

THE PACKRAT

ROCKY MOUNTAIN



RAMBLERS ASSOC.

AUGUST - SEPTEMBER 2000

ACTIVITIES: Hiking, Backpacking, Skiing, Cycling, Climbing, Scrambling, Mountaineering, Educational and Awareness Programs, Social Functions.

MEETINGS: Every Wednesday evening at 7:30 p.m.
Rosemont Community Hall, 2807 - 10 Street N.W.

MAIL: Rocky Mountain Ramblers Association
c/o Calgary Area Outdoor Council (CAOC)
1111 Memorial Dr. N.W.
Calgary, Alberta
T2N 3E4

TRIP INFO: 282-6308 Hotline and at meetings.

RMRA EXECUTIVE 1999-2000

President	Garry Denman	288-4065
Vice President	Danielle Tardif	210-2501
Past President	Anita O'Reilly	281-9378
Trips Director	Ron Hunter	229-3394
Treasurer	Jennifer Oss	209-3868
Secretary	Linda Eastwood	242-0871
Social Director	Loris Neff	283-0887
Programs Director	Carl Potter	281-8040
Newsletter Editor	Suzanne Costaschuk	289-0795
Membership (appointed)	Jean Amatt	282-4478

EDITOR'S NOTES

This packrat contains two well thought out articles about the great outdoors during the warmer months of the year. Ron Moore has written about ticks and the potential to get LYME DISEASE. Dorothy-Ann Reimer has written about 'leaving no trace' while on your passage through a wilderness area. Hopefully, you will learn from each of these contributions. The deadline for the October / November 2000 Packrat Newsletter will be Sunday, September 24. Please sent your stories or news articles to scosta@telusplanet.net and use Microsoft Word. Another option is to drop off your diskette or final paper copies in my mail box at home @ 4916 Claret Street NW.

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RAMBLERS' ANNUAL CAR CAMP

SEPT 15 & 16, 2000

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Come Sat. night and hike Sunday. or come Fri. night and stay both nights, hike one day or both days.

*Lots of great hikes possible!
Also great food!!!*

Cost: \$13/unit/night, payable in advance (need a minimum 10 units per night)

Unit: A unit is a family, a couple, 2 people sharing a site, or a single in one site.

Deadline to register: Wed. Aug. 30, 2000

Contact: Dorothy-Ann Reimer (225-2499)

6 DAY BACK-PACK "THE ROCKWALL"

SEPT 2-7, 2000

CO-ORDINATOR: KEN PARK

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THE DISTANCE TRAVELLED OVER 6 DAYS WILL TOTAL JUST 55 KM. BUT THE AMOUNT OF ELEVATION LOST & GAINED WILL BE CHALLENGING. WE'LL HAVE A 2 NIGHT STAY AT HELMET FALLS FOR A "REST & EXPLORE" BREAK AND TO SAVOUR THE BEAUTY OF THE FALLS WHICH CASCADES 1200 FT. FROM THE ROCKWALL. A DAY TRIP FROM THERE TO GOODSIR PASS, A POPULAR ACCESS ROUTE TO THE LAKE O'HARA REGION, IS ALSO PLANNED.

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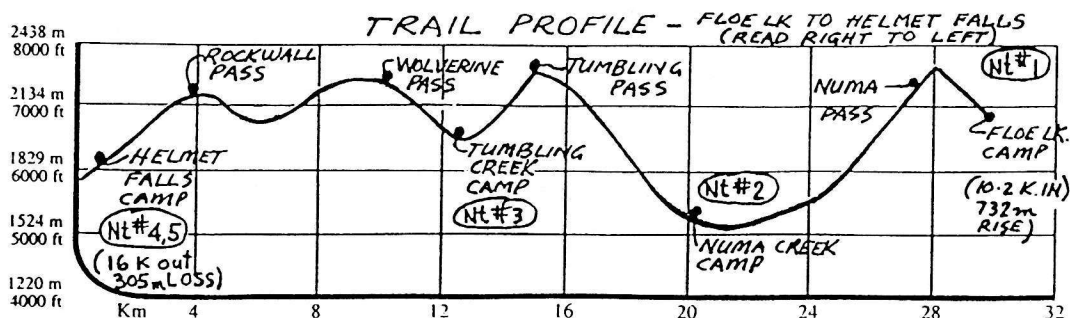


