

Souris River Bend hike July 29, 2023

7 hikers and one K9 set off from the South Camp trailhead at 9:15. Agnes was in the lead with Stephanie, Sue, Rick, Katarina, Alexi, Olwen and James following. The temperature was a pleasant 15° with clear skies and a light breeze. The first section of the hike through the tall grass to the east did not yield any wood ticks this time. What a difference a month makes, as we had hundreds of ticks by this time on the June hike. Just as we were going to turn and head north, we spotted two hummingbirds go zipping by us. I have been keeping two hummingbird feeders cleaned and filled at home and I have not seen a single hummingbird at them this year, although Olwen saw one earlier in the summer.

Katarina was on the lookout for plants with three leaves and spotted some as we headed up the hill out of the valley, and we confirmed it was in fact [poison ivy](#).

After getting out of the valley and heading down the trail a short way we came to the first scenic look-off over the Souris River Valley and the Bend. The elevation at this point gives quite a view of the entire valley. We took time to do a [group photo](#) at this point.



Then down the trail a little further to the Wayne's Trail turn off to head back into the valley down to river level.

The trail was fairly level from this point as it followed the river all the way to Middle Camp. On a loop off the main trail, through a camping area that hunters use, we noticed a fresh sign saying "Beware of Dogs". We stopped and chatted with a young couple with their two dogs who had set up a fairly major camp for the weekend. Then we carried on to Middle Camp. After using the modern facilities at Middle Camp we headed back down the trail a short way to our [lunch spot](#) on the rocks down by the river's edge.

I had promised everyone a cardiac workout after lunch, so we got that as we headed back up out of the valley to the ridge above, overlooking the river valley.

Then we were westward bound as we returned to the trailhead. As we passed by the turnoff for Wayne's Trail on the return trip I gave everyone an assignment to find out how this trail got its name. Sue accommodated with the following:

"Wayne McKenzie a local horse breeder and rider was instrumental in helping lay out the original trails. When I asked him to help me find a route to take the purple trail down into the valley he just set out in the general direction and found a route down. So that is Wayne's trail.. Myna Margetts"

We arrived back at the trailhead at about 1pm under a partly cloudy sky with a nice breeze and about 21°.

James

Some hike stats:

Kilometers hiked - ~Eleven.

Average speed – 4.2km/h.

Total ascent/decent – Eleven hundred and fifty meters.

Hummingbirds - Two.

Giant turtles - One. (Although all most of us saw was the splash as it disappeared into the river.)

Wood ticks - Zero. (Rick did find one when they got home.)

Mosquitoes- Zero. (Sue did wish that she had seen one in an email! ☐)

[GeoCaches hidden](#) – One.

[Poison ivy](#) – Lots (But mostly off the trail.)

[Flowers](#) - Many. (See photo album below.)

[GeoCaches hidden](#) – One.

[Apple magic](#) - One.

[Falls](#) - One. (“It looks like you have taken a hard fall!” As reported by Apple.)

[Head injuries](#) - One.

[Click here for Photo Album.](#)

There may be more to come from guest contributors.