



East Coast Trail Association News

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My Camino on the East Coast Trail *by Sue Kenney*



Kay Williams (left) owner of Kay's B&B Chalet and Sue Kenney, Director of Las Peregrinas on the East Coast Trail, part of Sue's Newfoundland Camino, a four day walking tour to celebrate the screening of her film about "the women who walk," on the Camino Santiago de Compostela.

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After I was suddenly downsized from my corporate telecom career, I decided to go for a long walk, to discover my life purpose, covering 780 kilometers on the medieval pilgrimage route known as the Camino de Santiago de Compostela in Spain. I walked for 29 days, alone in the winter. When I came home I recorded a storytelling CD and then wrote a best selling book called *My Camino*. Some of the women who read my stories contacted me asking if I would take them on a group pilgrimage. Impulsively, I decided to also produce and direct a documentary of our work, even though I had no previous filmmaking experience. I submitted *Las Peregrinas*...the women who walk, to various festivals and was thrilled to find out it was selected to be screened at the *St. John's Women's International Film Festival* along with other world class films.

In an effort to increase awareness about women in film, I decided to walk 100 kilometers over 4 days, to arrive at the Majestic Theatre just in time for the film screening. Three other friends from home offered to join me: Anita, a woman from the film; Mai, a Japanese exchange student; and Irene, who's goal was to blog and photograph the film festival. I contacted Wanda at the East Coast Trail Association (ECTA) and learned all about the trails along the Avalon. The Association put a note out to their members and I received a delightful phone call from the owner of *Kay's Chalet Bed and Breakfast and Pondsides Tea Garden*, inviting all of us to stay there as her guest. On the Camino, there are hostels for the pilgrims known as *refugios* where there is always a volunteer or *hospitalera* available to take care of the needs of the pilgrims. It was immediately clear that Kay Williams was our *East Coast Trail Camino hospitalera*.

When we arrived, Kay made sure we had a comfortable bed, home-cooked food and great company too. The first day we followed the trail to Ferryland and then on to Calvert. The terrain was easy to follow and the scenery was absolutely breathtaking. We walked until it was late in the day and arrived at Cape Broyle tired and cold. We called Kay who immediately came to pick us up and after a warm bath we sat down to a delicious traditional cod dinner that she had prepared. She woke us up early in the morning and served a fabulous home-cooked pancake breakfast. She drove us to where we had left off the day before and we followed a



Sue Kenny, director (middle) of *Las Peregrinas*, which screened in October at the St. John's International Women's Film Festival. Also pictured: Anita Shuper (left) one of the women in the documentary, and Mai Nakazawa, visiting from Japan (right); shot on the East Coast Trail, on Day 1 of the Newfoundland Camino walking tour."

relatively easy path on the ECT to Mobile, and then on to the scenic Witless Bay. It was so peaceful, that I felt like I was walking on the Camino.

Everyone I had talked to mentioned the legendary Spout Path but we didn't have enough time to walk it so we had to follow the highway route towards Petty Harbour. To our surprise, many of the vehicles who passed by honked their horns, waved to us and called out encouraging words. At one point, a pick up truck stopped on the side of the road and a man emerged. He walked up to us and kindly handed us a bag filled with home-made deserts he had purchased at a local bakery. It reminded me of the kindness of the villagers on the Camino who would often come out of their homes to offer food or water to the pilgrims passing by. I knew I was on the right path.

The last day we walked the scenic coastal path around Freshwater Bay. While in the forest, we got disoriented and became lost. We called the ECT Office and they arranged to have Ed Delany call us on the cell phone. He efficiently guided us out of the forest to Fort Amherst, only 200 meters away. The rains came and the winds picked up just as we arrived at Cape Spear. I stood there in a state of gratitude and I realized that the beauty of the trails, the generosity of strangers and the passion of the people who cared for this path had inspired me. I decided, I would return one day to walk the entire route of the East Coast Trail, including the Spout. I wasn't the only one deeply moved by this experience. Irene has decided to leave her home in Toronto and move to St. John's to begin a new life for herself there.

