

Veteran hiker advises

New route back to nature

By RICK SPENCE

For those who have a week or two to spare during the summer for rest or recreation, hiking can present the best way to relax, unwind, and get back to nature for a while. Toronto is fortunate enough to have one of the most scenic hiking trails in North America, the Bruce Trail, close by. The trail is ideal for all forms of hiking, for one-day rambles or extended wilderness trekking.

The Bruce Trail is a cleared and marked footpath extending over 400 miles through southern Ontario, following the line of the Niagara Escarpment. It meanders from Queenston Heights in the south up to Tobermory at the tip of the Bruce Peninsula, on Georgian Bay.

The northernmost portion of the trail is by far the most rugged and spectacular, and is recommended only to the advanced hiker, preferably possessing mountain climbing experience.

This warning, although well-intended, can be disregarded even by novice hikers, as long as they are willing to display common sense in their selection of camping gear, and take care in their hiking. For an extended hike, the northern section is virtually the only worthwhile part of the trail.

Equipment should be selected with one eye on safety and convenience, and the other on economy. Backpacks can be purchased in many sports stores, costing from \$10 to \$30. The most popular knapsacks are the brightly colored nylon which sell for about \$20, now all but mandatory for young people touring Europe.

Sleeping bags should be small, light and warm. The big green monster in your basement is far too bulky and heavy for a hiking trip. Remember, everything goes on your back.

TENT IMPORTANT

The tent is an important piece of equipment in the insect-infested forests. As well, as keeping out the rain (hopefully) and some wind, the tent can serve as a shelter for your equipment, to keep it safe from the most greedy predators of all — raccoons.

The tent should be compact and light. Most nylon tents are only water-repellent, not to be confused with waterproof, and should be sprayed with Scotchguard to keep out the elements. Two-man tents, the most common, can be used comfortably by one, or by three in emergencies.

No fires are allowed on the trail, although in the wild areas of the peninsula, no one will know. However, a small camping stove is necessary — the French Bleuet model, with its disposable cartridges, is by far the best.

Hiking boots are a good investment as well — Adidas are not adequate on the treacherous slopes of the escarpment. The boots should be high, and for good reason — the Massasauga rattlesnake infests the peninsula.

In three hikes I have encountered two rattlers. Although the serpents slithered away peacefully, the Boy Scout motto still applies. A snake bite kit and a standard first-aid kit are indispensable on the trail.

RATTLERS

The purchases all add up to an expensive hike — but these necessities should not be ignored for that reason. You can always economize in other areas. Jeans, t-shirts, and a warm coat are adequate, as are standard canned foods rather than the expensive dehydrated stuff. Fresh, cold, clear water is available from the lake — but carry a canteen.

Once you've broken your budget buying all this equipment (you can borrow from friends, but if you're serious about hiking you've got to buy), the problem is where to go, and for how long. The section of the Bruce Trail most conducive to extended hikes is the section from Warton north to Tobermory, a distance of some 90 miles.

FANTASTIC SCENERY

These portions of the trail skirt some of the most fantastic rock-and-water scenery in Canada, as well as passing old log flumes, caves, flower-pot rock formations, a provincial park, an Indian reservation, overhanging cliffs and boulders the size of houses. Mountain climbing, swimming and skin diving (the water warms up in July), camping photography, and wildlife observation are only a few of the activities you can enjoy in peace and quiet, miles away from civilization.

The Bruce Trail Association publishes a guidebook. The book features Maps, descriptions of sights, and campsites and drinking water locations. Although the trail is well marked by white blazes on trees (and Javex bottles on rock), the guidebook is worth its weight in gold on the trail.

JOIN CLUB

It is not necessary to join the association, or the Toronto Bruce Trail Club, to use the trail. It's a good idea, though, to join, as you are contributing to a very worthy cause, and helping to insure that the trail will continue to give delight to hundreds of hikers.

If you intend to go hiking or camping this summer, pack lightly and thoughtfully, take a camera, be careful, and watch those raccoons.



Fred Romanuk in Lotus

Thesis on wheels

Simulated trip to PhD

By COLAN INGLIS

Psychological testing has taken a fast turn at York in the form of a 1964 Lotus formula III racing simulator.

Fred Romanuk, a PhD, candidate in psychology was looking for an interesting task in his thesis study correlating work attitudes to performance. His advisor, Hy Day, contacted Labatt's Ontario Breweries Ltd. and obtained the loan of the simulator which was no longer being used for promotion purposes.

Romanuk says he has spent \$1,000 on repairs and modifications, which he will recover from the psychology department. The simulator may be donated to the university by Labatt's as a permanent testing device, Romanuk said.

The test involves filling out three questionnaires and driving the simulator for about twenty minutes. The car faces a screen on which a road racing track is projected. The speed at which the car appears to travel is determined by the accelerator and the transmission speed selected. Romanuk determines lap times and errors made as the variables in his test.

Romanuk hopes to continue testing until the end of April to get the 160 subjects needed in the experiment. Appointments for testing can be made from 9 a.m. to 6 p.m. in Room 060 of the Behavioural Sciences building. Only males are being tested since Romanuk's committee felt they would be the most interested in the task.

Recruiting gets under way

Here we go again, folks. In keeping with an old Excalibur tradition, sports editor Rick Spence is retiring ("I want to spend more time with the family"), and once again a nation-wide search is under way to find a successor.

If you're interested in the position, leave your name at the Excalibur office (Room 111, Central Square) or report to training camp early in September. Writers for all sports, especially for women's sports, will be urgently needed and welcome.

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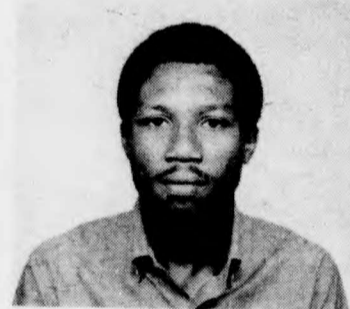


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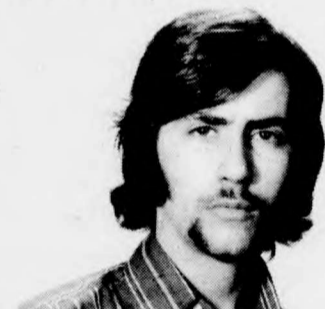
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