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# Outdoorsing

Chebucto Hiking  
Club Newsletter

Canadian Volksmarch Federation Phone 477-7142

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## President's Message

Walking is all about seeing new destinations wherever you are. How lucky we are having incredible locations of rugged wilderness, coastlines and fancy city walks right here in Nova Scotia. In addition to our members telling their stories from home, we're also featuring outdoorsing in other destinations. From all of us here, have a great holiday season. We'll see you on the trails of your newsletter.

## Minutes from Metro

Our club's motto is fun, fitness and friendship. Although not stated, a fourth dimension is the pure joy of discovery, the theme of this issue of Outdoorsing. Webster's defines discovery as "to come across or to find by exploration." It's that promise of discovery that leads many of us to step off the boot-beaten path and onto the "path less taken" (an overgrown trail or animal path?), or "to go for 5 minutes more" or "just over that next hill" before turning around and rejoining the familiar.

new walks and trails to its members. Many "established" trails were also "new" for others who had not walked with us before, or who were new to our area.

Do you know that just 5 minutes north, south, east or west of the Spryfield Atlantic Superstore are numerous trail systems giving us a natural retreat that can last for an hour or an entire day? You would if you had come out on your Club's walks!

Walking trips and tours are a great way to discover and explore a new country, a new culture, and perhaps a new way of life. But for those of us who can't find the time or the money for travel away, discovery still awaits us at home through our Club and those who walk with us. Come out and discover a new trail. During 2002, our Club introduced 16

Long Lake Provincial Park, just west of the Superstore, offers more than 20 km of both groomed and bush-whacked trails (Jul. 5 & Nov. 16). The adventurous hiker can completely circle the lake in less than 3½ hours, crossing several streams, passing a beautiful waterfall, and skirting several ponds and early settlers' ruins.



### **Annual General Meeting**

Our AGM is being held at 7:00 pm, January 6, 2003 at the Superstore Community Room, Joseph Howe Drive, Halifax. Come and help shape the future direction of your Club!

### **Membership**

A club hike - \$1; new hiking boots - \$100. Discovering an amazing, local wilderness trail, priceless. For everything else there's the Chebucto Hiking Club (\$10/year). Support your Club and renew your membership **TODAY** (there will be no follow-up reminder). Remember, if you come out for the walks, members will be talking about those who don't – not you! Current membership is 107.

### Minutes from Metro ...cont'd

The McIntosh Run, a marvelous wide rushing brook (Mar. 16 & Dec. 13), yields an easy scenic 10 km trail starting just east of the store. Colpitt Lake (Apr. 20) slightly east of the store, offers a beautiful 10 km loop of the lake with side trails giving a view of Halifax Harbour and an old military battery hidden in the woods. The trail at the sound end of the lake leads into the Herring Cove Backlands Area (Mar. 30), a trail system extending further south to the Purcell's Cove Wilderness Trail and beyond (Apr. 6). And! The incredible coastline of Duncan's Cove (Oct. 12) and Crystal Crescent (Oct. 13). This exceptional wilderness area awaiting discovery offers many km of solitude and natural beauty amongst more rugged terrain, barrens and ridges providing spectacular views – 10 minutes from the Armdale Rotary! Don't despair – if you missed these and other walks this year, they're also on next year's schedule.

As well, you don't always have to travel afar to discover new countries and cultures. This past Aug. 9-11<sup>th</sup>, over 20 of our Club members joined the Moncton Outdoor Enthusiasts for "3 Days on the Fundy Footpath", discovering a truly "world-class" trail in all aspects. We had walkers with us from Louisiana, Ohio,

Ontario, Brazil and Portugal that I know of. How many of us took the time to say "Hi, nice to meet you" or Oi, muito prazer) and then asked about the "must see's and must do's of their state or country, or learned what walking was like "back home"? Walking has always required only a reasonable degree of fitness and a good set of feet – to enhance the joy of discovery; perhaps we should include "Hi, my name's Bernie. Tell me about your favourite hike", and then let our ears take over.

