



East Coast Trail Association News

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Spring 2007

Membership Renewal

Your annual membership expired on March 31st, 2007

Please take time today to complete and mail your renewal and ask a friend to join.

The annual cost of your membership is \$25 per year, the value of your membership is priceless . . . a coastline that is free, open and available to all.

What is the value offered in exchange for your membership fees and the opportunity to give the gift of your time and expertise?

We are building and maintaining a trail that provides you with the access and information you require to safely experience and savour the raw natural beauty of the East Coast Trail landscape. We are developing a recreational and tourism resource that addresses your individual needs and at the same time fuels the economies and health of our rural communities and people. It is a reusable resource that will keep on giving, year after year, and generation after generation, as long as we care for and protect it.

The Association is the only organization that is actively working to protect and preserve our provincial coastline. Our coastline is special, and the public access we enjoy today should not be taken for granted, nor allowed to quietly evaporate before our eyes one transaction at a time. The demand for our coastal land is growing rapidly; provincial legislation offers inadequate protection; the threat to our public access is real. The future of our public access and rights-of-way must be defended and protected. They are ours to lose. The real long-term value offered by the Association is the opportunity for you to get involved and make a difference today.

Your decision to renew should also be influenced by an understanding of the role of membership and the value you

add to the Association. First, our members supply the volunteer skills, expertise and their precious gift of time that is essential to our survival. Second, the size and health of our membership is used by the province and funding agencies as a critical measure of our success. Third, our members provide the critical mass, the voice within our communities to address the challenges and influence the changes required to build a 540 km trail. Fourth, your membership fees, at renewal time, provide the assurance that we will have the cash and the members required to support our work plan for the coming year.

We cannot stress enough how important your membership and your supporting fees are to the continuation of both the Association and the Trail. Your fees are required to buy wood, nails, tools, etc., as well as to provide the office resources required to support our day-to-day needs.

Don't forget us . . . renew today . . . the Trail's survival requires your support and help . . . together we will succeed in preserving and protecting our coastline, for ourselves, and future generations.

Randy Murphy

President, East Coast Trail Association

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Sugarloaf Path Construction 2007

The construction on the Sugarloaf trail was almost completed in 2006 and with about 10% of the work remaining to be done, it is anticipated that the work will be completed during the 2007 hiking season.

Although the trail is relatively short at 8.9 km., the steep inclines and large elevation changes have resulted in a moderate to difficult rating. Aside from the fantastic scenery and its close proximity to the city of St. John's there are many unique and noteworthy features on the Sugarloaf trail.

- ◆ The hike to the summit of the Sugarloaf is a short 3.8 km. (round trip) from the Ocean Science Centre at Logy Bay and makes a ideal family excursion
- ◆ World War II observation post
- ◆ Bald eagles nesting near the shore of Robin Hood Bay

- ◆ The 16 meter wooden bridge over John Howard's river
- ◆ Newly constructed stairs and platforms to gain access over the rocky cliffs between Quidi Vidi and Bawdens Highlands
- ◆ The unique glacial erratic, Jim Ryan's Rock
- ◆ Mountain bike paths that intersect and, in one location, share the hiking trail

Although trail construction was scheduled to continue this spring where the crews left off last December, unplanned work will be required on the new bridge at John Howard's River.

The heavy timber ramp that was constructed last fall to connect the new bridge at the John Howard's River to the north shore has been completely washed away. Although the remaining 16 meter span over the river is structurally sound, there is no safe way to descend from the bridge deck to the rocks below. Signs have been posted to warn of the danger and barriers have been erected to keep hikers off the bridge. However vandals have been removing some of the barriers and signs and we cannot be assured that the signage will remain. Until remedial work is completed hikers are advised to stay off the bridge. This unplanned additional work will take priority over the other trail hardening activities that were planned for this spring.

As soon as the ground is free of snow and frost, and the tread way is semi dry, trail construction will begin to put the final touches on the remaining critical areas. This work includes the following:

- ◆ Signage throughout the trail including unique interpretive signs denoting the East Coast Trail and the Bicycle routes leading to and from the end of the Pipeline Track and the Bawden Highland plus an information sign in the vicinity of the St. John's Landfill.
- ◆ Railing to be installed in the vicinity of the top set of stairs on the Highland.
- ◆ A major set of stairs over a rock outcrop north of Bobbies Cove and retaining logs to help create and secure a tread way across several steep side slopes
- ◆ A parking lot opposite the main parking area for the Ocean Science Centre

The ongoing construction activity, rough terrain, proximity to shore line cliffs and incomplete signage are hazards that users of the trail must guard against. All East Coast Trail members and the hiking public in general are encouraged to exercise good judgment and experience this outstanding hiking experience. If you are passing by a work crew or one of our volunteer crews for that matter, take a second to say hello and let them know you are an East Coast Trail member and supporter of the trail.



A Measure of Success

Many hikers take for granted that access to the coastline is permanent. Most assume that the area over which the trail passes is Crown Land and that the general public has rightful access. While this is generally true in remote areas and communities south of St. John's, the same is not true north of the city. If you hike in the latter area, you are likely on trail that crosses private land. The challenge of the Association is to identify the land owners and obtain from them recognition of the traditional use of the path, as well as secure assured access for future use. This process is complex, time consuming and requires good communication to build trust with property owners.

