Iroquoia Summer Hikes 2014

EVERY WEDNESDAY NIGHT CULHAM TRAIL MISSISSAUGA 1.5 - 2 hrs
Brisk pace. Meet at Riverwood Visual Arts Centre in Mississauga. The centre is located just north of Burnhamthorpe Rd. between Mississauga Rd and Creditview Rd on Riverwood Park Lane. We will meet at 6:00 pm. in the parking lot at the top of the hill and hike along the Culham trail. Hike is cancelled if there is heavy rain. Leader: Nancy Stevens  nancystevens7@gmail.com

EVERY WEDNESDAY NIGHT
These walks are suspended for the summer due to an injury sustained by the leader. To be restored at a later date.

EVERY THURSDAY NIGHT - Grimsby Hikes
Thursdays 7:00 pm. 1.5 hours. Meet at Lions Club Pool Parking Lot, off Main St., just west of Mountain St. lights. Hike cancelled in poor weather. Hike Difficulty, Med. Wear appropriate footwear and bring water. Sometimes uneven terrain, hike routes to be varied. Optional pub stop after hike. Leader: Don Matheson – 905-309-9624 don.matheson123@gmail.com (Alternate Contact: Bruce Manion bamontrails@cogeco.ca)

EVERY FRIDAY NIGHT – Burlington Waterfront 2 hrs.
Meet at 7:30 pm. in the Lakeshore Road parking lot just east of the Waterfront Centre and restaurant for a brisk walk along Lake Ontario, to the canal and back. Hike cancelled in poor weather. Med - 2. Leader: Lorne Carruthers. For information call Lorne at 905-315-8762 or email: lcarruthers@hotmail.com

GENERAL HIKES

Sun. June 1 - Greensville Falls Loop – approx. 10 km. 3 hrs.
Meet for 9:30 am. start at Webster’s Falls parking lot (see Map 8 of the Bruce Trail Guide), on Short Road (off Harvest Road) in Greensville. Conservation area parking fee will apply. We’ll hike around Webster’s & Tew’s Falls and Dundas Park to enjoy the views. Snack at 11 a.m. For those interested, pub lunch after in downtown Dundas. Pace: Leisurely (3 km./hr. or less). Level of difficulty: Moderate (a few steps & hills). Leader: Gary Wrathall 905-681-6167 (Burlington) gary.wrathall@sympatico.ca. For any questions, call or e-mail no later than 5 p.m. day before hike.

Sun. June 8 – Iroquoia (Waterdown) – 18 km.
Meet at 9:00 am. Km 64.6. Map 9. QEW to 403 to Hamilton, N Hwy 6, W on York Rd, North end on old Guelph Rd. Do not turn left to Patterson Road. Car shuttle to starting point. BEEN TIRED OF LONG WINTER WAITING FOR RUGGED TRAIL ON HOT
SUMMER !!. Pub stop after if you want to. Pace - brisk. Terrain - Strenuous. Leader: Henry Kim henryhike@yahoo.com(Mon-Thur).

Sat. June 14 - Dundas Valley Double Loop - 4 km. two times.
New to hiking or are your better hikes behind you? This hike is for newbies and old'ns. Starting at 10:00 am. from the Dundas Valley Trail Centre, located off Governors Road in Dundas, we will walk the Sawmill Trail, a loop of about 4 km. and return to the Trail Centre and a chance to drop out. Snacks and coffee available. After a short break for lunch, and if you are ready, we will hike the Main Loop for about another 4 km. and return back to the Trail Centre. Trails are even but there are some steep hills. Hiking boots or sturdy shoes are necessary. Parking fee or Hamilton CA pass in effect. Bring snacks, lunch, water, bug spray and sun protection. Pace leisurely, terrain moderate. Leader:Gord Proudfoot. 905 387 5657

Sat. June 14 - Rockcliffe Trails - 7-8 km.
Meet at 10:00 am. in front of the Walmart Supercentre on Dundas Street (Hwy. 5) in Waterdown. We will do a loop hike on the Rockcliffe Trails (Clappison Woods). Pace - medium. Terrain - moderate. Map 9. Leader: Vern Erickson 905-667-4370, verickson@cogeco.ca.

Sun. June 15 - Scotsdale Farm Loop - 10 km.
Meet for a 10:00 am. start in the parking lot of Scotsdale Farm off of Trafalgar Rd., north of Highway 7. Map 13. We will do a loop hike using a combination of blue side trails and main trail. Bring water, sunscreen, insect repellent and lunch. Pace - medium. Terrain - moderate. Lots of shade to keep us cool. Directions: North on Trafalgar Rd to where it meets Highway 7. Turn left and continue north to where Trafalgar Rd. goes off the right. Follow Trafalgar Rd. to the entrance to Scotsdale Farm on your right. It’s easy to miss. Leader: Anne Armstrong hikingrandma@gmail.com

Sun. June 15 - Iroquoia (Dundas) 15 km.
Meet at 9:00 am. at Km. 40.6. Map 8. QEW to 403 to Hamilton. Get on Lincoln Alexander Pkwy, exit Mohawk Rd and Golf Links Rd. At intersection left turn(east bound) on Mohawk Rd W, left on Scenic Drive to the Escarpment under hydro tower.. Car shuttle to starting point. BEEN TIRED OF LONG WINTER. WAITING FOR RUGGED TRAIL ON HOT SUMMER !!. Pub stop after if you want to. Pace - brisk. Terrain - moderate. Leader: Henry Kim henryhike@yahoo.com (Mon-Thur).

