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

GUEST SPEAKER
Award-winning photographer and publisher Mark Zelinski presents beautiful photographs from his new book "Heart Of Turtle Island: The Niagara Escarpment"

TWO PRE MEETING HIKES
9:30 am to 11:30 am – 2 hour hike
FEATURE HIKE 10:00 am to 11:30am – 1.5 hours
Join Staff from Ontario Nature at 10am as we are taken on a short 1.5 hour walk around the area and demonstrates how we can get involved in Citizen Science initiatives by attending an event or while out on your own walk. She will also show us how to use apps on our phones to upload flora and fauna information to various web sites. This is a walk with a number of stops. Bring your phone.
(Both hikes start at Canterbury Hills)


**IROQUOIA BOARD OF DIRECTORS 2015/2016**

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**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

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**THE IROQUOIAN PUBLICATION DEADLINES**

SPRING ISSUE - JANUARY 20

SUMMER ISSUE - APRIL 20

FALL ISSUE - JULY 20

WINTER ISSUE - OCTOBER 20

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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

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VISIT THE CLUB’S WEBSITE FOR INFORMATION AND ACTIVITIES:

www.iroquoia.on.ca

www.facebook.com/IroquoiaBruceTrailClub

www.twitter.com/IroquoiaBruceTrail

www.instagram.com/iroquoiabrucetrailclub

**PLEASE SIGN UP FOR THE EMAIL EDITION OF THIS NEWSLETTER**
2017/2018 BOARD SLATE NOTICE

The following have agreed to stand for election to the Board 2017-2018

Cynthia Archer, Meredith Baker, Gary Beaudoin, Lyne Desforges, John Farquharson, Katie Halsall, Michael McDonald, Allan Meyer, Justin Park, Gloria Pennycook, Jordan Pietroniro, Doug Stansbury, Paul Toffoletti, Bronwin Tregunno, Doug Yungblut

We do have OPENINGS on the Board for:

Hike Director - Fundraising Director - Membership Director - Land Securement Director - BTC Board Rep
Landowner Relations Director - 3 Directors at Large

Please contact gpennycook@icloud.com if you interested joining the board!

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Steeltown Stomp Event Hike

Saturday, September 9, 2017

Fee: $25 covers registration, badge and checkpoints

Registration: Registration is open July 1, 2017. Please register and pay online at https://www.eventbrite.ca/e/steeltown-stomp-tickets-33752411371.

Hike: Climb 1874 stairs along the Hamilton Escarpment (made up of 6 sets of stairs Chedoke-289, Dundurn-329, James-227, Wentworth-498, Kenilworth-229 and Uli’s-305 and hiking 10 KM along the Bruce Trail Chedoke, Radial Trail and the Escarpment Rail Trail back to the beginning.

Led by hike leaders from Niagara Bruce Trail Club and Iroquoia Bruce Trail Club. Approximately 20-25 hikers per leader. There aren’t any blazes for this event and so hike leaders are important.

Checkpoints:

1) Top of Uli Stairs at the turnaround point – Hosted by Niagara volunteers with donations of food
2) Chedoke Parking lot at the end of the event – Hosted by Iroquoia volunteers with donations of food

Presentation of the Badges: Leaders and/or hike co-ordinators

Net Proceeds go to the BTC

Contact: Suzanne Macpherson (iroquoiatcevents@gmail.com)

Anne Armstrong (hikinggrandma@gmail.com) with any questions.
Family Found Along the Trail - By Cara Oleksuik

My mom Shirley was involved with the Iroquoian Club from its humble beginnings in the 60’s and our family hiked with the very first members of the club. She was, I believe, the first secretary of the Iroquoian. She would stuff envelopes, solicit artists for the calendar, do trail maintenance, maintain sections of the trail, make phone calls and lead hikes. Her favourite place to be was “on the trail”. Twice (or more) my mom received the Volunteer Appreciation Award. Over the years my mom earned two End-To-End badges that she proudly displayed on her knapsack.

I can recall how my mom would eagerly await the arrival of the “Iroquoian” and write the dates of every hike on our calendar (later it was always the BT calendar). Saturday mornings were a rush to get our lunches packed, lace up our hiking boots and drive like mad to the meeting spot for the hike. We would follow the white blazes all day long with jackets tied around our waists. At our lunch stop often someone would have brought along homemade cookies or candies to share.

A favourite memory was of the New Year’s Eve bonfires back in the 70’s. After being tucked into bed very early in my snowsuit I would be woken up when we had to leave around 9pm. In Waterdown we would hike with flashlights along the trail ending at what is now Kerncliffe Park. Tucked beneath the quarry wall would be an enormous bonfire with hot apple cider, and probably mulled wine too, warming on a Coleman stove. At midnight Doug Cooper (a legend in the Iroquoian Club) would appear in a New Year’s costume and we would all yell Happy New Year. In later years my mom renewed the tradition and began hosting these hikes and bonfires at Bronte Creek Provincial Park each December 31st.

Some of her longest and strongest friendships were made with fellow hikers. Not having any family in Canada she would often say that her Bruce Trail friends were her Canadian family. What she loved best about hiking was being out of doors. Shirley knew her plants, flowers, trees, butterflies, birds and insects and loved them all. My mom had the ability to see beauty in everything. She would look across a field and point out the colours and contrasts in such detail that it seemed like magic or hold a “woolly bear” and marvel at the beautiful pattern and orange colouring. Through her eyes my brothers and I and my children and many others along the trail learned how to appreciate the intricate details of nature.

I have my mom to thank for the many happy memories of hiking the Bruce Trail, my extended family and my own love of being out of doors and nature in all of its seasons. I decided that too many years had gone by since I had been a member of the Bruce Trail Club and with my newly paid membership I now eagerly await the arrival of The Iroquoian. See you on the trail!

In memory of Shirley Klement July 29, 1932 – January 7, 2017

Cara Oleksuik (nee Klement)
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 between 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 ($60 for non-BTC members) 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.

The first weekend meeting location is at Mount Nemo Conservation Area (overflow parking area), 5317 Guelph Line, Milton, ON L9T 2X6. Check in is at 7:00 am. with buses departing at 7:30 am.

The second weekend meeting location is Mohawk 4 Ice Centre, 710 Mountain Brow Blvd. Hamilton, ON L8T 5A9. Check in is at 7:00 am. with buses departing at 7:30 am.

YOU MUST REGISTER AND PAY ONLINE. THERE WILL BE NO CHEQUES OR CASH ACCEPTED ON ANY DAY OF THE EVENT. REGISTRATION BEGINS JUNE 1, 2017.

PURCHASE TICKETS HERE https://www.eventbrite.ca/e/iroquoia-bruce-trail-official-end-to-end-2017-tickets

For more information visit http://www.iroquoia.on.ca/index.php/hiking/end-to-end/ or contact Suzanne Macpherson by email at iroquoiabtcevents@gmail.com or after September 1 by phone (905) 331-7317.
MACHU PICCHU, PERU
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.)

NORTHERN LIGHTS
NORWAY
February 14 to 24, 2018
Capture some of the most fascinating and fun adventures Norway is known for like cross-country skiing, dog-sledding and snowmobiling plus Mother Nature's lightshow - the Aurora Borealis (a.k.a. the Northern Lights). Home base is Tromso - one of the best places in the world to see the Northern Lights. Also visit the capital, Oslo, for a little cultural exploration.

AMALFI COAST, ITALY
TWO DEPARTURES: April 9 to 21, 2018 and October 8 to 20, 2018
Italy never fails to captures the hearts (and stomachs) of its visitors, and the Amalfi Coast lives up to that reputation - towns perched impossibly on mountainsides, one of the most famous stretches of coastline in the world, sapphire-blue water in every direction, an infamous volcano and some of the finest Limoncello anywhere. Come hike in Sorrento, Positano, Amalfi and on the posh island of Capri.

PROVENCE & COTE D’AZUR
April 2018
French provincial charm and Mediterranean opulence combine in the South of France for "une experience magnifique". Beginning in Avignon in Provence, hike under the jagged ridge of Les Dentelles de Montmirail, descend into the Nature Reserve of Gorge Du Gardon and visit the famous Roman aqueduct, the Pont du Gard. Then it's over to the luxurious Cote d'Azur to explore the "villages perchés", like Eze and Peillon with their narrow cobblestone lanes, church squares & communal washing stations. Contrast that with a coastal hike around Cap Ferrat, where some of the world’s wealthiest people call home. Plenty to see & do including Nice, Grasse (perfume capital of the world) & Monte Carlo, so grab a baguette & come!

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
News from the Crews!

Alert! Tree Down!

Our Trail Development and Maintenance (TD & M) volunteers are a dedicated and hard-working group of men and women who regularly inspect and work on the Iroquoia section of the Bruce trail to ensure that it is safe and well maintained at all times. We always appreciate when hikers let us know if they encounter any problems or issues on the trail and we try to remedy it as quickly as possible. Some typical issues include hazardous leaning trees, excessive garbage, fallen tree, unstable or damaged structures (bridges, steps, side logs) and general vandalism.

In order to help us, we need to know specifically where the issue is. Here are three ways you can help us in locating exactly the area you are talking about.

1. **Using the Bruce Trail Reference Guidebook**, try to pinpoint as closely as possible the exact km point or a close intersection. For example: There is a tree down between km 67.6 and 66.3 in Clappison Woods.

2. **Using the BTC app**: with the app on, you can take a photo of where you are and it will pinpoint the exact location on the map. Then send a photo of your screen directly to us.

3. **Descriptive location** you can also help us by identifying streets that cross the trail that may be close by. Wooden street signs are posted on each side of a road crossing to assist you.

Then, email the Iroquoian Trail Director directly at desforges.bell@sympatico.ca with the information. The Trail Director will then channel the information to the appropriate Trail Captain and Zone Coordinator. We always try to address any issues within a few days and we always appreciated when hikers let us know of any problems. So please continue to be our eyes on the trail. And if you want to help us in our work, always bring a plastic bag with you. If you can pick up a few pieces of garbage during your hike, well that’s a few less for us to have to take care of.

Crew removing an obstacle along the trail near Guelph Line.
SUSQUEHANNOCK LODGE and TRAIL CENTRE
Hiking in the Highlands of North Central
Pennsylvania

CANADA DAY July 1 - 4
Celebrate two national holidays!
LABOUR Day Sept. 1-4

The Lodge is located in Potter County,
Pennsylvania, 2.5 hours south of Buffalo. There is
no agriculture or industry in the area, just great
trails. Daily hikes of 10 to 15 km are led through
hardwood forest, many beside mountain streams.
Our lodge provides comfortable accommodation &
excellent meals for $70.00 semi-private or $75.00
private USD per day per person. These outings
have proven to be popular with the lodge filling
quickly.
For more information, including driving
directions, please see hikevincent.wordpress.com
or contact Greg Vincent at 519-579-8210 or
vincent.greg@gmail.com. For reservations call
Carol Szymanik at 1-814-435-2163

Do you garden for nature? Does your patch of earth include habitat for bees
and butterflies and other pollinators? Then you are invited to apply to the
Hamilton Monarch Awards!
The Monarch Awards recognize Hamilton gardens and gardeners for their
contribution to a bio-diverse, sustainable environment.
Originating with a group of gardeners, including volunteers from the Crown
Point Garden Club and the Royal Botanical Gardens as well as staff from the
Hamilton Pollinator Paradise Project (initiative of Environment Hamilton and
the Hamilton Naturalists’ Club), the idea for an “alternative” garden awards
program quickly gained momentum.
This year, properties in wards 1-10 and 13 (Dundas) are eligible. Gardens
must be residential, not on business or commercial properties. Entrants do
not need to own the property but do need to be primary person responsible
for how the gardens look and function.
All participants will receive a free "We are Feeding Pollinators" lawn sign,
courtesy of the Pollinator Paradise Project.

