

# Randonnotes

Randonnée Aventure - Montreal's Friendly Outdoor Club

Summer/Fall 2010

## Labour Day Cycling Weekend

**Hanover, New Hampshire**  
**Friday, Sept. 3 – Monday, Sept. 6**

Hanover is in the Upper Connecticut River Valley region, between New Hampshire and Vermont. At the region's center are the towns of Hanover and Lebanon, and Hartford (White River Junction) and Norwich in Vermont.

The rides will cross covered bridges, the Quechee Gorge, and the Appalachian Trail at several points. They also go by numerous country stores; and through quaint New England villages, and the Marsh-Billings-Rockefeller National Park. Riding is flatter along the rivers with lovely valley views, or take to the interior for challenging climbs. For those non-biking moments, there is distinctive dining and shopping to be had in Hanover, and cultural events aplenty at Dartmouth College.

**Accommodations:** The Chieftain Motor Inn ([www.chieftaininn.com](http://www.chieftaininn.com)) is two miles from the center of Hanover and offers double occupancy, hotel-style rooms equipped with a mini-fridge and stunning views of the Connecticut River. The inn also offers a few barbeque pits for those who wish to cook outside, an outdoor heated pool and complimentary canoes for guest use. Additional services include a restaurant, bar, exercise center with sauna and a massage service (extra).

**Includes:** 3 nights accommodation, 3 continental breakfasts and a welcoming party.

**Cost:** \$215 for members. Non-members must also write a separate \$25 membership cheque to Randonnée Aventure.

**Transportation:** By carpool at a cost of \$40 per passenger, paid to the driver at the start of the trip. Be sure to have your passport (and visa if you are not Canadian).

**Registration Deadline:** July 23.

For more information or to help with these weekend activities, call the Club voice mail (514-489-0339) and leave a message.

## Labour Day Hiking Weekend

**Parc Régional du Massif du Sud & Parc Régional des Appalaches**  
**Friday, Sept. 3 – Monday, Sept. 6**

Located in the Chaudière-Appalaches region of Quebec, close to the Maine border and 45 minutes south of Montmagny, Parc du Massif du Sud and neighbouring Parc des Appalaches are new destinations for RA.. They offer a variety of hikes for the beginner to advanced-intermediate, along mountain streams, cascading waterfalls and eskers. Trails are well-marked and well-maintained with a number of interpretive sign boards providing insight into the boreal forest and history of the region. With the highest summits in the area, Parc du Massif du Sud features 20 peaks and views that can include Quebec City on a clear day! Learn more at [www.massifdusud.net](http://www.massifdusud.net) and [www.parcappalaches.com](http://www.parcappalaches.com).

**Accommodations:** Comfortable, well-equipped condominiums bordering Parc du Massif du Sud, with full kitchens, washers, dryers, living rooms, and private decks. Activities such as horseback riding are also available in the park.

**Cost:** \$200 for members. Non-members must write a separate membership cheque for \$25, payable to Randonnée Aventure.

**Includes:** 3 nights accommodation and a welcoming party.

**Food:** Three breakfasts and two dinners organized by your condo coordinator with costs and preparation to be shared by all. You are responsible for your own lunches.

**Transportation:** By carpool at a cost of \$45 per passenger, paid to the driver at the start of the trip.

**Trail Fees:** Parc du Massif du Sud: \$5/day or \$3.50 with Randonnée Aventure membership card. Parc des Appalaches: no charge.

**Transportation to trailheads:** By carpool with a \$2 fee per passenger paid to the driver. Most trailheads are a short drive away; some are within walking distance.

**Registration Deadline:** July 30.

## Thanksgiving Hiking Weekend

**Sugarloaf, Maine**  
**Friday, October 8 – Monday, October 11**

Celebrate Thanksgiving Weekend with your fellow RAers in Sugarloaf, Maine, where the countryside will be ablaze with autumn colours –reds, oranges, yellows and purples. What better place to be at this time of year?

