IROQUOIA FALL HIKES 2016

WEEKLY HIKES

EVERY MONDAY MORNING - +/- 10 km.
Meet at 9:30 am. in the parking lot of the ChedokeGolf Club in Hamilton, just off of Aberdeen. We will hike up the Radial Trail and do a mainly loop hike in the Iroquoia Heights Conservation Area. Pace: medium. Terrain: moderate. Map 8. Leader: Daljeet Juneja 905-648-4596 Cell: 905-870-3088 ds.juneja@gmail.com

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 – Walk for Health and Fun (1.5-2hrs at a Moderate to Fast Pace)
Climb the steps and walk the streets and trails of West Hamilton. Meet at 7:00 pm at the corner of Mohawk and Upper Paradise in the Westcliffe Mall parking lot (near Food Basics). We will continue hiking sections of the Bruce Trail as long as daylight permits. Then we will hike the streets and rail trails that are lit. Then we will have Halloween and Christmas Light displays to view! Hike is cancelled if there is heavy rain. Medium to fast pace and moderate terrain
Leader: Paul Lewis – (905) 331-8600 or email: outdooractive@hotmail.com

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 brisk walk along Lake Ontario, to the canal and back. Hike cancelled in poor weather. Pace - brisk. Terrain - easy. Leader: Lorne Carruthers. For information call Lorne at 905-315-8762 or email: l.carruthers@hotmail.com
FEATURE HIKES

Fall Weekend Hikes on Flower Pot Island and the Bruce Peninsula with Gregory Vincent

Fri. to Sun. Sept. 16, 17, 18 “Flower Pot Island or Bust”
The last of summer walking at Tobermory. The walks will not be long and not at a fast pace, we have lots to see and pictures to take. We will spend one day walking the trails of Flower Pot Island, cost approx. $50.00 for the glass bottom ferry and Parks Canada fee. The other day will be on the trails of Cypress Lake to the Georgian Bay shore and The Grotto. We stay and have our meals at a comfortable hotel in Tobermory overlooking Little Tub Harbour. More information at hikevincent.wordpress.com and Greg Vincent vincent.greg@gmail.com

Fri. to Sun. Oct. 14, 15, 16 Fall Walking in the Bruce Peninsula National Park - Tobermory
We will hike the trails of the Bruce Peninsula National Park both Saturday and Sunday and include “The Grotto” and the Burnt Point Loop. Our hikes will not be fast paced to enjoy this scenic area, bring your camera! We stay and have our meals at a comfortable hotel in Tobermory overlooking Little Tub Harbour. More information at hikevincent.wordpress.com and Greg Vincent vincent.greg@gmail.com

Greg’s Hiking Site
hikevincent.wordpress.com

GENERAL HIKES

Sat. Sept. 3 - Peninsula, Lion's Head (Maps 37/38) #4 of 8 End to End - 20 km.
Depart 8:30 am. Map 37 Km. 42.6. Hope Bay parking lot located south of the Cedarholm Campground General Store. Car shuttle to Km. 80.3. Map 38. Hike back through Lion's Head Provincial Nature Reserve. Pace: medium. Terrain; variable and challenging. Hiking boots, no dogs. Pre-registration by Email to Leader: Ron Granger (519) 485-0879, 7-10 pm. or ron.granger1@yahoo.com

Sat. Sept. 3 - Dofasco Trail, Hamilton East Mountain - 10 km. 3 hours
Meet by 9:30 am. at the Devil’s Punchbowl Conservation Area on Ridge Road, off Upper Centennial Parkway (Hwy. 20) in Stoney Creek (see Map 6, Bruce Trail Reference Guide Ed. 28). We will car pool to Eleventh Road East and hike back. Snack break along the way. If you need further information or directions, call or e-mail me no later than 5 p.m. Friday before the hike. Pace: Medium. Terrain: Easy. Leader: Gary Wrathall 905-681-6167 (Burlington) gary.wrathall@sympatico.ca

Sun. Sept. 4 - Peninsula, Smokey Head #5 of 8 End to End (Maps 38/39) - 24 km.
Depart 8:30 am. Map 38 Km. 80.3. McCurdy Drive parking lot off of Moore St. Car
shuttl to Km. 104.6. Map 39. Hike back through Cape Chin North and South and Smokey Head White Bluff Provincial Nature Reserve. Pace: medium. Terrain; variable and challenging. Hiking boots, no dogs. Pre-registration by Email to Leader:
Ron Granger (519) 485-0879, 7-10 pm. or ron.granger1@yahoo.com

Sun. Sept. 4 - Kilbride to Crawford Lake (Labour Day Fall Tune-up) - 18.7 km.
Meet 9:00 am. in the parking lot behind Kilbride School, km. 98.8, Map 10. This will be a vigorous hike intended to qualify as a workout and a tune-up for the fall hiking season. Pace: brisk. Terrain: moderate. A “there and back” hike (no car shuttle). We will hike through Yaremko-Ridley Park and Crawford Forestry Tract, to Crawford Lake and back to Kilbride, using the main trail and the Crawford Lake Side Trail. Directions to meeting place: Kilbride Public School is located at 6611 Panton Street in the community of Kilbride. Bring lunch, water, sunscreen and bug spray. Leader: Douglas Boyce dboyce004@gmail.com

Sun. Sept. 4 - Hilton Falls Conservation Area - Approx. 10 km.
Meet for a 10:00 am. start in the parking lot of Hilton Falls Conservaton Area on Number 5 Sideroad (also known as Regional Rd. 9 and Campbellville Rd.) between Guelph Line and Highway 25. Map 11. We will complete a loop hike of the beautiful trails of this conservation area including the waterfall. There may be some late Summer or early Fall wildflowers, especially near the beaver ponds. Bring a snack/lunch, water and sunscreen. Pace: leisurely +. Terrain: moderate. Parking fee or Conservation Area pass applies. Leaders: Anne and Phill Armstrong 905-337-3937 hikinggrandma@gmail.com

Mon. Sept. 5 - Peninsula, Dyer's Bay #6 of 8 (Maps 39/40) - 22 km.
Depart 8:30 am. Map 39, Km. 104.6. Roadside parking on Cape Chin North Rd. Car shuttle to Km. 126.6. Map 40. Hike back through Dyer's Bay and Cape Chin North. Pace: medium. Terrain: variable and challenging. Hiking boots, no dogs. Pre-registration by Email to Leader: Ron Granger (519) 485-0879, 7-10 pm. or ron.granger1@yahoo.com

Tues. Sept. 6 - Stoney Creek Pizza Evening Walk - 1.5 - 2hrs
Meet at 7:00 pm. at the parking lot at Battlefield Park. We will hike various trails and streets in the area, including the Battlefield Park Side Trail and the Bruce Trail. Optional apres hike stop for pizza. Directions: Take Centennial Parkway to King Street (Last traffic light before climbing the escarpment). Go East on King Street. Turn immediately right into the driveway for Battlefield Park (Sign at bottom of driveway on King Street). Meet in Parking Lot. Medium pace and moderate terrain.
Leader: Paul Lewis 905-331-8600, or email: outdooractive@hotmail.com

Thurs. Sept. 8 - Tyandaga Evening Walk - 6 km. (1.5 hrs)
Meet at 7:00 pm. at Kerncliffe Park (old quarry) parking lot on Kerns Road, Burlington. Hike sections of the Bruce Trail and side trails while still light. Directions: Take Brant Street north, left on North Service Road to Kerns Road. Go North on Kerns Road to below the escarpment. Parking lot entrance is on your right. Please be aware that you no longer can come south on Kerns Road from Dundas Street. Hike cancelled if there is heavy rain.
Medium pace and moderate terrain.
Leader: Paul Lewis 905-331-8600, or email: outdooractive@hotmail.com
Sat. Sept. 10 - Beaver Valley E2E #1 of 6 - Blantyre to Epping Lookout - 21.3 km.
Meet 9:00 am. at Epping Lookout Conservation Area, km. 92.5, Map 27. Car shuttle to Blantyre, km. 113.8, Map 28. Hike back to Epping Lookout. Terrain: moderate. Pace: brisk. Directions to meeting place: Epping Lookout Conservation Area is located at Grey County Road 7, just north of Sideroad 19. Bring lunch, water, sunscreen and bug spray. Leader: Douglas Boyce dboyce004@gmail.com

Sat. Sept. 10 - Eramosa Karst - 6-7 km.
Meet at 10:00 am. in the parking lots at Valley Park on Paramount Drive in Upper Stoney Creek. We'll hike to the Eramosa Karst and do a loop hike there. After the hike, everyone is invited to Vern and Terry's nearby home for refreshments...(maps with easy directions will be available).

