



August 2008
Volume 6



Adventure on the Trans Canada Trail: From Danielson Park to Elbow

By Cathy Watts

On a beautiful weekend in July, ten Saskatoon women headed out on their bicycles for an adventure from Danielson Provincial Park to Elbow. It was a maiden voyage for the group of mothers and grandmothers to explore a section of the Trans Canada Trail located just over an hour drive south of their homes.

While tenting in Danielson Park on Friday night, a high wind and torrential rainfall became the first challenge for the group. The next morning, the adventurers delayed their early start as they waited to dry off. Once on the way, they often stopped at the secluded sandy beaches along the trail for refreshing swims. A flat tire was repaired, thanks to newly acquired knowledge obtained at a Saskatoon bike maintenance workshop. Poorly maintained signage, and overgrown trails added to the obstacles.

After riding into Elbow along Main Street at 6 p.m., the group stayed at the motel and spent the evening dining with new found friends at the Boat House restaurant.

In the morning, following a yoga session led by one of the participants, the women headed back to their vehicles in Danielson Park. On their way out of town, the voyagers waved at church goers and made a last minute stop for lattés.



The huge, open blue skies, the fields of vibrant yellow canola, the pungent smell of prairie sage, and the songs of the meadowlark, stimulated the cyclists' senses and left them with fond memories of the beauty of the province, especially when riding a bicycle across the landscape. The total length of the trip was 32 km each way, over grassy trails, machine tracks, and country roads.



Next summer, the group may find another section of the Trans Canada Trail to explore. Who knows where their adventure will take them? In the meantime, the women have been sharing tales of the empowering adventure, inspiring neighbourhood friends to join them on their next voyage.



First-Ever Provincial Trails Symposium to be held in Regina

The future of the province's trails network is up for discussion at the first-ever Saskatchewan Trails Association (STA) Symposium to be held September 19 and 20 at the Regina Inn.

This symposium seeks to bring together trail and community groups from across Saskatchewan and the western provinces, providing them with an opportunity to discuss issues that will enhance existing trails and lead to new developments in Saskatchewan.

"There is no better way to learn about your community than by traveling along one of Saskatchewan's many scenic trails," says Curt Schroeder, President of the Saskatchewan Trails Association. "These trails promote a healthy, active lifestyle. They are sustainable, environmentally friendly, create tourism and economic benefits, and are a great way for all of us to explore and learn about this beautiful province of ours."

A white paper discussion will take place over both days to review a provincial trails strategy for expanding and maintaining trails within the province. This strategy considers how provincial stakeholders can maximize resources to create and maintain trails, foster economic and tourism opportunities, and promote healthy lifestyles and environmental sustainability.

The symposium will feature keynote speaker Michael Haynes. Renowned trail writer and activist, Haynes will be addressing the conference on the issue of active and sustainable transportation in the province of Saskatchewan.

Other highlights from the symposium including a marketing and promotion session, fundraising for trail development, a presentation on the Iron Horse Trail in Alberta and that province's trail development, insurance overview, and a trail building workshop.

Currently there are over a 1,000 km of multipurpose trail in Saskatchewan, traveling through roughly 50 communities across the province.

The STA is a non-profit organization that was established in July 2004 to maintain and increase the number of recreational trails that exist in Saskatchewan. The STA is also responsible for promoting Saskatchewan's trails and increasing the number of individuals that utilize the trails every year.

To register for the Provincial Trails Symposium, visit www.sasktrails.ca and download a symposium brochure.