Sun. Fri. to Sun. June 20-22 12th Annual Excellent Orchid Adventure - 10km/day
Please join us as we explore the the Tip o’ the Bruce, Tobermory, in search of orchids and other flowers. Our search will extend to Flower Pot Island (cost approx. $35.00 for the glass bottom boat and Parks Canada fee). The wildflowers in the Tobermory area at this time of year are wonderful and our slow paced walks will focus on these flowers and the area’s great views. We stay and have our meals in a comfortable hotel overlooking Little Tub Harbour. Pace -leisurely, Terrain - moderate. Leader and for more information Greg Vincent (519) 579-8210 vincent.greg@gmail.com.
Meet for a **10:00 am. start** in the parking lot at the York Road entrance to the R.B.G. (you can park on the roadside near that lot). We will do a loop hike on the R.B.G. North Shore trails. Pace - medium. Terrain - moderate. Map 8. Leader: Vern Erickson 905-667-4370, verickson@cogeco.ca.

Sun. June 22 - Gentle hike at Crawford Lake - +/- 4km
Meet at **10:30 am.** at Crawford Lake Conservation Area Map 11 Ed. 27.0 in the first (lower) parking area. Halton Conservation Area pass or entrance fee applies. This is a loop walk using side trails and some main trail to make the loop. Rocky sections. Bring water and snack. Suitable for all ages. No dogs please. Pace – Leisurely. Terrain - moderate. Leader: Valerie Dobson 905-828-1729 VMDhiker@gmail.com.

Sun. June 22 - Burlington-Waterdown - approx. 10 km. 3 hrs.
Meet for **9:30 am.** start in Burlington’s City View Park, atop the Escarpment, in the parking area closest to the Niagara Escarpment. If coming south from Dundas Street (former Hwy. 5), it’s the second park entrance on your left; if coming north on Kern’s Road, it’s the first entrance on your right. See Map 9 of the Bruce Trail Guide. We’ll hike over to Smokey Hollow & the ‘Great Falls’ in Waterdown, then back using some side trails. Snack at 11 a.m. For those interested, pub lunch after in nearby Waterdown. Pace: Leisurely (3 km./hr. or less). Level of difficulty: Moderate (small hills, some rocky footing). Leader: Gary Wrathall 905-681-6167 (Burlington) gary.wrathall@sympatico.ca. For any questions, call or e-mail no later than 5 p.m. day before hike.

Sat. July 5 - Mike Weir Winery Hike - 3 hrs.
Meet at Mike Weir Estate Winery (aka East Dell Winery, 4041 Locust Lane, Beamsville) **at 9:00 am.** and carpool to the Lion’s Club pool in Grimsby. Wine and juice tasting to follow. (Pace - Medium. Terrain -Strenuous) Leader: Bruce Manion 289-235-9192

Sun. July 6 - Toronto (Silver Creek). - 16 km.
Meet **9:00 am.** at Km. 38.5. Map 13. 401 W, N on Winston Churchill Blvd. to Terra Cotta, W on 27 Side Rd, N on Tenth Line 2 km drive where the trail cross the road. Car shuttle to starting point. BEEN TIRED OF LONG WINTER. WAITING FOR RUGGED TRAIL ON HOT SUMMER !!. Pub stop after if you want to. Pace - brisk. Terrain - moderate. Leader: Henry Kim henryhike@yahoo.com(Mon-Thur).

Sat. July 12 - Toronto Section - Approx. 5 km.
Limehouse, Map 12. This less than 5 km loop hike will take approximately 2 hours and is at a leisurely pace over easy terrain. There is no dropout point. No dogs please. There will be a refreshment/pub stop afterwards. Depart: 8:00 am. Parking lot in front of Limehouse Public School. GPS Coordinates: N 43 38.300' W 79 58.750'
**Directions:** Take Trafalgar Road north from the 401 to Highway #7. Turn left, then after half a kilometre turn left again on 22 Sideroad, and follow to Limehouse where the school is on the right hand side of the road.
**Hike Description:** A photography hike offering many creative possibilities in the Conservation Area at Limehouse. The slow pace allows for plenty of opportunity for all to take photographs of whatever takes their imagination. (If you are looking for a hike that is a good physical workout, this is the WRONG hike!) This hike is open to all who own a camera, whether digital or film, from Box-Brownie to the latest top of the line DSLR. Tripods will be available to use, but please bring your own if you have one.

Note, if working with a digital camera, please ensure your memory card is empty of other photographs before coming on the hike. After taking our photographs, we shall head to the nearest Tim Horton's, where, over refreshments a lap-top computer or two will be available for those with digital cameras to show their work to the rest of us. Wear hiking boots, bring a bottle drinking water, sunscreen, and insect repellent.

Hike Leader: Bob Humphreys walk2torbermory@gmail.com 519-883-1840 Between 7 - 10 pm.

**Sat. July 12 - A View of Hamilton - approx. 10 km. 3 hrs.**
Meet for 9:30 am. start at the parking lot overlooking Albion Falls (not the one upstream of the falls) on Hamilton’s east mountain (see the parking symbol opposite the words ‘Albion Falls’ on Map 7 of the Bruce Trail Guide). We’ll carpool to Sam Lawrence Park on the central mountain, and hike back, taking in a constant view of the various parts of Hamilton. Warning: little or no shade from any sun. Bring water! Snack at 11 a.m. For those interested, pub lunch after on Concession Street near Sam Lawrence Park. Pace: Leisurely (3 km./hr. or less). Level of difficulty: Moderate. Leader: Gary Wrathall 905-681-6167 (Burlington) gary.wrathall@sympatico.ca. For any questions, call or e-mail no later than 5 p.m. day before hike.

