



**April 2000** 



Palmer Rapids, 1999

### **COMMODORES NOTE**

By Barry Irish

Hello C.C.C. members. The winter season is over, and even though we offered a very busy schedule, the weather did not cooperate. Let's hope the summer is more suitable for our activities. In looking over our coming schedule, we indeed have a very active and fun season before us, with a good mix of old favorites and new destinations. I am very pleased to see some new trip leaders taking part, and would like to thank them in advance, for their hard work, as I do for all our trip leaders. New this season, we are offering activities geared to families, due to the large number of requests we received last year. We hope this will bring new members into our club, and fill a need that has been expressed to us on many occasions Our club continues to grow, as it has done in recent years, in fact topping 320 members last season. I hope this trend continues in the upcoming season as well. I truly believe we are Kingstons' foremost outdoor club, as our activities, members and continued growth are proof of this. Our sprint racing program continues to grow as well, and is in the process of offering new programs this year. I would like to remind everybody of our open house May 1st.2nd. And 3rd.,hope to see as many of our members as possible there. Spring appears to be early this year, hope to see many of you on the water this coming season.

One last note, we will be changing the keys to the boathouse very soon and those who require keys may pick up their new keys at the open house.

### **EELS CREEK PADDLE**

By Barry Irish

On Saturday September 4<sup>th</sup> 1999, eight intrepid canoeists set of on a new adventure, that being EELS CREEK in the Kawarthas. None of use having paddled this route, only having read about it, departed with great anticipation. The book, by Kevin Callan had stated that there were five sets of rapids before we would reach our campsite, fortunately three of these we were able to run without difficulty. At lunch we stopped at a lovely small waterfall, and enjoyed the scenery while we ate, then proceeded on to our destination, that being High Falls, where we would camp for the weekend. High Falls turned out to be much more scenic than I had anticipated, with whirlpools to play in, secluded pools and much more, just a lovely spot to play. Sunday we awoke, ate breakfast, then



Buck Lake, 1999

P.O. Box 1882 Kingston, Ontario K7L 5J7

Boathouse located on Orchard street near the Woolen Mill Call 544-8375 for current listing of up-coming trips and events

### Executive and Board of Directors 1999 – 2000

Commodore	Barry Irish	549-7523
Vice Commodore	Margaret Milne	542-9626
Secretary	Alan Nicholls	547-3781
Treasurer	Ed Jezak	389-4459
Past Commodore	Gary Birrell	389-5154
Board of Directors	Peter Kopp	546-9216
	Alastair Lamb	376-6953
	Grant Sutherland	376-1095
	Linda Tucker	634-0497
	Dukke van der Werf	384-6054

### **Committee Appointments**

**Trip Scheduling** Margaret Milne

Boathouse Manager / Assistant Bob Tolley (542-9626) / Mark Hughes (389-9936)

**Equipment Manager** Don Harris (546-0842)

Recreational ProgramMargaret Milne / Dukke van der WerfFlatwater Racing ProgramGrant Sutherland / Alastair LambWhitewater ProgramEd Jezak / Mark Hughes (389-9936)

PublicityPeter Kopp / Linda TuckerTelephone ListingsJudy Skeggs (374-3420)Newsletter EditorRick Kirk (549-7152)

Webmaster Alan Nicholls

### **Newsletter Contributions Welcome!**

Members of CCC are invited to submit write-ups of their favorite CCC outings: outdoor adventure. Mail them to the club or pass them on to any member of the board or executive, or better yet, bring them to the schedule making pot-luck. Also, if you have one or two pictures to accompany the article even better. The newsletter editor can also be reached by email at Rick@ColDesigns.com.

### Has Your Address Changed?

Has your address changed or do you have and e-mail address? We want to stay in touch and make sure that you receive the newsletter. Please forward any change in address/email/phone number to the club secretary at 547-3781; or at the club address listed above; or at <nicholls@fox.nstn.ca>.

embarked on our hike to Petroglyphs Provincial Park, where we would have lunch and view the petroglyphs. Those who had not seen the petroglyphs before were in awe. The petroglyphs are considered a holy or sacred area, and there seemed to be a consensus that because of this we had fulfilled our commitment for church that day. After our visit to the petroglyphs we returned to our campsite, a round trip of 16 KM, to play in High Falls and have dinner. Monday we awoke to rain, and were very reluctant to get up and on our way, as it was raining. In fact I was the only one up for quite some time, only because my tent was leaking and it was drier outside under a canopy than it was in my tent. Eventually, as we waited the rain did stop, we were able to pack up and head on our way home. It turned to be a nice day, and we were all reluctant to leave, vowing to come back again next year. This trip has become one