CALL KEN @ 244-6809 TO REGISTER (DEADLINE AUG. 16, 2000)

COSTS:

- 5 NRS BACK-COUNTRY PASS - \$ 30.
- 6 DAYS NAT'L PARKS PASS - \$ 30.
- GAS, FOOD, RESERVATION FEE

DEPOSIT: \$ 30. NON-REFUNDABLE (DEPOSIT REQ'D TO HOLD YOUR SPOT.)



LEAVE NO TRACE

by Dorothy-Ann Reimer

At the Ramblers' Orientation day, May 28, Sharon Wingenbach and I had an information station on 'Leaving No Trace' when hiking. Several people suggested that the rest of the club might like to read about some of the points we covered.

When we asked the question 'Why do you hike?' the most common answers were: get out into nature/wilderness, exercise, companionship, recharge our batteries, and escape from city/daily routine. Then we talked about how we could make sure the wilderness we love is left as beautiful and undamaged as we can manage. Here are a few of the things we covered. We hope you will find them useful.

COURTESY Leave It Where You Find It

- Fossils, flowers, antlers, etc. Leave it for the next person to wonder about also.
- Take a picture instead

DAMAGE CONTROL

Group Size - Small groups, 3 to 4 is best, maximum 8 to 10. Balance safety (e.g. bear country) against limiting damage to the land. Small is better. - Split larger groups into sub-groups

Erosion **Boots** - Bare feet or lug soles? Damage to plants and ground vs safety concerns. Wear the lightest boot you can safely hike in (sturdy boots for rocks, runners on an easy dry trail)

When to Spread Out, When to Go Toe-to-Heel

- When an alpine meadow is full of fragile plants, spread out and walk gently & softly
- Walk on rock when possible

Switchbacks - Use them, they help prevent erosion from sliding feet, unning water, rolling rocks.

Never, never, never shortcut. USE THE SWITCHBACKS

When it's Too Steep - If you need to dig your toe in (going up) or heel (down), it's too steep.

Find a gentler slope and/or zig-zag

Mud, mud, mud - Walk on the trail. Avoid making braids, widening trails.

PROTECTING THE LAND WE TRAVEL THROUGH

Garbage - Pack it all out, including the fruit and veggies. If it doesn't grow there naturally, don't leave remains behind. (Bananas on Prairie? Oranges and apples on Mt. Allen? Really?)

When Nature Calls

- *Please go off the trail & 60 m (200 ft) from water.*
- Urine kills plants (it's acidic). Find a rock, some bare ground or dry forest understory. Also animals will eat plants for the salt left from the urine. In some places, Park Rangers report severe plant loss from this.
- Solid Waste in 2 to 6 inch deep 'cat holes' in the biologically active soil (the dark, loamy stuff) OR put in plastic bag and pack out.
- Burn T.P. or pack it out in plastic bag
- Always carry out tampons or menstrual pads (blood attracts animals)

ANIMAL INTERACTIONS

Pets - *Dogs best on leash. In National Parks it's the law.*
- Loose dogs can irritate other hikers
- Dogs can harass wild animals and birds and lead them back to hikers on the trail or, sadly, be attacked or become frightened and lost.

Meeting Horses - Stay on the down side of the trail. Horses are front weighted and it is easier for a rider to guide them up a hill than down. - *NEVER try to pat one as it goes by.*

**WALK SOFTLY, WALK GENTLY
LEAVE IT BETTER THAN YOU FOUND IT!**

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