Sun. Sept. 11 - Beaver Valley E2E #2 of 6 - Epping Lookout to Graham’s Hill Rd - 19.9 km.
Meet 9:00 am. at BTC parking lot, just west of Km. 72.6, Map 26. Car shuttle to Epping Lookout Conservation Area, Km. 92.5, Map 27. Hike back to Graham’s Hill Rd. Terrain: strenuous. Pace: brisk. Directions to meeting place: the BTC parking lot is on Graham’s Hill Rd, east of the community of Vandeule. Bring lunch, water, sunscreen and bug spray. Leader: Douglas Boyce dboyce004@gmail.com

Sat. Sept. 17 - Peninsula, Emmett Lake #7 of 8 End to End (Map 41) - 19 km.
Depart 8:30 am., Map 41, Km. 126.6. Crane Lake Rd at the National Park Gate. Car shuttle to Km. 145.6, Map 41. Hike back Bruce Peninsula National Park. Pace: medium. Terrain: variable and challenging. Hiking boots, no dogs. Pre-registration by Email to Leader: Ron Granger (519) 485-0879, 7-10 pm. or ron.granger1@yahoo.com

Sat. Sept. 17 - Kilbride - 13 km.
Meet at 9:00 am in the park behind the school in the village of Kilbride. This is north of Kilbride St., a little east of the main intersection with Cedar Spring Rd. Hike north past Twiss Rd and Guelph Line and return. Scenes of interest on this hike are poison ivy vines several meters tall, a pine tree that was struck by lightning some months ago and is showing the scars, and a white walnut or butternut tree, which is an endangered species in Ontario because it is nearing extinction due to a fungus. Pace: Medium. Terrain: Moderate, but with rocks that will test your balance.
Leader: Peter McSweeney. Phone or txt 905-802-0727; sweeney@cogeco.ca

Sat. Sept. 17 - Headwaters Trail/Dundas Valley - 11 km. 3 hours
Meet by 9:30 am. in the Hermitage parking lot (also called the ‘Gatehouse Museum) of the Dundas Valley Conservation Area on Sulphur Springs Road near the intersection with Mineral Springs Road (see Map 8, km. 48.4 of the Bruce Reference Guide, Ed. 28). Parking lot admission fee of $10 (in toonies & loonies, or credit card) applies. We will do a loop on the main Bruce Trail & the Headwaters Trail, taking in the Griffin House, a national historic site. Snack break along the way. If you need further information or directions, call or e-mail me no
Sun. Sept. 18 - Peninsula, Cyprus Lake #8 of 8 (Map Map 42) - 20 km.  
**Depart 8:30 am.** Map 42, Km. 165.1. Park in the Tobermory Community Centre parking lot in Tobermory on Hwy #6. Car shuttle to Km. Hike back through Cyprus Lake, Loon Lake and Little Cove. Pace: medium. Terrain: variable and challenging. Hiking boots, no dogs. Pre-registration by Email to Leader: Ron Granger (519) 485-0879, 7-10 pm. or ron.granger1@yahoo.com

Sun. Sept. 18 - West Side Hike #1 - 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 100% loop hike on the Rockcliffe Trails (Clappison Woods). Pace: medium. Terrain: moderate. Map 8. Leader: Vern Erickson 905-667-4370. verickson@cogeco.ca

Sat. Sept. 24 - Long Hilton Falls loop - 26 km.  
(Maps 11 & 12) **Meet at 8:00 am.** at the Pear Tree Car Park. We will hike a loop along the Bruce Trail and Hilton Falls Side Trail. Dress for the weather, bring plenty of water, lunch, extra socks. Pace: brisk. Terrain: easy; some rocky parts may be slippery depending on weather. Due to length, will be rescheduled in case of heavy rain. Leader: Christine Hanley christine.m.hanley@gmail.com

Sat. Sept. 24 - Beaver Valley E2E #3 of 6 - Graham’s Hill Rd to North St, Eugenia - 18.6 km.  
**Meet 9:00 am.** at roadside parking on North St, Eugenia, km. 54.0, Map 26. Car shuttle to BTC parking lot on Graham’s Hill Rd, just west of km. 72.6, Map 26. Hike back to North St, Eugenia. Terrain: strenuous. Pace: brisk. **Directions to meeting place:** from Grey County Road 13 on the north side of Eugenia, go west on North St to roadside parking at the dead end. Bring lunch, water, sunscreen and bug spray. Leader: Douglas Boyce dboyce004@gmail.com

Sat. Sept. 24 - Hamilton East mountain, Albion Falls - 10 km. 3 hours  
**Meet by 9:30 am.** in the parking lot of King’s Forest Park, on Mountain Brow Boulevard near Limeridge Road, overlooking Albion Falls. (see Mountain Brow Side Trail, in Map 7, in the Bruce Trail Reference Guide, Ed. 28). We’ll do a loop hike above the Falls, the Red Hill Valley Trail, and the Escarpment Rail Trail. Snack break at 11 am. A possible pub stop lunch afterwards. If you need further information or directions, call or e-mail me no later than 5 pm. Friday before the hike. Pace: Medium. Terrain: Easy. Leader: Gary Wrathall 905-681-6167 (Burlington) gary.wrathall@sympatico.ca

Sun. Sept. 25 - Beaver Valley E2E #4 of 6 - North St, Eugenia to Duncan Caves - 20.6 km  
**Meet 9:00 am.** at roadside parking near Duncan Crevices Provincial Nature Area on 9th Sideroad, Km. 33.4, Map 25. Car shuttle to North St, Eugenia, km. 54.0, Map 26. Hike back to Duncan Caves. Terrain: strenuous. Pace: brisk. **Directions to meeting place:** Roadside parking on 9th Sideroad, east of the community of Duncan and on the north side of Duncan Crevices.
dbeyce004@gmail.com

**Sun. Sept. 25 - West Side Hike #2 - 7-8 km.**  
**Meet at 10:00 am** along York Road near the Hopkins entrance to the Ray Lowes Trail in Dundas. We will do a mainly loop hike on the R.B.G. North Shore trails.  
verickson@cogeco.ca

**Sat. Oct. 1 - Speyside to the Quarry - 13 km.**  
Meet at **9:00 am** in Speyside. The parking area is on 15 Sideroad, south side, 200 to 300 meters west of Hwy 25. Hike to the lookout with interpretive plaque at Dufferin quarry and return.  
Pace: medium. Terrain: moderate, with rocky sections.  
Leader: Peter McSweeney  Phone or txt 905-802-0727; sweeney@cogeco.ca

**Sun. Oct. 2 - Dundas Valley Trail Centre ON. , 650 Governor’s Road,**  
**Fall Morning of Walking Meditation – 10 -11:30 am.**  
Combine walking with mindfulness with writer/mediator Kelly Watt. Kelly is the author of “Camino Meditations” and has been studying Tibetan Buddhist meditation since she was seventeen and ended up in a monastery in Nepal. In 2008, Kelly walked the 800-mile Camino de Santiago in northern Spain, walking in silence every morning and meditating. She kept to this spiritual regime for seven weeks. Spend a morning learning how to take your practice out of the meditation room and into daily life on the glorious Bruce Trail. Moderate to easy hiking. No meditation experience necessary, but good hiking boots are recommended.  
RSVP at talk@kellywatt.ca or phone 905-870-2870 to reserve a place and find out about additional walking meditation dates.  
Meet at Dundas Valley Trail Centre. Check Bruce Trail website or on Facebook at Camino Meditations for details and directions.

**Tues. Oct. 4 - Dufferin Hi-Land Section, Mono Cliffs Provincial Park-** Map 19 **approx. 10 km.**  
**Meet at 10:00 am.** at Map 19 0.Km .on the 3rd Line EHS, 30 m South of County Road 8.  
Carpool to km 10.0 on the 1st line EHS north of the 25 side road.  
We will hike at a medium pace over variable terrain. No dogs. Hiking boots recommended, bring lunch and drinking water.  
Leader: Donna Hart day of hike contact at 905-805-1159 For any questions, e-mail donna-eleanor@hotmail.com no later than 5 p.m. day before hike.

