

The

Pack Rat

Rocky Mountain Ramblers Association

March / April 2009



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The Packrat is published six times a year by the Rocky Mountain Ramblers Association. We welcome articles, comments and ideas from our members, and if content is deemed suitable and space permits, we will use it.

E-mail contributions to the editor at packrat@ramblers.ab.ca or forward to RMRA
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rambles by the editor

Bicycling the Golden Triangle

by Sharon Wingenbach
photos thanks to Don Hollingshead

The [Elbow Valley Cycle Club](#) has been promoting the enjoyment of cycling in the Calgary area since 1983. Their premiere annual tour is the Golden Triangle on the long weekend in May. You cycle from the Castle Mountain Junction to Radium to Golden, and then back to Castle Mountain Junction - three days, 320 km, crossing the Great Divide twice, through some of the most beautiful mountain roads in Canada.

The GT is a fully supported tour with food and repair services, and the tour price includes camping fees. It attracts a full slate of about 400 riders every year. 2009 will be it's 26th year.

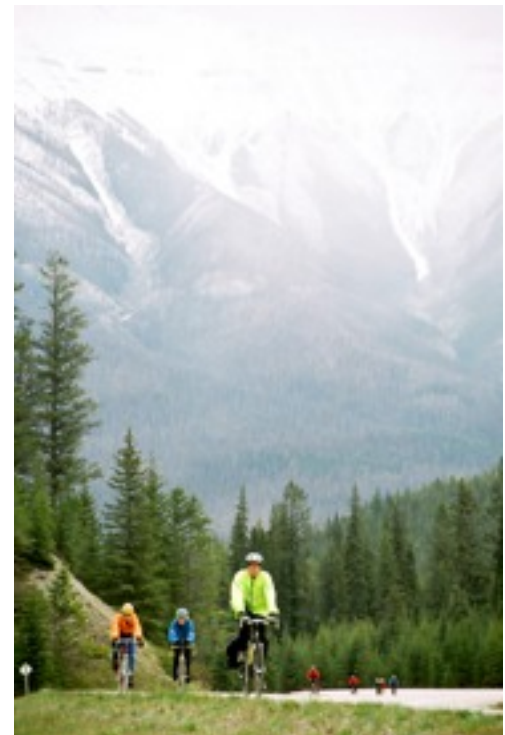
I've done the GT twice. This is my journal, recycled from 2006:

Doing the Golden Triangle the second time is not the same as doing it the first time.

The second time around, you know that Storm Mountain is a killer, not because it's so steep but because it comes at you at the start of the first day, before your legs and heart have warmed up. You know that Sinclair Pass has a false peak, and that the first time you think you're at the top, you're not. You know that Spiral Tunnel hill goes on forever but that in a crazy way, the short hill at the Lake Louise turnoff is just as tough.

You know that rain is OK, that wind is never at your back, and that when the sun shines on you for one full day of the GT, you get a tan on one side of your body.

The GT is a mind game – five or so hours of cycling a day, basically by yourself. You pass some riders; others pass you. You might pass someone when you're going up hill; they might pass you when you're going down. Peloton riders - riding as a group, scary-tight, to get the benefit of the slipstream - come at you very fast and very close, and they don't always bother to call out 'left'.



Other cycle groups do the GT too. The long weekend in May is the weekend of choice because it's not an American holiday, and therefore, traffic is reasonable. EVCC always cycles clockwise but you may see a few groups going the other way. You nod when you pass, smiling because each of you knows what the other is about to face.

People who cycle the GT are an exceptionally friendly lot. Yes, some riders are incredibly athletic and competitive, but most are ordinary folk like me. The oldest cyclist was 79 while the youngest rode tandem with their parents. I especially enjoy seeing the few young teens there, on their own.

You meet other riders at the snack stops, at breakfast and at dinner. The BBQ dinner in Radium and the banquet in Golden are prepared by local community groups, so you meet locals too.



The roads were fine and the traffic was tolerable. The rock slide outside of Golden was an incredible sight. The pine beetles are still winning the battle, especially in the forests before Field.

We saw a bear, moose and elk, and a dead deer.

I have yet to determine if I gained weight on this ride. They feed you so well: everyone jokes that if you don't gain five pounds, you didn't do it right.

It was a fabulous, invigorating, empowering weekend.