### A Visit to McNabs

*By Bernie Shiers*

If you would like to visit a wilderness type area with a wealth of history, McNab's Island deserves your consideration. On October 6<sup>th</sup>, I joined a group of approximately 35 people on a tour of this beautiful island which can be reached by a thirty minute boat ride from downtown Halifax. The island played an integral part in the founding of Halifax, the defence of the city afterwards, and was once a popular recreational area. I visited the island for the first time earlier in the summer on one of the Chebucto Hiking Club walks. I enjoyed my visit so much I welcomed the opportunity to return and explore several different areas of the island. Whether you've been there before or not, it's definitely worth seeing.



### **Kudos**

I'm sure I speak for all members who spent "3 Days on the Fundy Footpath" when I say the weekend was exceptional in terms of scenery, weather, organization – and **exertion!**

Special thanks to Bill & Betty Mayo for their endless time and energy in organizing the event, to Adair's Wilderness Lodge for their hospitality and excellent banquet, and to the Moncton Outdoor Enthusiasts for providing walk leaders.

## Memories from Chebucto's 1<sup>st</sup> year

*By Bernie Shiers*

- **Boxing Day – Herring Cove Backlands pre-walk** – Eating Ferne's chocolate chip cookies during a break while standing on the highest point of land in the area.
- **Burnside Twilight walk in January** – A long trail of flashlight lights snaking their way through the darkness.
- **MacIntosh Run Trail** – Getting soaked but still having a great time.
- **Lunenburg / Mahone Bay Year rounds** – Walking through a graveyard during a snow squall.
- **Fundy Footpath** – Experiencing what hills are really about, seeing if you can make the grade (pun fully intended).
  - Seeing a moose in its natural habitat.
  - Watching as Ferne invents a new Volkssport – bobbing for walkie talkies.
- **IVV at Mount Uniacke** - experiencing the beauty of autumn and the smell of the forest.
- **And last but not least** – A Jack Pine Moment (you had to be there).

Over the course of our 1<sup>st</sup> year we got to experience many new places and meet many new people. Each walk brings with it its own character and memories, and those events, like those I've mentioned above, are just a bit more unique.

### **"On the Budget Plan!"**

*By Sharon Goldston*

You know the old saying, "You can stretch a dollar"? I claim to be the "master" of this skill but I still cannot save money for traveling. Friends and family are always finding wonderful deals on airfare but the added costs such as hotel, food and entertainment is out of my reach.

I am not a traveled person, but, I know where you can buy two "GAP" sweaters and an "Old Navy" T-shirt and still have change from a ten dollar bill. I've watched the sunset on a cliff overlooking the ocean and sat in a rocking chair on an old farmhouse veranda drinking beer, smoking a cigar and laughing until the wee hours of the morning, with friends from my childhood. I've hiked hundreds of kilometers over hills, flatlands, ocean shores and wooded trails and I know where you can eat the very best homemade coconut cream pie. I've watched an own spread his wings wide in the moonlight, and swoop through the trees of the forest. I've marveled at shooting stars and had bonfires



### **Pain or Gain?**

*By Leah Hennigar*

Here I am, 28, single, healthy, great job...there is just one thing missing – the experience of traveling to other countries. I've had a great desire to travel abroad and learn about other cultures all of my life, but especially for the last few years.

I feel like I have two sides, one practical and thrifty, the other living for now and spontaneous. So where do I go from here? Do I save the money and go without some of the luxuries I am used to...or do I just go and get in debt for a few more thousand?

I am sure there are many of us that ask ourselves the same thing. I know that I do not want to be in a position in the future where I regret not having traveled. I guess we will see if I put my logical self aside and hop on that plane next fall but if not, I will always have my travel shows, they don't cost a thing.

on the ocean beach. My daughter and I have sun the “old sixties”, at the top of our lungs, while driving hour after hour through countryside and highways. I've eaten Nova Scotia's internationally famous Digby scallops and lobsters and tons of the freshest and best pan-friend haddock in the world and cooked hotdogs and marshmallows over an open fire. I know where to get a great “blue-plate special” for \$4.95. I've read books in heavy traffic, on buses, trains, boats and just about everywhere. I've seen eagle's nests, an outhouse over fifty years old, houses made of stone, beautiful rainbows and I've been stuck on the highway in blizzards. I've left at dawn for day trips and not returned until midnight. I know hundreds of places that serve great coffee and enjoyed “Happy Hour” at a local pub. I've had the muffler of my car “duck taped”, so I can make it home safely.