**Sat. Oct. 8 - Beaver Valley, Old Baldy (Maps 25/26) - 19 km.**  
**Depart 8:30 am,** Map 26, Km. 56.2. Eugenia Falls Conservation parking lot in the centre of the village of Eugenia. Turn west off County Road 13 onto Pellisier St. to the parking lot.  
Pace: medium. Terrain: variable and challenging. Hiking boots, no dogs. Pre-registration by Email to Leader: Ron Granger (519) 485-0879, 7-10 pm. or ron.granger1@yahoo.com

**Sat. Oct. 8 - Historic Lowville in Burlington - 10 km. 3 hours**
Meet by 9:30 am. in the parking of Lowville Park, on the east side of the lot close to the pavilion & playground area. Directions: Take Guelph Line north of Dundas Street (Hwy. 5) in Burlington, then right on Lowville Park Road, then right into the parking lot. (see Map 10, Bruce Trail Reference Guide Ed. 28). We’ll do a loop hike of the River & Ruin Side Trail, the Main Bruce Trail, and the park. Snack break at 11 a.m. Possible pub stop lunch afterwards. If you need further information or directions, call or e-mail me no later than 5 p.m. Friday before the hike. Pace: Medium. Terrain: Easy. Leader: Gary Wrathall 905-681-6167 (Burlington) gary.wrathall@sympatico.ca

Sun. Oct. 9 - Beaver Valley, Hogg's Falls (Map 26) - 21 km. Depart 8:30 am. Map 26. Km 56.2. Eugenia Falls Conservation parking lot in the centre of the village of Eugenia. Turn west off of County Road 13 onto Pellisier St. into parking lot. Car shuttle to Km 76.4, Map 27. Hike back west side of Beaver Valley and pass Hogg's Falls. Pace: medium. Terrain: variable and challenging. Hiking boots, no dogs. Pre-registration by Email to Leader: Ron Granger (519) 485-0879, 7-10pm or ron.granger1@yahoo.com

Sun. Oct. 9 - West Side Hike #3 - 8-10 km. Meet at 10:00 am in the parking lot at the Lions Club pool on Jerseyville Road in Ancaster. We will do a mainly loop hike on several trails in the Western part of the Dundas Valley. Pace: medium. Terrain: moderate. Map ? Leader: Vern Erickson 905-667-4370. verickson@cogeco.ca

Sun. Oct. 9 - Rattlesnake Point (work up an appetite while the dinner’s cooking) - 8.8 km. Meet 10:00 am at Rattlesnake Point Conservation Area, upper area parking. This will be a vigorous hike intended to be a workout and to work up an appetite, while enjoying the autumn air and fall colours in the beautiful Nassagaweya Canyon. Pace: brisk. Terrain: strenuous. A loop hike following the Rattlesnake Point Side Trail, main trail and Leech-Porter Side Trail. Directions to meeting place: Rattlesnake Point Conservation Area is located at 7200 Appleby Line. Meet at parking in the upper area. Parking fee in effect or Conservation Area pass. Bring water. Leader: Douglas Boyce dboyce004@gmail.com

Sun. Oct. 9 - City View Park to Waterdown and Back - 8/10 km. Meet for a 10:00 am start in the most southerly car parking area of City View Park on the east side of Kerns Rd. Map 9. We will do a there and back hike to Smokey Hollow in Waterdown. (8 km.) We could make it a partial loop hike by adding the McNally Side Trail. (10 km.) Bring a snack/lunch and water. Pace: leisurely +. Pace: moderate with one long rocky hill if we opt for the 10 km. version. Leaders: Anne and Phill Armstrong 905-337-3937 hikinggrandma@gmail.com

Mon. Oct. 10 - Beaver Valley, Kimberley (Maps 26/27)- 17 km. Depart 8:30 am. Map 27. Km 92.5. John Muir Epping Lookout parking lot on Eric Winkler Parkway 300 m north of 19 side road. Pace: medium. Terrain variable and challenging. Hiking boots, no dogs. Pre-registration by Email to Leader: Ron Granger (519) 485-0879, 7-10 pm. or ron.granger1@yahoo.com
Sat. Oct. 15 - Iroquoia Section/Rattlesnake Point to Kelso - 12 km.
This 12 km. shuttle hike will take approximately 4.5 hours and is at a medium pace over moderate terrain. There is no dropout point. No dogs please.
**Depart:** 9:00 am The main parking lot of Kelso Conservation Area, near km 120.1. Map 11
**Directions:** Take Tremaine Road to the entrance road of Kelso Conservation Area, and follow the road to the main parking lot. From there we will car shuttle to Rattlesnake Point and hike back. Note, an admission fee will need to be paid in accordance with Conservation Halton policy.
**Hike Description:** An opportunity to enjoy views of the Fall colours and the landscape of the escarpment from Rattlesnake Point to Kelso, using the main trail and the Rattlesnake Point side trail. Hiking boots required. Bring a snack lunch and plenty of drinking water.
Hike Leader: Bob Humphreys walk2tobermory@gmail.com 519-883-1840 Weekdays between 7-10 pm.

Sat. Oct. 15 - Grindstone Creek - 6.5km
(Map 9) **Meet at 10:00 am** at the Creative Me Preschool (formerly the Waterdown Library) where we have pre-arranged permission for use of their carpark for this hike. From there, we will car shuttle to the carpark west of hwy 6 and hike back to smokey hollow. Bring water and something small & sweet, but leave room for a Pub Lunch in Waterdown afterwards! Pace: medium Terrain: moderate (with a few nice big hills) Leader: Christine Hanley christine.m.hanley@gmail.com

**OCTOBER 15 - WINTER HIKE SUBMISSIONS DUE**

Sun. Oct. 16 - Toronto Section/Silver Creek - 9 km.
This 9 km. introductory loop hike will take approximately 3 hours and is at a leisurely pace over easy terrain. There is a dropout point after 4 km. No dogs please.
**Depart:** 9:30 am Scotsdale Farm parking lot. Map 13.
**Directions:** Take Trafalgar Rd exit off Hwy 401 and travel north on Trafalgar Rd through Stewarttown and continue to lights at merge with Hwy 7. Turn left at lights and continue traveling north for about 4 km where Hwy 7 carries on to left and Trafalgar Rd exits on right. Continue north on Trafalgar Rd and after about 2 km turn right into Scotsdale Farm. Drive east along the gravel road to the parking lot on the left in front of the farmhouse. The hike leader’s car will have a Canadian flag attached to the window behind the driver’s seat. We will leave all cars at the meeting place while we complete this loop hike.
**Hike Description:** We will hike from Scotsdale Farm along the Bennett Heritage Trail to join the main trail just south of 27 Sideroad and then return to Scotsdale Farm via the Maureen Smith side trail. Hiking boots or comfortable walking shoes suggested. Bring water and a snack. Please consider carrying these in a knapsack or fanny pack to be more comfortable. Please arrive at meeting place at least 15 minutes before hike begins.
**Hike Leader:** Robert Gillespie robert_gillespie@bell.net, email only
Pre-register for the hike with the hike leader at robert_gillespie@bell.net

Sun. Oct. 16 - Red Hill Valley - 8-10 km.
**Meet at 10:00 am.** just East (right side) of Hutch's on Van Wagner's Beach. We'll car pool to the Mud Street parking lot near Pritchard Road and hike back along the Red Hill Valley Trail.
Sun Oct. 16 - Dufferin Boyne Area -  
**Meet for 10:00 am.** departure from parking lot near 30.5 km on 1st Line East on Map 20. We will shuttle to parking area on Highway 89 at 15.2 km on Map 20. Pub stop to follow. Terrain: moderate. Pace: medium 4 km/hr.  15+ km.  
Leader: Vern Erickson 905-667-4370. verickson@cogeco.ca

Sat. Oct. 22 - Blue Mountains, Noisy River (Maps 21/22) - 21 km.  
**Depart 8:30 am.** Map 21, Km 0.0. North on Highway 410 to 89 turn left to highway 124, turn right going north to County Road 21, turn right to Centre Rd. to Lavender. Turn right on Mulmor Nottawasaga Townline, go about 500 m. Roadside parking. Pace: medium. Terrain: variable and challenging. Hiking boots, no dogs. Pre-registration by Email to Leader: Ron Granger (519) 485-0879, 7-10 pm. or ron.granger1@yahoo.com

**Meet for a 10:00 am start** in the Halton Conservation parking lot at NW corner of Steeles and Bell School Line. Directions: Take Hwy 401 toward Milton. Exit at Regional Rd 25 South. Turn right on Steeles Ave. Follow for 4 km. to Bell School Line and paid parking lot on right. Hike Description: We will hike along the edge of the Escarpment in Kelso Conservation area. Fine views over the Escarpment. This 9 km "there and back" hike will take approximately 3 hours and is at a leisurely pace over moderate terrain. There is no dropout point. No dogs please.  
Hike Leader: Peter Leeney 905-822-1877 peter.leeney@utoronto.ca

**Meet for an 8:30 am start.** in the parking lot of Kerncliff Park, 2198 Kern’s Rd., below the escarpment. The parking lot is accessible by driving north on Kern’s Rd. from the North Service Rd. We will do a loop hike along the main and side trails to Smokey Hollow in Waterdown and back. Pace: medium. Terrain: moderate. Map 9, km 75.9, BT Reference Guide Ed. 28) Dogs welcome. Leaders: Lisa Raftis cstewart5@bell.net, (416) 829-5053 and Bill Pote wrsp777@gmail.com (289) 772-9490

Sun. Oct. 23 - West Side Hike #4 - 8-10 km.  
**Meet at 10:00 am.** in the Sanctuary Park parking lot in Pleasant Valley, Dundas. We will do a 100% loop hike on several trails in the Dundas Valley.  