In 2004, the Association began planning construction of the Sugarloaf Path between Logy Bay and Quidi Vidi. Five landlords, in this case mostly government and municipal departments, were identified as land owners. None of the latter knew of the trail's location on their holdings and they did not recognize the public right of access. The ECTA's Land and Legal Committee met numerous times with these landlords, exchanged proposals, made visits to the areas, and finally succeeded in obtaining agreement for hiker access and the upgrading of nine kilometres of coastal trail. This process took a full year to complete.

In 2006, while constructing the Sugarloaf Path, the Association actively pursued similar agreements with landowners between Pouch Cove and Flatrock in order to upgrade this section in 2007. Although many hikers assume this 20 kilometres is on Crown Land, in fact, 28 landowners have been identified with titles to properties that in many cases extend to the cliff edge. The good news is that after numerous meetings, the Association has been able to secure verbal agreements with these landowners which allow for hiker access and upgrade of the treadway. We owe special gratitude to these landowners for recognizing the Trail's right of way and their community spirit in sharing the coastal resource with hikers. In anticipation of the 2008 construction season, the Association is presently identifying owners whose land is crossed by the Trail between Flatrock and Logy Bay.

Securing longer-term access agreements, instituting coastal protection, looking for ways to protect the natural state of the area within sight and hearing of the Trail users, and working for control over development are other objectives of the Association. These goals are being sought mainly by requesting changes in provincial government policies and gradual recognition of the Trail in Town Plans. We are making headway by explaining to many towns the benefits of protecting the Trail and the need for zoning that will ensure coastal preservation. Additionally, we ask for recognition of the Trail in municipal maps and municipal policy. We encourage municipal development regulations which limit activities that encroach on the Trail's right of way or disrupt the coastal viewscape.

Municipal plan reviews frequently take a year or longer to complete.

In order to achieve protection in municipal plans, ECTA volunteers meet several times during review processes with town staffs, planners, mayors and councillors. We also have representatives at public and council meetings when issues that impact the Trail are being discussed.

During the spring of 2007, we are participating in the municipal plan reviews of Torbay, Portugal Cove-St. Phillip's, and Bauline. Our volunteers are again encouraging recognition and protection of the Trail so that hikers will continue to have access to the coastline. We continually advocate that development proposals be required to respect traditional rights of way. A measure of the importance of this process is perhaps best illustrated by recent events. The Towns of Bay Bulls and Torbay have informed developers proposing projects along the coastline that they should work in consultation with the ECTA. This is in stark contrast with the past when the Association became aware of development only when machinery began site preparation.

We must not become complacent. We must not take trail access and our present pristine coastal environment for granted. In addition to the above undertakings, presently the Association is:

- ◆ monitoring a proposal for development of 72 hectares in the Tinker's Point Path area between Tor's Cove and Mobile which would dramatically alter the landscape and viewscape;
- ◆ seeking additional coastal preservation zoning in the Town of Pouch Cove in relation to the 80 acre proposed development around Shoe Cove, as well as the additional development of coastal estates between Pouch Cove and Shoe Cove;
- ◆ working with a developer to buffer the East Coast Trail from a residential area slated to begin this spring in the Motion area of Torbay;
- ◆ continuing to explore options to secure a trailhead in Cape Broyle at the beginning of the Cape Broyle Head Path;
- ◆ working with the provincial Department of Forestry to secure a wider buffer zone to protect the Trail as it passes through or near many Domestic Wood Cutting Zones.

We encourage you to lend your support in our efforts to protect and defend traditional rights of way. You can become directly involved with the Association's Land and Legal Committee by volunteering to monitor activities in your community pertaining to coastal development. You can help raise awareness of access and coastal development issues by speaking to friends, neighbours, town councils and interest groups that might help solidify public consensus that traditional rights of way should not be eradicated.

One sure way to help is by becoming a member of the East Coast Trail Association and thereby adding another voice to like-minded individuals who are already defending and protecting coastal access for all, hikers and potential hikers.



A Walk Near Petty Harbour ... 1849

By William Grey, Edited by Pat Leader

The Rev. William Grey and his new bride Harriet White arrived off the coast of Newfoundland in the late summer of 1849 aboard the ship 'Maria Grace'. In a letter dated October 12, 1849, written to his father, the Rev. Harry Grey, William described the countryside, which he compared to his native Devonshire in England.

William Grey, who was head of Queen's College in St. John's, was very fond of Petty Harbour. He used to walk there from St. John's to take the services at the Anglican Church. He felt that his best drawings were done on a Sunday and cited his drawing of this area as proof of this. A collection of his illustrations was published in 1857.

The 'Walking Man' featured in the ECTA logo was drawn by Grey in a scene of Aquaforte.

Grey's wife, Harriet, was related to the great English naturalist, the Rev. Gilbert White (1720 - 93) who wrote the still popular 'The Natural History and Antiquities of Selborne' a community where he served as curate.