CONGRATULATIONS to our very own Paul
Toffoletti for winning a **2017 Volunteer Hamilton
Community Builder Award**. Thank you for all
you do for our community Paul.
Almost 50 people joined one of Iroquoia Club’s relay teams on April 10 to carry the Bruce Trail baton up and down and well as over and under a section of the Trail. We extend an especially big thank you to all the students in Madame Blais’ Grade 3 class at Earl Kitchener School in Hamilton. These students are challenged to complete the trail before BTC’s 100 year’s anniversary. They have one kilometer down already.

submitted by Cynthia Archer

The Bruce Trail Conservancy has been celebrating the 50th anniversary of the founding of the Bruce Trail for the past five years. Each club was founded in different years over five years and so there were celebrations in different years, this being the last. As part of the celebrations a large hollow, wooden baton was created. The baton is hollow so that mementos could be inserted. It is to be carried along the whole length of the Bruce Trail beginning at Queenston Heights and ending in Tobermory. Each club has organized a series of daily hikes to cover its section of trail. Iroquoia took part in this event with hikes beginning on April 8th, after receiving the baton April 7th from the Niagara club and ending on April 17th and passing it to the Toronto club. The batone is moving along the trail at the writing of this article. 98 hikers covered the trail in our allotted time, including a class of Grade 3 students. Each participant received a badge created especially for this event. My sincere thanks go out to all participants, especially those who took on leading duties and most of all to Ralph Gardave, one of our Midweek hikers, who organized and co-ordinated the hikes.

submitted by Anne Armstrong
From Dundas Peak to Princess Falls
A First Year Volunteering on the trial: As Monitor and Captain - by Joseph Gould

It did not occur to me that inviting my wife Constance out for a visit to Webster Falls and along to Dundas Peak would return to me more than I intended that morning. Just getting over from her day surgery, a good walk was just the thing to get us up, out, and going again. It was November 3rd, 2015 a most usually warm (24 C) and sunny day.

Coming upon Dundas Peak we spotted a group of perhaps 15 to 20 guys, most sporting yellow hard hats along with day packs, various tools, and having lunch while lounging about the pathways. Oh, she thought to herself, “These poor old guys have helmets to protect against trips and falls.” LOL.

The young these days just don't have proper respect for their elders.

Approaching a friendly looking fellow we asked what was going on. Paul McLenachan explained with his typical enthusiasm and pleasure about Bruce Trail volunteers, Trail Maintenance and Development and the work they do. Since moving to Hamilton in 2009 I have been a BTC member, so having retired, I thought this may be something to take up. Well he said, you need to speak with Peter Elliot with whom we had a terrific conversation about these IBTC Tuesday work parties: to show up when you can; do what you are able. In short order we met for coffee; was added to Richard Pomeroy’s work party notification list; assigned by Peter Rumble as Monitor in Zone B; and out on the trail for orientation. That session ended in a soaking rainfall, not the customary coffee at Tim Horton’s on Tuesdays in the year ahead.

A work colleague asked me soon afterward how retirement was going for me. I had to be honest to say it was tough (not) but I was up for the challenge. And being out and about during the day now I told him that there seemed to be an awful lot of old people around, why even when at Dundas Peak I had come across a “Grey Bearded Platoon”! That's how I refer to us, anyway. It is a real pleasure to spend some time with people of such good heart, ease of manner, competence, humour, and wisdom while doing worthwhile things. Something to look forward to, for sure. And if you are in doubt about the wisdom part, a group with so much life experience, just ask. As one of us said, “If you want to know how to do a job, there are at least 15 opinions just standing here.”

Going on the trail to do some work in my assigned section invariably gives me more thanks and gratitude from trail users than truly deserved. On the Rail Trail (B14, km 30.7 to 33.2) at the beginning of the year, and now the Chedoke Radial Trail (B17, km 38.3 to 40.4) I see lots of people enjoying the trail and amazed by the general absence of litter. Our fellow trail users are taking care as well as being grateful to us. In Hamilton the wilderness Bruce Trail turns over to a mixed use urban trail along city or conservation authority lands. For me, that means abandoned rail roadways, steel stairs, and wide asphalt or gravel footpaths. But it also means stunning vistas of the City of Hamilton, Lake Ontario, Dundas Valley and waterfalls: Cliffview Falls, Westcliffe Falls, Upper Sanatorium Falls, Mountainview Falls, Princess Falls and more in just B17. Because It runs by the Chedoke Golf Course there is access to washrooms and a bar in the clubhouse. Some said that it is a unique spot on the Bruce Trail, but with the Niagara Club in Ontario’s wine country I doubt it is truly unique, but it's amenities are convenient, nevertheless.

"If you can touch it - trim it.", says Peter Rumble, Zone B Coordinator. In the wilderness sections manhandling logs is usually too much for me. I am better suited to benching, trimming, or spotting for cutters which is as close as I ever wish to get to a chain saw. Happily, in spring there was much to do with grass cutting, brush and branch trimming for footpath access and then more latter preparing for October’s Steeltown Stomp.

It is easy to get lost in one’s area of volunteering. It is such great fun to go work in the woods as it were, or to go out and hike as we hear from to the End to End hikers. So it was especially helpful to listen to Antoin Diamond, who has responsibility for land acquisition, speak to us at a workshop in the fall. She reminded us that the main purpose of the conservancy is to secure the land. At one point she described it as a footpath and this concept of the footpath resonated with me to say we want to limit our footprint, to conserve the escarpment and this in turn informs us on the extent to which we should work to maintain and develop the trail.

Nearing the end of the year I did a final hike through my section after snowfalls and cold winter weather. It was mostly a practice hike to test some new icers when my path came upon a beautiful scene of the frozen Princess Falls just in time for Christmas! Another instance of receiving more in return for what we give.

Volunteering with everyone on the trail is a great pleasure. It has been personally rewarding and a privilege to spend time alongside so many good people. I want to thank you all and with great anticipation for the year ahead.
The Happy Hiker - Fuelling properly with food
By Lyne Desforges -Registered Holistic Nutritionist -www.cestlaviewellness.ca

As the weather gets warmer, the hikes get longer and everyone is out on the trails! Making sure you fuel properly with the right food at the right time will provide you with lasting energy for your whole day.

The food you eat serves 2 main purposes: 1) to build your body; 2) give you energy.
Food provides carbohydrates, fats and/or protein. These are the macronutrients.

• **Carbohydrates** are your best source of energy. It is the fuel your body needs to function.
• **Fats** are essential for your brain, your nervous system, and your hormones. Fats are also a very efficient and long-lasting source of energy.
• **Proteins** build things in your body such as muscles, enzymes, and hormones. They are not a source of energy.

So what should you eat?

• **Before your hike:** Eat complex carbohydrates. These have more fibre and/or starch. Some great examples are raw fruits (with the peel), raw vegetables, whole grains, beans and legumes, and starchy vegetables. This will provide a slow constant source of energy. Try to eat 1-2 hours before you start your hike. Adding some fat and protein to your meal will keep you satiated longer as well. For a nourishing and energizing breakfast try our Pistachio and Blueberry Muesli.

• **During your hike:** Your body expends a great deal of energy digesting your food. Since you do not want to compete with digestion, your goal is: only eat if your body requires it. For 60-90 minutes hikes, water is the only thing you will probably need. For longer hikes, you need to provide your body with a constant source of fuel to avoid a low-sugar crash. Again, complex carbs and good fats will do the trick. Some homemade trail mix or energy balls (see recipe below) are great snacks. For lunch, opt for light meals (salads, raw vegetables and dip). A heavy meal will take more energy to digest and will leave you feeling lethargic.

• **After your hike:** This is when you want good sources of protein to help with muscle recovery and repair. Do add some carbohydrates and fat as well as you need to replenish your energy stores after your long day.

And don’t forget to bring water for constant hydration. Even better, drink coconut water as it is naturally sweet and it has the proper balance of electrolytes as well.

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IN MEMORY OF SHIRLEY ANNE KLEMENT - by Judith Bourke

Shirley was one of the earliest members of the Bruce Trail, before it was even completed. Her enthusiasm for the Trail never left her; hiking and camping with her family as a young mother, she instilled in them her love for the Escarpment. She was a keen naturalist; there was not much she didn’t know about the flora and fauna of the Niagara Escarpment, and she delighted in teaching others that hiking was not just speeding along to the finish, but looking and learning along the way. She was also one of the kindest, most thoughtful, people that I have ever known. While she could ‘talk the hind leg off a donkey’, true to her Irish heritage, she was also a great listener. New hikers benefited from this and were always specially looked after by Shirley. She died on January 8 and we who knew her miss her, but her spirit lives on in our memories of her for us to pass on to the next generation of hikers.
NOW Available at MEC on Brant St. in Burlington, ON

ALSO for sale at our AGM on MAY 13, 2017 OR

EMAIL - info@iroquoia.on.ca local volunteers can deliver! Mens and Women sizes are available.
IROQUOIA SUMMER 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:

<table>
<thead>
<tr>
<th>Pace /Speed of hike</th>
<th>(km/hr)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Leisurely</td>
<td>3 km/hr or less</td>
</tr>
<tr>
<td>Brisk</td>
<td>4 - 5 km/hr</td>
</tr>
<tr>
<td>Medium</td>
<td>3 - 4 km/hr</td>
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<tr>
<td>Fast</td>
<td>5 km/hr +</td>
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<table>
<thead>
<tr>
<th>Difficulty of terrain:</th>
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<tbody>
<tr>
<td>Mostly flat and usually good footing</td>
</tr>
<tr>
<td>Some hills and/or and poor footing</td>
</tr>
<tr>
<td>Hilly with steep climbs and some poor footing</td>
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</tbody>
</table>

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!
WEEKLY HIKES

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

EVERY MONDAY MORNING - +/- 10 km.
**Meet at 9:00 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 hilland hike along the Culham trail. Hike is cancelled if there is heavy rain.**
Leader: Nancy Stevens  nancystevens7@gmail.com

EVERY WEDNESDAY NIGHT – All Summer, excluding Aug 9, 16, 23 - Walk for Health and Fun (1.5hrs to 2hrs at a Moderate to Fast Pace – We have slowed down a bit now since we are getting older!)
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 well as the trails of Iroquoia Heights C.A. There will be weekly walks all summer excluding August 9, 16, 23 Due to extended evening daylight, we will walk longer than usual when the weather is fine. 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 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

Saturday, June 3 2017 Iroquoia Section
**Dundas Conservation Area, Map Map 8**
This 10 km loop hike will take approximately 3 hours and is at a leisurely pace over easy terrain. There is no dropout point. No dogs please. There will be a refreshment/pub stop afterwards.
**Depart:** 9:30 am **Meet** for a 9:30 am. start in the parking (known as the Hermitage Parking lot) on Sulphur Springs Rd. ( near the Gatehouse). Conservation Area Pass or parking fee.
**Directions:** Take the 403 W. to the Rousseax Rd. exit. Keep to the right and follow it to Wilson St. Turn left onto Wilson and then right onto Sulphur Springs Rd. Follow Sulphur Springs Rd. to the parking lot on your right. (look for the gatehouse at the entrance.)
**Hike Description:** This is a lovely, circular hike through the western section of the Dundas Valley Conservation Area. Bring water, a lunch or snack, bug repellent and sunscreen.
**Hike Leader:** Anne/Phill Armstrong hikingrandma@gmail.com 905-337-3937

Sunday June 4, 2017 Iroquoia Section
**FLAMBORO Bluebird Walk**
This 6 km hike will take approximately 3 hours and is at a leisurely pace over easy terrain. No dogs please.
**Depart:** 9:30 am .Meeting at Cedarbrook Farm 812 8th Concession Rd West
RR No3 Puslinch Ontario N0B - 2J0
**THE HIKE WILL START AT 9:30 AM**
**Directions:** North on Hwy 6, first left past Carlyle Rd.
Look for the pig in the ditch on the left hand side ( and I don’t mean me )
That will be Cedarbrook
**Hike Description:** This is a nature walk at Cedarbrook farm discussing bluebirds, tree swallows, wrens and birds in general. We also have many other animals on the farm that you could feed carrots to if you wish. The walk itself will take about three hours
**Hike Leader:** Dan Welsh bluebird6@sympatico.ca 905 - 659 - 4957
Sunday June 4, 2017 Dufferin Hi-Land Section
Map 21 and 20. Dufferin Hi-Land Blue and White End to End
This 22 km shuttle hike will take approximately 5.5 hours and is at a brisk pace over moderate terrain. There is no dropout point. There will be a refreshment/pub stop afterwards.
**Depart:** 8:30 am The parking area near Lavendar at km 56.0 on map 21.
**Hike Description:** This last hike in the series will include Bell Lookout Side Trail. Day hikers are welcome. We will shuttle cars to parking area at Kilgore where Centre Road and River Road meet at km 34.9 on map 20.
**Hike Leader:** Cynthia Archer  Archercynthiab@gmail.com  416-573-4236

Monday June 5, 2017 Iroquoia Section
Hamilton Mountain
Mountain Brow and Wentworth Stairs Loop Extended Evening Walk
This 12 km loop hike will take approximately 3 hours and is at a medium pace over moderate terrain. There is no dropout point.
**Depart:** 7:00 pm Top of Wentworth Stairs
**Directions:** Take Concession Street to Upper Wentworth and turn north toward the escarpment. Keep right and the road becomes Mountain Park Ave. Park in the first parking lot on the left or on the street and we will meet at the top of the Wentworth Stairs.
**Hike Description:** We will be hiking the Mountain Brow Side Trail to where it meets the main Bruce Trail. Then we will be returning on the main Bruce Trail, and then the fun part! We get to climb up the Wentworth Stairs (all 500 of them!) After the hike, there will be an optional ice cream stop. This is the only time of the year that we have enough daylight to do a 12 km hike as an evening walk, so come on out and enjoy the long evening daylight! Hike Cancelled, if there is heavy rain.
**Directions:** Take Concession Street to Upper Wentworth and turn north toward the escarpment. Keep right and the road becomes Mountain Park Ave. Park in the first parking lot on the left or on the street and we will meet at the top of the Wentworth Stairs.
**Medium Pace and Moderate Terrain (except for climbing the stairs)**
**Hike Leader:** Paul Lewis  (905) 331-8600, or email: outdooractive@hotmail.com