Sat. Oct. 29 - Beaver Valley E2E #5 of 6 - Duncan Caves to 6th Line - 19.9 km.  
**Meet 9:00 am.** at roadside parking on 6th Line, just south of Km. 13.3, Map 24 (about km. 13.5). Car shuttle to roadside parking on 9th Sideroad, Km. 33.4, Map 25. Hike back to 6th Line.  
Terrain: strenuous. Pace: brisk. **Directions to meeting place:** from Grey County Road 119, go north on 6th Line to roadside parking. Bring lunch, water and sunscreen. Leader: Douglas Boyce dboyce004@gmail.com
Sat. Oct. 29  -  Caledon Hills Section/Tai Chi Centre to Hockley Valley  -  14 km.
This 14 km. "there and back" hike will take approximately 5 hours and is at a medium pace over moderate terrain. There is no dropout point. No dogs please.
**Depart:** 9:00 am Sideroad 5, at km 46.6. Map 18
**GPS Coordinates:** N43 58.442', W79 59.094'.
**Directions:** Take Airport Road north from Highway 9 to Sideroad 5, turn right and follow for half a kilometre to parking on the left where the main trail crosses the road.
**Hike Description:** Beautiful fall colours will form the "eye candy" we will get to enjoy whilst hiking the main trail, Hockley Crest Side Trail, and the Glacier Side Trail. Hiking boots required. Bring a snack lunch and plenty of drinking water.
Hike Leader: Bob Humphreys walk2tobermory@gmail.com
519-883-1840 Weekdays between 7-10 pm.

**Meet 9:00 am.** at the dead end of Maple Lane in Swiss Meadows, Km. 0.0, Map 24. Car shuttle to 6th Line, just south of Km. 13.3, Map 24. Hike back to Swiss Meadows. Terrain: Strenuous.
Pace: Brisk. **Directions to meeting place:** Swiss Meadows is located on top of the escarpment overlooking the Blue Mountains. From Grey County Road 119/Scenic Caves Rd take Swiss Meadows Blvd. in a northerly direction to Maple Lane. Turn right on Maple Lane and park at the dead end. Bring a snack, water and sunscreen. Leader: Douglas Boyce dboyce004@gmail.com

Sun. Oct. 30 – STEPS, STEPS, STEPS, STEPS! (3.5 hrs-4 hrs)
An energetic way to start your Day! Back again this year! **Meet at 9:00 am.** at the top of the Chedoke Stairs on Scenic Drive at Upper Paradise on the West Mountain. We will then carpool to Albion Falls, and do all 7 sets of escarpment stairs, including the new Kenilworth & Uli’s Stairs. In between the sets of stairs we will hike parts of the Bruce Trail and the Rail Trails. The fall colours should still be out! Hike is cancelled if there is heavy rain. Rain back up date is Sunday Nov. 6th Medium pace and Strenuous terrain. Directions: From Garth Street take Scenic Drive west to Upper Paradise. The parking lot is on your right (across from the start of Upper Paradise). If there is no room in the parking lot you can park on the street. From the 403, take the Linc to Golf Links and turn left on Golf Links that becomes Mohawk. Then turn left (north) on to Upper Paradise until the end at Scenic Drive (parking lot will be straight ahead)
Leader: Paul Lewis (905) 331-8600, or email: outdooractive@hotmail.com

Sun. Oct. 30  -  Dufferin Hi-Land Section/Mono Cliffs  -  9 km.
**Depart at 10:00 am.** Mono Community Centre parking lot. Map 19.
This 9 km introductory loop hike will take approximately 3 hours and is at a leisurely pace over moderate terrain. There is no dropout point. No dogs please.
**Directions:** Take Hwy 10 north to Dufferin Road 8 about 10 km north of Orangeville. Follow Road 8 to Mono Centre. The hike leader’s car will have a Canadian flag attached to the window behind the driver’s seat. We will leave all cars in this parking lot while we complete this loop hike.
**Hike Description:** We will hike into Mono Cliffs Park along the Spillway Trail and back along the Cliff Top Trail to return to the Mono Community Centre parking lot around noon. This hike is designed to give new hikers a sense of what hiking on the Bruce Trail has to offer.
**Hike Leader:** Robert Gillespie robert_gillespie@bell.net, contact by email only
Pre-register for the hike with the hike leader at robert_gillespie@bell.net to pre-register

**Sun. Oct. 30 - West Side Hike #5 - 7-8 km.**
**Meet at 10:00 am.** along Upper Lions Club Road near Old Dundas Road (next to Sherman Falls). We will do a mainly loop hike on several trails East of Artaban Road.

**Tues. Nov. 1 - Toronto Section, Speyside – Map 12 11.2 km.**
**Meet at 9:00 am.** Meet at the Pear Tree parking lot, km. 11.2 in Speyside. 200 m southwest of Highway 25. We will hike 11.2 km. at a medium pace over variable terrain. This hike will include part of the Main Trail, the Al Shaw Side Trail, Vanderleck Side Trail and the Speyside North and South Side Trails. To get there, exit the 401 at Milton and take Highway 25 north to Speyside. Turn left on 15th Side road, and the parking lot is 300 metres along on the left hand side. No dogs. Hiking boots recommended, bring lunch and drinking water.
Leader: Donna Hart day of hike contact at 905-805-1159 For any questions, e-mail donna-eleanor@hotmail.com no later than 5 p.m. day before hike

**Sat. Nov. 5 - Blue Mountains, Pretty River (Maps 22/23) - 25 km.**
**Depart 8:30 am.** Map 23. Km. 45.4. North on Highway 410, north to Highway 89, turn left to 124. Turn right to Singhampton. Turn right to Conc. 10, turn left and go to Sideroad 33/34, turn left. Parking lot at Km. 45.4. Car shuttle to Km 45.4. Map 23. Hike back Devil’s Glen and Nottawasga Provincial Nature Reserve. Pace: medium. Terrain: variable and challenging. Hiking boots, no dogs. Pre-registration by Email to Leader: Ron Granger (519) 485-0879, 7-10 pm. or ron.granger1@yahoo.com

**Sat. Nov. 5 - Rattlesnake Point to Kelso - 13.7 km**
(Map 11) **Meet at 9:00 am.** at Rattlesnake Point Conservation Area Parking Lot (Parking Fee in effect). We will car shuttle to Kelso and hike back. Bring water & snacks. Pace: medium. Terrain: moderate. Leader: Christine Hanleychristine.m.hanley@gmail.com

**Sun. Nov. 6 - Blue Mountains, Pretty River (Maps 23/24) - 21 km.**
**Depart 8:30 am.** Map 23, Km 45.4. North on Highway 410 to highway 89, turn left to 124, turn right to Singhampton to Conc. 10, turn left to County Road 33/34, turn left to parking ot. Car shuttle to Km 66.0. Map 24. Hike back Blue Mountain and Pretty River Valley Provincial Park. Pace: medium. Terrain: variable and challenging. Hiking boots, no dogs. Pre-registration by Email to Leader: Ron Granger (519) 485-0879, 7-10 pm. or ron.granger1@yahoo.com

**Sun. Nov. 6 - Guelph Line to Cedar Springs.**
**Meet for an 8:30 am. start** on Guelph Line (north of Dundas St. and south of No. 1 Side Road. (See Map 9, km 82.3, BT Reference Guide, Ed 28). We will hike out and back from Guelph Line going west to Cedar Springs Road. 3 hours. Pace: medium. Terrain: moderate. Dogs welcome.
Leaders: Lisa Raftis cstewart5@bell.net (416) 829-5053 and Bill Pote wrsp777@gmail.com (289) 772-9490.