**Sun. July 13 - Gentle Hike at Mount Nemo - +/- 7 km loop hike.**
Meet at 10:30 am. at Mount Nemo parking area, Map 10 Ed. 27.0. Halton Conservation Area pass or entrance fee applies. This is a loop walk using side trails and some main trail to make the loop. Bring water and snack. No dogs please. Suitable for all ages. Some rocky sections. Pace - Leisurely. Terrain - moderate. Leader: Valerie Dobson 905-828-1729 VMDhiker@gmail.com <mailto:hiker@gmail.com>

**JULY 15 - FALL HIKE SUBMISSIONS DUE**

**Sun. July 20 - Culham Trail - Approx. 10 km.**
Meet for a 9:30 am. start in the parking lot of Erindale Park on the north side of Dundas St., just east of Mississauga Rd. in Mississauga. We will carpool to Rivergrove Community Centre on Rivergrove Ave., just east of Streetsville and hike back to Erindale Park, following the Credit River. Bring a snack, water, sunscreen and insect repellent. Pace - medium. Terrain - Moderate. Leader: Anne Armstrong 905-337-3937 hikingrandma@gmail.com

**Sun. July 20 - Toronto (Speyside) - 18 km.**
Meet at 9:00 am. at Km. 26.2. Map 12. 401 W, N on Trafalgar Rd. past Hwy 7, W on 22
Side Rd( Reg 43), N on Sixth Line 2 km. where trail comes out from left. Car shuttle to starting point. BEEN TIRED OF LONG WINTER. WAITING FOR RUGGED TRAIL ON HOT SUMMER !!. Pub stop after if you want to. Pace - brisk. Terrain - moderate. Leader: Henry Kim henryhike@yahoo.com(Mon-Thur).

Sat. July 26 - Rockway Falls to Swayze Falls and Back! - 2 hrs.
Meet at Rockway Community Centre, Rockway at 9:00 am. Map 3. Km 45.1 (Pace - Medium. Terrain - Strenuous) Leader: Bruce Manion 289-235-9192

Sat. July 26 - A View of Burlington – approx. 10 km. 3 hrs.
Meet for 9:30 am. start where the Bruce Trail reaches No. 1 Sideroad in north Burlington (Map 9 of the Bruce Trail Guide,) Km. 83.3. We’ll car pool to City View Park (near km. 75.7) and hike back. Bring water! For those interested, pub lunch after.. Pace: Leisurely (3 km./hr. or less). Level of difficulty: Moderate (some hills). Leader: Gary Wrathall 905-681-6167 (Burlington) gary.wrathall@sympatico.ca. For any questions, call or e-mail no later than 5 p.m. day before hike.

Sat. July 27 - City View Park to Smokey Hollow and Back - 12 km.
Meet at 10:00 am. in the south parking lot of City View Park, on the east side of Kerns Rd. (If coming north on Kerns Rd. the parking lot is on your right, just after the curvy hill, past Kerncliff Park. If coming south from Dundas St. on Kerns Rd., it is the second entrance to the park, on the east side.) We will hike from City View Park and descend into the Grindstone Creek ravine using the Waterdown Road Side Trail to Smokey Hollow. We will return along the main trail. Bring water, snacks, lunch, sun screen and bug spray. Medium pace, strenuous terrain. Leader: Gord Proudfoot. 905-387-5657

Sat Aug. 2 - Niagara Section - 16 km.
Short Hills Provincial Park, Map 3. This 16 km loop hike will take approximately 5 hours and is at a medium pace over moderate terrain. There is no dropout point. No dogs please. Depart: 8:30 am Parking area on Roland Road, the south side of the Provincial Park. GPS Coordinates: N 43 05.413'/ W 79 18.304'
Directions: Take the QEW to exit 51, just before St Catharines. Drive south to the end of 7th Street Louth, turn left on King Street, then right on 5th Street Louth. At the junction with Pelham Road, go straight across onto Effingham Street and follow for three kilometres to Roland Road. Turn left, and the parking lot is half a kilometre on the left hand side of the road.
Hike Description: An opportunity to explore the many trails of a place we tend to neglect, the Short Hills Provincial Park. Using the park's own trail network, as well as those of our own Bruce Trail, there are several waterfalls to delight us as well ona summer's day. Bring a snack lunch, two litres of drinking fluids, sunscreen, and insect repellent
Hike Leader: Bob Humphreys walk2tobermory@gmail.com 519-883-1840 Between 7 - 10 pm.

Sun. Aug 3 - Caledon (Forks of Credit) - 16 km.
Meet at 9:00 am. at Km. 18.3. Map 14/15. 401 W, N on 410, N on Hwy 10, W on
Escarpment Side Rd to Willoughby Rd. Car shuttle to starting point. BEEN TIRED OF LONG WINTER. WAITING FOR RUGGED TRAIL ON HOT SUMMER !!. Pub stop after if you want to. Pace - brisk. Terrain – moderate. Leader: Henry Kim henryhike@yahoo.com (Mon-Thur).

Sat. Aug 9 - Kilbride to Crawford Lake - 11km.
Meet for a 10:00 am. start in the lower parking lot of Crawford Lake Conservation Area on the east side of Guelph Line, north of Derry Rd. We will carpool back to the start of the hike behind Kilbride School on Panton Street. Maps 10/11. Bring sunscreen, water, insect repellent and lunch. Pace - medium. Terrain - moderate. Parking fee or Conservation Area pass. Leader: Anne Armstrong 905-337-3937 or hikinggrandma@gmail.com

Sun. Aug. 10 - Gentle Hike near Fisher’s Pond - +/- 7 km.
Meet at 10:30 am. at Fisher Access Trail parking area on Highview Drive, Map 9 Ed. 27.0 near km. 78.8. This is a there-and-back walk using side trail and main trail. Bring water and snack. No dogs please. Suitable for all ages. Some hilly sections. Pace – Leisurely. Terrain - moderate. Leader: Valerie Dobson 905-828-1729 VMDhiker@gmail.com <mailto:hiker@gmail.com>

Sun. Aug. 17 - Caledon (Glen Haffy) - 18 km.
Meet at 9:00 am. Km. 44.4. Map 17. 401 W, N on 400, W on Hwy 9, N on Hwy 18 (Airport Rd) 2 km. driving, E on 7th Line to BTC parking lot on right side about 100 m. Car shuttle to starting point. BEEN TIRED OF LONG WINTER. WAITING FOR RUGGED TRAIL ON HOT SUMMER !!. Pub stop after if you want to. Pace brisk. Terrain – Strenuous. Leader: Henry Kim henryhike@yahoo.com (Mon-Thur).