Another Gilbert White, Harriet's brother, also came to this country to work with Bishop Field. Lucy White, her sister, came out for a visit; she died of a brain fever in Portugal Cove and was buried there.

William Grey's letter below is in the John Rylands Library, University of Manchester, along with other family papers. The transcription retains the unusual punctuation.

One circumstance pleased me much, though it delayed us more than we wished at the time:- we got a good deal to the S of St. John's, owing to the wind. This gave Harriet & myself the opportunity of seeing a most beautiful coast, - the same which I had walked with the Bishop [Field] last May. The cliffs in some parts are very high, and we looked into many lovely harbours, each with their little village. These harbours are quite the characteristic of N'fland - they are for the most part exceedingly picturesque - very much in the way of Dartmouth but many more noble inlets; several much narrower and with more precipitous banks - over this coast we saw a vast spruce forest, broken here and there with rocky ridges which rose up one above one another, until at a distance or 15 or 20 miles from the shore we saw the range of the Butterpots, a mountainous range of considerable elevation, and most picturesque outline.

The varieties caused by the alternatives of light and shade and the passing of a shower here & there were most enchanting, & we enjoyed the scene much.

Two days ago we went to one of these outharbours (Petty Harbour) which I much wished to show Harriet, as the spot is

a most lovely one, and a fair type of an outharbour. We ascended the valley from St. John's for 4 miles, which is very like the rate of the Otter above Honiton, and the river is about its size. On the S. side is a very beautiful cataract - a stream comes tumbling all down the side of the hill - there are several trees about, which break the fall here and there. When we left the valley we mounted up a long hill and went along its summit until we descended to Petty Harbour. This part of the road was along a high level, and as soon as we ascended to it we came upon a small lake embosomed in rocky hills - passing by it, we came upon a larger one, & then a whole group of lakes came in rapid succession - they seemed quite countless. One of these was some 3 miles long or more, very much indented with creeks & promontories and with several small islands covered with spruce. I never counted these lakes though I have been thrice to Petty Harbour, but I suppose that you see no less than 12, and these all within the space of a 5 mile drive. But it is difficult to count them I should imagine, as one of them looks like two or three when viewed from some points, owing to its indentations, and the ground is so uneven, and the road so circuitous that a person going along it might mistake an arm of a lake before seen for a new one. The ground round these lakes (though I have called it a high level) is indeed far from level - rather full of undulations, and immense fragments of rock lying all about - indeed very much like Dartmoor, only perhaps more rocky, and with groves of spruce firs here & there. From this high country we ascended to Petty Harbour. It lies at the end of a noble rocky valley down which flows a river about the size of the Dart, and indeed the valley is very like that just above New Bridge on the Dart. Down one of the rocky hills is a cascade very much in the way of that at Sydford, only grander, being formed of a stream which runs out of the lakes. Following up the main river, which is full of cascades, the valley suddenly opens about a mile from the village, into a most beautiful basin shut in by lofty rocky hills. Here lies a beautiful lake about half a mile across through which the river runs and above it the valley narrows again. Petty Harbour is remarkable for a singular bluff hill which rises to a great height just above the church, so immediately above it that it is quite a scramble to get to the top of the church yard and if we had wished to ascend higher we must have been content to climb an almost perpendicular precipice of some 500 or 600 feet. And so narrow is the valley, that several of the houses are built on piles steps to a ridge of the hill, about mid way up the ascent; from whence driven into the bed of the river which here sprawls itself out in a singularly broad shallow bed full of rocks. A singular contrast is afforded when we ascend the hill to go back: we went up a few steps to a ridge of the hill, about mid way up the ascent; from whence we looked down to another small village called Maddox Cove - unlike Petty Harbour, quite a broad beach, with a noble wide valley above it, with plenty of wide pastures, with green grass and cattle grazing quietly - the effect of seeing two such different scenes in such close juxtaposition, from one point, was curious enough.

Signs on the Sugarloaf Path

By Barry Mackay

The new trail called the 'Sugarloaf' Path, running from Logy Bay to Quidi Vidi, has many signs that do not appear elsewhere in the East Coast Trail. We are all familiar with the signs at the usual ECT trail heads, parking areas, and way-points. However, the Sugarloaf Path has additional new and unique signs that are the reason for this article. These new signs are the result of unique conditions and circumstances that probably will not appear on many other trails.

The most unusual feature of the Sugarloaf Path is that a small part of the trail is shared with members of the mountain bike community. As well, hikers on the Sugarloaf Path will also cross or intersect trails being used by mountain bikers on a very short section of the new trail.

During early phases of the trail construction in the spring of 2006, it became apparent to the ECTA project management team that mountain bikers were enthusiastically enjoying pathways that were flagged as part of the East Coast Trail. The ECTA was concerned about hiker safety and trail maintenance, and decided to discuss this with the biker community. After contacting various representatives of the mountain bike groups, discussion eventually resulted in agreement on a Memorandum of Understanding (MOU) endorsed by the ECTA and the biker groups.

The MOU states that the ECTA and the mountain bikers will each have an assigned trail within the designated development area. There is one short section (a 60-metre stretch between the trail head at the Quidi Vidi end and where the trail reserved for hikers branches off) which is shared with the mountain bikers (indicated by the post shown below).



