by car-pool, leaving Fridays after 6:00 pm and returning Sunday evening. Accommodation is indoors in shared premises and meals are prepared and eaten together. The only cost may be a small amount to cover meals. To ask all of your questions and obtain more information, please call the RA tape (489-0339) and leave a message for Maureen.

I look forward to seeing all oldies and newcomers there!!

Maureen Robertson
Vermont Trail Maintenance Co-ordinator

VIA RAIL ADVENTURES - PARTNERSHIP

Via Rail offers RA members a discount of 30% on economy-class fares and 10% on Via 1 and sleeper-class fares. Simply show your valid membership card when you purchase your ticket. (The minimum fare is $10.)

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WHITE MOUNTAIN HUT-TO-HUT BACKPACKING TRIP, JUNE 28 TO JULY 1

The next best thing to backpacking with a sherpa is this trip, where all you have to carry is your lunch for the day, your sleeping bag and a couple of day's change of clothes. You won't need a tent because you have a bunk reserved in the hut, and you won't need cooking utensils or breakfast and dinner food as the crew in the huts will serve you heaping plates of mouth-watering grub. So, if you've been hiking for a few years and want to reach a little farther, then join your RA friends for an experience not to be missed!!

Two groups of 12 will leave on Sunday, June 28th to drive to New Hampshire. Group 1 will start at Crawford Depot, hike up to Mizpah Hut the 1st day, hike to Lake of the Clouds Hut the 2nd day, and then climb Mount Washington and hike to Madison Hut on the 3rd day. The final leg is a hike to the Randolph parking area on July 1, picking up Group 2's cars for a lunch rendezvous at a local restaurant, where we'll switch cars and drive home. Group 2 will follow the same route in reverse.

Day 1 is a pleasant 2–3 hour hike. Days 2 and 3 will be strenuous, however. The last day's hike is more relaxed, but by that time you'll be tired!!

Those who participate must have hiking experience, and must have or be able to borrow a large backpack (a regular day-pack will not be sufficient to carry all that you will require). Please remember that this is not a trip for beginners.

Cost: $185.00 Cdn per member. Non-members must also pay a $32 Membership fee. An additional $20 fee must be paid for reservations received after Friday, May 22, 1998.

No of Participants: This trip is limited to 24 people, so reserve early.

Trip includes: 3 nights accommodation in White Mountain Huts (see above), three breakfasts and three dinners in the Huts. (Lunches on the trail, and before and after the trip, are your responsibility.)

Transportation: By carpool. Non-drivers must share gas costs. Please indicate on the registration form if you have a car for carpooling.

Contact: For more information, please call the Club tape (489-0339) and leave a message for Susan Harris.

HIKING POLES

At first, they seemed rather quaint, a walking stick for the older, less fit among us, to provide assistance while strolling the flat or slightly hilly trails of manicured parks or the wide trails of European hills. Some were, perhaps, a souvenir more than a necessity. Real hikers don't need poles? Not so!! Now, real hikers wouldn't be without them.

I'm not referring to the cross-country ski Olympic athlete who is training in the off-season, either. Maureen had one pole at first and I admit I was skeptical. Then she bought a second pole and I borrowed one of hers for a few hours one day while backpacking. I was hooked and soon acquired my own set of Trekis, made in Germany, collapsible, spring-loaded, shock-absorbing, specially designed hiking poles. I wouldn't backpack without them again. Not only have I seen women my age using them on the Long Trail, but a foursome of young men in their 20s told me they used the poles for the same kinds of reasons as I do:

- To save wear and tear on the knees, especially descending steep pitches while carrying a heavy backpack.
- To boost yourself up a high incline.
- For balance while crossing a slippery, wet log over a muddy stream.
- To test the depth of the mud in an area which looks impossible to get through.
- They give your arms a great workout, too, a part of the body that usually hasn't much to do while you're hiking.

The only two drawbacks are poking your fellow hiker in the foot or eye or elsewhere, if you're not careful, and the price – they're not cheap. You can expect to pay a minimum of $150 and up to $300 (or more) for a pair of poles.

If you have the opportunity to try out some poles, do it. They are definitely worth it.

Susan Harris

TRIP LEADERS & ASSISTANTS
Meeting: Tuesday, April 28, 1998 at 7:30 pm

Location: Details will be available on the Club tape (489-0339) the week before the meeting.

Hiking day-trip leaders, assistants and other interested parties are cordially invited to a gathering on Tuesday, April 28th to review the responsibilities of a trip leader and the duties of a trip assistant as well as to discuss how to run a day-trip. We'll try to answer all of your questions and hand out your trip packages, too. Refreshments will be served and we look forward to welcoming you!

HIKING

OUTDOOR LITERACY — A WORKSHOP ON HIKING SKILLS FOR ALL!!

Tuesday, May 12, 1998, 7:00-9:30 p.m.
Atwater Library, 1200 Atwater Street
(please use side entrance on Tupper)

Cost: NONE!! FREE!!

RA is pleased to present its annual Outdoor Literacy workshop. Led by experienced RA members, new hikers will develop their skills and improve their confidence in and appreciation of the outdoors. Presentations and discussions will focus on:

- Topographical map reading
- Clothing and equipment
- Strategies for a successful hike
- Ethics – the courtesies of the trail
- Survival skills for day hikers
- Getting fit for the hiking season

Handouts will include a day-hiker's equipment checklist. Time will be available to answer your questions and address any special concerns. No prior registration is required. Just come along!

Map-Reading Session

On Sunday, May 17 at 9:00 am, there will be a 2 hour map-reading session, which will be a follow-up to the talk on topographical map-reading given at the Outdoor Literacy. You will gain "hands-on" experience in using a map and compass. The location is Mount Royal, at the Chalet by the main Lookout. However, please call the Club tape (489-0339) the Friday before, to be sure the location has not been changed.

BEGINNERS' HIKES

Two hikes have been designed especially for beginners:

Saturday, May 23

A morning hike up Mont St-Hilaire on the South Shore to give beginners an idea of what is involved in hiking. Experienced leaders will be available to help you understand a map, and prepare you for RA regular day-hikes which are guideless. You should be finished hiking and back in Montreal by 2:00 pm at the latest. Carpooling will be arranged from Atwater & St. Catherine, departing at 8:00 am. There is no charge for this outing, but passengers are expected to reimburse their driver for the cost of gas. Please also bring $4 for the entrance fee to Parc Mont St-Hilaire. Register for this half-day hike by checking the appropriate box on the registration form, and indicate whether you have a car for carpooling. We will get in touch with you to confirm your participation. Space is limited to 40 participants.

Saturday, August 22, 1998

A regular RA day-hike by bus to Chertsey, QC (near Rawdon) but with emphasis on beginners. RA volunteer hike leaders will be there to explain the terrain, help beginners to interpret the map, and provide general guidance throughout the day. We hope that you will gain confidence in your hiking ability which will enable you to more thoroughly enjoy RA's regular day-hikes. Of course this hike is also open to experienced hikers who simply want a great day out in the Chertsey forest. Space is limited to 47 people (a normal busload).

CROSS-COUNTRY SKIING

SKI DIRECTOR'S REPORT

This year's ski season has had a few more surprises than others. The Ice Storm of '98 interrupted what had started as a fantastic ski season. Many centres were shut down, as the ice damage had a greater toll than just on Hydro. We cancelled the ski trips on the weekend of January 10th, not because of lack of snow (La Mauricie was open with excellent conditions), but due to the difficult time our members were having in the city. However, we continued our schedule the following weekend and reports indicate that it was a great success.

This year we again had a large contingent of members in the Canadian Ski Marathon. The weather co-operated and most members reported having one of their best years yet. RA was also honoured by the Marathon by receiving the "Volunteer of the Year" award. Congratulations to all our members who have helped in making the Marathon a success.