Happy Wanderers - Mondays

Bring lunch, lots of water, sun and bug protection. Wear clothing suited to the weather and proper hiking boots. Notify leader if you are attending as sometimes circumstances dictate that the hike cancelled or changed. Telephone or email Errol MacKenzie at Dundas ON. (905)627-9497 e.mackenzie@sympatico.ca. before 9:00 pm. please. Map references are from Edition 27.

Mon. June 2 - Caledon,Hockley Rd,Tom East ST, GlenCrossST, Snell ST +/-14 km. Loop
Meet for 8:45 exit parking lot, Hy 401/Trafalgar Rd. Move some cars to parking lot on Hockley Rd., just east of 2EHS. Map18. Toronto hikers can meet us at 9:30 am. Hike Tom East, Glen Cross and Snell ST and loop back to cars on Main Trail. Hilly. Hiking boots, no dogs. Pace - Medium. Terrain - Strenuous.

Mon. June 9 - Dundas Valley, Headwaters Trail - +/-15 km Loop
Mon. June 16  -  Iroquoia, TiffanyFalls to DundasValley Trail Centre  Loop  -  +/- 14 km
Meet for 8:45 am. exit at Tiffany Falls Parking lot on Wilson St. Map 8. Km 45. Hike to Trail Centre and back to cars. Pace - Medium. Terrain - Moderate.

Mon. June 23  -  Toronto, Vanderleck ST  -  +/-15 km Loop

Mon. June 30,  -  No Hike, Canada Day Holiday

Mon. July 7  -  Toronto, SilverCreek  -  +/-15 km Loop
Meet for 8:45 exit at parking lot Hwy 401/Trafalgar Rd. northeast corner. Toronto hikers can meet us at Fallbrook Trail at 9:15. Map13. Km 35.9. Carpool to Fallbrook Trail. Hike the Main trail, Roberts ST, Main Trail, Bennet Heritage ST, Main Trail back to cars. Loop Hike. Hiking boots, no dogs, Pace - Medium. Terrain - Strenuous.

Mon. July 14  -  Niagara, Decew House Park  -  Rockway A-B  -  +/- 15.3 km.

Mon. July 21  -  Toronto, Limeshouse to Scotsdale Farm A-B  -  +/- 14 km.

Mon. July 28  -  Iroquoia, BorersFalls, Dundas Lookout and Tews Falls Loop  -  15 km.
Meet for 8:45 exit at parking lot, Valley Road and York Road Dundas. Hike up the York Road Access Trail to Main Trail and then along Main trail to Tews Falls and return. Hiking boots, no dogs. Pace - Medium. Terrain - Moderate.

Mon. – Aug. 4  -  No Hike, Civic Holiday

Mon. Aug. 11  -  Iroquoia, Lowville Park to Twiss Rd Loop  -  +/- 15 km.
Meet for 9:30 exit at Lowville Park, Guelph Line. Hike the local trail, River and Ruin ST, Main Trail to Twiss Road, Map 10 and return. Hiking Boots, no dogs. Pace - Medium. Terrain - Moderate.

Mon. Aug. 18  -  Caledon, Palgrave to Coolihans Rd. A-B  -  +/- 13 km.
Meet for 8:45 exit at parking lot Hwy. 401/Trafalgar, northeast corner. Move some cars to Coolihans SR. Map 17. Km. 37.4 Toronto hikers can meet us at 9:30. Hike from Palgrave Conservation Area Hwy. 50 to Coolihans SR. Hilly, hiking boots, no dogs. Pace - Medium. Terrain - Moderate.
Mon. Aug. 25 - Toronto, Hilton Falls Trails, Loop - +/- 15 km.

Tuesdays With Bill

Tues. June 3 - Eramosa Karst
Meet at 10:30 am at the Eramosa Karst with lunch at the Vicar's Vice on Rymal Road. Eramosa Karst is on Rymal Road in Stoney Creek.

Rebel Hikers - Tuesdays Year round - 7:00 pm.

We invite you to join us for 1-1.5 hr. weekly walks. Hiking boots are always recommended. The speed and the terrain vary, as do the meeting points which float around Hamilton, Greensville, Ancaster, Dundas, Stoney Creek, Waterdown, Binbrook, Grimsby, and Burlington. An optional social hour at a nearby pub concludes each hike. Feel free to contact Richard Reble (the Reble of the Rebel Hikers) with questions and concerns before 9:00 p.m. at 905-945-0536 or e-mail him at richardreble@gmail.com

All summer hikes are listed below under the song title Summer Breeze. (Google “Summer Breeze video” to listen to this 1972 classic by Seals and Croft.)

Summer Breeze # 1 Tues. Jun. 3
Meet on Upper Lion’s Club Rd. at the corner of Old Dundas Rd. in Ancaster for a loop walk in the valley. (See Km 46.1 of Map 8 in The Bruce Trail Reference, 27th edition.) The après-hike pub stop will be the Coach and Lantern on Wilson St. in Ancaster.

Summer Breeze # 2 Tues. Jun. 10
Meet in the parking lot of the Lion’s Club outdoor pool on Elm St. in Grimsby for a mystery loop near Beamer’s Falls. You can get to the pool by taking the Christie St. exit from the QEW and turning toward the escarpment. Elm St. is at the first traffic light past Grimsby’s main downtown intersection. Turn right on Elm, cross the bridge over Forty Mile Creek, and then turn right into the pool parking lot. The après-hike pub stop will be the Syndicate on Christie St.

