



Bruce Trail
CONSERVANCY
IROQUOIA CLUB



The Iroquoian

Official Newsletter of the Iroquoia Bruce Trail Club



SAVE THE DATE



VILLAGE GREEN

A Kinks Tribute for The Bruce Trail

To celebrate the 50th anniversary of *The Kinks Are The Village Green Preservation Society*, a host of Hamilton musicians will perform the album along with other Kinks favourites. All proceeds will go to the Bruce Trail.

Saturday November 17 at The Rock on Locke

Church of St John the Evangelist – 320 Charlton Ave W (at Locke)
Doors open at 7pm, concert at 8. Licensed event.
Tickets: \$20 via www.bruha.com or \$25 at door.



A MESSAGE FROM THE PRESIDENT

We are nearing the end of the joyous fall hiking season, and this year's display of colours was spectacular. Fall is always a busy time for our club, and this year was no different.



Congratulations to all those who successfully completed the Steeltown Stomp. This challenge is no small feat, and the escarpment stairs are another example of a unique feature within our club. For those 153 participants who climbed 2000 stairs, and hiked 20 km – you earned your badge. Thanks to all the volunteers from both the Niagara and Iroquoia club who worked very hard to make this such a great event.

Congratulations also goes out to all of those who earned their badge at our club's official End to End. Out of 89 people registered for all four days, 51 hiking warriors earned our coveted Waterfalls badge by hiking our entire section (approx. 122km) starting at forty creek in Grimsby all the way through to Kelso in Milton. This is a highly challenging and rewarding accomplishment. Display your badge proudly! Please join me in thanking Christine Hanley and her entire "village" of volunteers for working so hard to offer up this amazing event.

This fall also saw our club volunteers and board members celebrate Bruce Trail Day together at City View Park in Burlington. This event is meant to help bring awareness to the general public about the Bruce Trail. We led some guided hikes, and participated with the BTC staff ecologist Adam Brylowski to help remove the invasive species buckthorn from the area. We added several new members, and I welcome them to our amazing club.

Many young hikers have been working hard to achieve their Junior Hiker's badge as well. Let's all work together to help foster and encourage the next generation of hikers and conservationists.

Our board has formed the 2019 BTC AGM committee, and is busy planning for a spectacular AGM in September of 2019. Watch the newsletter and social media for updates.

Lastly, we are just a couple of weeks away from a very special event. Village Green – A Kinks Tribute for the Bruce Trail is shaping up to be something to remember. Don't miss out on this amazing evening.

As you can see, the club is a beehive of activity. I am so proud to be a member of Iroquoia. We are all doing our part in **"Preserving a ribbon of wilderness, for everyone, forever"**.

Cheers,

Michael McDonald



Hot Healthy Drinks for Those Cool Days!

By: Lyne Desforges & Helen Kwon
Registered Holistic Nutritionists
www.cestlaviewellness.ca

With the days getting cooler and winter fast approaching, our thoughts often turn to comfort foods such as stews, soups and soothing hot beverages. While hiking the trails this fall/winter season, we suggest you carry both a water bottle and a thermos filled with one of these healthy hot beverages:

- **Homemade Bone Broth:** It is not just a base for soups and stews, it is also an easy and nourishing beverage that provides good amounts of protein, good fats and collagen (which is great news for your joints). Bone broth is also very healing for the whole digestive tract. Use [our easy recipe](#)¹ to make a batch of bone broth today. Bone broth can also be used in soups, stews and many other healthy dishes.

- **Green tea:** rich in anti-oxidants, [this tea will provide a boost](#)² to your immune system and help decrease inflammation in the body. It contains an amino acid called L-theanine which helps mitigate the effects of the small amount of caffeine it contains.

- **Hot Apple Cider:** make sure to get the real kind that is made from the pulp of apples and contains no added sugar. [Like apples, hot apple cider is full of nutrients](#)³ and has great antioxidant properties. Add some fresh cinnamon to it to enhance its healthy effects. Cinnamon is anti-microbial and helps to balance blood-sugar levels.

- **Hot Chocolate:** instead of buying the premade high-sugar packets of hot cocoa, make it yourself using healthy ingredients. Our favourite is made with full-fat coconut milk (warmed up), 2 tbsp. raw cacao powder, 1 tsp. pure raw honey and a touch of cinnamon. Delicious and nutritious.

- **Golden Tumeric Latte:** this inflammation busting latte is full of antioxidants. In a saucepan combine: 1 ½ cups unsweetened almond milk, 1 tsp. raw honey, ½ tsp. coconut oil, 1 ½ tsp. turmeric powder, ½ tsp. cinnamon and ½ ginger powder. Simmer for a couple of minutes, whisk and enjoy!

- **Hot Maca Energy Latte:** Maca, an ancient Peruvian root, has a reputation for boosting energy and endurance levels. Combine 1½ cups of unsweetened almond milk, 1 tbsp. Maca powder, 1 tsp. coconut oil, ¼ tsp. cardamom powder, 1 tsp. raw honey. Heat, whisk and sip!



If you have any questions regarding any of the suggested drinks above, feel free to connect with us at cestlaviewellness@gmail.com.

Happy Trails!

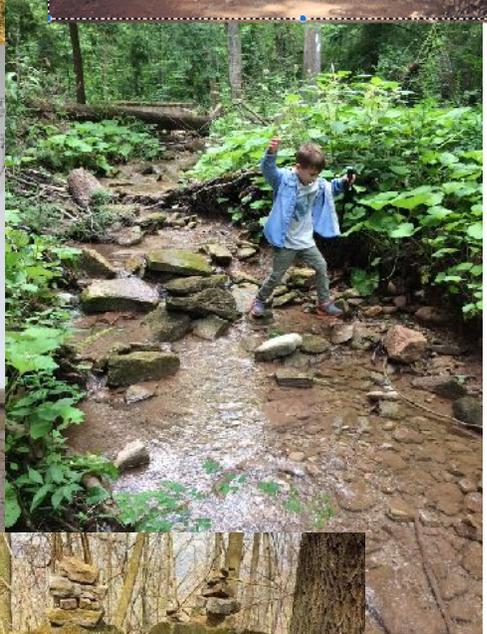
¹ <http://cestlaviewellness.ca/recipes/homemade-bone-broth/>

² <https://www.healthline.com/nutrition/top-10-evidence-based-health-benefits-of-green-tea#section2>

³ <https://www.livestrong.com/article/377670-apple-cider-benefits/>

Bruce Trail's Junior Hikers Rule!

Check out some of our junior hikers who have completed the challenge to hike at least three kilometers on the Bruce Trail in each of the four seasons. Grandparents and parents can learn about this hiking program at <https://www.iroquoia.on.ca/index.php/hiking/junior-hiker-program/>



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News from the Crews

What is a Trail Status Report?

The Iroquoia part of the Bruce Trail is divided into 5 zones, which are broken up into 106 sections comprising the Main Trail and Side Trails. Each section is assigned a Trail Captain and a Trail Monitor. A formal detailed review of trail conditions is completed twice a year using a formal Trail Status Report (TSR). The TSR is then filed electronically with the BTC so a record is kept.

A TSR is an important record of the state of the trail in both the Spring and Fall. It is the key record that demonstrates our due diligence in inspecting and maintaining the Bruce Trail. This is the essential document we need to be able to produce should there be an accident on the trail and the BTC is involved in a lawsuit. Any issues are identified according to severity with "A" items requiring immediate attention by a full work party, "B" items being less urgent and "C" items meaning no problem. Total volunteer hours spent monitoring or maintaining the trail are recorded on the TSR as well.

It should be noted that Trail Captains and Trail Monitors walk/inspect trails on a regular basis, usually once a month. This reporting and recording is just a formal process that is required by the BTC twice a year.

This is another way that your trail maintenance volunteers ensure that the trail is safe and enjoyable at all times. The Iroquoia Club presently has a few Trail Monitor positions open to new volunteers. If you would like to learn more about volunteering with the Bruce Trail, please go to brucetrail.org and click on the Volunteer Tab along the left hand side of the home page to apply online. We would love to have you join this amazing group of dedicated people.

Happy Winter Hiking Everyone!



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Remembering Mickey MacDonald

By: Cynthia Archer

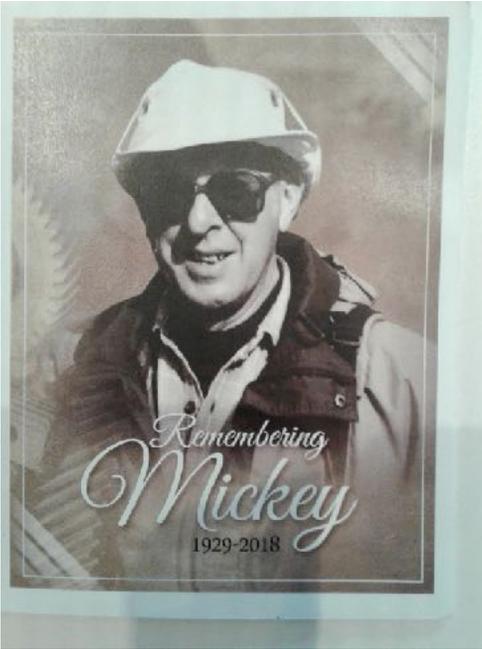
A memorial hike was held this fall for hike leader Mickey MacDonald.

Mickey took up hiking when he retired in 1994 and three years later graciously started leading Wednesday hikes.