Saturday June 10, 2017 Iroquoia Section
Caledon Hills - Hockey Valley (Maps 17/18) - 20 km.
**Depart** 8:30 am. Map 17 Km 37.4.
**Directions:** Hwy 401 west, North on 410 to Caled, on turn right on Charleston Sideroad, left on Airport Rd #7, right on Coolihans Sideroad to where the trail crosses road. Road side parking. Car shuttle to km 56.2 Map 18. Hike back through Hockey Valley and Glen Haffy. Pace: moderate. Terrain: variable and challenging, hiking boots, no dropout and no dogs.
**Leader:** Ron Granger, (519) 485-0879 weekdays before 10 pm or E-mail  ron.granger1@yahoo.com

Saturday June 10, 2017 Iroquoia Section
Cheltenham, Map Not on BT maps
Halton Loops and Lattes
This 13 km loop hike will take approximately 4 hours and is at a medium pace over easy terrain. There is no dropout point. No dogs please. There will be a refreshment/pub stop afterwards.
**Depart:** 10:00 am Caledon Trailway Parking Lot on the west side of Creditview Rd. at the north end of the village of Cheltenham, across from Credit River Ct.
**Directions:** Allow sufficient time to be ready to hike at 10-00 a.m.
**Hike Description:** Halton Hikes: Loops and Lattes is a new book by author Nicola Ross. This hike is the first one in the book and is a 12.5km loop.
This series of hikes will complete all 37 hikes over two years.
Pre-register for the hike with the hike leader.
Please e-mail rather than call.
If you are a Halton Outdoor Club member please identify if you are interested in a carpool from 777 Walkers Line.
**Hike Leader:** Phill Armstrong hikinggrandpa@gmail.com  905-337-3937

Sunday June 11, 2017 Iroquoia Section
Hamilton, Map 7
Halton Loops and Lattes
This 10 km loop hike will take approximately 3 hours and is at a medium pace over moderate terrain. There is no dropout point. No dogs please. There will be a refreshment/pub stop afterwards.
**Depart:** 10:00 am Mohawk 4 Ice Centre. 710 Mountain Brow Boulevard, Hamilton. Use the North East Parking area adjacent to Mountain Brow Blvd. There's plenty of parking. Washrooms and snacks available in the building itself.
**Directions:** The 4 Ice complex is a large arena facility in South East Hamilton. Use a GPS or a good map to get you there. Hamilton Transit 42 Mohawk East also serves the arena. Be careful to look for Mountain Brow Boulevard not road or street.
**Hike Description:** Halton Hikes: Loops and Lattes is a new book by author Nicola Ross. This hike is the fourteenth one in the book and is a 10km loop.
This series of hikes will complete all 37 hikes over two years.
**Hike Leader:** Phill Armstrong hikinggrandpa@gmail.com  905-337-3937

www.iroquoia.on.ca
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Sunday June 11, 2017 Iroquoia Section
Filman Rd to Dundas Valley, Map 8
This 16 km "there and back" hike will take approximately 4.5 hours and is at a brisk pace over strenuous terrain. There is no dropout point.

**Depart:** 9:00 am Roadside parking on Filman Road, on top of the escarpment, south of km 44, map 8.
**Directions:** This is not Filman Road below the escarpment. Go to Filman Road on top of the escarpment, off of Mohawk Road, Ancaster.
**Hike Description:** Not a medium pace, but a vigorous hike intended to work the legs and get some cardio. We will hike past Tiffany Falls and Sherman Falls to the Dundas Valley Trail Centre and back. **Hike Leader:** Douglas Boyce dboyce004@gmail.com

Friday June 9, 2017 Peninsula Section - Tobermory
Annual Orchid Adventure
This 10 km loop hike will take approximately 4 hours and is at a leisurely pace over easy terrain. There is no dropout.

**Depart:** 7:00 pm Princess Hotel in Tobermory
**Hike Description:** Please join Jeanette and Greg as we explore the Tip o' the Bruce 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 - waived with a free Discovery Pass). The wildflowers in the Tobermory area at this time of year are wonderful and our slow paced walks will focus on these flowers and area's great views. We stay and have our meals in a comfortable hotel overlooking Little Tub Harbour, the outing is restricted to those joining us at the hotel. We stay at the Princess Hotel Friday and Saturday night. You will need a car to access this outing.  [hikevincent.wordpress.com](http://hikevincent.wordpress.com) **Hike Leader:** Greg Vincent vincent.greg@gmail.com  (519) 579-8210

Sunday June 18, 2017 Niagara Section - Shorthills Provincial Park, Map 3
Comfort Maple in the Summer Hike 2/4
This 15 km "there and back" hike will take approximately 4 hours and is at a brisk pace over moderate terrain. There is no dropout point.

**Depart:** 9:00 am Park in the Shorthills Provincial Park Roland Rd parking lot between Wessel Dr & Sulphur Springs Rd.
**GPS Coordinates:** 87M23MRW+52
**Hike Description:** Part of Canada's Sesquicentennial, this is the 2nd of 4 hikes to the Comfort Maple in all seasons. People participating will have their names entered in a draw from all hikes & after the 4th hike one commemorative pen made from wood from the Comfort Maple, carved by Marv Ens, will be drawn. Mostly back roads there & back with an optional hike to Swayze Falls on our return.  **Hike Leader:** Ruth Moffatt ruthdmoffatt@gmail.com

Sunday June 18, 2017 Niagara Section - Niagara Glen Nature Reserve
This 10 km loop hike will take approximately 4 hours and is at a medium pace over moderate terrain. There is a dropout point after 3 km. No dogs please.

**Depart:** 10:00 am  The Niagara Glen Parking lot is located on the Niagara River side of the Niagara Parkway between the Golf Course and the Botanical Gardens. If you are not familiar with the area leave extra time.
**Hike Description:** Talk about geology, history, trees, gigantic rocks! This hike has them all. The Niagara Glen is located in perhaps the best example of Carolinian Canada beside a raging river, amazing rock formations and a world famous whirlpool. Trekking poles and boots recommended. We descend into the Niagara Glen and the river and must ascend back to the top. You will need a car to access this hike, there is no public transport. More information hikevincent.wordpress.com
**Hike Leader:** Greg  Vincent vincent.greg@gmail.com  (519) 579-8210

Saturday, June 24 Caledon Hills - Hockey Valley  (Maps 18/19) - 17 km.
**Depart:** 8:30 am. Map 19 Km 72.3.
**Direction:** Hwy 401 west, North on 410 to 10, turn right at Camilla county road 8 to Mono Centre, turn right to junction #3&8, Road side parking. Car shuttle to km 56.2 Map 18. Hike back through Hockey Valley. Pace: moderate. Terrain: variable and challenging, hiking boots, no dropout and no dogs.
**Hike Leader:** Ron Granger, (519) 485-0879 , weekdays before 10 pm or E-mail  ron.granger1@yahoo.com

Saturday June 24, 2017 Caledon Hills Section
Hockley Valley, Map 18
**Hike #5 of Canada 150th**
This 12 km shuttle hike will take approximately 5 hours and is at a medium pace over moderate terrain. There is no dropout point. No dogs please.
**Depart:** 10:00 am  BTC parking lot where 7th Line meets Airport Rd. Near km 44.4 Map 18.
**Direction:** Drive north on Airport Road. About 2 km north of Hwy 9 (Mono Mills) 7th Line meets Airport Rd. Parking lot is on east side of Airport Rd.
**Hike Description:** This is hike #5 of the Canada 150th series organized by Caledon Hills Club but with an extra 3 km at the beginning. See Caledon website for more details about this series.
**Hike Leader:** Peter Leeney  peter.leeney@utoronto.ca  905-301-4091 before 10 pm.
Saturday, July 1  Peninsula, Smokey Head (Map 39) - 19 km.
Depart: 8:30 am. Map 39, Km 86.
Directions: From Hwy 6 right on Caudle Sideroad and right on Forty Hills Road to Richardson side trail parking lot on left. Car shuttle to Km 104.6, Map 39. Hike back through Smoke Head, White Bluff Provincial Nature Reserve. Pace: moderate. Terrain: variable and challenging, hiking boots, no dropout and no dogs.
Leader: Ron Granger, (519) 485-0879 , weekdays before 10 pm or E-mail ron.granger1@yahoo.com

Sunday, July 2  Peninsula, Lion’s Head (Map 38) - 20 km.
Depart: 8:30 am. Map 38, Km 66.4.
Directions: from Bruce Rd.9, BTC Parking lot off Bruce Rd. 9 in Barrow Bay, just south on West Shore Rd. Car shuttle to Km 86 Map 38. Hike back through Lion’s Head Provincial Nature Reserve. Pace: moderate. Terrain: variable and challenging, hiking boots, no dropout and no dogs.
Hike Leader: Ron Granger, (519) 485-0879, weekdays before 10 pm or E-mail ron.granger1@yahoo.com

Monday July 3  Peninsula, Rush Cove and Barrow Bay (Maps 37/38) - 24 km. Depart: Map 37, Km 42.6.
Directions: from Bruce Rd 9, Right on Beech St. to Hope Bay parking lot south of Genera Hope's Bay Forest Provincial Nature Reserve. Pace: moderate. Terrain: variable and challenging, hiking boots, no dropout and no dogs.
Hike Leader: Ron Granger, (519) 485-0879 , weekdays before 10 pm or E-mail ron.granger1@yahoo.com

Saturday July 8, 2017 Iroquoia Section
Erin Village, Map Not on BT maps
Halton Hikes Loops and Lattes
This 10 km loop hike will take approximately 3 hours and is at a medium pace over easy terrain. There is no dropout point. No dogs please. There will be a refreshment/pub stop afterwards.
Depart: 10:00 am Park in the lot designated for the Elora Cataract Trailway. To get to it, turn east off Main St. onto Ross St. near the north end of the village of Erin.
Directions: Take Trafalgar Rd northwards to Hwy 24 and turn east (right) into the village of Erin. Drive time from the Oakville Burlington area is about one hour.
Hike Description: An easy loop in and around the village of Erin including Stanley Park.
Halton Hikes: Loops and Lattes is a new book by author Nicola Ross.
This hike is the thirteenth one in the book and is a 10 km loop.
This series of hikes will complete all 37 hikes over two years.
Pre-register for the hike with the hike leader.
Please email the hike leader Jim Blair. Parking is limited at the Elora Cataract Trailway lot so car pooling may be needed. Please consult with the leader about your travel plans to arrive ready start hiking at 10:00 am.
Hike Leader: Jim Blair pblair24@cogeco.ca 905-689-69

Saturday July 8, 2017 Dufferin Hi-Land Section
Boyne Valley, Murphy's Pinnacle & Mulmur Hills, Map 20
This 15 km shuttle hike will take approximately 5 hours and is at a medium pace over strenuous terrain. There is no dropout point. No dogs please.
Depart: 9:00 am Bruce Trail parking lot at km 29.4 in Dufferin Hi-Lands section.
GPS Coordinates: N44 08.898', W80 07.107'
Directions: Take H'wy 10 north of Orangeville to Primrose, continue north on Prince of Wales Rd to County Road 17, turn right and follow for 2 km to 1st Line EHS, turn right again and follow for 400 metres to parking lot on LH side.
Hike Description: A mixture of main and side trails that provides scenic views from Murphy's Pinnacle and across Mulmur Hills, a visit to the Enchanted Forest, potholes, and (possibly) orchids. Does it get any better than this? Bring sunscreen, insect repellent, a snack lunch and two litres of drinking water.
Hike Leader: Bob Humphreys walk2tobermory@gmail.com 519-883-1840 Weekdays between 7-10 pm.
Halton Hikes Loops and Lattes

This 8 km loop hike will take approximately 4 hours and is at a medium pace over moderate terrain. There is no dropout point. No dogs please. There will be a refreshment/pub stop afterwards.

**Depart:** 10:00 am We will meet at the Limehouse Conservation Area Parking lot.

NOTE the book has the hike starting in the village, however parking is very limited there so the Conservation Area parking lot will be much better and doesn't affect the hike.

The second hike will start at Scotsdale Farm and directions to car shuttle over there will be given.