My favorite place to stay is cheap, spotless and with great atmosphere. Beds that smell like the great outdoors. Lingering over a freshly brewed coffee. Check out time is “whenever”!

My home is Nova Scotia, it's always in my budget and just when I think everything is done, I find a new friend, another adventure or some great place to be.

### **Look! A 3-day Road Trip Next Year**

Three small peninsulas jutting into the expanse of the sea. Rosehead, Hell's Point/Hirtle Beach, and Gaffs Nature Conservancy all boasting a 10 km easy coastal trail with views of stretched curved sand beaches, rocky shoreline, the open blue Atlantic and the most unique town in all of Nova Scotia, Kingsburg. And finally, the last walk takes in two small fishing villages of Blue Rocks and Stonehurst. A full brochure is coming soon.

### **Biking Trip 2002: Vienna to Prague** By Charles Quon

At 9 am May 1, Wed., I got a call from Don Bidgood, my cycling partner. Our bike trip was arranged through a company in London. Everything was set, including hotel reservations in Vienna and Prague and all the hotels enroute from Vienna to Prague! We were supposed to bike 80 km the first day. The van would take our luggage and our bikes (beautiful modern 21 speed bikes with aluminum frames, very light and delightful to ride on) away from the traffic in Vienna and dumped us off in the wilderness (never any wilderness in Europe!) to start biking. The driver would carry on to deposit our luggage in the hotel to which hopefully we would find our way before dark! We thought 80 km was too much to start with. We



compromised on 60 km instead. The trip was arranged by a Czech agency in Vienna. They provided us with proper bikes (measurements of leg dimensions were sent to them before hand), booked all our hotels, provided us with detailed maps (self guided tour), and took our luggage from one hotel to the next everyday. That means we had to make it everyday as planned. Too bad if we got lost on the way (no search parties!) Breakfast was included but not lunch and evening meals. The route was well researched by the Czech Republic people, very well thought through.

My impression of the Czech Republic's national economy is people are well clothed and well fed. Houses are well kept and in good repair. Villages are extremely clean and orderly. Flowers everywhere. Apple and other fruit trees line many secondary, sometimes with numbers on them. We figured that they must have been over from the communist era when trees were assigned to collective farms. We went through vineyards, fields of rapeseed, aquaculture areas, forests and hills, etc. We were cycling mostly on secondary roads that are in very good conditions (better than roads in Nova Scotia most of the time!). The countryside was beautiful. We hit the season when all vegetation was in bloom. The rapeseed fields are just like bright yellow carpets framed by green fields of wheat or potatoes or other vegetables. The hills were green and the forests were thick with tall pines and other trees. We were cycling under bright blue sky most of the time. The birds! Since most of the time we were the only people on the road, we were surrounded by birdsong visible or invisible. The air was just saturated with their songs! I never heard so many birds singing at the same time.

They must have been singing Czech songs!

The bike trip totaled about 400 km over 6.5 days, averaging 60 km a day in about 5 hours. Both of us are used to traveling. We were informal and happy with just a clean bed and some good food. We both appreciated foreign culture and the arts, theatres, music, and often marvel at local customs. We both enjoyed nature. We both played chess (he managed to beat me every time although we are not too far apart in strength. We appreciated each other's clever moves! We both enjoyed reading. I finished 3 books on the trip.

On my return, my overgrown garden was waiting for me anxiously. One thing I respect is that I missed the gorgeous blooming of my magnolia tree in May for the last few years! And again this year!

So, I biked through the Czech Republic, spent almost 4 weeks in Prague, Budapest, Vienna and London. Managed to attend two concerts or theatres in each of all these cities. Saw a few castles and palaces. Walked a couple of hundred kilometers without an umbrella except in London. It was a wonderful trip. I am not yet planning my next one! But maybe soon (not for May though!) Let me know if any of you want to join me.

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