Summer Breeze # 3 Tues. Jun. 17
Meet at the dead end of Filman Rd. in Ancaster for a loop walk featuring Tiffany Falls and a wooded property beside Lower Lion’s Club Road. (Filman is the first road off Rousseaux on the Ancaster side of Hwy. 403.) Our après-hike location will be the Coach and Lantern on Wilson St. in Ancaster.
**Summer Breeze # 4  Tues. Jun.  24**
Meet in the municipal parking lot at the corner of Elgin and Brant St. in Burlington for a lakefront walk. (This parking lot is on Brant one block north of Lakeshore Blvd.) The après-hike pub stop will be the *Beaver and Bulldog* on Lakeshore Blvd. overlooking Burlington’s new pier.

**Summer Breeze #5 Tues. July  1**
Park in the lot beside William’s coffee pub on Discovery Lane in Hamilton for an unexpectedly kinky walk in the “north end”. After you’ve parked, meet at the front door of William’s. (To get to William’s, follow John St. north from downtown Hamilton to Guise St. at the end. Turn left on Guise and then immediately right on Discovery.) The après-hike pub stop will be *Fisher’s Pier 4 Pub and Grub* place on James St N. at the corner of Wood St., two blocks south of the bay.)

**Summer Breeze # 6Tues. July  8**
Meet at the dead end of Kelson Rd. near the south shore of Lake Ontario for a mystery waterfront walk. (Exit from the QEW at the Fifty Rd. interchange and cross over the QEW. Turn right on the North Service Rd. and go to Kelson Rd. Turn left on Kelson and go to the end.) The après-hike pub stop will be at the *Innsville Hotel* at the corner of Hwy. 8 and Lewis Rd.

**Summer Breeze # 7  Tues. July 15**
Meet in the parking lot of Valley Park Community Centre on Paramount Dr. in upper Stoney Creek for a loop hike in the escarpment lands. (The community centre is just south of the intersection of Mud St. and Paramount. Enter the parking lot by the driveway closest to the building and turn left down the first row of cars. You’ll find me at the end.) The après-hike pub stop will be the *Brown Barrel* on Upper Ottawa.

**Summer Breeze #8 Tues. July 22**
Meet in the parking lot of the RBG on Plains Rd. W. in Burlington. (We park in the part of the lot closest to the street behind the RBG.) Our loop hike will take us through a part of Grindstone Creek Valley and nearby green spaces. The après-hike pub stop is a mystery, even to me.

**Summer Breeze #9 Tues. Jul. 29**
Meet on the shoulder of Ridge Rd. directly opposite the entrance to the parking lot of the Devil’s Punch Bowl Conservation Area in upper Stoney Creek for a loop walk above and below the escarpment. (To get there, drive up the mountain on Centennial Pkwy. and turn left on Ridge Rd, the first road to your left at the top of the hill.) The après-hike pub stop will be the *Powerhouse* in Stoney Creek.

**Summer Breeze #10 Tues. Aug. 5**
Meet in the parking lot of Food Town at the corner of Mount Albion Rd. and Greenhill Ave. in lower east Hamilton for a loop walk in Red Hill Valley. (You can get there by taking the Greenhill Ave. exit from the Red Hill Valley Pkwy. Find us in the area of the parking lot on the east side of the building facing Mount Albion.) The après-hike pub stop will be *Rankins* on Main St. E.
**Summer Breeze # 11 Tues. Aug. 12**
Meet in the Metro parking lot on Governor’s Rd., one block west of Osler Dr. in Dundas for a loop walk in Dundas Valley. The après-hike pub stop will be the *Winchester Arms* on King St. in Dundas.

**Summer Breeze #12 Tues. Aug. 19**
Meet in the parking lot under the hydro towers at the west end of Scenic Drive on Hamilton’s west mountain. (This parking lot is located at the edge of the escarpment where the Chedoke Radial Trail reaches the top of the escarpment. It is also next to the east entrance to Iroquoia Heights Conservation Area. (See Km 40.6 of Map 8 in *Edition 27 of The Bruce Trail Reference.*) We’ll do pub stop at *Montana’s* in Ancaster’s Meadowlesslands.

**Summer Breeze # 13 Tues. Aug. 26**
Meet at the Bruce Trail crossing on Snake Rd. in Waterdown for a loop walk in Smokey Hollow, Hidden Valley, and Lemonville. (See Km 67.6 of Map 9 in *The Bruce Trail Reference, 27th edition.*) The après-hike pub stop will be at the *American House* at the corner of Mill and Dundas in Waterdown.

**GOOD COMPANIONS - WEDNESDAYS**

All hikes begin at 10:00 am. unless otherwise stated and are at a moderate pace. Please wear appropriate footwear for hiking, bring water, a snack, bug spray and sunscreen and as always a sense of humour. Kathy and Brian 905-632-8934. Remember, as in life, its the journey not the destination that matters.

**Wed. June 4  -  Bluebird Hike  -  2 - 3 hrs.**
Meet Dan Welsh at Cedarbrook Farm. Dan has successfully re-established the Bluebird population in this area. The directions are as follows: take Hwy. 6 north from 403 or Highway 5. Turn left on Concession 8 west (8th Concession Rd. west ) in Flamborough. Drive approx. 1 km. and look for # 812 on the left. Leisurely, easy.

**Wed. June 11  -  Hidden Valley  -  10 km.**
Meet at the parking lot on the right on Howard Rd. (off Plains Rd.) in Hidden Valley Park. We will hike out to the Toll Ponds and back. Wildflowers, birds and more. Leisurely, easy.

**Wed. June 18  -  Toronto Island  -  5 hrs.**
Meet under the clock at Union Stn. at 10:30 am. We will walk to the ferry and then hike the Toronto Islands. Amazing views of Toronto and the Lake. The GO train leaves Appleby Stn. at 9:17 am. Leisurely easy.