#### CYCLING HAMBURG TO GATWICK

By Margaret Milne and Bob Tolley, June 1999

As dedicated cycle tourists, Bob and I were keen to experience the bicycle friendly countries of Northern Europe, but had been reluctant to miss the all-to-brief Canadian Summer. A Cambridge reunion for Bob, provided the needed incentive.

No hamburgers in Hamburg, but wonderful fresh fish on rolls at food kiosks known as AImbiss, not, of course, complete without German beer. Germany's gateway to the World' proved a most interesting port - we wished we had longer. The almost completely independent cycle network meant we rarely had to compete with traffic, were even blessed with a heatwave and sunset about 10 p.m.

Friends often ask how much we preplan - answer - not too much! We had intended to follow the coast to Holland. However, once in the region, we realised that this flat coastline is generally protected by dykes, which do give shelter from prevailing South Westerly's, but also obstruct the view. A better route went through rural towns. It was striking how much nedieval architecture remained. Each town was a masterpiece of municipal planning, preservation and innovation, we were impressed and not a little envious.

We didn't notice passing from Germany to Holland, except the language on bike paths was less recogniseable. We did notice that bike routes in Holland were more direct than the road. In Germany they sometimes zigzagged over fields (will we find that hotel before exhaustion?). We followed one of the many colour coded cycle routes, and if there's a heaven for cyclists, this is it! The landscape dreamily reproduced the Old Masters, or was it the other way round? We found time for art galleries, mansions and an organ recital where Bach had composed and played.

Groningen, a provincial capital, on finding itself choked with cars, closed highways and invested millions in bicycle paths. This led to 57% of population cycling (ever seen a multi-story bike park?), and unparalled prosperity. It was a delight to tour. Throughout, people were unfailingly friendly and helpful. One truck driver jumped out of his cab, holding up traffic to hand us a local map, when we appeared lost!

Now we did follow the coast, highlighted by an exhilarating 30K across the AFSLUITDIJK, which bridges the mouth of the Zuider Zee, joining North and South Holland. (The passing cycle club, travelling with the wind, really flew.) On down the coast to Haarlem, which the guide book praised as all the charm without the sleaze of Amsterdam'. When I suggested we skip Amsterdam, Bob looked crestfallen - maybe it was the lure of the Red Light district - we made it a day trip! More cycling Nirvana through sand-dune parks to the ferry at Hook of Holland.

Next we are punting on the River Cam, and cycling English country quiet roads, punctuated with shots of adrenalin, courtesy of passing motorists. Reality is firmly established during the ride from Hell', leaving outer London to Gatwick Airport. Heaven wasn't ready for us yet, but it felt inches away on that journey!



Slide Lake, 1999

# Official Spring 2000 Schedule of the Cataraqui Canoe Club

There is a \$5 non-member fee on paddling and overnight trips. This fee can be applied towards future membership. Guests remain welcome with no fee on non-paddling day trips.

**April 29, Saturday: Depot Lakes paddle**. This trip is organized by Ken and Susan. If the weather is not suitable, they will lead a hiking trip instead. Call 384-5842.

April 30, Sunday: Lower Salmon River whitewater. Ed hopes that it will be warm enough to run a trip suitable for beginners without wetsuits. This is a fun run on a scenic river. Ed Kezak can be reached at 389-4459.

May 1 to 31, Monday and Wednesday evenings: War Canoe instruction & practice. This is held at

#### **OPEN HOUSE**

The Open House will be held in the club's boathouse at the foot of Cataraqui Street in Kingston – Monday May 1 to Wednesday May 3: 6:30 to 8:30 pm.

This event gives an opportunity to meet old friends and make new ones, renew your club membership, try out some of the recreational canoes and kayaks, and sign up for courses. We are serving refreshments.

The following outfitters will be showing equipment and giving demonstrations:

MONDAY EVENING - Frontenac Outfitters, TUES-DAY EVENING - Trailhead,

WEDNESDAY EVENING - Canyon Mountain.