I would like to take the opportunity to also thank all our members who have volunteered this season and made it a success. It's people like you who make this club work!

Paul Jensen

CYCLING '98

WE'RE EXCITED! The buzz word for cycling with RA is NEW.

NEW people have joined the Cycling Committee and Brian Leonard has taken on the position of co-director. As a result of the newcomers, several fresh ideas have come forth. We hope that you will appreciate them.

NEW starting time for cycling (April 10th, to be exact) with a ten-day trip to Virginia. There is room for 20 cyclists at the three B&Bs that have been booked. Day trips will take place from each location. Details have already been distributed in Randonnotes, by flyers, Club tape and word-of-mouth, but if you haven't heard of the trip yet and are interested, please phone the Club tape to see if there is still room.

NEW event is a pizza party to be held Friday evening, April 24th by "private invitation" only. How can you receive an invitation? Simply express interest in becoming a trip leader or trip assistant. There will be a briefing following the supper.

NEW destination for Victoria Day Weekend will be Thousand Islands, New York. This area will undoubtedly not remain new, since it is sure to be a repeat location. I don't think we have ever found an area which is so ideal. The driving distance from Montreal is not too great, the roads in the area are not too busy and are plentiful, the surrounding towns have the charm that Randonnéers love and there are plenty of other activities in the area to attract those who are not keen on cycling at every moment.

NEW day-trip destinations (several, in fact) with many in Quebec that are a short bus ride from Montreal, which will allow us more cycling time.

One thing that is not new, and that is the sensitivity of the Cycling Committee to the needs of all members who join us on a cycling trip. Each trip provides three suggested routes: short (40–50 km), intermediate (60–75 km) and advanced (90+ km). We are also aware of the difficulty that some people experience in loading their bikes on to the top tier of the trailer, so some of our more experienced cyclists have volunteered to assist. Don't be shy to ask!

Read the details for these and other cycling events that are planned for this year and hopefully we will have enticed some NEW cyclists to join us.

Linda Shear

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1998 CYCLING EVENTS

WHEN	*WHAT*	*HOW*
April 10–19	**VIRGINIA CYCLING TOUR** A premier vacation tour in the picturesque and quiet cycling countryside of the Virginias. This trip will get serious cyclists an early start on the season.	If interested, call the Club tape to see if space is left. See write-up in Winter Randonnotes for more information.
Friday, April 24	**PIZZA PARTY and TRIP LEADERS' BRIEFING** Be treated as a guest of the Cycling Committee in return for your participation as a trip leader or trip assistant.	By invitation. Location TBA.
Sunday, May 3	**KNOW YOUR BIKE CLINIC & CYCLE RIDE** Hands-on clinic covering basic bike knowledge: proper fit, changing a tire, minor adjustments, etc. Bring a brown-bag lunch, and afterwards we'll go cycling along the Lachine Canal.	Garage Syd & Frank, 5582 St-Jacques (near Old Orchard). Clinic: 10:00 am; Cycling: 1:00 pm. No charge. See also article on page 6 describing last fall's clinic.
Saturday, May 9 (Trip 1)	**COTEAU DU LAC, QC** We cycle over the Canada/US border on many trips, but this time we will be crossing into Ontario. The area is lovely and the terrain is flat – just the right combination to start off the season.	Advance registration – $26; after April 24 – $28
Friday, May 15 to Monday, May 18	**VICTORIA DAY WEEKEND** See separate write-up	
Saturday, May 23 (Trip 2)	**BEDFORD, QC** Another location that we haven't visited for several years. Right next to the Vermont border, the terrain is pleasant and not very hilly.	Advance registration – $26; after April 24 – $28
Sunday, May 31	**TOUR DE L'ÎLE** Although this is not a Club event, many of our members might enjoy riding together. Can we get a volunteer coordinator?	
Saturday, June 6 (Trip 3)	**MONTGOMERY CENTER, VT** Great farming area and stunning views with a refreshing waterfall and swimming-hole at the end of the ride.	Advance registration – $26; after April 24 – $28
Saturday, June 13 (Trip 4)	**JEFFERSONVILLE, VT** An all-time favourite area with many farms and gentle rolling hills.	Advance registration – $26; after April 24 – $28
Friday, June 19 to Sunday, June 21	**ST-JEAN BAPTISTE WEEKEND** See separate write-up.	
Saturday, June 27 (Trip 5)	**CHAMPLAIN ISLANDS, NY** A flat ride in the Lake Champlain area, with a ferry ride and swimming in the State Park at the end of the trip.	Advance registration – $26; after April 24 – $28
Saturday, July 11 (Trip 6)	**KINGSLAND BAY, VT** This new location has a slightly longer driving distance from Montreal, but we are certain that you will agree that it is worth it. Plan on a later return than usual.	Advance registration – $26; after April 24 – $28
Sunday, July 19	**ANNUAL CHALLENGE RIDE** Most of you know by now that the word "challenge" is deceiving – but the name sticks! This year we will tour the area around Chateauguay, QC.	$10, which includes a meal following the ride. Transportation by carpool. Registration required by Friday, July 10th
August 15–16	**NEWPORT, VT WEEKEND** This weekend has become so popular that it is now a "given" that it will be repeated each year. A wonderful two-day event with accommodation at the Newport Motel, with indoor pool and fitness centre.For more details, just talk to someone who has been on it before, but sign up early as space is limited!	Advance registration – $75; after May 22 – $85. Includes bus transportation and overnight accommodation (double occupancy).

1998 CYCLING EVENTS (continued)

WHEN	*WHAT*	*HOW*
Saturday, August 22 (Trip 7)	**GATINEAU PARK, QC** Another new location this year, and one that promises to be very popular.	Advance registration – $26; after April 24 – $28
Friday, Sept. 4 to Monday, Sept. 7	**LABOUR DAY WEEKEND** Write-up will be in Summer Randonnotes to be sent to Members in June/July	
Saturday, Sept. 12 (Trip 8)	**LAC SUPÉRIEUR, QC** Enjoy your cycling while you view the famous fall foliage of the Laurentians. We will be joining the RA hikers for a get-together at the end of the day. Plan on a later return to Montreal than usual.	Advance registration – $26; after April 24 – $28
Saturday, Sept. 19 (Trip 9)	**ST-JOSEPH DU LAC, QC** The end of the season not only introduces us to a very picturesque part of Quebec, but includes a stop for an end-of-season party.	Advance registration – $30; after April 24 – $32

BUS DEPARTURE TIMES

Departure times and locations are:

Carré Décarie Square (formerly Décor Décarie)
Décarie and Vezina
Bus loading: 7:00 am
Bus departs: 7:15 am

Atwater & Tupper
Bus loading: 7:30 am
Bus departs: 7:50 am

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

Helmets are mandatory!

PRICING

Prices are as indicated in the Cycling Events listing. Book before April 24th and avoid a surcharge. Trips scheduled after August 1st may be booked at the lower price with a cheque post-dated to August 1st, as long as the cheque is received before the April 24th cut-off date.

LEVELS

Short routes are 40–50 km, intermediate routes 60–75 km, and advanced routes are 90+ km.

OCTOBER 1997 CYCLING CLINIC

In October 1997, Tony Scott and Dinsmore Roach, former Cycling Directors, held a cycling clinic where they stressed that everyone should always carry a spare tube and a repair kit. Don't depend on someone else's! It is better to have one's own kit, and to be familiar with how to use each piece, rather than fumble with borrowed gear. On the other hand, having too much equipment can be both bulky, unnecessary, and perhaps useless, as it is best to leave the major repairs for the experts at the bicycle shop. The main objective is to fix what is broken, and get back to civilization as quickly as possible.

