SAVE THE DATE

2017 ANNUAL GENERAL MEETING - SATURDAY May 13, 2017
Canterbury Hills Retreat Centre (Camp Hall)
509 Lions Club Road, Ancaster
MEETING BEGIN AT 12:00 NOON

GUEST SPEAKER (more details to come)
TWO PRE MEETING HIKES (more details to come)

The following have agreed to stand for election to the Board 2017-2018
Cynthia Archer, Gary Beaudoin, Lyne Desforges, Vern Erickson, John Farquharson,
Michael McDonald, Allan Meyer, Justin Park, Gloria Pennycook, Doug Stansbury, Paul Toffoletti

We do have OPENINGS on the Board for :
Hike Director   Fundraising Director   Land Securement Director   Landowner Relations Director
Two Directors at Large

Please contact gpennycook@icloud.com if you interested joining the board!
IROQUOIA BOARD OF DIRECTORS 2015/2016

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Doug Stansbury 905-545-2715
stansbury.doug@gmail.com

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paulbrucetrail@gmail.com

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michaeldougasmcdonald@gmail.com

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Anne Armstrong - 905-337-3937
hikinggrandma@gmail.com

Trail Director
Lyne Desforges
desforges.bell@sympatico.ca

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allan@wickhaminvestments.com

Membership Director
Vern Erickson 905-667-4370
verickson@cogeco.ca

Landowner Relations Director
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larnott132@icloud.com

Treasurer
Justin Park
justinpark@live.com

Land Stewardship Director
Gary Beaudoin 905-627-4905
garyb1940@icloud.com

Land Securement Director
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scott.bev99@gmail.com

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gpennycook@icloud.com

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905-639-3092

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jepgibbons@gmail.com

THE IROQUOIAN

The Iroquoian Newsletter is published quarterly by the IBTC, one of nine member clubs of the Bruce Trail Conservancy, a registered non-profit organization. We welcome submission of articles or photographs for publication from our members. All submissions will be reviewed and must be approved by the Board of Directors.

Contact the Newsletter Editor at editors.iroquoian@gmail.com

THE IROQUOIAN PUBLICATION DEADLINES

SPRING ISSUE - JANUARY 20
SUMMER ISSUE - APRIL 20
FALL ISSUE - JULY 20
WINTER ISSUE - OCTOBER 20

Advertising rates, per issue, are as follows:

1/4 page - 3.5 x 5:  $60.00
1/2 page - 7.5 x 5: $90.00
Full page - 8 x 10: $150.00

Ads MUST be sent print ready as PDF or WORD

For Advertising submissions please contact KATHY BOYCE - kathyjboyce@gmail.com

VISIT THE CLUB’S WEBSITE FOR INFORMATION AND ACTIVITIES:
www.iroquoia.on.ca
www.facebook.com/IroquoiaBruceTrailClub
www.twitter.com/IroquoiaBruceTrailClub
www.instagram.com/iroquoiabrucetrailclub

THE IROQUOIAN

Please sign up for the email edition of this newsletter.
NEW YEAR’S DAY HIKE 2017 - by Anne Armstrong

Iroquoia’s New Year’s Day for 2017 hike took place at the Dundas Valley Conservation Area. The Trail centre was our base for the day. The day was bright, with mild temperatures. The hikes this year were a challenge for all as the trails were very icy due to a series of days of thawing and then freezing. Icers were a definite necessity! Approximately 157 brave souls took advantage of the day to join us in the hikes one offer: one hike of two hours and five hikes of one hour (although one of those turned into two hours!) Thanks to the care and skill of the leaders everyone survived the conditions, probably with many wondering what they had gotten themselves into. If smiles and laughter were an indication of enjoyment, then our day was certainly a success. Thank you to all the leaders, our publicity director and the ladies who provided much appreciated refreshments. We couldn’t do it without you.

NEWSLETTER POLICY CHANGE

BEGINNING WITH THE SUMMER ISSUE Our club will stop automatically sending members paper copies of the newsletter via Canada Post.

If you still wish to have a PHYSICAL copy mailed to you, email info@iroquoia.on.ca to SIGN UP for the physical copy.

PLEASE CONSIDER THE IMPACT ON NATURE AND THE FINANCES OF THE CLUB

For those who wish to update their email address, please send an email to info@iroquoia.on.ca with the subject line “email address update”

REMEMBER - You can always access/change newsletter preferences via the BTC website if you are logged in as a member.
The Happy Hiker

Put hydration in the equation and make your next hike a joyful manifestation!
By Lyne Desforges, R.H.N.

Spring is just around the corner and that means more outdoor activities and warmer temperatures. As you hit the trails, be well prepared by ensuring you have enough water, snacks and energy. The first step to making your hike an enjoyable one is to hydrate properly!

Did you know that up to 60% of the human body is made up of water?
According to the USGS Water Science School, the brain and heart are made up of 73% water, the lungs are 83% water, the skin is 64% water, muscles and kidneys are 79%, and even the bones are watery at 31%. So drink up! Your body will love you for it.

Did you know that exercising in hot, humid weather could make you dehydrated in as little as 30 minutes?
While hiking, aim to break for water every 20-30 minutes and always bring at least two water bottles with you.

Did you know that according to doctors, 75% of Americans may be suffering from chronic dehydration?
An average adult loses approximately 10 cups of water every day, just by breathing, sweating and urinating. Some symptoms of dehydration are thirst, headache, low urine output, dizziness, lethargy, constipation and dark yellow urine.

So how much fluid do you need to stay properly hydrated?
According to the Mayo clinic, men need 3 litres of fluid per day while women need 2.2 litres. These amounts will vary according to the person’s size, age, health, activity level and the weather. Fluid intake can be from water, juices, herbal, teas, soups, smoothies, and food.

Coffee and alcohol don’t count as they are dehydrating and require even more fluid to compensate!

Here is a quick way to calculate your water needs:
Take your weight and divide it by 2. The result is the # of fluid ounces you need per day.

Still not convinced?

Here are five more reasons to love your water!
1. Not just a pretty face: Defy aging by keeping your skin plump and moist… and keep them guessing!
2. A spring in your step: Water lubricates joints and moistens tissues making every step a joyous event.
3. Fit and trim: Water boosts your metabolism and may curb hunger. Bye bye cravings!
4. Clean lean machine: Get rid of toxins by promoting good elimination and keep your kidneys happy.
5. Whiz kid: Water increases your energy and your cognitive ability, so get out that Trivia game and dazzle everyone with your happy brain!

Tips and tricks of the trade
So how will you incorporate all that water in your everyday life?
- Trick #1: Fill a big jug of water in the morning and aim to drink it all by the end of the day.
- Trick #2: Put elastics around your water bottle. If you aim to drink 2 litres and your water bottle contains 500 ml, then put 4 elastics around it. Every time you refill the bottle, remove one elastic.
- Trick #3: Put an alarm on your phone/watch/FitBit for every 30 minutes. Drink every time it rings!

What about those sport drinks?
That is a subject for a whole other article. Basic advice: always look at the ingredients of anything you are putting in your body. Do you really need to ingest “Red Dye 40”? If you are sweating a lot and need to replenish your electrolytes, opt for coconut water or make your own sport drink.

Enjoy your time on the trail by always being prepared!
In the next issue, watch for some tips about proper fuelling with healthy snacks!
Comfortable Hiking Holidays
(416) 445-2628
info@letshike.com  www.letshike.com

KENYA WALKING SAFARI
July 9 to 21, 2017
Don’t just drive through Kenya – hike it too!
Imagine encountering herds of zebras, giraffes and gazelles right on your path! Travel to 3 different parts of the country, take in incredible sunsets over the savannah, visit Masai herdsmen in their homes and, of course, see lions, elephants & leopards on our game drives. Accommodations include luxury tented camps and one night at The Ark! And did you know that July is the coolest month of the year in Kenya?

MACHU PICCHU
September 15 to 27, 2017
Explore the Sacred Valley of the Incas by hiking through the famed salt pans of Maras, the ancient ruins of Pisac, and trekking high up into the Urubamba mountain range. Then that all important day arrives when we hike into Machu Picchu – rounding the corner of the Sun Gate and seeing Machu Picchu with your own eyes will give you goose bumps! (Note: This trip does not involve ANY camping – all accommodations are in hotel & lodges.)

What makes our trips so special?
There are several reasons why some 70% of our guests come back again and again -

1. First & foremost - spectacular destinations!
2. Competitive prices with no surprises or hidden costs
3. "Comfortable" accommodations (3-star plus)
4. Personalized service and attention to each & every guest
5. Special extras on every trip so you get a real taste of the country & culture you are in
6. Added perks like Hiking Clinics, Travel Nights, Hiking Buddy & Trailblazer Rewards Programs

Norway * Amalfi Coast (Italy) * Provence & Cote d’Azur (France) * Ireland * Camino de Santiago (Spain) * Corfu (Greece) * Iceland * Canadian Maritimes * Japan * AND MORE!

TICO # 50018498
News from the Crews!

No Winter Blues for Trail Workers!

Wintertime is the perfect time for tree cutting as the reduced foliage on trees makes the job a lot easier and safer. Many ash trees along the Iroquoia section of the BTC are dying due to the Emerald Ash Borer Beetle. Trail Maintenance Workers have to go in and take the trees down before they become a hazard to the hikers. Thanks to our team of certified sawyers and the expertise of an arborist, we have been able to tackle a few problem trees on the trail.

So if you hear the sound of chainsaws while hiking, do not panic! We always operate in a very safe manner, and post spotters on each side of the area where work is being done to ensure safety at all times. Just be patient and enjoy the view while you wait for the crew to be done with the cutting.

Here is picture taken this winter on the trail west of Cedar Springs road, where certified arborist John Flatt was using his climbing skills to tackle a problem tree.

Bruce Trail Evening with the Hamilton Philharmonic Orchestra

March 11, 2017 from 06:30 PM until 09:00 PM
Hamilton Place, 1 Summers Lane, Hamilton, ON

Enjoy a uniquely beautiful performance of Sibelius's Seventh Symphony with stunning visuals of the Bruce Trail set to live music.

BTC Members receive 25% of B-level tickets for this event*
Silent Auction a selection of quality items including artwork, boat excursion, artisan crafts, and HPO & BTC packages
Live orchestral works also by Part, Bartok & Lau
Special Pre-Concert talk at 6:30 pm with HPO & BTC speakers

Please contact HPO Box Office for tickets:
Phone 905-526-7756
or
Online at http://hpo.org/concert/sibelius-seven/

*PROMO CODE: btrail50
TRAILS FROM THE PAST - About a barn

By Paul Beneteau

The 27 acre McNally nature reserve was acquired by the BTC through the generous donation of Mr. Patrick McNally.