This month we are changing the keys to the boathouse. If you rent space at the boathouse, come and pick up your new key during the Open House. If you cannot come along then, please phone Bob Tolley at 546-9626.

Any questions? Please call Peter Kopp at 546-9216.

the club's boathouse from 6:30 to 8:00 p.m. Cost: \$15 for members and \$40 for non-members. We are lucky to have Heather McNie and her husband Grant Sutherland as our coach and cox. Learning the balance and techniques for war canoe are fun and provide a good background for dragon boat and other paddling. Call Heather and Glen at 376-1095. Cost to members, \$15 for the season to fall, \$40 non-members.

May 1 to 3. Monday, Tuesday & Wednesday, 6:30 to 8:30 p.m.: Open House

For Trip Schedule Updates . . . Http://cataraquicanoe.on.ca or the Hot Phone at 544-8375

May 6, Saturday: Napanee River whitewater. This section of the river from Yarker to Camden East is an excellent introduction to moving water that is suitable for beginners. And fun for more experienced paddlers. Call Alan Nicholls at 547-3781.

May 7, Sunday: Cycle to Breakfast in Bath. Rediscover that old bike and join Bob and Margaret for an exhilarating ride along the shore to Breakast in Bath. As we had over 20 cyclists last year, we would like to give advance notice of the numbers to the cafe. The distance is 40K. If you want to burn more calories, we can extend the trip. Call 542-9626.

May 9 to 25. Tuesdays & Thursdays, 6:30 p.m. until dusk: Learn-to-Canoe Course. From the club boathouse, equipment provided. Cost is \$20 for members, \$45 for non-members. Your instructors include Ed Jezak Barry Irish and Peter Kopp, seasoned paddlers from extended tripping to whitewater, who offer the right blend of instruction and encouragement to build confidence in the beginning paddler. Register at the Open House or call Ed at 389-4459.

May 14, Sunday: Mother's Day family paddle. Debbie and Derek have a new route this year for this leisurely springtime paddle on the Salmon River. We may come across fiddleheads and marsh marigolds when stopping for lunch. Phone 374-1704 for details.

### **EQUIPMENT RENTAL POLICY**

*Use at Boathouse:* A member may borrow a canoe or kayak, together with paddles and life jackets, without cost when the boathouse is open if used only in the vicinity of the boathouse and returned by the time the boathouse is closed. Use of this equipment is restricted if needed for lessons or specially organized functions. Racing canoes and kayaks should be used only with the permission of the coach by persons with racing memberships or by persons taking part in organized racing programs.

Club Trips: For a club-sponsored trip, a member may rent a recreational canoe or kayak with paddle and skirt (if available) for a moderate fee per day. No charge will be made for flotation bags installed with the canoe or kayak. Additional equipment such as life jackets and canoe paddles may be rented at minimal cost per day each. A member may rent equipment for the use of a non-member coming as a guest.

*Other Uses:* Equipment may be rented or borrowed in other circumstances only with the permission of the board.

**Record Book, Payment:** A member renting equipment should complete an entry in a record book to be maintained at the boarthouse. Payment for rental should be made by cheque payable to the club.

Care of Equipment: In renting equipment, the me mber agrees to exercise due care, and to repair or replace damaged or lost equipment.

May 19 to 22. Friday to Monday: Algonquin Park canoe or kayak trip. Starting from Madawaska on Highway 60 (between Barry's Bay and Algonquin East Gate) take Major Lake Road, north to the Shall Lake access. From here it is an easy 2-3 km paddle to the campsite. There are many lakes to explore, and easy whitewater (class 1-2) on the Opeongo River. Find out more from Don 613-962-9988, or Linda 634-0497.

May 22, Monday: Cataraqui Trail End-to-End 2000 Challenge — mountain biking. Margaret and Bob reckon this new trail, 104 km of abandoned rail from Strathcona to Smith's Falls, must be ideal for

mountain biking. They plan three days, about 65 km each, and invite you to accept the challenge with them. To register, send your name, address and \$10, to Cataraqui Conservation Authority, c/o Jim Blain, Box 63, Elgin ON, KOG 1EO. You will receive a map and trip logbook, followed by an End to End flash and certificate on completion. More information: CRCA: 546-4228, ext.248, or call Margaret or Bob 542-9626.