The basic repair kit should contain tire levers, a spare tube, a small patch kit (preferably self-adhesive patches), a roll of duct tape, a small hand-held pump (newer pumps come with pressure valves which indicate how how much air the tire holds), along with a tire valve adapter. In addition to these basics, I plan to include a condensed version of the step-by-step list of instructions handed out at the clinic.

Thanks to Tony and Dinsmore, those of us who attended the clinic will be able to cycle this spring with much more confidence in our abilities to handle minor repairs.

Editor's Note: The next cycling clinic will be held May 3rd (see the 1998 Cycling Events calendar for more details).

Janet Goldstein

RANDONNÉE CYCLING JERSEYS

RA cycling jerseys are available for purchase at $51 each. If interested, or if you would like more information, please phone the Club tape (439-0339), and leave a message, including your name and phone number, for Dinsmore Roach.

CLASSY ADS

- FOR SALE: Marinoni, 56 cm, SL frame, new paint. Contact Tony Scott at 444-7810.

WEEKEND GETAWAYS

VICTORIA DAY WEEKEND 1998
C-Way Inn, Clayton, NY
Friday, May 15 to Monday, May 18

WE'VE GOT A WINNER! The Cycling Committee has found an area new to RA in New York State – near the 1000 Islands to be more exact – a spot that will be enjoyed by enthusiastic and not-so-enthusiastic cyclists alike.

We will stay at the C-Way Inn in Clayton, NY, chosen because of the great array of little-used roads in the area. Many other activities are also available. You can cruise on the St. Lawrence River through the narrow, scenic channels of the 1000 Islands, visit Boldt's Castle, play a round of golf, and much more. As the drive is only 280 km from Montreal, you may wish to arrive early on Friday to take advantage of the $15.00 (US) flat-rate dinner price at the restaurant adjoining the motel.

Registration: Space is limited to 40 people. A late registration fee of $20.00 will apply for registrations received after Friday, April 24th.

Cost: $177.00 (Cdn). Non-members must also include a separate cheque for $32 to cover the membership fee. All cheques payable to Randonnée Aventure.

Included: Three nights accommodation in standard motel rooms (double occupancy), three buffet breakfasts and a murder/mystery dinner on Saturday night.

Transportation: Carpool, leaving Montreal Friday and returning Monday. Shared transportation costs will be arranged between driver and passengers. Please indicate on the registration form if you have a car for carpooling.

Contact: For more information, leave a message on the Club tape (489-0339) for Egon Nickel.

ST. JEAN BAPISTE WEEKEND
Red Coach Inn, Franconia, NH
Friday, June 19 to Sunday, 21, 1998

The first hiking/cycling adventure of the summer takes us to Franconia, NH, where we will stay at the Red Coach Inn, situated high on a hill overlooking the White Mountains. The surrounding terrain bodes well for beginner or seasoned hikers/cyclists.

In case of rain, the Red Coach Inn has some facilities to make life easier. There is a restaurant on the premises as well as an indoor pool, sauna, jacuzzi and exercise room.

Upon our arrival on Friday, we will be hosted with a wine and cheese party, as a sort of a jump start to the weekend. Come, join the friendly RA group to meet and make friends.

Cost: $138.00 (Cdn). Non-members must also pay a $32 membership fee.

Registration: Space is limited to 50 people. A late registration fee of $20 will apply for reservations received after Friday, May 22nd.

Transportation: By carpool. Non-drivers are required to share gas costs. Driving time is approximately 3 hours.

Included: Two nights accommodation in standard hotel rooms (double occupancy), two breakfasts and one supper (3 selections).

Contact: To volunteer as car-pool coordinator, or to request more information, please call the Club tape (489-0339) and leave a message for Mike de Tracey.

PROTECT YOUR INVESTMENT!

Now that you've just mortgaged your house to buy a new bike, you should seriously consider spending a bit more to safeguard your investment.

I was surprised to discover that most home and personal goods insurance does not cover more than $300 on bikes of any kind. For the modest annual sum of $40–$50, one can purchase a special rider which will insure the full value of one's new steed against theft, whether at home or elsewhere, and without the usual deductible. Replacement value insurance doesn't seem to be available, but at least they don't apply a depreciation to the value of the bike.

This rider will only cover damage to the bike incurred during the course of a theft. In other words, if you are out riding through the sunny roads of Vermont and one of those pseudo-wolf local hounds gets at you, the damage incurred is not covered by the rider but would fall under your normal home insurance to a maximum of the $300 stated above.

This information comes from a large insurance firm and, although the terms seem ridiculous to me, it appears to be our only solution at the present time. If anyone out there can suggest an insurance firm which can better help us protect our investments, we would all be interested in hearing about it.

Jacqueline Kost

QUO VADIS III

As though Randonnée's demanding schedule were not enough, it seems some hikers just can't get enough (hiking!). So they seek more of the same on their vacations – even though they get no "frequent hiker" credits.

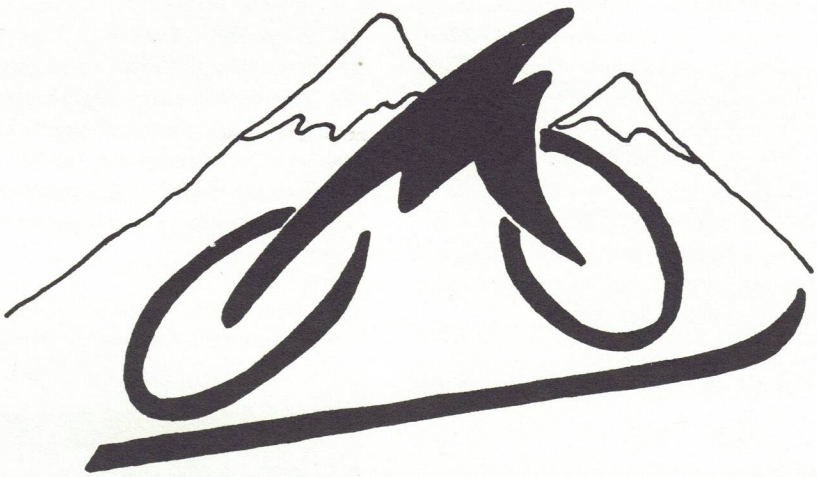
Here's a sampling from the files at QV. The indefatigable Susan Harris did some backpacking in Vermont, as well as an expedition to Gros Morne. This year's conspicuous achievement award must go to Cesar and Holly (see page 18). But there were other impressive outings such as Susan Ketterman's visit to Patagonia, Kit Dench's expedition to New Mexico and Linda Lessard's heli-hiking in the Rockies. I'm sure these intrepid hikers would be keen to advise you, should you consider similar exploits.

The UK attracted some members too. Margaret Needham hiked in Wales, as did Anne Harper.

Determined to have something personal to report, I too did some "extracurricular" hiking on my visit to England, including an ascent of Dunkery Beacon, and a superb Exmoor and coastal hike near Lynmouth.

Oh, and our esteemed president, Clive, wanted a mention too. It appears he and Karen Findlay almost went hiking in Nova Scotia but were deterred by the rain, or rather the lack thereof! Seems the trails were closed because of the fire hazard.

Bob Yarnold



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TRIP REFLECTIONS

CYCLING AND TRAMPING IN NEW ZEALAND

Jill Aspinall and I spent 3 weeks in New Zealand during December 1997, planning to travel from Queenstown to Auckland via bicycle and bus.

