

Re.: Addendum to "Sop's Arm (proper) Hiking Trail" Environmental Assessment registration documents.

Dear Environmental Assessment Division:

Please note the following amendments to the above Environmental Registration.

Amendment 1:

In the Registration document, in sub-section (i) (Geographic Location), under the section "Description of the Undertaking", the document refers to one overview map showing the entire trail system and 3 accompanying maps showing sections of the system with waypoints. **Due to colour printing constraints, this was changed. Only two hard copy maps were submitted as a result, and one digital copy for the CD-Rom submission. The hard copy maps show two separate sections of the trail, which together form the complete trail and contain the waypoints as explained in the accompanying "Long Steady Barrens Trail Guide".**

Amendment 2:

In the document entitled "Long Steady Barrens Trail Guide", page 4 is missing due to poor copying. **Page 4 containing the missing waypoints and descriptions for trail "c" and trail "d" is attached.**

Sorry for any inconvenience.

Derek Kennedy

Chair, White Bay South Tourism Committee

President, Bannikin Inn The Wild

Registration for Environmental Assessment

NAME OF UNDERTAKING:

Hiking Trail Development Proposal: Sop's Arm/Jackson's Arm area, White Bay South.

PROPONENT:

- (i) **Name of Corporate Body:** White Bay South Development Association
 - (ii) **Address:** GD, Sop's Arm, NF A0K 1K0
 - (iii) **Chief Executive Officer:**
 - Name:** Eli Bishop
 - Official Title:** Chair, White Bay South Development Association
 - Address:** GD, Pollard's Point, NF A0K 4B0
 - Telephone No.:** (709)482-2344
 - (iv) **Principal Contact Person for purposes of environmental assessment:**
 - Name:** Derek Kennedy
 - Official Title:** Chair, White Bay South Tourism Committee (and President, Northern Exposure Tours Inc., a.k.a. Bannikin Inn The Wild)
 - Address:** GD, Sop's Arm, NF, A0K 5K0
 - Telephone No.:** (709)482-2250
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THE UNDERTAKING:

- (i) **Nature of the Undertaking:**

We are proposing to develop a system of hiking trails that run between Sop's Arm and Jackson's Arm. The trail system consists of sections of existing trails and new trails. The existing trails are trails presently used by locals for snowmobile access in the winter. Some of these trails are presently cleared; others are very overgrown and no longer used. The new trails are where we propose to develop new routes that do not already exist. In both cases, appropriate trail work will be required (see section on 'Construction', for details).
- (ii) **Purpose/Rationale/Need for the Undertaking:**

We are developing these trails for the purpose of hiking, NOT snowmobiling. Its use for backcountry skiing and snowshoeing is still being evaluated. However, it has been skied and snowshoed to actually map the trails for this (summer/fall) hiking trail proposal and is very appropriate for such recreational activity. Very few locals presently use these trails, and mainly use only a few sections of these trails during winter for purposes of getting firewood. Again, winter snowmobile use on these trails does not make sense, there is much more and suitable trails available for recreational snowmobiling. Thus, winter snowmobiling on these hiking trails will not be promoted in any way, and furthermore, are expected to diminish over time as wood is depleted and lifestyles change.

The hiking trails will be suitable for both guided and self-guided activities and will be for public use. The development of these trails will impact the community in several ways. The trails will provide a place for residents of the surrounding communities to enjoy healthy, outdoor recreation in their own backyard. Trail

development also increases the tourism appeal of the area. A well developed and maintained trail system can enhance the experience of visitors and encourage them to stay longer in the region, creating economic benefits to surrounding business and tourism operations. These trails will not only promote physical well being but also educate the user on the flora, fauna, geology, and cultural history of the area through interpretive panels and pamphlets.

