



**Bruce Trail  
CONSERVANCY**  
IROQUOIA CLUB

*"Preserving a ribbon of  
wilderness for everyone, forever."*

**WINTER 2019-20**

# The Iroquoian

*Official newsletter of the Iroquoia Bruce Trail Club*

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Cynthia Archer, Anne Armstrong, Pat Barton, Gary Beaudoin, Karen Bergmann, Steve Brown, Lyne Desforges, Fred Douglas, John Farquharson, Bob Findlay, Bill Fulton, Cathy Green, Katie Halsall, Ellen Kennedy, Kathy Lawday, Ken Lawday, Peter Leeney, Jillian Malcolm, Mary Rose, Terry Rose, Kathy Rymal, Samar Smith, Charlotte Stewart and we cannot forget the staff at BTC's head office who worked extra hard to ensure the event ran smoothly. Apologies if we missed anyone!

## & GUESTS

Thank you to all who attended!

Photo credits to Allan Meyer and Kevin Durfy. Thank you!

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## THE IROQUOIAN

The Iroquoian newsletter is published quarterly by the IBTC, one of nine member clubs of the registered non-profit Bruce Trail Conservancy.

We welcome article and photograph submissions for publication from our members. All submissions will be reviewed and approved by the Board of Directors.

Contact the editor:

[editors.iroquoian@gmail.com](mailto:editors.iroquoian@gmail.com)

## SUBMISSION DEADLINES

Spring issue: January 20

Summer issue: April 20

Fall issue: July 20

Winter issue: October 20

## ADVERTISE WITH US!

*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

Email the editor to place an ad or request more information.

The Iroquoian is distributed by email. For a paper copy contact the editor using the email above or social media.



**Bruce Trail  
CONSERVANCY**  
IROQUOIA CLUB



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VISIT THE CLUB'S WEBSITE  
FOR HIKES, INFORMATION  
AND EVENTS:

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# A Message From The President

Winter is just about here and it should not be a time to hibernate. Try to bundle up and get outside, even for an hour of hiking, snowshoeing, skiing or just a walk in the neighbourhood. The less sunlight we see in the winter months, the more likely we are to develop Seasonal Affective Disorder which can create mood swings, anxiety and sleep problems.

Our Club has three excellent reasons to get outside. The Winter Junior Hiker Badge, the Iroquoia End to End Winter Badge (must be completed between Dec. 21 and March 21) and the Iroquoia Snowshoe Badge. Details on how to acquire these badges can be found on our website.

The 2019 BTC Annual Meeting ("BruceFest") has now passed, but it has left us with some wonderful memories. Friday's social time felt so comfortable, like a party in somebody's house, and Sarah Harmer was delightful with her songs and interaction. I heard nothing but positive things about the workshops. The Organizing Committee was very proud to see two years of work finally come together so well and to be able to offer the attendees such a large array of workshops for free. Weather was great for the Sunday hikes and the timing was perfect for all three groups to return to the parking lot at

1:30pm. I want to give a special thanks to Terry Rose for helping me out with the Sunday hikes and the enjoyable chats while we waited for the groups to arrive in the morning and return in the afternoon. Also thanks to hike leaders and sweeps Cynthia Archer, Fred Douglas, Charlotte Stewart, Karen Bergman and Anne and Phill Armstrong. The Niagara Club won the Lloyd Smith Walking Stick and Lara and Kai Gibbons won the young hikers award. They are the children of Cecilia Gibbons, our club's vice president.

The Steeltown Stomp was held in September and was a huge success again with 200 participants. Thanks to Samar Smith, Peter Rumble and the checkpoint people, BTC Staff and our friends in the Niagara Club for putting on such a well run event.

Bruce Trail Day was also a success despite the threat of drizzle. We had about 75 people attend and for the first time invited other organizations to come out and set up a booth, giving a "fair" type atmosphere to Bruce Trail Day. This is something we will want to look at more closely and expand on for the future. Thanks to Bron Tregunno, Samar Smith and Peter Rumble for setting it all up and to the hike leaders.

Finally, I want to thank Matthew de Zoete and his band for a fantastic, fun night as they

played The Beatles Abbey Road album to a packed house on November 2<sup>nd</sup> at the Rock on Locke. A special thanks to Allen Meyer and Samar Smith for putting this together. This was a follow up to last year's The Kinks concert and once again proceeds of this special event go to the BTC. Speaking of the sun, I was humming "Here Comes The Sun" all the way home.

A reminder to those who may want to use the trails at Kelso Conservation Area that the Club has been talking to Conservation Halton about leaving the trails open during the winter. Please check our website for an update to these discussions if you plan to hike at Kelso this winter. We should also add that all the trails at Kelso are multi-use, so do try to be aware of cyclists on hills and just step off to your right if you hear a cyclist coming from behind you. With the invention of "Fat Bikes", you may come across cyclists in the middle of winter at Kelso and other conservation areas that permit cycling.

