



Westman Wilderness Club July 25 & 26, 2026 Backpack Report

On Friday, July 25 ten hikers (Bunny, Di, Jeremy & Audrey with teenagers Matthew & Aaron, Nathalie & teenager Izzy, Rick & Sue) plus two canines (Spirit & Agnes) met at the Jct of Hwys 1 & 5 to begin our backpack.

We drove to the starting point of our 9k hike to Cabin 4 on the Newfoundland Trail of the Epinette Creek Trail.



We started our hike early trying to get a few kilometers in before the day got too hot.

As is the norm, some hikers reached our destination sooner than others. On arrival, we learned that some of our group were struggling with the heat, so Di, Matthew, Aaron & Sue emptied their packs & hiked back 3k with the intent to help Audrey & Jeremy with their loads. To our surprise, we found Jeremy carrying both his & Audrey's packs... a whopping 100 lbs.

We split up the weight, and started back to Cabin 4, but it was apparent that Audrey was succumbing to the heat and was not going to be able to continue the hike.



We called 9-1-1, and about 50 minutes later the cavalry arrived!



Our dehydrated hiker was taken to Glenboro Hospital, put on fluids, & kept overnight for observation.

Jeremy went to the hospital with Audrey, then drove back to Sprucewoods where he camped overnight by himself.



Matthew & Aaron stayed at the campsite with the rest of us, and Nathalie (who had brought enough dehydrated meals for a fortnight) shared her meals with the boys. They were great & even washed dishes for us!

On Saturday morning we had breakfast, then hiked back to our cars where we met Jeremy & Audrey. Audrey was well, and is determined to do this again, but not in 30 degree temps.

We all felt very grateful that things turned out as they did, grateful for the country we live in where help is accessible for the asking, and grateful for the friendships we forged over our shared experience.