DESCRIPTION OF THE UNDERTAKING:

(i) Geographic Location:

The trail system is located in the Sop's Arm/Jackson's Arm area, White Bay South. An overview of the trails is marked on one of the attached maps. There are four maps attached. One shows the entire trail system, the other three are blown up sections of the trails with waypoints marked on them. These blown up maps are to be used in conjunction with the attached 'Long Steady Barrens Trail Guide' which describes the trails in detail, as discussed in the next section 'Physical Features'. All of these maps are sections of map taken from Jackson's Arm, 12 H/15, Edition 3, of the National Topographic System of maps. The scale is marked on the bottom of the map; the contour interval is 10 meters.

The legend is as follows:

Blue – protected water supply boundaries

Yellow – proposed new trails

Pink – existing local snowmobile trails

Green – existing groomed snowmobile trail, maintained by local snowmobile club

The trails are a series of loops that run from Sop's Arm in a northeast direction towards Jackson's Arm along Long Steady Pond, Round Pond, and Second Pond. This trail has three entry points: the main road leading into the community of Sop's Arm; Bannikin Inn The Wild, a lodge and adventure tourism operator; and the old Jackson's Arm Road.

(ii) Physical Features:

The physical features along each section of trail are noted in detail in the attached 'Long Steady Barrens Trail Guide'. The trail guide is to be used in conjunction with the three blown up maps that have waypoints marked on them. The waypoints correspond to the points listed on the trail guide. Details such as type of vegetation, soil stability, elevation, terrain, stream crossings, and existing infrastructure such as roads, trails, cabins, or other buildings are noted. The trail guide also notes places where the trail comes handy to any streams, brooks, or ponds. Appropriate buffers (i.e. minimum of 15 meters) will be given to the various bodies of water. Trail work that will need to be done is also noted in the trail guide. All trails will need to be marked and maintained. Further details explaining trail work are outlined in the following section 'Construction'. The lengths of the sections of trails are as follows:

- Proposed new trail – 11.20 km.
- Existing local snowmobile trail – 6.33 km.

- Existing groomed snowmobile trail – 2.33 km.
- Total length of trail – 19.86 km.

(iii) **Construction:**

The trail work noted in the field guides and further explained in this section is work that is needed to be done in order to bring the trails up to standards for public use. Our intent is to keep the trails natural looking, using materials that will blend in with the natural environment, and introducing infrastructure only when necessary to protect the environment (i.e. bridges for stream crossings and boardwalks over bogs). Topographic conditions, soil types, trail grades, design techniques, drainage, and trail features have been taken into consideration when establishing this route.

Type and quantity of trail work needed:

- **Clearing (cutting, pruning, debris removal)**

When clearing the trails, vegetation will only be removed to the degree necessary. Small trees and shrubs that grow quickly over the trail tread will be removed whereas low lying vegetation will be left along the edge of the trail. Any branches or trees that would appear to block the right of way with a little snow or wind will also be removed. Any large or significant trees will be left alone and the trail right of way will be designed around such growth that will add to the aesthetics of the trail. Where new trail is developed, the trail right of way will be about 1m. wide and 2-2.5 m. high, allowing for a single file passage of hikers. All debris including exposed rocks, roots and branches will be removed from the ground as they are tripping hazards. Pruning will be necessary during and after construction and will be done with care. Branches will be pruned to the collar of the branch stem and placed out of view of the trail, with the butt end pointing away from the trail and with the branch touching the ground to promote decomposition.

Approximate amount of clearing needed – 11.46 km.

- **Drainage**

Where the ground has a tendency to be wet, drainage methods will be applied, thus creating a durable and stable trail tread. The most obvious drainage technique that will be applied is the construction of boardwalk over bog areas. In other areas where the soil is wet, but more stable than a bog, less intrusive methods such as ditching will be applied. Areas where ditching may need to be applied have yet to be determined, but will become evident once the snow melts and the ground stability can be examined more closely.

The boardwalk sections can be constructed from rough lumber. For every 8 foot section, a 9 foot log will be cut into 3 foot lengths and 2 pieces of 2x8 will then be secured across the logs 1 inch apart from each other.