As many are aware, the Niagara Escarpment was designated a UNESCO Biosphere Reserve in 1990. Since that time, the "keepers" of the designation have been the Niagara Escarpment Commission. Over the last few years there has been issues raised about having a government agency in charge of the designation instead of an

### *A Message From The President Continued...*

independent body. A lot of actions have taken place this past year to create a new and independent body to oversee the designation. Along with Michael McDonald, I was able to attend a meeting that saw a number of individuals form a Transitional Team that will work to create a new organization. I have signed on to help in some Working Groups that will report back to the Transitional Team on such topics as Communications, Fundraising and Governance. I look forward to reporting back to our membership in future editions of The Iroquoian on this important change for our beloved Niagara Escarpment UNESCO World Biosphere.

Stayed tuned for news about the New Year's Day hike.

Have a Merry Christmas and good hiking for the new year.

Cheers,



**Paul Toffoletti**

*President, Iroquoia Bruce Trail Club*

## Monthly e-newsletter coming Dec. 1<sup>st</sup>!

Do you want a quick update on what's happening in the upcoming month, get news and some hiking tips?

Jillian Malcolm is starting a monthly e-newsletter that will go out on the first of the month. **BUT** you need to sign up for it on our webpage. Simply fill in the pop-up at [iroquoia.on.ca](http://iroquoia.on.ca) or let Jillian know you want to sign up at [jillianmalcolm@gmail.com](mailto:jillianmalcolm@gmail.com).

If you have a picture or story you want to share, whether your first 10km hike or your end-to-end experience, please forward it too!



The difference between this newsletter and the members one is that non-members can sign up and find out what is going on with our club, so please tell your friends and family!

**Comfortable Hiking Holidays**  
**(416) 445-2628**  
**info@letshike.com www.letshike.com**

## THE CAMINO DE SANTIAGO, SPAIN

**April 26 to May 8, 2020**

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.

## JAPAN - TOKYO TO KYOTO

**October 4 to 18, 2020**

Traditional customs intertwined with modern realities! Discover hiking trails from Tokyo to Kyoto, including treks in Kamikochi (Japanese Alps), on the slopes of Mt. Fuji & the Five Lakes District. Explore Matsumoto, Takayama, & Japan's first capital, Nara. Accommodations include western-style hotels & traditional Japanese ryokans. Peak time for fall colours!

## 2020 HIKING CALENDAR

**August/September 2020**

Email us at [info@letshike.com](mailto:info@letshike.com) to receive the much-anticipated Comfortable Hiking Holidays annual Hiking Calendar, full of inspirational trips to entice you for months to come!

## LAST MINUTE?

If you prefer to wait until the last minute to plan a trip or if you're a spur of the moment kind of person, then add your name to one of our waitlists and we will contact you if/when an opening becomes available.

**Dominica \* Portugal \* Amalfi Coast (Italy) \* Ireland  
Corfu (Greece) \* Provence & Cote d'Azur (France)  
Slovenija \* Tour du Mont Blanc  
Galapagos Islands**

## EARN HIKING BUDDY REWARDS

Did you know we have a referral program? Tell all your hiking friends what a great time you had on your trip with Comfortable Hiking Holidays, and if they have never travelled with us before and decide to book one of our trips, you will receive a \$100 discount on your next Comfortable Hiking Holiday. Since its launch in 2006, we have awarded almost \$38,000 in Hiking Buddy Rewards! We admit, we love it when you rave about us!

TICO # 50018498

# Winter Means... Winter Badges!

## **Winter End to End Badge**

Earned by hiking during the current winter season only (ie. December 21, 2019 - March 20, 2020).

To receive the badge, hike the entire Iroquoia section (from Grimsby to the 401 in Milton). Keep a record of the days you hiked, the start and end points, and any other details you wish to add.



## **Snowshoe Badge**

Complete four snowshoe hikes, at least three in the Iroquoia section on the white or blue Bruce Trail. You may create and complete your own, or take part in a snowshoe hike offered by our Club hike leaders!



Send \$5 per badge and a self stamped and addressed envelope together with your log to the following: Iroquoia Bruce Trail Club, P.O. Box 71057, Burlington, ON L7T 4J8. You will receive your badge(s) back in the envelope supplied. More info: <http://www.iroquoia.on.ca/index.php/hiking/badges/>



We're always so thankful for the wonderful volunteers that help us achieve our mission, "Preserving a ribbon of wilderness, for everyone, forever".

In particular, I would like to thank the many volunteers who helped us host a very successful AGM at the Scottish Rite in Hamilton.