Mr. McNally, a very successful engineer, contractor, investor, inventor and benefactor continued to live on he built on this idyllic property until his passing in June 2016 after 101 years. With most rural properties there is a barn and the 672 ft , two story vinyl clad barn on this property was very well built by McNally construction in 1960.

Over the years it saw many users, from rearing livestock to equipment storage, to finally the storage of everything you did not want to throw out. As time passed the windows and doors deteriorated and it became a home for everything with four or more legs from possums to carpenter ants.

Two major clean outs emptied the barn and the Iroquoia club and the BTC decided it could be renovated to store tools and equipment owned by the club and the BTC land stewardship groups. The plan was to completely renovate the barn and make it secure, insulated and watertight. Initial inspection showed that the bones of the structure were solid, and so a preliminary list of improvements suggested if funding, materials and manpower were available this project could be done in 5 years.

After discussion, the project was approved but it would need to be competed in two years, and if all improvements meet current standards and codes, the barn was to have a lifespan of at least 50 years.

The first work party was on Sep 19, 2014 and then a second on Oct 7, 2016. 109 work parties and 2686 volunteer hours and 41 workers later the project was officially completed and the last screw driven.

Details of this project number in the hundreds of various jobs, all of which were eagerly completed by the volunteers working on Fridays. It was amazing to see the progress and to assist people to learn new skills.

I feel it is very important to recognize those who made the commitment over the last 2 years to complete this project. To the following people, my sincere thanks for your time, energy, enthusiasm and skills.

Dan Prue, Richard Pomeroy, Bob Allen, Todd Boroughs, Don Cagiano, Dave Will, Terry Calder, Doug Yungblut, Dave Baxter, Ken Lawday, Max Patterson, Wayne Kainola, Klaus Truderung, Rudolf Hogervorst, Mike Denuir, Peter Rumble, Martin Hawes, Paul McLenachan, Daryl Keys, David Curtis and his son David, Peter Elliot, Graham McCallum, Herman Proctor; Bob Deacoff, Peter Prue, Dominque Ramble, Gary Robinson, Marissa Muroych, Jozef Verhaeghe and Randolph Fawcett.

Many thanks to all of the above, and to those people and suppliers who donated materials and discounts so that this project could be completed on time, on budget and to everyone’s satisfaction.

A job very well done.

Historically yours,
Paul Beneteau
The History of the Iroquoia Bruce Trail Club

Did you know that you can research the history of our Club using the collection of historical materials held for us at the Hamilton Public Library (HPL)? A copy of the finding aid for the IBTC fonds, which describes the current content of our archival collection, is available on our web site.

Growing our collection – Recently, the Board recommended giving HPL a collection of badges that have been awarded by our Club as well as annual reports provided at the AGM. We need your assistance in assembling a complete collection of badges and AGM Annual Reports. If you can provide any reports or badges, please contact me. As the Club’s Secretary, I will coordinate and semi-organize this donation for HPL. My contact information is phone/text 416 573 4236 and archercynthiab@gmail.com.

If you have any of the missing items and would like to donate them, please contact me. If you have other items not listed that might be considered for the archives, let’s get in touch.

Cynthia Archer,
Secretary, IBTC Board

HIKE LEADERS WANTED

Iroquoia is a club with approximately 2100 plus members. It is always a challenge to provide a good variety and number of hikes for our members to enjoy.

We are constantly in need of revitalizing our group of hike leaders. This is where we need you.

Have you ever thought of becoming a hike leader? It is not that difficult. To accomplish our goal of providing a good variety of hikes, we need hike leaders who are knowledgeable in hike leading management and are willing to lead hikes for various levels and abilities of hiking. This will be an investment in our club’s future as well.

Anne Armstrong
Hike Management Director, Iroquoia Bruce Trail Club

OFFICIAL IROQUOIA END TO END

The annual Iroquoia Club End to End consists of four hikes over two weekends and will take place on **October 14, 15 and October 21, 22, 2017**. The section is approximately 122.5 km. long and each hike averages 30 km. or more with one being 27.2. This is a challenging, but richly rewarding series of hikes. All hikes will start at 7:45 to 8:00 am. at predetermined locations.

A bus will take all participants to the start of the hike. Space is limited to the number of people on the bus. Volunteers will be at “check points” with water and snacks along the way. There is no leader. The hike will be completed independently and at your own pace, but it is expected that participants will be able to finish by 5:00 pm.

The registration fee is $45 for all four hikes, or $15 per day that you wish to hike. The fee covers the cost of transportation, entry to Mount Nemo Conservation Area for two days, snacks and receiving a Waterfall badge for those who complete all four hikes. Hikes will go rain or shine. As part of the registration process you will receive an email with information re your hiker number, each day’s meeting point and a few guidelines.

The first day meeting location is at Mount Nemo Conservation Area (overflow parking area), on the east side of Guelph Line, north of Dundas St., Burlington. Map 10, km. 91.7. Check in is at 7:00 am. with buses departing at 7:30 am.

Final registration details will be added to the Summer and Fall editions of the newsletter and will be on the website soon too.

The Bruce trail relies on the good relations we have with our landowners that generously let us cross their land. Keeping this in mind, please refrain from using the **Dundas Golf and Country Club** when out on our trail. It is a private club and they do not provide bathroom facilities to our members.
IROQUOIA SPRING 2017 HIKE LIST

Be sure to make a habit of checking out the Iroquoia Bruce Trail Club website for any information pertaining to corrections, missed or added hikes to the schedule.

• Always carry I.D. and your Health Card. • Dress in layers suitable for the weather. • Hiking boots and rain gear are essential.

• Stay with the group when hiking. Don’t go ahead or fall behind. • Please follow any instructions given by the leader.

• Bring food and water. • Stay around for a few minutes at the end of the hike to see if you are needed to drive other hikers back to their cars.

• If bad weather is forecast, check the club website or our FACEBOOK page for cancellations.

Remember, all of our leaders are unpaid volunteers. You are invited to attend, but do so at your own risk! All map and kilometer notations are from the 28th Edition of the Bruce Trail Reference Guide, unless otherwise stated.

Please judge your abilities appropriately according to the hike ratings:

Pace /Speed of hike
Leisurely ......................... 3 km/hr or less
Brisk ................................. 4 - 5 km/hr
Medium ................................ 3 - 4 km/hr
Fast ................................. 5 km/hr +

Difficulty of terrain:
Mostly flat and usually good footing .................. EASY
Some hills and/or and poor footing .................. MODERATE
Hilly with steep climbs and some poor footing.... STRENUOUS

Notice to all hikers. Be honest with yourself when judging the length, speed and difficulty of the hike you wish to attend. If in doubt call the leader.

Notice for hikers: if you are parking at Tiffany Falls you will be able to display your BTC membership card on your vehicle dashboard instead of paying. However this is the only Hamilton Conservation Area parking spot where this can be done. Please do not attempt it anywhere else!
**Feature Hikes**

Dufferin Hi-Land Blue and White End to End Hikes - Cynthia 416 573 4236

This series will hike the main white blazed trail of Dufferin Hi-Land section ALONG with the blue side trails (some smaller access trails are not included). To receive full details on all five days send request to archercynthiab@gmail.com. Pre-registration welcomed, not required. Day hikers are welcome to join us. At the end of this adventure you will be eligible for the Dufferin Hi-Land’s end-to-end badge and a new blue side trail badge. (See General Hikes Schedule for dates)

Bite Sized End to End

The 2017 "Bite Sized" Iroquoia End-to-End
A series of 11 hikes, ranging from 7.5km to 15.6km to kick off April 22 and run every Saturday (long weekends excluded) until the entire 122 km. Iroqoia section has been conquered!

This is a great opportunity for hikers to earn their Iroquoia end-to-end badge in 2017 and a step towards completing the entire Bruce Trail. A picnic and badge celebration will be held following the final hike.

Important notes:

- Some hikes will require paid parking
- Families with children who can maintain a medium (3-4km/h) hiking pace for the full distance are more than welcome to join, but it is requested that all cars arriving at the meeting spot have a minimum of 2 free spaces in order to make these shuttle hikes feasible
- Terrain will vary and good hiking boots are strongly recommended

Due to parking limitations, space is limited - contact Christine Hanley (christine.m.hanley@gmail.com) to reserve your spot and receive the full schedule.

October 16th - October 22, 2017 - The Frontenac Challenge at Frontenac Provincial Park

This is a 6 day overnight trip where we will hike 11 loop trails that range in length from 1.5km to 21km plus the distance to get to the trails.

Certificates & badges for hikers that complete the challenge.

Details at www.frontenacpark.ca

Shared accommodation may be booked at www.snugharbour.on.ca First come, first serve or you may book other accommodation of your choosing.

Please contact Rob Canvin for reservation (613) 374-5412 or relax@snugharbour.on.ca

Please contact leader: Ruth Moffatt (905) 928-7056 ruthdmoffatt@gmail.com to advise confirmation of participation.

(Medium - Moderate)
**WEEKLY HIKES**

**Thursday night walks in Grimsby have been cancelled until another leader steps up to lead.**

EVERY MONDAY MORNING - +/- 10 km.

Meet at 9:30 am. in the parking lot of the Chedoke Golf 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 hillland hike along the Culham trail. Hike is cancelled if there is heavy rain.

Leader: Nancy Stevens nancystevens7@gmail.com

EVERY WEDNESDAY NIGHT - Resuming March 15th

Walk for Health and Fun (1.5hrs at a Medium to Fast Pace)

Climb the steps and walk the streets and trails of West Hamilton.

Meet at 7 pm. at the corner of Mohawk and Upper Paradise in the Westcliffe Mall parking lot (near Food Basics).

Come along for a brisk, aerobic walk. During the winter, we hike the streets and the lit rail trail as well as going up the stairs once, also lit. Hike is cancelled if there is heavy rain or heavy snow. We still do hike in the cold though (wear your thermal underwear!) We will be taking a break this winter from Dec. 28 to March 8. We will resume this walk on Wednesday March 15th and go until Christmas next year.