Sun. Nov. 6 - Paramount Park to Chedoke - 14 km
Meet 9:00 am. at parking lot underneath escarpment, Chedoke Golf Club, km. 38.5, Map 7. Car shuttle to Paramount Park, Km. 24.5, Map 7, and hike back to Chedoke. This will be a vigorous hike intended to raise the heart rate and qualify as a workout. Pace: brisk. Terrain: strenuous. Discover how the Bruce Trail winds through Hamilton while avoiding city streets, through the Red Hill Valley and King’s Forest, along rail trails and the side of the escarpment. Directions to meeting place: from Hwy #403, Hamilton take Aberdeen Ave, right on Studholme Rd. and left on Beddoe Dr. to parking lot. Bring a snack and water. Leader: Douglas Boyce dboyce004@gmail.com

Sun. Nov. 6 - West Side Hike #6 - 7-8 km.
Meet at 10:00 am. behind the Shoppers Drugmart in the University Plaza on Osler Drive, Dundas. We will do a mainly loop hike on or near the Eastern part of the Monarch Trail. Pace: medium. Terrain: moderate. Map 8. Leader: Vern Erickson 905-667-4370. verickson@cogeco.ca

Sat. Nov. 12 - Toronto Section/Speyside - 16 km.
This 16 km. shuttle hike will take approximately 5.5 hours and is at a medium pace over moderate terrain. There is no dropout point. No dogs please.
Depart: 9:00 am. The pear tree parking lot in Speyside at km 11.2. Map 12
GPS Coordinates: N43 34.676', W79 58.619'
Directions: Take the 401 west to Milton, turn north on H'way 25 to the traffic light at Sideroad 15, turn left, and follow for 300 metres to the Pear Tree parking lot on the left hand side.
Hike Description: An opportunity for the relaxation of a quiet hike on a November day. We shall hike the Canada Goose side trail, Vanderleck side trail, and parts of the Hilton Falls side trail, linked together by sections of the main trail. Bring a snack lunch and plenty of drinking water.
Hike Leader: Bob Humphreys walk2tobermory@gmail.com 519-883-1840 Weekdays between 7-10 pm.

Sun. Nov. 13 - West Side Hike #7 - 7-8 km.
Meet at 10:00 am. in the parking lot of the Chedoke Golf Club. We will hike up the Radial Trail and do a mainly loop hike in the Iroquoia Heights Conservation Area.

Tues. Nov. 15 - Toronto Section, Credit Valley Map 13 - approx. 14 km.
Meet at 9:00 am. start in the parking lot of Scotsdale Farm (29.4 km) on the east side of Trafalgar Road and do a loop of Great Esker, Bennett Heritage and Maureen Smith side trail with connections to the main trail. We will hike at a medium pace over variable terrain. No dogs. Hiking boots recommended, bring lunch and drinking water.
Leader: Donna Hart day of hike contact at 905-805-1159 For any questions, e-mail donna-eleanor@hotmail.com no later than 5 p.m. day before hike.
Sat. Nov. 19 - Niagara, Queenston (Maps 1/2) - 22 km.
Depart 8:30 am. Map 1, Km 0.0. QEW to St. Catharines turn left onto Highway 405 to Niagara Pkwy., to parking lot of Queenstown Heights Park at Cairn. Car shuttle to Km. 21.9, Map 2. Hike back through Woodend Conservation Area and Queenstown Heights. Pace: medium. Terrain: variable and challenging. Hiking boots, no dogs. Pre-registration by Email to Leader: Ron Granger (519) 485-0879, 7-10 pm. or ron.granger1@yahoo.com

Sat. Nov. 19 - Chedoke Rail Trail Hamilton West Mountain - 10 km. 3 hours
Meet by 9:30 am. in the parking lot of Hamilton’s Chedoke Golf Course, off Aberdeen Avenue. Park in the far east end of the lot facing the golf course. We will hike up the Chedoke Radial Trail to and through the Iroquoia Heights Conservation Area and back. Pace: medium. Terrain: easy. If you need further information or directions, call or e-mail me no later than 5 p.m. Friday before the hike. Pace: medium. Terrain: easy. Leader: Gary Wrathall 905-681-6167 (Burlington) gary.wrathall@sympatico.ca

Sun. Nov 20 - City View Park to Guelph Line - 14 km.
Meet 9:00 am. at City View Park, north of trail between Km. 75.1 and Km 75.7, Map 9. This will be a vigorous hike to get the blood flowing and keep us warm in the chill November air. Pace: brisk. Terrain: easy. A “there and back” hike (no car shuttle). We will hike to Km. 82.3 at Guelph Line and back to City View Park. Directions to meeting place: City View Park is located at 2500 Kerns Rd., at the corner of Kerns Rd. and Dundas St. #5. Meet in the South parking lot: from Dundas St. proceed south on Kerns and use the second entrance on your left. Note that Kerns Rd. is closed south of City View Park and must be accessed from Dundas St. Bring a snack and water. Leader: Douglas Boyce dboyce004@gmail.com

Sun. Nov. 20 - King's Forest - 7-8 km.
Meet at 10:00 am. in the Mud Street parking lot near Pritchard Road in East Hamilton Mountain. We will do a 100% loop hike on the King's Forest trails in the Red Hill Valley. Pace: medium. Terrain: moderate. Map 7. Leader: Vern Erickson 905-667-4370. verickson@cogeco.ca

Sunday, Nov. 27 - Lowville - (See Map 10, km 96.1 BT Reference Guide Ed. 28) - 3 Hours
Meet at 8:30 am. in the parking lot of Lowville Park close to the pavilion and playground. Direction:s north on Guelph Line from Dundas St. approx. 4 km. Turn right at the Lowville Bistro and then right into the parking lot. Pace: medium. Terrain: moderate. We. will hike over to the River & Ruin Side Trail, onto the main trail and back. Pace: Medium. Terrain: moderate. Dogs welcome. Leaders: Lisa Raftis cstewart5@bell.net (416) 829-5053 and Bill Pote wrsp777@gmail.com (289) 772-9490.

Tues. Nov. 29 - Niagara Section, Balls Falls Map 4 - approx. 10 km.
Meet at 9:00 am. to Cherry Ave. (Km. 60.4) Carpool to Mountainview Conservation Area parking lot. (70.6) (Pace: medium. Terrain: moderate.) No dogs. Hiking boots recommended, bring lunch and drinking water.
Leader: Donna Hart day of hike contact at 905-805-1159 For any questions, e-mail donna-
eleanor@hotmail.com no later than 5 p.m. day before hike.

HAPPY WANDERERS (MONDAY HIKES)

Monday Sept. 5: NO HIKE

Mon. Sept. 12 Mount Nemo Loop Hike +/- 15 km.
Meet for a 9:00 am. exit in the Mount Nemo C/A parking lot just east of Guelph Line and Colling Road, Map 10 km 91.7 (Ed 28) We will do a loop hike on the trails in the area. C/A fees apply. Hiking boots. Bring water/sunscreen/bug spray/lunch/snack.
Pace: medium. Terrain: moderate with some hills
Leader: Charlotte Stewart stewchar01@gmail.com, Cell/text morning of hike 905 906-0519

Mon. Sept. 19 Sherman Falls to Chedoke Radial Trail and back +/- 15 km.
Meet for 9:00 am. departure at Sherman Falls (Map 9 46.4k) Linear hike to Chedoke Rail Trail

Mon. Sept. 26 Hockley Valley Nature Reserve Linear Hike +/- 17 km.
Meet for 9:00 AM exit at Hwy 401/Trafalgar Rd Intersection Parking lot (north east side). We will carpool to 7th Line EHS just east of Airport Rd just north of Mono Mills Hwy 9 and then shuttle some cars to Hockley Rd. parking just east of 2nd Line EHS. We will hike the Main Trail back to 7th Line EHS parking. Ref: Map 18 Edition 27. Pace: medium. Terrain: strenuous.
Leader: Keith Barber  Email: kbarber11@cogeco.ca   Home Phone: 289-878-2299

Mon. Oct. 3 Caledon, Mono Cliffs Park Loop Hike +/- 15 km.
Meet for a 9:00 am. exit at the car pool lot northeast corner of 401/Trafalgar Rd. Move some cars to Mono Centre Community Centre parking lot on Dufferin Road 8. (Toronto hikers can meet us there at 10 am). Hike the Bruce Trail and trails of the park, enjoying the fall colours. Map 19 Dufferin/ Caledon border (Ed 28) Hiking boots, no dogs. Bring water, sunscreen/lunch/snack.
Pace: medium to brisk, Terrain: moderate
Leader: Charlotte Stewart stewchar01@gmail.com, Cell/text morning of hike 905 906-0519

October 10 NO HIKE

Mon. Oct. 17 WebsterFalls, Tews Falls, Christie C.A. Loop Hike +/- 16km
Meet for 9:00 am. exit at 20 Marshboro Ave (off of #8 hwy west of Bullocks Corners, Dundas).
Hike to Webster Falls, Tews Falls, Christie Conservation Area and wilderness area. Bring water, lunch.  Pace medium, Terrain moderate. Leaders: Wayne & Roxanne Riley  email: wlr8362@gmail.com  Home phone: 905-628-8362 Cell morning of hike 289-456-3498
Mon. Oct. 24
Forks of Credit Loop Hike  +/- 15 km
Meet for 9:00 am. exit at parking lot east side of Trafalgar, north of 401. Carpool to start of hike at Forks of Credit Rd, map 15, km 10. Hike Trimble, Shaw, Rail and through Forks of Credit park back to cars. Bring water, lunch. Pace: medium. Terrain: moderate. Leader: Wayne and Roxanne Riley  email: wlr8362@gmail.com  Home phone: 905-628-8362  Cell morning of hike: 289-456-3498

