



**Bruce Trail**  
**CONSERVANCY**  
 IROQUOIA CLUB



# The Iroquoian

*Official Newsletter of the Iroquoia Bruce Trail Club*

**FALL 2018**



## **Steeltown Stomp**

September 29

Challenge yourself to climb 2000 Hamilton steps and hike 20km in our annual stomp. Learn more on page 5.



## **Bruce Trail Day**

September 30

Join in the annual celebration of the Bruce Trail - help pull invasive species and join in guided hikes. Learn more on page 5



## **End-To-End**

October 13-14, 20-21

Hike the 122 km Iroquoia section in four hikes over two weekends and earn the Waterfall badge. Learn more on page 6



## **Kinks Concert**

November 17

Enjoy Village Green - A Kinks Concert with proceeds going to benefit the Bruce Trail. Learn more on page 7.

## **NEWSLETTER CHANGE...WE ARE GOING PAPERLESS!**

**Beginning with the next issue, our club will stop automatically mailing paper copies of the newsletter. The newsletter will be sent to you by email only and will be available online.**

**If you still wish to have a physical copy mailed to you, or if you need to update your email address with us, please send us an email at [info@iroquoia.on.ca](mailto:info@iroquoia.on.ca).**

**This change will allow us to put our funds to better use and will lessen the impact on the environment.**

**Thank you for your support!**

## BOARD OF DIRECTORS

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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.

### THE IROQUOIAN PUBLICATION

#### DEADLINE

WINTER ISSUE - OCTOBER 20

Contact the Newsletter Editor at [editors.iroquoian@gmail.com](mailto:editors.iroquoian@gmail.com)

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



Iroquoia Bruce Trail Club  
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Burlington, ON, L7T 4J8

**VISIT THE CLUB'S  
WEBSITE FOR  
INFORMATION AND  
ACTIVITIES:**

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[IroquoiaBruceTrailClub](https://www.facebook.com/IroquoiaBruceTrailClub)



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[iroquoiabrucetrailclub](https://www.instagram.com/iroquoiabrucetrailclub)



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## A MESSAGE FROM THE PRESIDENT



I sincerely hope each of you is having a wonderful summer so far and are out enjoying all our trails have to offer. A special thank you to all of the board members, hike leaders, and trail maintenance teams and other volunteers that make this possible.

Since our last newsletter, the board has been hard at work helping to orchestrate the operations of our club. We had a successful and well attended AGM and it was a great pleasure for me to meet, and reacquaint with new and long-time members. Our guest speaker, Bruce Mackenzie did a wonderful job of reminding us that many bird species well-being depends our work in preserving

the Niagara Escarpment. Congratulations to all those volunteers who received awards at the AGM. You are the backbone and the strength of our club.

In early June, I had the pleasure of attending a Bruce Trail Conservancy board meeting, along with all of the other President's from each of the other clubs. We are all working together to learn from each other's programs and the cross pollination of ideas was wonderful.

As per a previous board decision back in March of 2017 – we are still committed to helping our club switch to an electronic version of the newsletter. I want to be clear that we will always honour the wishes of long-term members, and will send paper copies via the postal service on a per request basis. The end goal is to switch as many members as possible to the electronic version. This will significantly help reduce the club's operating costs, and will allow us to focus funds towards land preservation, hiking programs and trail maintenance. We appreciate your help and support of this initiative.

We have a wonderful FALL hiking program and I personally hope to meet you on the trail. Let's continue to work with the BTC to help do our club's part to help with "Preserving a ribbon of wilderness, for everyone, forever". Happy Hiking!

Cheers,

Michael McDonald

## News from the Crews

### It's a Jungle Out There!

As you walk through the beautiful trails of the Iroquoia Section, you may notice that some areas are very dense with vegetation and the path narrows considerably. Summer months are very challenging for trail workers. Most grassy areas have to be cut 3-4 times during the summer using industrial type grass trimmers. It is hard physical work. Hot humid weather and pesky mosquitos add to the challenge. This spring/summer have been extra challenging due to windstorms taking down many trees over the trail, adding to the workload of our crews. Our volunteers are very dedicated and hard working; they are doing their best to keep all the trails clean. If your section is still overgrown, don't worry; we will get to it soon. Why not take some clippers with you on your next walk and do a little trimming as you go along the trail. Every little bit helps. And if you come across a trail volunteer, thank them for all the great work they do.



## *The Happy Hiker*

### *The Wonders of Forest Bathing!*

By Lyne Desforges  
Registered Holistic Nutritionist  
[www.cestlaviewellness.ca](http://www.cestlaviewellness.ca)

The Japanese call it *shinrin-yoku*, which translates literally to “forest bath”. So what exactly is forest bathing? Quite simply, it is being immersed in nature and **connecting with it through all five senses**: sight, hearing, taste, smell and touch. By engaging with your surroundings, you get closer to the natural world that surrounds you.

According to the United Nations<sup>1</sup>, 54% of the world’s population lived in urban areas in 2014 compared to 30% in 1950. That number is predicted to climb to 66% by 2050. **In Canada**, the numbers are even higher: in 2017 **82.18 percent of the total population<sup>2</sup> lived in cities**. Since the Iroquoian section of the Bruce Trail runs predominantly through urban areas, we play an even more important role in connecting people with nature.

According to a 2014 study<sup>3</sup>, **regular forest bathing showed great benefits**: lower heart rate, increased energy, decrease in symptoms of depression, fatigue, anxiety and confusion. Participants also mentioned feeling more calm and relaxed.

So next time you are in the forest, take a moment to sit down and close your eyes. Listen to the sounds of birds; smell the earth and flowers; feel the soft soil and warm air around you. Open your eyes and delight in nature’s colourful canvas. Take a moment to **be thankful for forests** and green spaces that feed your soul.

For more information, check out Dr. Qing Li’s book *Forest Bathing: How Trees Can Help You Find Health and Happiness*<sup>4</sup> or M. Amos Clifford’s book *Your Guide to Forest Bathing: Experience the Healing Power of Nature*<sup>5</sup>.

**Happy Trails!**



**SUSQUEHANNOCK LODGE and TRAIL CENTRE**  
Hiking in the Highlands of North Central Pennsylvania



**LABOUR DAY Aug. 30, Sept 1, 2, 3, 2018**  
The summer weather will greet us as we hike in this area.  
**THANKSGIVING - Oct. 6, 7, 8, 2018**  
Great fall colours and a full Thanksgiving dinner.  
**NEW YEARS - Dec. 28, 29, 30, 2018, Jan 1, 2019**  
Snow – we will snowshoe, cross country ski.  
No snow we hike.

*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, \$75.00 private-double occupancy, \$90.00 private-single occupancy, 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](http://hikevincent.wordpress.com) or contact Greg Vincent at 519-579-8210 or [vincent.greg@gmail.com](mailto:vincent.greg@gmail.com)

**For reservations call Carol Szymanik at 1-814-435-2163**

# Special Events Coming This Fall!

## Halton Forest Festival 2018

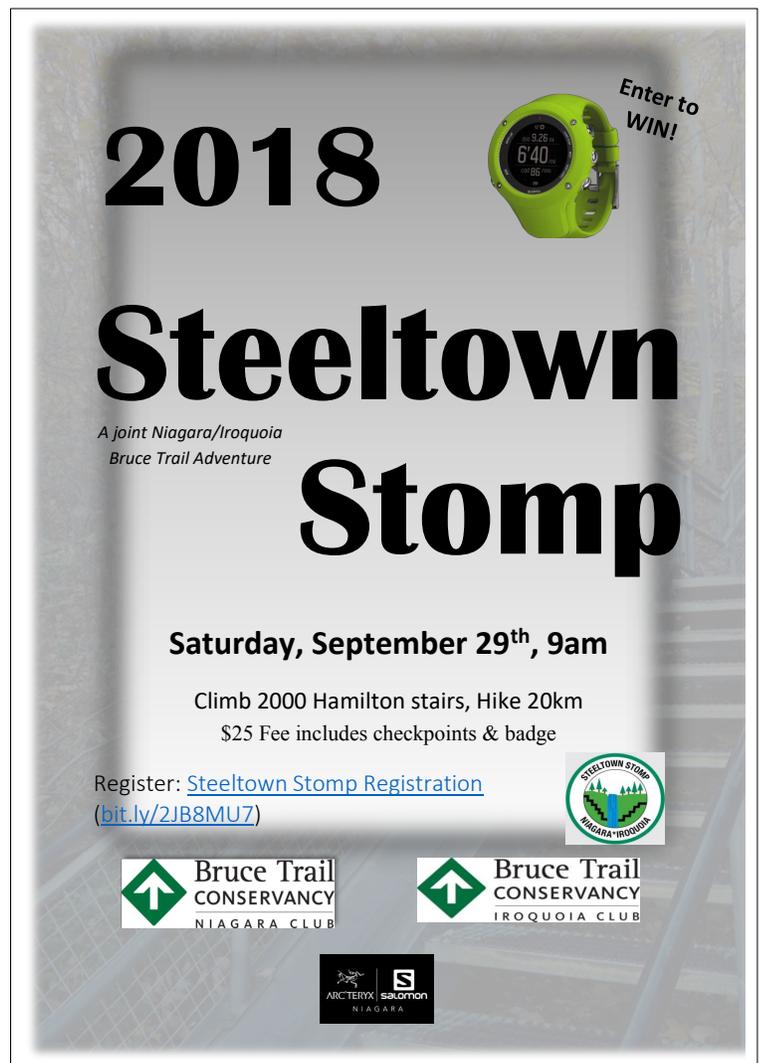
**Rattlesnake Point Conservation Area**  
(7200 Appleby Line, Milton)

**Hosted by:** Conservation Halton (<http://www.conservationhalton.ca/>)

**Date & Time:** Saturday, September 8, 2018,  
10:00 a.m. to 3:30 p.m. (Hikes will begin at  
11 am with following hikes departing as  
people gather.)

### Description:

All are welcome to join the Iroquoia Bruce Trail Club for a guided hike (approximately 30-40 minutes), where you will learn more about the beautiful landscape of Rattlesnake Point from a certified Hike Leader.



**2018**  Enter to WIN!

# Steeltown Stomp

A joint Niagara/Iroquoia  
Bruce Trail Adventure

## Saturday, September 29<sup>th</sup>, 9am

Climb 2000 Hamilton stairs, Hike 20km  
\$25 Fee includes checkpoints & badge

Register: [Steeltown Stomp Registration](#)  
([bit.ly/2JB8MU7](http://bit.ly/2JB8MU7))



# Bruce Trail Day 2018

Join us Sunday, September 30, 10:00 a.m. - 3:00 p.m.

## Hiking

Kids and adults are invited to join us for a guided hike along the Bruce Trail overlooking one of Burlington's most scenic parks. Walk through a hardwood forest and along the Niagara Escarpment while enjoying beautiful views overlooking Burlington and Lake Ontario.

## Conservation

This year's event will also include a conservation element; all are welcome to join in efforts to remove invasive species from targeted areas within the park.

## Directions

From QEW/ 403, exit at Brant Street and turn north, turn left onto North Service Road, turn right onto Kerns Road, drive up to the top of the escarpment to the new City View Park on the east side of Kerns Rd. From Highway #5 (Dundas St.) go south on Kerns Rd. to the most southerly entrance (second) on the east side of Kerns. Please note that we will be using the most southerly entrance to the park. This event is not suitable for persons with walking difficulties or for baby strollers. No pets please. We look forward to seeing you there!



# Iroquoia Club

## End to End

**October 13, 14 October 20, 21**

The annual Iroquoia Club End to End consists of four hikes over two weekends and will take place on October 13, 14 and October 20, 21, 2018. The section is approximately 122.5 km. long and each hike averages 30 km. This is a challenging, but richly rewarding series of hikes. All hikes will start between 7:45 and 8:00 am. at predetermined locations.

A bus will take all participants to the start of the hike. Checkpoint volunteers are stationed along the way with water and snacks. There is no leader - each hike will be completed independently, at your own pace. It is expected that participants will be able to finish by 5:00 pm.

The registration fee is \$50 (\$60 for non-BTC members) for all four hikes, or \$15 for a single 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.

First weekend (October 13, 14) meeting location is Mount Nemo Conservation Area (overflow parking area), 5317 Guelph Line, Milton, ON L9T 2X6. Check-in is 7:00 am. Buses leave at 7:30 am. Second weekend (October 20, 21) meeting location is Mohawk 4 Ice Centre, 710 Mountain Brow Blvd. Hamilton, ON L8T 5A9. Check-in is 7:00 am. Buses leave at 7:30 am.

© PARTICIPANTS MUST REGISTER AND PAY ONLINE THROUGH EVENTBRITE.CA.

© THERE WILL BE NO CHEQUES OR CASH ACCEPTED ON ANY DAY OF THE EVENT.

© TICKETS MUST BE PURCHASED IN THE NAME OF THE PARTICIPANT. REGISTRATION BEGINS JUNE 1, 2018 AND ENDS OCTOBER 3, 2018. PURCHASE TICKETS HERE

For more information visit Iroquoia End to End 2018 or email [iroquoiaevents@gmail.com](mailto:iroquoiaevents@gmail.com). After September 4 contact the organizer by phone at 905 331-7317.





**SAVE THE DATE**



**MORE DETAILS  
TO COME**



**TICKETS**

**\$20 Online**

**\$25 at the Door**



**LIVE MUSIC**

**SATURDAY NOVEMBER 17,  
2018**

**VILLAGE GREEN –  
A KINKS CONCERT  
FOR THE  
BRUCE TRAIL**

**Featuring – Matthew de Zoete & Guests**

Come out and enjoy an amazing evening of LIVE music in support of the Bruce Trail Conservancy. This is a FUNDRAISING concert for the Fisher’s Pond property. Talented local musician Matthew de Zoete & guests will RECREATE the entire KINKS album – the Village Green Preservation Society LIVE on stage.



**ROCK ON LOCKE  
CHURCH OF ST JOHN  
THE EVANGELIST**

320 Charlton Ave W.  
Hamilton ON L8P 2E7

8:00 pm

Doors OPEN at 7:00

November 17, 2018

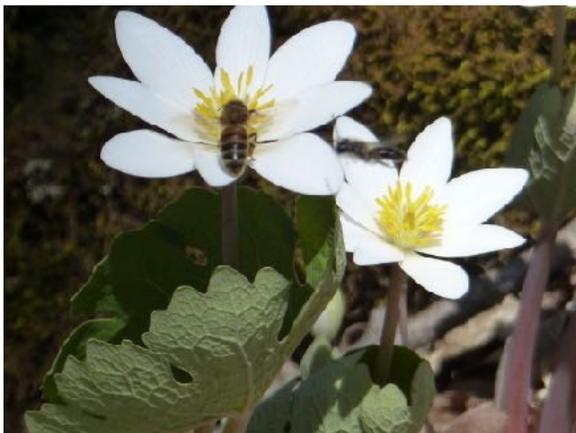
## New Volunteer Opportunity – Landowner Ambassador

Iroquoia has over 100 landowners spread over the 120 plus Km of our section. These people are vital to our continued enjoyment of the trail. It is impossible for me to get to know them all and maintain personal contact with each of them. The Beaver Valley club has successfully implemented a program of breaking their section down into smaller pieces (5 – 10 owners) (called Ambassador Land Groups) and choosing an ‘ambassador’ for each one.

The ambassador would ideally live in, or near, the section where their owners are located. They may be, or may have been, a trail captain in the area. They would introduce themselves, discuss any issues with the trail, make sure the owners are getting the newsletter, and deliver a calendar. The BTC is putting forward a major effort to secure more of the optimum route as soon as possible. The ambassador would also discuss options with the owners to help achieve this goal. They would also watch out for properties along the trail that are up for sale in case the BTC had interest in acquiring them.

