

Algonquin Access One

Kawawaymog L., North Tea L., Biggar L., Nod L., Nipissing R., Cedar L., Laurel L., Mink L., Erables L., N. Sylvia L., Manitou L., North Tea L., Mattowacka L., Fassett Cr., Mattowacka L., Manitou L., North Tea L., Kawawaymog L.



Participants: Janice and Bill

Total Distance: 226 Km. with 41,290m in 56 portages.

Note: The portage distances we have stated are as determined on “*Algonquin 2 Northwest, The Adventure Map by Chrismar, 2002*”. The portage signs in the park are still reflecting the distances marked on “*The Friends of Algonquin Park Map, 2000/01*”.

Sat. Sept. 4/04: 25 km, 890m in 5 portages. *Janice:* We left Bayfield at 12:40am and arrived at Kawawaymog Lake, Access #1 at 6:10am. We tried to have a snooze and decided to unload and were ready when the Park office finally opened. It is to open at 7am. We had a problem with one of the lakes we booked and we had to wait for this to get sorted out. We left happy and were on the water heading towards Amable du Fond River at 8:15. There was a heavy mist on the water and as we paddled the lake it lifted. We wound into Amable du Fond River. It took us 2 hours to do the river. It was pretty and lined with green marsh bush and pickerel weed. Little purple flowers peeked out of the thick brush and the cobwebs sparkled with dew. We weaved and twisted along and surprised a beaver that slapped his tail and disappeared. There are ducks and herons, loons and their young, and many little song birds. One mother duck flew right up in front of the canoe and played lame to distract us from her babies. The blue herons are very used to people and we paddled right past them. The wide smooth 150m and 260m portages are around rocky rapids and they have steps built to help you do the little hills. North Tea Lake was large and windy. We were presented with a head wind for the entire trip across, but the west end was choppier than the east. We stopped once for a gorp break. Some paddlers chose to charge straight up the lake; we hugged the shoreline and actually made better time than those guys. Mangolasi Lake and Hornbeam are small little lakes with a 250m, 90m, and a 140m portage. They are all easy portages with built in steps to make life easier. Hornbeam Lake has a lovely little waterfall emptying into it over a huge smooth rock. The other rapids are shallow and rocky, lots of boulders. We paddled Biggar Lake to the large point above Loughrin Cr. This site was occupied so we took the next site closest to Loughrin Cr. It's a nice spacious site with a red squirrel and a thunder box high on the hill at the back. We set up camp and readied ourselves for bed early, as we hadn't gotten much sleep the night before. We are in the tent at 7pm.

Sun. Sept. 5/04: 13 km, 2,980m in 5 portages. *Bill:* We were up at 6:30 and watched and took pictures of a bull moose in the bay. We headed to Loughrin Cr. at 8:30. We met 2 guys, one from Ottawa and one from Toronto. They had passed our camp a half an hour before we left and were looking at and taking pictures of the big bull moose that we had seen in the bay earlier. We watched and took some pictures too. We saw an opportunity to pass it when it went on land, but it was still very close. We were at the start of the 2040m portage at 9:15. We did a one carry for 2/3 of the way and then a two carry from there on. There were some steep hills on this one. We saw a cow moose in the creek along the portage and it headed into the bush when it saw us. We had a snack at the put-in and left at 10:30am. The creek channel was very winding and we kept going from one side of the marsh to the other. We had lunch at the start of the 560m portage to Lawren Harris Lake at 12:30pm. We did the portage and pumped water on the lake. The 20m portage to Loughrin Lake was there because of all the rocks and logs. The wind came up in Loughrin Lake and that combined with the shallow weedy water made us feel very sluggish. The 350m portage into Barred Owl Lake was a hill up and a hill down. We did it in two portages because they were kind of steep. We were at our campsite between Barred Owl and Nod Lake at 3pm. Nice site on the 10m portage. We saw a white tail deer feeding on the far shore of Nod Lake. The guys from Ottawa and Toronto came through and they were looking for the campsite on Nod Lake. We saw 4 otters swimming and playing in Barred Owl Lake as we were making supper. There are several red squirrels here that are pitching pine cones and making lots of noise. The sun went down in a yellowy-orange ball. I was hoping for a red sky. The lake is dead calm and there are jays squawking in the bush on Barred Owl Lake. It is 7:45 and we are in the tent.