Leader: Paul Lewis - (905) 331-8600 or email: outdooractive@hotmail.com

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

GENERAL HIKES

Wed. March 1 - Spring in Iroquoia 1 of 3 - 19.4km. 4-5 hours

Meet at 8:30 am. Lion’s Club Pool parking lot - 1 Elm St., Grimsby.

Carpool to Devil’s Punch Bowl - Ridge Road, just west of First Rd. East, Stoney Creek Mtn.

Leader: Ruth Moffatt (905) 928-7056 ruthdmoffatt@gmail.com

(Pace: brisk. Terrain: moderate)

Sat. Mar. 4 - (Maps 13/14) - 22 km.

Depart 8:30 am: Map 13, Km. 26.2

Directions: West on 401, north on Trafalgar Road, left on Hwy 7, left on 22 Sideroad and right on Sixth Line, roadside parking.

Hike Description: Car shuttle to km. 47.5, Map 14. Hike back through Terra Cotta Forest and Silver Creek Conservation Areas. Pace: moderate. Terrain: variable and challenging, hiking boots, no dropout and no dogs.

Hike Leader: Ron Granger, (519) 485-0879, weekdays between 7-10 pm., Email: ron.granger1@yahoo.com
Sun. Mar. 5 - Burlington - Waterdown Loop Hike - 8 km./3 hours
Meet by 9:30 a.m. in Burlington’s City View Park, atop the Escarpment, in the south parking lot on the east side of Kern’s Road (near km. 75.7, Map 9 of the Bruce Trail Reference Guide). Access to the parking lot is either southbound from Dundas Street east of Waterdown, or northbound on Kern’s Road from North Service Road. We will hike to Smokey Hollow (the “Great Falls”) in Waterdown & back. Optional pub stop lunch after. Pace: leisurely. Terrain: flat but rocky spots. If you need further information or directions, call or e-mail no later than 5 p.m. Friday before the hike. Leader: Gary Wrathall 905-681-6167 (Burlington) gary.wrathall@sympatico.ca

Wed. March 8 - Spring in Iroquoia 2 of 3 - 21.2km 4-5 hours
Meet at 8:30 am. Devil’s Punch Bowl - Ridge Road, just west of First Rd East, Stoney Creek Mtn. Carpool to parking lot at Upper Paradise Road and Scenic Drive, Hamilton Mtn. Leader: Ruth Moffatt (905) 928-7056 ruthdmoffatt@gmail.com
(Pace: brisk. Terrain: moderate)

Sun. Mar. 12 - Gentle Walk/Crawford Lake - Approx. 2 hours. Map 11
Meet for a 10:00 am. start in the lower parking lot of Crawford Lake Conservation Areas on the east side of Guelph Line, south of Campbellville. This is a hike designed for families, new hikers and those wanting a slower paced, easier walk. Bring water and a snack. Icers may still be necessary. Pace: leisurely. Terrain: mostly flat with the possibility of some rocky areas. Parking fee in effect or a Conservation Area pass. Leader: Anne Armstrong 905-337-3937 hikinggrandma@gmail.com

Wed. Mar. 15 - Spring in Iroquoia 3 of 3 - 18 km - 4-5 hours
Meet at 8:30 am. parking lot at Upper Paradise Road and Scenic Drive, Hamilton Mtn. Carpool to Sydenham Road and Romar Dr, Dundas Leader: Ruth Moffatt (905) 928-7056 ruthdmoffatt@gmail.com
(Brisk - Moderate)

Sat. Mar. 18 - Niagara, Ball's Falls (Map 3/4) - 20 km.
Depart: :8:30 am. Map 3, Km 45.1 Rockway Community Centre
Directions: QEW to St Catharines, turn right on Highway 406 to Glendale Ave., go right on Glendale to Pelham Rd to Rockway.
Hike Description: Car shuttle to Km 65 Km,Map 4 and hike back through Cave Springs, Balls Falls and Louth Conservation Areas. Pace: moderate.Terrain: variable and challenging, hiking boots, no dropout and no dogs.
Hike Leader: Ron Granger, (519) 485-0879, weekdays between 7-10 pm., E- mail ron.granger1@yahoo.com

Meet for a 10:00 am. start in the small parking lot on the east side of Guelph Line, just opposite the Mohawk Raceway and Casino and north of Highway 401. There is overflow parking at the northwest corner of the Mowhawk Raceway, across the road from the small parking lot. This will be an “in out” hike to enjoy the early signs of spring along the trails of this lovely area. Icers may be necessary, but it could also be wet and muddy. Bring lunch or a snack and water. Pace: leisurely. Terrain: easy.
Leaders: Anne and Phill Armstrong 905-337-3937 hikinggrandma@gmail.com
Meet for a **9:30 am.** start at Memorial Park in Simcoe. Hwy 24 south through Simcoe to Woodhouse Ave. to Memorial Park. Ask Google Maps and if unsure of the area leave extra time.
This trail in Carolinian Canada is one of Ontario’s best following the Lynn River to Lake Erie. We will be on the lookout for signs of Spring as we hike from Simcoe to Port Dover and return to Simcoe. A car is required to access this outing. No dogs.
Leader: Greg Vincent *(519) 579.8210 vincent.greg@gmail.com hikevincent.wordpress.com*

Meet **9:00 am.** in the parking lot behind Kilbride School, Km 98.8, Map 10. This is not a medium hike, we will aim for a brisk pace (4 to 5 km per hour), a vigorous hike intended to get the blood flowing and keep us warm in the chill March air. 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 Visitors Centre 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. Meet in the parking lot behind the school near the tennis courts. Ice appropriate footwear is recommended if conditions are icy. Bring snack or lunch and water. Leader: Douglas Boyce dboyce004@gmail.com

Sunday, March 26 - Chedoke (See Map 7, km 38.5 BT Reference Guide, Ed. 28) Meet at **9:00 am.** at the Chedoke Golf Course, 563 Aberdeen Ave., Hamilton. We will hike to the main trail and come back along the top of the escarpment along the Scenic Drive Side Trail and will descend the Chedoke Escarpment stairs with the option to do a few repeat of the stairs. 2 ½ Hours. Pace: fast. Terrain: moderate. Leaders: Lisa Raftis cstewart5@bell.net (416) 829-5053 and Bill Pote wrsp777@gmail.com (289) 772-9490

Sat. Apr. 1 - Niagara, Grimsby (Map 4/5) - 20 km.
**Depart : 8:30 am.** Map 4, Km. 65, road side parking.
**Directions:** QEW south to Beamsville, turn right on Ontario St to King St turn left to Quarry Rd.
**Hike Description:** Car shuttle Km 4.7, Map 5. Hike back through Beamer Memorial Conservation Area. Pace: moderate. Terrain: variable and challenging, hiking boots, no dropout and no dogs.
**Hike Leader:** Ron Granger, (519) 485-0879, Weekdays between 7-10 pm, E-mail ron.granger1@yahoo.com

Sat. April 1 - Four Seasons at the Comfort Maple

**Celebrating Canada’s 150th**

Meet at **9:00 AM.** Shorthills Provincial Park - Pelham Rd entrance and carpool to Comfort Maple 1732 Metler Rd, Fenwick (off of Victoria Ave) Approximately 4 hours of mostly backroads. This hike will be repeated in each season during 2017. A draw will be made after the winter hike for a pen made from wood from the Comfort Maple and handcrafted by Fenwick, Ontario resident Mr. Marv Ens. Your name will be entered each time you participate in one of these 4 hikes. Remaining dates (subject to change) are June 18, Sept 23 & Dec 9
Leader: Ruth Moffatt (905) 928-7056 rthdmoffatt@gmail.com
(Medium - Moderate)

Sun. Apr. 2 - 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
Sat. Apr. 8 - 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.) 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 pit stop lunch afterwards. If you need further information or directions, call or e-mail no later than 5 p.m. Friday before the hike. Pace: leisurely. Terrain: easy. Leader: Gary Wrathall 905-681-6167 (Burlington) gary.wrathall@sympatico.ca

Sat. April 8 - Iroquoia Section/Crawford Lake & Rattlesnake Point, Map 11
This 15 km loop hike will take approximately 5 hours and is at a medium pace over moderate terrain. There is no dropout point.
Depart: 9:00 am. Crawford Lake Conservation Area, outer parking lot.
GPS Coordinates: N43 28.204', W79 57.070'
Directions: Take Guelph Line to Conservation Road and park in the outer lot. Note: an admission fee will need to be paid in accordance with Conservation Halton policy.
Hike Description: An opportunity for a warm up hike on well known trails to prepare for a new season of hiking. A double loop hike, we will be using the leech Porter ST, the Canyon Bypass ST, and Crawford Lake ST, all linked together by the main trail. Dogs permitted, but must be leashed and owners scoop the poop. Hiking boots required, bring a snack lunch and a minimum one litre of drinking water.
Hike Leader: Bob Humphreys walk2tobermory@gmail.com 519-883-1840 Weekdays between 7-10 pm.

Sun. Apr. 9 - West Side Hike #1 - 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. Pace: medium. Terrain: moderate,. Map 8. Leader: Vern Erickson 905-667-4370. verickson@cogeco.ca

April 9 Day 1 The Dufferin Hi-Land Blue and White End to End
Meet for 9:30 am. departure from the parking lot on 3rd Line EHS north of no. 8 where the Carriage Side Trail begins. We will shuttle cars to park on 3rd Line EHS and No. 8 at 0.0 km on Map 19. The return hike will include the Laidlaw, Turnbull Loop, Spillway, Lookout, South Outlier Loop and Carriage Side Trails. Pub lunch to follow. Terrain: moderate. Pace: medium 4 km/hr. 16+ km.
Leader: Cynthia Archer cell/txt 416 573 4236

Sun. April 9 - Kerncliff Park to Smokey Hollow in Waterdown - 2 1/2 Hours.
Meet at 9:00 am. 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: fast. Terrain: moderate. Map 9, km 75.9, BT Reference Guide Ed. 28) Dogs welcome.
Leaders: Lisa Raftis estewart5@bell.net, (416) 829-5053 and Bill Pote wrsp777@gmail.com (289) 772-9490.