Approximate length of boardwalk needed – 300 meters.

- **Surfacing**

This refers to preparing the trail tread for traffic by placing some sort of material on the ground to walk on to minimize soil erosion. Once clearing and drainage is done, the tread is ready for surfacing. We propose to use

natural wood chips on the surface of the trail tread where the ground needs to be stabilized. We prefer wood chips to crushed stone because it will blend better with the natural environment, it is softer and quieter to walk on, and it is easily obtained from local mills. Once again, the amount of surfacing necessary will be assessed once the snow melts. No surfacing will be required on any of the barren areas or on any hard ground.

- **Stream Crossings**

All crossings will be at the narrowest and most stable section of the water body and away from curved sections that are prone to erosion. High and low water marks will be surveyed to ensure the crossing is well above the water line at all times. For crossings 3 m. or less a short timber bridge or series of stepping stones will be used. Short timber bridges will be constructed by placing 2 logs across the stream, anchored directly to the banks or attached to some sort of stable cribbing. Planks or small logs are then attached perpendicularly to the 2 logs for the walking surface. For streams of shallow water, stepping stones may be a sufficient crossing. They have a more natural appearance, are less likely to block debris, and require very little maintenance.

Number of stream crossings needed – 7 (bridges – 5, stones – 2)

- **Lookout Benches**

These will be very simple benches, constructed by securing two posts into the ground and placing one piece of 2x8 inch lumber across the top as the platform of the bench.

Number of lookout benches – 4

All of the trails will need to be blazed with markers and maintained regularly.

The trails for this project are set to undergo construction as soon as spring allows, when snow is off the ground and suitable ground conditions apply. This has been discussed briefly with Mr. Scott Graham of Human Resources Development Canada (HRDC) and there is a good chance that this scenario can apply.

Potential sources of pollutants for this project are practically non-existent; limited to gas and any garbage (ie. solid waste) potentially discharged or left around by workers. All trail crew workers will be educated on the practice of “pack in, pack out” to ensure no waste is left behind. The amount of gas present will be minimal, requiring only enough to operate a chainsaw. One extra tank of gas will be kept on hand, and brought in and out each day. A few trips with an ATV may be necessary at the beginning of the project in order to drop the lumber for boardwalks at a central location.

We do not foresee any potential causes of resource conflicts, since the trails for the most part are already there or have been used in some way or another in the past. The trails have been discussed with many members of the community through groups such as the White Bay South Development Association and White Bay South Tourism Committee, and others. The only existing use these trails have are for snowmobile access in the winter. Very little impact will occur to

locals and anything else foreseen due to the nature of the trail development and location.

(iv) Operation:

The trails are to be used for tourism and recreational purposes. The trails will be designed for guided and self-guided hiking, walking, or backpacking, promoting physical activity for a healthy lifestyle. With maintenance and upkeep, the trails are expected to be a long term operation. Potential sources of pollutants during the life of the trails would be limited to any solid waste left behind by hikers. By educating the trail users on proper trail etiquette before using the trails, this potential pollutant source should be minimized. Garbage cans are not necessary, as hikers will be required to practice “pack in, pack out”, maintaining the natural integrity of the trails as much as possible. Education in the community through newsletters and other sources, including possible displays on the trails, will help minimize any garbage being left behind. One outhouse is planned for location in the middle of the trail system, around the Round Pond area, and none will be located in sensitive areas within the Protected Water Supply Areas. Overall, we do not foresee any resource conflicts with the operation of the trails.

(v) Occupations:

(*** DOES NOT SEEM TO APPLY FOR THIS PROJECT)

(v) Project-Related Documents:

No project-related documents have been generated by or for White Bay South Development Association.

APPROVAL OF THE UNDERTAKING:

There is no municipality for Sop’s Arm, only a local service district. A list of most or all licenses, permits, approvals and other forms of authorization required for the undertaking are listed in Appendix C in the Crown Land application.