We have some specific needs at the moment:

### **DIRECTOR AT LARGE (DAL)**

This is a Board position that provides experience to new Board members. It is expected the person will assist other Board members in their tasks. It is also expected the DAL will assume a specific Board position no later than 1 year after being in the role.

### **TREASURER**

Responsibility to oversee and manage the funds for the Iroquoia Club. This includes developing a budget and reporting on monthly financial activities. The person also makes appropriate payments for the Club.

### **HIKE DIRECTOR**

The Hike Director oversees all functions and operations within the Hiking portfolio, including being the main point of contact for all inquiries regarding recreation. This individual is responsible for ensuring all major club and community events run smoothly; organizing Trail Angels for independent hikers; ensuring the Hike Leaders are certified, trained, mentored and capable of leading hikes on the Bruce Trail. At least once a year organize a "Hiking 101" event to educate the public on the sport of hiking. A large component of this role is the management of a roster of nearly

80 volunteers. This role further includes reviewing submitted hikes and making revisions to the hike calendar; frequent correspondence with members, Hike Leaders, community groups regarding requests or inquiries that could impact the recreational use of the Bruce Trail, and regularly liaising between these individuals and the leadership of the various Bruce Trail Clubs. The Hike Director will occasionally work with Bruce Trail Conservancy staff on new and ongoing initiatives. This is a board position that would assume at least a 3 year term.

### **SPECIAL HIKE EVENTS COORDINATOR**

Organizes and coordinates key hike events such as the New Years Day Hike, Steeltown Stomp, Bruce Trail Day and the Iroquoia End to End. The person in the role ensures that all of the details are done to guarantee successful events. These activities may include seeking out other volunteers or hike leaders to be part of the event team, booking venues, promotion, badges, food, etc. We are seeking an organized, self starter. This role will take direction from the Hike Director. Due to the extent of training for this role, we are seeking an eager, independent individual who is willing to remain in this role for at least 1 year. This is not a board position but the incumbent is required to attend Board meetings.

**WE ARE ALWAYS** interested in adding volunteers to areas such as Publicity, Fund Raising, Trail Maintenance, Social Media, Land Owner Relations, etc. If you would like to volunteer, contact Gloria at [iroquoiavolunteer@gmail.com](mailto:iroquoiavolunteer@gmail.com).

# The Happy Hiker

## How to Boost Your Immune Engine!

By Lyne Desforges & Helen Kwon  
Registered Holistic Nutritionists & Avid Hikers  
[www.cestlaviewellness.ca](http://www.cestlaviewellness.ca)

Cold and flu season is here. But don't let that cramp your style and limit you from doing what you love! Now is the time to strengthen your immune system so you can hit the trails all winter long. Food plays an integral role when it comes to your overall health. Use the power of these nutrient-dense foods as a preventative tool to strengthen your immune system.

### FERMENTED FOODS

Over 70% of our immune system resides in our gut. Fermented foods contain probiotics (beneficial bacteria) that support a healthy microbiome, which helps boost our immune system and keeps us healthy.<sup>1</sup> Consider adding some yogurt, natural pickles, kimchi, sauerkraut, kombucha or miso to your meal.

### VITAMIN C FOODS

Vitamin C is an antioxidant and water-soluble nutrient that has long been touted as the 'go to' nutrient to combat or even prevent the onset of colds and flus.<sup>2</sup> Your body cannot store vitamin C, so make sure you are consuming vitamin C foods on a daily basis to maintain a strong immune system. Our favourites are bell peppers, tomatoes, squash, citrus fruit and berries.

### VITAMIN D FOODS

As sunlight diminishes during the winter months, it is important to get your daily dose of vitamin D through other sources, like food. Deficiency in vitamin D can lower our immunity.<sup>3</sup> Foods high in this nutrient such as eggs, wild-caught salmon, mackerel, sardines and mushrooms can help to increase your vitamin D levels, fortifying your immunity.

### ZINC

Zinc is a key antioxidant mineral that helps to keep your immune system robust and healthy.<sup>4</sup> Consuming foods high in this mineral such as

organic meats, nuts, seeds, shellfish and dark chocolate will keep your immune system strong. As an added bonus, dark chocolate contains theobromine that may help to inhibit coughs.<sup>5</sup>

### HERBS AND SPICES

Turmeric,<sup>6</sup> ginger, cinnamon, echinacea, garlic and ginseng are herbs and spices with high antioxidant values and have been used for centuries to promote a healthy body. Incorporating these herbs and spices into your daily diet can have a positive immune boosting effect.

Maintaining a clean, healthy diet full of whole foods will certainly take you on the right path to great health. Ensuring you get at least 7-8 hours of sleep will also help (but that's a subject of a whole other article!). Enjoy your hikes this winter without the sniffles!