(NOTE: That big hill going East out of Golden...I found it hard even to look up at it. But we all did it. And now, there's a bridge. Don Holdingshead says, 'I've never met a hill I couldn't walk up.' I like that a lot.)



What's YOUR story?

Write it out.

I can help.

**NEXT
PACKRAT
DEADLINE
April 30**

If you received this newsletter in the mail, but instead you prefer to receive it online, send an e-mail to the editor. About 85% of Ramblers receive the Packrat online only.

Online, you can see all the brilliant colors in the photos, and you save trees.

packrat@ramblers.ab.ca

Activities

Hiking
Backpacking
Cross-Country Skiing
Downhill Skiing
Snowshoeing
Cycling
Climbing
Scrambling
Mountaineering
Camping
Education and Awareness Programs
Socials

Meetings

Every Wednesday evening at 7:30
Rosemont Community Hall
10 St NW at Confederation Park

Contact Us

Rocky Mountain Ramblers
Association
c/o Calgary Area Outdoor Council
(CAOC)
1111 Memorial Dr NW
Calgary, AB T2N 3E4

Trip Info

The Information Line at 282-6308,
our website and weekly meetings

Website

www.ramblers.ab.ca
If we have your e-mail address,
we will automatically notify you when
an electronic copy of the Packrat
is on the website.

Basic Wilderness First Aid Workshop

**An activity-based workshop where
you'll review important first aid concepts**



- For coordinators, and hikers and skiers
 - 12 hours - a four-hour class at Rosemont Wednesday evening, **May 27**, followed by a full day outdoors at Bragg Creek Provincial Park Saturday, **May 30**
 - Cost is about \$100. This is eligible for a rebate (usually 50 %) from the Ramblers course fund.
 - To register, contact Carl Von Mirbach by **May 6**. We need at least ten signups in order to run the course. The maximum is 15 participants.
 - First come, first served.
-

The RMRA signed up for the 42nd annual

Pathway and River Clean-Up

Sunday morning **May 3, 2009**

**Now we need a volunteer
to organize the
[Pathway and River Cleanup](#)
for the Ramblers.**

As the organizer, you'd go to one information meeting on the evening of Tuesday April 21, Wednesday April 22 or Thursday April 23. You might be asked to submit a list of participants in advance.



If you're interested, contact Dorothy-Ann Reimer before **April 21**.

Everyone else, mark **May 3** in your calendar, and then keep your eye on our calendar for details.

An e-mail from a friend - he shall remain nameless:

Why we shouldn't complain too much...

Since my son moved out, I've complained to him about changing his mailing address. Today, his SI swim suit edition arrived.

gathering all hiking groups

Introducing...the new Alberta Hiking Association

by Carl Von Mirbach



There is a new organization in Alberta that is of particular interest to the Ramblers. The **Alberta Hiking Association** is an umbrella organization whose goal is to advocate for the interests of hikers and snowshoers in Alberta. The membership currently includes twenty outdoor recreation groups that include hiking and snowshoeing as major activities.

The objectives, as set out when the organization was incorporated under Alberta provincial law, are:

☑ **To act as an advocate** at provincial and regional levels for walking, hiking, and snowshoeing interests.

☑ **To create an information network** that facilitates sharing ideas, concerns, and actions needed to promote and preserve hiking and the natural environment on which it relies.

☑ **To advance the development and maintenance of well-built hiking trails** and to encourage trail-building initiatives in Alberta.

☑ **To promote responsible, minimal-impact hiking** that respects the natural environment and to educate through example.

☑ **To increase awareness about the benefits** to health and local economies of walking, hiking and snowshoeing.

A little bit of History

Until the creation of Alberta Hiking Association, no group could speak with one voice for hiking enthusiasts in the province.

Early in 2008, Douglas Campbell (a former Rambler and now with Canmore Trailminders) organized a meeting to see whether there was enough interest to create such an organization. About thirty people from about twenty hiking clubs attended. Sandra Newell and I were there on behalf of the Ramblers. Sandra volunteered to be on a steering committee to draft a set of objectives and incorporate. The incorporation happened in June, 2008.

A further organizational meeting was held on November 1 in Red Deer. Ron Hunter attended that meeting. They decided to have a board of seven directors, and I was appointed to one of those positions. The directors have not met since but have had plenty of email communication about the organization (structure, membership, web presence) as well as a number of issues pertaining to Alberta's parks and the trails within and outside their boundaries.

