

# MOUNTAIN News.



**THURSDAY**  
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Two women sit in the cascading water at Albion Falls on Aug. 8. The City of Hamilton considers anyone entering the water at the east Mountain natural site to be trespassing. Water test results over the years show Albion Falls water is probably not something you want to bathe in. | photo by Gord Bowes

## 'You wouldn't catch me splashing around Albion Falls'

Water quality tests at east Mountain waterfall should give bathers pause

**By Gord Bowes**  
News staff

Cold water pouring over hot skin on a sunny summer's day. It's the way people have cooled down from time immemorial.

Plenty of people have done it at Albion Falls, but is it a good — or even safe — idea?

Hamilton Public Health doesn't test for water quality at Albion Falls because it is not regarded as a public swimming area.

But tests by various bodies over the years should give one pause.

"You wouldn't catch me splashing around Albion Falls," said Lynda Lukasik, executive director of Environment Hamilton.

"It's pretty to look at, but I wouldn't go in."

Albion Falls, the gorge and the waterway above the cascade are all "No public access" zones and anyone caught within the area could be charged with trespassing.

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### LIFESTYLES



#### A new way to walk

Nordic pole walking offers extra health benefits. [pg. 17](#)

### SPORTS

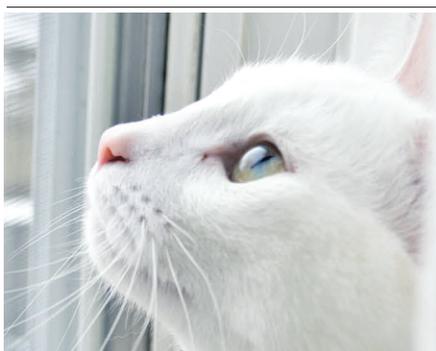


#### A fistful of gold medals

Nifaiya Robinson also sets 300m record at Legion Nationals. [pg. 37](#)

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