For Trip Schedule Updates . . . Http://cataraquicanoe.on.ca or the Hot Phone at 544-8375

May 27, Saturday: Buck Lake to Slide Lake paddle. An easy drive to a pleasant flatwater paddle, includes a short portage to admire spring flowers. Ed predicts dragonflies will have emerged to take care of the little black devils, call him at 389-4459.

#### PADDLING FROM THE BOATHOUSE

Members are invited to paddle from the boathouse through the summer from 6:30 to 8:30 on the evenings scheduled. A terrific way to wind down after the workday, hone paddling skills, and try out club recreational boats. There is no charge to members for using club-owned recreational canoes and kayaks on those evenings.

Please remember to use the register to sign boats in and out. Don Harris 546-0842 organises the volunteers on duty.

**From May 10 to 24:** Wednesday is the scheduled evening. However, if you come after 7 p.m. on Tue sdays and Thursdays during this period you may use kayaks or canoes not required for the Learn-to-Canoe course.

From May 30 to August 31: Tuesdays and Thursdays are the scheduled evenings.

May 28, Sunday: Off-road bike trip The trip is about 30 km, and follows an abandoned rail and back-roads to Frontenac Park. Feel relaxed and energised on this scenic route. Therapist is Janice 542-9958.

May 31, June 7, 14. Wednesdays, 6:30 - 8:30 p.m.: Solo & Tandem Canoe Skills Improvement course PROBABLE DATES - please check here towards the end of May to confirm. Mike Fisher is a highly experienced paddler with the ability to share his knowledge in a lively practical manner. He will tailor the course to match the skill level and learning needs of participants. The cost, which includes the use of equipment, is \$15 for members and \$30 for non-members. Register with Mike 542-0284 or Don 546-0842.

June 3, Saturday: Family paddle on Loughborough Lake, north end. The trip will include time to sit on the beach and to take a swim. Phone Peter at 546-9216 to take part.

June 4, Sunday: Mitchell Creek to Birch Lake paddle . This includes a hike to a mica mine. This paddle in North Frontenac Park is one of Gary Birrell's favourites. Gary is at 389-5154.

June 5 to 10. Monday to Saturday: Saugeen River paddle. This is in the scenic Bruce Peninsula. Regina thought we should take advantage of the time to explore a more distant region. Beautiful canoe-tripping downstream with no portages. Call Regina 546-9326.

June 11, Sunday: Ride au Lakes paddle Janice has planned a paddle through several lakes without any portaging. This year we put-in at Chaffey's Locks and take a different route to avoid the lily pads. We plan to swim and have a pot-luck BBQ on an island. Janice will provide veggie-hamburgers, and asks us to bring fixins, salad or desert. Phone 542-9958 for your island fantasy.

June 18, Sunday: Bloomfield to Sandbanks paddle. This is the right part of the season to paddle on a meandering river and appreciate nature, and to end with a swim at Sandbanks. A trip suitable for families. Check with Barry at 549-7523.

June 21 & June 28. Wednesdays, 6:00 to 8:30 p. m.: Kayak Touring clinic. An introduction to recreational kayaking for beginners. Held at the boathouse with your own equip.m.ent, although some club boats are available. Gail Pringle's first love is flatwater racing and coaching. She is well qualified to cover pad-

dling techniques, equipment choices, the weather and the safety aspects of touring. Register with Gail at 545-0319 early for this popular clinic, giving her your choice of date. The non-member fee is \$10.

June 24, Saturday: Collins Creek to Collins Lake paddle. The water levels should be high in this early part of the season for an interesting local paddle led by Don Harris: 546-0842. We have invited Rideau Trail members to join us.

For Trip Schedule Updates . . . Http://cataraquicanoe.on.ca or the Hot Phone at 544-8375

June 25, Sunday: Cataraqui Canoe Club clinic at Frontenac Park. This is opportunity for beginners to upgrade paddling strokes and practice basic skills particularly if they missed the Learn-to-Canoe course. They will discuss the makes and models of canoes and equipment. Bring your own equipment, although club members may be able rent a club boat. The instructors are Ed Jezak, Barry Irish and Mike Fisher. To take part you need to register at Frontenac Park, 376-3489. The cost is \$10.00, plus the entrance fee.