Mon. Sept. 6/04: 22 km, 6,660m in 6 portages. *Janice:* We are up early; oatmeal and coffee for breakfast and we head off through Nod Lake to our 1480m portage to the Nipissing River. We met the guys again and they were almost ready to start portaging as well. We began the portage at 7:30. We started as a one carry, but the weight of 2 weeks of food and the hilly landscape changed our minds and we finished in a two carry. There was lots of moose pooh on this trail. Once we were on the Nipissing River we headed easterly and wound our way to the 350m portage. We had a snack and began the portage at 10am. It was a flat over-grown meadow with an interesting put-in on the opposite end. The bank was quite high and we lowered the canoe down. We did another twisty kilometer on the river. There are lots of animal signs, but we had no animal sightings today. We portaged Allen Rapids; 2740m. We started at 10:40 and ended at 11:50am. I thought this was long, but those guys said it felt shorter than it was. I surprised a little brown snake in the grassy meadow at the end of the portage and it slithered off in a hurry. There was fairly fresh bear pooh at the end of this portage. The next 4&1/2km of river twisted along. We had lunch on the water and dug out our water shoes as the river was shallow in spots. We encountered a log-jam which we had to carry around and several beaver dams to slide over. We met up with the guys again at another log-jam. They had just finished a difficult carry around and we chose to lift canoe, packs and all over the smooth logs. It worked out good for us. Those guys stayed at the first campsite before the rapids after Coldspring Cr. We thought there was a much nicer site on the 500m portage by Graham's Dam. We had gorp at the end of this portage at 2:45pm. We are noticing these portages are now a single trail and no longer the double wide highway found earlier. We did the 390m portage past the old Logging Camp, WW11 POW Camp and

saw old building remnants, bedsprings, pails and such. The marshy banks on the river are about 4' high and we twisted down the river some more. We surprised a few ducks and arrived at the 1320m portage at 4:30pm. What a climb to start. It's been a long day. We two carry our stuff and are in our camp at 6:00pm after taking pictures of the impressive High Falls. We chose the second site, the one by the rapids. It's nice here. A wasp stung my finger on the trip back for the packs. Ouch! We saw a garter snake on the trail. The water in the river is very tannin and is still very discoloured even after filtering. The rapids are quite rocky where we are camped, not the kind you could run. It's 9:30pm and I think I'm going to shut off for the night. There are a lot more mosquitoes today. I wonder where they came from?!

Tues. Sept. 7/04: 23.5 km, 1,650m in 5 portages. *Bill:* It rained in the night from 3am to 7am. We just got out of the tent when it quit. Everything was wet. At 9am we started the last bit of the portage from our campsite. The water is shallow at the put-in and the campsite marked at the end of the portage is down river on the right. The 860m portage was wide. There was a small hill at the start and a nice site at the end. We put on our water shoes and launched into the shallow water and then had a snack at 10:30am. It was a nice winding river after that. We saw 4 river otters but they stayed away from us. We had lunch at the campsite at the start of the portage to Nadine Lake at 11:30am. The two guys from Toronto and Ottawa arrived just as we were leaving at 12:00. They are heading north. We saw a shaggy cow moose eating on the shore. There was a large tree across the river that we went under close to its trunk. The river widened out, but we are still zigzagging our way down it. The sun came out and we saw lots of wildlife along the way. We had a gorp break at the end of the 380m portage at 3pm. We didn't see the campsites that were marked at the 110m portage, but there was a fire ring on the old road bed and the bridge is gone that is on my top map. After the 110m portage we are in more of a treed area rather than marshy. We got to our campsite at the end of the 180m portage around Rolling Dam at 4:30pm. Setup camp and had a small fire to cook biscuits for tomorrow's lunch. In the tent at 8:30pm.