Mon. Oct. 31
Silver Creek C.A. Loop  +/- 15 km.
Meet for 9:00 am. exit at Hwy 401/Trafalgar Rd Intersection Parking lot (north east side). We will carpool to Eighth Line Trail Access & Parking (Map 13) and hike the Great Esker ST, Bennett Heritage ST, including interconnecting parts of the Main Trail. Ref: Map 13 Edition 27  Pace: medium. Terrain: strenuous. Leader: Keith Barber  RSVP: kbarber11@cogeco.ca  Home Phone: 289-878-2299

Mon. Nov. 7
Dundas Valley Conservation loop  +/- 15 km.
Meet for 9:00 am. exit at 91 Little John Road, Dundas, near the park at the corner of Little John and Lynden Road (off South Street). Parking is permitted on the right side of the road. Hike the trails of the Dundas Valley including the Bruce Trail, Spring Creek Trail, etc. Map 8 (Ed 28)  Hiking boots, no dogs. Bring water, lunch/snack. You may need icers. Pace: medium to brisk, terrain: easy to moderate with some hills. Leader: Charlotte Stewart  stewchar01@gmail.com, Cell/text morning of hike 905 906-0519

Mon. Nov. 14
Hilton Falls C.A. Loop Hike  +/- 15 km.
Meet for 9:00 am. exit at Hilton Falls Conservation Area Parking Lot (Entrance off Campbellville Rd, just west of Appleby Line). We will hike the Red Oak, Beaver Dam & Hilton Falls Trails. Ref: Map 11 Edition 27  Pace: medium. Terrain: moderate . Leader: Keith Barber  RSVP: kbarber11@cogeco.ca  Home Phone: 289-878-2299

Mon. Nov. 21
Oakville - Valleyridge Park loop  +/- 13 km.
Meet for a 9:00 am. exit at Valleyridge Park on Valleyridge Road near Hwy 5 and Bronte Road, Oakville. We will hike the Oakville and Bronte Park trails. Hiking boots, no dogs. Bring water, lunch/snack, sunscreen. You may need icers. Pace: medium, Terrain: easy. Leader: Charlotte Stewart  stewchar01@gmail.com, Cell/text morning of hike 905 906-0519

Mon. Nov. 28
Terracotta C.A. Loop Hike  +/- 16 km.
Meet for 9:00 am. exit at Hwy 401/Trafalgar Rd Intersection Parking lot (north east side). We will carpool to Trail Access at 27SR/Fallbrook Rd (Map 13) and hike the Roberts ST & Main Trail to Terracotta C.A., then hike the Winston Churchill ST (part) and connecting park trails and returning on the Main Trail. Ref: Map 13 & 14 Edition 27. Pace: medium. Terrain: moderate. Leader: Keith Barber  RSVP: kbarber11@cogeco.ca  Home Phone: 289-878-2299
TUESDAYS WITH BILL

Tues. Sept. 27 - Iroquoia Heights Conservation Area
Meet at 10:30 a.m. at the parking lot (Km. 40.6) for a leisurely loop walk along the Iroquoia Heights Side Trail and a return on the main trail. Approximately 4 km. Lunch at Montana's in Meadowlands (Ancaster). Hike Leader: Bill Fulton ibterbguu@gmail.com

TUESDAY MORNING HIKERS

The Tuesday Morning Hikers have switched from evening hikes in summer to morning hikes from September - May inclusive. All hikes of the autumn session will be about 2 - 3 hr. in length and will start at 9:00 am. (Evening hikes will resume in June 2017.) Bring water and snacks, and wear hiking boots, unless running shoes are specifically permitted. The speed and the terrain vary, as do the meeting points. Our goal for this fall is to hike the Iroquoia section from end-to-end, i.e. from Grimsby to the end of the Iroquoia section at the Hwy 401 crossing on Appleby Line. An optional lunch at a nearby restaurant concludes each hike. If you have questions or concerns, contact Richard Reble before 9:00 p.m. at 905-945-0536 or e-mail him atrichardreble@gmail.com

Tues. Sept. 6 - Meet on the wide shoulder of Fifty Rd. at the top of the escarpment. (See Km 9.2 of Map 5 in Edition 28 of The Bruce Trail Reference.) We'll convoy to the Lion's Club Outdoor Pool on Elm St. in Grimsby and hike back. The après-hike eatery will be the Judge and Jester on Main St. E. in Grimsby

Tues. Sept. 13 - Meet in the parking lot of the Devil's Punch Bowl Conservation Area on Ridge Rd. in Upper Soney Creek. A parking fee may apply. (See Km 19.4 of Map 6 in Edition 28 of The Bruce Trail Reference.) We'll convoy to Fifty Rd. and hike back. The apres-hike stop will be the Innsville Hotel on Old Hwy. 8.

Tues. Sept. 20 - Meet on Mountain Brow Blvd. at the corner of Fennell Ave. on east Hamilton mountain. (See Km 28.8 of Map 7 in Edition 28 of The Bruce Trail Reference.) We'll convoy to the Devil's Punch Bowl and hike back. The apres-hike stop will be the Brown Barrel on Upper Ottawa St.

Tues. Sept. 27 - Meet in the parking lot on Scenic Dr. at the corner of Upper Paradise on Hamilton's west mountain. If parking lot full, find nearby street parking. (See Km. 38.5 of Map 7 in Edition 28 of The Bruce Trail Reference.) We'll convoy to Mountain Brow Blvd. at Fennell and hike back. The apres-hike stop will be at Squire's in the plaza at the corner of Upper Wentworth and Fennell.

Tues. Oct. 4 - Hike cancelled. Leader gone exploring.
**Tues. Oct. 11** - Meet in the parking lot at the dead end of Upper Lion's Club Rd. in Ancaster. We'll convoy to the parking lot at the corner of Scenic Dr. and Upper Paradise and hike back. The apres-hike stop will be the *Coach and Lantern* in Ancaster.

**Tues. Oct. 18** - Meet in the parking area near the top of the escarpment on the Sydenham Rd. in Dundas. (See Km 58.6 on Map 8 in *Edition 28 of The Bruce Trail Reference*.) We'll convoy to the parking lot at the dead end of Upper Lion's Club Rd. in Ancaster and hike back. The apres-hike stop will be the *Winchester Arms* on King St. in Dundas.

**Tues. Oct. 25** - Meet at the Bruce Trail crossing on Snake Rd. in Waterdown. (See Km 67.6 on Map 9 of *Edition 28 of The Bruce Trail Reference*.) We'll convoy to Sydenham Rd. and hike back. The apres-hike stop will be the *Winchester Arms* on King St. in Dundas.

**Tues. Nov. 1** - Meet at the Bruce Trail crossing on Dundas St. (Hwy. 5) just east of Waterdown. There is ample parking on the wide shoulder of the road. This is where Dundas St. starts down the long hill that leads to Brant St. in Burlington. (See Km 76.8 on Map 9 of *Edition 28 of The Bruce Trail Reference*.) We'll convoy to Snake Rd. in Waterdown and hike back. Lunch stop will be the *American Hotel* at the corner of Mill St and Dundas St. in Waterdown.

**Tues. Nov. 18** - Meet beside the cemetery at the corner of Walker's Line and No. 2 Sideroad. (See Km 87.0 on Map 10 of *Edition 28 of The Bruce Trail Reference*.) We'll convoy to the Bruce Trail crossing on Dundas St. (Hwy. 5) and hike back. Lunch stop will be the *Royal Coachman* at the corner of Main St. and Dundas St. in Waterdown.

**Tues. Nov. 15** - Meet in the parking lot of the public library at the corner of Panton St. and Kilbride St. in Kilbride. (See Km 98.8 on Map 10 of *Edition 28 of The Bruce Trail Reference*.) We'll convoy to the cemetery at the corner of Walker's Line and No. 2 Sideroad and hike back. Lunch stop will be *American Hotel* at the corner of Mill St. and Dundas St. in Waterdown.

**Tues. Nov. 22** - Meet in the parking lot of the limestone block church on Guelph Line, a stone throw north of Derry Rd. You can't miss the classic church architecture.) We'll convoy from there to the end point of the hike (a secret) and then convoy again to the public library in Kilbride and hike back. Lunch stop will be *The Trail Eatery* in Campbellville.