If you became an ambassador you would be given training on the various roles, a map and a listing of the owners you were to be involved with. I would be available, along with the BTC staff, to provide support. This would not be a huge time commitment but a way to help secure the future of the Trail.

If you are interested, or have any questions, feel free to contact me at 905 690-9861 or [doug.yungblut@sympatico.ca](mailto:doug.yungblut@sympatico.ca) before September 15.



**(416) 445-2628**

[info@letshike.com](mailto:info@letshike.com) [www.letshike.com](http://www.letshike.com)

## NORTHERN LIGHTS NORWAY

**February 13 to 23, 2019**

A full itinerary of adventures like cross-country skiing, dog-sledding & snowmobiling plus Mother Nature's lightshow - the Aurora Borealis (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 some cultural exploration.  
**Part of the C.H.H. Adventure Collection.**

## THE CAMINO DE SANTIAGO, SPAIN

**April / May 2019**

The Camino de Santiago is an iconic trek covering some 800km across the north of Spain. Our journey encompasses the last 160km from O'Cebreiro to Santiago de Compostela, including many "extras" in order to make it a complete Galician experience. Thousands of pilgrims have walked before us, and it is time to add your footsteps to this famous trail.

## CANADIAN MARITIMES

**June 21 to July 3, 2019**

Hike & kayak the world's highest tides at the Hopewell Rocks in New Brunswick; meet Anne of Green Gables and build sandcastles in Prince Edward Island; celebrate Canada Day in Halifax, Nova Scotia.

Plus lots more activities from cycling to hiking, and you could conceivably eat lobster every day of this trip if you tried!

**Part of the C.H.H. Adventure Collection.**

## MACHU PICCHU, PERU

**September 13 to 25, 2019**

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!**  
**NO CAMPING – ALL ACCOMMODATIONS ARE IN HOTELS AND LODGES**

## ALSO AVAILABLE IN 2019

**IRELAND \* KENYA \* ICELAND \* JAPAN  
AND A NEW DESTINATION TO BE ANNOUNCED  
IN SEPTEMBER**

TICO # 50018498

**BTC ANNUAL MEETING COMING TO HAMILTON IN 2019**

The BTC Annual Meeting will be taking place at the beautiful and very historic Scottish Rite on September 20<sup>th</sup>, 21<sup>st</sup> and 22<sup>nd</sup> 2019 in Hamilton.

We will need items for our silent auction. These can be small or large items, one night stays at B & B's or lodges or could be some body offering a service. Artist may want to donate a piece of work (appraisal required for a tax receipt) – now is the time to think about it. **THE SKY IS THE LIMIT!!!**

A task oriented Organizing Committee is being formed along with sub-committees. We are looking for people who want to help out with the following:

- General help guiding workshop participants, setting up and registration on the day of the event.
- Silent Auction sub committee
- Workshop sub committee
- Hike leaders for Sunday hikes

If you have already given your name to help when you were at the Iroquoia AGM back in May, there is no



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ADVENTURE – CONNECT – EXPLORE with only 22 – 88 guests on their ships Un-Cruise Adventure takes you into the heart of the destination. Whether you are staring up at a towering glacier, taking in the splash of a waterfall or sitting around the campfire sharing tales or quietly watching flightless Cormorants in the Galapagos Islands your connection with nature will be memorable.

### COSTA RICA & PANAMÁ

**UNVEILED WONDERS—COSTA RICA & PANAMÁ CANAL**  
8 NIGHTS, SAN JOSÉ, COSTA RICA TO PANAMÁ CITY, PANAMÁ (\*or reverse)

**2019 Friday Departures**

<i>Safari Voyager</i>	MST	CMN	CPT	ADM	JCO	OWN	SGL	CHARTER
Jan 4 <sup>th</sup> , 11 <sup>th</sup> , 18 <sup>th</sup> , 25	\$4,795	\$5,395	\$5,795	\$6,495	\$7,195	\$8,395	\$7,195	\$358,095
Feb 1 <sup>st</sup> , 8, 15 <sup>th</sup> , 22								
Mar 1 <sup>st</sup> , 8 <sup>th</sup> , 15 <sup>th</sup> , 22, 29 <sup>th</sup>								
Apr 5, 12 <sup>th</sup>								

*all prices in US dollars*

### HAWAIIAN ISLANDS

**7 NIGHTS, MOLOKA'I TO HAWAII, THE BIG ISLAND (\*or reverse)**

**2019 Saturday Departures**

<i>Safari Explorer</i>	MST	CMN	CPT	ADM	COM	SGL	CHARTER
Jan 5 <sup>th</sup> , 12 <sup>th</sup>	\$4,695	\$5,095	\$5,645	\$6,445	\$7,795	\$5,645	\$191,675
Jan 19, 26 <sup>th</sup>	\$4,995	\$5,395	\$5,895	\$6,695	\$7,895	\$5,895	\$200,925
Feb 2, 9 <sup>th</sup> , 16, 23 <sup>rd</sup>							
Mar 2, 9 <sup>th</sup> , 16, 23 <sup>rd</sup> , 30							
Apr 6 <sup>th</sup>							

*all prices in US dollars*

### COLUMBIA & SNAKE RIVERS

**RIVERS OF ADVENTURE**  
7 NIGHTS, PORTLAND, OR TO CLARKSTON, WA (\*or reverse)

**2019 Saturday Departures**

<i>S.S. Legacy</i>	MST	CMN	CPT	ADM	JCO	OWN	SGL	CHARTER
Sep 7, 14 <sup>th</sup> , 21, 28 <sup>th</sup>	\$5,195	\$5,495	\$5,895	\$6,445	\$6,995	\$9,395	\$6,755	\$498,595
Oct 5, 12 <sup>th</sup> , 19, 26 <sup>th</sup>								

*all prices in US dollars*

### MEXICO'S SEA OF CORTÉS

**BAJA'S BOUNTY**  
7 NIGHTS, ROUNDTRIP SAN JOSÉ DEL CABO, BAJA CALIFORNIA SUR

**2019 Saturday Departures**

<i>Safari Endeavour</i>	MST	CMN	CPT	ADM	COM	SGL	CHARTER
Jan 5 <sup>th</sup> , 12 <sup>th</sup> , 19, 26 <sup>th</sup>	\$3,795	\$4,195	\$4,695	\$5,195	\$6,995	\$5,195	\$388,795
Feb 2 <sup>nd</sup> , 9 <sup>th</sup> , 16, 23 <sup>rd</sup>							
Mar 2, 9, 16, 23 <sup>rd</sup>							

*all prices in US dollars*

### RIVERS OF WINE & CULINARY

7 NIGHTS, ROUNDTRIP PORTLAND, OR

**2019 Saturday Departures**

<i>S.S. Legacy</i>	MST	CMN	CPT	ADM	JCO	OWN	SGL	CHARTER
Nov 2, 9, 16, 23, 30	\$4,195	\$4,445	\$4,945	\$5,445	\$5,945	\$8,195	\$5,455	\$409,795
Dec 7								

*all prices in US dollars*

### GALÁPAGOS

**DARWIN'S DISCOVERIES—THE GALÁPAGOS ISLANDS**  
7 NIGHTS, ROUNDTRIP GUAYAQUIL, ECUADOR

**2019 Thursday Departures**

<i>La Pinta</i>	CPT	ADM
Apr 4; May 30; Jun 27; Jul 25; Aug 8; Oct 17	\$8,345	\$8,795

*all prices in US dollars*

**Book an UnCruise Adventure cruise before Dec 31/18 and Cruisenet will donate \$100 per person to the Bruce Trail Conservancy.**

CALL 905-829-0111 OR 800-387-2055

TO RESERVE YOUR PLACE ON ONE OF THESE EXTRAORDINARY ADVENTURES

CRUISENET TOURS & TRAVEL INC 302-2904 South Sheridan Way,  
Oakville On L6J 7L7 Ont Reg 4146882



# IROQUOIA **FALL** 2018 HIKE LIST

- **Be sure to make a habit of checking out the Iroquoia Bruce Trail Club [Website](#), [Facebook](#) or [Twitter](#) for information pertaining to corrections, missed or added hikes (Pop-Up Hikes) to the schedule.**
- 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:**

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## Pace /Speed of hike

**Leisurely** ..... 3 km/hr or less

**Medium**..... 3 - 4 km/hr

**Brisk**..... 4 - 5 km/hr

**Fast**..... 5 km/hr +

## Difficulty of terrain:

Mostly flat and usually good footing..... **EASY**

Some hills and/or and poor footing..... **MODERATE**

Hilly with steep climbs and some poor footing..... **STRENUOUS**

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**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!

## September Hikes

### Sunday September 2, 2018

East Hamilton Escarpment and Red Hill Valley, Map 7  
This 8 km loop hike will take approximately 2 hours and is at a brisk pace over moderate terrain.

Depart: 9:00 am Parking area on Mountain Brow Blvd, just north of km 27.2, via the Redhill Creek Side Trail and Mohawk Side Trail, GPS Coordinates: 43.211737, -79.815689. Directions: The parking area is located on Mountain Brow Blvd, between the end of Mohawk Rd East and the Mohawk 4 Ice Centre (710 Mountain Brow Blvd)

Hike Description: A loop hike using the main trail, side trails, Escarpment Rail Trail, and other trails in the Red Hill Valley. Brisk pace: about 8 km in 2 hours

Hike Leader: Douglas Boyce [dboyce004@gmail.com](mailto:dboyce004@gmail.com)  
905-928-4509

### Monday September 3, 2018

Hamilton Radial Trail, Map 8

This 10 km loop hike will take approximately 2.5 hours and is at a medium pace over moderate terrain.

Depart: 9:30 am In the parking lot of the Chedoke Golf Club in Hamilton Hike Leader: Daljeet Juneja  
[ds.juneja@gmail.com](mailto:ds.juneja@gmail.com) 905-870-3088

### Tuesday September 4, 2018

#### Not-the-Bruce Trail Hikes

Grimsby, Map 5

This 7 km loop hike will take approximately 2 hours and is at a medium pace over moderate terrain.

There will be a refreshment/pub stop afterwards.

Depart: 7:00 pm The shoulder of Old Hwy. 8 where it is joined by Casablanca Blvd. Directions: A less busy way than the QEW (frequently at a stand-still at this time of day) is to take Queenston Rd. from east Hamilton Hamilton all the way to the corner of Casablanca Blvd. Queenston Rd. is the Old Hwy. 8. When you reach Casablanca, park on the shoulder.

Hike Description: Only a small part of this hike is on the Bruce Trail and the only strenuous part is the Adam Dopko Trail leading up to it. Apart from that, it's easy terrain. Beautiful views of Lake Ontario from escarpment lookouts.

Hike Leader: Richard Reble [reblerichard@gmail.com](mailto:reblerichard@gmail.com)  
905-945-0536 any day before 9:00 pm

### Wednesday September 5, 2018

Campbellville, Agreement Forest

This 12 km "there and back" hike will take approximately 4 hours and is at a medium pace over moderate terrain.

Depart: 9:00 am 9475 Guelph Line, Milton (north of Campbellville) GPS Coordinates: 43.499129, -79.999142  
Directions: Copy and paste the GPS coordinates into a google search bar, hit Enter, click on Maps, then Directions. Enter your home address and you will get personalized turn-by-turn directions that you can print or send to your phone. Please email Louise at least 24 hours before the hike to register.

Hike Leader: Louise Langlais [langlaislouise@gmail.com](mailto:langlaislouise@gmail.com)  
5192224040

### Wednesday September 5, 2018

#### 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.

Directions: Meet at 7:00pm at the corner of Mohawk and Upper Paradise in the Westcliffe Mall parking lot (near Food Basics). We will continue hiking sections of the Bruce Trail as long as daylight permits. Then we will hike the streets and rail trails that are lit. Then we will have Halloween and Christmas Light displays to view!  
Hike is cancelled if there is heavy rain. Medium Pace and Moderate Terrain

Hike Leader: Paul Lewis – (905) 331-8600 or email:  
[outdooractive@hotmail.com](mailto:outdooractive@hotmail.com)

### Thursday September 6, 2018

Greenville

This 11 km loop hike will take approximately 3 hours and is at a medium pace over moderate terrain.

Depart: 10:00 am Meet at Bullocks Park on Highway 8 in Greenville. Directions: Bullocks Park is across from Christ Church in Greenville. Just past the corner of Highway 8 and Brock Rd. Coming from Dundas, the park is on the left.

Hike Description: Loop from Greenville Optimist trail through Christie Conservation area.

Hike Leader: Lorraine Sherred [l3hiking13@gmail.com](mailto:l3hiking13@gmail.com)  
email please

### Thursday September 6, 2018

#### Grimsby's Back Forty Hike

Twenty Mile Creek, Map 4 This 7 km loop hike will take approximately 2 hours and is at a medium pace over moderate terrain.

There will be a refreshment/pub stop afterwards.

Depart: 7:00 pm We meet on Hwy. 8 (King St.) in Jordan Hollow in the parking lot across the road from Boo's (formerly Butterball's).

Directions: Take QEW to Victoria Ave. exit. Turn south on Victoria to King St. in Vineland. Turn left on King and drive about 2 km to Boo's at the bottom of a wooded hollow. Turn left into the public parking lot.

Hike Description: This lovely hike takes us up the Twenty Gorge to two falls: Ball's Falls and Upper Balls Falls. Pub stop, optional, will be at Jordan House.

Hike Leader: Richard Reble [reblerichard@gmail.com](mailto:reblerichard@gmail.com)  
905-945-0536 Any day before 9:00 pm

### Friday September 7, 2018

Burlington Waterfront 2 hours

Depart: Meet at 7:30 pm. Directions: in the Lakeshore Road parking lot just east of the Waterfront Centre and restaurant. Description: This will be a brisk walk along Lake Ontario, to the canal and back. Hike will be cancelled in poor weather. Pace - brisk. Terrain - easy.

Hike Leader: Lorne Carruthers 905- 315-8762 or email:  
[Lcarruthers@hotmail.com](mailto:Lcarruthers@hotmail.com)

### Saturday September 8, 2018 Toronto Section

Speyside, Map 12

This 7 km loop hike will take approximately 2.5 hours and is at a medium pace over moderate terrain.

Depart: 9:30 am End of 17 Side Road off Hwy 25, north of Milton GPS Coordinates: 43.593157, -79.980129

Directions: From the 401 at Milton (Hwy 25), go north toward Acton for nine (9) kms and turn RIGHT onto 17 Side Road. Park at the end of the road.

Hike Description: This series of 3 loops is a combination of relaxing footpaths and challenging rocky trails and is best hiked in early spring or fall (mosquitoes can be really bad in late spring/summer). We'll hike a combination of main and side trails. Please wear hiking boots. Pre-register for the hike with the hike leader.

Hike Leader: Karen Bergmann

[karen.bergmann92@gmail.com](mailto:karen.bergmann92@gmail.com) 289-242-1110

### Monday September 10, 2018

#### Peninsula end-to-end: Hike # 2

Crooked Toe Rd. to Hope Bay , Map 36, 37

This 20 km shuttle hike will take approximately 5 hours and is at a medium pace over moderate terrain. There will be a refreshment/pub stop afterwards.

Depart: 9:00 am Public parking lot across the road from the beach in Hope Bay at Km 43.9

Hike Description: We'll descend the escarpment to Sydney Bay then climb the escarpment and cut across the bluff to Hope Bay. There'll be many beautiful views of the water. Please pre-register with the leader by e-mail on the Saturday preceding the hike, not before or after.

Hike Leader: Richard Reble [reblerichard@gmail.com](mailto:reblerichard@gmail.com)

9059450536 Any day before 9:00 pm

### Monday September 10, 2018

Kelso Conservation Area, Map 11

This 15 km loop hike will take approximately 5 hours and is at a brisk pace over moderate terrain.