It is said that when the Camino ends, the journey begins.

Sue Kenney is filmmaker, speaker and author of the best selling book Sue Kenney's My Camino. She is presently co-writing a screenplay adaptation of her book for Oscar-nominated Cirrus Productions (C.R.A.Z.Y.) in Montreal. She plans walks everyday.

www.suekenney.ca

<http://www.womensfilmfestival.com/>



Festival Executive Director Kelly Davis, Sue Kenney, Newfoundland pilgrims Anita Shuper and Mai Nakazawa arrive at the screening of Las Peregrinas at the St. John's International Women's Film Festival, October 2007. Atlantic Premiere.

Specialty Map Packages

In response to hikers' requests to reformat the packaging our trail maps, we will now offer two-map sets at \$5.00. (There is one map-set that contains three maps. It will sell for \$7.50.) Look for these at locations in early June.

We extend special thanks to The Outfitters; the Southern Shore Folk Arts Council; Stan Cook Kayaking; Brown Rabbit Cabins; Lighthouse Picnics; O'Brien's Boat Tours; The Bear's Cove Inn.

The ECTA is grateful to those named above for their help in making this new endeavour possible and encourages map users to check out the services offered by these valued supporters.

ECTA German Language Coverage

The East Coast Trail was given extensive and favourable coverage in a number of major German language publications recently, for example:

Manager Magazin:

www.managermagazin.de/life/reise/0,2828,550331,00.html

Nachrichten(Austria):

www.nachrichten.at/reisen/677199?PHPSESSID=1bf227e24f07e5d867fc952b1fb87021



Henry Supple and Stafford Side

by Wilf Ayre

Have you ever hiked the Cape Spear -Maddox Cove Path? Did you know that just past North Head, in that flat low-land area there was once a fishing community named Stafford Side? The following story reminds us of the real people who once lived there.

Looking for information about Henry Supple reminded me of ski lessons I took so many years ago. There were two instructors, Old Fritz and Young Fritz. Young Fritz was seventy but no one knew Old Fritz's age because he had been born before they kept records.

Likewise, the information about Henry Supple is scant. The name Supple appears in Ireland and Henry was possibly the son of Garret Supple, an Irish crewman who came to Newfoundland around 1787. Henry was born in St. John's but no year is given. He married Catherine Reddy and there was, at least, one son. Henry was a fisherman and fished, in the summers, from a small hamlet called Stafford Side. In the spring he would supplement his income at the seal fishery. He was considered well educated which, given the era, meant that he could read and write and did. In his later life, he left Newfoundland and went to New York where he died in 1857.

In the 1840's sealers were charged 'berth money' by the ship owners. While it seems strange that a person would pay to risk life and limb, remember that a place on a sealing vessel was very competitive and often meant the difference between food and a bare table.

In the Spring of 1842, the sealers staged a strike against 'berth money'. As quoted, from Murphy, by Shannon Ryan :

It was [probably] organized by Henry Supple ... They (the strikers) assembled at the head of King's Road, and with Bradley the fiddler; a piper and a drummer; marched through the town, visiting all the wharves, and searching the ships for those not in sympathy with them... The strikers were masters of the situation, and the merchants reduced the rates... The town was small then and the merchants made a big showing. Besides, rum was plentiful in those times, and it was not wise for the merchants to hold out too long.

The strike was successful for the sealers and 'berth money' was reduced; however there had been some violence and several persons were sent to gaol.

There was a second strike in 1843. This time to gain major concessions from the owners. Ryan quotes from the Patriot newspaper and some extracts are included:

... A committee of active men, practically well acquainted with the business of the sealing voyage were appointed to draw up a series of Resolutions expressive of the Sealers' hardships and of their determination no longer to submit to them -- but to remedy them in a legal and constitutional manner.

And later:

... a great concourse of persons interested in the Sealing voyage, with drum and fife and Banners, in processional order, marched through the town - and having in their route, repeatedly cheered "Our Gracious Queen," "Sir John Harvey," "The Authorities," etc. etc. proceeded to the Barrens, and having gathered near the Military Road, the meeting was regularly called "to order," and Mr. Henry Supple, a practical fisherman, was nominated to read the Resolutions, as agreed to by the Committee...