Sun. Apr 9 - Kinsmen Park to Grimsby – 13.5 km
Meet 9:00 am. in the parking lot at Grimsby Lions Community Pool, near km. 80.4, Map 5. Car shuttle to Kinsmen Park, km. 66.9, Map 4, and hike back to Grimsby. This is not a medium hike – we will aim for a brisk pace (4 to 5 km per hour) – a vigorous hike intended to raise the heart rate. Pace: brisk. Terrain: strenuous. Directions to meeting place: Grimsby Lions Community Pool is located at 1 Elm Street in the Town of Grimsby. Bring a snack or lunch and water. Ice appropriate footwear is recommended if conditions are icy.
Leader: Douglas Boyce dboyce004@gmail.com

Sun. Apr. 9 - Paris to Cambridge Railtrail - 20 km.
Meet for a 9:00 am. departure from the rail trail parking just south of Cambridge on Hwy 24 (Water Street) beside the Petro Canada gas station.
This is it, my favourite Rail Trail! We will car shuttle to Paris and walk beside the Grand River to Cambridge with Spring underway. You can tell family and friends you have been to Paris this Spring. A car is required to access this outing. No dogs. A car shuttle is required at the start and end of this hike, all participate.
Leader: Greg Vincent (519) 579.8210 vincent.greg@gmail.com hikevincent.wordpress.com
Sun. April 9   -   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 Stewartown 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

Fri. Apr. 14   -   Annual Good Friday Hawk Watch   -   10 km.
Meet at 9:00 am. at the Lions Club pool, Grimsby on Elm St. Hike to Pumphouse. Birds of Prey demo (Pace: medium. Terrain: moderate.)
Leader Dan Welsh 905-659-4957 bluebird6@sympatico.ca

April 15   -   Summer Hike Submissions Due

Sat. April 15   -   Gentle Hike/Scotsdale Farm/Toronto Section   -   Approx. 6 km.
Meet at 10:00 am. in the parking lot of Scotsdale Farm. It is located on the east side of Trafalgar Rd., north of Highway 7 near Georgetown. Map 13. Be careful, it is easy to miss. This is a hike designed for families, new hikers and those wanting a slower paced, easier walk. Icers may be necessary. Bring water and a snack. Pace: leisurely. Terrain: easy, but with some rocky areas.
Leader: Anne Armstrong 905-337-3937 hikinggrandma@gmail.com

Sat. Apr. 15   -   Grimsby (Map 5/6/7)   -   22 km.
**Depart:** 8:30 am. Map 5, Km 4.7
**Direction:** QEW south, turn right on Casablanca Blvd, turn left onto Main St., W to Woolverton Rd., turn right to road side parking area
**Hike Description:** Car shuttle to Km 25.5 Map 8. Hike back Felker's Falls, Devil's Punch Bowl and Vinemount Conservation Area.
**Hike Leader:** Ron Granger, (519) 485-0879, Weekdays between 7-10 pm. E-mail ron.granger1@yahoo.com

Sun. Apr. 16   -   Historic Lowville in Burlington   -   8 km./3 hours
Meet by 9:30 am. in the parking of Lowville Park, on the west side of the lot facing Lowville Park Road. 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). We’ll do a loop hike of the River & Ruin Side Trail, the Main Bruce Trail, and the park. Snack break at 11 am. Possible pub stop lunch afterwards. If you need further information or directions, call or e-mail no later than 5 p.m. Friday before the hike. Pace: Leisurely. Terrain: Easy.
Leader: Gary Wrathall 905-681-6167 (Burlington) gary.wrathall@sympatico.ca

Sun. Apr. 16   -   Guelph Line to Cedar Springs   -   2 1/2 hours.
Meet at 9:00 am. 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. Pace: fast. Terrain: moderate. Dogs welcome.
Leaders: Lisa Raftis estewart5@bell.net (416) 829-5053 and Bill Pote wrsp777@gmail.com (289) 772-9490.

Sun. April 22   -   Scotsdale Farm/Toronto Section   -   Approx. 10 km. Map 13
Meet for a 10:00 am. start in the parking lot of Scotsdale Farm, located on the east side of Trafalgar Rd., north of Highway 7 near Georgetown. Be careful, it is easy to miss. We will explore some of the main Bruce Trail and side trails near Scotsdale Farm. Bring a lunch, water and sunscreen. Pace: leisurely. Terrain: moderate with some rocky areas and hills.
Leaders: Anne and Phill Armstrong 905-337-3937 hikinggrandma@gmail.com

www.iroquoia.on.ca
Sun. Apr. 23 - West Side Hike #2 - 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

Sun. Apr. 23 - STEPS, STEPS, STEPS, STEPS! - 3.5 to 4.5 hrs
Meet at 9:00 am. at the top of the Chedoke Stairs on Scenic Drive at Upper Paradise on the West Mountain. We will carpool to the parking lot near Albion Falls and hike back. We will do all 7 sets of escarpment stairs, including the Kenilworth stairs and Uli’s stairs. In between the sets of stairs we will hike parts of the Bruce Trail and the Rail Trails. Hike Cancelled, if there is heavy rain. (Rain Date will be Sunday April 30th). Brisk 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 onto 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. Apr. 23 - Day 2 The Dufferin Hi-Land Blue and White End to End - 18+ km.
Meet for 8:30 am. departure from the parking area at the terminal point of 1st Line EHS just south of 25 Sideroad at 7.9 km on Map 19. We will shuttle cars to the parking lot on 2nd Line EHS just north of 25 Sideroad, where the Split Rock Side Trail begins. The return hike will include the Split Rock, Narrows, Ralph Tremill, 2nd Line EHS and Walter Tovell Side and McCarston’s Lake Trails. Pub lunch to follow. Terrain: moderate. Pace: medium. 4 km/hr. Leader Cynthia Archer cell/txt 416 573 4236

Sun. Apr. 23 - Rattlesnake Point to Crawford Lake - 14.4 km
Meet 9:00 am. at Rattlesnake Point Conservation Area, upper area parking. This is not a medium hike – we will aim for a brisk pace (4 to 5 km per hour) – a vigorous hike intended to qualify as a workout. Pace: brisk. Terrain: strenuous. A loop hike to Crawford Lake and back following the Rattlesnake Point Side Trail, main trail, Crawford Lake Side 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 a snack or lunch, water and bug spray.
Leader: Douglas Boyce dboyce004@gmail.com

Sun. Apr. 23 Kissing Bridge Trailway - 20km
Meet for a 9:00 am. departure where the rail trail crosses Regional Road 21/Arthur St. 500 metres north of the main intersection in Elmira. Ask Google Maps if unsure of the area.
Today we hike from outside of Guelph to Elmira. Good views of rich Ontario farmland. We should see Spring flowers along the way. We will cross the Grand River on the covered Kissing Bridge. A car shuttle is required at the start and end of this hike, all participate. No dogs. Pace: medium. Terrain: easy. Leader: Greg Vincent (519) 579.8210 vincent.greg@gmail.com hikevincent.wordpress.com

Meet at 9:30 am. at km 82.3 , where trail crosses Guelph Line. Hike to Dundas St. and return, including a small loop on the return leg. Pace: medium. Terrain: moderate.
Leader: Peter McSweeney Phone or txt 905-802-0727; sweenev@cogeco.ca

Mon. Apr. 24 - East Burlington Evening Walk - 1.5 hrs
Meet at 7:00 pm. at SW corner of Appleby Mall parking lot on New St and Appleby Line.(Near The Beer Store) Hike various streets and trails including the bike path and Sherwood Forest Park. Optional après hike stop for ice cream or chicken wings. Hike Cancelled, if there is heavy rain. Medium pace and easy terrain.
Leader: Paul Lewis 905-331-8600 or email: outdooractive@hotmail.com

Thurs. Apr. 27 - Tyandaga Evening Walk - 1.5 to 2 hours.
Meet at 7:00pm at the new park lot for the new park (old quarry) on Kernels Road, Burlington.
We will hike various trails in KerncliffePark including portions of the Bruce Trail. Come and enjoy the longer evening daylight! Optional Apres Hike Pub Stop. Hike cancelled, if there is heavy rain. Medium pace and moderate terrain.
**Directions:** Take Brant St. north to North Service Rd., and turn left. Turn right on to Kerns then north to the parking lot, which will be on the right just past where the houses end, but before the parking lot for the lookout. (We are meeting in the Kerncliff Park parking lot, not the one for the lookout. (Also there is now no access from Dundas Street)
Leader: Paul Lewis (905) 331-8600, or email: outdooractive@hotmail.com
Sat. Apr. 29 - Caledon Hills, Glen Haffy (Maps 14/15) - 21 km.
Depart: 8:30 am. Map 15 Km 18.3
Directions: West on 401 to 410 and north on Highway 10. West on Escarpment Side Road to intersection with Willoughby Rd. Roadside parking at Km 18.3.
Hike Description: Car shuttle to Km 37.5, map 17. Hike back through Glen Haffy and county side. Pace: moderate, Terrain: variable and challenging. Hiking boots, no dropout and no dogs.
Hike Leader: Ron Granger, (519) 485-0879, Weekdays between 7-10 pm, E-mail ron.granger1@yahoo.com

Sun. Apr. 30 - West Side Hike #3 - 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. Pace: medium. Terrain: moderate. Map 8.
Leader: Vern Erickson 905-667-4370, verickson@cogeco.ca

Sat. May 6 - 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 east end of the lot facing the golf course. We will hike up the Chedoke Radial Trail and through the Iroquoia Heights Conservation Area and back. Pace: leisurely. Terrain: easy. If you need further information or directions, call or e-mail no later than 5 p.m. Friday before the hike.
Leader: Gary Wrathall 905-681-6167 (Burlington) gary.wrathall@sympatico.ca

Sat. May 6 - Dufferin Hi-Land Section/Mono Cliffs & Splitrock ST, Map 19
This 16 km. loop hike will take approximately 5 hours and is at a medium pace over moderate terrain. There is no dropout point.
Depart: 9:00 am. Splitrock Narrows parking lot.
GPS Coordinates: N44 04.491' W080 05.050'
Directions: Take Highway #10 north from Orangeville to Side Road 25, turn right, follow to 2nd Line EHS, turn left, and drive 1.5 km to the fenced parking lot on the right hand side of the road.
Hike Description: An opportunity to hike the Splitrock ST, 2nd Line ST, Walter Tovell ST, and Lookout ST, all linked together by the Main Trail. Dogs welcome, but must be leashed and owners scoop the poop. Hiking boots required. Bring a snack lunch, two litres of drinking water and sunscreen.
Hike Leader: Bob Humphreys walk2tobermory@gmail.com 519-883-1840 Weekdays between 7-10 pm.