In the early stages of this process, the name was going to be Hike Alberta. This was changed late last year to Alberta Hiking Association.

Where we are now

We have not decided exactly what the organization will look like. There will certainly be an organizational membership (such as the RMRA), but there will likely be an opportunity for individuals to join. One of the directors has been working on a web site and I expect to be able to share that fairly soon, via the Discussion Forum. We do really need to have a face to face meeting of directors to iron out a host of issues, but it's difficult to coordinate this because the directors come from all over the province.

Issues

Some of the issues about which I've had e-mails from other directors of the AHA are:

☑ **Alberta's Plan for Parks** (input to second draft)

☑ **TransCanada Trail** - organization and network

☑ **Pekisko Creek** - sour gas pipeline

☑ Various proposed changes to the following **provincial parks**; Sylvan Lake, Rock Lake, Carson-Pegasus

☑ **Flathead** area - over-development and lack of protection (west of Waterton/Castle)

☑ **Group permitting in Kananaskis Country**

☑ Proposed trail from **Rocky Mountain House to Nordegg**

☑ **Waskahegan Trail**

I will try to have a brief update on our progress in most issues of The Packrat. If you would like more information, or if you have questions or concerns, feel free to contact me, preferably at a meeting or on a trip, or by phone or email.

There aren't a lot of tourists.

Touring Ethiopia

by Wally Drew

I joined **Adventures Abroad** for a tour of Ethiopia September 22 - October 16, 2008. The wet season was just ending.

Most tours there involve too many flights. I'd rather travel on the surface and see the country, no matter how rough. This tour had only two internal flights, about one hour each. The seating was not assigned, and I walk fast enough out to the little prop planes to get a choice seat. Unlike cheap North American airlines, they serve food and juice on short flights.

We stayed in modest, clean hotels, lodges or cabins. Most rural hotels are more like motels - a row of one-story rooms but you can't drive up to the rooms. All have running water but not always warm water. There's electricity most of the time.

People are mostly friendly although you have to watch out for pick-pockets, esp. in the crowded markets. Many street kids orphaned by aids exist by robbing but you don't have to worry much about mugging or other violent crimes. Hotel and airline service is good with a few language difficulties. Ethiopia has 83 languages and more than 200 dialects, but most people who deal with tourists speak some English. And there aren't a lot of tourists. Ethiopia is not expensive.

In **Addis Ababa** (capital and largest city), our 11-story hotel was one of the highest buildings in the city of four million. The 11 flights gave me some much needed exercise. I never used the elevator. I always carry my own bags to my room. I



paid for a single room, as usual. The food was OK but too much beef and not enough vegies. They herd and live off cattle, sheep and goats. We didn't get much of the other meats as we usually had to eat in hotels or better restaurants for sanitary/health reasons. Sometimes we had real local Ethiopian food, eaten with injera (spongy pancakes) instead of utensils.

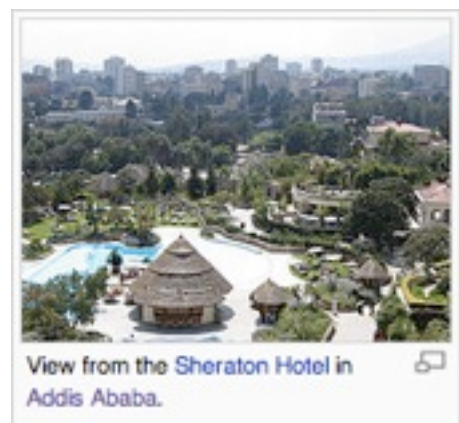
Ethiopia is a very poor country

With 80 million people, the average annual per capita income is \$125. There is virtually no economy. The chief export is coffee which may have originated there.

Ethiopia has been independent perhaps longer than any other country in the world. Also it's one of the oldest Christian countries. Moslems and people of other

religions live there too, but no friction. One of the three main tribal groups feels left out and may try to separate sometime, but for now, the country is quite stable.

Small towns and villages are little shacks lined up along dirt roads, and they often don't have utilities. Rural people commonly live in round one-room huts made of vegetation materials, with up to eight people in the one room.



Of course there are many tropical diseases. Vaccinations and malaria medication are necessary. A yellow fever vaccine certificate is required, though no one looked at mine.