Located in the heart of the Carrabassett Valley, carved by the Carrabassett River and surrounded by Maine's Western Mountains, Sugarloaf rises 4237 ft. and is the second highest peak in the lobster state. From the summit of Sugarloaf, Mount Katahdin, the highest peak can be seen. The area features wonderful hiking trails with no less than four 4000-ft. mountains near Sugarloaf. And if you're not inclined to go far, why not climb Sugarloaf itself!

If hiking is not enough, nestled at the foot of Sugarloaf/USA is a true Nordic village with over 40 restaurants and shops, including grocery stores, specialty shops and an art gallery for entertainment.

**Accommodations:** Within walking distance of the Village, each deluxe 2 or 3-bedroom condo unit is fully equipped with a kitchen and TV, with access to the Sugarloaf/USA Sports & Fitness Center, with an indoor pool and indoor and outdoor hot tubs.

**Cost:** \$195 for members. Non-members must write a separate membership cheque for \$25, payable to Randonnée Aventure.

**Includes:** 3 nights accommodation and a welcoming party.

**Food:** Three breakfasts and two dinners to be organized by your condo coordinator with costs and preparation to be shared by all. You are responsible for your own lunches.

**Transportation:** By carpool at a cost of \$50 per passenger, paid to the driver at the start of the trip. Driving time is approximately 4 hours. Passport is required at the US border.

**Transportation to trailheads:** By carpool with a \$2 fee per passenger paid to the driver.

**Registration Deadline:** September 1.

## HIKING 2010

### Hiking Trip Prices

Regular bus trips are \$35, \$45 after May 21. Bus trips after August 1 may be booked at the lower price with a cheque postdated to August 1, if it is received before May 21.

### Bus Departure Times

**7:05 am - Décarie Square** (Namur metro) in the parking lot on the south side. Park on a nearby residential street.

**7:09 am - Queen Mary and Décarie Blvd.** (Snowdon metro) on the northwest corner.

**7:25 am - Atwater and Ste. Catherine** (Atwater metro) on the southwest corner.

Return times depend on distance, length of hikes and border delays. Regular hikes usually arrive at 7 - 8 pm (extended trips 8 - 9 pm). Don't make plans for the evening as border lineups may delay our return.

### Trail Maintenance

We have three weekends in Vermont and one in New York. All are welcome, and we hope to see both returning faces and new ones. It's hard work, but there will be warm, dry accommodation with showers and cooking facilities. There is a lot of work to be done to keep the trails in good condition. Think seriously about volunteering. With budget cuts and much less money for paid trail crews, the trails need your help.

**Vermont:** May 28-30, Aug. 6-8, Oct. 15-17.  
**New York:** September 24-26.

We're looking forward to another season of thoroughly worthwhile activity. For more information, call the Club (514-489-0339) and leave a message for Maureen Robertson.

### Pre-season Beginner's Hike Mont St-Hilaire, QC (carpool) Saturday, May 15 Level 1, 2

Want to know what hiking's all about? This excursion with some of Randonnée's hiking mavens offers newcomers an excellent introduction and a tantalizing glimpse of joys to come. There is no charge, but participants must pay \$5 for park entry and \$5 to their driver.

### Levels of Difficulty

- 1 -** Relatively even terrain  
Elevation gain: 150 - 300 m.  
Distance: 8 to 11 km.
- 5 -** Rough terrain, long steep sections  
Elevation gain: 1000 - 1600 m.  
Distance: 13 to 20 km.