Wed. Sept. 8/04: 25 km, 1,440m in 3 portages. *Janice:* I had a short night and I didn't sleep as well as I might have. Well, we're up and on the water at 8:15am. It is 8 degrees C and there is a thick mist gently rising off the water. There is no wind and the spider webs just sparkle in the sunlight. This is nice! The river is still curving its way through the marsh, but it feels as if we are actually getting somewhere. The site by the 2860m portage to Luckless Lake looked nice and the next one was rustic looking from the water. There is a building marked on my map that was just before this site and we didn't see it. We picked up a headwind in the marsh ponds. Ten ducks flew out of the reeds beside us. There were lots of herons and more ducks. The mist disappeared as we left the ponds. The next campsite looked good, high on a hill; but Bill noticed there were no steps like there were in North Tea Lake. It is such a beautiful day! We had a snack at the end of the 230m portage. It was an easy trail bypassing a rock garden bend. The 930m portage had a good little hill at the start and then a smooth slope down to the river. We are at the end of the portage at 10:45. As we came out to the mouth of the river we noticed the last 2 sites on the north side are together not a distance apart. We carved through the wide channel in the reeds to Cedar Lake where we canoed through choppy waves and a cross-wind until we reached the north arm. The wind died down, but we were still able to surf the waves to Little Cedar Lake. We had lunch from 12 to 12:50 on the campsite just past the 1430m

portage on the SW side of Cedar Lake. Nice site, sandy beach, Bill had a quick dip in the lake. We noticed a complete rainbow in a circle around the sun. We wondered what that meant. After Little Cedar Lake we went under the cement railway bridge. It said 1921 on it. There were 2 tunnels and the first side was blocked by a log jam. Aura Lee Lake has many old logged trees still lying in it. The 280 portage to Laurel Lake was rocky and level. We checked out the island site and didn't like the 3 walled open toilet pit. It was smelly and the island was too small. We are on the 2nd site on the north shore. Great site with a leveled tent pad. I had a nice splash in the lake at the front of our site. We have the lake to ourselves except for the loons, the beaver and the herons. Too many mosquitoes.

Thurs. Sept. 9/04: 14 km, 600m in 2 portages. *Bill:* Last night there was a swarm of large black flies between the fly and our tent. They were bouncing around up there when we had a light on and it sounded like rain. Rain is what started when we got up at 7am. It rained enough that we put up the rain fly. We were on the water at 9:50am. There was a nice small falls at the Cauchon Cr. to the left of the 140m portage to Little Cauchon Lake. The portage was $\frac{3}{4}$ uphill and $\frac{1}{4}$ downhill with no leveling out. We had a snack break at the end of it at 10:20. Saw the railway bridge from the portage. We had a northwest wind against us most of the way. It wasn't too hard, but the rain kept changing from drizzle to rain. Between the two lakes we went under an old road bridge and then a railway bridge. We had lunch at 12:00 at the 1st campsite on the south side of Cauchon Lake. It had one of those closed in outhouses, but it was too close to the water. The old railway bed runs along right behind the site. The 460m portage to Mink Lake is rocky and we crossed the railway bed. We are at the 2nd site on the northern side of Mink Lake at 1:30pm. It is nice and open at the front with a bench cornering the fire pit. It has rained all day, but at least it didn't pour down and we had no thunder so we were still able to canoe. We set the tarp up and then the tent. We gathered relatively dry wood and cooked bannock for Friday's and Saturday's lunches. It has stopped raining, so after supper we took down the tarp and made everything ready for an early start tomorrow. *Janice:* No mosquitoes today! 12 degrees C for almost the whole day.