His colleagues remembered many amusing and special things about Mickey including

- his great sense of humour
- getting lost and marking the trails with pink or orange tape to find our way back
- arranging hikes (summer and winter) to end near an ice-cream shop if at all possible
- naming several hills in Caledon and Dufferin as "the mother of all hills"

As his legacy, Mickey created a team of hike leaders from within Wednesday's regular hikers to ensure we can enjoy the trail. On behalf of the newbies to this group, thank you!



Taking Your Brain Out for a Walk

By Kelly Watt

Kelly is a writer, walker and the author of Camino Meditations. She walked the Camino de Santiago in 2008, and leads meditation walks on the Bruce Trail.



Ever since Hippocrates claimed that ‘walking is man’s best medicine,’ the physical benefits of walking have been well documented. But lately science has been focussing on the not so well-known neurological benefits to rambling about. Researchers at New Mexico’s Highlands University, recently found that the foot’s actual impact is capable of boosting blood supply to the brain. In another study done at the University of British Columbia, researchers discovered that regular aerobic exercise of any kind, appeared to increase the size of the hippocampus, thereby directly and indirectly, aiding memory and thinking.

So there more be more to Vitamin T than simple hyperbole. In his book *A Philosophy of Walking*, Frederic Gros claims that Rousseau and Nietzsche went walking to calm themselves and think, while Kant strolled through town every day to quiet his compulsive thoughts. So why do we feel better after an ambulatory break?

The founder of EMDR may have an interesting explanation.

In 1987, a California psychologist named Francine Shapiro went for a walk in the woods. That day she was preoccupied with disturbing thoughts, but noticed that after a short time of walking, with her eyes roving from side to side, that her anxiety lifted. She used her findings to create a psychotherapeutic technique using lateral eye movements called, EMDR— eye movement desensitization and reprocessing.

This technique is now used by therapists around the world to help people struggling with post-traumatic stress and other anxiety disorders to rewire their brains. EMDR proponents state that one of the reasons the lateral eye movements work, is because they synchronize the brain’s two hemispheres. While walking we’re always tapping into these two hemispheres: we swing our arms, step right, then left. If we let our eyes drift from side to side, we are engaging both sides of the brain, encouraging a neurological fit and brain integration. It’s easy to practice this on one’s own with any troubling, repetitive thought.

Without doing anything extraordinary, walking engages all the systems of the body and mind, while providing a dose of serotonin, the feel good hormone, and allowing us to hit the reset button, so important in our techno-drenched times. Richard Wagamese, late author of “*Medicine Walk*” once said at a Hamilton Lit Grit event, that we have a free therapist all around us: nature. Green therapy, he called it. Science is finally confirming the reasons why we always feel better after a walk in the park.

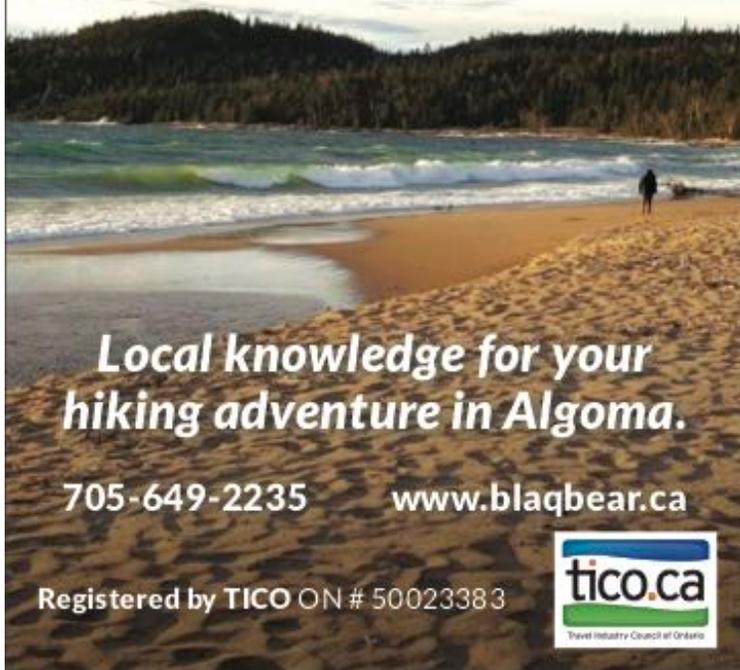
Check out the Changes to our Website...

www.iroquoia.on.ca

We have added an online Hike Calendar, a new Blog with articles from contributing authors (like the one above) and other updates.



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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 including a visit to the Nobel Peace Center.

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

ICELAND

August 17 to 27, 2019

The land of the midnight sun!

Trek on volcanic terrain, marvel at the view atop Iceland's "Grand Canyon", stand at the edge of the most powerful waterfall in all Europe & relax in the soothing thermal waters of the Blue Lagoon. From Reykjavik to the northern fishing village of Husavik, explore the most dramatic landscape anywhere.

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

JAPAN

October 6 to 20, 2019

An intriguing destination offering a mix of traditional customs intertwined with modern realities. Its history and culture are always at the forefront - from a soak in a hot spring to touring ancient Shinto shrines & dining in yukatas. Discover the beautiful hiking trails from Tokyo to Kyoto, including Kamikochi, the slopes of the iconic Mt. Fuji, and Takayama. Accommodations include western-style hotels & traditional Japanese ryokans, and the vibrant fall colours are at their peak in October.

2019 HIKING CALENDAR

Email us with your address to receive our much anticipated 2019 Hiking Calendar.

TICO # 50018498

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

NEW YEARS - Dec. 28 - Jan 1, 2019

Snow – we will snowshoe, cross country ski.
No snow - we hike. Relax by the fireplace.

EASTER April 19 - 22, 2019

Welcome spring on the trails and a Polish Easter Dinner.

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 or contact Greg Vincent at 519-579-8210 or vincent.greg@gmail.com

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

IROQUOIA WINTER 2018 HIKE LIST

New...Online Hike Calendar!

To get up-to-date information on upcoming hikes, use our online calendar at <https://www.iroquoia.on.ca/index.php/calendar/>

- **Be sure to make a habit of checking out the Iroquoia Bruce Trail Club [Website](#) for up-to-date hike information including corrections, cancellations or added 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 ratings:

judge your abilities appropriately according to the hike

Pace /
Leisurely



Speed of hike

Medium..... 3 km/hr or less
3 - 4 km/hr

Fast.....

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

Difficulty of terrain:

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

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

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

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

DECEMBER HIKES

December 1, 2018 - City View Park/Waterdown

Start: 9:30 AM **End:** 2:00 PM

Location: Meet at City View Park in Burlington. Near km 77, Map 9.

Distance: 13

Pace: Leisurely - 3km/hr or less **Terrain:** Moderate - Some hills and/or some poor footing

Hike Description:

Directions: From Hwy 401 come south on Guelph Line to Dundas St. Turn right and go 3 km to left turn at Kerns Rd. From QEW come north on Guelph Line to Dundas St. Turn left, go 3 km to Kerns Rd. Park is at south-east corner of Dundas St and Kerns Rd. From Dundas St drive south on Kerns Rd 400 meters to the second (south) entrance to the Park. Turn left to parking. (Might be called "New City Park" in some maps).

Hike Description: We will hike the Main Trail and Side Trails in the Kerncliff Park / Waterdown area. Fine views over the Escarpment.

Peter Leeney 905-822-1877 peter.leeney@utoronto.ca

December 1, 2018 - Two Day Beaver Valley Falling Water Badge - Day One

Start: 8:30 AM **End:** 1:00 PM

Location: Beaver Valley

Distance: Approximately 15km

Pace: Brisk - 4 to 5 km/hr **Terrain:** Strenuous - Hilly with steep climbs and some poor footing

Hike Description:

Day 1 will be followed by Day 2 on December 2.

Park in the parking lot at Beaver Valley Ski Club on Beaver Trail road near Crossover Side Trail. Carpool to Parking lot at Hogg's Falls. Two day completion will make you eligible for Beaver Valley Falling Water triangle badge.

Register with hike leader: Ruth Moffatt
ruthdmoffatt@gmail.com 905-928-7056

December 2, 2018 - Two Day Beaver Valley Falling Water Badge Day Two of Two

Start: 8:30 AM **End:** 1:00 PM

Location: Beaver Valley

Distance: Approximately 15km

Pace: Brisk - 4 to 5 km/hr **Terrain:** Strenuous - Hilly with steep climbs and some poor footing

Hike Description:

Day 2 of 2

Park in the parking lot at Beaver Valley Ski Club on Beaver Trail road near Crossover Side Trail. Carpool to Parking lot at Hogg's Falls. If you completed both days you will be eligible for the Beaver Valley Falling Water triangle badge.

Register with hike leader: Ruth Moffatt
ruthdmoffatt@gmail.com 905-928-7056

December 3, 2018 - Radial Trail, Hamilton

Start: 10:00 AM **End:** 12:30 PM

Location: Parking lot of the Chedoke Golf Club in Hamilton

Distance: 10km loop

Pace: Medium - 3 to 4 km/hr **Terrain:** Moderate - Some hills and/or some poor footing

Hike Description:

Hamilton Radial Trail +/- 10 km loop. There is no dropout point.