Our first day of cycling was one of the toughest in my 20 years of touring in 14 countries. It was a long one, 117 km, and we were fully loaded with gear. We had a strong tailwind for the first 50 km, but we turned north into the wind for the next 67 km, dropping our speed to an average of 10–12 km/h. After arriving in the nearest town, we learned that El Niño was causing brutal wind and unusual rain patterns this year. After meeting some trampers (hikers) who were raving about some of the hikes, we therefore modified our plans to include more hiking and less cycling.



As well as hikes in two World Heritage Parks (the Tongariro and Fiordland National Parks), we also hiked in Picton, Havelock, Wanaka, Fox Glacier and Gillespie Beach. Tongariro Crossing crosses the saddle of two active volcanoes, and offers spectacular scenery and geological forms not seen in eastern North America. We also visited the famous Milford Sound, did a horse trek in sheep country, and made visits to the face of the Fox Glacier, a seal colony, the new National Museum of New Zealand, a Polynesian Mineral Bath, and "Hell's Gate", a park featuring geysers, boiling mineral water pools, steaming mud lagoons and sulphur ponds.

All in all this was a fine trip. We were impressed most favourably by the warmth of the people, the tramping, and the variety of the country. The food was generally excellent, the beer OK and the coffee lousy. The country has a reputation as a cycling paradise, but we found this not to be true in 1997 as too many of the roads are narrow and busy. It is a great country to visit, but more as a mixed outdoor venue.

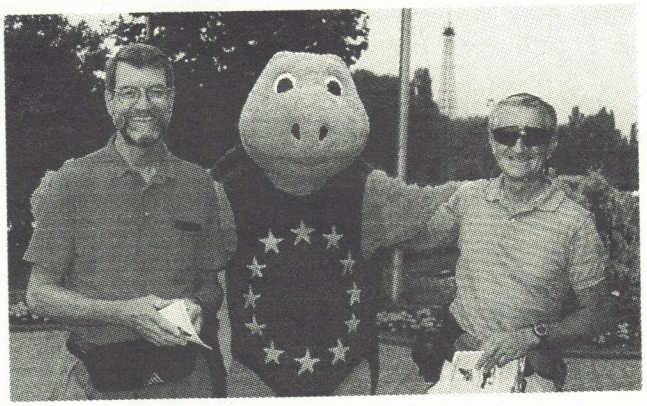
Rick Molz

AL AND BRIAN IN EUROPE - PART II

In July 1997, we arrived in Brussels with our bikes. The first adventure completed (finding our way out of the airport ... never easy by bike), we headed south towards Waterloo where we found a hotel for the first night. The next day we visited the site of the famous battle of 1815 where "you know who" met his "you know what", following which we had our first taste of french fries with mayonnaise. We then continued on to Namur, which is a very old fortress town (not a metro station!) on the river Meuse.

The following morning, we cycled up to the citadel from which we had a great view across the Meuse valley. From Namur we went down the Meuse to Dinant and up over the hills (and what hills!) to Rochefort. Tasting the local beer and wine there made the route to Bastogne seem even hillier than it was! At Bastogne, the site of the famous "Battle of the Bulge", we visited the museum and war memorial and then continued climbing to Luxembourg, which sits on a plateau surrounded by huge gullies that are crossed by numerous bridges.

We left Luxembourg following a bike path along the winding Moselle River, with vineyards on both banks. We passed through the ancient towns of Trier, Bernkastel, Trarbach, Cochem to Koblenz where the Moselle flows into the Rhine. We took a boat ride down the Rhine to the famous Lorelei rock, then a train back to Koblenz.



The next day, we followed a bike path along the Rhine to Bonn, then passed through Aachen to Liège, Louvain, Gent and Bruges. There we spent a weekend cycling along the numerous canals to Zeebrugge, along the Atlantic coast to Ostend, then back to Bruges. One of the bridges had a memorial made of scrap tank parts, dedicated to 51 Canadian soldiers who lost their lives defending the bridge during World War II. Then we returned to Brussels for two days of sightseeing, good food, local brew, and rubbernecking.

In all, we cycled just over 1300 km, and tasted local spirits in every town and city we stayed in — a thoroughly enjoyable trip!

Al Ramsay and Brian Abbott

HIKING IN CUBA

In the early morning glow from the air-conditioned, first-class train (3rd world style) from Havana to Santiago de Cuba, the Sierra Maestra range beckons to all those who dare to climb its mountains. In Cuba to give a teacher-training workshop, I was determined to explore the mountains, even though I was informed that this can only be done with a Cuban and that free access to the mountains is denied to non-Cubans. I was lucky to discover that the brother of one of my hosts had hiked all over Cuba and was a spelunker to boot.

The next Thursday, we set out to hike the 1214 m high Gran Piedra in the Siboney region, but a freak accident had closed all routes to the peak so we settled for a nearby equivalent. Just east of the Guantanamo military base, we came to a fork in the road where a soldier informed us that Maria del Pilar was no longer open to hikers, and that we were not allowed anywhere in this area, especially because of my status as a non-Cuban. I was quite surprised since freedom is something I take for granted as a Canadian. After some convincing, we were allowed to head to our alternate destination, El Frances and Palmarejo, two mountains overshadowed by higher peaks.

As we picked our way through a rocky path normally walked by goats and cattle, it was necessary to hack away at the barbed brambles as well as cut back the gigantic and prickly agave plants and cacti. In spite of Joaquin's hard labour, I still got quite scratched up. The climb was pleasantly gradual, although the sun was quite hot. Once we got to the top, we were rewarded with a 360 degree view of the surrounding mountain range, and not a single other soul in sight! Our descent was very quick, and we even had the excitement of watching a bull being led by rope by two horsemen from one town to the next. (A word of advice: do not let a bull smell your fear or else it will stop and eyeball you as its next target.) We ended up by cooling off in the refreshing Caribbean Sea where a myriad of colourful fish and intricate coral can be discovered with snorkel gear and sunlight.

I promised myself a return visit to Cuba to attempt some of the more challenging mountains: Alto del Naranjo, Comandancia de la Plata and Pico Turquino.

While in Santiago de Cuba, I met woman only 4'9" tall who had been a prisoner of war of the former Batista dictatorship. She gave me details of her brutal torture and I was amazed at the strength she must have had to endure such horrors and remain so cheerful in her old age. She promised to arrange a hike across the Alto del Naranjo and Comandancia de la Planta where Che Guevara and Fidel



Castro crossed during the late 50s, as well as a visit to the concealed headquarters from where he conducted the revolution.

Pico Turquino is a 13 km climb best done over a span of 2 days, with most of the hiking occurring in the wee hours of the morning. This peak has several rustic cabins for hikers, and it is highly recommended that travellers stay overnight in order to avoid the hot daytime hours.

Words of advice for hiking in the Caribbean: hike very early in the day; rest during the peak sun hours; and wear a hat and lots of sunblock (the sun in Canada is nothing like the sun down there!); drink lots of water; and rest when the sun becomes an overwhelming presence.You should hike with a Cuban to keep you out of trouble and in good company. Although Cubans are highly civilized and among the warmest and most caring people I have met, the country's security officials view tourists with suspicion.

My raison d'être for being in Cuba stems from my involvement at Concordia University. The Department of Applied Linguistics, the TESL (Teaching English as a Second Language) Centre, and the Language Institute of Concordia University have set up a charitable organization which assists Cuban teachers of English. We raise funds to bring two teachers to Montreal during the summer to attend teacher-training courses, learn more about Canadian culture, and to teach us more about their culture. We also collect desperately needed teaching materials and stationery to ship down to Cuba. In turn, professors and teachers of English attend the Cuban conference of English teachers. If you wish to learn more about our organization or wish to make any contributions, please contact me via the Club tape. Thank you!