The ECT and bike trails are otherwise independent of each other except for five intersections where the ECT and mountain bike trails cross each other.

The mountain bikers essentially use the traditional former (pre-ECTA) walker paths, while ECTA designed and built a new trail system which is separate from the trail the mountain bikers will use. The MOU specifies that the mountain bikers will not use the new trail system built by the ECTA, and in return ECTA pledged not to stray onto the biker trails. The sole exception was referred to earlier, and includes as well optional shared use by hikers and bikers of the old pipeline

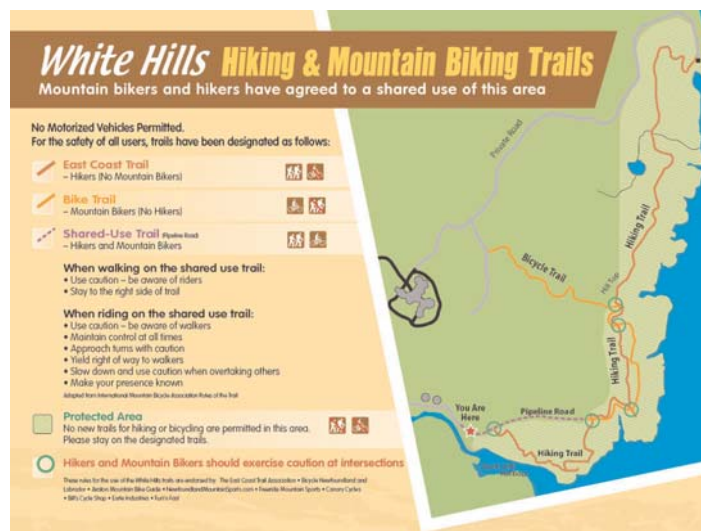
road which many of us may be familiar with.

The trail design group and the ECTA standards committee was therefore faced with the problem of devising a method of informing both hikers and mountain bikers of their respective trail systems, do so with clear and unambiguous signs, and (hopefully) use a sign design that is not overly obtrusive.

So what does this mean for hikers on their first outing along the Sugarloaf Path?

At the Quidi Vidi trail head, visitors will see a large 'shared-use' sign (see below).

A map in this sign indicates two trail systems: one trail used by the mountain bikers, and the other trail used by hikers. It also shows the locations of the respective trails which are



'shared' and the locations of the intersections or crossings. Also included in the sign are details of the MOU relating to hikers and mountain bikers agreeing to not use the trail used by the other party.

Another novel series of signs appearing on the Sugarloaf Path are signs that have been placed at each hiker-biker intersection. There are five of these crossings, and they are all concentrated in an area just north of Quidi Vidi (on the first 2 km of trail). This has been done to provide clear warning of an impending crossing, and to advise the respective groups which trail is the correct one to use after crossing the intersection. (Please also note that all of the signs described here will not be erected until spring in 2007; only some of the 5 intersections are were signed by New Years.)

These signs are placed on posts usually on the side of the East Coast Trail about 10 metres before reaching the crossing point.

As a hiker approaches an intersection, the warning post (see left) will show an international bike icon and below that will be another plaque with an arrow pointing left and another



arrow pointing right. The arrows indicate that hikers should be aware that a bike may be approaching from either direction (left or right of the crossing). Hikers should continue straight ahead. A reminder to do so will be presented a few metres beyond the crossing on a second post.

After crossing the intersection, a second post (see below) displays the following:

at the top is a white triangle (the standard ECTA waymark logo); below the triangle is a sign showing the hiker icon; finally, there is a bikes do not enter sign (bike icon with a red diagonal bar). This sign is designed to indicate the correct path for hikers (i.e., the ECT), and also indicates that mountain bikers have agreed not to use this trail.



Another feature of the signs at the intersections is that the signs are bi-directional, and are appropriately marked for traffic coming from either direction.

The mountain biker portions of the intersection have had signs erected as well, and these show similar information for the benefit of the bikers (an example is shown below; bikers approaching the crossing will see a hiker icon with arrows pointing left and right).

The intent of these signs is to ensure safety and to remind users of the trail of the trail use agreements. Locations of the crossing points were chosen by ECTA route planners to maximize safety, with the following guidelines:

- ◆ crossings are at relatively level areas
- ◆ approaches to crossings have good visibility from all four directions

Hikers are strongly urged not to enter trails marked for bikers (except in the shared trail sections mentioned earlier, and which are clearly marked as shared use paths.) This caution applies especially in the area between Quidi Vidi and north to the Bawden Highland. The Highland area is the highest viewpoint overlooking Quidi Vidi, 1 km north from the Quidi Vidi trail head. Hikers have been assured by mountain bike representatives of their cooperation, and hikers should not have to be concerned about bikes appearing on 'their' trail. Nevertheless, it is possible that individual exceptions to this agreement may occur. Conversely, hikers are expected to stay off the biking trail.



All of the effort put into these signs is designed to keep the partnered trail system safe and enjoyable for each of their constituent user groups. The project management team is proud of the route design and excellent workmanship from the construction crews that has been done on this new path. You can expect outstanding vistas, contrasting terrain, a physical challenge, and a rewarding experience. We hope you enjoy it.