#### References

1. <https://www.ncbi.nlm.nih.gov/pubmed/24499072>
2. <https://www.sciencedaily.com/releases/2017/03/170330115246.htm>
3. <https://www.ncbi.nlm.nih.gov/pubmed/21849106>
4. <https://www.ncbi.nlm.nih.gov/pubmed/9701160>
5. <https://www.ncbi.nlm.nih.gov/pubmed/15548587>
6. <https://www.ncbi.nlm.nih.gov/pubmed/17211725>

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



**NEW YEARS - Dec. 28, 29, 30, 2019, Jan 1, 2020**

Snow – we will snowshoe, cross country ski.  
No snow we hike.

**EASTER - April 10, 11, 12, 13, 2020**

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 \$75.00 semi-private, \$80.00 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



# EDUCATION TEAM UPDATE

By Bron Tregunno & the IBTC Education Team

Learning about cultural and natural history during hikes isn't a new concept. Many of our hike leaders are very generous about sharing their knowledge about topics like geology, wildflowers or local history during rest or snack stops. In particular, Anne Armstrong offered wildflower walks and Gary Wrathall is great at giving us history bits and bites, like he did at September's 1812 walk at Battlefield Park. We are simply labelling them as education walks in the Hike Calendar so people know that they will be leisurely themed walks with a number of stops over a short distance, like 3-4 km.

On Oct 5<sup>th</sup>, Rosemary Horsewood lead us on an engaging walk exploring the rise and decline of the town of Crooks Hollow starting in late 1700's. Crook's Canadian Paper Mill was the first of its kind in all of Upper Canada in 1826, which started as a 125-pound incentive from the Legislative Assembly the year before. Back then, paper was made from rags. The first all 'Canadian' book was produced in 1830 with paper made from Crook's paper mill. James Crook's 1813 Darnley Grist mill was named after one of James' ancestor Lord Darnley who married Mary Queen of Scots. Crooks would build mills then lease them to operators like Morden, Stutt & Davis and eventually sell them. By 1829 the 'company' town grew to include a



*Marian Toth teaching us about the sensitive lands restoration project at Confederation Park.*  
*Photo: Bron Tregunno*

distillery, a woolen mill, tannery, an agricultural implement factory, a general store inn and log cabins for the workers. We walked a short section of Crook Hollow Road to view the sturdy stone & brick mansions of mill owners & operators, wisely built up from the creek and their mills, not just to avoid flooding, but the boiler explosions and fires that were a plague of the industrial revolution era mills. We strolled over to Bullock Corners to see the three-gabled Empire Hotel which ran continuously as various commercial operations for over 200 years with the small store just closing recently. The Bullocks Hotel built in 1837 burned down in 1914 and was built into a stone mill with stone brought over by horse and wagon from Albion

Falls. We were treated to all this wonderful history under a sunny Saturday sky along the Spencer Creek trail. Don't worry if you missed out! Rosemary is going to lead another walk next spring.

On Bruce Trail Day, many enjoyed Christine Bowen's walk which started at City View Park and went down into Kerncliff, where we learned about wildlife and how water quality changes as it runs down from the escarpment over roads, sewers and streams. Christine is from Bay Area Restoration Council (BARC) which is the outreach branch of Hamilton Harbor's Remedial Action Plan (RAP). She teaches children about streams and fish in schools along with Steve Watts. There is a range of volunteer opportunities with this



*Bruce Mackenzie and our group at Fletcher Creek Reserve walk.*

*Photo: Bron Tregunno*

### *Education Team Update Continued...*

group. Learn more from their website <http://hamiltonharbour.ca/>.

On Oct. 19<sup>th</sup> Bruce Mackenzie, who spent many years at Hamilton Conservation Authority and Hamilton Naturalists Club Bird Study Director, lead on an excellent walk through Fletcher Creek Natural Reserve. We learned about wetlands like marsh, bogs, swamps and fens. We are lucky to have four types of wetlands here in the Hamilton area. A fen, like the one at this reserve, is nutrient poor and has water flowing through it, unlike a bog which is nutrient rich and has no water flowing through. We also saw a small alvar with short sedges and the Lakeside Daisy which is rare. We could almost imagine being on the Niagara Escarpment on Manitoulin Island where alvars like this are more common. Bruce is going to take

us on the northern loop of this nature reserve in the winter when it's frozen, so we can take a closer look at the fen without disturbing the delicate flora and fauna. Keep an eye on the IBTC Hike Calendar or Hamilton Naturalists' Club site <https://hamiltonnature.org/>.