We got our visas when we arrived at the Addis Ababa airport. You have to have US dollar bills or Euros: traveller checks and credit cards are useless. You can't get Ethiopian birrs until your arrival.

Our leader is one of Adventures Aboard's top leaders. She lives in Vancouver and Mexico, and she loves Ethiopia and the people. The seven clients were from Canada, USA and UK, and our two Ethiopian drivers were nice men. We all did the North part of the tour. Then I went home, and the other six did the South.

We got to Addis for the big Christian Meskel festival which has been celebrated for 1600 years. We visited the Meskel Square in central Addis, joining thousands for the parades, costumes and singing. At dusk, we were given paper candles to light. The big bonfire tree was set ablaze, followed by fire words. For a long time, we stood and wandered among the crowd but it was worth it. Again, there weren't many other tourists.

Going North

We travelled in 4WD Toyota Land Cruisers. Most roads are rough and



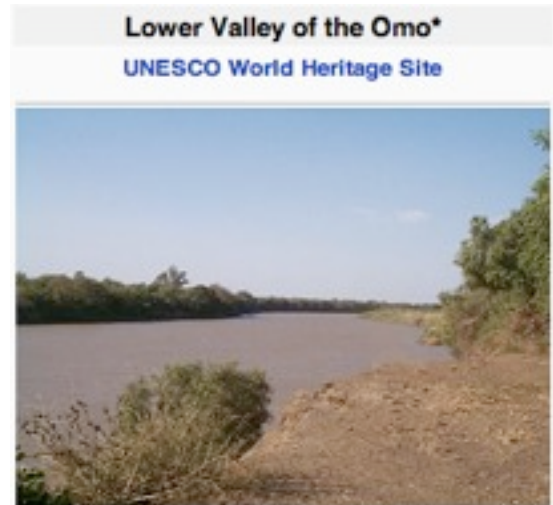
rocky, with holes and sometimes deep mud. In North Ethiopia, we were on the volcanic plateau. Addis averages 8000' / 2400m elevation, with canyons are cut much lower and mountains that rise much higher, including the fourth highest in Africa in the Simien Montains. Therefore, the climate was comfortable with temperatures like July in Calgary. They can get heavy rainfall but we only had a few brief showers. The country was beautifully green with lots of flowers.

We flew from Addis to Lalibella in the far north where we met our drivers and 4WD Toyotas. That's a prime tourist destination for all the remains of old Christian churches. We walked through too many there and other places in the far North. But we saw lots of scenery, etc too. I was surprised that we got within 16 km (10 miles) of the hostile Eritrean border, though much farther by road.

There's no malaria on the high plateau, so the windows don't have to have screens. Either we slept hot with the windows closed or we swatted mosquitoes with the windows open. There were no air conditions anywhere.

After Axum, our trip got better. We drove up into the steep Simien Mountains. At 3260 m (10,700'), we walked in a gentle pastoral field, and stood among 100 or so gelada baboons grazing in the green pasture. These baboons are small and didn't mind us being there.

At **Lake Tana**, source of the Blue Nile River, we enjoyed a small boat ride to an island, and visited Blue Nile Falls in the canyon.



Neither the Blue Nile nor Lake Tana is blue – all the rivers and lakes in Ethiopia are more like light chocolate.

Going South

Then we went South, back to Addis, and into a four-wheel drive which took us to the **Rift Valley**. We saw primitive tribal villages where people live much as they have lived for over 1000 years. They live in small round huts made of local materials, living off their livestock and what their land provides. Each tribe dresses differently. Most women are bare-breasted. Some women insert plates into their lower lip to make it grow big - the bigger, the more goats, etc you'd have to pay to buy



Gelada Baboons

her as a wife. Some men wear special headdresses to show that they killed an enemy or a big wild animal with their long spear. Some wear hats that look like helmets made out of half a big gourd that's been hollowed out. Everyone charges tourists two birr (20 cents) to take their picture. They do the arm and leg dances along the roads, hoping we'll stop. Children as young as two years old dance for tourists.

Down in the Omo Valley in the SW corner of Ethiopia, we were only 25km from the Kenya and Sudan borders.

The **Omo River**, at 850 m (2800'), was the lowest part of our trip, so it was the hottest and driest – but not too bad. The highest I measured was 34°C (93°F). We crossed the Omo River in dugouts and walked to the isolated village. We got to all the other villages in our 4WDs.