There were ten resolutions. In general, they attempted to better the employment conditions of the sealers; however, the first resolution was particularly interesting:

No.1 - Resolved - That in meeting to protect the rights of the SEALERS of St. John's, we have an equal desire to uphold the rights of the MERCHANT, and we strongly condemn as unjust and injurious to the character of the Sealers, any attempt to obtain their rights by any means but those which the laws of the country justify.

It is not clear whether this strike was successful or not. However, it is important to note that there were no reports of violence and that the action was well organized - a difficult task for the short time that the sealers were together. This was certainly a credit for Captain Supple. As Ryan suggests:

... what stands out in the contemporary reports and observations is the sophisticated and professional manner in which the meetings were held and the demands presented.

Supple had now become well known in sealing circles. In 1845 he was asked by sealers from the "South Shore" of Conception Bay (Brigus to Harbour Main) to lead their protest against charges for outfits and berth money.

A crowded meeting was held in school house at Harbour Main which could only hold a small portion of the crowd gathered. Henry Supple was unanimously elected chairman and opened the meeting by:

...first proposing nine times nine, and one cheer more, for Her Most Gracious Majesty Queen Victoria; next, three cheers for His Excellency Major General Sir John Harvey, Governor of Newfoundland, etc. then he proposed three cheers for the Executive Authorities of the Colony, and next nine times nine for all men who sympathize with the fishing population of the island.



Henry Supple and Stafford Side *cont'd*

A set of resolutions was passed calling for the reduction or elimination of outfit and berth charges and for improved working conditions for sealers. Eventually, a committee of sealers, led by Henry Supple met with a committee of Merchants and Schooner-holders in Brigus and agreement was reached.

From these strikes, there are several conclusions:

1. Given the era, the organization and handling of the strike was very progressive,
2. The complete loyalty expressed to the monarch, the governor and the authorities,
3. Recognition that the merchants and owners had rights too,
4. The progression of demands: each strike increased the demands, if only slightly,
5. Though there was some violence in the first strike, it is impressive how law abiding the strikes were. Some of the meetings are reported to have had as many as 2,000 persons present.

From the little we know of Henry Supple, there is a greatness about him. He recognized (from personal experience) the unjust conditions which confronted the sealer and was prepared to do something to correct them. He was highly moral in his approach and insisted on working within the confines of the law. He possessed a superior quality of leadership. Had circumstances been different he would probably have been an outstanding figure in Newfoundland public life.

At a later unknown date, Henry Supple left Newfoundland for New York and where he died in 1857. His son, Henry Supple Jr., together with the construction foreman, became the first two people to cross the Brooklyn Bridge. Since the bridge was not completed they were pulled across by bosun's chair - somewhat reminiscent, perhaps, of Supple's seafaring roots in Newfoundland.

ⁱ James Murphy, *Old Sealing Days* (St. John's, 1916), p. 9

ⁱⁱ Shannon Ryan, *The Ice Hunters* (Newfoundland History Series 8, St. John's, NF, Breakwater, 1994), p. 333

ⁱⁱⁱ Shannon Ryan, *ibid*, p. 333-334 quoting the Patriot, 15 February 1843

^{iv} Shannon Ryan, *ibid*, p. 335

^v Shannon Ryan, *ibid*, p. 336

Of ego and inukshuks ...

A journey of 1000 miles begins with a single step - and too often ends with the casual construction of an inukshuk. No wilderness spot is so remote that some hiker won't think it a capital idea to leave a pile of stones behind, replicating the markers that guide Inuit travelers north of the Arctic Circle. The habit is so widespread that Ontario's Killarney Provincial Park, on the north shore of Georgian Bay, issued a notice this summer entreating visitors to 'stop the invasion' of inukshuks, since the impromptu piles risk confusing subsequent hikers who are trying to find stone cairns that mark their trails.