Hiking Day Trips			
Hike #	Date	Levels	Destination
1	15 May	1 - 2	Mont St-Hilaire, QC (Carpool) Come see what hiking's all about and meet some of the club's members. Great views from Rocky, Dieppe & Pain de Sucre. Enjoy lunch by Lac Hertel and finish with a visit to the Chocolaterie La Cabosse d'Or.
2	5 June	1 - 4	Les Contreforts, Forêt Ouareau, QC This long, rocky abutment affords spectacular views of Les Lacs Castor with great lunch spots. Finish by the picturesque Rivière Ouareau and Pont Suspendu.
3	12 June	1 - 4	Keene Valley, NY This area offers many great choices for all levels of hiking ability including Baxter, John's Brook Trail, Snow (& Rooster Comb), The Brothers (& Big Slide), Blueberry, Porter & Little Porter. Welcome to the Adirondacks.
4	19 June	1 - 5	Mt. Hunger & Stowe Pinnacle, VT Hike the renowned Skyline Trail from Hunger to Stowe Pinnacle. From Hunger, there are magnificent views of the Green Mountains, including Mansfield, Camel's Hump, Killington, and also views of Mts Washington, NH and Marcy NY.
5	10 July	1 - 4	Parc Mont Mégantic, QC This 2-peak massive, an extension of the Appalachians, dominates SE Quebec and affords views of peaks in 3 US States. Spend the day in sub-alpine forest and enjoy spectacular views from Mont St. Joseph and from the base of the observatory on Mt. Mégantic.
6	17 July	1 - 4	Montagne Grise, QC Do a loop hike or take a shorter direct route to the summit and enjoy vistas of the Laurentians. There are spectacular waterfalls to visit near the trailhead at the end of the hike.
7	31 July	1 - 4	Camel's Hump, VT (Carpool) A rare opportunity to experience one of the most spectacular destinations in our repertoire. A shorter route from the west up the 4000-ft peak where a 360-degree view awaits us. Members only, no walk-ons, space is limited so sign-up fast.
8	14 Aug	1 - 5	Mt. Mansfield East, VT (Extended) Join us on the top of Vermont's highest mountain. A variety of hikes for all levels leads to a wide summit area with spectacular views, great lunch spots, and perhaps even a close encounter with The Nose.
9	21 Aug	1 - 4	Sutton, QC This trip to the beautiful Eastern Townships has a variety of trails; hike to Lac Spruce for lunch or discover majestic Lac Mohawk and climb Round Top. From there you'll enjoy a panoramic view across the US border as well as some of Quebec's finest scenery. There will be only one bus for cyclists and hikers, so sign up early!
10	28 Aug	1 - 4	Matawinie, QC Enjoy the hike along the moss-carpeted Matawinie Ridge north of Joliette. Lots of views through the pines of the autumnal Laurentian hills. No long uphill slogs.
11	11 Sept	1 - 4	Grande Vallée, Chertsey, QC The trails here form a series of loops, with lots of lakes and lookouts, providing glorious views and hikes for all abilities. On a clear day, you can see the Olympic Stadium from Le Sommet and from Mont 107.
12	18 Sept	1 - 5	Noonmark & Round, Keene Valley, NY Noonmark marks the sun's zenith viewed from Keene Valley. There are interesting options for all levels, culminating in a visit to the renowned Ausable Inn pub.
13	25 Sept	1 - 4	Parc Mont Orford, QC View the Townships and Vermont in beautiful fall colours from Sentier des Crêtes or climb Mont Chauve with its commanding view of Lac Stukely.
14	2 Oct	1 - 5	Adirondak Loj, Lake Placid, NY (Extended) An RA favourite in the High Peaks of the Adirondacks! Choose from challenging climbs up Wright, Algonquin or Phelps, to the spectacular geology of Avalanche Lake, Indian Pass or Heart Lake.
15	16 Oct	1 - 4	Mont Tremblant, QC Enjoy the Sentier du Centenaire or hike from the ski resort up and over the mountain to La Sablonnière. Celebrate our hiking season with a stop at one of our favourite pubs.
16	23 Oct	2 - 3	Catamount, NY (Carpool) Pleasant hike on one of the most spectacular small peaks in the Adirondacks with some scrambling near the summit. 360° views. Members only, no walk-ons, space is limited so sign up fast.