**Directions:** We will meet at Limehouse Conservation Area Parking lot just south of Limehouse on 5th Line. If you come from the village you go up a steep hill and the no fee conservation area is on your left. There's plenty of parking.

Most people will get there from Trafalgar Rd then west on 22 Sd Rd a couple km to the village. Allow about 45 mins driving time from Burlington. There is Portaloo at the meeting place.

**Hike Start:** 10:00 am.

**Hike Description:**

Halton Hikes: Loops and Lattes is a new book by author Nicola Ross. These hikes are numbers 22 and 31 in the book. They are loops of 3.6km and 4.2 km. They are the shorter options of the loops but could be extended in cool weather. This series of hikes will complete all 37 hikes over two years.

Pre-register for the hike with the hike leader.

**Hike Leader:** Freda and Clive Wright  fredaandclive@cogeco.ca 905 628 0610

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**Sunday July 9, 2017 Toronto Section - Canada Goose and Speyside, Map 12**

This 14 km "there and back" hike will take approximately 3.5 hours and is at a brisk pace over moderate terrain. There is no dropout point.

**Depart:** 9:00 am Bruce Trail 22 Sideroad Parking Lot, southwest of the community of Limehouse and km 21.3, Map 12.

**Directions:** The Bruce Trail parking lot is located near the intersection of 22 Sideroad and Fourth Line, southwest of the community of Limehouse.

**Hike Description:** Not a medium pace, but a vigorous hike intended to qualify as a workout. We will hike parts of the Canada Goose Side Trail, main trail, Vanderleck Side Trail, 17 Sideroad Access Trail and Speyside North Side Trail. Bring a snack or lunch.

**Hike Leader:** Douglas Boyce  dboyce004@gmail.com

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**Tuesday July 11, 2017 Iroquoia Section - Stoney Creek**

**STONEY CREEK PIZZA Extended Evening Walk - 2.5 - 3hrs**

This 11 km loop hike will take approximately 3 hours and is at a medium pace over moderate terrain. There is no dropout point. There will be a refreshment/pub stop afterwards.

**Depart:** 7:00 pm. Battlefield Park

**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.

**Hike Description:** We will hike up to the Devil’s Punch Bowl via the Bruce Trail and various side trails. 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 pizza (Has outdoor patio and pizza specials on Tuesdays! Optional)

Medium pace and moderate terrain  

**Leader:** Paul Lewis  905-331-8600, or email: outdooractive@hotmail.com

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**Saturday July 15 Dufferin Hi-Land, Boyne Valley (Maps 19/20) - 20 km.**

**Depart:** 8:30 am. Map 37 Km 42.6.

**Directions:** from 401 west, North on 410 to 10 to Camilla, turn right to Mono Centre, turn right to junction of 3 and 8. Road side parking. Car shuttle to Km 18.7, Map 20. Hike back through Boyne Valley and Mono Cliffs Provincial Parks.

Pace; moderate. Terrain: variable and challenging, hiking boots, no dropout and no dogs.

**Hike Leader:** Ron Granger, (519) 485-0879,, weekdays before 10 pm or E-mail  ron.granger1@yahoo.com

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July 15 – FALL HIKE SUBMISSIONS DUE

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**Saturday July 15, 2017 Toronto Section - Speyside, & Limehouse, Map 12**

This 15 km shuttle 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 The pear tree parking lot at km 11.2 in Speyside.

GPS Coordinates: N43 34.676', W79 58.619'

**Directions:** Take the 401 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. From there we will car shuttle to the start and hike back.

**Hike Description:** An opportunity to enjoy the highlights of the Toronto section in high summer, taking in the Charles Hilderbrandt, Canada Goose, and Speyside side trails all linked together by the main trail. Bring sunscreen, insect repellent, a snack lunch, and two litres of drinking water.

**Hike Leader:** Bob Humphreys walk2tobermory@gmail.com  519-883-1840 Weekdays between 7-10 pm.
Saturday July 22, 2017 Caledon Hills Section
Glen Haffy, Map 17
Hike #3 - Canada's 150th
This 11 km shuttle hike will take approximately 4 hours and is at a medium pace over moderate terrain. There is no dropout point.
No dogs please.
**Depart:** 10:00 am. Map 17, km 33.8.
**Directions:** Take Airport Rd north. About 6 km north of Village of Caledon East, drive east on Finnerty Sideroad for 1.5 km to roadside parking at Innis Lake Rd.
Hike Description: We will hike through the Glen Haffy conservation area. This hike is #3 in the series of "Canada 150th Birthday" hikes put on by Caledon Hills Club. See CHBTC website for information about special badge.
**Hike Leader:** Peter Leeney peter.leeney@utoronto.ca 905-301-4091 before 10 pm

Sunday, July 23, 2017 Iroquoia Section
Rattlesnake/Kelso Conservation Areas, Map Map 11
This 11 km shuttle hike will take approximately 3.5 hours and is at a leisurely pace over moderate terrain. There is no dropout point.
No dogs please. There will be a refreshment/pub stop afterwards.
**Depart:** 9:30 am Meet in the far western parking lot at Kelso Conservation Area on Tremaine Rd. at 9:30 am. We will car pool to the lower parking lot of Rattlesnake Point Conservation Area.
**Directions:** Kelso Conservation Area is on the west side of Tremaine Rd., north of Steeles Rd. and south of the 401. Parking fee in effect or Halton Conservation Area pass.
**Hike Description:** This is an old favourite linear hike which visits Rattlesnake Point and Kelso Conservation Areas, both of which provide spectacular escarpment views. Bring water, a snack or lunch, insect repellent and sunscreen.
**Hike Leader:** Anne/Phill Armstrong hikinggrandma@gmail.com 905-337-3937

Sunday July 23, 2017 Iroquoia Section
Felker's Falls and Red Hill Valley, Map 6
This 15 km "there and back" hike will take approximately 4 hours and is at a brisk pace over strenuous terrain. There is no dropout point.
**Depart:** 9:00 am Roadside parking for the Glover Mountain Road Side Trail, southwest of km 21.1, Map 6.
**Directions:** Glover Mountain Road is at the north end of First Road West, which is west of Upper Centennial Parkway on Stoney Creek mountain.
Hike Description: Not a medium pace, but a vigorous hike intended to raise the heart rate. We will hike through Felker’s Falls Conservation Area and the Red Hill Valley, following the main trail, Red Hill Creek Side Trail and Mountain Brow Side Trail. Bring a snack or lunch.
**Hike Leader:** Douglas Boyce dboyce004@gmail.com

Tuesday July 25, 2017 Iroquoia Section
Dundas Lookout and Tews Falls, Map Map 8 Edition 27
Spectacular Summer Views
This 6 km "there and back" hike will take approximately 1.5 hours and is at a brisk pace over strenuous terrain. There is no dropout point. No dogs please. There will be a refreshment/pub stop afterwards.
**Depart:** 6:30 pm Dundas Driving Park parking lot near the baseball diamonds.
**Hike Description:** Beautiful opportunity to take in some spectacular vistas of Dundas from several perspectives. This adventure is a good early evening summer challenge with a few good climbs. Footing should be fine if dry and we cancel if it's raining due to this issue. Planning to head to the Collins post hike. Please join us!
**Hike Leader:** Kim Agostino kmz2g0@gmail.com 905-308-1466 email or text as you prefer

Saturday August 5 Peninsular, Sydney Bay (Maps 36/37) - 20 km.
**Depart:** 8:30 am. Map 37, Km 42.6.
**Directions:** from Bruce Rd 9, right on Beech St. to Hope Bay parking lot south of General Store. Car shuttle Km 22 Map 36. Hike back through Jones Bluff and Sydney Bay Bluff. Pace: moderate. Terrain: variable and challenging, hiking boots, no dropout and no dogs.
**Hike Leader:** Ron Granger, (519) 485-0879, weekdays before 10 pm or E-mail ron.granger1@yahoo.com

Sunday August 6 Peninsular, Colpoy's Bay (Maps 35/36) - 22 km.
**Depart:** 8:30 am. Map 35 Km 0.0. Wiarton Bluewater Park, Parking area opposite the arena. Car shuttle to Km 22 Map 36. Hike back to Malcolm Bluff and Colpoy's Bay. Pace: moderate. Terrain: variable and challenging, hiking boots, no dropout and no dogs.
**Hike Leader:** Ron Granger, (519) 485-0879, weekdays before 10 pm or E-mail ron.granger1@yahoo.com
Monday August 7 Sydenham, Skinner's Bluff (Maps 34/35) - 20 km.
Depart: 8:30 am. Map 35, Km 0.0. Wiarton Bluewater Park, parking area opposite the arena. Car shuttle to Km 148.2 Map 34. Hike back through Skinner's Bluff Management Area. Pace: moderate. Terrain: variable and challenging, hike boots, no dropout and no dogs.
Hike Leader: Ron Granger, (519) 485-0879 , weekdays before 10 pm or E-mail ron.granger1@yahoo.com

Saturday August 12, 2017 Toronto Section
Georgetown, Map 13 and 14
Halton Hikes Loops and Lattes
This 10 km loop hike will take approximately 4 hours and is at a medium pace over easy terrain. There is no dropout point. There will be a refreshment/pub stop afterwards.
Depart: 10:00 am. Enter the Terra Cotta Conservation Area from Winston Churchill Blvd. Park and meet at the visitor centre. There is a small entry fee adult $5 Seniors $4.
After the morning hike you will be given directions to get to the parking area and start of the second hike in Glen Williams.
Directions: There are numerous ways to get there but from the south they all end up on Winston Churchill Blvd either for a short or long distance. Allow an hour to get there. Washrooms etc at the visitor centre.
Hike Description: Halton Hikes: Loops and Lattes is a new book by author Nicola Ross. This series of hikes will complete all 37 hikes over two years.
Two loops today 5 km in the morning and 5 km in the afternoon. The loops are number 34 Terra Cotta and number 15 Glen Williams.
The two hikes are a few km apart so it will be necessary to drive over to the second hike.
Pre-register for the hike with the hike leader.
Please contact Freda and Clive by e-mail.
Hike Leader: Freda and Clive Wright 905-628-0610 fredaandclive@cogeco.ca

Saturday August 12, 2017 Iroquoia Section
Iroquoia, Waterdown, Map 9
This 12 km shuttle hike will take approximately 4 hours and is at a medium pace over moderate terrain. There is no dropout point. No dogs please.
Depart: 9:00 am at km 64.6 in Iroquoia section, on Old Guelph Road by the tunnel entrance.
GPS Coordinates: N43 18.449', W79 54.700' 
Directions: Take H'way 6 south from Clappison's Corners, take exit to York Road on right to Old Guelph Road, turn right and follow to parking area by the tunnel under H'way 6. From there we will shuttle to the start and hike back.
Hike Description: The classic hike through the middle of the Iroquoia section. Lots of trees and our favourite scenery of Grindstone Creek are featured in this hike. Bring sunscreen, insect repellent, a snack lunch and two litres of drinking water.
Hike Leader: Bob Humphreys walk2tobermory@gmail.com  519-883-1840 Weekdays between 7-10 pm.