Hike Leader: daljeet Juneja ds.juneja@gmail.com

905-870-3088

December 5, 2018 - Hikers R Us - Langdon Hall

Start: 9:00 AM **End:** 1:30 PM

Location: 1 Langdon Dr, Cambridge, ON

Distance: 10-12 km

Pace: Medium - 3 to 4 km/hr **Terrain:** Easy - Mostly flat and usually go footing

Hike Description:

Nestled within the Carolinian Forest, Langdon Hall is one of 14 properties in Canada recognized by Relais & Châteaux for a standard of excellence and is known for incredible Five-Diamond dining experiences, exquisite accommodations and storybook architecture. We'll hike the trails on the grounds of Langdon Hall and the surrounding area, then have lunch in their award-winning restaurant.

Pre-register for the hike with the hike leader. Please email Louise at least one week before the hike to register, if you wish to join the group for lunch after the hike, so that reservations can be made at the restaurant.

Hike Leader: Louise Langlais; languaislouis@gmail.com.

Cell: 519-222-4040 on day of hike.

December 5, 2018 - Good Companions - Dundas Valley CA

Start: 10:00 AM **End:** 12:30 PM

Location: Map 8. Sanctuary Park 53.254210 -79.968885

Distance: 8.0 km Loop

Pace: Leisurely - 3km/hr or less **Terrain:** Moderate - Some hills and/or some poor footing

Hike Description:

Meet at parking lot at end of Sanctuary Drive (off Pleasant Ave.) in Dundas. We will walk along the Spring Creek Trail to the trail centre and return via Sulphur Creek Trail. Bring icers.

Hike Leader: Stella Parr 905-628-6436 scparr@yahoo.ca

December 5, 2018 - Wednesday Night Hike - West Hamilton Mountain - 1 of 2- Walk for Health & Fun

Start: 7:00 PM **End:** 8:45 PM

Location: Meet at the corner of Mohawk and Upper Paradise in the Westcliffe Mall parking lot (near Food Basics) in Hamilton

Distance: 6km

Pace: Medium - 3 to 4 km/hr **Terrain:** Moderate - Some hills and/or some poor footing

Hike Description:

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

During the winter, we hike the streets and the lit rail trail as well as going up the stairs once, which is also lit.

Hike is cancelled if there is heavy rain or heavy snow. We still do hike in the cold though (wear your thermal underwear!)

We will be taking a break this winter from Dec 26 to March 6.

We will resume this walk on Wednesday March 13th and go until Christmas next year.

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

email: outdooractive@hotmail.com (Email preferred)

December 7, 2018 - Burlington Waterfront Evening Hike

Start: 7:30 PM **End:** 9:00 PM

Location: Meet in the Lakeshore Road parking lot just east of the Waterfront Centre and restaurant

Distance:

Pace: Brisk - 4 to 5 km/hr **Terrain:** Easy - Mostly flat and usually go footing

Hike Description:

This will be a brisk walk along Lake Ontario, to the canal and back. Hike will be cancelled in poor weather.

Hike Leader: Lorne Carruthers. For information call Lorne at 905- 315-8762 or email: l.carruthers@hotmail.com

December 8, 2018 - Scotsdale Farm

Start: 9:00 AM **End:** 12:30 PM

Location: Scotsdale Farm parking lot. Map13, Km 29.7. (N43.687772- W 79.990300)

Distance: 14.0

Pace: Medium - 3 to 4 km/hr **Terrain:** Moderate - Some hills and/or some poor footing, Slippery Sections Likely

Hike Description:

Loop hike on the BT main trail and Roberts Side Trail.

Direction: From 401 north on Trafalgar Rd. Left on Hwy 7 and right on Trafalgar to Fram on your right. GPS N 43.687772 -W 79.990300.

Pub stop after, No dogs, Hiking Boots, Icicles maybe required

RSVP. Hike Leader: **Ron Granger.** Phone: **519 485 0879.**

Email: ron.granger1@yahoo.com

December 9, 2018 - City View Park and Smokey Hollow

Start: 9:00 AM **End:** 12:00 PM

Location: City View Park (43.352308, -79.862585) 2500 Kerns Rd., at Dundas St. #5. Use the South parking lot: from Dundas St take second entrance on your left

Distance: 13.6 km

Pace: Brisk - 4 to 5 km/hr **Terrain:** Moderate - Some hills and/or some poor footing

Hike Description: A loop hike using the main trail and side trails from City View Park to Smokey Hollow, Grindstone Creek and back. Brisk pace: 13.6 km in about 3 hours. Bring snacks and water. Be prepared for winter conditions: poles recommended and icers or micro-spikes may be required for

icy sections of the trail and hard packed snow. Hike may take longer if winter conditions are challenging. Leader: Douglas Boyce at dboyce004@gmail.com or 905-928-4509.

December 10, 2018 - Radial Trail, Hamilton

Start: 10:00 AM **End:** 12:30 PM

Location: Parking lot of the Chedoke Golf Club in Hamilton

Distance: 10km loop

Pace: Medium - 3 to 4 km/hr **Terrain:** Moderate - Some hills and/or some poor footing

Hike Description:

Hamilton Radial Trail +/- 10 km loop. There is no dropout point.

Hike Leader: daljeet Juneja ds.juneja@gmail.com

905-870-3088

December 10, 2018 - Christmas Light Walk 1 of 5 – Burlington

Start: 7:00 PM **End:** 8:45 PM

Location: Tim's in Eastway Plaza at the corner of Walkers and New St in Burlington

Distance: 5km

Pace: Leisurely - 3km/hr or less **Terrain:** Easy - Mostly flat and usually go footing

Hike Description:

A Christmas Light walk around the streets of Burlington. Of course, we will spend some time at the huge display on Spruce Ave (an old favorite!)

Optional Tim's or Pub stop after the hike.

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

December 11, 2018 - Christmas Light Walk 2 of 5 – North Burlington (Orchard)

Start: 7:00 PM **End:** 8:45 PM

Location: Meet in front of Canadian Tire at the Millcroft Shopping Centre at Appleby & Upper Middle

Distance: 5km

Pace: Leisurely - 3km/hr or less **Terrain:** Easy - Mostly flat and usually go footing

Hike Description:

A Christmas Light walk around the streets of the Orchard Neighbourhood in North Burlington. We will spend some time at a displays on Blue Spruce Ave and Bluegrass Lane, which are synchronized to music! Optional Tim's or Pub stop after the hike.

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

December 12, 2018 - Hikers R Us - Hamilton Rail Trail

Start: 9:00 AM

Location: Ancaster

Distance: 12 +/-

Pace: Medium - 3 to 4 km/hr **Terrain:** Moderate - Some hills and/or some poor footing

Hike Description:

Meeting place: 91 Little John Rd, Dundas, across from Little John Park- parking on right side of the street
Directions: Little John Rd is behind University Plaza in Dundas. Take South St to Lynden, Lynden to Little John and turn right onto the dead end section of little John.
Description: we will hike the Hamilton to Brantford rail trail along with some of the trails in Dundas Valley
RSVP Wayne Riley wlr8362@gmail.com to confirm attendance
289-456-3498 for contact the morning of the hike
Bring snacks, water, icers, no dogs please

December 12, 2018 - Good Companions - Hidden Valley/Hendrie Valley

Start: 10:00 AM **End:** 12:30 PM

Location: Map 9. Hidden Valley, West Burlington. 43.3050374 -79.8623191

Distance: 6.0 km Loop Hike

Pace: Leisurely - 3km/hr or less **Terrain:** Easy - Mostly flat and usually go footing

Hike Description:

Meet at parking lot at intersection of Hidden Valley Road and Lemonville Road in west Burlington. We will hike along Grindstone Creek to the harbour and return via a different route. Bring icers.
Leader: Mary Rose. 905-637-2918 termarintl@cogeco.ca

December 12, 2018 - Wednesday Night Hike - West Hamilton Mountain - 2 of 2- Walk for Health & Fun

Start: 7:00 PM **End:** 8:45 PM

Location: Meet at the corner of Mohawk and Upper Paradise in the Westcliffe Mall parking lot (near Food Basics) in Hamilton

Distance: 6km

Pace: Medium - 3 to 4 km/hr **Terrain:** Moderate - Some hills and/or some poor footing

Hike Description:

Climb the steps and walk the streets and trails of West Hamilton.
During the winter, we hike the streets and the lit rail trail as well as going up the stairs once, which is also lit.
Hike is cancelled if there is heavy rain or heavy snow. We still do hike in the cold though (wear your thermal underwear!)
We will be taking a break this winter from Dec 26 to March 6.
We will resume this walk on Wednesday March 13th and go until Christmas next year.
Leader: Paul Lewis – (905) 331-8600 or email: outdooractive@hotmail.com (Email preferred)

December 13, 2018 - Thursday Group - Rattlesnake/Crawford Lake

Start: 10:00 AM **End:** 1:30 PM

Location: Rattlesnake Point Conservation Area-Upper Parking Lot

Distance: 8 to 10 km.