American Tourists Appreciate ECT

Travelling on a whim to the Avalon with friends to hike, camp and kayak in 2001, we were introduced to the ECTA. We became hooked ... On our subsequent 3 vacations (sorry ... 'holidays') when we asked ourselves "Where to?" the answer was always back to Newfoundland to explore more of the Trail and reunite with the friends we'd made there. The beauty of the coast, the wildlife, birding and honest friendliness and generosity of the people keep us returning.

This past summer on staying at a Pouch Cove B&B (advertising ECTA access in their brochure) to check out the Cape St. Francis area, we had a meal at a local restaurant where it turned out all of the 20 or so patrons were in the area also to hike the Trail. You hadn't yet published maps or finished hardening some sections (we did run into a work crew near Shoe

Cove). Local economic impact and enthusiasm of businesses and visitors speaks volumes about the ECTA and its mission.

While heading toward Flatrock we met some local people with first time visitors from Great Britain who were thrilled with the Trail but dejected by the lack of whale sightings from shore (that had been promised). While talking to them a humpback proceeded to put on a flipper-waving, breaching, lob-tailing show directly beneath all of us. Once again demonstrating Newfoundland's hospitality!

Please, continue the Trail's careful growth and the ethic of stewardship. You demonstrate concern for and live in such a beautiful place.

Thanks, We'll be back.
 Dave & Deb Morrill
 Orrington, ME USA



Random Jottings from the Lesser Trod Path.

by Michael Boyle.

DO YOU KNOW THE FIVE "E"s?

Explore, Environment, Experience, Entertainment,
Educational

International marketing corporations invest huge budgets and energy in the branding of products, goods and services. Canadian tourism has spent buckets of dollars in enticing people to come to Canada. Huge billboards dot many industrial cities of the United States, Western Europe and Asia saying come to Canada because we are different meaning you can take your time and 'explore'.

Yes . Could I put it a little more bluntly - Come to our hinterlands and explore what remains of our unspoiled physical and cultural landscape.

These marketing gurus will saturate us with glossy promotional brochures and publications with the catch-all word 'experience'. So look out for spins saying come to Newfoundland and experience our history and have an educational and entertaining experience with us.

But we know the real thing - on the East Coast Trail.

If you taken a spell at the Spout, eaten your snack at Tar Cove or camped at La Manche you know more about reliving and experiencing our traditional culture than any marketing types. So beware and learn all the buzz words of touristy literature and I have won't charge anything. You and I know how to get away from it all. I recommend to always follow the lesser trod path.

Listen folks - there are many reasons for you to walk along the East Coast Trail but I am more and more convinced of many interesting stories that to be told (and written) about people and events along the Shore.

So here is the deal. Look out for some of my upcoming stories and give me a call with any suggestions. In forthcoming issues I hope tell you about the late Hannah Fowler of Cappahayden, the Irish Queen of the Southern Shore who died last fall. Her house has a commanding view of the trail head and the rolling Atlantic Ocean in the background.

Back in early 1970's the Newfoundland Track and Field Association had a road /cross country event between two communities

And do you know about the age-old custom of bonfires on Discovery Day, June 24th, in a Southern Shore community?

Oh, Remember the five 'E's' and we will preserve our environment for all.

Michael can be contacted at www.boyletours.com

Hikers Comments

Janice Stein, from Windsor, ON, living in St. John's since July '06

"...all I can say about being here and hiking is that after the flat sameness of Windsor, Newfoundland is all about extremes, extreme weather, extreme landscape, extreme culture, extreme people...all in a wonderful way, of course, and captured best by the keen group of adventurers that head out every weekend on snowshoes into the vast hinterlands."

Tali Smith, hiker/snowshoer, living in St. John's since 2005

"Born in California, raised on Vancouver Island in BC, and lived in Paris and Amsterdam and now I am most recently from Vancouver, BC. Here to stay in Newfoundland, since I have fallen in love with the East Coast Trail :-)"

Linda Hollett, hiker/snowshoer

"...I am from Toronto, living in Newfoundland for over 25 years and now consider myself a Newfoundlander. I have never loved this province as much until I started hiking the East Coast Trail. It has given me the fantastic scenery and a sense of contentment I have never felt before and I get each and every time I hike. I would like to thank all of those who have worked on making this vision happen."

Tran-Chin Yang, from Taiwan, living in St. John's since Jan. '06, worked every weekend and now a novice to the outdoors

"...my lifestyle was 'disturbed' triggered by my first snowshoe outing for which I was amazed by the sceneries we had passed through. After that journey I started counting on the weekends to come. And there was a trip that I had always dreamed to be in - ice fishing. Before going to bed for that journey, I had everything well prepared as usual - including searching the internet about how to handle fish caught and knowing how to hold giant Canadian fish for them to be unhooked. And of course, a camera to shoot them all. And as we all knew, the "harvest" of the trip was all much beyond what we expected." Fun - yes: fish -no.