The Hermitage in Dundas Valley Conservation Area is a favorite haunt of Hamilton Ghost walks but we held our 'spirit walk' during the day with Gary Wrathall and Jack Frieberger on Oct. 27<sup>th</sup> at 2pm. Both Jack & Gary are history buffs and know a lot about local characters that make the Hamilton area so interesting. Gary will also lead a history walk Nov. 14<sup>th</sup> in Gage Park/St. Clair historical district for the new Thursday 10am group where IBTC is partnering with Marian Toth from the Hamilton Seniors' Advisory Committee. The first Thursday walk for that initiative was Oct. 17<sup>th</sup> at Confederation Park where we learned about the Hamilton & Scourge vessels, how

the park came about and sensitive natural areas. It was a windy day but we warmed up at our stop to Hutches for hot chocolate. Other walks coming up are a Tree Walk in Ancaster Nov. 28<sup>th</sup>, and Dundas museum tour and walk Dec. 12<sup>th</sup>, both at 10am. More will be coming so please check the calendar.

More education hikes coming include Anne Armstrong's "Oakville Historic Walk" on Nov. 2<sup>nd</sup> at 10am, Dianne Watkins of Friends of Kerncliff Park will join me for a walk there Nov. 9<sup>th</sup> at 9am and Rita Giulietti of FOTEK (Friends of the Eramosa Karst) will help us understand the "Geology of a Karst" at 9am on Nov. 16<sup>th</sup>. More are being planned over the next months with interesting guest leaders like Paul O'Hara, author of "Trees of the Golden Horseshoe" and Andrew Camani, author of "100 Hikes, 100 Hikers".

Plan ahead... Are you just starting out or maybe you know someone who is just starting to hike? We'll be offering a 'Hiking 101' course in March. Are you interested in being a Hike Leader? Anne Armstrong will be teaching a course at McMaster in April. We'll be offering some talks at local libraries as well. If you are already a trained hike leader but want some experience leading walks or hikes, please contact me and we can plan a trip on one of your favorite trails in the area!

A big THANK YOU!... to our volunteer hike leaders and guest leaders who help to make our outings so interesting! If you have some ideas on what you'd like to learn about or would like to lead a walk, please contact me at [brontreg@cogeco.ca](mailto:brontreg@cogeco.ca) or 905-637-7136. ❄️



# WORKSHOP ON THE KARST

By Paul Toffoletti

During the BTC Annual meeting on Sept .21, we were able to take out 30 participants to the 78 ha Eramosa Karst on the upper east Hamilton/Stoney Creek border.

Karsts are geological formations including underground drainage, caves and passages caused by dissolving rock, found in limestone formations like the Niagara Escarpment. The Eramosa Karst contains

examples of 16 different karst features and the Ontario Ministry of Natural Resources designated the Eramosa Karst lands as an Area of Natural and Scientific Interest in 2003. It is believed to have the largest number of unique karst features in any single area in the province.

Besides the sunny weather, we were fortunate to have three guides take us through the park. We started in the parking lot from Upper Mount Albion Road and made our way along the trails through meadows and a forested section. We were shown examples of sinking streams, overflow sinks, dry valleys and the entrance to a very narrow 335 metre-long cave (the tenth longest in all of

Ontario). There is also a natural dolomitic limestone bridge at the entrance of one of the sinkholes. The surface and groundwater drainage system that created the karst originated about 13,000 years ago, after the last glacier retreated. Today the drainage system sustains the karst and provides examples of karst processes and features in different stages of development.

Special thanks to our guides Kathy Smith from Hamilton Conservation Authority, Rita Giulietti and Margaret Reid from the Friends of Eramosa Karst.

Special note: Iroquoia members Vern and Terri Erickson are long time members of the Friends of Eramosa Karst. Their names are on the stone in the photo. ❄️



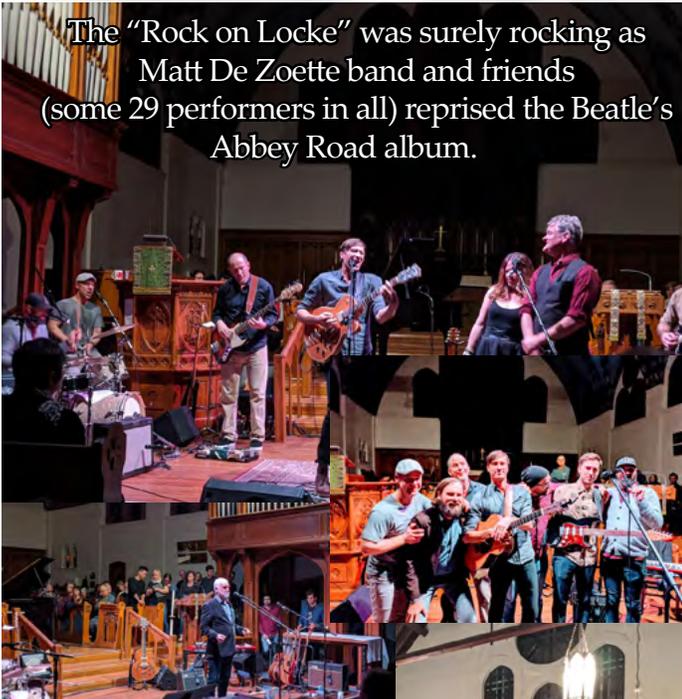
Looking into a rock fissure that drains into an underground cave.