Pace: Leisurely - 3km/hr or less **Terrain:** Moderate - Some hills and/or some poor footing

Hike Description:

This loop hike will use a combination of main Bruce Trail and Conservation Area trails to explore the conservation area and Nassagaweya Canyon. If the conditions are good we will go to Crawford Lake Visitor Centre. Bring water and a snack/ lunch. Icers may be needed. Parking fee in effect or Conservation Area pass. Rattlesnake Point Conservation area is on the west side of Appleby Line above Derry Road.
Leaders: Anne and Phillip Armstrong 905 617 3937 hikinggrandma@gmail.com

December 14, 2018 - Burlington Waterfront Evening Hike

Start: 7:30 PM **End:** 9:00 PM

Location: Meet in the Lakeshore Road parking lot just east of the Waterfront Centre and restaurant

Distance:

Pace: Brisk - 4 to 5 km/hr **Terrain:** Easy - Mostly flat and usually go footing

Hike Description:

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

December 16, 2018 - Junior Hiker - River and Ruin

Start: 11:00 AM **End:** 1:00 PM

Location: Loweville

Distance: 4 km.

Pace: Leisurely - 3km/hr or less **Terrain:** Moderate - Some hills and/or some poor footing

Hike Description:

This 4 km. loop hike will take us along Bronte Creek to the main Bruce Trail and back. Along the way we will see the ruins of an old house. Bring water and a snack. Icers may be necessary. Take Guelph Line up to Loweville. Keep to the right and turn right into the parking lot of Loweville Park. Map 10
Leader: Anne Armstrong 905 617 3937 hikinggrandma@gmail.com

December 17, 2018 - Radial Trail, Hamilton

Start: 10:00 AM **End:** 12:30 PM

Location: Parking lot of the Chedoke Golf Club in Hamilton

Distance: 10km loop

Pace: Medium - 3 to 4 km/hr **Terrain:** Moderate - Some hills and/or some poor footing

Hike Description:

Hamilton Radial Trail+/-10 km loop. There is no dropout point.
Hike Leader: daljeet juneja ds.juneja@gmail.com
905-870-3088

December 18, 2018 - Christmas Light Walk 3 of 5 - Burlington

Start: 7:00 PM **End:** 8:45 PM

Location: Meet at the Tim's in Roseland Plaza at the corner of Guelph Line and New St

Distance: 5km

Pace: Leisurely - 3km/hr or less **Terrain:** Easy - Mostly flat and usually go footing

Hike Description:

A Christmas Light walk around different streets of Burlington than the Dec 10 hike, except we will still go to the huge display on Spruce Ave. Let's get in the Christmas spirit! Optional Tim's or Pub stop after the hike.

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

December 19, 2018 - Hikers R Us - Bronte Creek East

Start: 9:00 AM **End:** 1:30 PM

Location: Meet at Valleyridge Park, Oakville, located at 2524 Valleyridge Road, just west off Bronte Road and south of Dundas St.

Distance: 14

Pace: Medium - 3 to 4 km/hr **Terrain:** Moderate - Some hills and/or some poor footing

Hike Description:

A 14 km "in and out" hike along the river in Bronte Park East for about 4 hours. No dropout point. Bring snacks, lunch, water. Wear appropriate gear (icers may be needed). Please no dogs. Please RSVP the hike leader, Norman Young mny176@outlook.com 905 845-0939, cell 905 330-6605.

December 19, 2018 - Good Companions - Figure 8 at Chedoke

Start: 10:00 AM **End:** 12:30 PM

Location: Begins at Chedoke Golf Course

Distance: 8 km

Pace: Leisurely - 3km/hr or less **Terrain:** Easy - Mostly flat and usually go footing

Hike Description:

Meet for a 10:00 am start at the parking lot of the Chedoke Golf Course in Hamilton. From the 403, exit onto Aberdeen Avenue, turn south onto Studholme Rd, then left on Beddoe Drive and follow to the golf course. This hike will follow the Chedoke Rail Trail west to Scenic Drive then back on Scenic Drive to the escarpment steps down to the golf course. There is a drop-out point here. Those wishing to carry on will follow the Chedoke Rail Trail east to Dundurn Street and back through residential streets, completing a figure eight. Bring water, snack and suitable footwear including icers if necessary.

Leader: Janina Vanderpost. 905-521-2296 kayakhiker1@gmail.com

December 19, 2018 - Christmas Light Walk 4 of 5 – West Hamilton Mountain

Start: 7:00 PM **End:** 8:45 PM

Location: Meet at the corner of Mohawk and Upper Paradise in the Westcliffe Mall parking lot (near Food Basics)

Distance: 5km

Pace: Leisurely - 3km/hr or less **Terrain:** Easy - Mostly flat and usually go footing

Hike Description:

for a Christmas Light walk around different streets of the west side of Hamilton Mountain including a large display on Magnolia Drive

Let's get the Christmas spirit now that Christmas is only 6 days away!

Optional Tim's or Pub stop after the hike.

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

December 20, 2018 - Thursday Group - Hidden Valley/Lemonville Road/Grindstone Creek

Start: 10:00 AM **End:** 1:00 PM

Location: Map 9. Hidden Valley, West Burlington. 43.3050374 -79.8623191

Distance: 8.0 Loop Hike

Pace: Medium - 3 to 4 km/hr **Terrain:** Moderate - Some hills and/or some poor footing

Hike Description:

Meet at Hidden Valley Park in west Burlington. We will do a loop hike along the west side of Grindstone Creek (Lemonville Road) to join the Main Trail and return on the east side (Hidden Valley Road). Some steep hills. Bring snack, water and ICERS.

Hike Leader: Terry Rose. 905-320-6513.

termarintl@gmail.com

December 20, 2018 - Christmas Light Walk 5 of 5 – North Burlington (Millcroft)

Start: 7:00 PM **End:** 8:45 PM

Location: Meet outside Charles R Beaudoin School at 4313 Clubview Drive Burlington

Distance: 5km

Pace: Leisurely - 3km/hr or less **Terrain:** Easy - Mostly flat and usually go footing

Hike Description:

A Christmas Light walk around the streets of Millcroft. Let's get the Christmas spirit now that Christmas is only 5 days away! New walk this year since last year it was snowed out! Optional Pub stop after the hike.

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

December 21, 2018 - Burlington Waterfront Evening Hike

Start: 7:30 PM **End:** 9:00 PM

Location: Meet in the Lakeshore Road parking lot just east of the Waterfront Centre and restaurant

Distance:

Pace: Brisk - 4 to 5 km/hr **Terrain:** Easy - Mostly flat and usually go footing

Hike Description:

This will be a brisk walk along Lake Ontario, to the canal and back. Hike will be cancelled in poor weather.

Hike Leader: Lorne Carruthers. For information call Lorne at 905- 315-8762 or email: l.carruthers@hotmail.com

December 24, 2018 - Radial Trail, Hamilton

Start: 10:00 AM **End:** 12:30 PM

Location: Parking lot of the Chedoke Golf Club in Hamilton

Distance: 10km loop

Pace: Medium - 3 to 4 km/hr **Terrain:** Moderate - Some hills and/or some poor footing

Hike Description:

Hamilton Radial Trail+/-10 km loop. There is no dropout point.

Hike Leader: daljeet juneja ds.juneja@gmail.com
905-870-3088

December 27, 2018 - Thursday Group. Sixteen Mile Creek, Oakville

Start: 9:30 AM **End:**

Location: We will meet at the parking lot of Sixteen Hollow Park, 2108-2140 West Oak Trails Blvd. This is the extension of Dorval Rd. north of Upper Middle Rd

Distance: 12 km

Pace: Medium - 3 to 4 km/hr **Terrain:** Moderate - Some hills and/or some poor footing

Hike Description:

There are three long hills along the route. Bring poles (if you use them), ICERS, water, snack and gear appropriate for the weather.

Hike leader: Norman Young. mny176@outlook.com 905 845 0939, Cell 905 330 6605. Please let leader know by 6 pm the day before the hike.

December 28, 2018 - Burlington Waterfront Evening Hike

Start: 7:30 PM **End:** 9:00 PM

Location: Meet in the Lakeshore Road parking lot just east of the Waterfront Centre and restaurant

Distance:

Pace: Brisk - 4 to 5 km/hr **Terrain:** Easy - Mostly flat and usually go footing

Hike Description:

This will be a brisk walk along Lake Ontario, to the canal and back. Hike will be cancelled in poor weather.

Hike Leader: Lorne Carruthers. For information call Lorne at 905- 315-8762 or email: l.carruthers@hotmail.com

December 29, 2018 - Iroquoia Crawford Lake

Start: 9:30 AM **End:** 1:00 PM

Location: Crawford Lake , Parking Lot Map 11 (N 43.471920 _W79.950494)

Distance: 13.0

Pace: Medium - 3 to 4 km/hr **Terrain:** Moderate - Some hills and/or some poor footing, Slippery Sections Likely

Hike Description:

Loop hike in Crawford Lake and Rattlesnake Conservation Areas.

Parking fee required. Icers maybe required. Pub stop after hike.

Direction : from 401 south on Guelph Line to right on Conservation lower parking lot.

RSVP: Hike Leader **Ron Granger** Phone **519 485 0879.** Email Ron.granger1@yayoo.com

December 30, 2018 - East Hamilton Escarpment and Red Hill Valley

Start: 9:00 AM **End:** 11:00 AM

Location: Parking area on Mountain Brow Blvd (43.211737, -79.815689), between the end of Mohawk Rd East and the Mohawk 4 Ice Centre (710 Mountain Brow Blvd)

Distance: About 8 km

Pace: Brisk - 4 to 5 km/hr **Terrain:** Moderate - Some hills and/or some poor footing

Hike Description:

A loop hike using the main trail, Escarpment Rail Trail, and other trails in the Red Hill Valley. Brisk pace: about 8 km in 2 hours. Bring snacks and water. Be prepared for winter conditions: poles recommended and icers or micro-spikes may be required for icy sections of the trail and/or hard packed snow. Leader: Douglas Boyce at dboyce004@gmail.com or 905-928-4509.

