



Lake Willoughby, Canada photo by Ed Santelmann

What I Did This Summer: Elderhostel Glen Sutton, Quebec

By Ed Santelmann

For those who are a bit more senior than many in CPA there is a wonderful Elderhostel in Glen Sutton, Quebec that I've done 2 years in a row. Glen Sutton is about 2 miles over the border from Northern Vermont. The venue also runs skiing, hiking, and bicycling Elderhostels. We were housed in several buildings, all close by, and everyone (19 of us) always did cocktail hour (BYOB, buy it in the U.S.) and meals in the main house, an old school house beautifully reconditioned.

Our hosts were Stephen and Joy and Niels and Ludger (pronounced Lujay) were our guides. Stephen entertained us with his very broad knowledge of Quebec and Vermont during our trips to the various lakes. The meals were fabulous, especially breakfasts, and always very healthy. Lunches were standard for noon breaks while kayaking. Each evening we had lectures (the one on Quebec and the Separatists had so much information it got boring). Niels gave an evening lecture about his kayaking trip across the southern Baltic Sea last summer, I think I'd stick to calmer waters.

We kayaked in five different bodies of water. We all arrived on Sunday and on Monday AM it was raining, so we traveled to the Abbaye Saint-Benoit where we heard the monks singing Gregorian chants (also purchasing some excellent blue cheese) and then on to Lake Memphremagog in Quebec for a late morning and afternoon paddle on quite calm water. It was still raining lightly but that was fine. Lots of lily pads and birds. Tuesday we traveled to Lake Brome, Quebec, and experienced a little wave action (the only agitated water we experienced). We kayaked about half a mile in the open lake and entered the Brome Marsh, which was mostly winding channels.



Lac Brome from the Marsh photo by Ed Santelmann



Lake Champlain photo by Ed Santelmann

After lunch we paddled across the lake to a Tiki bar and had a late afternoon drink. That is where I learned about "loonies" and "toonies" (after I used the strange looking coin as a tip only to learn it was worth two dollars). Wednesday we moved on to Lake Willoughby, Vermont, which looked like a fjord. We paddled in the morning, and in the afternoon practiced strokes and I and several others did wet exits and rescues (the water was quite warm). Thursday we went to Lake Champlain, in Vermont, where the waters in both my trips there were extremely calm. Friday morning we

kayaked up the nearby Missisquoi River, and at one point, had to negotiate a very swift current, I had never done that before. On several occasions, we broke into two groups, one that wanted to go a little further and one that didn't.

All in all it was an excellent Elderhostel. I've done about 10, and this was by far the best, I'd go again but they're probably getting tired of me. If you bring your own kayak, they refund one hundred Canadian dollars.

Pictures online at <http://picasaweb.google.com/112868259735351652879/Elderhostel9199242010>



Lake Champlain, photo by Ed Santelmann

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- 2012 Candidates and Stump Speeches
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The Chesapeake Paddler

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