Depart: 9:00 am Depart from Kelso Conservation Area south access parking lot at the corner of Steeles Avenue and Bell School Line GPS Coord: 43.496274/79.922831

Hike Description: The hike loops through Kelso along the main Bruce Trail, blue side trail and Kelso hiking trails.

We will take the Steeles Avenue Side Trail which connects with the main trail at 116.6 km.

Hike Leader: Cynthia Archer [archercynthiab@gmail.com](mailto:archercynthiab@gmail.com)

416 573 4236

### Monday September 10, 2018

Hamilton Radial Trail, Map 8

This 10 km loop hike will take approximately 2.5 hours and is at a medium pace over moderate terrain.

Depart: 9:30 am In the parking lot of the Chedoke Golf Club in Hamilton. Hike Leader: Daljeet Juneja

[ds.juneja@gmail.com](mailto:ds.juneja@gmail.com) 905-870-3088

### Monday September 10, 2018

Kerncliffe Park Burlington

This 6 km loop hike will take approximately 1.5 hours and is at a medium pace over moderate terrain.

Depart: 7:00 pm Kerncliffe Park (old quarry) parking lot on Kerns Road, Burlington

Directions: Take Brant Street north, left on North Service Road to Kerns Road. Go North on Kerns Road to below the escarpment. Parking lot entrance is on your right.

Please be aware that you no longer can come south on Kerns Road from Dundas Street

Hike Description: Hike sections of the Bruce Trail and side trails while still light and hike fields and old quarry boardwalk as it gets dark. Hike cancelled in heavy rain.

Hike Leader: Paul Lewis [outdooractive@hotmail.com](mailto:outdooractive@hotmail.com)

905-331-8600 Please email since I check more often

### Tuesday September 11, 2018

#### Peninsula end-to-end: Hike # 3

Hope Bay to Barrow Bay, Map 37, 38

This 23 km shuttle hike will take approximately 5.5 hours and is at a medium pace over moderate terrain. There will be a refreshment/pub stop afterwards. Depart: 9:00 am A small parking lot across the road from what used to be a general store in Barrow bay. See Km 67.2

Hike Description: Part of this hike is along the escarpment edge, part below the escarpment beside the water, and part on road. Bring running shoes to change into for the road portion. Please pre-register with the leader by e-mail on the Saturday preceding the hike, not before or after.

Hike Leader: Richard Reble [reblerichard@gmail.com](mailto:reblerichard@gmail.com)

9059450536 any day before 9:00 pm

### Wednesday September 12, 2018.

#### Hikers R Us

Hilton Falls, Map 11

This 12 to 14 km hike will take approximately 4 hours and is at a medium pace over moderate terrain. There will be a refreshment/pub stop afterwards. Depart 9:00 a.m.

Meet in the parking lot at Hilton Falls. CA fees apply.

Directions: Hilton Falls C. A. is north of the 401 off

Campbellville Road east of Guelph Line.

We will hike the trails of the conservation area and parts of the Bruce Trail. Please email Louise at least 24 hours before the hike to register.

Hike Leader: Louise Langlais [langlaislouise@gmail.com](mailto:langlaislouise@gmail.com)

5192224040

### Wednesday September 12, 2018

#### Good Companions

Greensville/Christie Lake

This 8 km "there and back" hike will take approximately 3 hours and is at a leisurely pace over easy terrain.

Depart: 9:30 am Greensville Optimist Park on Brock Road in Greensville at Bullocks Corners.

GPS Coordinates:43.277075/-79.987428. Directions:

Take HWY 8 north from Dundas OR take Brock Rd. south from HWY 5. The car park is on the east side right at the intersection of HWY 8 and Brock Rd.

Hike Description: We will hike from Greensville along the beautiful Spencer's Creek towards Christie Lake (Spencer's Adventure). Conditions will determine turnaround point.

Hike Leader: Mary Rose [termarintl@cogeco.ca](mailto:termarintl@cogeco.ca)

905-637-2918 Text, phone or email

### Wednesday September 12, 2018

#### 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. Directions: Meet at 7:00pm at the corner of Mohawk and Upper Paradise in the Westcliffe Mall parking lot (near Food Basics). We will continue hiking sections of the Bruce Trail as long as daylight permits.

Then we will hike the streets and rail trails that are lit.

Then we will have Halloween and Christmas Light displays to view! Hike is cancelled if there is heavy rain.

Medium Pace and Moderate Terrain

Hike Leader: Paul Lewis – (905) 331-8600 or email:

[outdooractive@hotmail.com](mailto:outdooractive@hotmail.com)

## Thursday September 13, 2018

Mt. Nemo 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.

Depart: 9:30 am Meet at the back of Kilbride Public School (by tennis courts). From there we will shuttle to the bottom parking lot of Mt. Nemo CA (Walker's Line and No 2 Side Rd. by cemetery) Directions: Kilbride Public

School is located at 6611 Panton St. (just off Kilbride St.) Hike Description: We will follow main BT up escarpment into Mt. Nemo CA (for lovely views of the countryside) and out along rural roads. We will continue on into lush Bronte Creek/Cedar Springs Valley. We will finish our hike climbing a strenuous stretch out of the valley and into the village of Kilbride. Upon completion of the hike, driver(s) will be 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](mailto:jsmith62@cogeco.ca)  
905-332-7254 Hike morning use cell (905-749-0914)

## Thursday September 13, 2018 Grimsby Back Forty Hike

Quarry Rd. Map 4

This 7 km loop hike will take approximately 2 hours and is at a medium pace over moderate terrain. There will be a refreshment/pub stop afterwards.

Depart: 7:00 pm Meet on Quarry Rd. at the trail crossing. See Km 65.0

Directions: Take Quarry Rd. south from its intersection with Hwy. 8 (King St.) about 2 km east of Beamsville. Follow Quarry Rd. to the widening of the shoulder at the top of the escarpment on your right and park.

Hike Description: The escarpment to the east of Quarry Rd. offers a maze of trails. After the hike we can do ice cream or a cold beer at Conversations in Beamsville.

Hike Leader: Richard Reble [reblerichard@gmail.com](mailto:reblerichard@gmail.com)  
905-945-0536 Any day before 9:00 pm

## Friday September 14, 2018

Burlington Waterfront 2 hours

Depart: Meet at 7:30 pm. Directions: in the Lakeshore Road parking lot just east of the Waterfront Centre and restaurant. Description: This will be a brisk walk along Lake Ontario, to the canal and back. Hike will be cancelled in poor weather. Pace - brisk. Terrain - easy.

Hike Leader: Lorne Carruthers 905- 315-8762 or email:  
[l.carruthers@hotmail.com](mailto:l.carruthers@hotmail.com)

## Sunday September 16, 2018

East Hamilton Escarpment and Red Hill Valley, Map 7

This 8 km loop hike will take approximately 2 hours and is at a brisk pace over moderate terrain.

Depart: 9:00 am Parking area on Mountain Brow Blvd, just north of km 27.2, via the Redhill Creek Side Trail and Mohawk Side Trail

GPS Coordinates: 43.211737, -79.815689

Directions: The parking area is located on Mountain Brow Blvd, between the end of Mohawk Rd East and the Mohawk 4 Ice Centre (710 Mountain Brow Blvd)

Hike Description: A loop hike using the main trail, side trails, Escarpment Rail Trail, and other trails in the Red Hill Valley. Brisk pace: about 8 km in 2 hours

Hike Leader: Douglas Boyce [dboyce004@gmail.com](mailto:dboyce004@gmail.com)  
905-928-4509

## Monday September 17, 2018

Hamilton Radial Trail, Map 8

This 10 km loop hike will take approximately 2.5 hours and is at a medium pace over moderate terrain.

Depart: 9:30 am In the parking lot of the Chedoke Golf Club in Hamilton. Hike Leader: Daljeet Juneja  
[ds.juneja@gmail.com](mailto:ds.juneja@gmail.com) 905-870-3088

## Tuesday September 18, 2018

### Not-the-Bruce Trail Hikes

Dundas Conservation Area, Map 8

This 7 km shuttle hike will take approximately 2 hours and is at a medium pace over moderate terrain. There will be a refreshment/pub stop afterwards.

Depart: 7:00 pm Corner of Newcombe and Davidson in Dundas next to the Davidson Blvd access trail. See Km 55.1 Directions: Take Governor's Rd. west from Dundas to Pirie Dr. which is the last street on the right before the entrance to the conservation area. Turn right on Pirie, then left on Newcombe. Follow Newcombe towards the escarpment and park at the curb when you reach Davidson. Hike Description: A delightful walk on a bit of the Bruce but mostly on groomed trails of Dundas Valley Conservation Area.

Hike Leader: Richard Reble [reblerichard@gmail.com](mailto:reblerichard@gmail.com)  
9059450536 Any day before 9:00 pm

## Wednesday September 19, 2018 Niagara Section

St Catharines, Map 2

This 17 km "there and back" hike will take approx 5 hours and is at a brisk pace over moderate terrain.

Depart: 9:00 am Depart from Sobey's parking lot on the north east corner of Glendale Avenue and Mountain Street in St. Catharines. We will connect to the main trail at 21.9 km. Hike Description: The hike loops takes us along three generations of canals to picnic at Woodend Conservation Area. Hike Leader: Cynthia Archer

[archercynthia@gmail.com](mailto:archercynthia@gmail.com) 416 573 4236

## Wednesday September 19, 2018

### 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. Directions: Meet at 7:00pm at the corner of Mohawk and Upper Paradise in the Westcliffe Mall parking lot (near Food Basics). We will continue hiking sections of the Bruce Trail as long as daylight permits.

Then we will hike the streets and rail trails that are lit. Then we will have Halloween and Christmas Light displays to view! Hike is cancelled if there is heavy rain.

Medium Pace and Moderate Terrain

Hike Leader: Paul Lewis – (905) 331-8600 or email:  
[outdooractive@hotmail.com](mailto:outdooractive@hotmail.com)

## Wednesday September 19, 2018

### Good Companions

Dundas Valley CA/Sanctuary Park, Map 8

This 8 km loop hike will take approximately 2.5 hours and is at a leisurely pace over easy terrain.

Depart: 10:00 am Sanctuary Park in Dundas GPS Coordinates: 43.254210/-79.968885

Directions: From Old Ancaster Rd. turn right on Pleasant Ave. and follow it along to Sanctuary Drive. Turn right on Sanctuary Drive. The parking lot is at the end of the street.

Hike Description: We will walk from Sanctuary Park along various trails including Spring Creek Trail. Some hills.

Hike Leader: Stella Parr [scparr@yahoo.ca](mailto:scparr@yahoo.ca) 905-628-6436

### Thursday September 20, 2018

Joshua Creek, Oakville

This 12 km loop hike will take approximately 4 hours and is at a medium pace over moderate terrain.

Depart: 9:30 am Oakville Town Hall.

Directions: Oakville Town Hall is at 1225 Trafalgar Rd. just north of the QEW (entrance is off White Oaks Blvd.)

Hike Description: We shall do a loop hike from the Town Hall along Joshua Creek. Bring water, snack, and bugspray. After the hike, if you choose lunch could be a Oakville Place. Please confirm attendance by Wed. evening  
Hike Leader: Norman Young [mny176@outlook.com](mailto:mny176@outlook.com) 905 845 0939 Cell 905 330 6605

### Thursday September 20, 2018

#### Grimsby Back Forty Hike

Grimsby, Map 5

This 7 km loop hike will take approximately 2 hours and is at a medium pace over moderate terrain.

Depart: 7:00 pm Meet at the Lion's Club Outdoor Pool on Elm St. in Grimsby.

Directions: Take the QEW to the Christie St. exit in Grimsby. Turn right on Christie and drive to Elm, one block past the main downtown intersection. Turn right and go a half block to the driveway to the pool on your right.

Hike Description: Our route will include a bit of the Bruce Trail both east and west of Mountain Rd. and Beamer's Falls Conservation Area. After the hike we can do the Judge and Jester in downtown Grimsby.

Hike Leader: Richard Reble [reblerichard@gmail.com](mailto:reblerichard@gmail.com)  
905-945-0536 Any day before 9:00 pm

### Friday September 21, 2018

#### Peninsula Section, Tobermory

This 10 km "there and back" hike will take approximately 5 hours and is at a leisurely pace over moderate terrain.

Depart: 6:00 pm Tobermory. Directions: Top of the Bruce Peninsula

Hike Description: An end of summer weekend in Tobermory with a visit to Flower Pot Island and walking in the Bruce Peninsula National Park. We arrive in Tobermory 21 Sept. and stay and have our meals at a comfortable hotel overlooking Little Tub Harbour. The walks will not be fast, lots to see and photograph. More information Greg Vincent 519.579.8210

[vincent.greg@gmail.com](mailto:vincent.greg@gmail.com). [hikevincent.wordpress.com](http://hikevincent.wordpress.com)

Pre-register for the hike with the hike leader.

contact Greg Vincent 519.579.8210

[vincent.greg@gmail.com](mailto:vincent.greg@gmail.com) [hikevincent.wordpress.com](http://hikevincent.wordpress.com)

Hike Leader: Greg Vincent [vincent.greg@gmail.com](mailto:vincent.greg@gmail.com) 519.579-8210 M-T 7-9pm

### Friday September 21, 2018

Burlington Waterfront 2 hours

Depart: Meet at 7:30 pm. Directions: in the Lakeshore Road parking lot just east of the Waterfront Centre and restaurant. Description: This will be a brisk walk along Lake Ontario, to the canal and back. Hike will be cancelled in poor weather. Pace - brisk. Terrain - easy.

Hike Leader: Lorne Carruthers 905- 315-8762 or email:

[l.carruthers@hotmail.com](mailto:l.carruthers@hotmail.com)

### Sunday September 23, 2018

#### Junior Hiker

Rattlesnake Point Conservation Area, Map 11

This less than 5 km "there and back" hike will take approximately 3 hours and is at a leisurely pace over easy terrain. There is a dropout point after 5 km.

Depart: 10:00 am Meet in the upper parking lot of Rattlesnake Conservation Area, located on the west side of Appleby Line. Follow the road all the way around to the upper parking lot.

Directions: Take Appleby Line north of Derry Road to the top of the twisty, twiney road. Rattlesnake is located on the west side of Appleby Line and is easy to miss.

Hike Description: This hike is designed for children 13 and under who are interested in earning the Fall badge, part of the series taking in all four seasons. It is on easy terrain at a leisurely pace. We will get good views over the Nassagaweya Canyon over to Crawford Lake Conservation Area. Bring water and a picnic lunch to enjoy after the hike is finished. Wear appropriate footwear. Parking fee or conservation area pass required.

Pre-register for the hike with the hike leader.

Hike Leader: Anne Armstrong [hikinggrandma@gmail.com](mailto:hikinggrandma@gmail.com)  
905 337 3937/Cell 905 617 3937

### Monday September 24, 2018

Hamilton Radial Trail, Map 8

This 10 km loop hike will take approximately 2.5 hours and is at a medium pace over moderate terrain.

Depart: 9:30 am In the parking lot of the Chedoke Golf Club in Hamilton. Hike Leader: Daljeet Juneja [ds.juneja@gmail.com](mailto:ds.juneja@gmail.com) 905-870-3088

### Monday September 24, 2018 Toronto Section

Oakville, Scotsdale Farm

This 12 km loop hike will take approximately 4 hours and is at a medium pace over moderate terrain.

Depart: 9:00 am Scotsdale Farm, 13807 Trafalgar Rd N, Halton Hills, GPS Coordinates: 43.687834, -79.990371

Directions: Copy and paste the GPS coordinates into a google search bar, hit Enter, click on Maps, then

Directions. Enter your home address and you will get personalized turn-by-turn directions that you can print or send to your phone. Please email Louise at least 24 hours before the hike to register. Hike Leader: Louise Langlais [langlaislouise@gmail.com](mailto:langlaislouise@gmail.com) 5192224040

### Monday, September 24, 2018 Toronto Section

Halton Hills, Scotsdale Farm

This 12 km loop hike will take approximately 4 hours and is at a medium pace over moderate terrain.