Marie Melenca

TRIP REFLECTIONS

A WEST COAST ADVENTURE

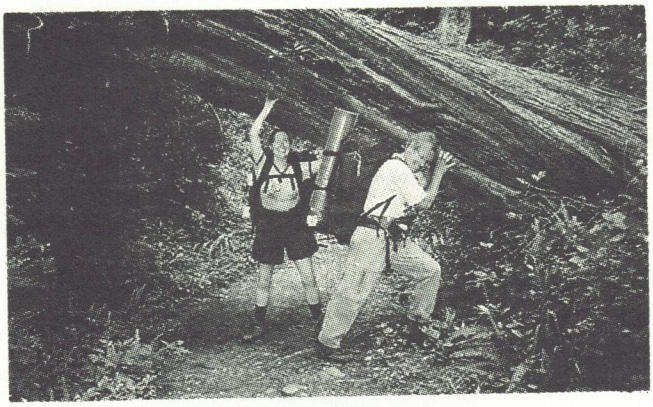
In June 1997, César Brage and I headed out west for a slightly different type of hiking experience from the normal RA day trip. Hiking the world-famous West Coast Trail (WCT) was truly a challenge, and an adventure worthy of mention to our fellow RA members, some of whom might want to check this out for themselves. To quote the Pacific Rim National Park WCT Hiker Preparation Guide: "It has the reputation of being one of the most gruelling treks in North America. It is isolated, strenuous, physically challenging and potentially hazardous".

The WCT is a 75 km stretch of trail located along the west coast of Vancouver Island, between Bamfield and Port Renfrew, northwest of Victoria. Due to popularity and previous years of over-use, there is a reservation system in effect,with a mandatory chargeable Trail Use Permit. 26 hikers per day are allowed to start at each end of the trail. It takes between 6 to 8 days to complete and, although you do meet up with other hikers, it is a wilderness area and help could be days away. There are no shelters, and everything you need, or even mistakenly think you need, must be carried on your back.

As with most other challenges in life, getting there is half the fun – via plane to Vancouver; a ferry to Nanaimo; a drive with friends to Port Alberni, where we camped out; followed by a 4 1/2 hour ride on the MV Lady Rose along the Alberni inlet to Bamfield. There we arranged a shuttle to the trailhead where, after a compulsory orientation meeting where trail conditions were discussed, tide charts given out, and bear and cougar sightings pointed out, we were on our way!

The first day was quite misleading, in that it was a very short, easy hike to the first camping area. This contrasts with the very last night of our trip which was spent bailing out our flooded tent with César's coffee cup at the mouth of a dangerously fast-rising creekbed, anxiously watching the extremely high tide coming in a few feet from us, in the pouring rain, and with nowhere else to go. This was after a long day of hiking to the point of exhaustion, on trails turned into creekbeds with mud-holes that were deeper and wider than your wildest imagination. One of those giant trees had come crashing down towards us as I was in the middle of climbing down a dangerously steep cliff on a long, already precarious, slippery, moss-covered ladder. We had navigated, or swum, our way down muddy rock cliffs on ropes, where previous remnants of ladders had been. In between those first and last days, we have much to reminisce about!

The physical challenges were plentiful – the army uses this trail for adventure training. For example, how does a climb down ladders the height of a 30-storey building sound carrying a 30–40 lb backpack? At the bottom of this, the cable car that crosses the creek was on its side, broken, on the ground. After we crossed this obstacle, we found the other ladders, going up 30 storeys. To me, though, this wasn't as bad as it



could have been. We had already come across ladders with rungs missing, and sometimes two rungs missing, at crucial points. Sometimes there were ropes left nearby; other times there weren't. For me, the worst obstacles were the moss-covered logs, often placed at an incline, crossing steep ravines. Don't ask me how far down the bottom was, because I couldn't look. César had his own frustrations trying to avoid the mud which, despite our gaiters, got everywhere. But, eating fresh mussels from the beach, cooked over your own campfire, tends to make you forget the hardships of the day.

And finally, the scenery – it was breathtaking! There are no words to describe approaching an eagle on the beach that refuses to back away and give up its prey, the carcass of a sea lion. Other highlights included camping one night near the base of a beautiful waterfall, and another night discovering that the camping spot we had picked was right beside an old shipwreck of a wooden barge, unrecognizable because it blended in so well with the surrounding forest due to the trees growing in and around it. We met wonderful people such as army buddies Dennis and Mark (Mark was crazy enough to do the trail twice, stashing food up in trees for his return trip). There was also the lighthouse-keeper's daughter, who brought her pet chicken out to meet us, and the wonderful native couple who told us about the behind-the-scenery politics, which unfortunately we can't escape from, even on a remote trail such as this. I hope that the prediction of the closure of this trail does not come to pass, although the lack of trail maintenance was appalling and, at times, life-threatening. The WCT used to be wonderfully kept up, according to repeat hikers, and there have been sharp increases in trail fees.

For anyone planning to do this trek, our best suggestion for preparation is to read "Blisters and Bliss" by David Foster and Wayne Aitken. After that, talk to people who have done it before, such as César or myself. We will tell you how to avoid the mistakes we made. It was, after all, our first time backpacking. Would we do the WCT again? You bet!!

Holly Larson

TRIP REFLECTIONS

THE LONG RANGE TRAVERSE, GROS MORNE NATIONAL PARK, NEWFOUNDLAND

"For seasoned hikers only", said the park warden as he interviewed us prior to our departure. This was my first summer backpacking trip. I thought "What on earth am I doing here?" For 4 days three of us would walk atop the Long Range Plateau on an unmarked trail guided by map and compass in the hands of our trusty guide, Bill Pollock.

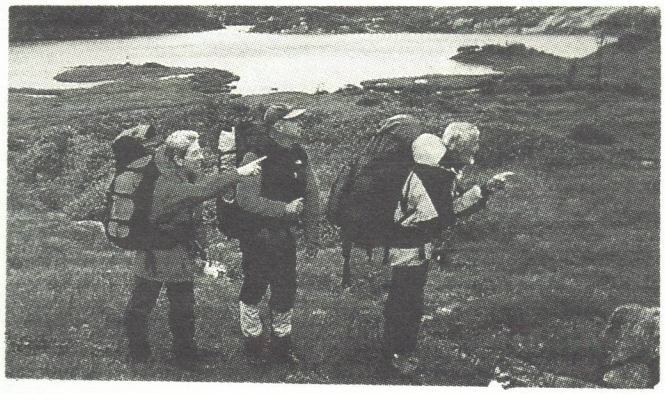
Our trip began with a 3 km walk along a manicured path to Western Brook Pond where a tour boat would take us 16 km to the trailhead at the end of the pond. My pack felt awfully heavy and I wished that I had practiced carrying it! We were warned that the boat would not tie up, but just pull along side. Was I going to make a spectacle of myself and fall into the pond? The boat left us with cheers from the sightseers on board as we set out on our journey.

The first few kilometres walking along a stream bed were followed by an exhilarating 600 m climb beside a waterfall to the alpine region above. Bill opted to set up camp in a sheltered spot on a hillside as the first official campsite was still a few hours away. We could see Western Brook Pond carved from the cliffs far below and the dock was but a tiny speck in the distance. We shed our shorts for warmer garb as it was windier and cooler than below. Bedtime came with sundown. My goosedown bag made a cozy cocoon.

The next morning was misty and after breakfast we set off by 8:30 am, which became our the routine. After a short climb through the tundra, the open plateau stretched before us, broken by sparkling lakes, and we saw our first caribou scampering up a hillside. Footing was difficult; the terrain was very boggy and sedge grass hid waterholes. A "rockadile" got me as I attempted my first creek crossing. In I fell! Result: one wet foot and a drippy pack bottom!