Stephan Dubrau, from France, living in St. John's since Feb. 06

"I feel sorry to see the snow melt", from a pedestrian living in St. John's that certainly tells how much I enjoy snowshoeing with our fearless group. I'd recommend to anyone enjoying the East Coast Trail in the hiking season to join and see how wonderful and stunningly different it is in its white coating... Beware of thin ice, though."

The Snowshoe Hikers

by Angie O'Brien

The calendar reads "Spring" as our "Winter" activities slowly subside. Snow, snowshoes, minimum shoveling, maximum foot mileage! It started with a curious question "You hike in the winter?" The reply was "...every Sunday...". And that was the start of my winter hiking just after the ECTA President's Hike. It grew from two to many more. The numbers vary from

or fox tracks to see. To breathe crisp cold air. To hear the continuous roar of the waves. The crunch of our snowshoes on the packed snow. Even silence!

It's all there! Just waiting for us. Even a J with a J! En route to Butter Pot Mountain, a pair of Whiskey Jays pose for photos in the trees. They follow us. Here Janice offers food to one and he lands on her hand to eat it. Then the other! Then again! We lose count. J is sharing our lunches! We place trail mix on the ground only to find it gone on our return trip down. Our fine feathered friends were well fed that day!

A recent snowshoe hike of fourteen in Brigus to Marysvale was completed with ice fishing. We were all very enthusiastic about this! A first for many. Free exercise and hilarious laughter in drilling the holes, but waiting for the fish wasn't as exciting. The wind was biting but not the fish. Then there is the ice episode of the human ice breakers in Hopeall! Three snowshoers punctured through the deceptively thick formed ice. An unfortunate incident but usually not the norm. The end result was warm hospitality at Jim and Maxine's cottage for hot food and enjoyable company.

A compass, GPS, trail markers and often, neither, have guided us with various leaders. From Tara following the trail and trudging through a blanket of knee deep snow in Bauline East to Celine, learning to use a compass to guide us back from Madison's Rock while Fred uses his GPS close by. We always return, all accounted!

Exceptional photos are a pleasant reminder of each others company and the magnificent scenery. Shared every week - even if you weren't there! You wish you had been! And can be!

Winter is slowly disappearing as we continue our trots and chats on the trails. And when summer arrives we hope to see some new recruits - ECTA members - and Maintenance Volunteers - another way to enjoy the trails.

See you there very soon!



us local townies and baymen to others "From Away" including British Columbia, Alberta, Ontario, France, Taiwan, India and Turkey. The more the merrier! There appears to be more of these "F.A." people hiking on our trails than us locals... and we know why! Do you?

Every week we show up at a fellow hiker's home. We collect others en route. Car pooling we do! Off we go for the day. From a snowshoe hike in Hopeall/New Harbour with Charlie to Madison's Rock with Neil.

Our "normal hiking" finished on January 21. After that on went the snowshoes. Novices we were! We borrow and rent and put on our own. From the primitive wood and rope snowshoes to the most recent high tech gear we wear. Up and down the shore and any trails in between. We snowshoe in glee. Every outing starts as a beautiful day. Four seasons we often feel. In snow squalls and howling winds we trek forward.

The weather has been kind to us and we hope it stays that way! But not always the cold. Chilled feet, hands and noses are common. But not the blisters. Or so I thought. I always have one (or two) but I'm not the only one - as I have heard others reluctantly admit!

The hike is good, the company is great and the scenery is exceptionally spell binding! It's a beautiful winter wonderland of freshly fallen snow to view nature in all her glory. Intricate laced snow laying softly on downswept branches! Crystal clear icicles displayed from cliffs to freshly made moose, hare





Solitary Grave ...

It is not entirely strange for hikers to come upon a cemetery on the outskirts of one of the many tiny communities that dot our shores. Some are well tended, while others are overgrown with weeds and virtually forgotten.

It is a bit different, though, when you pass by a quiet meadow and see a marker indicating a solitary gravesite. It tweaks your curiosity and you want to know more.

A plot of land in the Fairy Pond area, overlooking Cape Broyle Harbour holds just such a solitary grave. The name 'V. Atwood, Barrington, NS' is slowly being obliterated by time and weather from a rough slate slab and the exact date of death has long been lost.

The old folk of the community, for some reason, always referred to Mr. Atwood as 'Peter' and the meadow in which he was buried took on his name and became known as 'Peter's Meadow'.

Little detail is now known of Mr. Atwood but word of mouth had it for generations that he was a sailor from Nova Scotia fishing on the Grand Banks when he suddenly took ill and died. His body was brought to Cape Broyle probably because during the 18th century it was well known to Lunenburg schooners as a place to acquire bail and ice.

Atwood, it seems, was a Freemason and since Cape Broyle was a Roman Catholic community, tradition of the day would not allow burial in the church cemetery. Hence the solitary grave in the Fairy Pond meadow.

Some storytellers claim that Atwood's grave was only a temporary one and that his body was transported back to Nova Scotia for proper burial at the end of the fishing season.

Given the uncertainty of Mr. Atwood's final resting place, this solitary gravesite is wont to give rise to some eerie feelings if you come upon it by yourself when the fog is low over the land.

The Devil's Stairway ...