**Tues. Nov. 29** - Meet at the entrance to Hilton Falls Conservation Area on Campbellville Rd., a stone throw west of Appleby Line. Don't enter the conservation area gate until we decide who'll be leaving their car there all day. Then we'll convoy to the secret spot we started the hike last time and hike back. Lunch stop will be the *Ice House Restaurant* in Campbellville.

**HIKERS R US**

Fall is a great time of year for hiking. **Bring a snack/lunch and water, sunscreen, and bug spray (in September), wear hiking boots.** No dogs. 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. For a late change in the hike you will be notified by email by 7:00 am the morning of the hike.
Hike convenor: Charlotte Stewart stewchar01@gmail.com (905) 628-0509. Map references 28th edition unless otherwise noted.

Wed. Sept. 7  Dryden and Sudden tracts  +/- 14 km.
Meet for 9:00 am. exit at Dryden tract, 1865 Alps Road, North Dumfries GPS 43° 19’35.7 N 80°23’12.3” W Pace: brisk (4.5km/hr.), Terrain: very hilly.
Leader: Louise Langlais langlaislouise@gmail.com Cell phone on day of hikes: 519-222-4040 (usually email is the best way to reach me)

Wed. Sept. 14  Niagara E@E #1 of 5 Harvest Hike  +/- 15 km
Meet for a 9:00 am. departure from parking area on Quarry Road (east of Beamsville) at 65.0 km on Map 4. We will shuttle to Grimsby Park and begin hiking from 80.4 km on Map 5. Terrain: moderate, Pace: medium 4 km/hr.
Leader: Cynthia Archer archercynthiab@gmail.com cell/txt 416 573 4236.

Wed. Sept. 21  St. Catharines - Merritt ST & Twelve ST Loop Hike  +/- 16 km
Meet for 9:00 am. exit at Van Wagner’s Beach, Hamilton, Burlington side of Hutches Restaurant, near small brick building. We will carpool to the Penn Centre Mall Parking (NE mall entrance). We will then hike the Merritt Trail, Twelve Trail and Main Trail. Ref: Map 11 Edition 27. Pace: medium. Terrain: moderate.
Leader: Keith Barber Email: kbarber11@cogeco.ca Home Phone: 289-878-2299

Wed. Sept. 28  Sherman Falls through Dundas Valley Conservation Area  +/- 14 km.
Meet for a 9:00 am. exit at Sherman Falls Map 8 mile 46.1 Ed 27. Start at Sherman Falls and hike along Artaban Road to the Monarch Trail to the Main Loop. We will take the Canterbury Side Trail then back on the Main Loop to the Gatehouse Museum. Continue on back to the Monarch Trail to the parking area. Bring water, lunch and bug spray, hiking boots. Pace: medium +. Terrain: moderate +.
Leaders: Wayne and Roxanne Riley Email: wlr8362@gmail.com phone 905-628-8362 cell morning of hike 289-456-3498

Wed. Oct. 5  Blair, Rare and Devil’s creek  +/-12 km.
Meet for 9:00 am. exit at west intersection of George St. and Blair Rd, Cambridge GPS 43° 22’34.3” N 80° 20’22.5”W. Pace: brisk (4.5 km/hr.), Terrain: flat.
Leader: Louise Langlais langlaislouise@gmail.com Cell phone on day of hikes: 519-222-4040 (usually email is the best way to reach me)

Wed. Oct. 12  Niagara E@E #2 of 5 Picnic at Terrace Falls  +/- 15 km.
Meet at 9:00 am. departure from Morning Star Mill parking lot on DeCew Road at 33.5 km on Map 3. We will shuttle to Louth Conservation Area at km 49.3 then hike through Short Hills Park stopping for a picnic at Terrace Falls. Terrain: moderate, Pace: medium 4 km/hr.
Leader: Cynthia Archer archercynthiab@gmail.com cell/txt 416 573 4236.

Wed. October 19  Dundas Valley C.A. Loop Hike (Sanctuary Park)  +/- 15 km.
Meet for 9:00 am exit at Sanctuary Drive Parking Lot, off Pleasant Ave. and Old Ancaster Rd., Dundas. We will hike part of the Hamilton to Brantford Rail Trail to connect with the Monarch Trail, Main Loop, Deer Run Trail and return on the Spring Creek Trail. Map 8 Edition 27 and Dundas Valley C.A. Trail Map. Pace: medium. Terrain: strenuous. Leader: Keith Barber Email: kbarber11@cogeco.ca Home Phone: 289-878-2299

Wed. Oct. 26 Iroquois Linear Hike from Waterdown to Dundas +/-16 km. Meet for 9:00 am. exit at parking lot on York Road, Dundas by leash free dog park. Move cars to City View Park on east side of Kerns Road, just south of Hwy 5. We will hike along BT through Smokey Hollow and continue to York Road. Hiking boots, no dogs. Bring lunch, sunscreen and water. Pace: medium to brisk. Terrain: very hilly. Leader: Ruth Merz ruthmerz1@outlook.com Cell on day of hike 905 928 5491

Wed. Nov/2 Lafarge Trail from the South End +/- 12-14 km. Meet for 9:00 am. exit at the intersection of Middletown Road and Concession 6, Millgrove. GPS 43°33′8369, -80°05′4075. Pace: medium to brisk (4 km/hr.) Terrain: very hilly. Leader: Louise Langlais langlaislouise@gmail.com Cell phone on day of hikes: 519-222-4040 (usually email is the best way to reach me)

Wed. Nov. 9 Niagara E@E #3 of 5 +/- 15 km. Meet for a 9:00 am. departure from Louth Conservation Area at Km 49.3 on Map 4. We will shuttle to Quarry Road at 65.0 km on Map 4. Hiking boots. Bring water, lunch/snack. Pace: medium (4 km/hr.). Terrain: moderate Leader: Cynthia Archer archercynthiab@gmail.com cell/txt 416 573 4236.

Wed. November 16 Dundas in and out Hike to Woodley lane and back +/- 14km Meet for 9:00 am exit at Sanctuary Park just off Pleasant Ave. We will hike along Spring Creek trail, McCormick and Bruce trail to Woodley lane and return. Hiking boots, no dogs. Bring lunch, water, sunscreen. Pace: medium to brisk. Terrain: moderate to hilly with good footing. Leader: Ruth Merz ruthmerz1@outlook.com Cell morning of hike 905 928 5491

Wed. Nov. 23 17 SR Parking to Limehouse Loop Hike +/- 16 km. Meet for 9:00 am exit at the Food Basics Parking Lot at north east corner of Derry Rd/Hwy 25 (Ontario Street) in Milton. We will carpool to Speyside parking on SR 17, east of Hwy 25 and hike the Vanderleck ST, Canada Goose ST and Black Creek ST, Brown Benton ST, with interconnecting portions of the Main Trail. Some road walking on 22SR. Ref: Map 12 Edition 27 Pace: medium Terrain: strenuous Leader: Keith Barber Email: kbarber11@cogeco.ca Home Phone: 289-878-2299

GOOD COMPANIONS

All hikes begin at 10.00 am unless otherwise noted and are at a leisurely pace. Please wear appropriate footwear for hiking. Bring water, bug spray a snack and as always a sense of humour. Kathy and Brian (905)632-8934. Remember, as in life it’s the journey that matters, not the destination.

Wed. Sept. 7 - Albion Falls - 2hrs.
Meet at the Old Mud St. parking lot on the East Mountain (Prichard Rd.). We will hike along the Mountain brow trail and then back on the Rail trail. Beautiful Waterfalls and perhaps some Fall colours. Leisurely and flat.

Wed. Sept. 14 - Grindstone Creek - 2 ½ hrs.
Meet at the parking lot in Hidden Valley (Howard Rd in Aldershot). We will hike down to the Toll ponds and back. A birders delight. Leisurely. Some hills.

Wed. Sept. 21 - Chedoke Falls - 2 ½ hrs.
Meet at the parking lot for the Chedoke golf Course in West Hamilton. We will hike out to the Iroquoia C.A. There may be deer, but certainly waterfalls. Leisurely, some hills

Wed. Sept. 28 - Coronation Park - 2hrs.
Meet at the parking lot of the Coach and Four in Bronte. We will hike out along the Waterfront trail to Coronation Park and return. Perhaps lunch after. Leisurely, flat.

Wed. Oct. 5 - River and Ruin - 2 ½ hrs.
Meet at the parking lot in Lowville(Guelph line) We will complete a circular hike of this wonderful natural area, the Ostrich ferns, the flowing creek, and the Ruin, all add to the beauty of this hike. Leisurely. Some hills and poor footing.

Meet at the parking lot for Crawford lake on Guelph Line. We will complete a beautiful hike of this Conservation area. Turkey vultures and more. Leisurely, flat, fees may apply.

