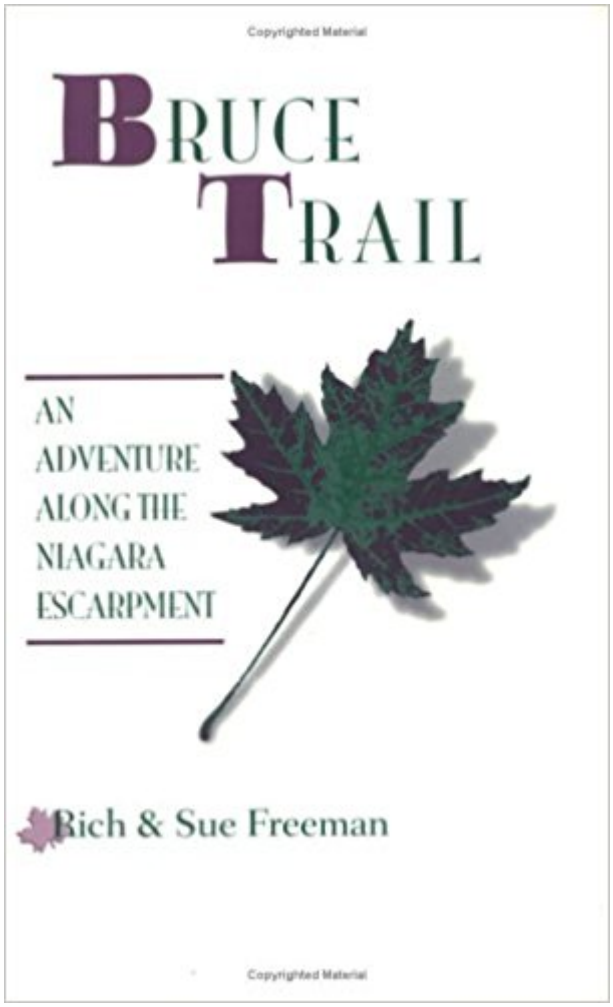
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# Bruce Trail - An Adventure Along The Niagara Escarpment (Trail Guidebooks)




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## Synopsis

Come along as experienced backpackers take you on a five week journey over the rocky spine of the Niagara Escarpment in Ontario, Canada. Explore the now abandoned Welland canal routes, caves formed by crashing waves, ancient cedar forests, and white cobblestone beaches along azure Georgian Bay. Centuries ago the forces of nature created the Niagara Escarpment, a ledge of limestone spanning from New York State, through Canada, to Michigan. Most people, if they've heard of it at all, know it only because the escarpment creates Niagara Falls as the Niagara River spills over its edge. The Bruce Trail follows the Niagara Escarpment from its Canadian / U.S. border at Niagara until it dips under Lake Huron at the tip of the Bruce Peninsula. A walk along this unique corridor takes you through three distinctly different regions. The southern segment is a narrow green corridor through a populated area in southern Ontario. It's a wonderland of waterfalls with fields of touch-me-nots and panoramic views of ships plying their way along Lake Ontario. The central section becomes remote and hilly. The escarpment often disappears into the hillsides, only to pop dramatically out again when you least expect it. Through the northern section, the walk is along azure blue waters of Georgian Bay, often high on the escarpment ledges. Join the adventure, even from a comfy chair, as experienced backpackers Rich and Sue Freeman take you along on their five hundred-mile trek along the Bruce Trail. Their daily journal will make you feel the blisters and savor the views. Help them identify an evening camp visitor and cool off with them as they dive into the icy waters of Georgian Bay. Learn trail tested wisdom from a couple who have worn over 2,700 miles of trail dirt into their hiking boots in under two years. Whether the reader is planning a long distance hike of their own or merely dreams of big adventures, they'll enjoy this ramble along ! a truly unique part of North America. Along the way they'll learn about the history, the flora and fauna, and the people who populate the Niagara Escarpment.

## Book Information

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## Customer Reviews

"A well-written and much needed addition to long-distance hiking literature. This book will inspire and help others to experience the beauty of the Bruce Trail." -- Warren Doyle, Ph.D., Founder: Appalachian Long Distance Hikers Association, Director: Appalachian Trail InstituteA well-written and much needed addition to long-distance hiking literature. This book will inspire and help others to experience the beauty of the Bruce Trail. -- Warren Doyle, Ph.D., Founder: Appalachian Long Distance Hikers Association, Director: Appalachian Trail InstituteI liked this book a lot. Perhaps it is the detailed, black and white photographs or the well-written prose. By the end of the book I felt I'd known the Freemans, the land and all that lives upon it, all my life. Now I'm not going to go off on a trip along the Bruce Trail. Though the Freemans do share more than a wee bit of hiking wisdom. I will explore from my comfy couch or loveseat as I dream of escaping my children for awhile. Whether you are an athletic wonder, an armchair wannabe or never was, then you will enjoy this book. I liked it. -- Leann Arndt, Buzz Review NewsThe Freemans don't hesitate to mention the challenges and annoyances that test their resolve. Their observations aren't meant t discourage through hikers. It's an honest appraisal meant to remind readers this isn't a walk through a manicured park. And, there's no shortage of enthusiastic descriptions of the many beautiful and interesting natural, cultural, and historical attractions along the Bruce Trail. -- Robert Preidt, Bruce Trail NewsThese veteran backpackers intersperse valuable trail tips. The epilogue on trail routine and equipment is a step above many of the sound-alike hiking primers that litter bookstore backpacking shelves. -- W. E. Reinka, Independent PublisherThis book is a good introduction to long distance hiking. It is essentially a journal of the daily events in the authors' end-to-end hike of the Bruce Trail presented by Sue Freeman. Long distance hikers will recognize elements of their own hikes and perhaps be inspired to hike the Bruce. While novices are well advised of the reality of poison ivy, rain, cold and blisters, they also will vicariously enjoy the thrill and independence of being a thru-hiker. The book provides realistic, sound advice about daily routines, equipment, mail drops and, most important, mental outlook and expectations of backpacking. Having hiked most of the Appalachian Trail myself, I can attest to the common sense contained herein. This is a natural "next trail" for AT thru-hikers. --A reader from Baltimore, MD

Rich and Sue Freeman once masqueraded as corporate executives. In 1996 they turned their backs on the long hours, high pay, and an empty feeling to spend six months walking the Appalachian Trail from Georgia to Maine. This trek changed their lives forever. Since returning to civilized life, they've sold their house, written and published books on hiking and biking trails around Rochester N.Y., and started a publishing company. Discovering the Bruce Trail allowed them to once again feel the freedom of the outdoors, get their bodies moving, and shed the fake encumbrances of life in today's society. The Freemans are investigating options for their next adventure.

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