Sunday August 13, 2017 Iroquoia Section
Waterdown, Map 9
Halton Hikes Loops and Lattes
This 15 km loop hike will take approximately 4 hours and is at a medium pace over moderate terrain. There is no dropout point. No dogs please. There will be a refreshment/pub stop afterwards.
Depart: 10:00 am City View Park in Burlington not Smokey Hollow. The parking at Smokey Hollow can be chaotic. Use the South Parking Lot at City View Park next to the blue trail access to the Bruce trail.
Directions: Use the south entrance to the park on Kerns Rd south of Dundas Street Hwy 5.
Hike Description: Halton Hikes: Loops and Lattes is a new book by author Nicola Ross. This series of hikes will complete all 37 hikes over two years.
This loop is number 36 in the book. The hike includes Grindstone Creek, Great Falls, Smokey Hollow and superb views from the escarpment over Burlington Bay and Lake Ontario.
Pre-register for the hike with the hike leader.
Please register by e-mail with the leader Isabelle Bravo
Hike Leader: Isabelle Bravo 905-318-4753 ibravo_13@icloud.com
Saturday August 19  Dufferin Hi-Land, Boyne Valley (Maps 20/21) - 20 km.
Depart: 8:30 am. Map 20 Km 20.6.
Hike Leader: Ron Granger, (519) 485-0879, weekdays before 10 pm or E-mail ron.granger1@yahoo.com

Sunday August 20, 2017 Toronto Section  - Georgetown, Map 13
This 10 km "there and back" hike will take approximately 3 hours and is at a leisurely pace over easy terrain. There is no dropout point. No dogs please. There will be a refreshment/pub stop afterwards.
Depart: 9:30 am. Meet in the parking lot of Scotsdale Farm (an Ontario Heritage Site) on the east side of Trafalgar Rd. We will use the main trail to travel south and then west and then onto a little used side trail. Bring water, a snack or lunch, bug repellent and sunscreen.
Directions: Take Trafalgar Rd. north to where it joins Highway 7, above the 401. Turn left here and travel north to where Trafalgar Rd. goes to the right. Follow it until you come to the narrow driveway which leads to Scotsdale Farm (on the east side of Trafalgar). Be careful as it easy to miss.
Hike Description: This is a lovely section of trail introduced to me by a fellow hiker. It uses main trail and a little used side trail which takes in some lovely scenery and leads to a very old cistern.
Hike Leader: Anne/Phill Armstrong hikingrandma@gmail.com  905-337-3937

Sunday August 27, 2017 Iroquoia Section  - Mount Nemo Conservation Area, Map 11 Gentle Hikes
This 6 km loop hike will take approximately 2 hours and is at a leisurely pace over easy terrain. There is no dropout point. No dogs please. There will be a refreshment/pub stop afterwards.
Depart: 10:00 am Meet in the parking lot of Mount Nemo Conservation Area for a 10:00 am. start. Mount Nemo is located north of Highway 5 and south of Derry Rd. on the east side of Guelph Line. Parking fee in effect or Halton Conservation Area pass.
Directions: Take Highway 5 west (or east depending on where you live) to Guelph Line. Turn north onto Guelph Line and travel until you come to the entrance off Guelph Line on your right Turn in here.
Hike Description: This a hike for new hikers, families or regular hikers wanting a shorter, slower hike. we should get some spectacular views from the top of the escarpment. Bring water, a snack, sunscreen and bug repellent.
Hike Leader: Anne Armstrong hikingrandma@gmail.com  905-337-3937

Tuesday August 29, 2017 Iroquoia Section  - Stoney Creek Pizza Evening Walk 1.5 - 2hrs
This 7 km loop hike will take approximately 2 hours and is at a medium pace over moderate terrain. There is no dropout point. There will be a refreshment/pub stop afterwards.
Depart: 7:00 pm Battlefield Park
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.
Hike Description: 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 (Mother’s) If it is raining, we will go straight to Mother’s Pizza on Queenston Road
Leader: Paul Lewis  905-331-8600, or email: outdooractive@hotmail.com

HAPPY WANDERERS

Monday June 5, 2017 Niagara Section
ST CATHARINES - MERRITT ST, TWELVE ST & BRUCE MAIN TRAIL Map 2
This 16 km loop hike will take approximately 4.5 hours and is at a medium pace over moderate terrain. There is no dropout point. There will be a refreshment/pub stop afterwards.
Depart: Car Pool Meeting Place: 9:00 am
Car Pooling Meeting Place - We will initially meet at Van Wagners Beach Rd. Parking Lot adjacent to small brick building just west (Burlington side) of Hutch’s Restaurant. We will then car pool to the Penn Centre Mall in St. Catharines.
Hike Start Meeting Place - For those intending to drive directly to the hike start then meet at 9:45 AM across from the last mall entrance on Hwy 406 side of mall.
GPS Coordinates: Car Pool Meet Location 43.137252, -79.222075  Hike Start Location 43.137252, -79.222075
Directions To Car Pooling Meeting Place - QEW (Skyway Bridge Niagara Bound) take Woodward Ave Exit Ramp. Right onto Woodward Ave. Next Right on Beach Blvd under QE. Next right onto Van Wagners Beach Rd. Parking Lot 800 meters on left before Hutchis Restaurant.
Directions To Hike Start Meeting Place- From QEW (Niagara Bound) exit onto 406 at St. Catharines to Glendale Ave. Right onto Glendale Ave. then next right into Mall and continue towards the far end of mall and park across from the last mall entrance.   Hike Description: We will hike the Merritt ST, Twelve ST and return on the Bruce Main Trail
Hike Leader: Keith Barber kbarber11@cogeco.ca 289-878-2299 RSVP
Monday June 12, 2017 Iroquoia Section

CHEDOKE RADIAL TRAIL, Map 8 ED 27

This 16 km "there and back" hike will take approximately 4.5 hours and is at a brisk pace over moderate terrain. There is no dropout point.

No dogs please. There will be a refreshment/pub stop afterwards.

**Depart:** 9:00 am TIFFANY FALLS PARKING LOT 45.0 map 8 edition 27

GPS Coordinates: 43.2699386,-80.006837

**DIRECTIONS:** From meeting area hike down the escarpment and head towards Dundas Valley Golf course. We will continue to Spencer Creek and follow to Christie Conservation Area and back to parking area. No dogs please. There will be a refreshment/pub stop afterwards.

**Hike Description:** We will hike from Tiffany Falls to Chedoke stairs and return using the Scenic Drive side trail and the Iroquoia Heights side trail. Will continue to Sherman Falls and return to parking lot.

**Hike Leader:** Wayne Riley wlr8362@gmail.com 289-456-3498 RSVP

Monday June 19, 2017 Toronto Section TERRA COTTA C.A., Map 13 & 14

This 16 km loop hike will take approximately 4.5 hours and is at a brisk pace over moderate terrain.

**Depart Car Pool Meeting Place:** 9:00 am

**Car Pool Meeting Place** - We will initially meet at Hwy 401/ Hwy 25 GO Milton Commuter Parking Lot (SE corner of intersection at Traffic lights). We will then carpool to the trail access and limited parking at 27SR/Fallbrook Rd (Map 13).

**Hike Start Meeting Place** - For those that intend to drive directly to the Hike Start then meet there at 9:30AM. GPS Coordinates: Car Pool Meet Location 43.527205, -79.903404 Hike Start Meet Location 43.692145, -79.966984 43.692145, -79.966984

**Directions to Car Pool Meeting Place** - From 401 eastbound exit at Hwy 25 and cross over at lights to GO Commuter Parking Lot. From 401 Westbound exit Hwy 25 and turn left over 401 to lights and turn left into GO Commuter Parking.

**Directions to Hike Start Meeting Place** - From 401 take Trafalgar Rd. north to Hwy 7 lights. Turn left on 7 and follow up hill and bear right back onto Trafalgar Rd north. In 700 Meters turn right onto 27SR and follow to 8th line then in short distance right onto 27 SR to Fallbrook Trail. Turn right onto Fallbrook Trail and limited parking at roadside. **Hike Description:** We will hike the Roberts ST and Main Trail to Terracotta C.A. then hike the Winston Churchill ST and connecting parts of the conservation area trails, returning on the main trail. **Hike Leader:** Keith Barber kbarber11@cogeco.ca 289-878-2299 RSVP

Monday June 26, 2017 Iroquoia Section

WEBSTER FALLS, Map 8 ED 27

This 17 km loop hike will take approximately 4.5 hours and is at a brisk pace over moderate terrain. There is no dropout point.

**Depart:** 9:00 am 20 Marshboro Ave, Greensville

GPS Coordinates: 43.2699386,-80.006837

**Directions:** Turn east at # 5 and Brock Rd towards Dundas. Turn right at Brock and # 8 ( Bullocks Corners ). Approximately 1 km up the hill, Marshboro will be on your left. Follow to the 2nd last house on the street.

**Hike Description:** from meeting area hike down the escarpment and head towards Dundas Valley Golf course. We will continue to the base of Webster Falls and then back out to the white trail and climb the hill to Dundas Lookout. We will then proceed along to Spenser Creek and follow to Christie Conservation Area and back to parking area.

**Hike Leader:** Wayne Riley wlr8362@gmail.com 289-456-3498 RSVP

Monday July 3, 2017 

**NO HIKE**

Monday July 10, 2017 Caledon Hills Section

GLEN HAFFY C.A. TO PALGRAVE C.A., Map 17

This 19 km shuttle hike will take approximately 5.5 hours and is at a brisk pace over strenuous terrain.

**Depart Car Pool Meeting Place:** 9:00 am

**Car Pool Meeting Place** - We will initially meet at Hwy 401/ Hwy 25 GO Milton Commuter Parking Lot (SE corner of intersection at Traffic lights). We will then carpool to just north of Palgrave.

**Hike Shuttle Meeting Place** - For those that are intending to drive directly to Hike Shuttle Meeting Place then meet at 10:00AM at Oak Ridges Trail Parking Lot just south of Palgrave C.A. entrance on east side of Hwy 50 by Palgrave Pond. We will then shuttle some cars to the hike start at 7th Line Main Trail Access Parking (Limited).

**Directions to Car Pool Meeting Place** - From 401 eastbound exit at Hwy 25 and cross over at lights to GO Commuter Parking Lot. From 401 Westbound exit Hwy 25 and turn left over 401 to lights and turn left into GO Commuter Parking.

**Directions to Hike Shuttle Meeting Place** - Hwy 50 to north side of Palgrave to Oak Ridges Trail Parking Lot on east side of Hwy 50 by Palgrave Pond.

**Directions to Hike Start Location** - Follow Hwy 50 from Palgrave Parking for 2.7 km to Jct with Hwy 9. Turn Left onto 9 and travel 9 km to Airport Rd. Turn right onto Airport Rd and travel 1.7 km north to 7th Line and turn right. Access Trail Parking (limited) a short distance on right.

**Hike Description:** We will hike from 7th Line Parking Access Trail on Main Trail South through Glen Haffy C.A. to the junction of the Oak Ridges Trail (Formerly Palgrave ST). We will continue on the Oak Ridges Trail to Palgrave C.A. and parking lot by Palgrave Pond. 2.3 km of road walking. **Hike Leader:** Keith Barber kbarber11@cogeco.ca 289-878-2299 RSVP
Monday July 17, 2017 Niagara Section Niagara River
This 16 km loop hike will take approximately 3.5 hours and is at a medium pace over strenuous terrain. There is no dropout point. No dogs please. There will be a refreshment/pub stop afterwards.
Depart: 9:00 am at the parking lot east side of Hutches at Hamilton Beach
Directions: From the QEW take the Woodward Ave exit at the base of the Skyway Bridge and follow to Van Wagners Rd (runs along the lakefront)
Hike Description: Hike down the gorge across from the Butterfly Museum along the river to Whirlpool Rapids, backup the escarpment and back to the parking lot. Hike Leader: Wayne Riley wlr8362@gmail.com 289-456-3498 RSVP

Monday July 24, 2017 Toronto Section
SILVER CREEK, Map 13 ED 27
This 16 km loop hike will take approximately 5 hours and is at a brisk pace over moderate terrain. There is no dropout point. No dogs please. There will be a refreshment/pub stop afterwards.
Depart: 9:00 am Carpool at 401/25 hwy Go parking lot on the S/E corner by traffic lights.
Directions: See meeting place
Hike Description: Carpool to 8th line and hike Great Esker, Bennett Heritage with interconnecting parts of the main trail. Hike Leader Wayne Riley wlr8362@gmail.com 289-456-3498 RSVP

Monday July 31, 2017 Iroquoia Section
SMOKEY HOLLOW, Map 9 ED 27
This 15 km "there and back" hike will take approximately 4.5 hours and is at a medium pace over strenuous terrain. There is no dropout point. No dogs please. There will be a refreshment/pub stop afterwards.
Depart: 9:00 am Smoke Hollow parking lot at 71.0 map 9
GPS Coordinates: 43.4274389,-79.9388423
Directions: at the Dundas St and Mill St intersection in Waterdown go south on Mill. Smokey Hollow will be on your right just after the train bridge
Hike Description: head west from Smokey Hollow and follow the main trail to around #6 hwy and return Hike Leader: Wayne Riley wlr8362@gmail.com 289-456-3498 RSVP

Monday August 7 - NO HIKE

Monday August 14, 2017 Iroquoia Section
SMOKEY HOLLOW
This 14 km "there and back" hike will take approximately 4 hours and is at a brisk pace over moderate terrain. There is no dropout point. No dogs please. There will be a refreshment/pub stop afterwards.
Depart: 9:00 am Smokey Hollow parking lot
Directions: at #5 hwy and Mill street intersection in Waterdown, take Mill south for approx 1 km, lot is on the right
Hike Description: Depart from parking lot heading east towards Kerncliff Park using main trail as well as McNally, Waterdown, King and Ian Reid side trails. Hike Leader: Ruth Merz ruthmerz1@outlook.com 905 928 5491 RSVP

Monday August 21, 2017 Dufferin Hi-Land Section
MONO CLIFFS P.P. & SPLITROCK, Map 19
This 16 km loop hike will take approximately 4.5 hours and is at a brisk pace over strenuous terrain. There is no dropout point.
Depart Car Pool Meeting Place: 9:00 am
Car Pool Meeting Place - We will initially meet at Hwy 401/ Hwy 25 GO Milton Commuter Parking Lot (SE corner of intersection at Traffic lights). We will then carpool to Mono Centre Community Centre Parking Lot.
Hike Start Meeting Place - For those that are intending to drive directly to Hike Meeting Place then meet at 10:15AM at Mono Centre Community Centre South Parking Lot.
GPS Coordinates: Car Pool Meet Location 43.527205, -79.903404 Hike Start Meet Location 44.026067, -80.071096
Directions to Car Pool Meeting Place - From 401 eastbound exit at Hwy 25 and cross over at lights to GO Commuter Parking Lot. From 401 Westbound exit Hwy 25 and turn left over 401 to lights and turn left into GO Commuter Parking.
Directions to Hike Start Meeting Place - Take Hwy 10 north of Orangeville to Mono Centre Rd./Dufferin Rd 8 and turn right. Follow for 5.9 km to Mono Centre Community Centre Parking Lot just before Community Centre Buildings.
Hike Description: We will hike the Walter Towell, Splitrock, Lookout ST’s and interconnecting parts of the main trail. Hike Leader: Keith Barber kbarber11@cogeco.ca 289-878-2299 RSVP
Monday August 28, 2017 Dufferin Hi-Land Section
BOYNE VALLEY PP, Map 20
This 16 km loop hike will take approximately 4.5 hours and is at a brisk pace over strenuous terrain. There is no dropout point.