Depart: 9:00 am Scotsdale Farm, 13807 Trafalgar Rd N, Halton Hills. GPS Coordinates: 43.687834, -79.990371

Directions: Copy and paste the GPS coordinates into a google search bar, hit Enter, click on Maps, then

Directions. Enter your home address and you will get personalized turn-by-turn directions that you can print or send to your phone.

Please email Louise at least 24 hours before the hike to register. Hike Leader: Louise Langlais

[langlaislouise@gmail.com](mailto:langlaislouise@gmail.com) 519-222-4040

## Monday September 24, 2018 Peninsula end-to-end: Hike # 4

Bay to north end of Whippoorwill Bay, Map 38  
This 20 km shuttle hike will take approximately 5 hours and is at a medium pace over moderate terrain. There will be a refreshment/pub stop afterwards.  
Depart: 9:00 am We meet in a limestone bedrock parking lot at the south end of Forty Hills Rd. at Km 87.0  
Hike Description: The loop around Lion's Head Provincial Nature Reserve is a cliff-top adventure not to be missed. It is considered to be one of the best hikes in the world. We finish the hike on road so bring running shoes to change into. Please pre-register with the leader by e-mail on the Saturday preceding the hike, not before or after.  
Hike Leader: Richard Reble [reblerichard@gmail.com](mailto:reblerichard@gmail.com)  
9059450536 Any day before 9:00 pm

## Tuesday September 25, 2018 Peninsula end-to-end: Hike # 5

Isthmus Bay Rd. to Map 39  
This 19 km shuttle hike will take approximately 4.5 hours and is at a medium pace over moderate terrain. There will be a refreshment/pub stop afterwards.  
Depart: 9:30 am We meet on road at the south end of Otter Lake Side Trail at Km 106.0  
Directions: At the time you pre-register by e-mail with the leader, the directions will be sent to you.  
Hike Description: Most of this hike follows the edge of Georgian Bay along the top of the escarpment.  
Please pre-register by e-mail with the leader on the Saturday before the hike, not before or after.  
Hike Leader: Richard Reble [reblerichard@gmail.com](mailto:reblerichard@gmail.com)  
9059450536 Any day before 9:00 pm

## Wednesday September 26, 2018 Hikers R Us

Erindale Park  
This 14 km loop hike will take approximately 4.5 hours and is at a medium pace over moderate terrain. There will be a refreshment/pub stop afterwards.  
Depart: 9:00 am Meet at the park at 1695 Dundas Street West, Mississauga which is just east of Mississauga Road.  
Hike Description: We will follow the trails of Erindale Park along the Credit River. An easy hike with one more difficult spot.  
Please register with hike leader by Tuesday evening  
Hike Leader: Norman Young [mny176@outlook.com](mailto:mny176@outlook.com)  
[stewchar01@gmail.com](mailto:stewchar01@gmail.com) 905 845 0939 cell 905-330-6605

## Wednesday September 26, 2018 Good Companions

Halton agreement Forest  
This 8 km "there and back" hike will take approximately 2 hours and is at a leisurely pace over easy terrain. There will be a refreshment/pub stop afterwards.  
Depart: 10:00 am Meet in the small parking lot off of Fourth Line Nassagaweya. There is overflow parking along the road. Directions: Take Guelph Line north to above Highway 401 to Sideroad 10. Turn right (east) and follow to a sharp left turn. You are now on Fourth Line Nassagaweya. The parking lot is on your right.  
Hike Description: This is a leisurely hike through the Halton Agreement Forest. The Fall colours should be at their best or close to it.  
Hike Leader: Anne Armstrong [hikinggrandma@gmail.com](mailto:hikinggrandma@gmail.com)  
905 337 3937/Cell 905 617 3937

## Wednesday September 26, 2018 I 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.  
Directions: Meet at 7:00pm at the corner of Mohawk and Upper Paradise in the Westcliffe Mall parking lot (near Food Basics). We will continue hiking sections of the Bruce Trail as long as daylight permits. Then we will hike the streets and rail trails that are lit. Then we will have Halloween and Christmas Light displays to view!  
Hike is cancelled if there is heavy rain. Medium Pace and Moderate Terrain  
Hike Leader: Paul Lewis – (905) 331-8600 or email: [outdooractive@hotmail.com](mailto:outdooractive@hotmail.com)

## Thursday September 27, 2018

Oakville  
This 12 km loop hike will take approximately 3.5 hours and is at a medium pace over moderate terrain.  
Depart: 9:30 am., Oakville Town Hall at 1225 Trafalgar Rd just north of the QEW (entrance is off White Oaks Blvd.)  
Hike Description: We shall do a loop hike from the Oakville Town Hall westward. Bring water, snack, bugspray and perhaps lunch. If you choose, lunch could be at Oakville Place.  
Please confirm attendance by Wed. evening.  
Hike Leader: Norman Young [mny@outlook.com](mailto:mny@outlook.com) 905 845 0939 Cell 905 330 6605

## Thursday September 27, 2018 Grimsby Back Forty Hike

Grimsby, Map 5  
This 7 km loop hike will take approximately 2 hours and is at a medium pace over strenuous terrain.  
There will be a refreshment/pub stop afterwards.  
Depart: 7:00 pm We meet at the south end of Casablanca in Grimsby at the bottom of the escarpment.  
Directions: Take the QEW to the Casablanca exit in Grimsby. Exit onto Casablanca and drive south to its end at the intersection of Casablanca with Hwy. 8. Park on the south shoulder of Hwy. 8.  
Hike Description: The first part of the hike is a demanding ascent of the escarpment in Woolverton Conservation Area. The views from the top are worth it.  
Hike Leader: Richard Reble [reblerichard@gmail.com](mailto:reblerichard@gmail.com)  
905-945-0536 Any day before 9:00 pm

## Friday September 28, 2018

Burlington Waterfront 2 hours  
Depart: Meet at 7:30 pm. Directions: in the Lakeshore Road parking lot just east of the Waterfront Centre and restaurant. Description: This will be a brisk walk along Lake Ontario, to the canal and back. Hike will be cancelled in poor weather. Pace - brisk. Terrain - easy.  
Hike Leader: Lorne Carruthers 905- 315-8762 or email: [Lcarruthers@hotmail.com](mailto:Lcarruthers@hotmail.com)

## Sunday September 30, 2018

East Hamilton Escarpment and Red Hill Valley, Map 7  
This 8 km loop hike will take approximately 2 hours and is at a brisk pace over moderate terrain.

Depart: 9:00 am Parking area on Mountain Brow Blvd, just north of km 27.2, via the Redhill Creek Side Trail and Mohawk Side Trail

GPS Coordinates: 43.211737, -79.815689 Directions: The parking area is located on Mountain Brow Blvd, between the end of Mohawk Rd East and the Mohawk 4 Ice Centre (710 Mountain Brow Blvd)

Hike Description: A loop hike using the main trail, side trails, Escarpment Rail Trail, and other trails in the Red Hill Valley. Brisk pace: about 8 km in 2 hours

Hike Leader: Douglas Boyce [dboyce004@gmail.com](mailto:dboyce004@gmail.com)  
905-928-4509

## Sunday September 30, 2018

Rockwood Park

This 8 km loop hike will take approx 3 hours and is at a medium pace over moderate terrain. There is a dropout point after 5 km.

Depart: 1:00 pm Parking lot at Rockwood Park, GPS Coordinates: 43.6118128, -80.1456499

Directions: East of Rockwood Ontario on Hwy 7

Hike Description: Towering limestone cliffs, caves and glacial pot holes are a few of the natural wonders of Rockwood. We will view them on hiking trails on both sides of the Eramosa River to form a loop. A swimming beach and rental watercraft are available after the hike.

Entrance fee Adults \$7.00 & Seniors \$5.50.

Hike Leader: Greg Vincent [vincent.greg@gmail.com](mailto:vincent.greg@gmail.com)  
519.579.8210 M-T 7-9pm

## October Hikes

### Monday October 1, 2018

Dundas Valley CA, Map 8

This 15 km loop hike will take approximately 4.5 hours and is at a medium pace over moderate terrain. There will be a refreshment/pub stop afterwards.

Depart: 9:00 am Depart 9:30am from Dundas Valley parking lot by Trail Centre. Dundas Valley Conservation

Area main entrance of Governors Rd, Dundas

Hike Description: Begin at the Trail Centre to the Main Loop to the Headwaters Trail and back

Hike Leader: Steven White [stevenwhite901@gmail.com](mailto:stevenwhite901@gmail.com)  
289-242-9415

### Monday October 1, 2018

Hamilton Radial Trail, Map 8

This 10 km loop hike will take approximately 2.5 hours and is at a medium pace over moderate terrain.

Depart: 9:30 am In the parking lot of the Chedoke Golf Club in Hamilton. Hike Leader: Daljeet Juneja

[ds.juneja@gmail.com](mailto:ds.juneja@gmail.com) 905-870-3088

### Tuesday October 2, 2018

#### Not-the-Bruce Trail Hikes

Grimsby, Ma **Cancelled**

This 7 km loop hike will take approximately 2 hours and is at a medium pace over strenuous terrain. There will be a refreshment/pub stop afterwards.

Depart: 7:00 pm The shoulder of Old Hwy. 8 where it is joined by Casablanca Blvd. Directions: A less busy way than the QEW (frequently at a stand-still at this time of day) is to take Queenston Rd. from east Hamilton Hamilton all the way to the corner of Casablanca Blvd.

Queenston Rd. is the Old Hwy. 8. When you reach Casablanca, park on the shoulder.

Hike Description: Only a small part of this hike is on the Bruce Trail and the only strenuous part is the Adam Dopko Trail leading up to it. Apart from that, it's easy terrain. Beautiful views of Lake Ontario from escarpment lookouts.

Hike Leader: Richard Reble [reblerichard@gmail.com](mailto:reblerichard@gmail.com)  
9059450536 any day before 9:00 pm

### Wednesday October 3, 2018

Burlington, Mount Nemo

This 12 km loop hike will take approximately 4 hours and is at a medium pace over moderate terrain.

Depart: 9:00 am Mount Nemo Conservation Area, 5317 Guelph Line, Burlington. GPS Coordinates: 43.418024,

-79.881474 Directions: Copy and paste the GPS coordinates into a google search bar, hit Enter, click on Maps, then Directions. Please email Louise at least 24 hours before the hike to register. Hike Leader: Louise Langlais [langlaislouise@gmail.com](mailto:langlaislouise@gmail.com) 5192224040

### Wednesday October 3, 2018

#### Good Companions

Dundas Valley CA, Map 8

This 8 km loop hike will take approximately 2.5 hours and is at a leisurely pace over moderate terrain.

Depart: 9:30 am Main Parking Lot of Dundas Valley Conservation Area. GPS Coordinates:

43.248394/-79.993938 Directions: From Dundas take Governors Road 3.5 km west. Entrance is on left (south) side.

Hike Description: Combination of Main Trail and local trails such as the McCormack and Sawmill Trails. A few hills.

Hike Leader: Mary Rose [termarintl@cogeco.ca](mailto:termarintl@cogeco.ca)  
905-637-2918 Text, phone or email

### Wednesday October 3, 2018

#### 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.

Directions: Meet at 7:00pm at the corner of Mohawk and Upper Paradise in the Westcliffe Mall parking lot (near Food Basics). We will continue hiking sections of the Bruce Trail as long as daylight permits. Then we will hike the streets and rail trails that are lit. Then we will have Halloween and Christmas Light displays to view!

Hike is cancelled if there is heavy rain. Medium Pace and Moderate Terrain

Hike Leader: Paul Lewis – (905) 331-8600 or email: [outdooractive@hotmail.com](mailto:outdooractive@hotmail.com)

### Thursday October 4, 2018 Toronto Section

Georgetown, Map 13 Midweek

This 9 km loop hike will take approximately 3 hours and is at a leisurely pace over moderate terrain. No dogs please. There will be a refreshment/pub stop afterwards.

Depart: 10:00 am Meet in the parking lot of Scottsdale Farm on the east side of Trafalgar Rd.

Directions: Go north on Trafalgar Rd. to Highway 7. Turn left and continue travelling north until Trafalgar Rd. veers off to the right. Scottsdale Farm is just north of the top of the hill on the east side of Trafalgar Rd. Easy to miss.

Hike Description: This hike will take us west from Scottsdale Farm to the Duffrin Pit Sidetrail and back finishing with a loop which takes in the Maureen Smith Side Trail before returning to our cars. Bring a snack or lunch, water and sunscreen.

Hike Leader: Anne Armstrong [hikinggrandma@gmail.com](mailto:hikinggrandma@gmail.com)  
905 337 3937/Cell 905 617 3937

### Thursday October 4, 2018 Back Forty Hike

Quarry Rd. and west, Map 4

This 7 km loop hike will take approximately 2 hours and is at a medium pace over moderate terrain. There will be a refreshment/pub stop afterwards.

Depart: 7:00 pm Meet on Quarry Rd. at the trail crossing at Km 65.0 Directions: Take the QEW to the Ontario St. exit in Beamsville. Turn right on Ontario St. and drive south to downtown Beamsville at Hwy. 8 (King St.) Turn left on King and go about 2 km to Quarry Rd.

Turn right on Quarry and go to the trail crossing at the top of the escarpment. Park at the large widening of the shoulder on your right.

Hike Description: We'll explore a maze of trails between Quarry Rd. and Mountain Rd. to the west. After, we'll do ice cream and/or cold beer at Conversations in Beamsville.

Hike Leader: Richard Reble [reblerichard@gmail.com](mailto:reblerichard@gmail.com)  
905-945-0536 Any day before 9:00 pm

### Friday October 5, 2018

Burlington Waterfront 2 hours

Depart: Meet at 7:30 pm. Directions: in the Lakeshore Road parking lot just east of the Waterfront Centre and restaurant. Description: This will be a brisk walk along Lake Ontario, to the canal and back. Hike will be cancelled in poor weather. Pace - brisk. Terrain - easy.

Hike Leader: Lorne Carruthers 905- 315-8762 or email: [l.carruthers@hotmail.com](mailto:l.carruthers@hotmail.com)

### Monday October 8, 2018

Hamilton Radial Trail, Map 8

This 10 km loop hike will take approximately 2.5 hours and is at a medium pace over moderate terrain.

Depart: 9:30 am In the parking lot of the Chedoke Golf Club in Hamilton. Hike Leader: Daljeet Juneja [ds.juneja@gmail.com](mailto:ds.juneja@gmail.com) 905-870-3088

### Tuesday October 9, 2018 Bruce Trail Hikes

Grimsby, Map 5  
This 7 km loop **Cancelled** approximately 2 hours and is at a medium pace over strenuous terrain.

There will be a refreshment/pub stop afterwards.

Depart: 7:00 pm The shoulder of Old Hwy. 8 where it is joined by Casablanca Blvd.

Directions: A less busy way than the QEW (frequently at a stand-still at this time of day) is to take Queenston Rd. from east Hamilton Hamilton all the way to the corner of Casablanca Blvd. Queenston Rd. is the Old Hwy. 8. When you reach Casablanca, park on the shoulder.

Hike Description: Only a small part of this hike is on the Bruce Trail and the only strenuous part is the Adam Dopko Trail leading up to it. Apart from that, it's easy terrain.

Beautiful views of Lake Ontario from escarpment lookouts.

Hike Leader: Richard Reble [reblerichard@gmail.com](mailto:reblerichard@gmail.com)  
9059450536 any day before 9:00 pm

### Grimsby's

### Wednesday October 10, 2018

Smokey Hollow, Map 9

This 15r km "there and back" hike will take approximately 4.5 hours and is at a medium pace over strenuous terrain. There will be a refreshment/pub stop afterwards.