Fri. Sept. 10/04: 16.5 km, 5,710m in 5 portages. Happy Birthday Mom! Hope you enjoyed your chocolates! We woke to thick fog out on the lake, which later on opened up to a beautiful looking mist. Some mergansers were swimming about in front of our site and a busy squirrel scolded us from above. We left camp at 8:30am and headed south. It was 10 degrees C. We pushed up the creek to the 1230m portage. We finished the portage at 9:15 (one carry). It was a slow climb up (10m) with a wide smooth level center section and a gentle slope down. There was an old cement and brick ruined building at the end of the portage. It was the size of an old large barn. We took some pictures; neat. We had a meandering paddle through the pickerel weed in the center of Club Lake. The south end of Club Lake opened up to be a nice lake. Next we took the right channel into the marsh and decided we did ok because halfway through it looked as if people either dragged or portaged into our channel. The channel twists along and a portage sign with an arrow on it is placed about $\frac{3}{4}$ of the way through, to let you know you are going the right way. There is a rock path at the start of the portage and a creek drains into the marsh. This is a 650m portage and it elevates slightly (20m) and levels out. At 10:30 we are heading across Mouse Lake to do the 1720m portage to Mink Cr. This one we did in 1 1/2 carries. It goes 40m up and 10m down. It's mostly all uphill, levels out a bit in the middle and a shorter downhill to the end. We had lunch at the end and left at 12:10 down a twisty creek

through the marsh. We did the 230m portage in a one carry. Big Thunder Lake is nice with one good looking site. Our last portage for the day was 1680m into Erables. It went up 20m and down 20m, but you didn't notice as much because we turned up, down, and around. There were some pretty rocky and rooty spots on this one. We are on Erables, pumping water at 1:45pm. We paddled north and chose the site on the large northeast peninsula. It has 3 level tent pads and we were here at 2:45pm. We had a good afternoon. It's a beautiful sunny day, 23 degrees C at supper time with not a cloud in the sky. We have lots of birds entertaining us; geese, loons, cormorants, seagulls and an osprey. All that portaging today certainly makes me feel like I earned my supper. We had a pretty sunset at 7:30pm.

Sat. Sept. 11/04: 0 km. *Bill:* Saw the sun at 7:20am. Janice heard a Barred Owl last night. For us this is a rain day, in case we had to catch ourselves up to our trip plan, so we get to stay and play. It started off sunny and then some cloud and wind came up, then it cleared away again, but the wind stayed all day. We were able to wash our hair at the back of the site and rinse off some clothes and have them dry. We gathered some wood to make campfire bread. We saw a mouse come out from the fire pit last night and skitter around. We wondered what it will do when we light the fire. There were 11 mergansers that swam by and dove under the water in unison. We sunbathed on the flat rocks at our site. It was a great afternoon. We cooked our campfire bread and never saw the mouse. The fire pit has a large rock slab on the lake side, which helped block the wind for cooking. We never saw a soul all day until a canoe came from the northwest end pretty late. They went past us on the far shore and finally got to their site down the lake at 7pm. It is clouding over again. I hope it blows away in the night.

Sun. Sept. 12/04: 12 km, 2,210m in 4 portages. *Janice:* It thundered and started to rain at 5am. I blinded the mouse taking its picture last night. We woke to gray jays calling at each other, 15 degrees and no no-seeums. We are on the water at 9am. The sky is threatening, but there is no rain. We did the 180m portage around a log jam. There is a nice campsite ½ way through the portage. It is along the small marshy pond at the end of Maple Lake. There were lots of submerged black rocks and a beaver dam to push through as you head out. Maple Lake was nice, 3 islands with sites. Next we did the relatively flat 450m portage. It crossed a road. Our sky is still heavy and threatening, however a few blue spots are peeking through. At 10:30 we are on Ratrap Lake, a nice lake with only one site facing the portage. We took the channel to Dahinda Lake where we saw 2 cormorants stately sitting in the middle of the lake on a painted rock. The 1130m portage to Boggy Lake had a slow climb up. We frightened 2 grouse and they took off in a loud flap. We crossed the road again and Bill slipped and nearly fell on the slippery moss on the clay trail as we headed back into the bush. I surprised a large brown garter snake and he slithered off into the grass. We climbed a bit more and then down to finish. There are 2 canoe resting spots along the way. Boggy Lake was ok with marsh shrubs around its banks. The 460m portage to North Sylvia Lake was relatively flat with a sandy beach put-in (here at 11:45). It was a quiet calm lake that we paddled to the north end to find the sites quite unused and rustic; so, we paddled back and had lunch at the site just to the north of the portage. We decided to check out the only other site south of the portage. Bill liked it and we are here at 1pm. We set up camp and a tarp for the wind and are making