## CYCLING 2010

### Trip Departure Points & Times

#### Bus Trip

#### Décarie Square (Décarie and Vézina)

Loading: 6:50 am, departure: 7:05 am.

#### Atwater and Tupper

Loading: 7:15 am., departure: 7:25 am.

Remove panniers, water bottles and pump.

**Carpool Trips:** Meet at Atwater & Tupper at 8:00 am for an 8:30 departure. Please bring your car and bike rack if you have one. Those needing a lift will be assigned a ride. Car pool fee payable to driver.

**Meet & Ride:** See location specified for trip.

### Cycling Trip Prices

**Regular bus trips:** \$35, \$45 after May 21. Bus trips after August 1 may be booked at the lower price with a cheque postdated to August 1, if it is received before May 21.

**Meet and ride:** \$5 for maps.

**Carpool trips:** \$5 for maps, \$10 for driver.

**Invitational Ride:** The only Sunday ride, \$5 for maps and \$10 for the driver. We'll finish at a café or pub for a drink and a bite.

All rides offer short, medium and long routes.

**Nominique overnight trip:** \$110/person, includes a 4-course dinner and 1 breakfast. Registration deadline June 4. Carpool fee \$35. Friday night room \$70 extra (2 per room).

**Saint-Casimir (2 nights) overnight trip:** \$115/person includes 2 breakfasts and a Saturday buffet supper. Registration deadline is July 13. Carpool fee is \$30.

### Cycling Trip Leader's Meeting

Thursday, April 15, 6:30 pm, venue to be confirmed. For those interested in leading, assisting or scouting a trip, e-mail Andrew Burlone at [asb@visionnaires.com](mailto:asb@visionnaires.com) or call the Club number to indicate your interest.