Sun. May 7 - 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. Pace: medium. Terrain: moderate. Maps 6-7.
Leader: Vern Erickson 905-667-4370, verickson@cogeco.ca

Sun. May 7 - Hilton Falls - +/- 10 km. Map 11
Meet for a 10:00 am. start in the parking lot at Hilton Falls Conservation Area located on No. 5 Sideroad (also known as Campbellville Rd. and Regional Rd. #9), between Guelph Line and Highway 25. This will be a loop hike of the Conservation Area. Spring wildflowers should be well out. Bring a lunch, water, sunscreen and insect repellent. Pace: leisurely. Terrain: moderate with some hills and rocky sections. Parking fee in effect or Conservation Area pass.
Leaders: Anne and Phill Armstrong 905-337-3937 hikinggrandma@gmail.com

May 7 Day 3 The Dufferin Hi-Land Blue and White End to End - 21+ km.
Meet for 8:30 departure the parking area on Prince of Wales Road about 1.2 km north of Highway 89 on the north side of the bridge where the Prince of Wales Trail begins. We will shuttle cars to the terminal point of 1st Line EHS just south of 25 Sideroad at 7.9 km on Map 19. The return hike will include Boyne Valley Loop, Murphy’s Pinnacle, Primrose Loop and Prince of Wales Side Trails. Pub lunch to follow. Terrain: moderate. Pace: medium 4 km/hr.
Leader Cynthia Archer cell/txt 416 573 4236 hickingrandma@gmail.com

Sun. May 7 - Hilton Falls Side Trail - 21.4 km
Meet 9:00 am. at the Sixth Line parking lot located near km 7.3 of the Hilton Falls Side Trail, Map 11. This is not a medium hike – we will aim for a brisk pace (4 to 5 km per hour) – a vigorous hike intended to get the heart pumping. Pace: Brisk. Terrain: Moderate. A loop hike that follows the escarpment edge over 5.9 km of the main trail and completes the 15.5 km Hilton Falls Side Trail.
Directions to meeting place: From Campbellville Road, go north-west on Sixth Line a little more than 3 km – the parking lot is on the left-hand side at km 7.3 of the Hilton Falls Side Trail. Bring lunch, water and bug spray.
Leader: Douglas Boyce dboyce004@gmail.com
Sun. May 7   -   Kissing Bridge Trailway   -   15 km.
Meet for a 9:00 am. departure where the rail trail crosses Regional Road 21/Arthur St., 500 metres north of the main intersection in Elmira. Ask Google Maps if unsure of the area. Today we hike from outside of Linwood to Elmira. Good views of rich Ontario farmland. We should see Spring flowers along the way. A car shuttle is required at the start and end of this hike, all participate. No dogs. Pac: medium. Terrain: easy.
Leader: Greg Vincent  (519) 579.8210 vincent.greg@gmail.com  hikevincent.wordpress.com

Sat. May 7   -   Iroquoia Section/Kerncliff Park, Map 9
This 13 km "there and back" hike will take approximately 4.5 hours and is at a medium pace over moderate terrain. There is a dropout point after 5 km. No dogs please. There will be a refreshment/pub stop afterwards.
Depart: 9:30 am. City View Park in Burlington, south-east corner of Dundas St and Kerns Rd. City View Park is about 3 km east of Waterdown. From Dundas St drive south on Kerns Rd 400 meters to the second (south) entrance to the Park. Turn left to parking. (Might be called "New City Park" in some maps). Near km 75.7 on Map 9.
Directions: From Hwy 401 come south on Guelph Line to Dundas. Turn right and go 3 km to left turn at Kerns Rd. From QEW come north on Guelph Line to Dundas. Turn left, go 3 km to Kerns Rd.
Hike Description: We will hike the Main Trail and side trails in the Kerncliff Park /Waterdown area.
Hike Leader: Peter Leeney peter.leeney@utoronto.ca 905-822-1877

Thurs. May 11 - Tiffany's Falls / Sherman's Falls Evening Walk in the Spring - 1.5 to 2 hours
Meet at 7:00 pm. at the parking lot at Tiffany Falls on Wilson (old Highway 2). We will hike various trails in the area, including a portion of the Bruce Trail past Tiffany’s Falls and Sherman’s Falls. Come and see the waterfalls when the water flow is still high! Optional après hike pub stop in Ancaster. Hike Cancelled, if there is heavy rain. Note: Fee or Hamilton Conservation Area pass at Tiffany Falls parking lot. Medium pace and moderate terrain. Directions: Take Main St West past Mc Master and then turn left to stay on Main West (old Highway 2) This road becomes Wilson. The parking lot is on the left halfway up the escarpment. From the Mountain, take Rousseaux and then turn right on Wilson and the Tiffany Falls Parking Lot is on your right. Leader: Paul Lewis (905) 331-8600, or email: outdooractive@hotmail.com

Sat. May 13   -   (Map 15/16/17)   -   20 km.
Depart: 8:30 am. Map 12 Km 11.2, BTC Pear Tree Parking Lot.
Directions: Hwy 410 west from Toronto, north on Hwy 25 left on15 side road 200 m southwest of Halton Rd 25.
Hike Description: Car shuttle to Km 26.9, Map 12. Hike back through Limehouse Conservation Area and Speyside.
Hike Leader: Ron Granger, (519) 485-0879, Weekdays between 7-10 pm, E- mail ron.granger1@yahoo.com

Sun. May 14   -   City View Park/Waterdown/Memorial Hike   -   3 hours
Memorial hike in honour of Shirley Klement, hiker, hike leader and naturalist extraordinaire. It will be slow paced (as Shirley would have liked) so that we can stop and look at things such as wildflowers, geology, birds etc.
Meet for a 10:00 am. start at the most southerly parking lot of City View Park. We will hike towards Waterdown and return. Pace - slow to leisurely. Terrain: easy with some rocky sections. Bring water, snack, sunscreen and bug repellent.
Leader: Judy Bourke judith.bourke@sympatico.ca

Fri. to Mon. May 19-22 - Victoria Day Weekend in the Lower Bruce Peninsula  15km/day
The Spring flowers will welcome us to the trails of the Lower Bruce Peninsula. We stay and have our meals at a comfortable resort at Red Bay. Each day we will hike the Bruce Trail and its side trails to form loops with great views of Georgian Bay and its islands. The carpet of trilliums is the best along the length of the Bruce Trail. This outing is restricted to those joining us at Wildwood Resort for the weekend. You will need a car to access this outing. Pace: medium. Terrain: moderate.
Leader and more information Greg Vincent  (519) 579.8210 vincent.greg@gmail.com  hikevincent.wordpress.com

Sat. May 20 - Caledon Hills Section/ Hockley Valley, Map 18
This 13 km. loop hike will take approximately 5 hours and is at a medium pace over moderate terrain. There is no dropout point.
Depart: 9:00 am. Parking location on 3rd Line EHS.
GPS Coordinates: N43 59.562', W80 02.881'
Directions: Take Highway 10 north from Orangeville, turn right on Hockley Rd (County Rd 7), follow to 3rd Line EHS and turn left. Roadside parking is 1 km north on right hand side.
Hike Description: We will hike the Isobel East ST, Tom East ST, Cam Snell ST, and Glen Cross ST, linked together by the Main Trail. All old favourites, but note we are starting from a different location. Dogs are permitted, but must be leashed and owners scoop the poop. Hiking boots required, bring a snack lunch, two litres of drinking water, and sunscreen.
Hike Leader: Bob Humphreys walk2tobermory@gmail.com 519-883-1840 Weekdays between 7-10 pm.
Sun. May 21 - West Side Hike #4 - 8/10 km.
Meet at 10:00 am. in the parking lot of 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. May 21 - Hidden Valley - RBG, Aldershot - 8 km. 3 hours
Meet by 9:30 am. in Hidden Valley Park in the Aldershot community of Burlington. Take Howard Road off Plains Road West. When you cross over the bridge, turn right on to Hidden Valley Road and then immediate right into the parking area. We will hike through Hendrie Valley to the sunfish pond of the RBG at Valley Inn Road, then return. Pace: leisurely. Terrain: easy. If further information or directions are needed, call or e-mail no later than 5 p.m. Friday before the hike. Leader: Gary Wrathall 905-681-6167 (Burlington) gary.wrathall@sympatico.ca

Sat. May 27 - Toronto Section/Hilton Falls & Speyside (Map 11 & 12)
This 25 km. loop hike will take approximately 7 hours and is at a medium pace over strenuous terrain. There is no dropout point. No dogs please.
Depart: 9:00 am. Pear Tree parking lot, at km 11.2.
GPS Coordinates: N43 34.676', W79 58.619'
Directions: Exit 401 at Milton, and take Highway 25 north to 15th Sideroad at Speyside. Turn left, and the parking lot is 300 metres along on the left hand side.
Hike Description: A favourite BIG loop on a section of the Main Trail, plus the Hilton Falls ST and Al Shaw ST. We will enjoy great views familiar to many of us and the opportunity to enjoy spring flowers including trilliums. A long hike, hiking boots required, bring at least two litres of drinking water, a snack lunch and sunscreen.
Hike Leader: Bob Humphreys walk2tobermory@gmail.com 519-883-1840 Weekdays between 7-10 pm.