What is it about the wilderness - the top of a mountain, the bank of an unexplored lake, a remote campsite - that cries out to so many people to leave something of themselves there? It's the call of the ego, the determination that if anyone else ever makes it to this untouched jewel of nature, by heavens, that persons will know that I have been here, because I will touch it.

There are gradations, certainly. An inukshuk, being constructed of natural materials assembled on the site, is not as intrusive as sprayed graffiti would be. Few sights make the heart sink faster than a 'Kilroy way here' or 'X43 rules!' painted across a rock face. And considering all the horrors that can befall the wilderness, chief among them a fire that gets out of control, a pile of rocks is in itself relatively benign. Their chief sin, as the Killarney note made clear, is that they many misdirect and ruin the trip of those who follow - no small matter in a place where getting lost could be life-threatening. An in some cases, assembling the rocks could damage the integrity of an archeologically significant site.

Killarney isn't alone; park workers across the country are resigned to dismantling these piles as a matter of daily routine. But if the message that the inukshuks are unwanted gets through, hikers, campers and canoeists of the future may feed their ego by conscious effort of not leaving a mark. I was here, and I had the sense not to disturb this beautiful spot, and I draw psychic strength from this noble act of self-sacrifice. If that's not enough, they can always build a commemorative inukshuk in the backyard when they get home to make sure all their friends know of their forbearance.

(The Globe and Mail - Saturday, August 18, 2007)

New ECTA Brochure

The East Coast Trail Association has a new informational brochure. Development of this new brochure was made possible by funds provided by the Avalon East Wellness Coalition. It was printed through the generosity of Newfoundland Power.





What's Holding You Up?

by Peter Clinch

Hiking poles are simply walking sticks, and though used to aid formal hiking rather than everyday walking the principle is just the same. They take many forms, ranging from single staves made from found wood to pairs of sophisticated height-adjustable poles made from lightweight (and expensive!) composite materials.

Hiking poles, like any hand-held walking support (sticks, crutches, zimmer frames etc.), are designed to provide extra stability and to spread the load on your legs onto your arms. Many people feel no need for this support when hiking, but there's a substantial minority who suffer for their pleasure in the backcountry, usually from knee pain, and they usually encounter it on hills and/or carrying heavy loads. If you end your days wishing your knees or whole legs were in better shape you may well benefit from using poles, as you can lower the amount of stress on them by taking the weight onto the poles through your arms.

The typical knee has spent most of its life supporting body weight around on reasonably flat surfaces. Add additional pack weight, keep going for longer than usual and add in the additional stress on the joints and muscles caused by ascents and descents and it's not too surprising that quite a few hikers suffer from some discomfort in their knees. If you don't, you're not so likely to want or need poles, but if you do they'll probably make things better, especially coming down hill.

The steeper the hill, the greater the relative benefit of poles vs. no poles. You can use them to switch into 4x4 mode, and do some of the work against gravity with your arms so you get up quicker and spread the load more evenly around your muscles.

By spreading the load away from your legs, which are the bits that typically get tired on a hike, you can increase your total endurance. This isn't necessarily a "given" though, as poles do increase total energy expenditure.

By enabling you to spread your weight onto two baskets (the optional load spreader just above the tip of the pole) as well as two feet, there's much less tendency to sink in snow and marshy ground. When traversing bogs, they also make aided jumps across particularly squishy bits possible, though if you don't have a basket at the bottom none of this will work. (The bigger the basket, the more effective it is, but the more it gets in the way, especially catching in low vegetation.)

Three or four legs are better than two when trying to cross rivers towards the limits of fordability. As well as making the experience easier, they can make it a lot safer too. On scree they just lower the amount of time you spend sitting down, though they can increase the fun factor of a good running scree by letting you ski reasonably effectively, and certainly aid turning under control.

Most people take up pole usage to make their life more comfortable, specifically in the knees department. If you fall into this category it's important that you do more than just use poles, or you could just be putting off problems.

