

Hiking

[BRITISH COLUMBIA AND ALBERTA]

It is a seventy-two-kilometre (forty-five-mile) walk from Bamfield to Port Renfrew on Vancouver Island. The trail, now part of the Pacific Rim National Park, was cut so shipwrecked sailors could get to civilization. The hike takes six to eight days, and hikers should be in good physical shape. Each must have at least two companions and strong boots. The party should carry a fifteen-metre rope, first aid items, spare clothing, full provisions wrapped in plastic and a small axe. There is plenty of drift and windfall wood for fires, but trash that cannot be burnt must be carried out.

The Gold Rush Trail runs fifty-two kilometres (thirty-two miles) from Dyea near Skagway in southeast Alaska, over the Chilkoot Pass and down to the headwaters of the Yukon River in British Columbia. It takes five days, and most of it is easy going — you climb only 305 metres in the first 20 kilometres (13 miles) to Sheep Camp, but 823 metres in the next five. Wildlife is abundant — Alaska brown bears, mountain goats, moose, ptarmigan and porcupines. The twenty-six-kilometre Canadian section is all downhill, from the pass to Bennett Lake. There are well-maintained log cabins in both countries. Hikers should bring warm clothing and expect wet weather on the south slope.

For details write the British Columbia Department of Travel Industry, 1019 Wharf Street, Victoria, British Columbia V8W 2Z2.

Old established trails in Banff, Jasper, Yoho and Kootenay national parks have been connected to form the 580-kilometre (360-mile) Great Divide Trail, which will, eventually, be linked with the US Great Divide Trail to form an 800-kilometre (497-mile) route over the tops of the mountains.

[ONTARIO]

The Bruce Trail follows the Niagara escarpment north from the Niagara River to Georgian Bay, 690 kilometres (430 miles). It runs past precipices, through dense woods, across gentle meadows and over the difficult rocks of Georgian Bay. Most of it is within a two-hour drive of Toronto. A detailed guidebook may be purchased for \$6 from the Bruce Trail Association, PO Box 44, Station M, Toronto, Ontario M5K 1E3.

The Rideau Trail follows the canal of the same name for 388 kilometres (241 miles) between Kingston and Ottawa. It begins behind the National Archives Building in Ottawa, and it has forests, streams, fields, bridges, fence stiles and

boardwalks. Maps (\$5) and information may be obtained from the Rideau Trail Association, PO Box 15, Kingston, Ontario K7L 4V6.

[QUEBEC]

Gatineau Park is sixteen kilometres (ten miles) north of Ottawa. At first glance, it looks as neat as a library lawn; however, there are ninety-six kilometres of trails, rugged hills and occasional bears. It has a unique attraction, Moorside, the summer home where the late Prime Minister William Lyon Mackenzie King gathered together stones, arches, columns, windows and doors from demolished buildings and built his own extraordinary ruins.

Parc du Mont-Tremblant, 139 kilometres (86 miles) north of Montreal, offers fish-hike-camping, which means that fishermen, carrying their own equipment, start from a common campground and hike to otherwise inaccessible lakes. They stay at a lake two or three days, and no more than three fishermen are allowed on a site. Reservations must be made through the Department of Tourism, Fish and Game, Reservations Office, PO Box 8888, Quebec City, Quebec G1K 7W3.

Canoeing

[ONTARIO]

One way (indeed the only way) to get through Quetico Park, west of Lake Superior, is by boat. It has more than a thousand lakes and waterways. You can, with occasional portages, canoe from one end to another.

Algonquin Park — 1,754,240 acres, 227 kilometres (141 miles) north of Toronto — is somewhat more accessible (you can drive through one corner of it), but canoeing opportunities are equally good. This is the area which inspired the landscapes by Canada's most famous painters, the Group of Seven.

These parks are primarily for experienced canoeists, and even they should plan ahead before they start.

[QUEBEC]

Réserve la Vérendrye, 179 kilometres (111 miles) north of Ottawa, is splendid and easily accessible. There is canoeing on lakes La Vieille, Savary, Roland and Dozois and canoe camping at Le Domaine. For information and reservations contact the Department of Tourism, Fish and Game, Reservations Office, PO Box 8888, Quebec City, Quebec G1K 7W3.