Sun. May 28 - Gentle Hike/ Mount Nemo - Approx. 5 km. Map10
Meet at 10:00 am. in the parking lot of Mount Nemo Conservation Area on the east side of Guelph Line, north of Highway 5. This is a hike designed for families, new hikers and those wanting a slower paced, easier walk. Pace: leisurely. Terrain: easy with some rocky sections. Bring water, a snack, sunscreen and insect repellent. Parking fee or Conservation Area pass.
Leader: Anne Armstrong 905-337-3937 hikingrandma@gmail.com

Sun. May 28 - West Side Hike #5 - 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. Pace: medium. Terrain: moderate.Map 8.
Leader: Vern Erickson 905-667-4370. verickson@cogeco.ca

May 28 Day 4: The Dufferin Hi-Land Blue and White End to End - 22+km.
Meet for 8:30 am. departure from the Boyne Valley parking area on Centre Road just south of 5 Sideroad at 18.7 km on Map 20. We will shuttle to the parking area on the Prince of Wales Road at 37.7 km on Map 20. The return hike will include Kilgorie, David Hahn, Rock Hill Park, Moss Haven, Enchanted Forest, Mulmur Lookout, Oliver Creek, South East Lookout, and Boyne Creek Side Trails. Pub lunch to follow. Terrain: moderate. Pace: medium. 4 km/hr. Leader Cynthia Archer cell/txt 416 573 4236

Tues. May 30 - STONEY CREEK Extended Evening Walk - 2.5 - 3hrs
Meet at 7:00 pm. at the parking lot in Battlefield Park. We will hike the Bruce Trail to Dewitt Road. We will return on various streets, as it will be getting dark on the return journey. Enjoy the long evening daylight! Optional, Apres Hike stop for great Pizza! (They have pizza specials on Tuesday nights!) Hike cancelled if there is heavy rain. 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

**Advance Notice**
Fri. to Sun. June 9 - 11 - 15th Annual Excellent Orchid Adventure - 10km/day
Please join Jeanette and Greg as we explore the Tip o’ the Bruce, Tobermory in search of orchids and other flowers. Our search will extend to Flower Pot Island (cost approx. $50.00 for the glass bottom ferry 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 at a comfortable hotel overlooking Little Tub Harbour. This outing is restricted to those staying with us at the Princess Hotel in Tobermory for the weekend - the hotel fills quickly. You will need a car to access this outing. Leader and more information GregVincent (519)579.8210 vincent.greg@gmail.com hikevincent.wordpress.com
Sun. June 4 Day 5: The Dufferin Hi-Land Blue and White End to End - 21+km.
Meet for 8:30 am. departure from parking area near Lavender at 56.0 on Map 21. We will shuttle cars to parking area at Kilgorie where Centre Road and River Road meet at 34.9 km on Map 20. The return hike will include Bell Lookup Side Trail. Pub lunch to follow. Terrain: moderate. Pace: medium 4 km/hr. Leader Cynthia Archer cell/txt 416 573 4236

October 16th - October 22, 2017 - The Frontenac Challenge at Frontenac Provincial Park
This is a 6 day overnight trip where we will hike 11 loop trails that range in length from 1.5km to 21km plus the distance to get to the trails.
Certificates & badges for hikers that complete the challenge.
Details at www.frontenacpark.ca
Shared accommodation may be booked at www.snugharbour.on.ca First come, first serve or you may book other accommodation of your choosing.
Please contact Rob Canvin for reservation (613) 374-5412 or relax@snugharbour.on.ca
Please contact leader: Ruth Moffatt (905) 928-7056 ruthdmoffatt@gmail.com to advise confirmation of participation. (Medium - Moderate)

Happy Wanderers

Mon. Mar. 6   Culham Trail (Credit River) Loop Hike   +/- 17 km
Meet for 9:00 am. exit at Riverwood Park, off Burnhamthorpe Rd. We will then hike the Culham Trail south to U of T Mississauga Campus and join the Sawmill Creek Trail and then head north through neighborhood trails and Mississauga Rd to Barbertown Rd., just south of Streetsville, where we return south on the Culham Trail. Terrain: moderate. Pace: medium.
Leader: Keith Barber RSVP: kbarber11@cogeco.ca Home Phone: 289-878-2299

Mon. Mar. 13   Morrison Valley & McCraney Valley Trails Loop Hike   +/- 11 km.
Meet for 9:00 am. exit at Walmart Parking (West End) off Trafalgar Rd, or Oak Park Blvd. We will then hike west through Oak Park and follow the Nipigon and McCraney Valley trails south to McCraney St. and join the Morrison Valley Trails north back to Walmart Plaza. Terrain: moderate. Pace: medium.
Leader: Keith Barber RSVP: kbarber11@cogeco.ca Home Phone: 289-878-2299

Mon. Mar. 20   Dundas Valley Trails Loop Hike   +/- 15 km.
Meet for 9:00 am. exit at Dundas Valley Conservation Area off Governors Rd, Dundas. Map 8, km 50.6. Parking Fee. Main trail to Headwaters Trail back to Trail Centre. Terrain: moderate+. Pace: medium.
Leader: Wayne Riley RSVP: wlr8362@gmail.com Cell day of hike: 289-456-3498

Mar. 27   Kilbride to Crawford Lake (in and out)   +/- 14 km.
Meet for 9:00 am. exit in the parking lot behind Kilbride school, Map 10, 98.5 km. edition 27. Hike to Crawford Lake Visitors Centre and back. Some rocky and hilly sections. Terrain: moderate+. Pace: medium.
Leader: Wayne Riley RSVP: wlr8362@gmail.com Cell day of hike: 289-456-3498

Mon. Apr. 3   Silvercreek C.A. Loop Hike   +/- 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 Terrain: strenuous. Pace: medium.
Leader: Keith Barber RSVP: kbarber11@cogeco.ca Home Phone: 289-878-2299

Mon. Apr. 10   Hilton Falls C.A. Trails Loop Hike   +/- 17 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 and Britton Tract Loop (Halton Regional Forest Complex). Ref: Map 11 Edition 27. Terrain: moderate. Pace: medium.
Leader: Keith Barber RSVP: kbarber11@cogeco.ca Home Phone: 289-878-2299

April 17    NO HIKE

Mon. Apr. 24   Hockley Valley Nature Reserve Loop Hike   +/- 15 km.
Meet for 9:00 am. exit at Hwy 401/Trafalgar Rd Intersection Parking lot (north east side). We will carpool to Hockley Rd. parking just east of 2nd Line EHS. We will hike the Main Trail then return on Cam Snell ST, Glen Cross ST & Tom East ST. Ref: Map 18 Edition 27. Terrain: strenuous. Pace: medium.
Leader: Keith Barber RSVP: kbarber11@cogeco.ca Home Phone: 289-878-2299
Mon. May 1 - Elora (Gerrie Rd) to Bellwood Linear Hike - +/- 17 km.
Meet for 9:00 am. exit at south side of Hwy 401 on the east side of Hwy 25 Commuter Car Pool Parking Lot, Milton. We will then carpool to Bellwood and park some cars and then car shuttle to Elora Gerrie Rd./Elora Cataract Trailway Parking Lot. We will then hike the Grand Valley Trail back to Bellwood. Terrain: moderate. Pace: medium. Leader: Keith Barber RSVP: kbarber11@cogeco.ca Home Phone: 289-878-2299

Mon. May 8 - Crawford Lake to Rattlesnake Point - +/- 15 km.
Meet for 9:00 am. exit at Crawford Lake. Hike to Rattlesnake Point and return using main and side trails. Parking Fee. Terrain: moderate+. Pace: medium. Leader: Wayne Riley RSVP: wlr8362@gmail.com Cell day of hike: 289-456-3498

Mon. May 15 - Sherman Falls to Dundas Valley Trail Centre - +/- 15 km.
Meet for 9:00 am. exit at Artaban Rd parking lot map 8, 46.4 km edition 27. Parking Fee Monarch trail, Main loop, Canterbury Falls and Sulphur Creek. Terrain: moderate+. Pace: medium. Leader: Wayne Riley RSVP: wlr8362@gmail.com Cell day of hike: 289-456-3498

May 22 - NO HIKE

Mon. May 29 - Guelph Line to King Rd and back - +/- 16 km.
Meet for 9:00 am. exit at Guelph Line map 9, 82.3 km, edition 27. In and out hike to Kerns Rd. Terrain: moderate+. Pace: medium. Leader: Wayne Riley RSVP: wlr8362@gmail.com Cell day of hike: 289-456-3498

TUESDAYS WITH BILL

Tues. May 23 - Crooks Hollow Conservation Area - 1 1/2 hours.
Meet at for a 10:30 a.m. start at the Crooks Hollow Conservation Area parking lot on Crooks Hollow Road. Lunch at the Rockton Cookhouse.
Leader: Bill Fulton ibtcrguufulton@gmail.com

TUESDAY MORNING WALKERS

We meet regularly each Tuesday at 9:00 am. March hikes, close to home while we wait for the Bruce Trail to dry, will be 2 h +/- . April and May hikes, 3 h +/-, will be more distant. We’ll be doing the last hike of our Iroquoia end-to-end which we started last fall and then doing a Niagara end-to-end and a side excursion in the Niagara Gorge. Bring water, hiking boots, and snacks. The speed and nature of the terrain will vary from hike to hike. An optional social hour at a nearby eatery concludes each hike. If you have questions or need detailed directions contact Richard Reble at reblerichard@gmail.com

Tues. Mar. 7
Meet in the parking lot of the Lion’s Club Outdoor Pool on Jerseyville Rd, one km. west of the corner of Jerseyville Rd. and Fiddler’s Green in Ancaster for a hike in Dundas Valley. The après-hike pub stop will be Brassie’s on Wilson St. in Ancaster.

Tues. Mar. 14
Same meeting place as for Mar. 7 but we’ll hike a different route. The après-hike stop will be the Coach and Lantern on Wilson St. in Ancaster.

Tues. Mar. 21
Meet in the parking lot of the small strip mall in Greensville at the corner of Hwy. 8 and Kirby for a walk in the woods. Drive up the Dundas Hill on King St., aka Hwy. 8, to Bullock’s Corners at the top of the hill. Turn left at Bullock’s Corners to stay with Hwy. 8. Drive up the hill and you’ll see that Kirby is the first street on your right. Turn right on Kirby and then immediately right between the two rows of buildings. Pub stop will be at the Winchester Arms in Dundas

Mar. 28
Meet at the Lawrence Rd. entrance to Hamilton’s Gage Park for a mystery loop. Wear boots. We tried this route in winter but we were driven off trail by ice. Our après-hike pub stop will be Rankin’s on Main St. E. one block east of Delta Secondary School.
Tues. Apr. 4
Meet in the parking lot of the lovely limestone church on Guelph Line a stone throw north of the traffic light at Derry Rd. We’ll be convoying from there to a secret meeting place. Our goal is to complete the last hike of our Iroquoian end-to-end from Crawford Lake to Appleby Line at the Hwy. 401 overpass. A parking fee will apply at Hilton Falls Conservation Area. Our après-hike stop will be at the Trail Eatery in Campbellville.

Tues. Apr. 11
First hike of Niagara end-to-end. We’ll go from Queenston Heights Park (Km 0.0) to Woodend Conservation Area (Km 12.5). We’ll meet at the innermost parking lot of Woodend. (See Km 12.5 of Map 2 of Bruce Trail Reference, Edition 28.) Our après-hike stop will be in Niagara-on-the-Lake at the Red Rooster.