## Cycling Trips

BusTrip#	Date	Type	Destination
	1 May Saturday	Meet & Ride	Ride with a mentor Departure from Atwater Market (south end by the footbridge) at 8:30. We'll ride over to Parc Jean-Drapeau and stretch our legs, practice shifting gears, learn how to dress and what to bring along for a ride, how to fix a flat tire, mend a broken chain, etc. Afterwards we'll cycle along the Seaway path. Ideal for beginners.
	8 May Saturday	Meet & Ride	West Island Ride along the canal to Lachine, Pointe Claire or up to Ste-Anne-de-Bellevue and back. Beautiful scenery along the river. Rides range from 24 to over 80 km. Departure from Atwater Market (south end) at 8:30.
	15 May Saturday	Carpool	Quinn's Farm, QC Routes for all levels. Cycle around Ile Perrot or scoot up to Hudson or even further away up to the Soulanges canal and back. Meet at Atwater and Tupper at 8:00 am for an 8:30 departure. Drivers wanted.
	29 May Saturday	Meet & Ride	Laprairie, QC Ride 35 to 60 km, to Laprairie and St..Lambert. The route is flat, mostly on bike paths along the river, with superb views of Montreal. Departure from Atwater Market (south end by the footbridge) at 8:30.
	5 June Saturday	Carpool	Oka, QC Great cycling for all levels, with splendid scenery. All rides, some with ferry crossing, end at Oka beach, so bring your bathing suit. Meet at Atwater and Tupper at 8:00 am for an 8:30 departure. Drivers wanted.
	12 June Saturday	Carpool	Old Beloeil, QC A nice variety of routes along the Richelieu river and around Mont-St-Hilaire, with a pub stop at the end of the ride. Meet at Atwater and Tupper at 8:00 am for an 8:30 departure. Drivers wanted.
	19 June Saturday	Carpool	Ormstown, QC Quiet, beautiful roads, all on fairly flat terrain, along the Chateauguay river and into the surrounding area. Meet at Atwater and Tupper at 8:00 am for an 8:30 departure. Drivers wanted.
	10-11 July Sat. & Sun.	Overnight Carpool	Nominique, QC Everything from challenging Laurentian hills to flat paved bike path, with optional carpooling to the beautiful Mont Laurier area. Top rated accommodations include a breakfast and 4-course dinner. Pre-reserved rooms for Friday night are also available; if interested contact Andrew ( <a href="mailto:asb@visionnaires.com">asb@visionnaires.com</a> ). Drivers wanted.
	18 July Sunday	Invitational Ride Carpool	Chateauguay, QC Our Invitational Ride is open to non-members, so invite your friends and show them what Randonnee cycling is all about. Meet at Atwater and Tupper at 8:00 am for an 8:30 departure. Drivers wanted.
	24 July Saturday	Carpool	Champlain/Chazy, NY This is a popular destination, with quiet, mostly flat roads in Upper New York state. Bring your passport for the border. Meet at Atwater and Tupper at 8:00 am for an 8:30 departure. Drivers wanted.
	31 July Saturday	Carpool	Bedford, QC Great scenery, on quiet, mostly flat roads. Routes offer a variety of distances and degree of difficulty so that will please everyone. Meet at Atwater and Tupper at 8:00 am for an 8:30 departure. Drivers wanted.
	6 - 7 - 8 August Fri. - Sun.	Two nights Overnight Carpool	Saint-Casimir, QC, Beautiful routes through quaint villages and scenic farmland. 2 nights (arrive Friday) in a former convent converted into a very clean and friendly auberge. Breakfasts and a buffet supper included. Only 15 rooms reserved (2 per room), so sign up early, because we know this will sell out fast. Drivers wanted.
	14 August Saturday	Carpool	Noyan, QC/Champlain Islands, VT Rides for all levels. Beaches, picnic areas and a winery worth a stop. Meet at Atwater and Tupper at 8:00 am for an 8:30 departure. Bring your passport for the border. Drivers wanted.
1	21 August Saturday	Bike or hike Bus trip	Sutton, QC Our bus trip combines cycling and hiking around this familiar spot that offers many options to cyclists. Routes range from 35 km to 100 km; some go over the US border, so don't forget your passport.
	28 August Saturday	Carpool	Verchères, QC This destination offers a variety of routes with no hills. Get together and enjoy a beer at the end of the ride while comparing adventures. Meet at Atwater and Tupper at 8:00 am for an 8:30 departure. Drivers wanted.
	11 Sept Saturday	Carpool	Mooers, NY Spectacular scenery and very quiet country roads. Pub stop in Hemmingford on the way home. Bring your passport for the border. Meet at Atwater and Tupper at 8:00 am for an 8:30 departure. Drivers wanted.
	18 Sept Saturday	Carpool End of season party	Covey Hill, QC Beginning and ending at the Rockburn Pub in Rockburn, these quiet roads, with some going over the border, offer lovely views of the Adirondacks. After the ride, we'll get together and toast the end of the season at the pub. Bring your passport. Meet at Atwater and Tupper at 8:00 am for an 8:30 departure. Drivers wanted.

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## SOCIAL ACTIVITIES

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### Rooftop Rendezvous

Friday, July 16

5:30 - 7:30 pm

Sky Terrace, Hotel Nelligan

106 St-Paul West, Old Montreal

This rooftop is now a favorite spot for RA's July social event. Let's hope the weather is good, if not we'll be downstairs. Tim Skene will host. ☎ Place d'Armes

### Pub Night at Bar St. Sulpice

Thursday, August 19

5:30 - 7:30 pm

1680 Saint-Denis

Join us at the popular outdoor terrace in the Latin Quarter for a summer drink, hosted by Belinda Preziosi. To find us, look for the RA flag on the table. ☎ Berri

### Dominion Square Tavern

Thursday, September 16

5:30 - 7:30 pm

1243 Metcalfe

A new pub location for RA's monthly event, with many brews available and a hearty menu. Jack Melnick will host; look for the RA flag on the table.

www.dominiontavern.com ☎ Peel

### Halloween Party and Signup

Saturday, October 30, 8 pm -1 am

McGill New Residence Hall

Ballroom B

3625 du Parc

Mark your calendar for RA's annual fall party and signup, always full of good spirits. A new location this year, and with live music too—Blue Monkey Project. More details to come. **Note: the signup desk is open until 9:30.** ☎ Place des Arts

### New Social Director

After four years as Social Director, Tim Skene is handing the reins over to Belinda Preziosi. Please give her all your support.