December 31, 2018 - Radial Trail, Hamilton

Start: 10:00 AM **End:** 12:30 PM

Location: Parking lot of the Chedoke Golf Club in Hamilton

Distance: 10km loop

Pace: Medium - 3 to 4 km/hr **Terrain:** Moderate - Some hills and/or some poor footing

Hike Description:

Hamilton Radial Trail+/-10 km loop. There is no dropout point.

Hike Leader: daljeet juneja ds.juneja@gmail.com
905-870-3088

JANUARY HIKES

January 2, 2019 - Puslinch Tract -Burn off those NYE Party Calories -Hike

Start: 9:00 AM **End:** 3:00 PM

Location: Wellington Rd 32, in the parking lot between Concession 2 and 401. GPS: 43.427821, -80.259075

Distance: 12-16 kmn

Pace: Medium - 3 to 4 km/hr **Terrain:** Moderate - Some hills and/or some poor footing

Hike Description:

We will hike the winding trails in this lovely forested area. After the hike, we'll go to the Old Marina Restaurant on Puslinch Lake. Perhaps we'll even bump into a celebrity or two!

Pre-register for the hike with the hike leader Louise Langlais email langlaislousie@gmail.com Cell 519-222-4040 on day of hike. Please email Louise at least 24 hours before the hike to register. Sometimes last minute changes are made to hikes; registering means you won't be waiting around the meeting place not knowing why no-one else is there!

January 2, 2019 - Good Companions - River and Ruin, Lowville

Start: 10:00 AM **End:** 12:30 PM

Location: Map 10. Lowville Park. 43.4333686 -79.9054547

Distance: 8.0 km

Pace: Leisurely - 3km/hr or less **Terrain:** Moderate - Some hills and/or some poor footing

Hike Description:

Starting from the car park in Lowville Park we will connect to the River and Ruin Side Trail and parts of the Main Trail. Bring icers.

Hike Leader: Terry Rose. 905-320-6513
termarintl@gmail.com

January 3, 2019 - Thursday Group. Bronte Trails, Oakville

Start: 9:30 AM **End:**

Location: We will meet at Coronation Park, 1426 Lakeshore Rd. West, Oakville. This is east of Bronte Rd.

Distance: 12 km

Pace: Medium - 3 to 4 km/hr **Terrain:** Easy - Mostly flat and usually go footing

Hike Description:

Bring poles (if you use them), ICERS, water, snack and gear appropriate for the weather. Hike leader: Norman Young. mny176@outlook.com phone: 905 845 0930. Cell 905 330 6605. Please let leader know by 6 pm the day before the hike if you plan to attend.

January 4, 2019 - Burlington Waterfront Evening Hike

Start: 7:30 PM **End:** 9:00 PM

Location: Meet in the Lakeshore Road parking lot just east of the Waterfront Centre and restaurant

Distance:

Pace: Brisk - 4 to 5 km/hr **Terrain:** Easy - Mostly flat and usually go footing

Hike Description:

This will be a brisk walk along Lake Ontario, to the canal and back. Hike will be cancelled in poor weather.

Hike Leader: Lorne Carruthers. For information call Lorne at 905- 315-8762 or email: l.carruthers@hotmail.com

January 5, 2019 - Iroquoia Mount Nemo

Start: 9:00 AM **End:** 1:00 PM

Location: Mount Nemo Conservation Area. Map 10., Km 88.2 Walters Line and #2 sideroad

Distance: 13.0

Pace: Medium - 3 to 4 km/hr **Terrain:** Moderate - Some hills and/or some poor footing, Slippery Sections Likely

Hike Description:

Loop hike within Mount Nemo.

Direction: From 401 south on Guelph Line, left on Derry Rd. right on Walters Line corner of #2 side road. Km 88.2 Map 10. Pub. stop after, Icers maybe required. No dogs ,Hiking boots

RSVP: Hike Leader : **Ron Granger.** Phone: **519 485 0879.**
Email: ron.granger1@yahoo.com

January 6, 2019 - Gentle Hike Crawford Lake Conservation Area

Start: 10:00 AM **End:** 12:30 PM

Location: Crawford Lake Conservation Area east side of Guelph Line, north of Derry Rd. Go north on Guelph Line, north of Derry Rd. The conservation area is on the east side.

Distance: 7 km.

Pace: Leisurely - 3km/hr or less **Terrain:** Easy - Mostly flat and usually go footing, Slippery Sections Likely

Hike Description:

Come and enjoy the beautiful trails of this unique conservation area with its lake, boardwalks and history along with a rediscovered Indian village. Parking fee or conservation area pass. Bring water, a snack and icers for your boots. Optional refreshment stop afterwards.

Leader: Anne Armstrong 905 617 3937
hikinggrandma@gmail.com

January 6, 2019 - Rattlesnake Point and Crawford Lake

Start: 9:00 AM **End:** 12:30 PM

Location: Rattlesnake Point Conservation Area (43.469506, -79.913648), 7200 Appleby Line. Meet at upper parking area. Parking fee in effect.

Distance: 14.5 km

Pace: Brisk - 4 to 5 km/hr **Terrain:** Strenuous - Hilly with steep climbs and some poor footing

Hike Description:

A loop hike from Rattlesnake Point to Crawford Lake and back. Brisk pace: 14.5 km in about 3.5 hours. Bring snacks or lunch, and water. Be prepared for winter conditions: poles recommended and icers or micro-spikes may be required for icy sections of the trail and hard packed snow. Hike may take longer if winter conditions are challenging. Parking fee in effect or Conservation Area pass. Leader: Douglas Boyce at dboyce004@gmail.com or 905-928-4509.

January 7, 2019 - Radial Trail, Hamilton

Start: 10:00 AM **End:** 12:30 PM

Location: Parking lot of the Chedoke Golf Club in Hamilton

Distance: 10km loop

Pace: Medium - 3 to 4 km/hr **Terrain:** Moderate - Some hills and/or some poor footing

Hike Description:

Hamilton Radial Trail+/-10 km loop. There is no dropout point. Hike Leader: daljeet juneja ds.juneja@gmail.com 905-870-3088

January 9, 2019 - Hikers R Us - 14 Mile Creek

Start: 9:00 AM **End:** 1:00 PM

Location: Meet at Glen Abbey Rec Centre parking lot, located at 1415 Third Line, Oakville (north of QEW and south of Dundas St.)

Distance: 13 km

Pace: Medium - 3 to 4 km/hr **Terrain:** Moderate - Some hills and/or some poor footing

Hike Description:

A 13 km loop hike along 14 mile creek and town paths for about 4 hours. No dropout point. No dogs please. Bring water, snack/lunch, and other appropriate hiking gear (icers may be needed). Please RSVP hike leader Norman Young , mny176@outlook.com , 905 845-0939 cell 905 330-6605

January 9, 2019 - Good Companions - Waterdown Woods

Start: 10:00 AM **End:** 12:15 PM

Location: City View Park in Burlington. The park is located on Kerns Rd just south of Hwy 5.

Distance: 8 km

Pace: Leisurely - 3km/hr or less **Terrain:** Easy - Mostly flat and usually go footing, Dependent on Conditions, Slippery Sections Likely

Hike Description:

Meet in the first (north) parking lot near the washrooms. We will do a loop hike walking along the escarpment using both the blue and white trails. Bring ICERS, snack and water. Refreshment stop afterwards at Copper Kettle in Waterdown and, for those interested a possible tour of the True North Gallery just around the corner, Waterdown's "hidden gem" art gallery (assuming there are no changes in visiting times). Hike leader: Connie Rusynyk 905 520 6502

January 10, 2019 - Thursday Group - Dundas Valley Trails

Start: 10:00 AM **End:** 1:30 PM

Location: Dundas Valley Trail Centre-Governor's Road

Distance: 8 to 10 m.

Pace: Leisurely - 3km/hr or less **Terrain:** Moderate - Some hills and/or some poor footing

Hike Description:

This hike will take us along the trails of this lovely valley. Conditions will determine length of hike. Bring water, snack/ lunch and icers. Dundas Valley is located off of Governor's Rd. west of downtown Dundas. Parking fee in effect or Conservation Area pass. Optional refreshment stop afterwards.

Leaders:Phill and Anne Armstrong 905 617 3937 hikinggrandma@gmail.com

January 11, 2019 - Burlington Waterfront Evening Hike

Start: 7:30 PM **End:** 9:00 PM

Location: Meet in the Lakeshore Road parking lot just east of the Waterfront Centre and restaurant

Distance:

Pace: Brisk - 4 to 5 km/hr **Terrain:** Easy - Mostly flat and usually go footing

Hike Description:

This will be a brisk walk along Lake Ontario, to the canal and back. Hike will be cancelled in poor weather.