Tues. Apr. 18
This will be our second hike in Niagara, but it won’t be on the Bruce Trail. We’ll be in hiking in the Niagara River Gorge from the Niagara Glen to the Great Whirlpool. Meet in the parking lot of the Niagara Glen which is on the Niagara Parkway across the road from the Butterfly Conservatory. Our après-hike stop (TBA) will be in Niagara-on-the-Lake.

Tues. Apr. 25
Second hike of Niagara end-to-end. We’ll go from Woodend Conservation Area (Km 12.5) to Tremont Dr. near Penn Centre Mall (Km 23.5). Meet at the dead end of Tremont Dr. in St. Catharines. (See Km 23.5 of Map 2 of Bruce Trail Reference, Edition 28.) Our après-hike stop will be Tim Horton’s in St. Catharines.

Tues. May 2
Third hike of Niagara end-to-end. We’ll go from Tremont Dr. in St. Catharines (Km 23.5) to the parking lot at the dead end of Wiley Rd. in Short Hills Provincial Park (Km 35.0). Meet at the Wiley Rd. parking lot. (See Km 35.0 of Map 3 of Bruce Trail Reference, Edition 28). Our après-hike stop will be at the Cat's Caboose in St. Catharines.

Tues. May 9
Fourth hike of Niagara end-to-end. We’ll go from Wiley Rd. in Short Hills Provincial Park (Km 35.0) to Rockway Falls (Km 45.1). Meet in parking lot of Rockway Community Centre beside the falls. (See Km 45.1 of Map 3 of Bruce Trail Reference, Edition 28). Our après-hike stop will be Jordan House in Jordan.

Tues. May 16
Fifth hike of Niagara end-to-end. We’ll go from Rockway Falls (Km 45.1) to Victoria Ave. (Km 57.7). We meet in the parking lot of the water treatment facility at the corner of Victoria Ave. and Fifth Ave., 1 km south of King St. in Vineland. (See Km 57.7 of Map 4 of Bruce Trail Reference, Edition 28). Our après-hike stop will be at the former Butterballs in Jordan Hollow on old Hwy. 8.

Tues. May 23
Sixth hike of Niagara end-to-end. We’ll go from Victoria Ave. (Km 57.7) to Mountainview Conservation Area (Km 70.6). Meet at Mountainview Conservation Area on Mountainview Rd. (See Km 70.6 of Map 5 of Bruce Trail Reference, Edition 28). Our après-hike stop will be at the Judge and Jester in Grimsby.

Tues. May 30
Seventh and last hike of Niagara end-to-end. We’ll go from Mountainview Conservation Area on Mountainview Rd. (Km 70.6) to Forty Mile Creek in Grimsby (Km 80.4) (See Map 5 of Bruce Trail Reference, Edition 28.) We’ll meet at the Lion’s Club Outdoor Pool parking lot on Elm St. in Grimsby. Our après-hike stop will be at the Innsville on Old Hwy. 8.

HIKERS R US

Bring water, lunch, and sunscreen, and wear clothing suited to the weather, hiking boots. You may need icers in March and bug spray in April and May. Please be sure to notify the hike leader if you plan to attend as sometimes weather or other circumstances mean cancellations or changes. Map references 28th edition unless otherwise specified. Hike Convener: Charlotte Stewart stewchar01@gmail.com (905) 628-0519

Wed. Mar. 1 - Caledon E2E1 (first in a series of approx. 14 Caledon End to End hikes); 12-14 km. Meet for a 9:00 am. exit at the carpool lot at southeast corner of Hwy 25/401 (lot is north of the prison). We will carpool to roadside parking at Boston Mills Road, just west of Missisauga Rd intersection; 43.754003,-79.948131  Map 14 km 47.5 We will hike northwards towards the starting point of E2E2 but go past that and then return to our start point. Pace: brisk. Terrain: strenuous.
Leader: Louise Langlais langlaislouise@gmail.com, 519-654-0282
Wed. Mar. 8  -  Mono Hills  -  Snowshoe Hike  -  8 +/- km.
Meet for 9:30 am. departure at Mono Centre’s Community Center on Map 19. For 3 to 4 hours we will take a loop to the Lookout Side Trail. If insufficient snow, hike will be cancelled. Bring light lunch and warm drink. Please bring snowshoes. If you pre-register, you can be notified of any cancellation due to weather or insufficient snow for snowshoeing. Pace: mediu., Terrain moderate.
Leader: Cynthia Archer  archercynthiab@gmail.com  cell/txt 416 573 4236

Meet for 9:00 am. exit at the Burlington Public Library, New St. Hike to Spencer Smith Park and along the Waterfront Trail to the lift bridge and pier and return. Terrain: easy. Pace: moderate. Leader: Wayne Riley RSVP: wlr8362@gmail.com Cell day of hike: 289-456-3498

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, with interconnecting portions of the Main Trail. Ref: Map 12 Edition 27 Pace: medium. Terrain: strenuous. Leader: Keith Barber  kbarber11@cogeco.ca  Home Phone: 289-878-2299

Wed. Mar. 29  -  Dundas Valley loop  -  +/- 14 km.
Meet for 9:00 am. exit at Sanctuary Drive parking lot off Pleasant Ave., Dundas. Map 8. Walk in a loop to include Monarch, Heritage, Main loop, Spring Creek trails. Hilly but good footing. Hiking boots, no dogs. Bring water, lunch, snacks, and sunscreen. Pace: brisk. Terrain: moderate and hilly.
Leader: Ruth Merz  ruthmerz1@outlook.com  Cell on day of hike 905 928 5491

Wed. Apr. 5  -  Caledon E2E2  -  12-14 km.
Meet for a 9:00 am. exit at the carpool lot at southeast corner of Hwy 25/401 (lot is north of the prison). We will carpool to roadside parking at the turnabout at the north end of Chinguacousy Road; 43.785429,-79.943325 Map 14 km 2.5. We will hike northwards towards the starting point of E2E3 and then return. Map Pace: brisk. Terrain: strenuous. Leader: Louise Langlais  langlaislouise@gmail.com  519-654-0282

Wed. Apr. 12  -  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 Hutch’s 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  kbarber11@cogeco.ca  Home Phone: 289-878-2299

Wed. Apr. 19  -  Niagara E@E #4 of 5  -  15+ km.
Meet for 9:30 am. departure from Queenston Heights at 0.0 km on Map 1. If you wish to carpool to Queenston Heights, meet for an 8:30 am exit at Van Wagner’s Beach, Hamilton, Burlington side of Hutch’s Restaurant, near small brick building (contact: Keith Barber  kbarber11@cogeco.ca  Home Phone: 289-878-2299).
We will shuttle to parking at entrance of Woodend Conservation Area and begin hiking from 15.2 km on Map 2. Pace: medium (4 km/hr.), Terrain: moderate.
Leader: Cynthia Archer  archercynthiab@gmail.com  cell/txt 416 573 4236

Wed. Apr. 26  -  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  kbarber11@cogeco.ca  Home Phone: 289-878-2299

Wed. May 3  -  Caledon E2E3  -  14-16 km.
Meet for a 9:00 am. exit at the carpool lot at southeast corner of Hwy 25/401 (lot is north of the prison). We will carpool to roadside parking at Forks of the Credit Rd, between Chisholm & Dominion Streets; 43.803809,-79.993002; Map 14 km 8.8. We will hike northwards towards the start point of E2E4 and return. Pace: brisk. Terrain: strenuous. Leader: Louise Langlais  langlaislouise@gmail.com  519-654-0282

Wed. May 10  -  Hockley Valley Nature Reserve Loop Hike  -  +/- 15 km.
Meet for 9:00 am. exit at the carpool lot at southeast corner of Hwy 25/401 (lot is north of the prison). We will carpool to Hockley Rd. parking just east of 2nd Line EHS. We will hike the Main Trail then return on Cam Snell ST, Glen Cross ST & Tom East ST. Ref: Map 18 Edition 27 Pace: medium. Terrain: strenuous. Leader: Keith Barber  kbarber11@cogeco.ca  Home Phone: 289-878-2299
**Wed. May 17** - **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 drive up a steep hill and down to the bottom of the hill. Turn left at 812 at the Cedar Brook 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. May 24** - **Mono Cliffs (incl. Split Rock ST) Loop Hike** - +/- 16 km.
Meet for 9:00 am. exit at the carpool lot at southeast corner of Hwy 25/401 (lot is north of the prison). We will carpool to the Mono Centre Community Centre Parking at Hwy 8 Mono Centre. We will hike the Walter Tower, Splitrock, Lookout ST’s and interconnecting parts of the main trail. Ref: Map 19 Edition 27. Pace: medium. Terrain: strenuous.
Leader: Keith Barber kbarber11@cogeco.ca Home Phone: 289-878-2299

**Wed. May 31** - **Niagara E@E #5 of 5** - 18+ km.
Meet for a 9:00 am. departure from Woodend Conservation Area at 15.2 km on Map 2. If you wish to carpool to Woodend Conservation Area, meet for an 8:00 am exit at Van Wagner’s Beach, Hamilton, Burlington side of Hutches Restaurant, near small brick building (contact Keith Barber kbarber11@cogeco.ca Home Phone: 289-878-2299).
We will shuttle to Morning Star Mill parking lot on DeCew Road at 33.5 km on Map 3 then hike through the city crossing three different canal systems. Pace: medium (4 km /hr.), Terrain: moderate.
Leader: Cynthia Archer archercynthiab@gmail.com cell/txt 416 573 42

**GOOD COMPANIONS**

All hikes begin at 10:00 am. and are at a leisurely pace. Please wear appropriate clothing and footwear (icers). Bring water, a snack, sunscreen and bug spray and a sense of humour. Remember, as in life it’s the journey that matters not the destination. . Kathy and Brian 905-632-8934

**Wed. Mar. 1** - **Dundurn Castle** - 2 hrs.
Meet Stella Parr at Dundurn Castle in Hamilton. We will hike along the trail to the stairs and then along the historic Waterfront trail and back. Leisurely, flat.

**Wed. Mar. 8** - **Crawford Lake** - 2 ½ hrs.
Meet Connie Rusynyk at Crawford Lake C.A. off Guelph Line, fees apply. We will hike the Green trail to the Lookout and then around the lake. Leisurely, flat with some hills.

**Wed. Mar. 15** - **Coronation Park** - 2 hrs
Meet Gary Wrathall at the parking lot for the Coach and Four on Lakeshore Rd.in Bronte. We will hike the Waterfront Trail to Coronation Park and Back. Leisurely, flat. Optional lunch at the Pub.