Depart: 9:00 am Smokey Hollow parking lot at 9:00am (71.0 map 9) 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 Hwy#6 and return

Hike Leader: Steven White [stevenwhite901@gmail.com](mailto:stevenwhite901@gmail.com)  
289-242-9415

### Wednesday October 10, 2018

#### Good Companions

Mount Nemo, Map 10

This 7 km loop hike will take approximately 2.5 hours and is at a leisurely pace over moderate terrain.

Depart: 10:00 am Car park at Mount Nemo Conservation Area. Entrance Fee without a Halton Conservation Pass.

GPS Coordinates: 43.418144/-79.881251

Directions: Guelph Line north from Burlington. 6km north of HWY 5 on the east side

Hike Description: Various trails within Mount Nemo Conservation Area. Some rocky sections.

Hike Leader: Judith Bourke [judith.bourke@sympatico.ca](mailto:judith.bourke@sympatico.ca)  
905-332-8741 Phone or Email

### Wednesday October 10, 2018

#### 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. Directions: Meet at 7:00pm at the corner of Mohawk and Upper Paradise in the Westcliffe Mall parking lot (near Food Basics). We will continue hiking sections of the Bruce Trail as long as daylight permits. Then we will hike the streets and rail trails that are lit. Then we will have Halloween and Christmas Light displays to view! Hike is cancelled if there is heavy rain. Medium Pace and Moderate Terrain

Hike Leader: Paul Lewis – (905) 331-8600 or email: [outdooractive@hotmail.com](mailto:outdooractive@hotmail.com)

Hike Description: We will take the main trail east into the Niagara Section and then west along Ridge Rd to Beamers Falls; from there we will return to the meeting place via a combination of main trail and side trail. Anyone who wishes can drop out at this point. The rest will continue to Grimsby Harbour and return. One long climb at the beginning. Bring water, snack, lunch and bugspray.

Hike Leader: Terry Rose [termarintl@gmail.com](mailto:termarintl@gmail.com)  
905-320-6513 Phone, Text or Email

Hike Description: We will take the main trail east into the Niagara Section and then west along Ridge Rd to Beamers Falls; from there we will return to the meeting place via a combination of main trail and side trail. Anyone who wishes can drop out at this point. The rest will continue to Grimsby Harbour and return. One long climb at the beginning. Bring water, snack, lunch and bugspray.

Hike Leader: Terry Rose [termarintl@gmail.com](mailto:termarintl@gmail.com)  
905-320-6513 Phone, Text or Email

### Thursday October 11, 2018

Grimsby, Map 5

This 10 km loop hike will take approx 3.5 hours and is at a medium pace over moderate terrain. There is a dropout point after 6 km.

Depart: 10:00 am Car park at Lions Club Pool in Grimsby. GPS Coordinates: 43.1931746/-79.5650653 Directions: QEW Niagara-bound; exit Mountain Street, Grimsby; south to Elm Street and turn right. Car park is 100m on the right.

Hike Description: We will take the main trail east into the Niagara Section and then west along Ridge Rd to Beamers Falls; from there we will return to the meeting place via a combination of main trail and side trail. Anyone who wishes can drop out at this point. The rest will continue to Grimsby Harbour and return. One long climb at the beginning. Bring water, snack, lunch and bugspray.

Hike Leader: Terry Rose [termarintl@gmail.com](mailto:termarintl@gmail.com)  
905-320-6513 Phone, Text or Email

Hike Description: We will take the main trail east into the Niagara Section and then west along Ridge Rd to Beamers Falls; from there we will return to the meeting place via a combination of main trail and side trail. Anyone who wishes can drop out at this point. The rest will continue to Grimsby Harbour and return. One long climb at the beginning. Bring water, snack, lunch and bugspray.

Hike Leader: Terry Rose [termarintl@gmail.com](mailto:termarintl@gmail.com)  
905-320-6513 Phone, Text or Email

Hike Description: We will take the main trail east into the Niagara Section and then west along Ridge Rd to Beamers Falls; from there we will return to the meeting place via a combination of main trail and side trail. Anyone who wishes can drop out at this point. The rest will continue to Grimsby Harbour and return. One long climb at the beginning. Bring water, snack, lunch and bugspray.

Hike Leader: Terry Rose [termarintl@gmail.com](mailto:termarintl@gmail.com)  
905-320-6513 Phone, Text or Email

## Thursday October 11, 2018 Back Forty Hike

The Bench Wineries, Map 4

This 7 km loop hike will take approximately 2 hours and is at a medium pace over easy terrain. There will be a refreshment/pub stop afterwards. Depart: 7:00 pm We'll meet in the small parking lot of the Mountainview Conservation Area on the west side of Mountainview Rd. See Km 70.6

Directions: Follow QEW to the Bartlett exit in Grimsby. Drive south on Bartlett to Main St. E. Turn east on Main (which changes name to King very shortly) and go a little more than 3 km to Mountainview Rd. Turn south on Mountainview and go 1.5 km to Mountainview Conservation Area parking lot on your right.

Hike Description: We'll loop through the area of the bench wineries on a variety of country roads.

Hike Leader: Richard Reble [reblerichard@gmail.com](mailto:reblerichard@gmail.com)

905-945-0536 Any day before 9:00 pm

## Friday October 12, 2018 Peninsula Section

This 13 km loop hike will take approximately 4 hours and is at a leisurely pace over easy terrain. There is a dropout point after 7 km. Depart: 9:30 am Tobermory GPS Coordinates: 45.2554252, -81.6619087

Hike Description: An autumn weekend in Tobermory and the Bruce Peninsula National Park. A special time of year, summer has slipped away and not yet winter. If the ferry is still running we will spend a day on Flower Pot Island. A walk to the Grotto and along the Georgian Bay shore. We stay and have our meals at a comfortable hotel overlooking Little Tub Harbour. The walks will not be fast, lots to see and photograph. Pre-register for the hike with the hike leader.

Hike Leader: Greg Vincent [vincent.greg@gmail.com](mailto:vincent.greg@gmail.com)

519.579-8210 M-T 7-9pm

## Friday October 12, 2018

Burlington Waterfront 2 hours

Depart: Meet at 7:30 pm. Directions: in the Lakeshore Road parking lot just east of the Waterfront Centre and restaurant. Description: This will be a brisk walk along Lake Ontario, to the canal and back. Hike will be cancelled in poor weather. Pace - brisk. Terrain - easy.

Hike Leader: Lorne Carruthers 905- 315-8762 or email:

[l.carruthers@hotmail.com](mailto:l.carruthers@hotmail.com)

## Sunday October 14, 2018

East Hamilton Escarpment and Red Hill Valley, Map 7

This 8 km loop hike will take approximately 2 hours and is at a brisk pace over moderate terrain.

Depart: 9:00 am Parking area on Mountain Brow Blvd, just north of km 27.2, via the Redhill Creek Side Trail and Mohawk Side Trail

GPS Coordinates: 43.211737, -79.815689 Directions: The parking area is located on Mountain Brow Blvd, between the end of Mohawk Rd East and the Mohawk 4 Ice Centre (710 Mountain Brow Blvd)

Hike Description: A loop hike using the main trail, side trails, Escarpment Rail Trail, and other trails in the Red Hill Valley. Brisk pace: about 8 km in 2 hours

Hike Leader: Douglas Boyce [dboyce004@gmail.com](mailto:dboyce004@gmail.com)

905-928-4509

## Sunday October 14, 2018 Toronto Section

Limehouse 6 km.

## Grimsby's

This 6 km introductory loop hike will take approximately 2 hours and is at a leisurely pace over easy terrain.

Depart: 10:30 am Ball Park parking lot on Fifth Line south of the village of Limehouse. Map 12

Directions: From Hwy 401 take Trafalgar Rd north for 10 km to 22 Sideroad just north of where Trafalgar Road merges with highway 7. Turn left onto 22 Sideroad then after about 3 km you will bear left to pass over a narrow bridge over the railway tracks in the village of Limehouse. Continue a short distance on and turn left (south) onto Fifth Line. Continue down Fifth line until you see a Recreational Baseball Park on your left (east side). We will meet in the Ball Park parking lot. The hike leader's car will have a Canadian flag attached to the window behind the driver's door.

Hike Description: This hike is designed to give new hikers a sense of what hiking on the Bruce Trail has to offer. We will walk into the Limehouse Conservation Area, down into the valley along the Black Creek side trail and then up the main Bruce Trail to examine the lime kiln restoration. We will then reverse back down the main trail through the interesting "Hole in the Wall" feature and back to the cars in the parking lot. Hiking boots or comfortable walking shoes suggested. Bring water and a snack. Please consider carrying these in a knapsack or fanny pack to be more comfortable. Please arrive at meeting place at least 15 minutes before hike begins.

Pre-register for the hike with Hike Leader: Robert

Gillespie [robert\\_gillespie@bell.net](mailto:robert_gillespie@bell.net) email only.

## Monday October 15, 2018

Hamilton Radial Trail, Map 8

This 10 km loop hike will take approximately 2.5 hours and is at a medium pace over moderate terrain.

Depart: 9:30 am In the parking lot of the Chedoke Golf Club in Hamilton. Hike Leader: Daljeet Juneja

[ds.juneja@gmail.com](mailto:ds.juneja@gmail.com) 905-870-3088

## Monday October 15, 2018

Bruce Peninsula end-to-end: Hike # 6

Dyer's Bay to south end of Bruce Peninsula National Park, Map 39, 40

This 21 km shuttle hike will take approximately 5.5 hours and is at a medium pace over moderate terrain.

There will be a refreshment/pub stop afterwards.

Depart: 9:00 am A parking area at Km 127.4 at the north end of Crane Lake Rd.

Directions: At the time you pre-register with the leader by e-mail, directions will be sent to you.

Hike Description: We start out on cliff-top trail but end up on road so bring running shoes to change into.

Pre-register by e-mail with the leader on the Saturday before the hike, not before or after.

Hike Leader: Richard Reble [reblerichard@gmail.com](mailto:reblerichard@gmail.com)

9059450536 Any day before 9:00 pm

## Monday October 15, 2018

Waterdown, Map 9

This 13 km shuttle hike will take approximately 4 hours and is at a brisk pace over moderate terrain. There will be a refreshment/pub stop afterwards.

Depart: 9:30 am

Kerncliff Park Directions: From QEW in Burlington take Brant Street north, turn left onto Tyandaga Park Dr. follow it to Kerns Rd. turn right onto it and find the Park entrance on your right.

Hike Description: Hike along the rugged Escarpment with view over Dundas, Hamilton & Burlington, the fall colors

should be peaking. Bring water, lunch etc. May need plastic bags over your boots for carpooling  
Pre-register for the hike.  
Hike Leader: Rudolf Bosshard [adk46er6067w@gmail.com](mailto:adk46er6067w@gmail.com)  
6479148743 e-mail please

## Tuesday October 16, 2018 Bruce

### Peninsula end-to-end: Hike # 7

Bruce Peninsula National Park, Map 41  
This 15 km shuttle hike will take approximately 3.5 hours and is at a medium pace over strenuous terrain. There will be a refreshment/pub stop afterwards.  
Depart: 9:00 am We'll meet in a parking lot at the north end of the Halfway Dump Road in Bruce Peninsula National Park. This is as close as our cars can get to the Bruce Trail at Km 141.5. Bring money for parking.  
Hike Description: We'll follow an old rough logging road to High Dump on Georgian Bay and then along the roughest piece of trail the Bruce has to offer to Halfway Dump. Pre-register by e-mail with the leader on the Saturday preceding the hike, not before or after.  
Hike Leader: Richard Reble [reblerichard@gmail.com](mailto:reblerichard@gmail.com)  
9059450536 Any day before 9:00 pm

## Wednesday October 17, 2018

### Hikers R Us

Hilton Falls, Map Map 11  
This 10 km loop hike will take approximately 3 hours and is at a medium pace over easy terrain. There will be a refreshment/pub stop afterwards. Depart: 9:00 am Meet in the parking lot at Hilton Falls.  
Directions: Hilton Falls CA is north of the 401 off Campbellville Road east of Guelph Line.  
Hike Description: This is a Mickey MacDonald memorial hike in one of his favourite hiking areas. We will hike the trails of the Hilton Falls Conservation Area. CA fees apply. Please pre-register by October 10th with the leader. We hope to make lunch arrangements for the participants.  
Hike Leader: Charlotte Stewart [stewchar01@gmail.com](mailto:stewchar01@gmail.com)  
9056280509 cell 905 906 0519

## Wednesday October 17, 2018

### Good Companions

RBG/Cherry Hill Gate  
This 6 km "there and back" hike will take approximately 1.5 hours and is at a leisurely pace over moderate terrain. There will be a refreshment/pub stop afterwards.  
Depart: 10:30 am Car park at Cherry Hill Gate near entrance to Hendrie Valley. This is at intersection of Plains Road West and Botanical Drive just west of main RBG building and on north side of Plains. Parking Fee. GPS Coordinates: 43.2913737 -79.8785602  
Hike Description: Hike in the RBG, Hendrie Valley to Valley Inn Road and return. Hope to see salmon running. Followed by lunch at Rose Garden Restaurant.  
Hike Leader: Bill Fulton [ibtrcbguu.fulton@gmail.com](mailto:ibtrcbguu.fulton@gmail.com)

## Wednesday October 17, 2018

### 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. Directions: Meet at 7:00pm at the corner of Mohawk and Upper Paradise in the Westcliffe Mall parking lot (near Food Basics). We will continue hiking sections of the Bruce Trail as long as daylight permits.

Then we will hike the streets and rail trails that are lit. Then we will have Halloween and Christmas Light displays to view! Hike is cancelled if there is heavy rain. Medium Pace and Moderate Terrain  
Hike Leader: Paul Lewis – (905) 331-8600 or email: [outdooractive@hotmail.com](mailto:outdooractive@hotmail.com)

## Thursday October 18, 2018 Niagara Section

Jordan/Balls Falls, Map 4  
This 10 km loop hike will take approximately 3.5 hours and is at a medium pace over moderate terrain.  
Depart: 9:30 am Hamilton Beach. We will meet at Van Wagners Beach Rd just west of Hutch's near the red brick structure. From there we will carpool to Jordan. Allow 5 hours round trip. Anyone planning to go directly to Jordan please advise leader. Directions: Contact leader if you are not familiar with meeting place.  
Hike Description: Starting in the village of Jordan we will hike down to Twenty-Mile Creek and then climb upstream the spectacular route to Balls Falls Conservation Area. After lunch we will return to Jordan via a different route. With luck we will see spawning salmon and spectacular fall colours. Some hills and rocky sections. Bring water, snack, lunch bugspray  
Hike Leader: Terry Rose [termarintl@gmail.com](mailto:termarintl@gmail.com) 905-320 6513 Text, email or phone

## Thursday October 18, 2018

### Grimsby Back Forty Hike

Grimsby, Map 5  
This 7 km loop hike will take approximately 2 hours and is at a medium pace over easy terrain. Depart: 7:00 pm We'll meet in the parking lot of the Lion's Club Outdoor Pool on Elm St. in Grimsby. Directions: Take the QEW east to the Christie exit in Grimsby. Turn right on Christie and drive south to Elm St. one block past the main intersection downtown. Turn right on Elm and go a half block to the outdoor pool on your right.  
Hike Description: What's life without an occasional surprise? The location of this hike is the surprise. There's another surprise too. Wear boots (but the wearing of boots is not the other surprise). After the hike, we'll do pub stop at the Judge and Jester in Grimsby.  
Hike Leader: Richard Reble [reblerichard@gmail.com](mailto:reblerichard@gmail.com)  
905-945-0536 Any day before 9:00 pm

## Friday October 19, 2018

Burlington Waterfront 2 hours  
Depart: Meet at 7:30 pm. Directions: in the Lakeshore Road parking lot just east of the Waterfront Centre and restaurant. Description: This will be a brisk walk along Lake Ontario, to the canal and back. Hike will be cancelled in poor weather. Pace - brisk. Terrain - easy.  
Hike Leader: Lorne Carruthers 905- 315-8762 or email: [l.carruthers@hotmail.com](mailto:l.carruthers@hotmail.com)

## Saturday October 20, 2018 Toronto Section

Silver Creek Conservation Area, Map 13  
This 8 km "there and back" hike will take approximately 3 hours and is at a medium pace over moderate terrain.  
Depart: 9:30 am Entrance to Silver Creek Conservation Area on Fallbrook Trail (#13478 if you want to google map it).  
GPS Coordinates: 43.692197, -79.967137 Directions: From the 401, travel north on Trafalgar past Georgetown

and turn Left onto Hwy 7. Turn Right onto Trafalgar Rd (#3) just before the highway curves to the left. Turn Right onto Side Rd 27 and follow the curve as it blends with 8 Line (1.5 kms). BUT turn RIGHT and continue on Side Rd 27 to the end of the road (1 km), which is Fallbrook Trail. Turn Right and park on the side of the road.