The best way to minimise knee trouble for many people is to have strong muscles supporting the knees, especially the quadriceps/thighs, as this allows muscles to take some of the load off the joints. To get these muscles well developed this usually means low impact exercises for them. I go cycling, XC skiing and roller skating for mine, and it's improved matters enormously. Exercising like this strengthens the muscles around the knee and lets the musculature support the knee better itself. Add poles to this and you're really helping. To let the thigh muscles help support your knees it's important to keep the knees bent, especially when coming down hill, and then rather than jarring the joint the load will be taken by muscular effort. Your muscles may well ache at the end of the day but tired muscles are generally nicer than painful joints and will naturally recover completely in a relatively short space of time.

Direct knee supports (i.e., an athletic support or bandage around the knee itself) can be useful, but it's important to only use them when you need them, or the knee gets used to external support and may actually be weakened by over-emphasis on the support.

The poles work by removing weight, but a shock absorber in the boot/shoe will often help too: usually it's the combination of impact and weight that gives rise to the trouble, so sorbothane (or similar) footbeds in the boots will help. It's possible that you may benefit from a custom or off-the-shelf orthotic footbed, as in many cases these correct the gait cycle and prevent some rotation of the knee and/or hip joint that's the root cause of the trouble in the first place. This is quite likely to apply to people who over-pronate or supinate, and the easy way to see if you do is check the heels of your shoes, especially soft soled athletic shoes. If they are wearing down unevenly, causing the footbed to slope in or out, then this applies to you: it's quite common. If you're unsure then see a foot specialist to check things out, especially if you're getting recurring trouble!

A Bell Named Lawrence

One day last winter, while visiting the ECTA office on business, Mr. Cyril O'Brien, originally from Cape Broyle, asked us if we'd ever noticed the church bell while hiking in or around that Southern Shore community. When we admitted that we hadn't, he further asked if we knew that the bell is named Lawrence. We were amused and puzzled, of course, but Cyril later enlightened us by e-mailing a page scanned from a notebook belonging to his long-deceased Uncle Phonse.

cont'd on next page



A Bell Named Lawrence cont'd

Here is a transcription of that page, penned as it was in a remarkably steady hand for a gentleman of Uncle Phonse's age at the time:

This bell came to Cape Broyle in August 1907. Its weight was 500 pounds. It was blessed and baptized on September 25, 1907 -- the sponsors were James and Bridget Cody, my grandfather and grandmother.

The bell was named Lawrence in honor of our parish priest, Reverend Lawrence Vercher. It was blessed by Archbishop Howley.

This bell was erected for use in May 1908. It was erected about 50 feet from the church which is now the Community Center. It was erected on poles 20 feet high set in concrete foundation. The bell at that time gave great sound. On a fine day it could be heard for about 4 miles. It remained in this place from 1908 to 1922. Then a new foundation to replace the old one [placed the bell] on a concrete foundation only about 10 feet high. The sound of the bell on the new foundation was not as loud as before. The movement was issued be[by] Father Maher.



In 1927, the bell was put in the tower of church. It was set up by James Rice issued by Father William Ryan. The bell remained in the old church tower from 1927 to 1947 when the new church was built. Then Reverend Father M. Kennedy had it moved in October 1947. John Hoyles the carpenter who built the new church set it up north of the road to the priest's house. The ringing of the bell brought joy to all the people and reminded them to come to Mass. The

bell served Cape Broyles for over 70 years and is no longer in use. (Signed) Alphonsus L. O'Brien -- 78 years old.

Cyril admitted that, like us, got a chuckle from the story and thought it to be a sort of old folk tale until later research changed his mind. He discovered that in ancient times in some countries church bells were perceived as almost akin to living beings such that each of them was given a special name. Before raising a bell up to the chapel or church, it was consecrated, the ritual corresponding to the sacrament of christening.

Uncle Phonse's story turned out to be that of a very ancient Irish Catholic tradition kept alive on the Southern Shore.

Journey to the Butterpot

by Albert Sutton



Greg Bennett (left) and Albert Sutton (right) in front of Butterpot Mountain, territory of the Masterless Men.