### Volunteers Needed

If you would like to volunteer or just want to know more about helping the Club, contact us via voice mail or e-mail.

New members are needed on the Social Committee, and weekend getaways have some tasks for volunteers.

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## BUYING AND SELLING TRIPS

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### Trip Registration

Register before May 21 and take advantage of the \$10 early booking discount for bus day-trips. Early registration helps the Club. Trips with too few registered participants may have to be cancelled.

A registration form is sent with the Randonnotes or may be downloaded from the Club web site. Check the Club voice mail or web site for up-to-date information on trip availability. Mail the completed registration form and waiver with your cheque(s) at least two weeks prior to your first trip. Once a day trip is full, there is no waiting list. If you have requested a sold-out trip, you will be contacted to select an alternative or to arrange an adjustment.

**Once you have been registered for a trip, the fee is not refundable.**

**RA now offers online trip registration and payment at our web site.**

### Club Buy/Sell Procedure

#### To Buy a Day Trip

If a trip is full or if it is too late to register by mail, you may try to buy a place by calling the Club voice mail between Monday am and Wednesday 9 pm on the week of the trip. Leave your name, phone number and the destination you wish to buy. Requests are on a first-come first-served basis, with priority for members.

The Club will not call back. You must call the Club voice mail the Friday before the trip and listen to the list of confirmed buyers. If listed, you must show up for the trip with a cheque or the exact fee in cash. We do not carry change on the bus.

**Important:** Confirmed buyers have committed to pay for the trip. If you cannot make the trip, you must still pay for it. You will not be allowed on any other trips until payment is received.

#### To Sell A Day Trip

If unable to make a trip for which you are registered, you may sell your place to anyone you wish, such as a friend or relative, or you may ask the Club to try to sell your trip for you. Once you have done so, you must not attempt to sell the trip yourself - this could cause duplicate sales. In such a case, priority will be given to the trip bought directly from the Club.

To ask the Club to sell your trip, leave a clear message on the Club voice mail between Monday am and Wednesday 9 pm in the week of the trip. If a buyer is found, a cheque will be mailed to you at the end of the season. The Club cannot guarantee the sale of your place since the trip may not be full, or the number of sellers may exceed the number of buyers.

### Walk-On Procedure

If you have not been able to reserve a place, you may still be able to get on a bus trip as a walk-on (not hiking carpool trips). Invariably there are last minute no-shows, so you may have a good chance of getting a seat at the last pick-up point. Priority will be given to members, starting with those who tried to buy by phone. Non-members may take one trial day trip before buying a membership, but must pay the trip fee.

### Buying/Selling Weekend Trips

If you have registered for a weekend trip and are unable to go, leave a message on the Club voice mail as soon as possible, and at least 7 days before the trip. Because of room-sharing constraints, all sales must be done through the weekend coordinator, who will contact you if a buyer is found. The Club does not guarantee the sale of your place on the trip.

**Waiting List:** Once a weekend trip is full, there is a waiting list for prospective buyers. To be placed on the waiting list, mail a cheque for the full amount to the Club. If a place becomes available, you will be contacted and given the option to purchase the trip. Your cheque will be returned if a place is not found for you.

### Border Crossing

For US trips, you are solely responsible for having the necessary documentation to enter the US. A passport is required, no matter what the mode of transport. Passport holders from countries other than Canada or the US may require a visa, and could even need to be fingerprinted and photographed. If you do not have adequate documentation, we may be obliged to leave you at the border.

Event details are subject to change. Always check the Club voice message, web site or weekly e-mail for the latest information.

514-489-0339

www.randonnee.ca