The Rift Valley is between the Omo Valley and North Plateau in elevation and temperature and precipitation. This area is believed to be the birth place of the homo sapiens - including Lucy.

All of the south is a malaria zone. Even in our simple

accommodations, we had screens on our windows so we could open the windows at night which was needed because we didn't have air conditioners or fans.

Besides seeing primitive tribal people and their villages, we saw baboons, dikdiks and pretty birds.

The roads back North through the Rift Valley were rough and we got two flat tires. The last one was in deep mud on the side road to Lake Chamo.

At **Lake Chamo**, we boarded a small open boat with an outboard motor to see hippos, the biggest crocodiles in Africa, pelicans, giant herons,.... The wind came up, and big waves splashed us with the muddy water. Our last night before Addis, we stayed at an eco lodge in isolated cabins in the forest by Lake Langano.

For our final dinner, we went to the good Indian restaurant on the 11th floor of our hotel. The electricity went off three times so our dinner was cooked in a clay oven and we ate by candle light. The good meal took a long time, and I only got two hours of sleep before leaving the hotel at 1 am for my 27-hour, one day trip home via Aman, Jordan and London.

A big warm welcome to our new members

Yoko Ishii

Barry Milliner

Isabelle Emery

Donald Emery

Brian Pinter

Shaun Fay

Barbara Amos

Happy trails to you!

PACK RAT ADVERTISING RATES

The Club offers advertising space in Pack Rat and the following rates apply:

| | |
|--------------|------|
| Quarter Page | \$10 |
| Half Page | \$20 |
| Full Page | \$40 |

Payment **MUST** be received prior to publication

A challenge

Fighting the Elements on Mt. Charles Stewart

By Peter Minarik

As I walked from the C-train to meet my scrambling group, the weather looked bleak. Snow had fallen all night, not the kind that bounces off you but the kind that makes you wet. Our objective - the South summit of Mt Charles Stewart, but 2795 m seemed too ambitious for this gloomy mid-November day of 2008.

After some discussion, Sheena, a woman in her twenties who was our co-ordinator, decided to go ahead with the hike. Some said no but six of us said yes.

I rode with Clayton, a young guy of 28, who seemed to be the toughest of the bunch, and Dana, an attractive woman of 40. Paul, a man of 50. drove an SUV, and he took Sheena and a young guy whose name I don't remember.

When we arrived at the trailhead at Johnny's stables on the north side of Canmore, Paul drove his SUV all the way to the big house, but Clayton couldn't make it up a slippery curved hill so we had to park on the paved road which parallels the TransCanada.

In the back of the buildings, we found a trail that connects with the Canmore official trail system where all junctions are marked with "You are here" maps. The walking was easy with just a few cm of fresh snow on the ground. We followed Johnny's trail until it disappeared into a dry creek bed.

At that point, we couldn't see a trail and if there was one, it was covered with snow. So we stuck to the creek bed which offered easy walking even without a trail. It was foggy with intermittent snow showers. We couldn't see much but we were sheltered from the wind and didn't feel cold.

After less than 3 km, we came to Stoneworks Canyon which consists of two short sections where the cliffs came very close together, separated by a more open area. In the upper section, the creek changes course sharply and in the process, carved a cave on the west wall. This is as far as hikers and sports climbers can go.

Beyond Stoneworks Canyon, the creek bed is a maze of boulders, brought by the creek from the slopes above.

Clayton, who was leading, was finding the best route over and around the snow-covered boulders.

After more than two hours, the slopes around the creek opened up a little. I stepped on what I thought was solid ground covered with snow, only to slip and fall on a slab - the first of many. This made us pause and discuss what was ahead. None of us had been here before but we had read the description of the route. It seemed that we were at the bottom of the waterfall where we were supposed to transfer to a scree gully on the left. The young guy asked,

"Where is the waterfall?", and I told him that it's there in summer, but it's all dried up right now.

A steep scree slope on the left offered us an escape from the canyon but because of the fog, we couldn't see what was above. It could be a dead end but we took our chances and headed up.

Eventually, we got out of the fog and into a band of open air between 2 layers of clouds, one clinging to the valley bottoms, the other hiding the peaks and ridges above. Now we could see we were heading into a wide scree basin, with Squaw's Tit (a mountain named by climbers because of its shape) on the left and the south ridge of Mount Charles Stewart on the right.