**Wed. June 25  -  Iroquois Ridge Trails  -  10 km.**
Meet Norm Young at the North East corner of Oakville Place (Trafalgar Rd and Iroquoia Ridge Rd.). We will hike the Trails of this interesting area. Leisurely easy.
Wed. July 2 - Cootes Paradise - 10 km.
Meet at the Borers Falls Parking lot on York Rd. We will hike the many Trails of Cootes Paradise. Moderate, some hills. Leisurely, moderate.

Wed. July 9 - Culham Trail - 10 km.
Meet at the parking lot for Erindale Park, north side of Dundas St.W., east of Mississauga Rd. We will carpool to Streetsville and hike back along the trail. Leisurely, easy.

Wed. July 16 - Tews Falls - 10 km.
Meet at the Greensville school parking lot on Harvest Rd. We will hike out to the Dundas Peak, passing the Falls on the way. Leisurely, Moderate;

Wed. July 23 - Sanctuary Park - 10 km.
Meet at Sanctuary Park in Dundas. We will hike along the Springhill Creek trail and the Rail trail to the Station and return. Leisurely, Moderate. Some hills.

Wed. July 30 - Kerncliff Park - 10 km.
Meet at the City View Soccer parking lot on the right on Kerns Rd. just before #5 Hwy. (Dundas St.). We will complete a loop hike through the Kerncliff Park Woods. Leisurely, Moderate.

Wed. Aug. 6 - Chedoke Falls - 10 km.
Meet at the parking lot for Chedoke Golf Course off of Aberdeen Ave. in Hamilton. We will hike the rail trail to the Iroquoia Heights C.A. passing the many waterfalls along the way. Leisurely, Easy.

Wed. Aug. 13 - Short Hills - 10 km.
Meet at Hutch’s Restaurant at Van Wagoners Beach in Hamilton. We will carpool to Short Hills. Or meet at the parking lot on Pelham Rd. just east of 5th St. Louth. Leisurely, Moderate.

Wed. Aug. 20 - Bayfront Park - 10 km.
Meet at the Hamilton Waterfront off of Bay St. for a hike along the Waterfront trail to Princess Point. Wildflowers, wildfowl and more. Leisurely, Easy.

Wed. Aug. 27 - Canal Hike - 10 km.
Meet at Hutch’s Restaurant at Van Wagoners Beach in Hamilton. We will hike out to the Canal and back. Optional fish and chips after. Leisurely, Easy.

HIKERS “R” US

Summer hiking is great but please remember to bring lots of water, a hat, sunscreen and bug spray. Please be sure to notify the hike leader if you plan to attend as sometimes
weather or other circumstances mean changes to the meeting spot, etc. Acting Hike Convenor: Charlotte Stewart  stewartchar01@gmail.com (905) 628-0509

**Wed. June 4 - Albion Hills - +/-15 km.**  
Meet for a 9:30 am. start on Humber Station Road where it crosses Caledon Trailway (see map 17 where Humber Valley Heritage Trail is marked). Hikers can meet at the car pool lot north of the 401 at Trafalgar Road at 8:30 am. We will hike the trails in Albion Hills. Bring lunch/water/bug spray/sunscreen. Directions will be sent to hikers planning to car pool from Trafalgar Road. Pace: medium; Terrain: normal, some hills. Leader: Myrla Kilburn  mkilburn@primus.ca Cell on the morning of the hike 647 238 4828

**Wed June 11 - Ayr/ Paris Area - +/- 14 km.**  
Meet for a 9:00 am. exit on Wrigley Road near Ayr and Paris. We will hike the Bannister Lake trails on the north side of Wrigley Road, GPS 43.292263,-80.385786. Good chickadee feeding spot too, along the hike! For those in the Burlington/Oakville area, you may want to carpool. If so, meet for an 8:00 am exit in Waterdown at the Tim Horton/Sobeys/TD bank area of the mall. It is on Dundas St (#5 Hwy). More details to follow. Bring sunscreen, water, bug spray, Hiking boots. Medium pace, normal terrain. Leader: Louise,  langlaislouise@gmail.com

**Wed. June 18 - Lowville/Kilbride on Bruce Trail - +/- 13 km.**  
Meet at Lowville Park at 8:45 am. Walk on Blue Trail to join White trail north through Kilbride and return to Lowville. Side trip along creek afterwards possible. Medium pace, normal terrain. Bring water, sunscreen, bug spray. Hiking boots. Leader: Agnes Keenan, akeenan@cogeco.ca Cell Phone Hike morning only 905 330 0008

**Wed. June 25 - Dundas - +/- 10 km.**  
Meet for an 8:45 am. start at Dundas Driving Park at Cross Street and Parkview Road, Dundas. Hike from the park to Webster’s Falls and return. Medium pace, normal terrain (but we do climb the escarpment). Bring lunch/snack, sunscreen, water, bug spray. Hiking boots. Leader: Eleanor Tasker  taskerel@gmail.com

**Wed. July 2 - Iroquoia, Crawford Lake to Rattlesnake Loop - +/- 15 km.**  
Meet for 9:30 am. exit, repeat 9:30 exit at Crawford Lake Conservation Area, Conservation Road, off Guelph Line. Map 11. Km. 105.5. Hike the Crawford Lake ST, Main Trail, Rattlesnake Point ST. back to cars. Loop hike, Hiking Boots. no dogs. Pace - Medium to brisk. Terrain - normal/some hills. Bring water, sunscreen, bug spray, lunch. Halton Conservation pass or parking fee required.  
Leader: Errol MacKenzie  e.mackenzie@sympatico.ca or Telephone(905)627-9497, Dundas before 9:00 pm. please.