Meet at the dog run on York Rd. in Dundas (no fees). We will hike into what was once a Paradise. Beautiful nature trails, waterfront and if we’re lucky, Eagles. Leisurely, hilly.

Meet at the rear of the school in Kilbride. Take Brant St. to Kilbride at the end, turn right at the stop sign, then left at the next stop sign. A hike through the woods. Leisurely, some poor footing.
**Wed. Nov. 2 - Sanctuary Park - 2 ½ hrs.**  
Meet at Sanctuary Park in Dundas. We will hike the Spring Creek Trail to the Station and then return on the Rail Trail. Leisurely. Some hills.

**Wed. Nov. 9 - Burlington Pathways 1 - 2 hrs.**  
Meet at Central Library on New St. rear parking lot. We will carpool to Sherwood Forest park and hike back. Leisurely, flat.

**Wed. Nov. 16 - North Agreement Forest - 2 ½ hrs.**  
Meet at North Agreement Forest parking lot. Take Guelph Line north past Mohawk Raceway to 10th. Side Rd. turn right, it then becomes 4th. Line. turn left. Look for hidden Parking Lot on the right. Leisurely, flat, logging roads.

**Wed. Nov. 23 - Burlington Pathways 2 - 2 1/2hrs.**  
Meet at the Rolybird parking lot on Industrial Drive (near Sail) We will walk north along the pathway to Berton Park and return. Leisurely, flat.

**Wed. Nov. 30 - Shell Park - 2 ½ hrs.**  
Meet at Shell Park on Lakeshore Rd. We will hike through the woods, along the creek into Bronte and return. Leisurely, flat.

**MIDWEEK HIKES**

The fall can be the best time for hiking. Come out and enjoy the fun and the good friends!  
All hikes begin at 10:00 am unless otherwise stated. They are at a moderate pace with the likelihood of hills and rocky footing. Hiking boots are recommended. Also, due to increasing concerns about deer ticks and possible lyme disease it is recommended that you wear a long sleeved shirt and socks tucked into long pants especially when hiking through tall autumn grasses No dogs, please. In the event of inclement weather please call the hike leader. Also, feel free to call the leader if you would like to make carpool arrangements.

Hike convener: Connie Rusynyk, c.rusynyk@sympatico.ca

**Thurs. Sept. 1 - Mount Nemo – 2.5 hrs (+/-8 km)**  
Meet for a 9:30 am start at the Mt. Nemo Conservation parking lot on Guelph Line by Collings Rd. (parking fee/conservation pass required). We will complete an in/out hike along the edge of Mt. Nemo then make our way down the escarpment to a lovely cemetery on Walkers Line – spectacular views of the country. Moderate pace. Generally flat terrain with a strenuous section down/up the escarpment. Remember to pack water and snack. There are picnic tables available for lunch at the parking lot for those interested. Hike Leader: Karen Capindale-Smith, jsmith62@cogeco.ca, 905-749-0914
Thurs. Sept. 8  Ancaster Dundas Valley  10 to 12 km.
Meet for a **10:00 am. start** at the Lions Club Pool. Park in the baseball parking lot on the Jerseyville Rd. in Ancaster. Some loop hikes in the Headwater Trail area. Hiking boots. Bring snacks, lunch, water and sunscreen. Pace: medium. Terrain: moderate. Leader: Lorraine Sherred. Email 1looney@sympatico.ca

Thurs. Sept. 15  RBG Dundas  +/- 8 km.
Meet for a **10:00 am. start** at the former RBG North Shore parking lot on York Rd. in Dundas. Park alongside of York Road or park at the Dog Park near Valley Rd. and walk down to the former parking lot where the group is meeting. Bring snack and water. Pace: moderate. Terrain: easy but with some hilly sections. Leader: Linda Robinson email fly@execulink.com

Thurs. Sept. 22  Dundas Valley  11 km. approx. 3 hours
Meet for a **9:30 am. start** in the Hermitage parking lot (also called the ‘Gatehouse Museum’) of the Dundas Valley Conservation Area on Sulphur Springs Road, near Mineral Springs Road (see Map 8, km. 48.8 of the Bruce Trail Reference Guide, Ed. 28). Parking fee of $10 applies (coins or credit card) or Conservation Area pass. We’ll do a loop & return hike of the Headwaters Trail, passing the Griffin House, a national historic site. Snack break at 11 a.m. For further information or directions, call or e-mail no later than 5 p.m. the day before the hike. Pace: medium. Terrain: moderate. Leader: Gary Wrathall 905-681-6167 (Burlington) gary.wrathall@sympatico.ca

Thurs. Sept. 29  Crooks Hollow Historical Trail and Christie  10 km.
Meet for a **10 a.m. start** at Bullock Corners Park on Park Ave in Greenville. (Across from Christ Church on Hwy 8). We will walk the Historical trail and Christie conservation area. Hiking boots. Bring snacks, lunch, water and sunscreen. Pace: medium. Terrain: moderate. Leader: Lorraine Sherred. Email 1looney@sympatico.ca

Thurs. Oct. 6  Kilbride to Crawford Lake – 3.5 to 4 hrs (+/- 14km)
Meet for **9:30 am start** at the back parking lot of Kilbride Public School (by Ella foot Hall/Tennis courts). We will complete an in/out hike to Crawford Lake Conservation Area. We will take a stroll on the lovely boardwalk around Crawford lake and stop for lunch outside the Iroquoian village. Moderate pace. Generally flat with a bit of a strenuous scramble around the caves at Twiss rd. Remember to pack plenty of water, bug spray and lunch. Hike Leader: Karen Capindale-Smith, jsmith62@cogeco.ca, 905-749-0914.

Meet for a **10:00 am. start** in the Dundas Driving Park located at the end of Cross Street in Dundas. We’ll meet in the east parking lot area. We will go up to Dundas Peak, Tews Falls and Websters Falls. Please bring sticks, snack, water, lunch. Hiking boots. NO DOGS. A strenuous hill. Pace - Medium. Terrain - Moderate Marion Fletcher - octother@aol.com

Thurs. Oct. 20  King’s Forest, Red Hill Valley, Hamilton  11 km. approx. 3 hours
Meet for a **9:30 am start** in the parking lot of King’s Forest Park, on Mountain Brow Boulevard near Limeridge Road, above Albion Falls, on Hamilton’s east mountain. (see
Mountain Brow Side Trail on Map 7 in the Bruce Trail Reference Guide, Ed. 28). We’ll do a loop hike around two waterfalls, the Red Hill Valley, and the Escarpment Rail Trail. Snack break at 11 a.m. For further information or directions, call or e-mail me no later than 5 p.m. the day before the hike. Pace: medium. Terrain: moderate. Leader: Gary Wrathall 905-681-6167 (Burlington) gary.wrathall@sympatico.ca

**Thurs. Oct. 27**  
**Jordan/Balls Falls – Loop Hike**  
10 km.  
Meet for a **9:30 am.** start at car park west of Hutch’s on Van Wagners Beach, Hamilton (near the square brick structure). We will car pool to Jordan. (please let the hike leader know if you plan to go directly to Jordan) Bring water, snack and lunch. Pace: Medium. Terrain: Moderate. Leader: Terry Rose. Phone or text: (905) 320-6513. termarintl@gmail.com

**Thurs. Nov. 3**  
**Ancaster Dundas Valley**  
12 km  
Meet for a **10:00 am.** start at the Lions Club Pool. Park in the baseball parking lot on the Jerseyville Rd. in Ancaster. Walk to the Trail centre and back Hiking boots. Bring snacks, lunch, water and sunscreen. Pace: medium. Terrain: moderate. Leader: Lorraine Sherred. Email llooney@sympatico.ca

**Thurs. Nov. 10**  
**14 Mile Creek/ Oakville**  
+/- 12 km  
Meet for a **10 a.m. start** at Glen Abbey Rec. Centre Third line/ just south of Upper Middle Rd. Bring water, snack etc. Moderate pace Easy terrain except two strenuous spots. Leader: Norman Young myoung2@sympatico.ca

**Thurs. Nov. 17**  
**Oakville Town trails**  
+/- 12 Km  
Meet for a **10:00 am. start** at the town hall in Oakville which is on White Oaks Blvd. just east of Trafalgar Rd. Bring, water, snack etc. Moderate pace & terrain. Leader: Norman Young myoung2@sympatico.ca

**Thurs. Nov. 24**  
**Patterson Road to City View Park**  
10 km  
Meet for a **9:30 am.** at City View Park, Burlington (south parking lot). We will car pool to Patterson Road/Highway 6 underpass. Bring water and snack. Pace: medium. Terrain: Moderate. Leader: Terry Rose. Phone or text: (905) 320-6513. termarintl@gmail.com