

Four Women Hiking Newfoundland's Long Traverse



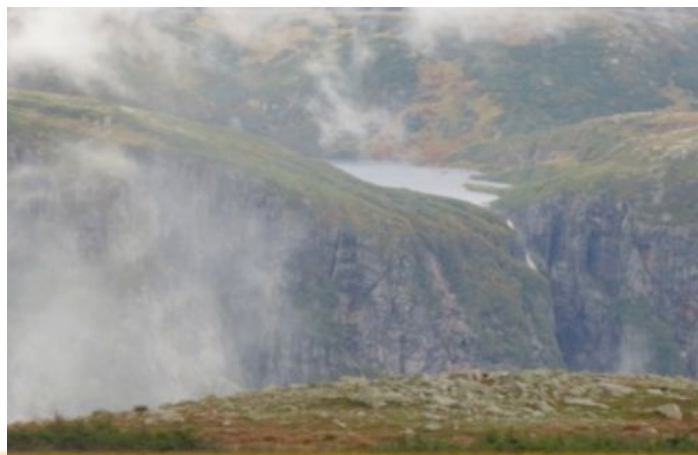
Beth Smith is an adventure traveler and self-sufficient backcountry backpacker, who more often is found in a canoe or kayak in the wild.

In September, 2013, Beth and three companions set out to hike The Long Traverse a backpacker's dream hike in Newfoundland's 446,080-acre Gros Morne National Park. This is a land of high water soaked tundra, formidable mountain ranges, winding fiords, 1000 ft cliffs and waterfalls, expansive coastal views, and frequent and intense rain and fog. Above the

treeline, where harsh, icy winds have scoured the glacier-carved landscape, you'll bask in the wonder of color, sculpted rock and tenacious vegetation- thick tuck- a -mor wound around knolls of heather and partridge berries, peat bogs and bare-bone granite.

Map-and-compass skills are a must, since there is only an occasional cairn to suggest a trail along this 20+-mile route, and there are meandering caribou paths that tempt you away from your plotted course.

Along the way this group tested their mettle in constant inclement weather, honed their map and compass skills along miles of trail-less terrain, and shared the hilarity of melding the wills of four alpha women, all the while avoiding the companionship of the local bear population and an unwanted helicopter rescue.



7:00 PM Wednesday May 21st at the Bangor Public Library
145 Harlow Street, Bangor, Maine 04401

ALWAYS FREE AND OPEN TO THE PUBLIC

Appalachian Mountain Club - Maine Chapter www.amcmaine.org