**Wed July 9, @ approx 9:00 am. Canoe Trip from Cambridge to Paris.**  
The cost will be approx $34.94 per person. Participants will be expected to contact http://www.grand-xperiences.com/node/2110 to reserve and pay for their canoe. Louise requests: "Please email me before June 25, so I can give Grand Experiences an idea of how many people plan to attend, and so they know to expect your call. Please specify in your email if you have a paddling partner and who that person is, or if you
want me to pair you with someone. If you prefer to paddle solo in a kayak, let me know that in your email". Leader: Louise Langlais langlaislouise@gmail.com

**Wed. July 16** - Bluebird Walk at Cedar Brook Farm with Dan Welsh.
Please meet for a **9:00 am start** at Cedar Brook Farm in Puslinch. The farm is located at 812 8th Concession Rd West. This is west of Hwy #6, just north of the traffic lights at Carlisle Rd. On 8th Concession go up a steep hill and down to the bottom of the hill. Turn left at 812 at the Cedarbrook sign. Continue down the laneway to the second house. We will do a nature walk around the farm, discussing Bluebirds, Tree Swallows and many other birds. If you want to feed the farm animals bring carrots. You can check out the Old Irish Home. Bring lunch, water, bug spray, sunscreen. Pace - slow. Terrain - easy. Leader: Dan Welsh, The Bird Man. bluebird6@sympatico.ca, 905-659-4957

**Wed. July 23** - Kilbride to Calcium Pits and Beyond (In and Out) - +/- 12 km.
Meet for **9:00 am. start** in the parking lot behind Kilbride school, Map 10 (98.5 Km). Some rocky hilly sections, no dogs, hiking boots, water, lunch. Pace - medium. Terrain - normal. Leader: Fay Douglas fdouglas1@cogeco.ca

**Wed. July 30** - Greensville and Area - +/- 13 km.
Meet for a **9:00 am. start** at the Websters Falls parking lot in Greensville. See Map 8 of the Bruce Trail Guide. We will hike through this area, taking in waterfalls and fabulous views. Bring water, sunscreen, lunch/snack, bug spray. Pace: moderate to medium. Terrain: normal. Leader: Gary Wrathall gary.wrathall@sympatico.ca, 905 681-6167 (Burlington)

**Wed. Aug 6** - Speyside Main & Side Trail Loop Hike - +/- 15 km.
Meet for a **9:00 am. exit** from the Food Basics Parking Lot, just north of the Derry Rd/Hwy 25/Ontario St. intersection in Milton (Take Laurier Ave east to parking lot entrance). We will then car pool to the main trail parking on north side of 15 SR just east of Hwy 25 and hike the Main Trail to the junction of the Brown Benton Side Trail and return on the Canada Goose, Vanderleck and Speyside North & South Side Trails. Have proper footwear and bring snack/lunch, sunscreen, bug spray and water. Pace - Medium to Brisk. Terrain - normal/strenuous Leader: Keith Barber Email kbarber11@cogeco.ca, Home Phone 289-878-2299

Meet for a **9:00 am. start** at 326 Riverbend Drive in Kitchener, a parking lot just west of the KW Humane Society. Bring water, lunch, and poles. Pace: brisk Terrain: normal (mildly hilly). Leader: Louise Langlais langlaislouise@gmail.com

**Wed. August 20** - Mount Nemo Loop Hike - +/- 15 km.
Meet for an **8:45 am. exit** in the Mount Nemo C/A parking lot, just east of Guelph Line and Colling Rd. Map 10 (91.5 Km). We will do a loop hike of the trails in the area. C/A fees apply. Hiking boots. Bring snack/lunch/bugspray/water. Pace - medium. Terrain - normal/strenuous (hilly, rocky). Leader: Fay: fdouglas1@cogeco.ca

**Wed. Aug. 27** - Mountsberg C/A - +/- 14 km.
Meet for a **9:00 am. exit** at Mountsberg Conservation Area, Milborough Line, north of
Campbellville Road. We will do a loop hike including Pioneer Creek Trail, Sugarbush Trail and the lookout Trails. Parking fee in effect or Halton Conservation Area Pass. Hiking boots. No dogs. Bring sunscreen, bug spray, lunch, snack, water. Pace: medium, Terrain – easy/normal Leader: Charlotte Stewart 905 628-0509 stewchar01@gmail.com Cell morning of hike 905 906-0519.

MIDWEEK HIKES - THURSDAYS

Join us for a variety of summer hikes along the trails. Please note that with the possibility of summer heat waves, several of the hikes will begin at an earlier time. All hikes are at a moderate pace with the likelihood of hills and rocky footing. No dogs, please. In the event of inclement weather please call the hike leader. Thursday hike co-ordinator is Connie Rusynyk, c.rusynyk@sympatico.ca 905 689 2203

Thurs. June 5  - Kilbride to Crawford Lake  - +11km.
Meet for a 10:00 am. start in the lower parking lot of Crawford Lake Conservation Area on the east side of Guelph Line, north of Derry Rd. We will carpool back to the start of the hike behind Kilbride School on Panton Street. Maps 10/11. Bring sunscreen, water, insect repellent and lunch. Pace - leisurely. Terrain - moderate. We should see lots of wildflowers. Parking fee or Conservation Area pass. Leader: Anne Armstrong hikinggrandma@gmail.com

Thurs. June 12  - Dundas Valley to Tiffany Falls and Back  - 12 km.
Meet for a 10:00 am. start at the Dundas Valley Trail Centre on Governors Rd. We will hike to Sherman Falls and then on to Tiffany Falls, then out and back to Tiffany and loop back from Sherman Falls. Bring water, snack, sunscreen bug spray and lunch. Parking fee required at Dundas Valley or Hamilton CA pass. Medium pace, moderate footing. Gord Proudfoot. 905 387 5657.