People who visit Cape Broyle on the Southern Shore of the Avalon Peninsula may not be aware of an interesting legend associated with the bold promontory known as Cape Broyle Head. Many years ago, it is said, the captain of a coasting schooner known for his unbridled temper was passing in his vessel just off the headland. He flew into a terrible rage, cursed the crew, the ship and everything else in sight and finally roared, "May the devil take this vessel, cargo and all of us". Hardly had he spoken, so the story goes, when the vessel was caught by some great force and hurled to the top of the cliff!! People around said it was the devil himself who took the captain at his word. The legend goes on to say that Satan left his footprints in the face of the cliff where they can still be seen. These prints are known as the 'Devil's Stairway'. Years ago local people claimed that a vessel's timbers could be seen atop the headland. Have a look around after when you hike to the top of Cape Broyle Head, you never know what you might find

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Where Friends Meet



Hiking Schedule

Apr 22.- July 2007

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 hike starting point. To Car Pool meet at the Arts and Culture Centre by the Library at the time given: both hikers looking for rides and hikers with vehicles are encouraged to participate.

Before the hike starts, the leader will give a brief introduction to hiking the East Coast Trail, the do's and don'ts of wilderness hiking. Emphasis will be on hike preparation, proper and adequate clothing and footwear and safety awareness. Hiking and trail etiquette, and protection of the trail's environment will be covered. Time will be available to answer your questions regarding the level of fitness required for various trails, recommendations regarding clothing, rain gear, footwear, first aid supplies, water and food for hikes. Information about the East Coast Trail and ECTA membership and opportunities to participate in the Trail's maintenance, development and activities will be included.

April 22 Cape Spear - North Head, return.

Introductory Hike, 12 km

Sunday 3 hrs. (approx) Rating: Easy, suitable for beginners, seniors or families.

Start Time: 10:00 a.m.

Car Pool: 9:00 Arts and Culture Centre by the Library.

Meet at the Cape Spear National Historic Site parking lot.

Leader: Allan Stein, arstein@mun.ca 895-2056

Sweep: Michelle May
michelle.may@nl.rogers.com

This is an "introductory hike" so beginners are especially welcome.

April 28 Father Troy's Path (one way or return)

(Flatrock - Torbay) Approx. 6-12 km

Saturday 2.5 or 4 hrs. Rating: Moderate, Beginners Hike

Start time: 10:00 a.m.

Car Pool: 9:30 Arts and Culture Centre by the Library.

Meet at the end of Lower Road in Torbay.

Leader: Wilf Ayre wayre@nf.sympatico.ca 437-6895

Sweep: Patt Lacey patt.lacey@nf.sympatico.ca 437-5852

Beginners might choose to hike one way; one way hikers should arrive before 9:45 so that some cars can be transferred to the Flatrock.

May 06 Brock Head Path (Portugal Cove-Brock Head & return)

12 km 4 hrs.

Sunday Rating: Moderate

Start Time: 10:00

Car Pool: 9:30 Arts and Culture Centre by the Library.

Meet at the end of Anglican Cemetery Road in Portugal Cove.

Leader: Unconfirmed

Sweep: Wilf Ayre wayre@nf.sympatico.ca 437-6895

May 12 Flamber Head Path (La Manche-Brigus South)

14.5 km. 8 hrs.

Saturday Rating: Moderate-difficult

Start time: 9:30

Car Pool: 8:15 Arts and Culture Centre by the Library.

Meet at the turn-around at the end of the La Manche Village Road which is just south of La Manche Park.

Leader: Agnes Delaney 781-2106

Sweep: Marian Dawe mdawe29@yahoo.ca 368-2489

May 19 Logy Bay-Quidi Vidi 9 km 4 hrs.

Saturday Rating: Moderate

Start time: 10:00

Car Pool: 9:30 Arts and Culture Centre by the Library.

Meet at the parking lot of the Ocean Science Centre, Logy Bay.

Leader: Karl Keough kkeough@nl.rogers.com 726-7843

Sweep: Peter Bartlett pjb@nl.rogers.com

May 21 Beaches plus Tinkers Paths (Witless Bay - Tors Cove), 13.5 km. 4.5 hrs

Monday Rating: Easy, suitable for beginners, seniors or families

Start Time: 10:00 a.m.

Car Pool: 9:10 Arts and Culture Centre by the Library.

Meet at the end of Gallows Cove Road, Witless Bay.

Leader: Ed Hayden edhayden@gov.nl.ca 738-0358

Sweep: Natalie Fost natalie_fost@hotmail.com 726-1360

May 26 Cape Broyle Head Path (Cape Broyle - Calvert)

18 km
Saturday 7-8 hrs. Rating: Strenuous; quite a fast pace will be maintained.

Start time: 9:00 a.m.

Car Pool: 7:30 Arts and Culture Centre by the Library.

Meet at the Cape Broyle Ultramar Service Station on the highway near the centre of the harbour. Parking is at the rear of the Service Station-this is the officially designated parking area for the Cape Broyle Head Path but confirm with the attendant that your vehicle is out of the way before leaving on the hike.