Stoneworks Canyon

Photo by Paul Ruchlewicz. All rights reserved 2008



Mt. Charles Stewart - South Summit and South Ridge

For a while we walked at the easy-angled centre of the basin. Clayton set a fast pace, hoping to go all the way to the summit. I sat down in the snow to give some rest to my legs and eat some fruit. By the time I got up, Clayton and Dana were well above me. They'd left the center of the basin and were climbing the steep slopes on the right toward the south ridge.

That snow slope looked dangerous, so I looked for an easier way on the left. But there was no easier way. The wet snow was not bonding to the scree so when I stepped on it, I slid down rather than moving up. I couldn't judge the angle of the slope because the white fog appeared to be fused with the white snowy slope into one shapeless mass. I felt like I was falling backward every so often and had to lean quickly forward to prevent a fall.

Paul and the young guy decided to quit and were already descending. I got on all fours and crawled up without stopping to some rock that

stuck out of snow a short distance above me. There I sat and rested. Then I got up again and repeated the cycle. Paul said that when he watched me from below, he thought I wasn't moving at all. But I was moving, ever so slowly, getting closer to the ridge, while increasing my distance from Sheena who was struggling with the slope below me.

At this point, Sheena decided to call off the climb but with everybody scattered over the mountain, communication was difficult. I was the only one still within Sheena's shouting distance, so she asked me to tell Clayton to stop the climb. I shouted at Clayton and Dana but they'd disappeared in the fog on the ridge and we weren't clear if they got the message to retreat.

I made it to the south ridge, which at this point looked easier than the slope I'd come up but there I was exposed to the full force of the wind. However, the wind briefly opened a window in the fog. On the right, a section of the ridge leading from the

summit to Lady McDonald appeared like an island floating on the sea of clouds. On the left, the east face of Squaw's Tit fell in one long vertical sweep into the basin,

As I crawled to the ridge, I saw Clayton and Dana marching down in tandem from the buttress above me. Dana said the wind was too strong to continue. Clayton stopped near Sheena to wait for me to come down but Dana kept descending by herself. As soon as Clayton saw me moving down, he started to run down the slope with Sheena lagging behind. I was able to catch up with Sheena, and Clayton slowed down once in a while to allow us to catch up. I slipped and fell a couple of times. Clayton said, "Kick your heels in and lean forward." I replied, "I don't want to ruin my boots," but followed Clayton's advice.

The hard rocky ground was covered with a mixture of snow and scree but not deep enough for an easy descent. Sheena and I ran together, trying to keep up with Clayton. Each time I felt like my legs couldn't take it anymore, I'd collapsed into the snow for a rest. Then I'd get up and run, sit down again, and so on until we caught up with the group.

We moved quickly in fading light, down the boulder-strewn creek to Stoneworks Canyon where the going got easier. When we emerged out of the creek bed on the Canmore trail system, we could no longer see the details of the objects around us but there was enough contrast between the whiteness of the snow and the blackness of trees and people's silhouettes to allow quick, comfortable walking.

We failed to reach the summit but we put up a good struggle. And even though I had to push myself to the limit at times, I felt happy.

COMFORTABLE HIKING HOLIDAYS

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info@letshike.com www.letshike.com

WHAT MAKES THE “BEST” HOLIDAY? (PART 1)

The BEST holidays make you use a part of your brain that you don't usually use in your every day life – like when you challenge yourself to do something different. Research has shown that people who take on a challenge while on holidays feel less exhausted and more refreshed when they get home, improving their self-esteem and overall effectiveness. So come with us and challenge yourself on a hiking holiday!

MEET US AT THE CALGARY OUTDOOR ADVENTURE SHOW

We'll be at the Calgary Outdoor Adventure Show on **March 28 & 29 (Stampede Park, Booth #214)**. Please stop by and introduce yourselves; we would love to chat with you in person.



CORFU, GREECE - JUST 2 SPOTS LEFT!

May 10 to 23, 2009

This Greek island is the perfect combination of European flare and tranquil sea-side living.

Hike to the heavens to visit holy monasteries and trek in shade of ancient olive groves. We promise - you will never tire of the deep, deep blue of the sea that surrounds you. Opa!