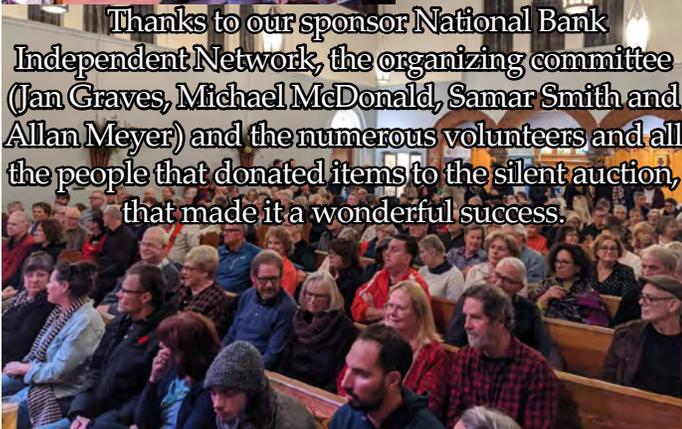
Left to right: Our guides Margaret Reid, Rita Giulietti and Kathy Smith.

Photos: Paul Toffoletti

# BEATLES TRIBUTE CONCERT FUNDRAISER—SOLD OUT!



The “Rock on Locke” was surely rocking as Matt De Zoette band and friends (some 29 performers in all) reprised the Beatle’s Abbey Road album.



Thanks to our sponsor National Bank Independent Network, the organizing committee (Jan Graves, Michael McDonald, Samar Smith and Allan Meyer) and the numerous volunteers and all the people that donated items to the silent auction, that made it a wonderful success.



Keep an eye out for next year to see if we can talk Matt into yet another wonderful concert.



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# IROQUOIA BRUCE TRAIL CLUB END-TO-END



This year's Iroquoia E2E had a record number of registrants, and we needed four buses the first weekend for the first time ever! Over 200 unique participants registered for at least one day, of which 137 were registered for all four days. Of those 137, this year, 66 hikers completed the four hikes and earned the coveted waterfall badge.

There were 14 checkpoints along the route, all supplied and run by our awesome volunteers. This event would not be possible without them! Thank you!

In addition to completing the event, this year four hikers earned their Jack in the Pulpit badges following the event, and three hikers (of whom we are aware!) completed their first ever Bruce Trail E2Es: Mia Amatuzio, John Gibson and Katherine Mullin. Well done!

We were also reminded of how fortunate we are to have such a beautiful section of the Bruce Trail in our Hamilton backyard, by hikers who travelled from as far as Washington, D.C. and Timmins to participate this year.

Congratulations to all our hikers, whether you hiked part of one day, completed all four despite the difficulty or if you've participated so many times you've lost count (yes, those people exist!). We sincerely hope you found the experience rewarding.

- Christine Hanley

## STEELTOWN STOMP



One of the many groups to enjoy the challenges and fun offered by hiking 20km and climbing the 2,000 steps of the 2019 Steeltown Stomp in Hamilton.



## Events you should definitely check out...

### **One Hiker's Journey in Words and 99 Others... Sunday, December 1<sup>st</sup>**

At one of our Education Team meetings, Anne Armstrong came up with the idea of having a speaker on a cold afternoon to talk about his/her hiking experiences. As Anne said, Andrew Camani would be perfect. Not only has he hiked the Bruce Trail but he's gathered other stories from other hikers for his book "100 Hikers 100 Hikes". When we share our hiking stories, we become part of something very special with a common goal.

"It is much safer to talk about things with someone you do not know and might never see again," says Andrew. "Few people know the story you have built up around yourself."

With that in mind, Andrew persuaded 99 others to share their most memorable hikes. As a unit, these hikers from various backgrounds, professions and lifestyles had the ability to produce 100 most memorable hikes versus only one. The sum of the parts far exceeded the whole. These stories were the foundation for a highly successful book. However, obtaining stories was only the beginning to a long journey for

Andrew. I've had a really fun time working with Andrew helping him prepare for his presentation. I've loved reading others' stories too! Andrew has a gift for speaking and his description of his journey with pictures were great! It's going to make for a fantastic afternoon!