biscuits for tonight and tomorrow's lunch. The sky is looking much better at 4:30, blue and cloudy, not grey. Chores done we sat and watched the sun set. The woodpecker has left and only the raven and the loons are saying goodnight. It certainly is a quiet lake; no one has gone through today.

Mon. Sept. 13/04: 12.5 km, 3,380m in 2 portages. *Bill:* Janice woke up to a wolf howl last night and if she'd shook me harder I would have heard more than just the "tail" end of it. We were on the water at 9am. We saw a cow moose and it's calf on the left shore just before we got to the 520m portage. We did the portage and paddled to the north end of Three Mile Lake. The start of the 2,860m portage is easy to find because it looks like a roadway. We had a gorp break at the campsite at 10am. We could tell we were getting back to the more traveled area because there is more garbage about. We started the portage at 10:20 and walked on a nice cart trail that we could walk beside each other. It was nice and flat also. When the portage broke away from the cart trail it was still pretty good walking. The last 200m was downhill. There was a young group coming up the hill and they were finding it very hard to get to the top. Once again we were going the right way. We were on the calm water of Manitou Lake at 11:20am. We paddled southwest down the lake and had lunch at the far end of the 2nd island at 12:15. We were at our campsite at the next point on the left, halfway between the 420 and 560m portages to North Tea Lake at 1pm. We set up camp and decided to explore the 560m portage. The rapids were normal looking at the bottom, but after climbing the hill portage (mostly up) there was a campsite and beside that a nice secluded falls where we took pictures and walked in the water. We were back at camp at 4:30 and Janice had a chance to wash her hair, so I did too. There was a flock of Canada geese that flew into the marsh across the lake and later they made a noisy exit. The sun has set behind the rolling hills at 7:05 tonight and we are getting ready for bed.

Tues. Sept. 14/04: 13.5 km, 4,590m in 5 portages. *Janice:* We are on the water at 8:10am. We are taking the 420m portage into North Tea Lake. The site just before the portage looks nice from what we can see of it. This portage is also steep, up almost 100 feet, a steep start leveling out and then some more slow climbing. When you finish the curve it is all downhill from there, it feels much shorter than the climb. There is not much movement on North Tea Lake; a couple canoes in the distance; that's it. We paddled along the north shore to the 1,950m portage and followed either a small moose or a large deer trail along the sandy beach and into the site to the west. This was a nice site with a great beach. Well back to our portage. It climbed over 100' and went down a bit at the end. It felt long; there were lots of slow ups and downs throughout the climb. It went over a creek, along it and by a swampy gassy smelling pond. There was an old broken stove lying by the little wooden bridge over the creek. We were on Lorne Lake at 10am and drifted in the breeze, snacking on granola bars. We started the 1,560m portage to Kakasamic Lake at 10:40 and finished at 11:15. This one had lots of elevation lines to cross and was marshy at first. We went up some and down a lot, up some more and down to the end. We are seeing some nice colours; the leaves are starting to turn; maples and evergreens. There is no one doing this route and no one here, just the moose tracks. We had lunch at the last site on the right just before the portage to the pond. It was a rustic site, nice fire pit, new thunder box; hard to find a level spot for your tent though. There