SCHEDULE:

This project will commence at the earliest in May 2003, and may extend into the fall of 2003, up until November or December if any unforeseen delays occur. No delays are expected and the project should be completed by July, 2003.

FUNDING:

Funding for this project has been applied for through Human Resources Development Canada. We have dealt with Mr. Scott Graham (Programs and Services Officer), PO Box 2004, Corner Brook, NF, A2H 6J6. A complete budget for the project is in the project description below.

Date

Signature of Chair, White Bay South
Development Association

Trail Development Budget

All trails will be designed and developed in consultation with the Appalachian Trail design, construction, and maintenance standards. Exact routing of the trails will be done with environmental protection first and foremost in mind, designing the layout to minimize impact in ecologically sensitive areas and to minimize trail breakdown.

The trail crews will be expected to help plan the trail routes, clear and mark the trails, and take inventory of viewpoints, water features, vegetation, and geology along the way. The trail crews will be required to have a sound knowledge of ecologically sustainable and environmentally friendly practices, knowledge of the natural environment, and knowledge of safety and operation of trail tools required. Previous experience in trail development would definitely be preferred. Supervision and direction will be provided by Bannikin Inn The Wild's Group and Program Director, Ms. Carolyn Staple. Ms. Staple is also Chairperson of the Sustainable Tourism Committee with the Adventure Tourism Association of Newfoundland and Labrador, and Co-Chairperson of the Newfoundland Chapter of the International Appalachian Trail Association. If a day of training is necessary, Ms. Staple will easily organize and provide.

Bannikin Inn The Wild is a major adventure tourism company located in Sop's Arm that will open during 2003. Along with other business and development partners, we believe the trails are crucial to a successful tourism industry in the White Bay region. Given Ms. Staple skills and experience, she is happy to supervise and oversee this project, on behalf of the White Bay South Development Association.

In order to achieve the task at hand, a proposed crew of **4 people**, including 1 trail foreman and 3 general workers, for a period of **12 weeks** is estimated. This does not include the time and expenses for Carolyn Staple, the overall Supervisor. The suggested rate of pay is **\$413/wk.** for the foreman and **\$340/wk.** for the general workers for a **40 hour work week**. With these figures, the total amount of funds required for wages comes to **\$21,860**. Additional funds for equipment rental and purchases, transportation and miscellaneous items are also required.

PROJECT BUDGET

****** Bannikin Inn The Wild's contribution***

Supervisor @~60 hours, including planning, training and supervision	GIK
Crown land application fees, Environmental assessment fees, protected water supply area stream crossing/bridge etc. fees, other TBD	GIK
Satellite phone (periodically)	GIK
Office space, materials, phone and internet use	GIK
Approximate value GIK	\$2,000

****** HRDC Potential Contribution (under JCP)***

1 workers @ \$413/wk. for 12 weeks (@40 hrs/wk.)	4,956
3 workers @ \$340/wk. for 12 weeks (@40 hrs/wk.)	12,240
3-4 walkie-talkies	400
Trail building tools – Chainsaw (1) and gas tank, Bucksaws (4), Axes (4), hammers (4), shovels (4), rakes (4), pruning shears (2), chainsaw and trail safety gear (pants, reflective vests, first aid kits, etc)	1,200
Trail building materials – 1000 ln.ft. 2"x8"x8', 500 bd.ft. 1" board, some 2"x4", nails, spikes, rope, gas and oil, reflective markers	1,600
Contingency	604
Total Funds needed	\$21,000
Estimated Total Project Value	\$23,000

Long Steady Barrens Trail Guide

This trail guide is to be used in conjunction with the accompanying maps. The maps are sections from the NTS map Jackson's Arm, 12 H/15. The contour intervals are 10 m. The color coding for the markings are: blue – outlines the protected water supplies; yellow – new trails yet to be developed; green – existing groomed snowmobile trail; pink – existing local snowmobile trails.