On March 30, 2008 our group of eight set out from highway in Fermeuse to snowshoe to the top of The Butterpot (The Home of the Legendary Masterless Men).

Our first attempt the previous Saturday had to be aborted because of weather conditions, high winds and blowing snow.

This morning the sun was shining, we were somewhat hopeful of reaching our goal, the top of the mountain, elevation 931 feet. But again the weather turned nasty, high winds and blowing snow.

However, very determined, we continued onward and luck was with us today. Following directions from a friendly snowmobiler, we finally arrived at the base of the hill and after a very difficult climb we reached the top in time for lunch.

Our view of the surrounding peaks and valley below was somewhat obscured by the stormy conditions, so we congratulated each other on our victory, took some photos and beat a hasty retreat to the shelter of the trees and headed for our vehicles.

We arrived back to the highway after our seven hour trek, cold, wet and tired but jubilant at having reached our goal, The Butterpot (Home of the Legendary Masterless Men)!

The Masterless Men of Newfoundland was a legendary outlaw society (late 18th, early 19th centuries). According to tradition, they were men escaping press gangs, Royal Navy deserters and runaway indentured servants from Newfoundland fishing plantations who fled inland to escape their harsh life and are said to have inhabited the wild barrens on and around the Butterpot Mountain on the Southern Shore of the Avalon Peninsula. Regarded as criminals by the authorities, they lived by hunting, fishing, stealing and illegally trading in isolated villages.



Beaver Fever

In a recent presentation at the ECTA Volunteers Appreciation Reception, Memorial University Professor and Adventurer TA Loeffler mentioned that it was this intestinal infection which was largely responsible for her having to withdraw from her quest to summit Mount Everest.

Giardia and Cryptosporidium are microscopic parasites that can be found in water. Giardia causes an intestinal illness called giardiasis or "beaver fever." Cryptosporidium is responsible for a similar illness called cryptosporidiosis.

Both parasites produce cysts that are very resistant to harsh environmental conditions. When ingested, they germinate, reproduce, and cause illness. After feeding, the parasites form new cysts, which are then passed in the faeces. Studies with human volunteers have shown that ingestion of only a few cysts will cause illness.

Diarrhoea, abdominal cramps, gas, malaise, and weight loss are the most common symptoms caused by Giardia. Vomiting, chills, headache, and fever may also occur. These symptoms usually surface six to 16 days after the initial contact and can continue as long as one month.

The symptoms of cryptosporidiosis are similar; the most common include diarrhoea, abdominal cramps, nausea, and headaches. These symptoms occur within two to 25 days of

infection and usually last one or two weeks; in some cases they stick around for up to a month.

Giardia is usually cleared from healthy people without treatment within a month. Anti-parasitic drugs are available and are particularly helpful for immunocompromised people in whom the illness could otherwise develop into a persistent state.

Cryptosporidium will also usually disappear from healthy people within a month without treatment. Anti-diarrhoeal drugs and rehydration therapy may be used if diarrhoea becomes severe. No drugs to fight the illness have been approved in Canada, though many are now being tested.

In the outdoors, water should be boiled for at least one minute before it is used for drinking, food preparation or dental hygiene. This treatment will destroy not only Giardia and Cryptosporidium, but also any other disease-causing micro organisms that might be present. Certain types of filters can remove the parasites.

Hikers and campers should carry their own water supplies and resist the temptation to drink from innocent looking streams and babbling brooks. Remember, too, that cooking utensils and other trail or camping gear that was rinsed in a nearby stream should be carefully washed in warm, soapy water upon arrival at home.

Wednesday Hikes

It has been suggested a number of times that the ECTA schedule weekday hikes to accommodate those who routines are flexible enough to be able to hike other than at the weekend.

In order to gauge interest on the part of participants and potential hike leaders, Bobbie Mayer has generously been leading Wednesday hikes during the month of May and we thank her for time and interest.

If participation warrants and potential leaders volunteer, similar short hikes will be scheduled for the following months.

Early indications of interest are very encouraging. Members with weekday time are asked to contact the ECTA office with hike suggestions and to volunteer to lead a Wednesday hike.