are 3 otters fishing in front, but they disappeared when they spotted us. The 460m portage had a steep start up and over a hill. There was nothing in the pond. The 200m portage to the pond end of Mattawacka Lake was along a hillside. The first part of Mattawacka Lake was low and had a soft mushy bottom that we stuck our paddle down 3' and still we felt no bottom. It opened up and we headed out into Mattawacka Lake. The first site was in the cedars, open and a rustic bench, but not much sun was going to penetrate. The site closest to the 1,650m portage to Fassett Lake was ok, but I didn't know where I could put our tent, nice lunch spot. We ended up on the west side of the lake on a tiny point, rock front, small notched bench, and a brand new thunder box. You couldn't put a second tent here unless you set up tight together on top of blueberry shrubs. The small lake has some rock islands and treed rock islands. Not a soul around, crickets, dragonflies and birds. There must have been an otter here sometime, as there is lots of shelly pooh around. I am still waiting for that red sunset.

Wed. Sept. 15/04: 15.5 km, 5,620m in 6 portages. *Bill:* We heard a lot of ker-splashing last night by our site and in the morning we found fresh cut twigs on our rock front. It was a beautiful morning. We left camp at 9:30am to do a day trip to see if it was possible to do the canoe route through to Manitou L. as we had planned. Al at the Access # 1 told us the last group that went there had a hard time getting through because the water was low. This is another rain day for us so we are keeping our camp on Mattowacka L. We paddled to the 1,650m portage. It was a nice trail and fairly level. At the other end we pushed through the pickerel weed at 10:30am and had a gorp break. Fassett Lake is kind of large and the wind was picking up. The good thing was that it was at our back. The 1,040m portage to Shada L. was up and down a hill at the start and up and down a hill at the end with the middle a little rougher than the last portage. We were on Shada L. at 11:20am. We checked out the island because it was burnt down. There was supposed to be a campsite there but it's gone now. We wondered if it was started by campfire, smoking or lightning. (We found out from Al at the end that it was started by campfire.) The campsite on the shore behind it is still there and will probably get used more now. We could tell as we got to the end of Shada L. that the water level was low. We had to walk another 30m to the start of the 120m portage through the tall grass from the log/beaver dam. We did the 120m portage to the marsh and found the channel impassable. The water was about a foot lower than normal judging from the mud banks. This showed us what we wanted to know and we decided to backtrack our way from our camp to North Tea L. tomorrow. We had lunch at the start of the 120m portage from 12:30 to 1pm. When I went to get up I found I had pine sap on the seat of my pants. The pine tree over us must have dripped it on the rock. It was hot with a hazy sky. We were at Fassett L. at 1:50pm. The wind was now blowing against us so we crossed the lake and stayed by the left side. We checked out the camp sites along the way and most are small and not much room for tents. The one in the middle of Fassett L. looked good. We washed up and made bannoch for tomorrow and the next day's lunch. It is hard not to eat it when it is just cooked though. We thought we might get a thunder storm but it cleared away and the wind has died down.

Thurs. Sept. 16/ 04: 12.5 km, 4,590m in 5 portages. *Janice:* We had some sort of small rodent at my vestibule after we went to bed. I finally swatted the tent wall and it left. Bill