Trail 'a'

1a - Bannikin Inn The Wild - Towards the rear of the property lies the trail head. The beginning of the trail climbs gradually on what is traditionally used in winter as an access route for snowmobiles to their main groomed trail. It's about 1.5 m. wide and flanked with a variety of shrubs and wildflowers. The ground can be wet in the spring and after heavy rains due to drainage from the bogs above. Subsequently, a method of drainage, such as ditching, may need to be employed in order to aid in creating a stable and durable trail tread. Minimal pruning will need to be done here as maintenance.

2a - Birches - At the crest of the hill the trail widens to about 3 m., signaling the start of a groomed snowmobile trail. From this point all the way to the shack at waypoint 8a, the trail follows along this wide trail, used in the winter by snowmobiles. This existing trail won't require any pruning as it is already plenty wide for hiking, however it may require some ground work. From here to the next point, the trail runs on fairly stable soil through a White Birch stand. It may be necessary to remove some debris, such as stumps and blowdown.

3a - Brook - This section runs next to a small brook, and will require a boardwalk to cross over a short bog, approx. 50 m. After crossing the bog, the trail goes over a series of rises, dips, twists, and turns. The ground appears stable and will require minimal debris removal.

4a - Junction - The trail branches in 3 directions here, with smaller trails off to the left and the right. Continuing straight on the wide trail, the route dips down into a stream valley and will eventually take you to the top of the Long Steady Barrens. Veering left will bring you downhill and eventually to Little Tickle Pond. Taking the trail to the right will lead you slightly uphill, across bogs and boreal forest along side of Long Steady Pond.

5a - Stream - A small stream crossing is required here. A simple structure in the form of a short timber bridge, approximately 6 feet long should suffice. After crossing the stream, the trail climbs up a small hill to the next point.

6a - Cutover - The trail breaks out at the base of a small hill that has been cut by locals for firewood. There are some cutover areas that the trail will pass through periodically, however much of the trail will be within the protected water supply area, where the cutting of firewood is not allowed. Straight ahead, just beyond the cut hill, you get a glimpse of the top of the barrens. From this point the trail continues to climb gradually to the left. At the crest of the hill the trail flattens out to follow the contour of the land, keeping the barren ridge to the right. At some points the ridge becomes extremely steep

sided and the rock face is exposed. The trees surrounding the trail are sparse and short, small Larch Tamarack and Black Spruce are dominant. Soil stability is fairly good. Some surfacing is the only anticipated trail work needed along this section.

7a - Rock face - This point is directly adjacent to a rock face. From here to the next waypoint, barren vegetation becomes more dominant as the elevation rises.

8a - Shack - A small, run down shack marks this point where the trail forks. It is situated at the base of a barren ridge. The trail to the north continues up through a small cutover towards the top of the south end of the Long Steady Barrens. The trail to the north-east takes you down into the valley and eventually loops around to the trail head at Bannikin Inn The Wild. The trail to the south-west heads out towards Stony Hill.

9a - To barrens - After traveling up a small cutover hill, the trail now heads through a small band of trees before breaking out on top of the Long Steady Barrens. No clearing is needed as the trees are spaced sufficiently to hike through.

10a - Long Steady Barrens - You are now on the top of the south end of the Long Steady Barrens. This point offers a fantastic view out Sop's Arm to White Bay with the Baie Verte Peninsula on the other side. This would be a nice spot for a lookout bench and rest area. The route across the barrens will be on caribou leads or bare rock wherever possible in order to minimize impact on the barren plants. Rock cairns can be constructed to mark the way. As the trail continues along the barrens no clearing or surfacing is needed due to the type of vegetation and good surface stability.

11a - Erratic - A large erratic left behind by a big chunk of glacier ice teeters on the barrens at this point. From here, follow the barren ridge to the north-east until you hit a small pond at the next waypoint.

12a - Small pond - Keep to the right of this small pond as the trail starts to descend gradually down the barren ridge.