The second campsite was on the windy shore of a lake. Pitching tents and cooking supper would be too difficult so we moved on to a wooded area that we shared with a moose. Good water was plentiful. We unwound with some rum, fruit punch and nuts before tucking into one of Bill's delicious camp dinners.

Day three: a few wrong turns, encounters with impenetrable tuckamore (brush), ups and downs, beautiful tarns. We lunched in the sunshine by two reflecting pools. Ahead was



our first view of Gros Morne Mountain two days away. We camped on a mountain top. The full moon bathed our site in light and caribou wandered by during the night. We were disturbed only by honking geese overhead.

Our last day on the Long Range Traverse was the most memorable. Caribou crisscrossed our trail all morning as they moved onto a rocky promontory nearby. A dozen of them were silhouetted against the sky. I called it the Caucus of the Caribou. Berries were plentiful and provided ready snacks along the way. By noon we began our descent from the plateau to Ferry Gulch at the base of Gros Morne Mountain. It sure lives up to its name, "Big Gloomy". We climbed the barren, rock-strewn lump and took the requisite picture at the summit before picking our way down the rock gully to the path that would lead us to our vehicle.

In 4 days on the plateau we had seen only two other hikers. Access is limited to preserve the fragile vegetation. Early September is an ideal time to hike here as summer comes late to Newfoundland. Bugs do swarm when the sun is warm but they do not seem to bite.

How to get there: Gros Morne National Park is a 2 h drive from Deer Lake Airport in western Newfoundland. Bill Pollock, our guide, runs Tuckamor Trips, an outdoor adventure company based in Ste. Agathe. He supplied all equipment, food and transportation from Deer Lake.

(See Susan Harris' article in Winter 1998 Randonnews for more on hiking in Gros Morne National Park.)

DEADLINE FOR FALL/WINTER RANDONNEWS

The deadline for submissions to the Fall/Winter edition of the Randonnews is August 20, 1998. If you have any articles, photographs or cartoons pertaining to Club activities, we'd love to see them. Also, if you like to sketch, perhaps you would like to see your black and white line drawing on the front cover. Classified ads are also welcome and are free. Text submissions are prefered on diskette or via e-mail. To make life simpler for the Editor, keep the text short and the formatting as simple as possible (no indents, extra spaces, special coding of fonts, etc.). Headings should be put on a separate line, separated from the text with a blank line. Other submissions (drawings, photos, etc.) should be mailed to the Randonnews Editor at the Club address. To get more information, call the Club tape and leave a message for Catharine Findlay or Clive Brewer.



Social Dancing

Wednesdays, 7:00–9:00 pm
March 4, 11, 25
April 1, 8, 22, 29
May 6, 13

Social Dancing resumes this spring!! Have fun with your Randonnée friends on Wednesday evenings learning to rock 'n roll, tango, waltz, cha-cha, etc. with our ever-patient instructors, Tony and Rosie. Couples and singles are welcome and we do our best to provide partners for all. Some previous dance experience would be useful but is not essential. Join us for a great mid-week work-out and a barrel of laughs!

Cost: $126

Location: The gymnasium of the Montreal Association for the Blind, 7000 Sherbrooke Street West, NDG (across from the Loyola Campus of Concordia University)

Registration: Although this activity has already started, you may be still be able to join. If interested, please call Susan Harris at 878-8881.

Note: On March 18 and April 15 the gymnasium is not available to us so we'll make plans to show off our skills at dance clubs for these evenings.

Social Dance New York City Weekend

The Dance Class organizers are planning a weekend in New York City, at the end of April or the first weekend of May 1998, to attend professional dance competitions and watch how it's all really done!!! We'll dance a little ourselves, too (but not in competition!) and we'll have time for some sightseeing in The Big Apple as well. If you think you might like to join us or would just like some more information, please call Susan at 878-8881.

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Fun in the Sun — Spring Party and Sign-up

Saturday, March 28
Sign-up 8:00–9:30 pm only
Party 8:00 pm – 1:00 am
Thomson House, McGill Grad Center,
3650 McTavish (between Dr. Penfield and Pine)

Throw on your bathing suit and/or sarong and start the summer season with a splash at RA's Beach Party. Kick the sand out of your shoes while dancing to our DJ's hot summer tunes.

Cost: $11 entrance fee.

Offers to help with decorations, door duty and food tables are welcome – just leave your name on the Club tape for Connie.

Sugaring-off party

Saturday, April 4, 4:00 pm
L'érablerie Chez Madeleine,
1325 Coté Georges, Mascouche

Join us for this traditional Quebecois outing. We'll meet at 4:00 pm to give us time to visit the maple grove and the "Centre d'interprétation des sucres". Then we'll indulge ourselves on Chez Madeleine's traditional meal which includes all the favourites – from soupe aux pois to sugar pie. After the meal we can dance to help burn off those calories.

Cost: Approximately $13 payable on the day but RSVP's are necessary so we know how many spaces to reserve. To book your place you can mail in the registration form, sign up at the dance or leave a message on the Club tape (489-0339) for Ginette Carrier. Deadline for reservations is Tuesday, March 31.

Driving Instructions: Take any route north that intersects the 440 then take it to the east. This will turn into Route 25 north. Take Exit 24; then left onto Ste-Marie for about 4 km; right onto Du Domaine then left onto Coté Georges to 1325 Coté Georges.

Sing-a-long

Saturday, May 2, 8:00 pm

Join us for an evening of song, good cheer and good company at Linda and Egon's. Even if you can't hold a tune you are still welcome to come and lip-sync. We are especially looking for volunteers who play a musical instrument – sheet music can be provided. BYOB, snacks will be supplied. Call the Club tape and leave a message for Egon. He will call you back with details and directions.

Dim Sum & Wayne's Wokking tour of Chinatown

Sunday, June 14, 10:30 am
Location: TBA

Take a wok on the wild side – join us for Dim Sum followed by Wayne's wokking tour of Chinatown. We will meet at 10:30 a.m. at a restaurant in Chinatown – check the Club tape the week before for the exact location. An RSVP to the Club tape is required by **Thursday, June 11** so we know how many tables to reserve. This is a morning where you'll never wok alone, maybe we'll even wok around the clock! Don't forget to wear those boots that are made for wokking.

Membership Information

MEMBERSHIP FEES

Annual Membership fee is $32

SEPARATE CHEQUES PLEASE! Membership fees and activity registration fees must be on separate cheques. Government regulations require us to deposit all trip payments directly into a special account, to be used for trip expenses only. Our general administrative expenses, which are covered by your membership fees, must be paid from a separate account — hence the need for two separate cheques. Your cooperation is appreciated.

NON-MEMBERS AND EX-MEMBERS

Newcomers to the Club may participate in one day-trip before paying the membership fee. They can choose from either a cycling, hiking, or cross-country ski trip. They must, of course, pay for the trip and sign a waiver. They can register by mail, at the 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 is not open to those who have previously been a member of RA or participated in any of our trips. Ex-members are reminded that they should renew their membership before using the buy/sell procedure.

RANDONNEWS AND RANDONNOTES

To reduce costs, the Club policy is to send members only one issue of Randonnews after their membership expires. If your membership expired last October, this will be the last copy of the Randonnews that you will receive. Randonnotes, our mid-season publication, will contain registration information for Labour Day and Thanksgiving Weekend trips, and will be mailed **only** to current members.

Don't risk missing out on the latest information on upcoming events. Check the expiry date on your mailing label and renew now.

ACCIDENT INSURANCE

Randonnée Aventure strongly recommends that anyone participating in Club events outside Quebec obtain travel insurance. Quebec Medicare covers only a small portion of medical expenses incurred outside the province. It is particularly important to have adequate insurance when travelling to the United States. Hospitalization in the USA can cost over $2000 per day and less than $100 of that would be covered by Quebec Medicare.