Come out and discover the challenges that Andrew had to overcome, both as a hiker and author, December 1st, 2:00pm, 2019 at Dundas Archives & Museum, 139 Park St. W., Dundas. There'll be lots of time for questions to ask as you enjoy some cider and light refreshments and maybe win a door prize. It's the start of what we hope will become a series of cafe style meetings to encourage each other to record our own unique experiences.

This is a free talk but donations to the Bruce Trail Conservancy are welcome. You can also purchase one of Andrew's books for yourself or someone special for a Christmas gift for only \$25, of which \$10 will be donated to BTC. For information, please contact Bronwen at [brontreg@cogeco.ca](mailto:brontreg@cogeco.ca) or call 905-637-7136.



*Left, Andrew Camani, author of "100 Hikers 100 Hikes: From Tobermory to Kilimanjaro"*

### **New Year's Day Hike New Year's Day, 2020 at Dundas Valley Trail Centre 650 Governor's Rd. Dundas**



Start your New Year right with a hike with the Iroquoia Bruce Trail Club!

Bring your family, friends, and neighbours for a free, enjoyable winter afternoon walk with the Iroquoia Bruce Trail Club. All walks will start at 12:30 p.m. We will be holding one-hour walks and a two hour walk.

After the walks, join us in the Trail Centre for warm drinks, snacks and a chance to chat with others and wish them a Happy New Year. Door prizes after the two hour hike and the one hour hikes.

Please note: Parking fee in effect (\$10 per car/Seniors \$8) or a Conservation Area Pass if you have one.

Directions: # 650 Governors Road. Take Highway #403 West toward Hamilton. Exit Main Street West to Dundas. Move into one of the two left hand turn lanes. Turn Left onto Main Street West. Continue along Main St.

## Events continued

and it will turn into the town of Dundas. Continue to the intersection at Governors Road (Tim Horton's on left) and turn Left. Continue along Governors Road. You will travel past the Metro on your right. You will also pass Highland High School on your left, which is approximately 2 km. away from the park entrance. As the housing developments end you will find the Park entrance on your left hand side. Come through the gate and continue to the second parking lot, closest to the Trail Centre.

### **Hike Ontario Certified Hike Leader Training, April 18, 2020**

Do you use the Bruce Trail often? Do you love the trail? Would you like to share your love of the trail? What better way to share the trail than to become a hike leader.

Iroquoia is always looking for and inviting members to join our roster of hike leaders. (Today it's called "succession planning".) In order to provide a complete and balanced schedule of hikes we need a good number of leaders. At present we have a fair number of leaders, but as with any volunteer organization, there is, at times, a shortage. As leaders age (a reality in Iroquoia) they may choose to do fewer or easier hikes or they may face injuries or situations that limit hiking abilities. Some of our younger leaders have more demands on their time due to work or family. Our club needs to build up our core of leaders in order to provide the hikes that members wish to have. Please consider becoming a leader. We can provide training (through Hike Ontario) and support for you. As a hike leader for many years, I can tell you the feeling of satisfaction received when participants express their thanks and gratitude for a hike is really wonderful. Won't you share the trail with others through becoming a volunteer hike leader?

If interested, please contact Anne Armstrong, [hikinggrandma@gmail.com](mailto:hikinggrandma@gmail.com) or check out the Hike Ontario website for courses being offered. (Look out in the Spring Issue of The Iroquoian newsletter for information about the course which will be offered April 18.) \*

# IROQUOIA WINTER 2019-20 HIKE LIST

## Checklist

- Make a habit of checking the Iroquoia Bruce Trail Club [online calendar](#) 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!
- 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 [online calendar](#), [Facebook](#) or [Twitter](#) for cancellations
- Watch for ticks (even in winter)! Check fellow hikers, familiarize yourself with proper removal
- 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

## Ratings

### Difficulty of Terrain:

Easy ..... Mostly flat and usually good footing  
Moderate ..... Some hills and/or poor footing  
Strenuous .... Hilly, steep climbs, some poor footing

### Pace/speed of hike:

Leisurely ..... 3 km/hr or less  
Medium ..... 3 - 4 km/hr  
Brisk ..... 4 - 5 km/hr  
Fast ..... 5 km/hr +