13a - Tele hill - The trail goes through a small valley here, with a steep sloped barren hill to the left, perfect in the winter for getting a few tele turns in on skis! The ground here is still very stable. To get to the next point, the trail takes you through a short wooded area. The trees are spaced adequately for hiking through. Minimal pruning and clearing is required.

14a - Barren knob - Breaking through the trees at this point onto a small barren area you should see a barren knob directly to the north and a pond to the right of this knob. The trail heads through the trees to the next barren ridge that lies to the right of this pond. Keep the pond on your left. The trees are a little denser here and may require more pruning and clearing of debris.

15a - Ponds - Traveling down this small ridge you'll pass two small ponds on your left. Keep following along side of the ponds until you hit the base of the second pond where you'll find a junction and stream crossing at the next waypoint. The trail passes through some dense woods that will require some clearing in this section.

16a - **Stream crossing and junction** - The trail branches 3 ways here. Heading south, it winds its way downhill through the trees to the south end of Long Steady Pond. A narrow path has been previously cut here for snowmobile use in the winter. Some pruning and clearing will be required. Heading south west, the trail takes you to the south end of the Long Steady Barrens. Heading north, the trail takes you through boreal forest to the north end of the Long Steady Barrens. A short timber bridge will be required here to cross the stream.

17a - **Brook** - A brook crossing is needed here. The brook is small and would require perhaps just a few stepping stones to get across. After crossing the brook, the trail continues to wind downhill through the trees until reaching the Long Steady Pond. Some pruning will be necessary.

18a - **Long Steady south dam** - The trail breaks out at the base of the Long Steady Pond and goes close to the edge of the pond towards the dam. The trail follows along the right side of the stream flowing out of the pond until meeting the trail again at the bridge at point 5a. This section of trail is characterized by alders and other small trees along the stream banks. The trail will give the stream a sufficient buffer, as will all trails that come close to any streams, brooks, or ponds. Some pruning of branches will be necessary.

Trail 'b'

5b - **Lookout** - From this small knob you can see through the trees to Little Tickle Pond. To the right is the stream running from the Long Steady next to a steep sided rock face. Boreal forest surrounds this point. The trail continues downhill, winding through a White Birch stand. This section of trail is used in the winter as a skidoo trail and is about 1.5 m. wide. This section may require some pruning and surfacing.

6b - **Little Tickle Pond** - this little pond is nestled among the hills. The trail swings left along the north end of the pond and heads up the bank until it hooks up to the main trail again at point 2a. This section of trail is new and will require some clearing. The trees are fairly well spaced, therefore delineating a route through the trees that will necessitate minimal pruning is possible.

Trail 'c'

5c - **Bog** - This is the beginning of a rather large bog area. The trail will skirt around the bog on the left side through the trees on more stable soil so as not to have to construct a long boardwalk. Some boardwalk will be necessary, however, and will also be nice to provide access to the bog vegetation for interpretive and educational purposes. The trail through the trees would require some clearing.

6c - **Bog end** - At the far end of the bog the trail heads on some higher, and therefore more stable, ground. The trees are well spaced, no clearing is required. There is another bog to the left as the trail heads towards Long Steady Pond.

7c - **Long Steady** - This point marks the south end of the pond. From here the trail will continue in a north-east direction traveling through the valley to the north end of the Long Steady Pond. This section of trail will take you through a series of bogs and boreal

forest. The trail will skirt around bogs where possible on more elevated, stable soil. Some boardwalk will have to be constructed. Where the trail goes through the forest, clearing will be required. There is no existing trail along this section up to the end of the pond.

8c - Stream - A small stream crossing structure is required here in the form of a short timber bridge.

9c - Long Steady north dam and junction - this point marks the north end of the pond. A stream crossing is required in the form of a short timber bridge. From here the trail branches in three directions. Veering north brings you uphill through boreal forest and eventually to the top of the barrens. This trail is new and will require clearing through the trees. The trail to the north east takes you along side of a stream farther up the valley to Round Pond, where there is a small cabin. This section of trail exists in the winter as a skidoo trail that connects the ponds and should require minimal pruning. Heading south takes you along the left side of Long Steady Pond through bog land and boreal forest.