Hike Leader: Lorne Carruthers. For information call Lorne at 905- 315-8762 or email: l.carruthers@hotmail.com

January 11, 2019 - January Snowshoe Weekend in the Bruce

Start: 6:00 PM **End:**

Location: Bruce Peninsula

Distance:

Pace: Leisurely - 3km/hr or less **Terrain:** Moderate - Some hills and/or some poor footing

Hike Description:

This is the first day of a three-day snowshoe and social event running from Jan. 11 - 13. Pre-registration is required. For an excruciatingly detailed description of the whole weekend, e-mail Richard Reble reblerichard@gmail.com and request his blurb. After checking out the details, e-mail him back to pre-register. Participation is limited to 20 people. Richard can be called at 905-945-0536 or e-mailed at reblerichard@gmail.com

January 13, 2019 - City View Park/Kerns Road/ King Road Junior Hike Exploration

Start: 11:00 AM **End:** 1:00 PM

Location: City View Park/East Side/South Entrance

Distance: 4 km.

Pace: Leisurely - 3km/hr or less **Terrain:** Easy - Mostly flat and usually go footing

Hike Description:

Come out to explore these trails in the winter. City View Park is on the east side of Kerns Road, most southerly entrance.

Bring water, a snack and if you have them, icers for your boots. Map 9.

Leader: Anne Armstrong 905 617 3937
hikinggrandma@gmail.com

January 14, 2019 - Radial Trail, Hamilton

Start: 10:00 AM **End:** 12:30 PM

Location: Parking lot of the Chedoke Golf Club in Hamilton

Distance: 10km loop

Pace: Medium - 3 to 4 km/hr **Terrain:** Moderate - Some hills and/or some poor footing

Hike Description:

Hamilton Radial Trail +/- 10 km loop. There is no dropout point.

Hike Leader: daljeet juneja ds.juneja@gmail.com

905-870-3088

January 16, 2019 - Hikers R Us - Dundas Valley

Start: 9:00 AM **End:**

Location: Dundas Valley Conservation Area

Distance: 15K +/-

Pace: Brisk - 4 to 5 km/hr **Terrain:** Moderate - Some hills and/or some poor footing

Hike Description:

Meet at the main parking lot off of Governors Rd in Dundas, Map 8 Ed 29, marker 51.9, parking fee applies.

We will hike the main trail and then take the Headwaters trail and return.

RSVP by email wlr8362@gmail.com Cancellations the morning of the hike call 289-456-3498

Bring lunch, water and icers. No dogs please.

January 16, 2019 - Good Companions - Glen Abbey Ravine Trails Oakville

Start: 10:00 AM **End:** 12:30 PM

Location: Oakville Glen Abbey Ravine Trails Upper Middle Rd./Third Line

Distance: Approximately 8 km.

Pace: Leisurely - 3km/hr or less **Terrain:** Easy - Mostly flat and usually go footing, Slippery Sections Likely

Hike Description:

Come and enjoy the trails of the Glen Abbey Ravines in winter. Walk along quiet trails through woodlands, sometimes along frozen creeks and then friendly neighbourhoods. Bring water, a snack and icers. Meet before 10:00 am. in the north west corner of Abbey Plaza at the corner of Third Line and Upper Middle Rd. Park near Macdonald's (bathrooms available) facing Third Line.

Leaders: Anne and Phill Armstrong. 905-617-3937.

hikinggrandma@gmail.com

January 17, 2019 - Thursday Group, Waterdown Woods

Start: 10:00 AM **End:**

Location: We will meet in City View Park in Burlington. The park is located on Kerns Rd just south of Hwy 5.

Distance: 8 km

Pace: Medium - 3 to 4 km/hr **Terrain:** Moderate - Some hills and/or some poor footing

Hike Description:

Meet at the first (north) parking lot near the washrooms. We will do a loop hike walking along the escarpment using both the blue and white trails. Bring ICERS, snack and water.

Refreshment stop afterwards at the Copper Kettle in Waterdown, and for those interested, we will do a tour of the True North Gallery just around the corner from the coffee shop. This is Waterdown's hidden gem art gallery. hopefully they will not have changed their visiting times for the winter.

Hike Leader: Connie Rusynyk 905 520 6502

January 18, 2019 - Burlington Waterfront Evening Hike

Start: 7:30 PM **End:** 9:00 PM

Location: Meet in the Lakeshore Road parking lot just east of the Waterfront Centre and restaurant

Distance:

Pace: Brisk - 4 to 5 km/hr **Terrain:** Easy - Mostly flat and usually go footing

Hike Description:

This will be a brisk walk along Lake Ontario, to the canal and back. Hike will be cancelled in poor weather.

Hike Leader: Lorne Carruthers. For information call Lorne at 905- 315-8762 or email: l.carruthers@hotmail.com

January 21, 2019 - Radial Trail, Hamilton

Start: 10:00 AM **End:** 12:30 PM

Location: Parking lot of the Chedoke Golf Club in Hamilton

Distance: 10km loop

Pace: Medium - 3 to 4 km/hr **Terrain:** Moderate - Some hills and/or some poor footing

Hike Description:

Hamilton Radial Trail +/- 10 km loop. There is no dropout point.

Hike Leader: daljeet juneja ds.juneja@gmail.com

905-870-3088

January 23, 2019 - Hikers R Us - Dundas Valley CA

Start: 9:30 AM **End:** 2:30 PM

Location: Dundas Valley Conservation Area

Distance: 15

Pace: Medium - 3 to 4 km/hr **Terrain:** Moderate - Some hills and/or some poor footing, Slippery Sections Likely

Hike Description:

15 km loop hike will take approx. 4.5 hrs. There will be a refreshment/pub stop in Dundas afterwards.

Depart 9:30 from Dundas Valley parking lot (fee) by the Trail Centre. Enter Dundas Valley Conservation Area main entrance off Governors Road, Dundas.

Begin at the Trail Centre (washrooms available) to the Main Loop to the Headwaters Trail and back around. Bring water, lunch, snacks, icers. Please register with Steven

White stevenwhite901@gmail.com or text 289-242-9415. No dogs please

January 23, 2019 - Good Companions - RBG North Shore Trail

Start: 10:00 AM **End:** 12:00 PM

Location: Meeting at former RBG York Road Parking Lot in Dundas.

Distance: 7-8km

Pace: Leisurely - 3km/hr or less **Terrain:** Easy - Mostly flat and usually go footing

Hike Description:

Easy hike, a few hills. We'll take a break at the nature center (which has a restroom). Bring snack, drink and have icers on hand (if needed given it's winter).

Leader: Linda Robinson fly@execulink.com

January 24, 2019 - Thursday Group, Dundas

Start: 10:00 AM **End:** 12:30 PM

Location: We will meet in Dundas Driving Park off Park st. in downtown Dundas.

Distance: 8 - 10 Km

Pace: Medium - 3 to 4 km/hr **Terrain:** Moderate - Some hills and/or some poor footing

Hike Description:

Depending on the conditions, we will hike to Dundas Peak and beyond to Tews Falls. However, given the time of year, this may not be possible so it may be a street hike to look at interesting architecture. There is lots of free parking in Dundas Driving Park. If you don't see anyone that looks like a leader, wait by the gateposts. Bring poles (if you use them), ICERS, water and snack.

Contact Marion Fletcher (905) 628-5537, octother@AOL.com

January 25, 2019 - Burlington Waterfront Evening Hike

Start: 7:30 PM **End:** 9:00 PM

Location: Meet in the Lakeshore Road parking lot just east of the Waterfront Centre and restaurant

Distance:

Pace: Brisk - 4 to 5 km/hr **Terrain:** Easy - Mostly flat and usually go footing

Hike Description:

This will be a brisk walk along Lake Ontario, to the canal and back. Hike will be cancelled in poor weather.

Hike Leader: Lorne Carruthers. For information call Lorne at 905- 315-8762 or email: l.carruthers@hotmail.com

January 27, 2019 - East Hamilton Escarpment and Red Hill Valley

Start: 9:00 AM **End:** 11:00 AM

Location: Parking area on Mountain Brow Blvd (43.211737, -79.815689), between the end of Mohawk Rd East and the Mohawk 4 Ice Centre (710 Mountain Brow Blvd)

Distance: About 8 km

Pace: Brisk - 4 to 5 km/hr **Terrain:** Moderate - Some hills and/or some poor footing

Hike Description:

A loop hike using the main trail, Escarpment Rail Trail, and other trails in the Red Hill Valley. Brisk pace: about 8 km in 2 hours. Bring snacks and water. Be prepared for winter conditions: poles recommended and icers or micro-spikes may be required for icy sections of the trail and hard packed snow. Leader: Douglas Boyce at dboyce004@gmail.com or 905-928-4509.

January 28, 2019 - Radial Trail, Hamilton

Start: 10:00 AM **End:** 12:30 PM

Location: Parking lot of the Chedoke Golf Club in Hamilton

Distance: 10km loop

Pace: Medium - 3 to 4 km/hr **Terrain:** Moderate - Some hills and/or some poor footing

Hike Description:

Hamilton Radial Trail +/- 10 km loop. There is no dropout point. Hike Leader: daljeet Juneja ds.juneja@gmail.com 905-870-3088

January 30, 2019 - Hikers R Us - Shell Park, Burlington/Oakville

Start: 9:00 AM **End:** 12:30 PM

Location: Meet at the front parking lot for Shell Park at 3307 Lakeshore Road West (west of Bronte Road and east of Great Lakes Blvd.)

Distance: 12

Pace: Medium - 3 to 4 km/hr **Terrain:** Easy - Mostly flat and usually go footing

Hike Description:

A 12 km circular hike in the park and along the lake for about 3.5 hours. No dogs please. Bring water, snack/lunch, other appropriate gear (icers may be needed). Please RSVP hike leader Norman Young mny176@outlook.com 905 845-0939 cell 905 330-6605.

