



east shore trail & bike association

Winter newsletter 2018

In this issue: Ktunaxa Territory - Snowshoes, Postholing, and Winter Trail Etiquette
Best Snowshoeing & X Country Skiing on the East Shore - New Trail in Riondel to be built in 2018
Membership and Thank to Boswell Hiking Club



WELCOME TO KTUNAXA TERRITORY

The first humans in this area called themselves the Ktunaxa. Their history does not speak of any other home. They are the people of this land, and they have stories that tell of living a nomadic life around this lake from a time before the last ice age had cleared the land. They lived nomadically, moving from hunting ground to hunting ground, lake to river, as the seasons changed.

Snowshoes, Postholing, and Winter Trail Etiquette

Skis or Snowshoes Required

Winter is on! Since we as locals experience winter for a third of our year it is important to embrace the adventure that is just outside the door. There are many accessible trails close to our communities that can be used in the winter. There are, however, a few more things to keep in mind besides just slips and falls. It's a common courtesy among winter hikers to wear snowshoes when hiking on winter trails that are covered in unpacked snow deeper than 8 inches. Hikers who don't wear snowshoes usually posthole, plunging knee or waist deep into the snow and creating a deep hole that other hikers passing by the same spot might fall into. This can lead to serious leg injuries, but is easily avoided if everyone using the same trails uses flotation like snowshoes or skis. Trails that have been cratered by someone postholing are extremely annoying to walk on. It's a lot like playing the game Twister while walking across a minefield. Plus, you have to scratch your head, and ask why anyone would want to posthole in winter because it is so exhausting, not to mention dangerous, because a single person postholing alone can easily become trapped in deep snow.

Before you set off on a winter trail covered in unpacked snow, take the time to equip yourself properly with snowshoes and other winter gear so that you can be self-sufficient and not put others at risk if you need to be rescued. Snowshoes can be quite affordable and is a great family activity. I enjoy both snowshoeing and x-country skiing with my daughter throughout the winter.

Snowshoers and hikers should stay off ski tracks. Postholing and snowshoeing in existing cross-country ski tracks is frowned upon because it's disrespectful to the person who broke the ski track in the first place and will wreck the track, making it much harder and less enjoyable for skiers to ski back on.





Best Snowshoeing and X Country Skiing on the East Shore

There are many excellent skiing and snowshoeing locations on the East Shore. Winter recreation areas at lake level can offer spectacular adventure but conditions can be inconsistent from day to day. Higher elevation areas have more consistency with their day to day conditions.

The Crawford Bay Wetlands are a popular local area. If you are unfamiliar with the wetlands it's best to stay on the trail. It is possible to fall through a ground opening into water.

The Will Fraser VP Trail is located just above the Wetlands on Peters Rd. Follow the Woodlot trail and look for the signs. Multiple viewpoints and a summit in less than 90 minutes.

Kokanee Springs Golf Resort has set x country ski tracks occasionally over the years.

Crawford Creek FSR is a favorite of ESTBA President Sandy Oates. This area offers spectacular big mountain vistas. Best avoided if there is winter logging activity.

Birkbeck Creek FSR in Gray Creek offers beautiful views of Kootenay Lake and has multiple options for adventure. Drive up Anderson rd. and keep right until you get to the turn around at the top. Locals work hard to maintain the ski tracks. Don't wreck em.

Be prepared for sudden changes in weather, let someone know where you are going and when you'll return, know your limits and remember trail user assumes all liability

NEW EAST SHORE TRAIL FOR 2018

The Riondel Age Friendly Community Committee was successful in their \$10,000 grant application to BC Rural Dividend for the Riondel Historic Trail Project.



The East Shore Trail and Bike Association represents several trail interest groups that ensure effective monitoring, data collection and maintenance of the East Shore's authorized trail network. Additionally ESTBA has begun new trail building projects in select areas on the East Shore. ESTBA sees these trail networks as 'facilities' and manages them as such.

ESTBA's mission is to develop the East Shores physical and cultural infrastructure to accommodate the increased interest in hiking and mountain bike destination tourism, while ensuring responsibility to all trail system user groups and stakeholders.

As our East Shore communities look for ways to attract visitors as well as provide opportunities for locals to be active, our community trail systems are a true gift among so many. These mountains, lakes, rivers, and eclectic inhabitants represent a marketable asset which can invigorate our economic development and encourage more folks to get outside. With Crawford Bay and Gray Creek already seeing increased visitors interested in the trails and renewed local interest in hiking and mountain biking, we'd like to ensure that the community of Riondel shares in the benefits of an accessible trail system for visitors and residents alike.

The East Shore Trail and Bike Association recognizes the goals of the Riondel Age Friendly Community Society to provide access to natural areas by a broad range of users, especially seniors, is compatible with our broader mission. Creating green spaces for seniors and mobility challenged users requires trails to be close to the community and easily accessible.

The East Shore Trail and Bike Association is pleased to support the Riondel Age Friendly Community Society as partners in 'green space' and 'recreation trail development' in the beautiful town of Riondel BC



Membership Registration Form

Name: _____

Phone: _____

Email address: _____

Would you like a receipt e-mailed to you? **y / n**

May we keep in touch with you via email? **y / n**

Annual Membership Fee: \$20.00 Adult / \$5.00 Youth under 19

ESTBA - PO Box 123 Crawford Bay BC Canada

***Cheques payable to: South Kootenay Lake Community Services Society**



ESTBA would like to thank the Boswell Hiking Club

Thank you so much for your support in our effort to maintain and celebrate the many trail networks on the East Shore. As many of you are aware, the attraction of quality trails in surrounding regional communities have showed significant, positive effect on health as well as the local economy.

The East Shore Trail and Bike Association has found great support here on the East Shore and throughout the Kootenay region to promote many of our amazing trails. Our outreach efforts have found us in a unique position to set the tone for tourist activities to remain sustainable, attractive, and inclusive to residents and visitors alike.

Sincerely,

Sandy Oates

President

East Shore Trail and Bike Association