10c - Brook - There is a small brook at this point requiring some stepping stones to cross. The trail veers left, following along the ridge of the river valley to the east. As the elevation increases the vegetation becomes less dense, requiring less clearing.

11c - Top of north end of Long Steady Barrens - At this point you have a great view of White Bay to the east, and a larger barren to the west on the other side of the Jackson's Arm Road. This is a great place to spot caribou. A lookout bench and rest area should be put here. Continue along the barrens in a south-west direction until you find a small pond at the next point. There are a few small patches of trees to go through, but they are spaced enough to hike through.

12c - Pond - Go around the pond, keeping it on your left. This will avoid having to cross the brook running out of it. The trail now heads into the woods as it descends the barrens. This is a new section of trail and will require some clearing. It eventually meets another larger pond to the right and the stream crossing at point 16a.

Trail 'd'

10d - First Pond - The trail meets the pond at this point and continues around the west side of the pond through the woods. This is a new section of trail and will require some clearing. The soil should be relatively stable. At the end of the pond the trail meets an existing snowmobile trail that follows along the left bank of a stream until meeting Round Pond and a small cabin at the next waypoint.

11d - Round Pond and cabin - A small warm up cabin marks this point, built by locals and always open for people to use. An oil drum stove is inside, along with benches and a table. A picnic table should be placed outside here. From here the trail continues north east, keeping the string of ponds on your right. This section of trail follows an existing trail all the way to the north end of Second Pond. It is overgrown with alders and other shrubs as it is not often used anymore, and will require extensive pruning and removal of debris.

12d - **Stream** - A small stream crossing is necessary at this point in the form of a short timber bridge. The trail then swings around the pond to the south until it eventually meets the Old Jackson's Arm Road.

13d - **Old Jackson's Arm Road** - This was the road used years ago to connect the communities of Sop's Arm and Jackson's Arm. It is a narrow dirt road still traveled by some locals by 4WD, ATV or snowmobile. This is another entry/exit point to the Long Steady Barrens hiking trail system. You can head either south to Sop's Arm or north to Jackson's Arm to get to the main road.

Trail 'e'

1e - **Salmon House Point** - This is one of the entry points to the trail, starting at the side of the road into Sop's Arm. This route takes you up a steep climb over a rock ridge. The ground is either bare rock or covered with barren plants. The rock is stable and not prone to erosion, there is not much soil present. Care must be taken when traveling over this section with regards to personal safety. Avoid loose scree and particularly steep sections. Stick to the small valleys while ascending, and stay on caribou paths or rock where possible to minimize impact on barren plants.

2e - **Stony Hill** - A magnificent panoramic view is offered from this point, a perfect spot for a lookout and rest area bench. To the east are Sop's Arm and its islands, beyond which you can see the Baie Verte Peninsula on other side of White Bay. To the south are White Hills and Pollard's Point. To the west is a beautiful view of the Main River winding its way down the valley. Finally, panning north you see a long barren ridge that runs parallel to Jackson's Arm Road, a prime area for spotting caribou. From this point the trail goes through small patches of sparsely treed areas, mostly Larch Tamarack and Black Spruce, and follows the barrens as much as possible. No cutting is required as the trees are adequately spaced to hike through.

3e - **Wood cut** - The trail breaks out onto a clearing here where locals have been cutting firewood. Traveling up the hill directly ahead, you enter a wooded area, consisting mainly of Black and White Spruce, Balsam Fir, and White Birch. Once again, no cutting is required due to adequate spacing of trees. Minimal pruning will be necessary. The ground is hard and will stand up well to traffic.

4e - **Woods** - The trail heads downhill through the trees. No cutting is necessary here. It then breaks out into the open on what is used as the groomed skidoo trail in the winter. Head for the small shack that you see across the clearing at waypoint 8a.