Seniors, families as well as general hikers are invited. Friendly dogs are welcome but care should be taken that they do not interfere with the comfort and safety of other hikers.



Bobbie Mayer shows the Wednesday hikers where the morning's trek will take them.



2008 Hiking Schedule

June 01- July 13

Detailed information regarding rendezvous locations, leader names and contact coordinates can be found on the ECTA web site: www.eastcoasttrail.com

Each hike has a designated Leader who is your prime contact person regarding that hike.

Participants should arrive for the hike 10 minutes before the designated start time or risk being left behind. For one-way hikes, a car shuffle moving some of the cars to the end, or hikers and some cars to the actual start of the hike, will be done- the advertised meeting place may not be the actual starting point of the hike

To Car Pool meet in the Arts and Culture Centre parking lot in the corner by Allandale Road and Prince Phillip Drive at the time given: both hikers looking for rides and hikers with vehicles are encouraged to participate. Riders should offer the driver a contribution.

June 01 Stiles Cove and Small Point -
5 km, Sunday

June 07 Spout Path (Shoal Bay Road - Bay Bulls) -
23 km Saturday

June 15 Botanical Interpretive Hike: Tinker's Point Path
5 km Sunday

Pre-Registration by June 12 is required; maximum of 20 participants-if more than 20 register, preference will be given to ECTA members.

This will be a leisurely stroll identifying and studying plants but also birds, etc. Bring your plant and bird guide books and a hand lens if possible.

Led by the retired curator of Natural History of the Provincial Museum of Newfoundland and Labrador.

June 21 Summer Solstice Hike, Prince's Ridge (Portugal Cove) - 6 km. Saturday

Maximum participants, 20. Pre-register by 4:00 pm June 20.

June 23 Sugarloaf Path (Logy Bay-Quidi Vidi)
9 km. - 4.5 hours Monday

June 28 Cape Broyle Head Path (Cape Broyle - Calvert)
18 km Saturday

July 01 Cape Spear Path (Cape Spear - Maddox Cove)
11 km Tuesday

July 05 Goat Cove Path (St Philips-Beachy Cove) -
5 km Saturday

July 13 Deadman's Bay Path + Blackhead Path (Fort Amherst-Cape Spear) 14.3 km Sunday

Nutrition on the Trail

When people hit the trail they don't give what they are going to eat a lot of thought. Day hikers are infamous for being under prepared, and proper nutrition is largely ignored. Having a good meal plan, even if your plans are just for an afternoon jaunt is critical to being safe and having a good experience in the outdoors. Not eating enough can lead to dizziness, cramps, nausea, and a feeling of malaise.

Here is a list of favourite foods to eat while out on a day hike.

Tuna and crackers. Make sure you get one of the smaller cans of tuna that has a pull top to open, that way you won't need a can opener. Tuna is almost pure protein while being balanced with carbohydrates from the crackers or bread.

Hard cheese and crackers. Hard cheeses are robust enough to survive on the trail and can take a moderate amount of heat. Nutritional pluses include plenty of protein, fat and carbohydrates.

Peanut butter. A bagel with peanut butter and a sprinkling of plump raisins on top. Nutritional pluses, plenty of protein,

a good amount of fat balanced with the carbohydrates from the crackers or bread.

Fresh fruit. Nothing satisfies like a good apple, orange or pear. Sitting on a scenic bluff eating cheese and crackers with apple slices was the perfect way to spend the afternoon.

Dried fruits. Dried fruits are packed with carbohydrates and offer a quick energy fix. They are also flexible enough to be used with peanut butter or cheese.

Granola. Loaded with fat and carbohydrates, granola is an excellent food source out on the trail.

Energy bars. An excellent food source out on the trail. The only downside is that the price of quality bars is high. The best bet is to buy them in bulk from a warehouse store.

Trail mix. You can combine any of your favorites including M&M's, chocolate chips, mini marshmallows, Cheerios, Chex cereal, raisins, peanuts, cashews, and dried coconut. Low cost considering you probably have most of the ingredients sitting on the shelf at home, no trash to speak of, tasty if you make it from your favourites. One of the best choices when you're out on the trail.



