

Saturday July 29 - Monday August 1 Sprucewoods Backpack

Di and her 4-legged friend Spirit set off early to avoid the heat of the day. Parking at the half-way point - it was a 10km hike into cabin 4 on the Newfoundland trail. Bert was the next to arrive on foot - a bit hot but not particularly bothered. Then Judy arrived with her loaded bike - very hot and extremely bothered. She did recover after a cold drink with electrolytes, a cool pack and some shade.

We enjoyed the shade and cool breeze and NO BUGS until supper. Judy had brought dessert. Slices of mango that we used to dip into extremely melted chocolate! It was messy - but absolutely delicious! We still had the campsite to ourselves - was the heat too much for everyone else?! There had been a few bikers pass through - but that was it for humans. We were serenaded by coyotes and thunder overnight. This was also the first time I had seen Bert without his -30 degree sleeping bag!

Di and Spirit accompanied Bert and Judy back to their vehicle, but returned to camp for another night. The bush was full of berries and nuts - the bears will be well fed this fall! There were meadows of purple wild flowers - just beautiful. After a 20km hike, a nap and R&R was well deserved by both Di and Spirit - before supper, a fire and an early night. The camp site was still empty! The coyotes were still howling along with some loud noises from the bush - not too sure what it was or what was happening - but it kept our attention for a while!

We woke to rain. Thank goodness for the cabin. There was absolutely no wind and the bugs were driving us nuts. Trying to answer the call of nature on the trail was just purgatory. We couldn't get to the car quick enough!

Thanks for making it great trip Bert and Judy!

Di Ingram