Leader: Ed Delaney delaneyecta@yahoo.com 334 1183

Sweep: Marian Dawe mdawe29@yahoo.ca 368-2489



Hiking Schedule

Apr 22.- July 2007

June 03 Blackhead Path (one way or return) (Blackhead - Cape Spear) 4.7 or 9.4 km

Saturday 2 or 3.5 hrs Rating: Easy/Moderate; suitable for beginners, seniors or families who may wish to hike one way.

Start Time: 10:00 a.m.

Car Pool: 9:30 Arts and Culture Centre by the Library.

Meet at the Beach Parking Lot at the end of the road you turn onto for Blackhead from the Cape Spear Highway.

Leader: Ed Hayden edhayden@gov.nl.ca 738-0358

Sweep: Patt Lacey patt.lacey@nf.sympatico.ca 437-5852

June 09 Spurwink Path (Aquaforte River - Port Kirwin) 17.1 km.

Saturday 8 hrs Rating: Difficult

Starting Time: 9:30 a.m.

Car Pool: 7:45 Arts and Culture Centre by the Library.

Meet in Aquaforte; the parking lot is just to the north of the bridge across the South West River on Highway 10.

Leader: Mark Graesser mark@mun.ca 722-8963

Sweep: Joe Butler jbutler@nfld.net 687-9603

June 10 Botanical Interpretive Hike: St Philips-Beachy Cove 5 km

Sunday 3-4 hrs Rating: Moderate, this is an undeveloped path which has wet areas and some windfalls.

Start time: 10:30

Meet at the parking lot on St. Philips Beach.

Car Pool: 10:00 Arts and Culture Centre by the Library.

Pre-Registration by June 15 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.

The Leader is the recently retired curator of Natural History of the Provincial Museum of Newfoundland and Labrador.

Interpreter: John Maunder jem@nl.rogers.com 335-2462

Sweep: Allan Stein arstein@mun.ca 895-2056

June 17 Spout Path (Shoal Bay Road - Bay Bulls) 14km

Sunday 8 hrs. Rating: Difficult/Strenuous; proper footwear is essential

Starting Time: 8:30 a.m.

Car Pool: 7:50 Arts and Culture Centre by the Library.

Meet at the parking area at the end of Gunridge Road, Bay Bulls. Some cars will be left there and hikers transported to Shoal Bay Road for the hike.

Leader: Louise Hustins hustinsl@dfo-mpo.gc.ca 368-6243

Sweep: Louise Dawe/ Craig Steele

ldawe@yahoo.com 368-8158

June 23 Mickleleens Path: Bay Bulls-Witless Bay,

one way or return 7.3-12 km

Saturday 3 or 4.5 hrs. Rating: Easy/Moderate, one way suitable for beginners or seniors

Start time: 10:00 am

Car Pool: 9:20 Arts and Culture Centre by the Library.

Meet at the end of Quays Road on the south side of Bay Bulls Harbour.

Leader: Joe Butler jbutler@nfld.net 687-9603

Sweep: Wilf Ayre wayre@nf.sympatico.ca 437-6895

June 30 Brigus Head Path (Brigus South to Admiral's Cove & return) 13km

Saturday 4-5 hrs. Rating: Moderate Start time: 10:00 am

Meet at parking lot in Brigus South.

Car Pool: 8:20 Arts and Culture Centre by the Library.

Leader: Vince Croft (709)363-2258

Sweep: Natalie Fost natalie_fost@hotmail.com 726-1360

July 01 Wreck Path (Cappahayden-Chance Cove Park)

Approx 20 km Sunday 7-8h

Rating: Difficult/Strenuous; see below.

Start time: 10:00

Car Pool: 8:00 Arts and Culture Centre by the Library.

Pre-registration required by June 27.

Meet at Lawlors Services, Lawlors Road, Cappahayden (continue straight ahead when the highway goes inland at Cappahayden.)

Leader: Ed Delaney delaneyecta@yahoo.com 334-2304

Sweep: to be chosen from the participants.

Note: Wreck Path is an undeveloped section of the ECT; in part, there is no obvious route. Expect a variety of hiking conditions, from road and trail to no trail through bog, thick forest and open areas. Magnificent views of Southern Avalon peatlands-orchids should be in profusion-and a coastline seldom visited. Adequate boots and tough, long pants are mandatory. Bring lots of water and fly dope.

July 02 Seniors and Beginners Hike: Stiles Cove and Small Point 5 km,

Monday 2-3 hrs Rating: Easy

Start time: 10:30 am. Meet at the end of Satellite Road in Pouch Cove.

Car Pool: 10:00 Arts and Culture Centre by the Library.

Leader: Robbie Hicks robbie.hicks@esd.mun.ca 437-1261

Sweep: Cathy Carroll carrollc@gov.nl.ca 364-6233

Note: Seniors Hikes are dog free (no dogs permitted), and participants can expect a slower pace than regular hikes. However, all hikers are welcome.



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- Annual Individual / Household \$25
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Send name, mailing address and email address with payment to: ECTA, P.O. Box 8034, St. John's, NL A1B

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 Winter 2007 newsletter is June 10, 2007. Submit to office@eastcoasttrail or to 50 Pippy Place. Thanks to Randy Murphy, Wanda Cuff Young Merissa Wiseman and Lewis Greenland.

EAST COAST TRAIL



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