June 30 to July 3.Friday to Monday: Booth Lake, Algonquin Park, canoe-camping trip. Mark has simplified last year's trip, with less portaging (one major one, less than a km), and more fun. For information call Mark at 389-9936.

July 2, Sunday: Desert Lake mountain bike trip Cycling the country quiet roads of scenic Frontenac axis, with a stop at Desert Lake for ice cream and swim to cool down, must be the perfect combination. Call Don (613)962-9988 or Linda 634-0497.

**July 8, Saturday: Sandbanks Provincial Park family day**. Fun on the beach, swim, and kayak, topped off with BBQ hot dogs hosted by the canoe club and the One Parent Family Association. Call playmates Peter Kopp 546-9216 or Barry Irish 549-7523.

July 9, Sunday: Cape Vincent French Festival cycle trip. This festival is famous for french pastries, mega craft-stalls, and a spirited parade complete with Napoleon on his white stallion. Lynda Morrison leads the 11

km across Wolfe Island. Call her at 546-4577.

**July 10 & July 17. Mondays: Weekday kayaking** Don W. invites experienced kayakers who are free, to join him in trips for these days of summer. Self-rescue ability is a requirement. Reach Don at 384-4346.

July 14 to 16. Friday to Monday: Palmer Rapids whitewater paddling clinic. This is a popular, fun learning experience for paddlers at all skill levels. The water will be warmer, if by remote chance you flip. Ed Jezak, as leader and instructor, attracts many able assistants. Register with him by calling 389-4459.

July 15 to 21. Saturday to Friday: Gary Melko Memorial Cycle Tour . Gary Melko lives through this bicycle-camping tour of Eastern Ontario starting from Kingston. Enjoy the back-roads, great scenery and friendship. Gaëtan Lessard has prepared a detailed itinery and tips on bicycle maintenance. Contact him at home 613-789-6249, work 613-995-0171 or e-mail <as536@issc.debbs.ndhq.dnd.ca>

**July 18, Tuesday: Depot Lakes evening paddle**. The days are long. Debbie says we can paddle forever before coming to a brief portage in this lovely area, only a short drive from Kingston. Debbie is at 374-1704.

**July 22, Saturday: Napanee to Bellrock paddle.** This could be a family paddle with the young ones staying to swim on the beach. Call Barry Irish 549-7523

**July 23, Sunday: Loughborough Lake paddle**. A leisurely paddle with Don Harris, to swim and possibly visit a waterside craft store. Check with Don at 546-0842.

July 30, Sunday: Upper Upper Salmon River and Sheffield Lake paddle. Ed Jezak says it is mainly a flatwater paddle. Call 389-4459 to see if you can believe him. It is sure to be fun anyway.

August 5 to 7. Saturday to Monday: Algonquin Park play-weekend. Just one easy portage to your campsite on St. Andrew's Lake and play options galore. Beth has booked four campsites and already has 15 signed up. Call 389-6362 soon to make sure of a place.

August 6, Sunday, from about 7:00 to 9:00 a.m.: K-Town Tri. Each year we help safety-boat the swim portion of this event. We need experienced paddlers to volunteer. Those with kayaks are preferred but canoes are also welcome. You receive a T-shirt and packed lunch for your efforts, although the event is enjoyable in itself. Can you help? Call Ed Jezak at 389-4459.

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August 11 to 13, Friday to Sunday: Petawawa River whitewater trip. This is an exciting canoe camping trip through magnificent scenery. Peter tells us the rapids may be bypassed on short portages, opening the trip to recreational paddlers. Details from Peter Kopp 546-9216.

**August 12, Saturday: Massassauga Creek to Slide Lake paddle**. There are two waterfalls along the way, with a picnic site beside one. Call David Workman 353-1693 for more details on this interesting paddle.

August 18, Friday evening: Schedule-making BBQ. Don and Eunice have nice property in Glenburnie and will set up the BBQ and arrange hamburgers at cost. We supply the fixins, the salad and the desert. BYOB. Don promises not to sing until we have the fall schedule wrapped up, Maybe someone will bring a guitar? Call Margaret 542-9626 with ideas if you can't make the party. Give Don and Eunice ample notice at 546-0842.