Depart Car Pool Meeting Place: 9:00 am
Car Pool Meeting Place - We will initially meet at Hwy 401/ Hwy 25 GO Milton Commuter Parking Lot (SE corner of intersection at Traffic lights). We will then carpool to Prince of Wales Rd Parking close to Prince of Wales ST Access.
Hike Start Meeting Place - For those that are intending to drive directly to the Hike Start then meet at 10:15AM at parking lot just past bridge on Prince of Wales Rd.
GPS Coordinates: Car Pool Meet Location 43.527205, -79.903404 Hike Start Meet Location 44.100162, -80.137489

Directions to Car Pool Meeting Place - From 401 eastbound exit at Hwy 25 and cross over at lights to GO Commuter Parking Lot. From 401 Westbound exit Hwy 25 and turn left over 401 to lights and turn left into GO Commuter Parking.
Directions to Hike start meeting Place - Take Hwy 10 north of Orangeville to Jct with Hwy 89. Cross over Hwy 89 onto Prince of Wales Rd and follow for 1.1 km to parking lot on right side of road after crossing bridge.

Hike Description: We will hike the Prince of Wales ST, Primrose Loop ST, Murphy's Pinnacle ST, Boyne Valley ST and interconnecting parts of the main trail.

Hike Leader: Keith Barber kbarber11@cogeco.ca 289-878-2299 RSVP

TUESDAYS WITH BILL

No hikes for the summer

HIKERS R US

Hikers R Us Summer Hikes Summer is a great time of year for hiking. Bring a snack/lunch and water, sunscreen and bug spray, wear hiking boots. No dogs. It’s essential to carry lots of water for hiking in the hot weather. 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 convener: Charlotte Stewart stewchar01@gmail.com (905) 628-0509. Map references 28th edition unless otherwise noted.

Wednesday June 7 Niagara Section St. CATHARINES - SHORT HILLS PP, Map 3
This 14 km loop hike will take approximately 4 hours and is at a brisk pace over strenuous terrain. There is no dropout point.

Depart: 9:00 am Car Pooling Meeting Place - We will initially meet at Van Wagners Beach Rd. Parking Lot adjacent to small brick building just west (Burlington side) of Hutches Restaurant. We will then car pool to Trail Access Parking off Pelham Rd.

Hike Start Meeting Place. - For those intending to drive directly to the hike start then meet at 9:45 AM at Pelham Rd Parking Lot.

GPS Coordinates: Car Pool Meet Location 43.137252, -79.22075  Hike Start Location 43.108389, -79.287120

Directions to Car Pool Meeting Place - QEW (Skyway Bridge Niagara Bound) take Woodward Ave Exit Ramp. Right onto Woodward Ave. Next Right onto Beach Blvd and under QEW. Next right onto Van Wagners Beach Rd. Parking Lot 800 meters on left before Hutches Restaurant.

Directions to Hike Start Meeting Place - From QEW (Niagara Bound) exit Seventh St. Louth (Hwy 34). Head south to King St (Hwy 81)/St. Paul St W and turn left. Continue on St. Paul St W for 800 Meters to Eight St. Louth and turn right. Continue to Pelham Rd and turn left. Parking Lot entrance is a 500 Meters on right side.

Hike Description: We will hike the Black Walnut, Scarlet Tanager, Hemlock Valley & Terrace Creek ST's

Hike Leader: Keith Barber kbarber11@cogeco.ca 289-878-2299 RSVP
Wednesday June 14 Caledon Section CALEDON E2E4 Southbound
This 12 km "there and back" hike will take approximately 3 hours and is at a brisk pace over strenuous terrain. There is no dropout point.

Depart: 9:00 am. We will meet at the carpool lot on H25 in Milton, just south of the 401, and will proceed to the hike start point at the southwest corner of Willoughy Rd & Escarpment SR.

GPS Coordinates: 43.831244, -79.98058

Directions: Hwy 25 (Martin St) or Hwy 401 eastbound off-ramp. 43.5270110, -79.9036470

Hike Description: We will hike approximately 6 km from the parking spot and then return to our cars. Coffee or pub stop after the hike. Please bring sunscreen, bug spray, hiking shoes or boots, water, lunch and a small first aid kit (eg personal medication such as ibuprofen, Benadryl, prescription medication, bandaids, steristrips, moleskin, duct tape, health card number).

Pre-register for the hike with the hike leader.
Please email Louise at least 24 hours before the hike to register. Sometimes last minute changes are made to hikes; registering means you won’t be waiting around the meeting place not knowing why no-one else is there!

Hike Leader: Louise Langlais langlaislouise@gmail.com 519-222-4040

Wednesday June 21 Caledon Hills Section HOCKLEY VALLEY NATURE RESERVE, Map 18
This 15 km loop hike will take approximately 4.5 hours and is at a brisk pace over strenuous terrain. There is no dropout point.

Depart: 9:00 am. Car Pooling Meeting Place - We will initially meet at Hwy 401/ Hwy 25 GO Milton Commuter Parking Lot (SE corner of intersection at Traffic lights). We will then carpool to the Hockley Rd. Parking Lot just east of 2nd Line EHS.

Hike Start Meeting Place - For those that intend to drive directly to the Hike Start then meet there at 10:00 am.

GPS Coordinates: Car Pool Meet Location 43.527205, -79.903404 Hike Start Meet Location 43.972755, -80.056120

Directions to car pool meeting place - From 401 eastbound exit at Hwy 25 and cross over at lights to GO Commuter Parking Lot. From 401 Westbound exit Hwy 25 and turn left over 401 to lights and turn left into GO Commuter Parking.

Directions to hike start meeting place - From Hwy 10 at Orangeville continue north to Hockley Rd. and turn right. Drive east for 5.1 km to trail access parking lot on left side, 200 Meters past 2nd Line EHS.

Hike Description: We will hike the Main Trail then return on the Cam Snell, Glen Cross & Tom East ST's.

Hike Leader: Keith Barber kbarber11@cogeco.ca, 289-878-2299 RSVP

Wednesday June 28 Iroquoia Section LOWVILLE TO TWISS ROAD map 10 (26th edition)
This 14 km "there and back" hike will take approximately 4 hours and is at a brisk pace over moderate terrain. There is no dropout point. No dogs please.

Depart: 9:00 am Meet at Lowville park

Directions: Take Guelph line to Lowville park, just north of Britannia

Hike Description: From Lowville park we will hike along River and Ruins trail and continue to Twiss road and return along another part of Ruins loop. Bring water, lunch, sunscreen and bug spray.

Pre-register for the hike with the hike leader. Hike Leader: Ruth Merz ruthmerz1@outlook.com 905- 928- 5491 cell on day of hike

Wednesday July 5 Caledon Hills Section FORKS OF THE CREDIT & MCCLAREN ST, Map 14 & 15
This 15 km loop hike will take approximately 4.5 hours and is at a brisk pace over strenuous terrain. There is no dropout point.

Depart: 9:00 am Car Pooling Meeting Place- We will initially meet at Hwy 401/ Hwy 25 GO Milton Commuter Parking Lot (SE corner of intersection at Traffic lights). We will then carpool to the roadside parking on Creditview Rd just north of The Grange SR (Refer Map 14) Hike Start Meeting Place - For those intending to drive directly to the hike start then meet at 9:45 AM

GPS Coordinates: Car Pool Meet Location 43.527205, -79.903404 Hike Start Meet Location 43.791367, -79.975210

Directions to car pool meeting place - From 401 eastbound exit at Hwy 25 and cross over at lights to GO Commuter Parking Lot. From 401 Westbound exit Hwy 25 and turn left over 401 to lights and turn left into GO Commuter Parking.

Directions to hike start meeting place - North on Mississauga Rd to The Grange SR and turn right. Drive 1.5 km East to jct of Creditview Rd. Turn left to roadside parking.

Hike Description: We will hike Quarryman's ST & McClaren Rd ST including interconnection sections of the main trail. McClaren Rd Bridge reconstruction was completed Dec 2016 so Side Trail is now accessible.

Hike Leader: Keith Barber kbarber11@cogeco.ca 289-878-2299 RSVP
Wednesday July 17 Caledon Section CALEDON E2E5 northbound
This 12 km "there and back" hike will take approximately 3 hours and is at a brisk pace over strenuous terrain. There is no dropout point.
Depart: 9:30 am Milton Carpool Lot.
We will then drive to Escarpment Side Road between Mountainview and St. Andrews Roads.
GPS Coordinates: 43.884912,-79.920313
Directions: Hwy 25 (Martin St) or Hwy 401 eastbound off-ramp
43.5270110,-79.9036470
Hike Description: We will hike approximately 6 km from the parking spot and then return to our cars. Coffee or pub stop after the hike. Please bring sunscreen, bug spray, hiking shoes or boots, water, lunch and a small first aid kit (eg personal medication such as ibuprofen, Benadryl, prescription medication, bandaids, steristrips, moleskin, duct tape, health card number).
Pre-register for the hike with the hike leader.
Please email Louise at least 24 hours before the hike to register. Sometimes last minute changes are made to hikes; registering means you won't be waiting around the meeting place not knowing why no-one else is there!
Hike Leader: Louise Langlais langlaislouise@gmail.com  519-222-4040

Wednesday July 19 Iroquoia Section DUNDAS VALLEY, Map 8 ED 27
This 15 km loop hike will take approximately 4.5 hours and is at a brisk pace over moderate terrain. There is no dropout point.
No dogs please. There will be a refreshment/pub stop afterwards.
Depart: 9:00 am Artaban Rd parking lot ( FEE REQUIRED )
GPS Coordinates: 43.2407757,-79.9778128
Directions: Follow Old Dundas Rd to 46.4 marker, map 8, edition 27
Hike Description: From parking lot hike to Sherman Falls and head back to Dundas Valley following the white trail. Will take the Canterbury Falls side trail and then back on the main trail to the Trail Centre. We will then take the Sulphur Creek trail back to the main trail and parking lot.
Hike Leader: Wayne Riley wlr8362@gmail.com  289-456-3498 RSVP

Wednesday July 26 Iroquoia Section STONEY CREEK, Map 6 and 5
This 14 km "there and back" hike will take approximately 4.5 hours and is at a medium pace over moderate terrain. There is no dropout point.
Depart: 9:00 am Jones Road Access Trail at km 14.0 on map 6
Hike Description: We will hike from Jones Access Side Trail to Woolverton Conservation area on map 5 for lunch then return.
Hike Leader: Cynthia Archer Archercynthiab@gmail.com  4165734236

Wednesday August 2 Caledon Section CALEDON E2E6 southbound
This 12 km "there and back" hike will take approximately 3 hours and is at a brisk pace over strenuous terrain. There is no dropout point.
Depart: 9:30 am Milton carpool lot. We will then drive to Escarpment Side Road between Mountainview and St. Andrews Roads.
GPS Coordinates: 43.884912, -79.920313
Directions: Hwy 25 (Martin St) or Hwy 401 eastbound off-ramp
43.5270110, -79.9036470
Hike Description: We will hike approximately 6 km from the parking spot and then return to our cars. Coffee or pub stop after the hike. Please bring sunscreen, bug spray, hiking shoes or boots, water, lunch and a small first aid kit (eg. personal medication such as ibuprofen, Benadryl, prescription medication, bandaids, steristrips, moleskin, duct tape, health card number).
Pre-register for the hike with the hike leader.
Please email Louise at least 24 hours before the hike to register. Sometimes last minute changes are made to hikes; registering means you won't be waiting around the meeting place not knowing why no-one else is there!
Hike Leader: Louise Langlais langlaislouise@gmail.com  519-222-4040