Hike Description: We'll hike a loop and in and back, starting with the Irwin Quarry Side Trail and then up the main Bruce Trail to the Walking Fern Side Trail and back down to the longer Roberts Side Trail. This trail has easy footholds and some challenging rocks and roots. The Walking Fern Side Trail is a delightful challenge, like being in an enchanted forest.

Pre-register for the hike with Hike Leader: Karen Bergmann [karen.bergmann92@gmail.com](mailto:karen.bergmann92@gmail.com) 289-242-1110

### Sunday October 21, 2018

Stairs in Hamilton

STEPS, STEPS, STEPS, STEPS! (3.5 hrs-4 hrs)

This 12 km shuttle hike will take approximately 4 hours and is at a medium pace over strenuous terrain.

Depart: 9:00 am Meet at the top of the Chedoke Stairs on Scenic Drive at Upper Paradise on the West Mountain. We will then carpool to the parking lot at the Albion Falls Lookout (north of Albion Falls) Directions: From Garth Street take Scenic Drive west to Upper Paradise. The parking lot is on your right (across from the start of Upper Paradise). If there is no room in the parking lot you can park on the street. From the 403, take the Linc to Golf Links and turn left on Golf Links that becomes Mohawk. Then turn left (north) on to Upper Paradise until the end at Scenic Drive (parking lot will be straight ahead)

Hike Description: An energetic way to start your Day! Back again this fall!

We will do all 7 sets of escarpment stairs, including the Kenilworth & Uli's Stairs. In between the sets of stairs we will hike parts of the Bruce Trail and the Rail Trails. The fall colours should be out! We will stop just over half way at the Tim's on Concession Street for a short snack break. We should be done between 1:30pm and 2pm.

Hike is cancelled if there is heavy rain. Rain back up date is Sunday Nov 4th

Hike Leader: Paul Lewis [outdooractive@hotmail.com](mailto:outdooractive@hotmail.com) 905-331-8600 Please email since I check more often

### Sunday October 21, 2018

Cambridge

This 8 km loop hike will take approximately 3 hours and is at a medium pace over moderate terrain.

Depart: 1:00 pm rare ECO Centre parking lot (between Blair and Cambridge) 788 Blair Rd. Cambridge, ON  
GPS Coordinates: 43.3820242,-80.3609911 Directions: River side of road.

Hike Description: Today we walk the limestone cliffs and alvars beside the Grand River and return to our start at the unique slit barn with its stone walls full of fossils.

Hike Leader: Greg Vincent [vincent.greg@gmail.com](mailto:vincent.greg@gmail.com) 519.579.8210 M-T 7-9pm

### Monday October 22, 2018

Peninsula end-to-end: Hike # 8

Halfway Dump to Little Cove, Map 41, 42

This 17 km shuttle hike will take approximately 4.5 hours and is at a medium pace over moderate terrain. There will be a refreshment/pub stop afterwards.

Depart: 9:00 am We'll meet at Km 158.1 in a parking area near the north end of Little Cove Rd.

Hike Description: We'll closely be following the edge of Georgian Bay, taking time to explore a cave or two and enjoy the many views of Georgian Bay from the cliff. Pre-register with the leader on the Saturday before the hike, not before or after.

Hike Leader: Richard Reble [reblerichard@gmail.com](mailto:reblerichard@gmail.com) 9059450536 Any day before 9:00 pm

### Monday October 22, 2018

Dundas Valley, Map 8 ED 29

This 15s km "there and back" hike will take approximately 4. hours and is at a medium pace over moderate terrain. There will be a refreshment/pub stop afterwards.

Depart: 9:00 am Dundas Valley main parking lot by the Trail Centre

Directions: Main entrance is off of Governors Rd in Dundas and the parking lot is at 51.9 map 8, ed 29

Hike Description: begin hike at the Trail Centre in Dundas Valley Conservation Area to the main trail connecting to the Headwaters trail and back. A parking fee applies.

Hike Leader: Wayne Riley [wlr8362@gmail.com](mailto:wlr8362@gmail.com) 289-456-3498 RSVP

### Monday October 22, 2018

Hamilton Radial Trail, Map 8

This 10 km loop hike will take approximately 2.5 hours and is at a medium pace over moderate terrain.

Depart: 9:30 am In the parking lot of the Chedoke Golf Club in Hamilton. Hike Leader: Daljeet Juneja [ds.juneja@gmail.com](mailto:ds.juneja@gmail.com) 905-870-3088

### Tuesday October 23, 2018

Peninsula end-to-end: Hike # 9

Little Cove to Tobermory including Burnt Point Side Trail, Map 42

This 13 km shuttle hike will take approximately 3 hours and is at a medium pace over moderate terrain.

There will be a refreshment/pub stop afterwards.

Depart: 9:00 am At the time you pre-register with the leader, directions will be sent to you.

Directions: We'll meet in the parking lot of the Tobermory Community Centre on Hwy. 6

Hike Description: This is short hike so it includes the Burnt Trail Side Trail and an optional visit to the National Park Visitor Centre. Pre-register on the Saturday before the hike, not before or after.

Hike Leader: Richard Reble [reblerichard@gmail.com](mailto:reblerichard@gmail.com) 9059450536 Any day before 9:00 pm

### Wednesday October 24, 2018

Hikers R Us

Oakville

This 12 km loop hike will take approximately 3.5 hours and is at a medium pace over moderate terrain. There will be a refreshment/pub stop afterwards.

Depart: 9:00 am Meet at the Oakville Town Hall, 1225 Trafalgar Road, Oakville.

Directions: Oakville Town Hall is just north of the QEW on Trafalgar Road. Entrance is off White Oaks Blvd.

Hike Description: Hike the trails of Oakville north of the QEW in a westward direction Pre-register for the hike with the hike leader by Tuesday evening.

Hike Leader: Norman Young [mny176@outlook.com](mailto:mny176@outlook.com) 905 845 0939 cell 905 330 6605

## Wednesday October 24, 2018

### Good Companions

Crawford Lake Conservation Area, Map 11

This 10 km loop hike will take approximately 3.5 hours and is at a leisurely pace over moderate terrain.

Depart: 10:00 am in the parking lot immediately to the left of the entrance kiosk. There is an entrance fee unless you have a Halton Conservation Pass.

Directions: North on Guelph Line via Lowville. Approx. 3km north of Lowville turn right on Conservation Rd.

Hike Description: We will follow the main trail to the lookout and then into the Nassagaweya Canyon returning via the side trails. Some hills and some rocky sections.

Dropout at 4K to complete a 5k loop.

Hike Leader: Vicki Grant [mrsvcg@aol.com](mailto:mrsvcg@aol.com) 905-689-6200

## Wednesday October 24, 2018

### 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.

Directions: Meet at 7:00pm at the corner of Mohawk and Upper Paradise in the Westcliffe Mall parking lot (near Food Basics). We will continue hiking sections of the Bruce Trail as long as daylight permits. Then we will hike the streets and rail trails that are lit. Then we will have Halloween and Christmas Light displays to view!

Hike is cancelled if there is heavy rain. Medium Pace and Moderate Terrain

Hike Leader: Paul Lewis – (905) 331-8600 or email:

[outdooractive@hotmail.com](mailto:outdooractive@hotmail.com)

## Thursday October 25, 2018

Ancaster

This 12 km loop hike will take approximately 3 hours and is at a medium pace over strenuous terrain. Depart: 10:00 am Meet at the Ancaster Little League Baseball Field on the Jerseyville Side Rd.

Directions: From Hamilton take 403 to West. Exit at Wilson St in Ancaster. Turn right on Wilson St. At the traffic take the exit right onto Meadowbrook St (3rd exit). Take Meadowbrook to Jerseyville Side Rd. and turn right. Just past the high school, the Little League Park is on the right at the bottom of the hill.

Hike Description: This 12 km loop hike through the Spring Valley section of Dundas Valley.

Hike Leader: Lorraine Shered [13hiking13@gmail.com](mailto:13hiking13@gmail.com)

## Thursday October 25, 2018

### Grimsby Back Forty Hike

East Hamilton's Waterfront Trail

This 8 km "there and back" hike will take approximately 2 hours and is at a brisk pace over easy terrain.

There will be a refreshment/pub stop afterwards.

Depart: 7:00 pm The parking lot just to the right of Hutch's as you face it.

Directions: Hutch's is on Van Wagner's Rd. which can be accessed by Centennial Pkwy. or Beach Blvd. When you turn into the lot, make sure you park to the right of the restaurant and not in its business place directly in front.

Hike Description: The Waterfront Trail is in Grimsby's back forty. We'll hike it from Hutch's on Van Wagner's Beach to the Burlington Canal and back. Running shoes

are good for this one. After the hike we can go do pub stop at the nearby Firth and Flagon.

Hike Leader: Richard Reble [reblerichard@gmail.com](mailto:reblerichard@gmail.com)

905-945-0536 Any day before 9:00 pm

## Friday October 26, 2018

Burlington Waterfront 2 hours

Depart: Meet at 7:30 pm. Directions: in the Lakeshore

Road parking lot just east of the Waterfront Centre and restaurant. Description: This will be a brisk walk along Lake Ontario, to the canal and back. Hike will be cancelled in poor weather. Pace - brisk. Terrain - easy.

Hike Leader: Lorne Carruthers 905- 315-8762 or email:

[Lcarruthers@hotmail.com](mailto:Lcarruthers@hotmail.com)

## Sunday October 28, 2018 Toronto Section

Silver Creek - 9 km.

This 9 km introductory loop hike will take approximately 3 hours and is at a leisurely pace over easy terrain. There is a dropout point after 4 km. No dogs please.

Depart: 9:30 am Scotsdale Farm parking lot. Map 13

Directions: Take Trafalgar Rd exit off Hwy 401 and travel north on Trafalgar Rd through Stewarttown and continue to lights at merge with Hwy 7. Turn left at lights and continue traveling north for about 4 km where Hwy 7 carries on to left and Trafalgar Rd exits on right. Continue north on Trafalgar Rd and after about 2 km turn right into Scotsdale Farm. Drive east along the gravel road to the parking lot on the left in front of the farmhouse. The hike leader's car will have a Canadian flag attached to the window behind the driver's seat. We will leave all cars at the meeting place while we complete this loop hike.

Hike Description: We will hike from Scotsdale Farm along the Bennett Heritage Trail to join the main trail just south of 27 Sideroad and then return to Scotsdale Farm via the Maureen Smith side trail. Hiking boots or comfortable walking shoes suggested. Bring water and a snack. Please consider carrying these in a knapsack or fanny pack to be more comfortable. Please arrive at meeting place at least 15 minutes before hike begins.

Pre-register for the hike with the Leader: Robert Gillespie [robert\\_gillespie@bell.net](mailto:robert_gillespie@bell.net) email only.

## Sunday October 28, 2018

### Junior Hiker

Grindstone Creek, Waterdown, Map 9

This less than 5 km loop hike will take approximately 2.5 hours and is at a brisk pace over easy terrain.

Depart: 11:00 am We will meet at roadside parking on Mountain Brow Rd across from Flanders Rd (between Watertown Rd and King Rd) GPS Coordinates: 43.331568/79.880989

Hike Description: This 3.5 km loop hike will take approximately 2.5 hours and is at a slower pace over difficult terrain. It follows a side trail down the escarpment to Grindstone Creek where children may explore the creek. About half way along the creek we will stop for lunch. Following we lunch we have a steep climb to the top of Grindstone Creek's falls, view the falls and then proceed along a second climb to Flanders Road and return to our cars. Pre-register for the hike with the hike leader. Email or text please.

Hike Leader: Cynthia Archer [archercynthiab@gmail.com](mailto:archercynthiab@gmail.com)  
416 573 4236

## Sunday October 28, 2018

East Hamilton Escarpment and Red Hill Valley, Map 7  
This 8 km loop hike will take approximately 2 hours and is at a brisk pace over moderate terrain.

Depart: 9:00 am Parking area on Mountain Brow Blvd, just north of km 27.2, via the Redhill Creek Side Trail and Mohawk Side Trail

GPS Coordinates: 43.211737, -79.815689 Directions: The parking area is located on Mountain Brow Blvd, between the end of Mohawk Rd East and the Mohawk 4 Ice Centre (710 Mountain Brow Blvd)

Hike Description: A loop hike using the main trail, side trails, Escarpment Rail Trail, and other trails in the Red Hill Valley. Brisk pace: about 8 km in 2 hours

Hike Leader: Douglas Boyce [dboyce004@gmail.com](mailto:dboyce004@gmail.com)  
905-928-4509

## Sunday October 28, 2018

### Gentle Hikes

Crawford Lake, Map 11

This 7 km loop hike will take approximately 2.5 hours and is at a leisurely pace over easy terrain. There will be a refreshment/pub stop afterwards.

Depart: 10:00 am Meet in the lower parking lot of Crawford Lake Conservation Area off of Guelph Line, east side.

Directions: Take Guelph Line to north of Derry Road. The conservation area is on the east side of Guelph Line.

Hike Description: A gentle hike for families and hikers looking for a shorter, more gentle hike. We will use a combination of Bruce Trail (white and blue) and Conservation Area trails to explore this lovely area. Some rocky areas. Bring water and a snack and wear appropriate footwear. Parking fee or Conservation area pass.

Hike Leader: Anne Armstrong [hikinggrandma@gmail.com](mailto:hikinggrandma@gmail.com)  
Cell 905 617 3937

## Monday October 29, 2018

Hamilton Radial Trail, Map 8

This 10 km loop hike will take approximately 2.5 hours and is at a medium pace over moderate terrain.

Depart: 9:30 am In the parking lot of the Chedoke Golf Club in Hamilton. Hike Leader: Daljeet Juneja

[ds.juneja@gmail.com](mailto:ds.juneja@gmail.com) 905-870-3088

## Monday October 29, 2018

Hamilton, Map 8

This 15 km "there and back" hike will take approximately 5 hours and is at a brisk pace over easy terrain.

Depart: 9:00 am Depart from Borer's Dog Park parking lot on York Rd just south of Valley Rd. A side trail connect the Dog Park to 63.5 km on the main trail. GPS Coordinates: 43.289426/79.927153

Hike Description: We will follow the Ray Lowes Side Trail into RBG and loop through various RBG trails to the water.

Hike Leader: Cynthia Archer [archercynthiab@gmail.com](mailto:archercynthiab@gmail.com)  
416 573 4236

## Tuesday October 30, 2018

### Not-the-Bruce Trail Hikes

Grimsby, Map 5

This 7 **Cancelled** hike approximately 2 hours and is at a medium pace over strenuous terrain.

There will be a refreshment/pub stop afterwards.

Depart: 7:00 pm The shoulder of Old Hwy. 8 where it is joined by Casablanca Blvd.

Directions: A less busy way than the QEW (frequently at a stand-still at this time of day) is to take Queenston Rd. from east Hamilton Hamilton all the way to the corner of Casablanca Blvd. Queenston Rd. is the Old Hwy. 8. When you reach Casablanca, park on the shoulder.