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?
- Does it cover semi-private or private rooms?
- Do any pre-existing conditions affect the policy?
- What do you have to do if an accident does occur?
- Is there an 800 number to call?

Make sure you are covered before going to the US, for even a few hours, and make sure you have the telephone number with you on your trip. Travel insurance is not expensive – when you look at the alternatives.

CONTACT IN CASE OF ACCIDENT

We recommend that all participants in Club trips carry with them the name and phone number of a person to contact in case of an accident. This information could be written on the back of your RA membership card, perhaps with the phone number of your Insurance Company.

DISCOUNTS FOR RA MEMBERS

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

BLACKS INTERNATIONAL (2 stores)
3525 Queen Mary Rd., Montreal; 739-4451
1101 Laurier Ouest, Outremont; 271-1314

McWHINNIE CYCLE INC.
5010 Sherbrooke St. W., NDG; 481-3113

MARTIN SWISS CYCLE & SKI
313 Victoria Ave., Westmount; 481-3369

NORWAY NORDIC
127, rue Ste-Anne, Ste-Anne-de-Bellevue; 457-9131

BASE CAMP
173E Cartier Ave., Pointe-Claire; 630-6717

CYCLES VB
6344 Victoria Ave., Snowdon; 738-2101

BUYING AND SELLING TRIPS

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 28th, at the McGill Grad Centre, 3650 McTavish (between Dr. Penfield and Pine). Registration is from 8:00 and 9:30 pm.
- Come to our Sign-up Night on Tuesday, April 7th, at the Atwater Library, Atwater and Tupper, 7:00 to 9:00 pm.

Registrations by mail will be accepted after the sign-up evenings, but please call the Club tape first to find out which trips have space available. Your cheque should arrive at least one week before the trip, and should include the $2 surcharge for each day trip if the cheque is received after April 24th.

BUYING AND SELLING PLACES ON FULLY BOOKED 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 – for example a friend or a relative. If your buyer is a non-member, inform them that they **must** sign a waiver on the bus.

We also offer a service by which we attempt to sell the trip to one of our members.

Once you have activated the RA service, you **must not** attempt to sell the trip on your own. This might result in double-selling the trip, and in such a case priority will always be given to the person who bought the trip through the RA system.

A common occurrence is members phoning to buy or sell 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 RA does not guarantee the sale of any trip, and the number of people wanting to sell sometimes exceeds 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 be on the list. The procedure to follow is as follows.

TO BUY A 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. Indicate if you are a non-member taking your first trip, and leave your phone numbers. We do not phone back to confirm; call the Club number late Thursday evening or on Friday for 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. 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 tape late Thursday or Friday, you can go to the **last** pickup point with the correct payment and take a chance. You have a good chance of getting on the bus if there are "no-shows". Those who have tried to reserve by phone have priority as walk-ons.

TO SELL A TRIP

From Monday am to Wednesday 9:00 pm, the week of the trip, call the Club tape (489-0339) and leave a message. RA will not call you back, but, if a buyer is found, a cheque will be mailed to you at the end of the season for the amount that you paid.

RA 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. Should you want to go on the trip after all, you may do so on a standby basis at the last pick-up point.

DAY TRIP WAITING LISTS

There are no waiting lists for any day trips. The Club tape will give you information on which trips still have space. Any cheques received for sold-out day trips have to be returned, so please check the Club tape **before** you mail in your registration form. If a trip that you want is already sold out, use the buy or sell procedure the week of the trip to purchase a seat. Your cooperation is appreciated.

BUYING AND SELLING WEEKEND TRIPS

Weekend trips are not refundable, but RA 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. RA does not guarantee the sale of any trip.

There is a waiting list for each weekend trip. To be placed on this 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 should you decide not to go, or if a place is not found for you.

CANADIAN WILDERNESS ADVENTURE TRIPS 1998

Moisie river advanced whitewater canoe trip, Québec

The Moisie River is the Nahanni of the East. The Moisie has breathtaking scenery, a very exciting bona-fide wilderness challenge, little human company and does not require an expensive floatplane for access. Pouring from the Québec/Labrador taiga-like highlands the river drops over 1,700 feet to the St. Lawrence River. The river flows through a spectacular canyon with cliffs rising over 1,200 feet from the river. We will cover 260 miles in 14 days. You must have some whitewater experience and be in good physical condition. If you are looking for an exciting river, this is the one! Better do it soon before power dam construction begins.

July 7 - 24 (18 days) from Ste-Agathe or July 9 - 23 (15 days) from Sept-Isles. Cdn $2,060

Family canoe trips: La Verendrye and Papineau-Labelle Wildlife Reserves, Québec

Consider a family getaway canoe trip in the wilderness. Beautiful swimming beaches, idyllic pine shaded campsites, short portages, abundant wildlife, and lots of time to learn the skills of canoe-camping. A superb introduction for families with children between the ages of 6 and 16. Your guide has a pack full of campfire tales, games, popcorn parties, and marshmallow roasts. No experience is necessary. An adult must accompany children under 16.

July 28 - 31 (4 days): Cdn $388, children under 16 Cdn $290
August 10 - 12 (3 days): Cdn $300, children under 16 Cdn $222
from Ste-Agathe-des-Monts

Teenagers canoe trip, Coulonge R., Qc.

This year's co-ed trip will start at Lac Pomponne near Réserve La Verendrye near the headwaters of the Coulonge River. We will descend the Coulonge learning to run the many easy rapids and portage the most difficult ones. It is open to all teenagers who want to make new friends, acquire lasting wilderness skills and self-confidence including how to run rapids. No previous canoeing experience is necessary but trippers must be able to swim.

June 27 - July 5 (9 days). Cdn $930 from Ste-Agathe.



Traversée de Charlevoix, Québec Cabin to cabin hiking

This is Québec's premier cabin-to-cabin hiking trip in the "Switzerland of Québec." It starts north of Baie St. Paul in the Parc des Grands-Jardins and ends 100 km (60 miles) farther east. There are 6 wood stove heated cabins en route each separated by 7 to 21 km (4 - 14 miles) of backcountry hiking in the Charlevoix mountains with peaks reaching 850 m (2,800 feet). The cabins are equipped with propane cooking stoves and lights. There is a herd of caribou in nearby Parc des Grands-Jardins. The timing of this trip eliminates "bugs" and should be ideal for viewing the great fall colours. Our supplies will be moved for us each day so we only carry a daypack on the trail. If you like to hike, but don't like to camp, this is your trip.

September 27 - October 3: (7 days) Cdn $985 from Ste-Agathe, Québec City, Baie St. Paul or St. Urbain.

Whitewater Initiation Days Devil's River, Mont Tremblant Park

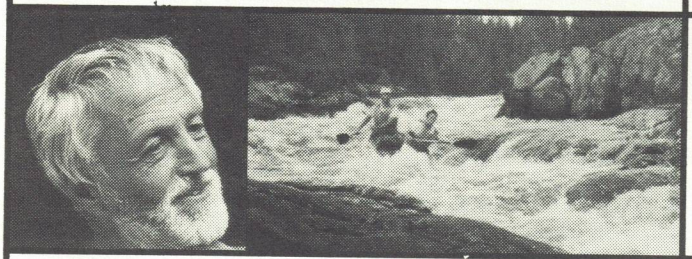
Basic instruction in whitewater canoeing. All you need to know with time for practice before that big trip. We usually start with flatwater skills at Lac Monroe and graduate to a set of short easy rapids at La Faucille. Lunch is provided. Maximum 6 persons. Private sessions can also be arranged.