Thurs. June 19  - A Day in Port Dover  - 6 km.
Meet for a 10:30 am. start at the gazebo in Powell Park on Main Street, Port Dover. From here we will walk through Port Dover to see the homes of the rich and famous. Bring water, snack and sunscreen. We will lunch out today at one of the restaurants. After lunch we will take a stroll to the pier and then on to the Harbour Museum. (Admission by donation). Comfortable shoes will do! Pace - leisurely, terrain - easy. Leader: Lorraine Sherred email: 1looney@sympatico.ca

Thurs. June 26  - Hamilton Trails  - +/-8 km.
Meet for a 10:00 am. start in the parking lot of Chedoke Golf Club. We will be hiking west up the Radial Trail and the distance will depend on the weather (heat!) Bring lots of water, sunscreen, snacks/lunch. No dogs! Terrain: Easy. Pace: Medium Leader: Marion Fletcher: octother@aol.com
Thurs. July 3  -  Bluebird Walk at Cedar Brook Farm  -  +/- 8 km.
Meet for **9:30 am. start** at Cedar Brook Farm in Puslinch. The farm is located at 812 8th Concession Rd West. This is west of Hwy #6, just north of the traffic lights at Carlisle Rd. On 8th Concession go up a steep hill and down to the bottom of the hill. Turn left at 812 at the Cedarbrook sign. Continue down the laneway to the second house. We will do a nature walk around the farm, discussing bluebirds, tree swallows and many other birds. If you want to feed the farm animals bring carrots. You can check out the Old Irish Home. Bring lunch, water, bug spray, sunscreen. Pace - leisurely, terrain - moderate. Leader: Dan Welsh, The Bird Man. bluebird6@sympatico.ca, 905- 659-4957

Thurs. July 10  -  North Shore Trails, Dundas  -  +/- 10 km.
Meet for a **9:30 am. start** in the small parking lot at the entrance to the north shore trails on York Rd. in Dundas. We will do a loop hike of the RBG trails going down to the lookout to search for the eagles. Bring sunscreen, bug spray, snack, water. We will stop at the picnic tables at the trail centre. Medium pace. Moderate terrain. Leader: Linda Robinson, fly@execulink.com

Thurs. July 17  -  Ancaster, Dundas Valley C/A  -  +/-4 hours
Meet for a **10:00 am start** at the Lions Club Pool parking lot on the Jerseyville Rd in Ancaster. C/A fees may apply. Bring lots of water, snacks, lunch and sunscreen. Hilly. Medium pace, moderate terrain. Lorraine Sherred. Please Email llooney@sympatico.ca

Thurs. July 24  -  Scotsdale Farm Loop  -  +/-10 km.
Meet for a **10:00 am. start** in the parking lot of Scotsdale Farm off of Trafalgar Rd., north of Highway 7. Map 13. We will do a loop hike using a combination of blue side trails and main trail. Bring water, sunscreen, insect repellent and lunch. Pace - Leisurely. Terrain - moderate. Lots of shade to keep us cool. Directions: North on Trafalgar Rd to where it meets Highway 7. Turn left and continue north to where Trafalgar Rd. goes off the right. Follow Trafalgar Rd. to the entrance to Scotsdale Farm on your right. It’s easy to miss. Leader: Anne Armstrong hikingrandma@gmail.com

Thur. July 31  -  Christie Lake Conservation Area  -  Loop Hike and Swim - 9/10 km.
Meet for a **9:00 am. start** at the car park on Crooks Hollow Road (1 km west of the village of Greenville). We will hike clockwise around Christie Lake. At the beach we will swim (optional) and have a picnic lunch. For non-HCA members there is now a parking fee and a walk-in fee of $5.00. Bring water, snack, lunch, repellent, swim suit and towel (NOTE: there are changing rooms). Pace - medium. Terrain - easy. Leader: Terry Rose. (905) 637-2918 - termarintl@cogeco.ca

Thurs. Aug. 7  -  Dundas Valley C/A  -  10 km.
Meet for a **9:30 start** at Dundas Golf and Country Club, Woodley Lane. We will hike to the Dundas Valley Trail Centre and return. C/A fees may apply. Bring water, snack, sun screen, and lunch. Medium pace, moderate terrain. Gord Proudfoot. 905 387 5867.
Meet for a **10:00 am. start** at the south east corner of Third Line and Upper Middle Rd., north of the QEW and south of Highway 5. Park on the west side of McDonalds. We will do a loop of the trails of Glen Abbey, enjoying the ravines and streams. Bring sunscreen, water, insect repellent and a snack. Optional lunch at Williams afterwards. Leader: Anne Armstrong hikinggrandma@gmail.com

Thurs. August 21 - Eagles in Brantford - +/- 3 1/2 hrs.
Meet for a **10:00 am. start** at Glenhurst Gardens on 20 Ava Rd. in Brantford. Take the 403 to Brantford. Exit at Paris Rd. Turn left onto the Paris Rd. At the stoplights turn right onto Hardy Rd. Cross the railway tracks and turn left onto Ava Rd. and proceed to Glenhurst Gardens at 20 Ava Rd. Bring a snack, water, lunch, and sunscreen. Medium pace, moderate terrain. Hike Leader: Lorraine Sherred. Please email llooney@sympatico.ca

Thurs. Aug. 28 - Falls of the West Hamilton Mountain - approx. 10 km.
Meet for a **9:30 a.m. start** in the parking lot on Scenic Drive on the west mountain in Hamilton (see Map 8, km. 40.6. Bruce Trail Guide, 26th edition). We’ll hike through the Iroquoia Heights Conservation Area to Wilson Street in Ancaster to view Tiffany Falls. Bring lunch or a snack, and lots of water!! Pace is Leisurely (3 km. per hour), Mostly Moderate terrain, but with a few steep climbs. Leader: Gary Wrathall 905-681-6167 gary.wrathall@sympatico.ca