Hike Description: Only a small part of this hike is on the Bruce Trail and the only strenuous part is the Adam Dopko Trail leading up to it. Apart from that, it's easy terrain.

Beautiful views of Lake Ontario from escarpment lookouts.

Hike Leader: Richard Reble [reblerichard@gmail.com](mailto:reblerichard@gmail.com)  
9059450536 any day before 9:00 pm

## Wednesday October 31, 2018

### Hikers R Us

Oakville

This 14 km loop hike will take approximately 4 hours and is at a medium pace over moderate terrain. There will be a refreshment/pub stop afterwards. Depart: 9:00 am Meet at Oakville Town Hall, 1225 Trafalgar Road, Oakville.

Directions: Oakville Town Hall is on Trafalgar Road just above the QEW. Entrance is off White Oaks Blvd.

Hike Description: A loop hike up Joshua Creek, Oakville. If you wish, lunch at Oakville Place afterwards.

Pre-register for the hike with the hike leader Please confirm attendance by Tuesday evening.

Hike Leader: Norman Young [mny176@outlook.com](mailto:mny176@outlook.com) 905 845 0939 cell 905 330 6605

## Wednesday October 31, 2018

### Good Companions

Clappison Woods, Map 9

This 8 km loop hike will take approximately 3 hours and is at a leisurely pace over moderate terrain.

Depart: 10:00 am In front of Walmart Supercentre on the south side of HWY 5 between Clappison Corners and Waterdown. GPS Coordinates: 43.316596/-79.908848

Directions: Take HWY 5 east from Clappison Corners OR west from Waterdown

Hike Description: Combination of main trail, side trails and local trails in Clappison Woods and Rockcliffe. Some hills. Shopping for Halloween candy optional.

Hike Leader: Terry Rose [termarintl@gmail.com](mailto:termarintl@gmail.com)  
905-320-6513 Text, phone or email

## Wednesday October 31, 2018

### 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.

Directions: Meet at 7:00pm at the corner of Mohawk and Upper Paradise in the Westcliffe Mall parking lot (near Food Basics). We will continue hiking sections of the Bruce Trail as long as daylight permits. Then we will hike the streets and rail trails that are lit. Then we will have Halloween and Christmas Light displays to view!  
Hike is cancelled if there is heavy rain. Medium Pace and Moderate Terrain

Hike Leader: Paul Lewis – (905) 331-8600 or email:  
[outdooractive@hotmail.com](mailto:outdooractive@hotmail.com)

## November Hikes

### Thursday November 1, 2018

#### Dundas Peak

This 10 km "there and back" hike will take approximately 3 hours and is at a medium pace over moderate terrain.

Depart: 10:00 am Meet at Dundas Driving Park end of Cross Street in Dundas. Lots of free parking. If you don't see hikers gathering go to the gatepost entrance and the leader will check there for you. Directions: Cross street in Dundas runs from King Street, Dundas, straight into Dundas Driving Park where there is lots of free parking. Hike Description: Hike starts at Dundas Driving Park and joins a side trail to Dundas Peak and beyond to Tews Falls. Uphill at the outset. Bring water, snack, lunch and who knows? Icers if there's snow.

Hike Leader: Marion Fletcher [octother@aol.com](mailto:octother@aol.com) (905) 628-5537 No answering machine

### Friday November 2, 2018

#### Burlington Waterfront 2 hours

Depart: Meet at 7:30 pm. Directions: in the Lakeshore Road parking lot just east of the Waterfront Centre and restaurant. Description: This will be a brisk walk along Lake Ontario, to the canal and back. Hike will be cancelled in poor weather. Pace - brisk. Terrain - easy.

Hike Leader: Lorne Carruthers 905- 315-8762 or email: [l.carruthers@hotmail.com](mailto:l.carruthers@hotmail.com)

### Sunday November 4, 2018

#### Tommy Thompson Park, Toronto

This 12 km "there and back" hike will take approx 3 hours and is at a medium pace over easy terrain.

Depart: 10:00 am 1 Leslie Street, Toronto, (foot of Leslie Street)

Hike Description: Join Jeanette and Greg as we walk on Lake Ontario! Today we will walk the length of Tommy Thompson Park out into Lake Ontario on the Leslie Street Spit. This "spit" has been made from the rubble from an ever growing Toronto. Excellent views of Toronto and Lake Ontario along our walk.

Hike Leader: Greg Vincent [vincent.greg@gmail.com](mailto:vincent.greg@gmail.com) 519. 579.8210 M-T 7-9pm

### Monday November 5, 2018

#### Hamilton Radial Trail, Map 8

This 10 km loop hike will take approximately 2.5 hours and is at a medium pace over moderate terrain.

Depart: 9:30 am In the parking lot of the Chedoke Golf Club in Hamilton. Hike Leader: Daljeet Juneja

[ds.juneja@gmail.com](mailto:ds.juneja@gmail.com) 905-870-3088

### Monday November 5, 2018 Toronto Section

#### Speyside, Map 12

This 15 km "there and back" hike will take approximately 5 hours and is at a brisk pace over easy terrain.

Depart: 9:00 am Depart from parking area at 17 Sideroad Access Trail that connects with 14.1 km on the main trail. Heading north on Highway 25, just north of the Speyside lights turn right onto 17 Sideroad GPS Coordinates: 43.592859/79.980456

Hike Description: We will hike to the first look out at Scotch Block to enjoy our lunch before returning to our cars.

Hike Leader: Cynthia Archer [archercynthiab@gmail.com](mailto:archercynthiab@gmail.com) 416 573 4236

### Tuesday November 6, 2018

#### Not-the-Bruce Trail Hikes

#### Grimsby, Map 5

This 7 km loop hike will take approximately 2 hours and is at a medium pace over moderate terrain.

**Cancelled**

There will be a refreshment/pub stop afterwards.

Depart: 7:00 pm The shoulder of Old Hwy. 8 where it is joined by Casablanca Blvd.

Directions: A less busy way than the QEW (frequently at a stand-still at this time of day) is to take Queenston Rd. from east Hamilton Hamilton all the way to the corner of Casablanca Blvd. Queenston Rd. is the Old Hwy. 8. When you reach Casablanca, park on the shoulder.

Hike Description: Only a small part of this hike is on the Bruce Trail and the only strenuous part is the Adam Dopko Trail leading up to it. Apart from that, it's easy terrain. Beautiful views of Lake Ontario from escarpment lookouts.

Hike Leader: Richard Reble [reblerichard@gmail.com](mailto:reblerichard@gmail.com) 9059450536 any day before 9:00 pm

### Wednesday November 7, 2018

#### Guelph Lake

This 12 km "there and back" hike will take approximately 4 hours and is at a medium pace over moderate terrain.

Depart: 9:00 am Victoria Rd N, Guelph; east of Jessica Ln and the Speed River. GPS Coordinates: 43.587477, -80.273448

Directions: Copy and paste the GPS coordinates into a google search bar, hit Enter, click on Maps, then Directions. Enter your home address and you will get personalized turn-by-turn directions that you can print or send to your phone.

Please email Louise at least 24 hours before the hike to register. Hike Leader: Louise Langlais [langlaislouise@gmail.com](mailto:langlaislouise@gmail.com) 5192224040

### Wednesday November 7, 2018

#### Good Companions

#### Dundas Valley C/A

This 8 km loop hike will take approximately 2.5 hours and is at a medium pace over moderate terrain.

Depart: 10:00 am Dundas Valley conservation Area. Meet in the parking lot closest to the trail centre. C/A fee or DVCA membership is required.

Directions: Dundas Valley conservation area is off Governor's Rd in Dundas. If you are coming from downtown Dundas make a right turn along Governor's Rd. Travel approx 4 km and watch for the C/A on you left. Hike Description: We will follow the main loop of the conservation area as well as veering off on the blue trail for an extra loop. Bring bugspray, water, snack and lunch. We will eat our lunch at the trail centre. Coffee and other drinks are available there.

Hike Leader: Connie Rusnyk [c.rusnyk@sympatico.ca](mailto:c.rusnyk@sympatico.ca) 905 520 6502

### Wednesday November 7, 2018

#### 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.

Directions: Meet at 7:00pm at the corner of Mohawk and Upper Paradise in the Westcliffe Mall parking lot (near Food Basics). We will continue hiking sections of the

Bruce Trail as long as daylight permits. Then we will hike the streets and rail trails that are lit. Then we will have Halloween and Christmas Light displays to view!  
Hike is cancelled if there is heavy rain.  
Medium Pace and Moderate Terrain  
Hike Leader: Paul Lewis – (905) 331-8600 or email: [outdooractive@hotmail.com](mailto:outdooractive@hotmail.com)

### Thursday November 8, 2018 Toronto Section Map 11/12

This 10 km shuttle hike will take approximately 3 hours and is at a leisurely pace over moderate terrain. There will be a refreshment/pub stop afterwards.  
Depart: 9:30 am Meet in the parking lot of Hilton Falls Conservation Area. Parking fee or Conservation Area Pass. We will car shuttle to St. Helena's Rd. off of Highway 25.  
Directions: Hilton Falls is located on the north side of Number 5 Side Road (also known as Regional Rd. 9 or Campbellville Rd.), between Guelph Line and Hwy 25.  
Hike Description: This hike will take us along the top of the escarpment. There will be some rocky areas so poles might be useful. We should get some good views. Bring water and a snack or lunch.  
Hike Leader: Anne/Phill Armstrong  
[hikinggrandma@gmail.com](mailto:hikinggrandma@gmail.com) Cell 905 617 3937

### Friday November 9, 2018

Burlington Waterfront 2 hours  
Depart: Meet at 7:30 pm. Directions: in the Lakeshore Road parking lot just east of the Waterfront Centre and restaurant. Description: This will be a brisk walk along Lake Ontario, to the canal and back. Hike will be cancelled in poor weather. Pace - brisk. Terrain - easy.  
Hike Leader: Lorne Carruthers 905- 315-8762 or email: [lcarruthers@hotmail.com](mailto:lcarruthers@hotmail.com)

### Saturday November 10, 2018 Toronto Section

Limehouse , Map 12  
This 8 km loop hike will take approximately 3 hours and is at a medium pace over moderate terrain. There is a dropout point after 3 km.  
Depart: 9:30 am Meet in the village of Limehouse at the corner of 5th Line and 22 Side Road. Parking is along the road by the old church/community hall.  
GPS Coordinates: 43.6364675,-79.9760645  
Directions: From the 401 west, take the Trafalgar Road exit north and drive 17.5 kms to 15 Side Road. Turn Left onto 15 Side Road and drive 2.8 kms to Fifth Line and turn Right. Drive 4.3 kms to the village of Limehouse. You will see cars parked along 22 Side Road at that corner  
Hike Description: Limehouse has two great sets of loops – the main loop that goes through the Conservation Area and crosses a lovely creek and leads to old lime kilns and goes through the “hole in the wall” and a second series of main and side trails a little further up that go through a beautiful forest. Pre-register for the hike with the hike leader.  
Hike Leader: Karen Bergmann  
[karen.bergmann92@gmail.com](mailto:karen.bergmann92@gmail.com) 289-242-1110

### Saturday November 10, 2018

#### Junior Hiker

Albion Falls, Map 7  
This less than 5 km loop hike will take approximately 2.5 hours and is at a leisurely pace over moderate terrain.  
Depart: 11:00 am Depart at 11 am from the parking lot on Mud Street near the corner of Mountain Brow Blvd and

Pritchard Rd. We will hike 4 km starting from the Mud Street Side trail which joins the main trail at 26.5 km, then climb the escarpment and loop back to our cars stopping long the way at Albion Falls for a picnic.  
GPS Coordinates: 43.200682/79.814521  
Hike Description: Children may earn the Fall Junior Hiker Badge. Cost for the badge is \$5.  
Pre-register for the hike with the hike leader.  
Hike Leader: Cynthia Archer [archercynthiab@gmail.com](mailto:archercynthiab@gmail.com)  
416 573 4236

### Sunday November 11, 2018

East Hamilton Escarpment and Red Hill Valley, Map 7  
This 8 km loop hike will take approximately 2 hours and is at a brisk pace over moderate terrain.  
Depart: 9:00 am Parking area on Mountain Brow Blvd, just north of km 27.2, via the Redhill Creek Side Trail and Mohawk Side Trail  
GPS Coordinates: 43.211737, -79.815689  
Directions: The parking area is located on Mountain Brow Blvd, between the end of Mohawk Rd East and the Mohawk 4 Ice Centre (710 Mountain Brow Blvd)  
Hike Description: A loop hike using the main trail, side trails, Escarpment Rail Trail, and other trails in the Red Hill Valley. Brisk pace: about 8 km in 2 hours  
Hike Leader: Douglas Boyce [dboyce004@gmail.com](mailto:dboyce004@gmail.com)  
905-928-4509

### Monday November 12, 2018

Eramosa Karst, Stoney Creek  
This 10 km loop hike will take approximately 3 hours and is at a medium pace over easy terrain.  
Depart: 9:00 am Eramosa Park parking area in Stoney Creek on Upper Mt Albion Road off of Highland Rd.  
Parking fee is \$5 per day or free on a Hamilton Conservation Area pass.  
GPS Coordinates: 43.187300/79.812300  
Hike Description: Let's explore the Eramosa Karst with 7 km of trail. We will also check out part of the East Mountain Trail Loop. Pre-register with the hike leader.  
Hike Leader: Cynthia Archer [archercynthiab@gmail.com](mailto:archercynthiab@gmail.com)  
416 573 4236

### Monday November 12, 2018

Hamilton Radial Trail, Map 8  
This 10 km loop hike will take approximately 2.5 hours and is at a medium pace over moderate terrain.  
Depart: 9:30 am In the parking lot of the Chedoke Golf Club in Hamilton. Hike Leader: Daljeet Juneja  
[ds.juneja@gmail.com](mailto:ds.juneja@gmail.com) 905-870-3088

### Tuesday November 13-15, 2018

#### Niagara Section End-to-End

This 30 km shuttle hike will take approximately 3 hours and is at a fast pace over moderate terrain.  
Depart: 8:00 am We will meet at Grimsby Lion's Community Pool on November 13 & carpool to Ball's Falls on our first day. Directions: Grimsby Lions Community Pool, 1 Elm St, Grimsby, ON L3M 3J6  
<https://goo.gl/maps/Ea8iWaa7N3t>  
Hike Description: This is a series of three hikes Nov 13, 14, 15 to complete the 80km Niagara Section. Each of the 3 days will be between 25 & 30km at a fast pace.  
Pre-register for the hike with the hike leader.

Please email: [ruthdmoffatt@gmail.com](mailto:ruthdmoffatt@gmail.com) to pre-register.  
Please note that this hike will be Fast-paced & will be limited to 10 people.  
Hike Leader: Ruth Moffatt [ruthdmoffatt@gmail.com](mailto:ruthdmoffatt@gmail.com)  
9059287056

**Tuesday November 13, 2018**

### Not-the-Bruce Trail Hikes

Grimsby, Map 5

This 7 km loop hike will take approximately 2 hours and is at a medium pace over strenuous terrain.

There will be a refreshment/pub stop afterwards.

Depart: 7:00 pm The shoulder of Old Hwy. 8 where it is joined by Casablanca Blvd.

Directions: A less busy way than the QEW (frequently at a stand-still at this time of day) is to take Queenston Rd.

from east Hamilton Hamilton all the way to the corner of Casablanca Blvd. Queenston Rd. is the Old Hwy. 8. When you reach Casablanca, park on the shoulder.

Hike Description: Only a small part of this hike is on the Bruce Trail and the only strenuous part is the Adam Dopko Trail leading up to it. Apart from that, it's easy terrain.

Beautiful views of Lake Ontario from escarpment lookouts.