Wednesday August 9 Iroquoia Section CHEDOKE TO SHERMAN FALLS Map 8 (26th edition)
This 16 km "there and back" hike will take approximately 4.5 hours and is at a brisk pace over strenuous terrain. There is no dropout point. No dogs please.
Depart: 9:00 am Meet at Chedoke Golf course parking lot.
Directions: Take 403 to Aberdeen exit. Go under railway bridge and turn right on Studholme and continue up the hill to the golf course.
Hike Description: Will hike from Chedoke golf course to Sherman falls via Chedoke radial trail, Iroquois Woods, Tiffany Falls, stopping for lunch at Tiffany falls. Bring water, sunscreen and bug spray.
Pre-register for the hike with the hike leader.
Hike Leader: Ruth Merz ruthmerz1@outlook.com  905-928-5491 cell on day of hike
Wednesday August 16  DRYDEN AND SUDDEN TRACTS 14 km 4.5 km/hr very hilly
We will meet at 9:00 sharp at the Dryden Tract parking lot located at 1865 Alps Road, North Dumfries, GPS 43°19'35.7"N 80°23'12.3"W. Let's hike the hilly and tree hugging-worthy forests of the Grand River Valley Trails in Dryden and Sudden Tracks. There will likely be lots of mushrooms in there this time of year, so you have been warned that some stopping to look at them is expected on this day.
This is an In and Out hike because your wonderful hike leader hates car shuttles. Please bring lots of water and a lunch. Bug spray is also highly recommended, although in August they hopefully will not be too bad.
Pre-register for the hike with the hike leader.
Please email Louise at least 24 hours before the hike to register. Sometimes last minute changes are made to hikes; registering means you won't be waiting around the meeting place not knowing why no-one else is there!
**Hike Leader:** Louise Langlais  langlaislouise@gmail.com  519-222-4040

Wednesday August 23 HUMBER VALLEY HERITAGE TRAIL,  Map: Refer Trail Website
This 16 km shuttle hike will take approximately 4.5 hours and is at a brisk pace over strenuous terrain. There is no dropout point.
**Depart:** 9:00 am Car Pooling Meeting Place - We will initially meet at Hwy 401/ Hwy 25 GO Milton Commuter Parking Lot (SE corner of intersection at Traffic lights). We will then carpool to Dick's Dam Park Parking Lot off Hickman St. in Bolton.
**Car Shuttle Meeting Place** - For those intending to drive directly to the hike shuttle meeting place then meet at 10:00 AM at Dick's Dam Park Parking Lot off Hickman St. Bolton. We will then shuttle some cars north to the hike start at Humber Station Rd and Caledon Trailway Crossing (Limited roadside parking).
**Directions to Car Pool Meeting Place** - From 401 eastbound exit at Hwy 25 and cross over at lights to GO Commuter Parking Lot. From 401 Westbound exit Hwy 25 and turn left over 401 to lights and turn left into GO Commuter Parking.
**Directions to Hike Shuttle Meeting Place** - Follow King St.(Hwy 9) east to traffic circle in Bolton. Turn right on Emil Kolb Parkway. Follow for 1km and then left onto King St.(Hwy 9). In 850 meters turn left on Hesp Drive. Follow to Hickman St and turn right and follow to just beyond Sackville St. intersection to Parking Lot Entrance on left side.
**Directions to Hike Start from hike shuttle meeting place** - Left out of parking lot onto Hickman St. Follow short distance to Hwy 50 and turn left. Follow Hwy 50 for 7.1 km to Old Church Rd and turn left. Follow for 2.7 km to Humber Station Rd. and turn right. Follow for 1.9 km to Caledon Trailway Crossing and limited roadside parking close to trailhead.
**Hike Description:** We will hike from Humber Station Rd/Caledon Trailway Crossing Trailhead back to SE end of Dick's Dam Park, Bolton (Hickman St. Access)  **Hike Leader:** Keith Barber  kbarber11@cogeco.ca  289-878-2299 RSVP

Wednesday August 30  Toronto Section SCOTCH BLOCK Map 12 and 11
This 16 km "there and back" hike will take approximately 4.5 hours and is at a medium pace over moderate terrain. There is no dropout point.
**Depart:** 9:00 am Scotch Block parking area at km 8.6 on map 12
**Hike Description:** We will hike from Scotch Block at km 8.6 on map 12 to a lookout at km 2.0 on map 11
**Hike Leader:** Cynthia Archer  Archercynthiab@gmail.com  4165734236

GOOD COMPANIONS

All hikes begin at 10:00 am. and are at a leisurely pace. Please wear appropriate clothing and footwear. 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. Please contact the individual hike leaders with any questions.

Wednesday June 7, 2017 Iroquoia Section  Dundas
This 8 km loop hike will take approximately 2.5 hours and is at a leisurely pace over easy terrain. There is no dropout point.
No dogs please.
**Depart:** 10:00 am Sanctuary Park in Dundas.
**Directions:** From Old Ancaster Road turn right onto Pleasant Ave and follow it along to Sanctuary Drive. Turn right on Sanctuary Dr. The parking lot is at the end of the street.
**Hike Description:** We will walk from Sanctuary Park along the Springcreek Trail and return via the rail trail. Bring snack, water, bugspray and sunscreen.
**Hike Leader:** Stella Parr scparr@yahoo.ca  905 628 6436

www.iroquoia.on.ca  27
Wednesday June 14, 2017 Iroquoia Section
RBG York Road entrance
This 8 km loop hike will take approximately 2 hours and is at a leisurely pace over easy terrain. There is no dropout point. No dogs please.
Depart: 9:30 am Meet at the former RBG parking lot on York Road in Dundas. Park on the side of the road or the dog park at the corner of Valley road.
Directions: Call hike leader
Hike Description: Loop hike around to Cootes Paradise and up to the Arboretum to see the Tulip Trees.
Hike Leader: Mary Rose termarintl@cgeco.ca 905-637-2918

Wednesday June 21, 2017
Oakville, Joshua Creek South Trail
This 7 km loop hike will take approximately 2 hours and is at a leisurely pace over easy terrain. There is no dropout point. No dogs please. Refreshment stop after hike.
Depart: 10:00 am Parking lot of Maplegrove Arena at the corner of Devon Road and Elmhurst Ave.
Directions: From the QEW take Ford Drive south to Devon Road. Turn right onto Devon Road. Look for the Arena on your right. The parking lot is at the back. Take the first driveway* into the parking lot.
Hike Description: This 7 km hike follows Joshua's Creek through a forested area, skirts the lakeshore and passes some enormous houses. The ravine is peaceful as the creek makes its way to the lake. Bring a snack, water, sunscreen and insect repellent.
Hike Leader: Anne Armstrong hikingrandma@gmail.com 905-337-3937

Wednesday June 28, 2017 Toronto Section
Hilton Falls, Map 11 Good Companions
This 10 km loop hike will take approximately 3 hours and is at a leisurely pace over moderate terrain. There is no dropout point. No dogs please.
Depart: 10:00 am Parking lot of Hilton Falls Conservation Area. Parking fee or Conservation Area pass.
Directions: Campbellville Road west of Walkers Line and east of Guelph Line
Hike Leader: Judith Bourke judith.bourke@sympatico.ca 905-332-8741

Wednesday July 5, 2017 Iroquoia Section Greensville
This 8 km "there and back" hike will take approximately 2.5 hours and is at a leisurely pace over easy terrain. There is no dropout point. No dogs please.
Depart: 10:00 am Parking lot on Crooks Hollow Rd. Fee charge or C/A membership card required.
Directions: Take Hwy 8 to Brock Rd and at the 4-way stop sign turn left. Continue onto Crooks Hollow Rd. If coming from Hwy 5 turn left at Brock Rd and at the 4-way stop turn right to Crooks Hollow Rd.
Hike Description: We will follow the Spencer Creek Adventure Trail to Webster's Falls and back. Bring snack, water, sunscreen and bugspray.
Hike Leader: Stella Parr scparr@yahoo.ca 905-628-6436

Wednesday July 12, 2017 Iroquoia Section Hidden Valley, Aldershot
This 8 km "there and back" hike will take approximately 2.5 hours and is at a leisurely pace over easy terrain. There is no dropout point.
Depart: 9:30 am. We will meet in the parking lot off Howard Rd in Aldershot.
Directions: From Plains Road go north along Howard Rd. The parking lot is on right after you go around the curves.
Hike Description: We will hike beside Grindstone Creek on the RBG trail over to the toll ponds and back. One big hill with a little tricky footing. Bring water, snack, bug spray and sunscreen. If the weather is good you may want to bring your lunch to picnic afterwards in the park.
Hike Leader: Connie Rusynyk c.rusynyk@sympatico.ca 905 520 6502

Wednesday July 19, 2017 Iroquoia Section Crawford Lake C/A
This 8 km loop hike will take approximately 3 hours and is at a leisurely pace over easy terrain. There is no dropout point. There will be a refreshment/pub stop afterwards.
Depart: 9:30 am Crawford Lake C/A. We will park our cars in the lower parking lot.
Directions: The C/A is north of Derry Rd off Guelph line in Burlington.
Hike Description: We will hike around the green marked conservation trail meeting up with the main Bruce trail, then go out to the lookout to check for turkey vultures and finish up with a walk around the lake. After the hike you may want to head off to Campbellville for ice cream. Alternately, you may want to tour the interesting Iroquoia village.
Hike Leader: Connie Rusynyk c.rusynyk@sympatico.ca 905 520 6502
Wednesday July 26, 2017 Iroquoia Section  
Kerneliff  
This 7 km "there and back" hike will take approximately 2 hours and is at a leisurely pace over easy terrain. There is no dropout point. No dogs please.  
Depart: 9:30 am Meet in the north parking lot of City View park in Burlington (closest lot to Dundas Road).  
Directions:  
Hike Description: Partly loop hike around the local trails.  
Hike Leader: Mary Rose termarintl@cogeco.ca 905-637-2918  

Wednesday August 2, 2017 Iroquoia Section  
Lowville  
This 10 km "there and back" hike will take approximately 3 hours and is at a medium pace over moderate terrain. There is no dropout point. No dogs please.  
Depart: 10:00 am. We will meet at Lowville Park.  
Directions: Take Guelph Line to Lowville. The park is on the east side at the bottom of the big hill.  
Hike Description: The trail is mostly through wooded areas close to Bronte Creek. Bring water, snack, sunscreen and bugspray.  
Hike Leader: Stella Parr scparr@yahoo.ca 905 628 6436  

Wednesday August 9, 2017 Iroquoia Section  
Red Hill Valley, Hamilton.  
This 7 km loop hike will take approximately 2 hours and is at a leisurely pace over easy terrain. There is no dropout point.  
Depart: 9:30 am Parking lot at intersection of Old Mud Street and Pritchard in East Hamilton.  
Hike Description: A loop hike taking in Albion Falls, Buttermilk Falls and Red Hill Creek  
Hike Leader: Terry Rose termarintl@gmail.com 905 -320 -6513  

Wednesday, August 16  
Sixteen Mile Creek Valley, Oakville  
This 9 km loop hike will take approximately 2.5 hours and is at a leisurely pace over easy terrain. There is no dropout point. No dogs please. Refreshment stop after.  
Depart: 10:00 am Parking lot on the southeast corner of River Glen Blvd. and Neyagawa, beside the baseball diamonds.  
Directions: From Highway 5 travel south on Neyagawa and turn left onto River Glen. From Upper Middle Rd. go north on Neyagawa and turn right onto River Glen.  
Hike Description: This 9 km. hike takes us deep into the Sixteen Mile Creek and also along the top banks of the valley as we follow the "creek" along its meandering course. It is an oasis of green in a busy community. There will be a couple of long but gentle hills to go up and down. Bring sunscreen, water, a snack and insect repellent.  
Hike Leader: Anne Armstrong hikinggrandma@gmail.com 905-337-3937  

Wednesday August 23, 2017 Iroquoia Section  
Ermosa Karst, Map 7  
This 7 km loop hike will take approximately 2 hours and is at a medium pace over easy terrain. There is no dropout point. There will be a refreshment/pub stop afterwards.  
Depart: 10:00 am Valley Park, Upper Stoney Creek  
GPS Coordinates: 43.1943 / 79.7958  
Hike Description: Meet at 10:00 am in the north parking lot at Valley Park on Paramount Drive in Upper Stoney Creek. We will hike to the Ermosa Karst and do a loop hike there.  
Hike Leader: Vern Erickson verickson@cogeco.ca  

Wednesday August 30, 2017 Iroquoia Section  
North Burlington  
This 8 km "there and back" hike will take approximately 2.5 hours and is at a leisurely pace over easy terrain. There is no dropout point.  
Depart: 9:30 am. City View Park, Burlington. North car park (one closest to Highway 5)  
Directions: From the south go north on Kerns Road. Turn right into north car park just before you reach Highway 5. From all other directions turn south off Highway 5 onto Kerns Road and take first left into north car park.  
Hike Description: From City View Park we will head west towards Waterdown and return by a similar route. How far we go will depend on conditions. Bring water and snack.  
Hike Leader: Terry Rose termarintl@gmail.com 905 320 6513
MIDWEEK HIKES

Planning a “Stay-cation” this summer. Great! Come out and enjoy the trails and some great company. Just a few things to keep in mind..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 grasses.