was sure he heard a squirrel bounce off the canoe and hit the ground by the tent fly and then stumble off. He definitely saw a squirrel. Wow! We had our breakfast, packed up and left at 8:30am. It is a very hazy morning and we had red clouds before sunrise. I don't think that is good. We are backtracking our past Tuesday. We did the 200 and 460m portages. They were easier this way. It has started to drizzle. We started the 1,560m portage to Kakasamic L. at 9:40 and finished at 10:20am. It is a hard climb in the middle and the marshy area is quite slippery now that it is raining and drizzling. We had a snack at the end of the portage and headed off across Kakasamic L. The 1,950m portage was long and you had to watch your footing. We started at 11:15am and we walked the side trail into the campsite beside the portage on North Tea L. at 11:50am. We had lunch and because we were booked for Manitou L. we decided to go. The wind was in our back so off we went after donning our rain suits. Boy, it was a good thing we did; it rained like it has never rained. Bill says the rain beat down the waves. We only had 2 km. to go to the portage but it was hard to get a bearing because you couldn't see because of all that rain and wind. Well the rain let up a bit and we surfed in on the waves. We did the 420m portage to Manitou L., checked out the campsite there and decided to head to the next site to the east, which happens to be the site we left Tuesday. It has a nice open front and we knew if the rain stopped we could dry out our stuff. A bald eagle was high in a tree beside the site, welcoming us. It is 4:00pm and the rain has quit for a couple of hours, but the wind is wild. It is from the southwest and getting cooler. We tried to put up a tarp to stop some of the tremendous wind, so we could run our stove to make supper. It was so strong we were concerned it might tear the tarp. I found a spot on our northwest side where we could hide amongst the boulders on the lakeshore. We had a curry rice dinner and chocolate for dessert and went back up on the site to do dishes and chores. We climbed to the top of the cliffs to see what we could see, watched the sun disappear and took a couple of snapshots of the golden rolling hills. We are in the tent early with the fly all closed to keep out that nonstop wind. I hope it rests tomorrow.

Fri. Sept. 17/04: 12 km, 560m in 1 portage. *Bill:* It was a cool morning; only 8 degrees C. We were on the water at 9:00am and headed for the 560m portage. In the bay before the portage, at the little creek on the left, we saw a cow moose eating in the water. We took some pictures and left it alone. A plane went over and it didn't leave. We looked back and it was swimming toward the south shore. A minute later we saw why. There was a black bear going in the same direction the moose went. Shortly after that, another moose swam across in the same direction. We thought maybe the moose circled around, but then why would it chase the bear? We were glad we came this way to see all this happen. As we were doing the 560m portage, Janice saw a bear going up the hill. She went "ahh" and the bear looked at her and she looked at it. She then yelled "a bear" and it took off up the hill through the bush. I was able to see the tail end of it. We stopped at the camp site on the portage and went over by the falls. We had left our towels out in case we wanted to have a dip. Although it was cold I slowly got wet and sat under the falling water. It felt good but I didn't stay in long. With a little encouragement Janice went in too and came back out even quicker. We certainly were refreshed! It was 10:15am so we had a gorp break at that site and then carried on. We had lunch from 11:30 to 12 noon on an island before the narrows of North Tea L. We saw a rainbow around the sun and the last time we saw that it rained most of the next day. We had reached a high of 11 degrees C.

We were on our site for the night on the last camping island before the west end of North Tea L. at 1:15pm. We paddled against a head wind to get there. We set up our camp on the westerly end of the island. There are small motor boats on this lake. Janice heard one and looked out. It met a bunch of canoes on the lake. As we watched a white canoe was lifted onto the motor boat, turned over and put back on the water. The white canoe must have tipped. The motor boat took them to the campsite across from us. We made a small fire in the evening as the temperature was going down. Janice finally got her red sunset. About 7:30pm 2 canoes were headed toward us till they saw we were here, then they headed off to find another site.

Sat. Sept. 18/04: 9 km, 410m in 2 portages. *Janice:* We woke to a misty sunny morning. It was 6 degrees C. in the vestibule and 2 degrees C. outside; a rather cool night. We left at 9:45am and headed west with a tail wind to the 260m portage to Amable du Fond R. Here we met up with the older couple and their grand daughter from the cabin by the 560m portage to Manitou L. We met them a couple more times on the way out. We paddled ahead and finished the 150m portage at 10:30am; snack time. I tried to get a picture of a great blue heron in flight, but the silly thing just walked alongside us. We headed across Kawayaymog L. with a cold north cross wind. We are off the water at 11:50am and after a chat with Ranger Al we are on our way home.