January 30, 2019 - Good Companions - Cootes Paradise South Shore

Start: 10:00 AM **End:** 1:00 PM

Location: Princess Point, Cootes Paradise

Distance: 8km

Pace: Leisurely - 3km/hr or less **Terrain:** Moderate - Some hills and/or some poor footing

Hike Description:

Meet for a 10:00am start at the Princess Point parking lot. Note that RBG parking fees are in effect unless you have an RBG membership. However, the machines let you pay by the hour. The parking lot can be reached by turning right (north) on Macklin Street North from King Street West in Hamilton. Follow to the very end keeping right all the way. This is a "there and back" hike. We will follow the south shore trails to McMaster University, taking in the Sassafra Point trail. We can warm up at the Student Centre building then return to Princess Point. Bring water, suitable footwear and icers. Also a snack or one can purchase a snack at the Student Centre (there is also a Timmies).

Leader: Janina Vanderpost. 905-521-2296
kayakhiker1@gmail.com

January 31, 2019 - Thursday Group Joshua Creek south, Oakville

Start: 9:30 AM **End:**

Location: We will meet in the NW corner of Maple Grove Village Plaza (511 Maple Grove Dr.) which is at the corner of Maple Grove Plaza and Cornwall. The plaza is west of Ford Drive and east of Trafalgar Rd.

Distance: 12 km

Pace: Medium - 3 to 4 km/hr **Terrain:** Easy - Mostly flat and usually go footing

Hike Description: Bring poles (if you use them), ICERS, water, snack and gear appropriate for the weather. Hike Leader: Norman Young. mny176@outlook.com home phone 905 845 0939. Cell 905 330 6605. Please let leader know by 6 pm the day before the hike.

FEBRUARY HIKES

February 1, 2019 - Burlington Waterfront Evening Hike

Start: 7:30 PM **End:** 9:00 PM

Location: Meet in the Lakeshore Road parking lot just east of the Waterfront Centre and restaurant

Pace: Brisk - 4 to 5 km/hr **Terrain:** Easy - Mostly flat and usually good footing

Hike Description:

This will be a brisk walk along Lake Ontario, to the canal and back. Hike will be cancelled in poor weather.

Hike Leader: Lorne Carruthers. For information call Lorne at 905- 315-8762 or email: l.carruthers@hotmail.com

February 2, 2019 - Iroquoia. Kelso

Start: 8:30 AM **End:** 1:00 PM

Location: Kelso Conservation Area. West end of parking lot. KM 121.3, Map 11, (N 43.471920 - W 79.950494)

Distance: 18.0

Pace: **Terrain:** Moderate - Some hills and/or some poor footing, Slippery Sections Likely

Hike Description:

Car shuttle to Km 103.8, Map 11. Hike back through Crawford Forestry Tract, Crawford Lake and Kelso Conservation Areas. Pub stop after. No dogs. No drop outs. Hiking Boots Icers maybe required

Direction : from 401 north on #25, left on Campbellville Rd, left on Tremaine Rd right into Kelso Conservation Area.

RSVP Hike Leader: **Ron Granger**. Phone. **519 485 0879**.

Email: ron.granger1@yahoo.com

February 3, 2019 - Clappison Woods and Grindstone Creek

Start: 9:00 AM **End:** 12:00 PM

Location: Roadside parking (43.307417, -79.911580) at km 66 (map #9), north end of Old Guelph Rd near Highway #6. See below for further directions

Distance: 12.8 km

Pace: Brisk - 4 to 5 km/hr **Terrain:** Strenuous - Hilly with steep climbs and some poor footing

Hike Description:

A "there and back" hike using the main trail from Highway #6 to the falls at Smokey Hollow and back. Brisk pace: 12.8 km in about 3 hours. Bring snacks and water. Be prepared for winter conditions: poles recommended and icers or micro-spikes may be required for icy sections of the trail and hard packed snow. Hike may take longer if winter conditions are challenging. **Directions to meeting place:** From Highway #6 take York Rd towards Dundas. Turn right onto Old Guelph Rd at the four way stop. Parking is at the dead end of Old Guelph Rd, just past the point where Patterson Rd meets Old Guelph Rd. Leader: Douglas Boyce at dboyce004@gmail.com or 905-928-4509.

February 4, 2019 - Radial Trail, Hamilton

Start: 10:00 AM **End:** 12:30 PM

Location: Parking lot of the Chedoke Golf Club in Hamilton

Distance: 10km loop

Pace: Medium - 3 to 4 km/hr **Terrain:** Moderate - Some hills and/or some poor footing

Hike Description:

Hamilton Radial Trail +/- 10 km loop. There is no dropout point. Hike Leader: daljeet juneja ds.juneja@gmail.com 905-870-3088

February 5, 2019 - SOUPFEST HIKE

Start: 10:00 AM **End:** 1:00 PM

Location: Bayfront Park Hamilton

Distance: 8km loop hike

Pace: Medium - 3 to 4 km/hr **Terrain:** Easy - Mostly flat and usually go footing

Hike Description:

To reach Bayfront Park take Bay St North and turn left on Harbour Front Drive. Park near the gazebo. We will hike along the harbour wall to the canal, around Princess Point, past the Catholic Cathedral and on to the Hamilton Convention Centre.

For \$20 (\$15 seniors) you get to select four delicious cups of soup (bread included) from the best restaurants in the area. The proceeds go to Living Rock Ministries, an NGO that does great work with troubled youth in Hamilton. There is entertainment and door prizes with plenty of sporting and media celebrities on hand.

After lunch return to Bayfront Park at your leisure. Leader: Terry Rose. (905) 320-6513. termarintl@gmail.com

February 6, 2019 - Hikers R Us - Hilton Falls

Hiking and Hot Dogs

Start: 9:00 AM **End:** 1:30 PM

Location: Hilton Falls Conservation Area

Distance: 12-14 km

Pace: Medium - 3 to 4 km/hr **Terrain:** Easy - Mostly flat and usually go footing

Hike Description:

Hilton Falls is a favourite with most hikers and no wonder! It's a gorgeous conservation area, with lots of variety of trails. It's especially pretty in the winter. To make this hike even more fun, let's bring hot dogs and marshmallows to roast over the fire at the falls.

Hike Leader: Louise Langlais cell: 519-222-4040

Please email Louise langlaislouise@gmail.com at least 24 hours before the hike to register.

February 6, 2019 - Good Companions - Shell Park, West Oakville

Start: 10:00 AM **End:** 12:30 PM

Location: Shell Park. 43.3806068 -79.7181055

Distance: 8km

Pace: Leisurely - 3km/hr or less **Terrain:** Easy - Mostly flat and usually go footing

Hike Description:

We will explore the trails in Shell Park, Village Wood Park, Riverview Park and Bronte returning via the Pioneer Cemetery. Bring icers.

Hike Leader: Mary Rose. 905-637-2918

termarintl@cogeco.ca

February 7, 2019 - RBG North Shore Trail

Start: 10:00 AM **End:** 12:00 PM

Location: Meeting at former RBG York Road Parking Lot in Dundas.

Distance: 7-8km

Pace: Medium - 3 to 4 km/hr **Terrain:** Easy - Mostly flat and usually go footing

Hike Description:

Easy hike, a few hills. We'll take a break at the nature center (which has a restroom). Bring snack, drink and have icers on hand (never know this time of year). Hike Leader: Linda Robinson, fly@execulink.com

February 8, 2019 - Burlington Waterfront Evening Hike

Start: 7:30 PM **End:** 9:00 PM

Location: Meet in the Lakeshore Road parking lot just east of the Waterfront Centre and restaurant

Pace: Brisk - 4 to 5 km/hr **Terrain:** Easy - Mostly flat and usually go footing

Hike Description:

This will be a brisk walk along Lake Ontario, to the canal and back. Hike will be cancelled in poor weather.

Hike Leader: Lorne Carruthers. For information call Lorne at 905- 315-8762 or email: l.carruthers@hotmail.com

February 8, 2019 - February Snowshoe Weekend in the Bruce

Start: 6:00 PM **End:**

Location: Bruce Peninsula

Pace: Leisurely - 3km/hr or less **Terrain:** Moderate - Some hills and/or some poor footing

Hike Description:

This is the first day of an annual three-day social and snowshoe event in the Bruce Peninsula, running from Feb. 8 - 10. Pre-registration will be required because the event will be limited to 20 participants. If you're interested in learning more, e-mail Richard Reble at reblerichard@gmail.com and he'll send you an excruciatingly detailed blurb. If you're still interested, e-mail him back and pre-register.

February 9, 2019 - Rattlesnake Point

Start: 8:30 AM **End:** 1:00 PM

Location: Rattlesnake Point, Upper parking lot. Map 11 , Parking Fee require. (GPS N 43.469506 -N 79.950498)

Distance: 14.0

Pace: Medium - 3 to 4 km/hr **Terrain:** Moderate - Some hills and/or some poor footing, Slippery Sections Likely

Hike Description:

Loop hike in Rattlesnake Point and Crawford Lake. Pub stop after. No dogs, Hiking Boots, Icers maybe required . Direction: From 401 north on #25, left on Campbellville rd, left on Appleby Line and right into Conservation Area.