**August 19, Saturday: Morton Creek to Lydhurst paddle**. The route follows through Beverley Lake. Don says he will be in good shape after the party to lead us flawlessly to that ice cream in Lyndhurst. We may be joined by members of the Rideau Trail Association. Call Don at 546-0842.

**August 20, Sunday: Festival of the Islands cycle trip to Gananoque**. This second weekend of the festival features historical re-enactments of a military camp and warship in the Battle of 1812. Bob or Margaret 542-9626.

August 25 to 27. Friday to Sunday: Kingston to Brockville canoe or kayak trip. Sherry Davy has kayaked this herself, and will maintain a pace so that experienced canoeists and kayakers will enjoy paddling with the current, but should be aware there can be large swells on the lake. Camping will be on Provincial Park Islands, with the option to camp on Cedar Island Thursday night - this trip should keep you supplied in stories for years!. Contact Sherry at (613)345-1538 or e-mail <davy@recorder.ca> for more information and to arrange car shuttle, etc.

August 26 & 27. Saturday & Sunday: Frontenac Park, camping at campsite #8. According to Regina, the nicest spot in the Park. We trust her to lead a fun weekend of paddling, swimming and hiking. Call her at 546-9326.

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September 2 to 4. Saturday to Monday: Eel Creek canoe route in the Kawarthas . The route was pioneered last year by Barry Irish. A pretty route to the spectacular High Falls, allowing plenty of time to swim and surf, and a hike to the enigmatic petroglyphs protected under a climate- controlled dome. The route ends on Stoney Lake. Members of Rideau Trail are invited to join use. Barry is at 549-7523.

September 3, Sunday: Cataraqui Trail End-to-End 2000 Challenge — mountain biking. Margaret and Bob reckon this new trail, 104 km of abandoned rail from Strathcona to Smith's Falls, must be ideal for mountain biking. They plan three days, about 65 km each, and invite you to accept the challenge with them. To register, send your name, address and \$10, to Cataraqui Conservation Authority, c/o Jim Blain, Box 63, Elgin ON, KOG 1EO. You will receive a map and trip logbook, followed by an End-to-End flash and certificate on completion. More information: CRCA: 546-4228, ext.248, or call Margaret or Bob 542-9626.

**September 9 & 10. Saturday & Sunday: Second Annual Dragon Boat Festival** in aid of Hospice Kingston. We will be competing against teams from Kingston and across the Province. Our goal is to improve or

at least retain, last year's position of best in the Kingston Area, and fourth overall. An exciting event for paddlers and spectators alike, the park by the boathouse is flooded with happy crowds and entertainment. Watch for details in the press. (Call Barry Irish 549-7523 if you are interested in taking part, but please note this does not guarantee a place on the team.)

**September 16 & 17. Saturday & Sunday: Schooner Lake paddle**. A little known northerly area of great beauty - Fall colours will be appearing. Expect short paddles, no portages, and island camping. Suitable as a family expedition. Dan and Lee Goodchild think their sons (10 & 12), will enjoy the adventure. Phone 384-4054 at least two weeks ahead.

**September 16, Saturday: Mountain bike trip.** led by Gaetan, in the area close to Nancy's cottage he has travelled well, North of Frontenac Park. Reach Gaetan at home 613-789-6249, or work 613-995-0171.

**September 24, Sunday: Upper Brewer's Lock to Morton paddle**. This trip includes a climb to Rock Dundar. With power boats gone, now is the best time to enjoy the beautiful Rideau system. Members of the Rideau Trail Association may join us on this trip. Contact Margaret 542-9626.

**September 30, Saturday: Dog Lake dog paddle**. The fall colours appear more intense with some green left for contrast. David Forkes has a penchant for the unusual paddle. David is at 634-5840.

Sometime in September or October: Bellrock **Swamp Do-or-Die trip.** Debbie and Derek wrote us the following message: "Those who went on the berrypicking trip in October in Bellrock Swamp will remember how tantalizing the creek looked when we finally had to turn back. The creek passes under another road (Long Swamp Road) a few miles downstream. We have explored some but not all of the creek from that road and encountered many beaver dams and obstructions but are reasonably convinced that it can be done. We are now planning to explore the whole run from Moscow Road to Long Swamp Road. This trip is not for the faint-of-heart. Be prepared to get your feet wet and muddy, and be ready to haul your boat over lots of obstructions. We will bring a saw to deal with the worst..."