**Wed. Mar. 22** - **Dundas Valley** - 2 1/2hrs.
Meet Connie Rusynyk at the parking lot for The Dundas Valley C.A. lot on Governors Rd, fees apply . We will hike on the Main Loop Trails. Leisurely, flat with some hills.

**Wed. Mar. 29** - **Sixteen Mile Creek** - 2 hrs.
Meet Connie Rusynyk at the parking lot on the east side, beside the park on River Glen Blvd. one block south side Hwy.5 on Neyagawa Blvd. We will hike some of the trails on Sixteen Mile Creek. Leisurely, some gentle hills.

**Wed. April 5** - **Felker’s Falls** - 2 1/2 hrs.
Meet Gary Wrathall at the parking lot to the right of the Battlefield monument off of King St.in Stoney Creek. We will Carpool to Mud St. and hike back down on the rail, passing the impressive Felker’s Falls. Leisurely, Some hills.

**Wed. Apr. 12** - **Chedoke Falls** - 2 hrs.
Meet Mary Rose at the parking lot for Chedoke Golf course in West Hamilton. We will hike along the Rail trail to the Iroquoia C.A. passing the many waterfalls along the way. Leisurely, some hills.
Wed. Apr. 19 - Christie Lake - 2 ½ hrs.
Meet Mary Rose at the playground on Park Ave, just off #8 Hwy in Greensville. We will hike from Bullocks Corners to Christie Lake. Leisurely, flat.

Wed. Apr. 26 - Sanctuary Park - 2 ½ hrs
Meet Judy Bourke at Sanctuary Park in Dundas, We Will hike on the Spring Creek Trail to the Station and return on the Rail Trail. Leisurely, some hills.

Wed. May 3 - Kilbride - 2 1/2 hrs
Meet Vicki Grant in the rear parking lot at Kilbride School. Drive north on Brant St. to Kilbride. Turn right at the stop sign, then turn left at the next one. We will hike out to the Calcium Pits (historical) and back. Leisurely, flat, with some poor footing.

Wed. May 10 - Lowville - 2 ½ hrs.
Meet Stella Parr at the parking lot in Lowville. We will hike the River and Ruin’ trail and then back along the creek to Lowville. The Ostrich ferns should be showing their heads by now. Leisurely, flat, some poor footing.

Wed. May 17 - Shell Park - 2 hrs.
Meet Gary Wrathall in the parking lot of Shell Park on Lakeshore Rd. we will hike through the woods. The Trilliums should be showing. Be careful of the Logging operations. Leisurely. Flat.

Wed. May 24 - Blue bird Hike - 2/3 hrs.
Meet Dan Welsh at Cedarbrook Farm. Drive north on #6 Hwy.to 8th. Concession West. Drive to #812. At 812 turn left and go to the end of the lane. Leisurely. some hills.

Wed. May 31 - Cootes Paradise - 2 ½ hrs.
Meet Hugh Haney at the dog park on York Rd. We will hike the picturesque trails of the Botanical Gardens down to the lake and back. Leisurely, some hills

MIDWEEK HIKES

Come out and view the signs of spring with other hikers. Trails may still be icy or possibly very muddy so proper boots and who knows… icers, hiking sticks, bugspray, sunscreen? Long pants and long sleeves are recommended due to possibility of deer ticks. All hikes begin at 10:00 am. unless otherwise stated and are at a moderate pace with the likelihood of hills and rocky footing. Bring a drink, snacks and lunch. No dogs, please. In the event of inclement weather please call the hike leader. Hike co-ordinator is Connie Rusynyk, c.rusynyk@sympatico.ca

Thurs. - Mar. 2 - North Oakville Joshua Creek - +/- 12 km
Meet for 10 am. start in the Oakville Town Hall parking lot (enter on White Oaks Blvd. off Trafalgar Ed, north of the QEW). Bring snack or lunch, water etc and maybe icers. Pace: moderate. Terrain: easy. Leader: Norman Young mny176@outlook.com 905 845 0939 hike morning 905 330 6605

Thurs. Mar 9 - Dundas Driving Park - +/-8 km. /2 hours
Meet for a 10 am. start at the entrance gates to Dundas Driving Park at Cross and Alma Streets in Dundas. Length and direction will depend on weather. Hiking boots, icers, snacks, water. Also sticks recommended. NO DOGS. Medium pace, Terrain: moderate. Leader: Marion Fletcher. 905 628 5537. octother@AOL.com

Thurs. Mar. 16 - Halton Agreement Forest - +/- 10 km.
Meet for a 10:00 am. start in the small parking lot on the east side of Guelph Line, just opposite the Mohawk Raceway and Casino and north of Highway 401. There is overflow parking at the northwest corner of the Mohawk Raceway, across the road from the small parking lot. This will be an “in out” hike to enjoy the early signs of spring along the trails of this lovely area. Icers may be necessary. Bring lunch or a snack and water. Pace: leisurely. Terrain: easy. Leaders: Anne and Phill Armstrong 905-337-3937 hikinggrandma@gmail.com
**Thur. Mar. 23  -  Kilbride to Crawford Lake  -  3.5 to 4 hr in/out hike (+/- 14km)**
Meet for a **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 via BT and Conservation hiking trails. We will stroll on the lovely boardwalk around Crawford lake and stop for lunch at the Visitor’s Centre located just outside the Iroquoian village (I promise this time J). Remember to pack water, a snack and lunch. Icers may be necessary. Pace: medium. Terrain: moderate with some rocky sections. Hike Leader: Karen Capindale-Smith, jsmith62@ cogeco.ca, 905-749-0914 or 905-332-7254.

**Thurs. Mar. 30  -  Mount Nemo, Burlington  -  2 - 2 ½ hrs. (8 km.)**
Meet for a **10:00 am. start** in the parking lot of the Mount Nemo Conservation Area, Guelph Line & Colling Road, approx. 4 kilometres north of Dundas Street. There is a parking fee if you don’t have a Conservation Halton membership pass. We’ll hike the main Bruce Trail and a side trail in a loop, with a visit to the *lost quarry*. Be prepared for spring weather & footing. Moderate terrain but lots of rock. Leisurely pace. Snack break at 11 am.; pub lunch to follow at a nearby & increasingly popular restaurant for hikers. Leader: Gary Wrathall 905-681-6167 (Burlington) gary.wrathall@sympatico.ca.

**Thurs. April 6  -  Lowville to Kilbride  -  2.5 hr in/out hike (+/- 9km)**
Meet for a **9:30 start** in the Lowville Park parking lot (just off Guelph Line by the Lowville Bistro). We will complete a lovely in/out hike from Lowville Park to the outskirts of Kilbride. Medium pace. Moderate terrain with some strenuous hilly sections out of/back into Cedar Springs valley. Water and snack recommended. Icers may be necessary. Hike Leader: Karen Capindale-Smith, jsmith62@ cogeco.ca, 905-749-0914 or 905-332-7254.

**Thurs. April 13  -  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. We will hike along the North shore trails. Bring sunscreen, snack and water. Pace: moderate. Terrain: easy but with some hilly sections. Leader: Linda Robinson email fly@execulink.com

**Thurs, Apr. 20  -  Twiss Road/Crawford Lake Loop  -  10 km.**
Meet **10:00 am** at Twiss Road (Map 10 – north of Derry Road where Main Trail crosses Twiss Road). We will follow the main trail to the lookout and return via side trails. Bring water, snack and lunch. Medium pace. Moderate terrain. Leader: Terry Rose. (905) 320-6513. termarintl@gmail.com

**Thurs. Apr. 27  -  Joshua Creek South  -  +/- 10 km.**
Meet for **10:00 am.** start in the northwest corner of the Maplegrove Shopping centre (corner of Maplegrove and Cornwall Rd, Oakville). Bring snack, water, bugspray? etc. Pace: moderate. Terrain: easy. Leader: Norman Young mny176@outlook.com 905 845 0939. hike morning 905 330 6605

**Thurs. May 4  -  Crawford Lake  -  +/- 8 km**
Meet for a **10:00 am. start** at Crawford Lake C/A off Guelph line. This is a memorial hike for Valerie Dobson. We will hike along the green trail, out to the lookout and then around the lake. Bring snack, water, sunscreen and bugspray. C.A. fees apply. Pace: leisurely Terrain: easy with some hills. Leader: Connie Rusynyk e.rusynyk@sympatico.ca, cell: 905 520 6502

**Thurs. May 11  -  Sixteen Mile Creek, Oakville  -  Approx. 10 km.**
Meet for a **10:00 am. start** in the parking lot of Lions Valley Park on the south side of Highway 5 between Fourth line and Neyagawa Rd. Parking is at the bottom of the big hill beside the creek. We will hike the trails of the Sixteen Mile Creek Valley in search of early wild flowers including beautiful bluebells and trilliums. Bring sunscreen, bugspray? water, a snack and lunch (weather permitting we will eat in the park). Pace: leisurely. Terrain: easy with some long, gentle hills. Leader: Connie Rusynyk e.rusynyk@sympatico.ca, cell: 905 520 6502
In Memoriam

Valerie Dobson, long time member of the Iroquoia Bruce Trail Club, lost her struggle with cancer on Thursday, December 8, 2016. A celebration of Valerie’s life was held on December 16. Valerie not only participated in hikes along the Bruce Trail (including completing End to Ends), but also took on leadership roles in leading hikes for the Thursday Mid-Week hikes and on Sundays for families, new hikers and those wanting slower, easier hikes. Her husband John often joined her on these hikes, along with their grandson Miles. Valerie was a keen birder and wildflower enthusiast who loved to share her knowledge with others. Those interests, especially hiking, took her to many parts of the world. I was privileged to be a part of her life and to have known her.

We shall all miss her.

submitted by Anne Armstrong

Thurs. May 18  -  Hilton Falls  -  +/- 10 km.
Meet for a 10:00 am start in the parking lot at Hilton Falls Conservation Area located on No. 5 Sideroad (also known as Campbellville Rd. and Regional Rd. #9), between Guelph Line and Highway 25. Map 11. This will be a loop hike of the Conservation Area. Spring wildflowers should be well out. Bring a lunch, water, sunscreen and insect repellent. Pace: leisurely. Terrain: moderate with some hills and rocky sections. Parking fee in effect or Conservation Area pass. Optional refreshment stop afterwards.
Leaders: Anne and Phill Armstrong 905-337-3937 hikinggrandma@gmail.com

Thurs. May 25  -  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
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