RSVP: Hike Leader: **Ron Granger** Phone : **519 485 0879**

Email: **ron.granger1@yahoo.com**

February 11, 2019 - Radial Trail, Hamilton

Start: 10:00 AM **End:** 12:30 PM

Location: Parking lot of the Chedoke Golf Club in Hamilton

Distance: 10km loop

Pace: Medium - 3 to 4 km/hr **Terrain:** Moderate - Some hills and/or some poor footing

Hike Description:

Hamilton Radial Trail+/-10 km loop. There is no dropout point.

Hike Leader: daljeet juneja ds.juneja@gmail.com

905-870-3088

February 13, 2019 - Hikers R Us - 16 Mile Creek

Start: 9:00 AM **End:** 12:30 PM

Location: Meet at Sixteen Hollow parking lot at 2108-2140 West Oak Trails Blvd. (a northern extension of Dorval Road) and just north of Upper Middle Road, Oakville

Distance: 13 km

Pace: Medium - 3 to 4 km/hr **Terrain:** Moderate - Some hills and/or some poor footing

Hike Description:

A circular hike of about 13 km along the creek for about 3.5 hours. No dropout point. No dogs please. Bring water, snack/ lunch, appropriate gear (icers may be needed). Please RSVP hike leader Norman Young mny176@outlook.com 905 845-0939 cell 905 330-6605.

February 13, 2019 - Good Companions - RBG North Shore Trail

Start: 10:00 AM **End:** 12:00 PM

Location: Meeting at former RBG York Road Parking Lot in Dundas.

Distance: 7-8km

Pace: Leisurely - 3km/hr or less **Terrain:** Easy - Mostly flat and usually go footing

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

February 14, 2019 - Thursday Group - Red Hill Valley

Start: 10:00 AM **End:** 12:30 PM

Location: Map 7. Red Hill Valley - Parking Lot @ Pritchard and Old Mud Street, Hamilton East Mountain. 43.2006438 -79.8155411

Distance: 8km loop hike

Pace: Medium - 3 to 4 km/hr **Terrain:** Moderate - Some hills and/or some poor footing

Hike Description:

We will do a loop hike in the Red Hill Valley returning via Buttermilk Falls and Albion Falls. Could be shortened if conditions are poor. Bring icers.

Hike Leader: Terry Rose 905-320-6513 termarintl@gmail.com

February 15, 2019 - Family Day Weekend Snowshoeing in Tobermory

Start: 6:30 PM **End:** 2:30 PM

Location: Tobermory

Distance: 7km per day

Pace: Leisurely - 3km/hr or less **Terrain:** Easy - Mostly flat and usually go footing

Hike Description:

Family Day Weekend snowshoeing at the "Tip o' the Bruce" Tobermory and the Bruce Peninsula National Park. Feb. 15-18. We will snowshoe the Burnt Point Loop and the trails of the Cypress Lake area to the Georgian Bay shore and along the shore. Lots of great views of Georgian Bay. New to snowshoeing? We will help you. We stay and have our meals at a comfortable hotel overlooking Little Tub Harbour in Tobermory. More information contact Greg Vincent vincent.greg@gmail.com or (519) 579-8210

February 15, 2019 - Burlington Waterfront Evening Hike

Start: 7:30 PM **End:** 9:00 PM

Location: Meet in the Lakeshore Road parking lot just east of the Waterfront Centre and restaurant

Pace: Brisk - 4 to 5 km/hr **Terrain:** Easy - Mostly flat and usually go footing

Hike Description:

This will be a brisk walk along Lake Ontario, to the canal and back. Hike will be cancelled in poor weather.

Hike Leader: Lorne Carruthers. For information call Lorne at 905- 315-8762 or email: l.carruthers@hotmail.com

February 17, 2019 - East Hamilton Escarpment and Red Hill Valley

Start: 9:00 AM **End:** 11:00 AM

Location: Parking area on Mountain Brow Blvd (43.211737, -79.815689), between the end of Mohawk Rd East and the Mohawk 4 Ice Centre (710 Mountain Brow Blvd)

Distance: About 8 km

Pace: Brisk - 4 to 5 km/hr **Terrain:** Moderate - Some hills and/or some poor footing

Hike Description:

A loop hike using the main trail, Escarpment Rail Trail, and other trails in the Red Hill Valley. Brisk pace: about 8 km in 2 hours. Bring snacks and water. Be prepared for winter conditions: poles recommended and icers or micro-spikes may be required for icy sections of the trail and hard packed snow. Leader: Douglas Boyce at dboyce004@gmail.com or 905-928-4509.

February 18, 2019 - Radial Trail, Hamilton

Start: 10:00 AM **End:** 12:30 PM

Location: Parking lot of the Chedoke Golf Club in Hamilton

Distance: 10km loop

Pace: Medium - 3 to 4 km/hr **Terrain:** Moderate - Some hills and/or some poor footing

Hike Description:

Hamilton Radial Trail +/- 10 km loop. Hike Leader: daljeet juneja ds.juneja@gmail.com 905-870-3088

February 20, 2019 - Good Companions - Hamilton Waterfront Trail

Start: 10:30 AM **End:** 1:00 PM

Location: Entrance to the Waterfront Trail at the Far west end of Bayfront Park

Distance: 5km

Pace: Leisurely - 3km/hr or less **Terrain:** Easy - Mostly flat and usually go footing

Hike Description:

We will walk from the entrance of the Bayfront Trail to Princess Point and back and then go to Fishers Pier 4 Pub and Grub on James St. N. for lunch.

Hike Leader: Bill Fulton. ibtcrbguu.fulton@gmail.com

February 20, 2019 - Hikers R Us - Mountsberg

Start: 9:00 AM **End:** 12:00 PM

Location: Meet at Mountsberg Conservation Area, 2259 Milborough Line, Campbellville GPS 43.459745 - 80.030052.

Distance: 12 km

Pace: Medium - 3 to 4 km/hr **Terrain:** Easy - Mostly flat and usually go footing

Hike Description:

We'll hike the snowy trails of the conservation area for about 3 hours and check out the birds and the animals in the barn. Please bring snack/lunch, water, icers may be necessary. Conservation pass or Parking fees apply. No dogs, please. Please RSVP to hike leader Charlotte Stewart stewchar01@gmail.com, cell/text 905 906-0519.

February 22, 2019 - Burlington Waterfront Evening Hike

Start: 7:30 PM **End:** 9:00 PM

Location: Meet in the Lakeshore Road parking lot just east of the Waterfront Centre and restaurant

Pace: Brisk - 4 to 5 km/hr **Terrain:** Easy - Mostly flat and usually go footing

Hike Description:

This will be a brisk walk along Lake Ontario, to the canal and back. Hike will be cancelled in poor weather.

Hike Leader: Lorne Carruthers. For information call Lorne at 905- 315-8762 or email: l.carruthers@hotmail.com

February 25, 2019 - Radial Trail, Hamilton

Start: 10:00 AM **End:** 12:30 PM

Location: Parking lot of the Chedoke Golf Club in Hamilton

Distance: 10km loop

Pace: Medium - 3 to 4 km/hr **Terrain:** Moderate - Some hills and/or some poor footing

Hike Description:

Hamilton Radial Trail +/-10 km loop. There is no dropout point.

Hike Leader: daljeet juneja ds.juneja@gmail.com
905-870-3088

February 27, 2019 - Hikers R Us - Joshua Creek North, Oakville

Start: 9:00 AM **End:** 1:00 PM

Location: Meet at Oakville Town Hall, 1225 Trafalgar Road, just north of the QEW

Distance: 14 km

Pace: Medium - 3 to 4 km/hr **Terrain:** Easy - Mostly flat and usually go footing

Hike Description:

A circular hike of 14 km along the creek and town trails for about 4 hours. No dropout point. No dogs please. Bring water, snack/lunch, appropriate gear (icers may be needed).

Please RSVP hike leader Norman Young mny176@outlook.com 905 845-0939 cell 905 339-6605

February 27, 2019 - Good Companions - Crawford Lake

Start: 10:00 AM **End:** 12:15 PM

Location: Crawford Lake is located off Guelph Line north of Derry Rd.

Distance: 8 km

Pace: Leisurely - 3km/hr or less **Terrain:** Easy - Mostly flat and usually go footing, Dependent on Conditions, Slippery Sections Likely

Hike Description:

Meet in the lower level parking lot. Depending on conditions we will hike around the lake, out to the lookout and possibly along the green conservation area trail. Bring ICERS, snack, water. C/A parking fees apply if you do not have membership. Afterwards, if you wish, we will go to the Trail Eatery in Campbellville for refreshments. Hike Leader: Connie Rusnyk 905 520 6502

March 16, 2019 - Toronto Section -Hilton Falls Conservation Area

Start: 8:30 AM **End:** 2:00 PM

Location: Hilton Falls Conservation Area, Map 11, Parking lot . (N 43.505705 _W 79.961589). Maps 11/ 12 ,

Distance: 17

Pace: Medium - 3 to 4 km/hr **Terrain:** Moderate - Some hills and/or some poor footing, Slippery Sections Likely

Hike Description:

Car hike Car shuttle to KM 17.5 , Map 12 . Hike back through Speyside and Hilton Conservation Area. No dogs ,No drop out, Hiking Boots, Pub stop after. Icers maybe required

Directions:from 410 north on #25, left on Campbellville Rd ,right into Hilton Conservation Area.

RSVP Hike Leader: **Ron Granger**. Phone: **519 485 0879**. Email: ron.granger1@yahoo.com



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