Hike Leader: Richard Reble [reblerichard@gmail.com](mailto:reblerichard@gmail.com)  
9059450536 any day before 9:00 pm

**Wednesday November 14, 2018**

Scotsdale Farm/Silver Creek, Map 13

This 13 km loop hike will take approximately 4 hours and is at a medium pace over moderate terrain. There will be a refreshment/pub stop afterwards.

Depart: 9:00 am Meet at 9:00am in Scotsdale Farm parking lot. Map 13, km 29.7

GPS Coordinates: N43.687772, - W79.990300

Directions: From 401, north on Trafalgar Rd to Highway 7 turn left, go about 1.5 km turn right on Trafalgar and go about 1.7 km turn right in Scotsdale Farm

Hike Description: we will hike the Main BTC trail, Bennett Heritage and Great Esker Trails

Hike Leader: Steven White [stevenwhite901@gmail.com](mailto:stevenwhite901@gmail.com)  
2892429415

**Wednesday November 14, 2018**

### Good Companions

King's Forest, Map 7

This 8 km loop hike will take approximately 2 hours and is at a medium pace over moderate terrain.

Depart: 10:00 am in the Mud Street parking lot near Pritchard Road in East Hamilton Mountain.

Hike Description: We will do a 100% loop hike on the King's Forest trails in the Red Hill Valley.

Hike Leader: Vern Erickson [verickson@cogeco.ca](mailto:verickson@cogeco.ca)  
9056674370

**Wednesday November 14, 2018**

### 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. Directions: Meet at 7:00pm at the corner of Mohawk and Upper Paradise in the Westcliffe Mall parking lot (near Food Basics). We will continue hiking sections of the Bruce Trail as long as daylight permits. Then we will hike the streets and rail trails that are lit.

Then we will have Halloween and Christmas Light displays to view! Hike is cancelled if there is heavy rain.

Medium Pace and Moderate Terrain

Hike Leader: Paul Lewis – (905) 331-8600 or email: [outdooractive@hotmail.com](mailto:outdooractive@hotmail.com)

**Thursday November 15, 2018**

Dundas Valley

This 11 km loop hike will take approximately 3.5 hours and is at a medium pace over strenuous terrain.

Depart: 10:00 am Depart: 10:00 am Last parking lot in Dundas Valley C.A. free with HCA membership or \$10 parking fee. Directions: From the 403 W take the Main St. W. Exit. Turn left onto Main St and travel to Osler Dr. Turn right and Follow Governor's Rd. Turn Left onto Governor's Rd and follow to the Dundas Valley C.A. at the edge of town. It will be on your left.

Hike Description: This 11 km loop hike will take approximately 3.5 hours and is at a medium pace over easy terrain. Bring water, snack, lunch, and whose knows?? Icers if there is snow and ice.

Hike Leader: Lorraine Sherred [l3hiking13@gmail.com](mailto:l3hiking13@gmail.com)

**Friday November 16, 2018**

Burlington Waterfront 2 hours

Depart: Meet at 7:30 pm. Directions: in the Lakeshore Road parking lot just east of the Waterfront Centre and restaurant. Description: This will be a brisk walk along Lake Ontario, to the canal and back. Hike will be cancelled in poor weather. Pace - brisk. Terrain - easy.

Hike Leader: Lorne Carruthers 905- 315-8762 or email: [lcarruthers@hotmail.com](mailto:lcarruthers@hotmail.com)

**Sunday November 18, 2018**

Oakville Sixteen Mile Creek Valley

This 8 km loop hike will take approximately 2.5 hours and is at a leisurely pace over easy terrain.

There will be a refreshment/pub stop afterwards.

Depart: 10:00 am Meet in the southwest corner of the parking lot at the intersection of Neyagawa and River Glen Blvd. in Oakville, near the baseball fields.

Directions: From Highway 5 travel south on Neyagawa to River Glen Blvd. and turn left (east). The parking lot is on your right. From Upper Middle Rd. take Neyagawa north to River Glen Blvd. and turn right (east). The parking lot is on your right.

Hike Description: A gentle hike for families and hikers who are looking for an easier hike. This hike has easy terrain with some long, but gentle hills. Slow steady hiking will get you to the top. Bring water and a snack. Wear appropriate footwear.

Hike Leader: Anne Armstrong [hikinggrandma@gmail.com](mailto:hikinggrandma@gmail.com)  
905 337 3937/Cell 905 617 3917

**Sunday November 18, 2018**

### Blue Mountains Section

Devils Glen - Nottawasaga, Map 22

This 18 km shuttle hike will take approximately 6 hours and is at a brisk pace over strenuous terrain.

There will be a refreshment/pub stop afterwards.

Depart: 9:00 am We will meet at Devils Glen Provincial parking off County Rd 124 at 30.1 km on Map 22. We will shuttle to km 12.6 and hike north through Nottawasaga to our cars. If there is enough interest, more hikes to complete this section will be planned. Please pre-register

so you may be contacted if weather requires a change in the hike. GPS Coordinates: 44.361302/80.208208  
Pre-register for the hike with the hike leader.  
Hike Leader: Cynthia Archer [archercynthiab@gmail.com](mailto:archercynthiab@gmail.com)  
416 573 4236

### Monday November 19, 2018

#### Hamilton Radial Trail, Map 8

This 10 km loop hike will take approximately 2.5 hours and is at a medium pace over moderate terrain.  
Depart: 9:30 am In the parking lot of the Chedoke Golf Club in Hamilton. Hike Leader: Daljeet Juneja  
[ds.juneja@gmail.com](mailto:ds.juneja@gmail.com) 905-870-3088

### Monday November 19, 2018

#### Campbellville/ Hilton Falls

This 12 km loop hike will take approximately 4 hours and is at a medium pace over moderate terrain.  
Depart: 9:00 am Hilton Falls Conservation Area, 4985 Campbellville Rd, Milton  
GPS Coordinates: 43.505630, -79.962052  
Please email Louise at least 24 hours before the hike to register. Hike Leader: Louise Langlais  
[langlaislouise@gmail.com](mailto:langlaislouise@gmail.com) 5192224040

### Tuesday November 20, 2018

#### Not-the-Bruce Trail Hikes

##### Grimsby, Map 5

This 7 km loop hike will take approximately 2 hours and is at a medium pace over moderate terrain.

**Cancelled**

There will be a refreshment/pub stop afterwards.

Depart: 7:00 pm The shoulder of Old Hwy. 8 where it is joined by Casablanca Blvd.

Directions: A less busy way than the QEW (frequently at a stand-still at this time of day) is to take Queenston Rd. from east Hamilton Hamilton all the way to the corner of Casablanca Blvd. Queenston Rd. is the Old Hwy. 8. When you reach Casablanca, park on the shoulder.

Hike Description: Only a small part of this hike is on the Bruce Trail and the only strenuous part is the Adam Dopko Trail leading up to it. Apart from that, it's easy terrain. Beautiful views of Lake Ontario from escarpment lookouts.

Hike Leader: Richard Reble [reblerichard@gmail.com](mailto:reblerichard@gmail.com)  
9059450536 any day before 9:00 pm

### Wednesday November 21, 2018

#### Oakville Hikers R Us

This 14 km loop hike will take approximately 4 hours and is at a medium pace over easy terrain. There will be a refreshment/pub stop afterwards.

Depart: 9:00 am Shell Park, Oakville, is at 3307 Lakeshore Road West, Oakville Directions: Shell Park is at 3307 Lakeshore Road W., which is east of Bronte Road and west of Burloak.

Hike Description: A loop hike in Shell Park and the surrounding area.

Please confirm attendance by Tuesday evening.

Hike Leader: Norman Young [mny176@outlook.com](mailto:mny176@outlook.com)  
905 845 0939 cell 905 330 6605

### Wednesday November 21, 2018

#### Good Companions

##### North Burlington, Map 9

This 8 km "there and back" hike will take approximately 2.5 hours and is at a leisurely pace over moderate terrain.  
Depart: 10:00 am City View Park, Burlington - north car park (one closest to HWY 5)

GPS Coordinates: 43.352729/-79.865776

Directions: From the south go north on Kerns Road. Turn right into the north car park just before you reach HWY 5. From all other directions turn south off HWY 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.

Turnaround point will depend on conditions. Mostly flat; some rocky sections.

Hike Leader: Terry Rose [termarintl@gmail.com](mailto:termarintl@gmail.com)  
905-320-6513 Text, phone or email

### Wednesday November 21, 2018

#### 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.

Directions: Meet at 7:00pm at the corner of Mohawk and Upper Paradise in the Westcliffe Mall parking lot (near Food Basics). We will continue hiking sections of the Bruce Trail as long as daylight permits. Then we will hike the streets and rail trails that are lit. Then we will have Halloween and Christmas Light displays to view!

Hike is cancelled if there is heavy rain.

Medium Pace and Moderate Terrain

Hike Leader: Paul Lewis – (905) 331-8600 or email:  
[outdooractive@hotmail.com](mailto:outdooractive@hotmail.com)

### Thursday November 22, 2018

#### Kilbride in/out to Crawford Lake CA, Map 10 and 11

This 16 km "there and back" hike will take approximately 4.5 hours and is at a medium pace over moderate terrain.

Depart: 9:30 am Meet at the back of Kilbride Public School (by tennis courts). Directions: Kilbride Public School is located at 6611 Panton St. (just off Kilbride St.)

Hike Description: Starting at Kilbride Public School we will complete an in/out hike thru Kilbride to hook up with the BT and hike thru the lush Yaremko-Ridley Nature Reserve to the Calcium Pits. From there we will make our way into Crawford CA for lunch and back. Bring water, snacks and lunch. Ice cream may be necessary.

Hike Leader: Karen Capindale-Smith [jsmith62@cogeco.ca](mailto:jsmith62@cogeco.ca)  
905-332-7254 Hike morning use cell (905-749-0914)

### Friday November 23, 2018

#### Burlington Waterfront 2 hours

Depart: Meet at 7:30 pm. Directions: in the Lakeshore Road parking lot just east of the Waterfront Centre and restaurant. Description: This will be a brisk walk along Lake Ontario, to the canal and back. Hike will be cancelled in poor weather. Pace - brisk. Terrain - easy.

Hike Leader: Lorne Carruthers 905- 315-8762 or email:  
[l.carruthers@hotmail.com](mailto:l.carruthers@hotmail.com)

## Sunday November 25, 2018

East Hamilton Escarpment and Red Hill Valley, Map 7  
This 8 km loop hike will take approximately 2 hours and is at a brisk pace over moderate terrain.

Depart: 9:00 am Parking area on Mountain Brow Blvd, just north of km 27.2, via the Redhill Creek Side Trail and Mohawk Side Trail

GPS Coordinates: 43.211737, -79.815689 Directions: The parking area is located on Mountain Brow Blvd, between the end of Mohawk Rd East and the Mohawk 4 Ice Centre (710 Mountain Brow Blvd)

Hike Description: A loop hike using the main trail, side trails, Escarpment Rail Trail, and other trails in the Red Hill Valley. Brisk pace: about 8 km in 2 hours

Hike Leader: Douglas Boyce [dboyce004@gmail.com](mailto:dboyce004@gmail.com)  
905-928-4509

## Monday November 26, 2018

Crawford Lake CA, Map 11

This 15 km "there and back" hike will take approximately 4.5 hours and is at a medium pace over moderate terrain.

There will be a refreshment/pub stop afterwards.

Depart: 9:00 am Depart 9:00am Front Crawford Lake parking lot by the pay station, fee applies

Directions: Take Guelph Line to just north of Derry Rd, Crawford Lake CA will be on the east side

Hike Description: Start at the Crawford Lake visitor centre, hike to Rattlesnake Point side trail and return

Hike Leader: Steven White [stevenwhite901@gmail.com](mailto:stevenwhite901@gmail.com)  
289-242-9415

## Monday November 26, 2018

Hamilton Radial Trail, Map 8

This 10 km loop hike will take approximately 2.5 hours and is at a medium pace over moderate terrain.

Depart: 9:30 am In the parking lot of the Chedoke Golf Club in Hamilton. Hike Leader: Daljeet Juneja

[ds.juneja@gmail.com](mailto:ds.juneja@gmail.com) 905-870-3088

## Tuesday November 27, 2018

### Not-the-Bruce Trail Hikes

Grimsby, Map 5

This 7 km loop hike will take approximately 2 hours and is at a medium pace over moderate terrain.

There will be a refreshment/pub stop afterwards.

Depart: 7:00 pm The shoulder of Old Hwy. 8 where it is joined by Casablanca Blvd.

Directions: A less busy way than the QEW (frequently at a stand-still at this time of day) is to take Queenston Rd. from east Hamilton Hamilton all the way to the corner of Casablanca Blvd. Queenston Rd. is the Old Hwy. 8. When you reach Casablanca, park on the shoulder.

Hike Description: Only a small part of this hike is on the Bruce Trail and the only strenuous part is the Adam Dopko Trail leading up to it. Apart from that, it's easy terrain.

Beautiful views of Lake Ontario from escarpment lookouts.

Hike Leader: Richard Reble [reblerichard@gmail.com](mailto:reblerichard@gmail.com)  
9059450536 any day before 9:00 pm

## Wednesday November 28, 2018 Caledon Hills Section

Albion Hills Conservation Area

This 15 km loop hike will take approximately 5 hours and is at a brisk pace over easy terrain.

Depart: 9:00 am We will meet in the conservation area.

Albion Hills Conservation area is located at 16500

Regional Road 50, Caledon. The fee on the web was

\$6.50/\$5.50 per adult/senior. After you enter the park off Regional Road 50, take the second park road on the left from the main entrance roadway. According to the map on the park's web it is near kiosk 21.

Hike Description: We will loop through the park over gentle hills.

Hike Leader: Cynthia Archer [archercynthiab@gmail.com](mailto:archercynthiab@gmail.com)  
416 573 4236

## Wednesday November 28, 2018

### Good Companions

RBG-North Shore Trail

This 8 km "there and back" hike will take approximately 3 hours and is at a medium pace over moderate terrain.

Depart: 10:00 am Former RBG York Road Parking Lot 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: Easy hike, a few hills. We'll take a break at the nature center (which has a restroom). Bring snack/drink and icers (if there is snow).

Hike Leader: Linda Robinson [fly@execulink.com](mailto:fly@execulink.com)

## Wednesday November 28, 2018

### 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. Directions: Meet at 7:00pm at the corner of Mohawk and Upper Paradise in the Westcliffe Mall parking lot (near Food Basics). We will continue hiking sections of the Bruce Trail as long as daylight permits.

Then we will hike the streets and rail trails that are lit.

Then we will have Halloween and Christmas Light displays to view! Hike is cancelled if there is heavy rain.

Medium Pace and Moderate Terrain

Hike Leader: Paul Lewis – (905) 331-8600 or email:

[outdooractive@hotmail.com](mailto:outdooractive@hotmail.com)

## Thursday November 29, 2018

RBG-North Shore Trail

This 8 km loop hike will take approximately 2 hours and is at a medium pace over moderate terrain. Depart: 10:00 am

Former RBG York Road Parking Lot 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: Easy hike, a few hills. We'll take a break at the nature center (which has a restroom). Bring snack/drink and icers (if there is snow).

Hike Leader: Linda Robinson [fly@execulink.com](mailto:fly@execulink.com)

## Friday November 30, 2018

B Burlington Waterfront 2 hours

Depart: Meet at 7:30 pm. Directions: in the Lakeshore Road parking lot just east of the Waterfront Centre and restaurant.

Description: This will be a brisk walk along Lake Ontario, to the canal and back. Hike will be cancelled in poor weather. Pace - brisk. Terrain - easy.

Hike Leader: Lorne Carruthers 905- 315-8762 or email:

[Lcarruthers@hotmail.com](mailto:Lcarruthers@hotmail.com)

Return undeliverable Canadian addresses to:  
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