All hikes are at a moderate pace (unless otherwise stated) with the likelihood of hills and rocky footing. Please note that the starting time varies! No dogs, please. In the event of inclement weather please call the hike leader. Also, feel free to call the hike leader if you would like to make carpool arrangements. Thursday hike convenor: Connie Rusynyk, 905 689 2203 c.rusynyk@sympatico.ca

Thursday June 1, 2017 Iroquoia Section Ancaster
This 11 km loop hike will take approximately 3 hours and is at a medium pace over moderate terrain. There is no dropout point.
Depart: 10:00 am. Meet in the parking lot of the Little League baseball field on the Jerseyville Rd West.
Directions: Take the 403 towards Ancaster. Exit on to Wilson street. Turn right on Wilson St. At the traffic circle Take the exit right onto Meadowbrook St. (3rd exit), Take Meadowbrook to Jerseyville w Rd. Turn Right. Pass High School Little League Park is on right at bottom of hill.
Hike Description: Several loops in the Spring Valley area of the Dundas Valley Conservation area.
Hike Leader: Lorraine Sherred 13hiking13@gmail.com 519-753-5519 please email

Thursday June 8, 2017 Iroquoia Section Dundas Valley CA, Map 8
This 10 km shuttle hike will take approximately 3 hours and is at a medium pace over moderate terrain. There is no dropout point. No dogs please.
Depart: 9:30 am Dundas Valley CA Trail Centre off Governors Road
Directions: Heading west on Governor's Road from Dundas, turn left into the Dundas Valley Conservation Area. Proceed to the farthest parking lot. Parking fee or Hamilton Conservation Authority pass required.
Hike Description: We will carpool to the Tews Falls parking area off Harvest Road. The hike will include Tews Falls, Dundas Peak, Old Dundas Station Side Trail, continuing on the Bruce Trail back to the Dundas Valley CA Trail Centre. Bring water, snack/lunch and possibly bug spray and sunscreen.  
Hike Leader: Janina Vanderpost kayakhiker1@gmail.com 905-521-2296

Thursday June 15, 2017 Iroquoia Section Walkers Line to Kilbride Public School, Map 10
This 12 km shuttle hike will take approximately 3.5 hours and is at a medium pace over moderate terrain. There is no dropout point.
Depart: 9:30 am Meet at 9:30 am sharp at the back of Kilbride Public School (by tennis courts). From there we will shuttle to bottom of Mt Nemo  escarpment (Walkers and No 2 Side Rd. by cemetery).
Directions: Kilbride Public School is located in the heart of the Village of Kilbride at 6611 Panton St. (just off of Kilbride St.)
Hike Description: We will follow main BT up escarpment into Mt. Nemo CA (for lots of lovely views of the countryside) and out along rural roads. We will lunch overlooking the quarry and then continue on and into the lush Bronte Creek/Cedar Springs Valley. We will finish our walk by climbing a strenuous stretch out of the valley and into the village of Kilbride. Upon completion of the hike, hiker(s)/driver(s) will required to drive back to starting point to recover shuttle car(s).
Bring water, snacks and lunch. Bug spray may be necessary.
Hike Leader: Karen Capindale-Smith jsmith62@cogeco.ca 905-332-7254 Hike Morning use cell (905-749-0914)

Thursday June 22, 2017 Iroquoia  Rattlesnake Pt. CA to Kilbride, Map 11
This 16 km shuttle hike will take approximately 4.5 hours and is at a medium pace over moderate terrain. There is no dropout point.
Depart: 9:30 am We will meet at 9:30 sharp at the back of Kilbride Public School (by Tennis Courts). From there we will shuttle over to Rattlesnake  Point CA
Directions: Kilbride Public School is located in the heart of the village of Kilbride (north Burlington) at 6611 Panton St (and Kilbride St.)
Hike Description: From Rattlesnake Point CA we will follow conservation side trails and main BT along the escarpment and descend/ascend Nassagaweya Canyon. We will lunch at the lookout in Crawford Lake CA (with a lovely view of the Canyon and turkey vultures). From there we will make our way out of the CA to the calcium pits at Twiss Rd and on thru the lush Yaremko-Ridley Nature Reserve to Kilbride. Upon completion of the hike, hiker(s)/driver(s) will be required to drive back to the starting point to recover shuttle car(s)- There is a conservation fee for those cars that park at Rattlesnake Point C/A. Bring water, snacks and lunch. Bug spray may be necessary.
Hike Leader: Karen Capindale-Smith jsmith62@cogeco.ca 905-332-7254 Hike Morning use cell (905-749-0914)
Thursday June 29, 2017 Iroquoia Section North Burlington, Map 9
This 10 km shuttle hike will take approximately 3 hours and is at a medium pace over moderate terrain. There is no dropout point. No dogs please.
**Depart:** 9:00 am City View Park (south parking lot), Kerner Road (south of Highway 5).
**Hike Description:** Car pool to No. 1 Side Road (off Guelph Line) and hike back to City View Park using main trail, side trails and ski trails. Bring water, bug spray and snack. Some steep climbs. **Hike Leader:** Terry Rose termarintl@gmail.com 905 320 6513 Phone or Text

Thursday July 6, 2017 Iroquoia Section Dundas Valley CA, Map 8
This 12 km loop hike will take approximately 4 hours and is at a medium pace over moderate terrain. There is no dropout point. No dogs please.
**Depart:** 9:30 am Meet at the Sanctuary Park parking lot which is off Sanctuary Drive in Dundas.
**Directions:** West on Old Ancaster Road from Dundas. Right turn onto Pleasant Avenue, then right turn onto Sanctuary Drive. Follow Sanctuary Drive to the park. Parking lot on the right hand side of the road.
**Hike Description:** Monarch Trail and Spring Creek Trail Loop. This loop hike follows the Spring Creek Trail to the Dundas Valley CA trail centre where we stop for a snack. Return along the Main Trail and Monarch Trail, with a short bit on the rail trail back to Sanctuary Park. Bring snack and lunch, water, sunscreen **Hike Leader:** Janina Vanderpost kayakhiker1@gmail.com 905-521-2296

Thursday July 13, 2017 Iroquoia Section Borer's Falls
This 8 km "there and back" hike will take approximately 2.5 hours and is at a medium pace over moderate terrain. There is no dropout point.
**Depart:** 9:30 am. Meet at the dog park on York Rd. in Dundas. Hike Description: We are hiking up the escarpment to the falls and then onto Rock Chapel for our break then returning by same route. Bring snack and something to drink to stay hydrated. **Hike Leader:** Linda Robinson fly@execulink.com

Thursday July 20, 2017 Iroquoia Section Dundas Conservation Area, Map 8
This 10 km loop hike will take approximately 3 hours and is at a leisurely pace over easy terrain. There is no dropout point. No dogs please. There will be a refreshment/pub stop afterwards.
**Depart:** 9:30 am Meet for a 9:30 am. start in the parking lot (known as the Hermitage Parking lot) on Sulphur Springs Rd. (near the Gatehouse). Conservation Area Pass or parking fee.
**Directions:** Take the 403 W. to the Mohawk Rd. exit. Keep to the right and follow it to Wilson St. Turn left onto Wilson and then right onto Sulphur Springs Rd. Follow Sulphur Springs Rd. to the parking lot on your right. (look for the gatehouse at the entrance.)
**Hike Description:** This is a lovely, circular hike through the western section of the Dundas Valley Conservation Area. Bring water, a lunch or snack, bug repellent and sunscreen. **Hike Leader:** Anne/Phill Armstrong hikinggrandma@gmail.com 9053379327

Thursday July 27, 2017 Joe Hanson Memorial Hike Van Wagners Beach Rd. Hamilton
Come join us for a short hike/walk (about an hour) at a leisurely pace over easy terrain.
**Depart:** 10:30 am. Meet at Confederation Park, Van Wagners Beach Rd. in the parking lot to the west side of Hutch's restaurant.
**Hike Description:** We will enjoy a walk along the lake, sharing our many memories of Joe together. Wheel walkers are welcome, with drop out points along the way. Join us for lunch afterwards at "Barangas on the Beach". Reservations are required. To make a reservation call Carol Clarke-Allam at 905 679 4443 or email carol.allam@hotmail.com **Hike Leader:** Bill Haartman 905 383 6319

Thursday August 3, 2017 Iroquoia Section Lions Valley Park (Sixteen Mile Creek) Oakville
This 10 km loop hike will take approximately 3 hours and is at a medium pace over easy terrain. There is no dropout point. No dogs please.
**Depart:** 9:30 am. We will meet at Lions Valley Park in Oakville.
**Directions:** The park is located at the corner of Dundas St W (Hwy 5) and Lions Valley Park Rd. This is one stoplight west of Neyagawa Rd along Hwy 5. Turn south into the park along Lions Valley Rd and follow the road past the church and down the big curvy hill into the parking lot at the bottom of the hill.
**Hike Description:** The hike will include a beautiful creekside walk, some hills to keep us in shape and scenic trails along the top of the canyon. Bring water, snack, sunscreen, bug spray and perhaps lunch. At the conclusion of the hike you may want to picnic by the water.
**Hike Leader:** Connie Rusynyk e.rusynyk@sympatico.ca 905 520 6502

Thursday August 10, 2017 Iroquoia Section RBG-North Shore Trail
This 8 km loop hike will take approximately 2 hours and is at a medium pace over easy terrain. There is no dropout point. Depart: 9:30 am. Meet at former RBG North Shore parking lot on York Rd. in Dundas.
**Directions:** 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.
**Hike Description:** We will walk the North Shore trails taking a break at the Nature Center. Easy hike, a few hills. Bring snack and water.
**Hike Leader:** Linda Robinson fly@execulink.com

Thursday August 17, 2017 Iroquoia Section Dundas
This 10 km "there and back" hike will take approximately 3 hours and is at a medium pace over moderate terrain. There is no dropout point. No dogs please.
**Depart:** 10:00 am We will meet at the Dundas Driving Park located at the end of Cross Street in Dundas. We will meet in the east parking lot. Hike Description: We will hike up to the Dundas Peak, Tews Falls and Webster's Falls. There is one strenuous hill.
**Hike Leader:** Marion Fletcher 905 628_5537 email octother@aol.com

Thursday August 24, 2017 Iroquoia Section Greenville - Christie Lake
This 10 km "there and back" hike will take approximately 3.5 hours and is at a medium pace over easy terrain. There is no dropout point. No dogs please.
**Depart:** 9:00 am Park Avenue, Greenville - beside the playground.
**Directions:** Park Avenue is south of Hwy 8 just 50 metres west of Bullocks Corners. Take Hwy 8 north from Dundas OR take Brock Road south from Hwy 5.
**Hike Description:** Hike with optional swim. We will hike from Greenville (Bullocks Corners) along Spencer's Creek and then clockwise around Christie Lake. At the beach we will swim (optional) and have a picnic lunch. Bring water, lunch, swimsuit and towel (NOTE: there are changing rooms)
**Hike Leader:** Terry Rose termarintl@gmail.com 905 320 6513 Phone, Text or Email

Thursday August 31, 2017 Iroquoia Section Rattlesnake/Kelso Conservation Areas, Map 11
This 11 km shuttle hike will take approximately 3.5 hours and is at a leisurely pace over moderate terrain. There is no dropout point. No dogs please. There will be a refreshment/pub stop afterwards.
**Depart:** 9:30 am Meet in the far western parking lot at Kelso Conservation Area on Tremaine Rd. at 9:30 am. We will car pool to the lower parking lot of Rattlesnake Point Conservation Area.
**Directions:** Kelso Conservation Area is on the west side of Tremaine Rd., north of Steeles Rd. and south of the 401. Parking fee in effect or Halton Conservation Area pass.
**Hike Description:** This is an old favourite linear hike which visits Rattlesnake Point and Kelso Conservation Areas, both of which provide spectacular escarpment views. Bring water, a snack or lunch, insect repellent and sunscreen.
**Hike Leader:** Anne/Phill Armstrong hikinggrandma@gmail.com 9053379327
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