

# SPRUCE WOODS TREK



On Saturday, April 29, 2023, Kari, Patrick, Di, Spirit, Krystal, Lynsey, Steffany, Darrian, Ray, and youngest member, Annie (4 months old), set out on the Seton Trails to hike the Sleeping Wolf and Sandhill Stag loops. It was a bit overcast with moments of mixed precipitation, but the trail was in fantastic shape with just a few sections of minimal snow and ice. Little Annie was quite the trooper on this 10 km hike. Some joked that Ray was just carrying a sack of potatoes on his chest. She hardly made a sound! Occasionally we would ask, “Annie, are you okay? Are you okay, Annie?” just to make sure (a little musical pun here).

While stopping at the shelter on the trail for snacks and a visit, a spunky thirteen striped squirrel made an appearance, teasing poor Spirit, who desperately wanted to “play” with this new friend. Steffany demonstrated her famous apple cracking skill with the group, where she broke an apple in half using the force of her bare hands. All were impressed!

After just over two hours on the trail, the group wrapped up their hike and went their separate ways. Some went home and others carried on with their own adventures in the park and elsewhere. Even with a touch precipitation, it was another great day in Spruce Woods Provincial Park!