Random Jottings *by Michael*

Boyle

Many times during the year, and especially in the month of April, I reflect on the hardships and loneliness that our early European ancestors experienced. There is no doubt that they gradually adapted to the rigors of a northern climate and down through time had a great respect for the environment in which they found themselves. The expectation and anticipation that we feel for the summer must pale, though, in contrast to what people felt so long ago

For the most part, we Canadians don't celebrate the coming of summer or the advent of spring but we do dedicate a long weekend in May to signal, rejoice and celebrate the end of winter. Officially in Canada we have had a May 24th holiday since 1845 and I feel certain when we are hiking in the woods that we remember, of course, with bubbling pride that this date celebrates Queen Victoria's birthday.

"So if we don't get a holiday -then we will all run away."

I digress to make the point that though winter is over and the snow is gone from the trails, it hangs on almost to July in some years. Certainly, this year's bumper crop of icebergs serves as a reminder of that. Of course, this is a photographer's delight but we must remember the north east winds coming from the North Atlantic to our coast will not be warm.

Anyhow, just like our early settlers, it is time to say a slow farewell to winter and move on. Amongst other things, we need to get out walking on our favourite section of the East Coast Trail. I have found that in recent years most hikers are adequately dressed and prepared for the challenges of the trail. Yet, at the same time, there are some people still coming on the trail for a hike who are woefully attired - wearing track shoes and without a rucksack, food and extra clothing, etc.

Even on a fine sunny afternoon conditions can change and, of course, accidents and injuries can occur to anyone on any trail. So you can see the benefits being prepared and going on a scheduled hike with a leader and sweep.

Summer 2008

This summer, as always, there are many attractions and local festivals that you could attend. The historic communities of Renew and Caphayden are planning a "Come Home Year" for August of this year. Included in the event will be a number of interpretative walks of the area given by Ben Dunne. So keep that in mind if you want to do something different.

Historical Walks in St. John's

If you visiting any new city on your travels in North America or Europe, it is crucial to go on a directed tour with an experienced, interesting and energetic guide. Otherwise, you miss the flavour and feeling of that place.

Many people travel around St. John's in coach and car. This is a nice thing to do but if you want to really know a city and meet the many characters like Walter Kennedy at King's Road and John Boudreau at the Fairmont Hotel, then you should consider coming with me.

I like to take people on the off beaten path and to the places that tourists rarely see. It is great to visit other cities and appreciate them but we should never fail to explore historical points of interest in own home town or province. It is an unforgettable experience and adventure.

This walk takes place on Tuesdays and Friday from May until November. It is an excellent way to introduce visitor to the city or if your family has a special birthday or wedding celebration then come along with me. All walks start at the Fairmont Hotel and in your tour you will walk through Government House grounds to the Colonial Building and finish at the historic war memorial on Duckworth Street..

If we do not know the history and culture of a place then we will have missed something. Don't take my word for it, check out the web site for complete details at: www.boyletours.com

I am inviting you and your friends to come on one of my morning historical walks of the city and then hit the trails.

Oh. by the way, keep the kettle boiling.

THIS IS YOUR NEWSLETTER!

We're always looking for ideas; send us your photos or tell us about your hike. We're interested in hearing about your ECT experiences.

The deadline for the Summer 2008 newsletter is Aug.10, 2008. Submit to office@eastcoasttrail or to 50 Pippy Place. Thanks to Randy Murphy, Wanda Cuff Young and Lewis Greenland.

MEMBERSHIP

We invite you to join the 600 members whose essential support helps the East Coast Trail Association build, promote, and maintain the Trail for generations to enjoy. Receive quarterly newsletters and weekly event schedules.

Annual Individual / Household	\$25	<input type="checkbox"/>
Annual Small Business	\$100	<input type="checkbox"/>
Life Membership	\$500	<input type="checkbox"/>

Send name, mailing address and email address with payment to: ECTA, P.O. Box 8034, St. John's, NL A1B 3M7

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