May 18 ■■■ May 23 ■■■ July 26 ■■■ September 26
Cdn $50 from Ste-Agathe-des-Monts or Lac Monroe

Whitewater weekends: Upper Rouge River, Qc.

The "21 mile" section of the Rouge is one of the best places to learn and practice whitewater canoe skills. Most of the river is R1 - R2. Many of Bill Pollock's canoeing friends will be present. We will camp on the river Saturday night. One dinner, one breakfast and two lunches are included.

June 13 - 14, June 20 - 21: Cdn $195 from Ste-Agathe-des-Monts.



Batiscan River intermediate whitewater canoe trips, Québec

The Batiscan has more beautiful scenery than the Dumoine but has more demanding whitewater. Long sections of class II and III rapids. One called "the gates of hell". Great trip for intermediate canoers. A train ride to the headwaters is included. It is one of our more popular trips. Some whitewater experience is necessary.

June 22 - 26 (5 days), August 10 - 14 (5 days). Cdn $530

Dumoine River beginner - intermediate whitewater canoe trips, Québec

The Dumoine is one of the best canoe tripping rivers in Québec. The historic Dumoine drops over 150 m (500 feet) from Lac Dumoine to the Ottawa River in 130 km (80 miles) with many exciting class I, II and III rapids. Seaplane flight included. Chutes, waterfalls, sparkling beaches, spectacular cliffs, and beautiful campsites along the pine-studded shores provide magnificent scenery. The 6-day trip is more leisurely.

May 30 - June 2 (4 days) Cdn $600. August 3 - 8 (6 days) Cdn $775 from Ste-Agathe or Ottawa

The Long Range Trail in Gros Morne National Park, Newfoundland

You don't need to go to the Rockies for spectacular scenery and wildlife. Gros Morne is a little gem with spectacular mountains rising over 2,000 ft. out of the ocean, waterfalls dropping 1,500 ft. from primitive lakes in sub-arctic conditions, and abounds with caribou, moose, arctic fox, ptarmigan and black bear. We'll see them all as we backpack the Long Range Trail carrying everything with us in this magnificent World Heritage Site. Time permitting we will visit the bare moonscape topography of the Tablelands.

September 14 - 20 (7 days). Cdn $820 from Deer Lake, Nfld.

PRICES INCLUDE GUIDE, FOOD, CANOES, PFD'S, PADDLES, TENTS, PARK FEES, AND TRANSPORTATION AS INDICATED. TAXES ARE EXTRA

Write, phone, fax, or e-mail Bill Pollock, your guide, for detailed itineraries

***For more trips request our 1998 catalogue or visit our web page at* www.tuckamor.com**

TUCKAMOR TRIPS INC., 7123 Lac Noir Road, Ste-Agathe-des-Monts, Québec, J8C 2Z8, Canada

Phone/fax: (819) 326-3602 e-mail: bill@tuckamor.com

RANDONNÉE CALENDAR

MARCH

28 . . . . . Sat. . . . . Spring Party and Signup

APRIL

2 . . . . . Thu . . . . . Monthly General Meeting
4 . . . . . Sat. . . . . Sugaring-off Outing
7 . . . . . Tue . . . . . Atwater Library Sign-up Evening
10–19. . . . . Virginia Cycle Tour
24 . . . . . Fri . . . . . Cycling Trip Leaders Meeting
28 . . . . . Tue . . . . . Hiking Trip Leaders Meeting

MAY

2 . . . . . Sat. . . . . Sing-Along at Linda and Egon's
3 . . . . . Sun . . . . . Bicycle Clinic and Ride
7 . . . . . Thu . . . . . Monthly General Meeting
9 . . . . . Sat. . . . . Coteau du Lac, QC – day cycle
12 . . . . . Tue . . . . . Hiking Outdoor Literacy Clinic
15–18 . . . . . Victoria Day Cycling Weekend, Clayton, NY
17 . . . . . Sun . . . . . Map Reading Clinic – Mt. Royal
22–24. . . . . Vermont Trail Maintenance
23 . . . . . Sat. . . . . Bedford, QC – day cycle
23 . . . . . Sat. . . . . Mont St. Hilaire, QC – beginners hike (carpool)
23 . . . . . Sat. . . . . Quebec Trail Maintenance
30 . . . . . Sat. . . . . Ausable Lake, NY – day hike
30 . . . . . Sat. . . . . Quebec Trail Maintenance
31 . . . . . Sun . . . . . Tour de l'Île

JUNE

6 . . . . . Sat. . . . . Montgomery Center, VT – day cycle
7 . . . . . Sun . . . . . Mont Orford, QC – day hike
11 . . . . . Thu . . . . Monthly General Meeting
13 . . . . . Sat. . . . . Brothers, Big Slide, NY – day hike
13 . . . . . Sat. . . . . Jeffersonville, VT – day cycle
14 . . . . . Sun . . . . . DimSum Brunch/Wokking Tour
19–21. . . . . St. Jean Baptiste Weekend – Franconia, NH
20 . . . . . Sat. . . . . Quebec Trail Maintenance
24 . . . . . Wed . . . . Camel's Hump, VT – day hike
27 . . . . . Sat. . . . . Champlain Islands, VT – day cycle
27 . . . . . Sat. . . . . Adirondak Loj, NY – extended day hike
28–July 1 . . . . . Hut-to-Hut Backpacking Trip – White Mountains, NH

JULY

3–5. . . . . Vermont Trail Maintenance
4 . . . . . Sat. . . . . Mont Ouareau & Mont Kaaikop, QC – day hike
9 . . . . . Thu. . . . . Monthly General Meeting
11 . . . . . Sat . . . . . Kingsland Bay, VT – extended day cycle
11 . . . . . Sat . . . . . Mt. Mansfield, VT – extended day hike
18 . . . . . Sat . . . . . Madonna, Whiteface, VT (hike & swim) – day hike
19 . . . . . Sun. . . . . RA Challenge Cycle Ride
25 . . . . . Sat . . . . . Quebec Trail Maintenance

AUGUST

1 . . . . . Sat . . . . . Quebec Trail Maintenance
8 . . . . . Sat . . . . . Quebec Trail Maintenance
13 . . . . . Thu. . . . . Monthly General Meeting
14–16 . . . . . Vermont Trail Maintenance
15 . . . . . Sat . . . . . Cascade, Porter, Blueberry, Pitchoff, NY – extended day hike
15–16 . . . . . Newport, VT – overnight cycle
22 . . . . . Sat . . . . . Parc Gatineau, QC – day cycle
22 . . . . . Sat . . . . . Chertsey, QC – day hike (especially for beginners)
29 . . . . . Sat . . . . . Giant, NY – extended day hike

SEPTEMBER

4–7 . . . . . Labour Day Weekend
6 . . . . . Sun. . . . . Whiteface, NY – day hike
10 . . . . . Thu. . . . . Monthly General Meeting
12 . . . . . Sat . . . . . Lac Supérieur, QC – extended day cycle
12 . . . . . Sat . . . . . Lac Supérieur, QC – day hike
19 . . . . . Sat . . . . . St. Joseph du Lac, QC – season's final cycle
20 . . . . . Sun. . . . . Haystack, Tillotson & Belvidere, VT – day hike
26 . . . . . Sat . . . . . Mattawinie, QC – day hike

OCTOBER

3 . . . . . Sat . . . . . Hurricane & the Crows, NY – day hike
9–12 . . . . . Thanksgiving Day Weekend,
11 . . . . . Sun. . . . . Hunger, Pinnacle, VT – day hike
15 . . . . . Thu . . . . Monthly General Meeting
16–18 . . . . . Vermont Trail Maintenance
17 . . . . . Sat . . . . . Mackenzie, Haystack, Scarface, NY – season's final hike

RA Telephone Number
489-0339