VIVE LA FRANCE

June 6 - 20, 2009

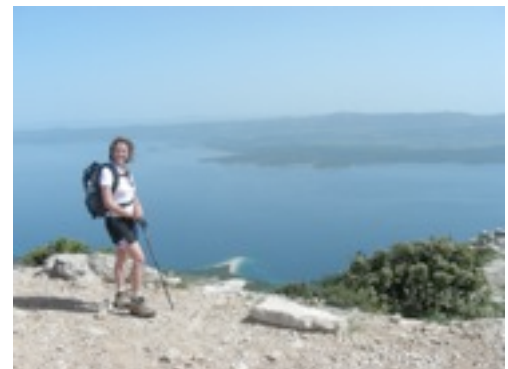
Hike with us in SW France from the medieval town of Sarlat. The honey-coloured stone of the 1000 year-old buildings, gas lighting and complete lack of overhead wires make it a photographer's paradise. Included in our hikes are guided tours of chateaux, visits to magnificent sculptured gardens, a leisurely boat ride on the Dordogne and winery tours, of course!



UNTAMED KENYA

July 5 to 17, 2009

Don't just drive through Kenya – hike it too! Imagine encountering herds of zebras, giraffes and gazelles right on your path! Travel to 3 different parts of the country, taking in incredible sunsets over the savannah, visiting Masai warriors in their homes and, of course, seeing lions, elephants & leopards during our game drives.



SLOVENIJA & CROATIA

(August 30 to September 12, 2009)

Two completely different weeks combined for one perfect holiday. First, discover the fairy-tale setting of Slovenija with its Julian Alps & medieval castles. Hike behind the thundering Slap Pericnik waterfall, up the challenging but rewarding Mt. Triglav & around glacier-fed Lake Bohinj. Then cross the border into Croatia for a week along the Dalmatian Coast. Hike along pristine pebble beaches, enjoy al fresco dining & swim in the Adriatic.

Let's not add to the cycle of cruelty to animals

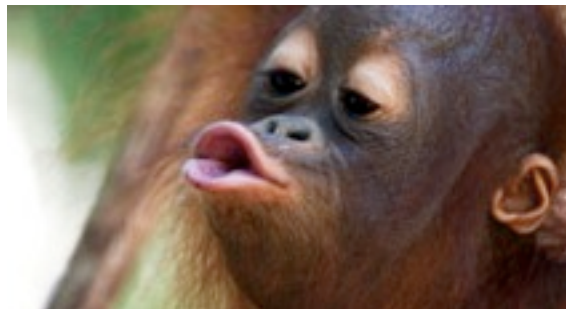
The World Society for the Protection of Animals

The [World Society for the Protection of Animals](#) is an animal welfare charity that works internationally and locally to end cruelty to animals through field work, campaigning, and education. WSPA is the world's largest federation of humane societies and animal protection organizations, representing over 953 member societies in more than 154 countries.

They believe that all animals should be free from suffering from the hands of humans, and that the best way to enjoy animals is to observe them in nature.

WSPA assesses the welfare of animals using the **Five Freedoms**:

- Freedom from hunger and thirst
- Freedom from discomfort
- Freedom from pain, injury and disease
- Freedom from fear and distress
- Freedom to exercise normal behavior



Tourism is one of the world's largest industries. While this can make the world seem like a smaller place, the animal exploitation you may witness on your holiday can make you feel a million miles from home. **As travelers, it is up to us to make sure we don't add to the cycle of cruelty**, whether by paying to visit an animal show, taking a ride on an animal or having a photo taken with an animal.



Just by following these simple steps, you'll make a difference to the way animals are treated all over the world.

- Don't accept culture as an excuse for cruelty. Cockfights, bullfights and the use of animals in religious or other festivals all can be considered part of the local culture or "tradition", but culture is no excuse for cruelty.
- Don't be tempted to try the local cuisine if it includes domestic or wild animals. Exotic meat is often a recipe for torture.
- Only visit animal friendly attractions. View wildlife where it belongs - in the wild.
- Never purchase souvenirs made from animals.
- Never pay to have your picture taken posing with a wild animal.
- If travelling with a group, check that the itinerary doesn't include activities that exploit animals.
- Avoid animal rides.
- Don't attend animal performances.



Comfortable Hiking Holidays donates \$15 from each 2009 booking to the World Society for the Protection of Animals.

(Article reproduced courtesy of Comfortable Hiking Holidays and WSPA)