*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.*

*Hike listings start on the next page!*

100 Hikers 100 Hikes Speaker Event

12/01/2019 14:00 - 15:30

**Location:** Dundas Museum and Archives

**Hike Leader(s):** Bronwen Tregunno

**Distance:** N/A

**Description:** REGISTRATION required at <https://www.eventbrite.ca/e/100-hikers-100-hikes-speaker-event-tickets-78420119689> Limit 85 Join author & engaging speaker Andrew Camani as he shares stories of his adventures hiking the Bruce Trail. He'll also talk about gathering other peoples tales of their hiking trips for his book ""100 Hikers, 100 Hikes"" which will be available for sale. Light refreshments and door prizes. This event is free to all but donations for the Bruce Trail are appreciated. Memberships available to purchase just in time for you to give to your favourite hiking friends for Christmas! AND they are 100% tax deductible! Come early and browse this beautiful museum in the heart of Dundas where you can view their exhibit ""Wish you were Here"" showing postcards from the past along with other great historical information and maps. For more information contact Bron [brontreg@cogeco.ca](mailto:brontreg@cogeco.ca) Go to our website for more events and hiking schedule <https://www.iroquoia.on.ca/> Iroquoia Bruce Trail Club is one of 9 members volunteer clubs that support The Bruce Trail Conservancy To sign up for BTC membership go to website <https://brucetrail.org/> to support this ""ribbon of wilderness for everyone forever""! Parking fee in Dundas for month of December.

Radial Trail

12/02/2019 10:00 - 12:30

**Location:** Parking lot of the Chedoke Golf Club in Hamilton

**Hike Leader(s):** Daljeet Juneja

**Pace:** Medium - 3 to 4 km/hr

**Terrain:** Moderate - Some hills

and/or some poor footing

**Distance:** 10 km

**Description:** Weekly loop hike on the Hamilton Radial Trail +/- 10km

Walk for Health and Fun – West Hamilton

12/04/2019 19:00 - 21:00

**Location:** Corner of Mohawk and Upper Paradise in the Westcliffe Mall parking lot (near Food Basics)

**Hike Leader(s):** Paul Lewis

**Pace:** Medium - 3 to 4 km/hr

**Terrain:** Moderate - Some hills and/or some poor footing

**Description:** Climb the steps and walk the streets and trails of West Hamilton. We will hike sections of the Bruce Trail as well as the trails of Iroquoia Heights. There will be weekly walks all summer. Now we are all getting older we are not hiking as fast as we used to. Hike is cancelled if there is heavy rain.

Hikers R Us - Cedar Springs

12/04/2019 9:00 - 1:30

**Location:** 2198 Kerns Rd, Burlington

**Hike Leader(s):** Louise Langlais

**Pace:** Brisk - 4 to 5 km/hr, Medium - 3 to 4 km/hr

**Terrain:** Moderate - Some hills and/or some poor footing

**Distance:** 14-16 km

**Description:** We will hike from the parking lot across from Kerncliff Park up to the Escarpment, admire the lake views as we hike towards Highway 5 and onwards to the trails east of Cedar Springs Road. This is an In-and-Out hike.

**Cell:** 519-222-4040 on day of hike. At other times, email is the best way to contact me. Bring sunscreen, insect repellent in the summer, ickers in the winter, snacks, lunch, and 1-2 litres of water. Please email me 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! For personalized driving directions, just copy and

paste the GPS coordinates into a Google search window and voila!

Good Companions - Spring Valley - Jerseyville

12/04/2019 10:00 - 12:30

**Location:** 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 pass the high school the Little League Park is on the right at the bottom of the hill.

**Hike Leader(s):** Lorraine Sherred

**Pace:** Medium - 3 to 4 km/hr

**Terrain:** Moderate - Some hills and/or some poor footing

**Description:** Several loops through The West side of Dundas valley

Burlington Waterfront Evening Hike

12/06/2019 19:30 - 21:00

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

**Hike Leader(s):** Lorne Carruthers

**Pace:** Brisk - 4 to 5 km/hr

**Terrain:** Easy - Mostly flat and usually good footing

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

Cootes Paradise North Shore Trails

12/08/2019 9:00 - 13:00

**Location:** Bruce Trail designated parking lot at Borer's Dog Park on York Road just south of Valley Road (Hopkins Corners) on Bruce Trail Guide Map 8 (Dundas Valley): 491 York Road, Hamilton.

**Hike Leader(s):** Stuart Law

**Pace:** Medium - 3 to 4 km/hr

**Terrain:** Moderate - Some hills and/or some poor footing

**Distance:** 10 km

**Description:** Get away from the commercialism of the season and enjoy the quiet of the woods with friends on the north shore of Cootes Paradise in the Royal Botanical Gardens. We will take in the Ray Lowes Side Trail, the Hopkins' Loop, the Bull's Point Trail, the Captain Cootes Trail and more. You might even want to bring a few sunflower seeds to feed the birds when they alight on your outstretched hand. Please bring icers, hiking boots, and something warm to drink. Optional refreshment stop after. Please pre-register at [stuarthikes@gmail.com](mailto:stuarthikes@gmail.com) so that I can get an idea of numbers and contact you if the hike has to be cancelled for any reason. Thank you.

#### Radial Trail

12/09/2019 10:00 - 12:30

**Location:** Parking lot of the Chedoke Golf Club in Hamilton

**Hike Leader(s):** Daljeet Juneja

**Pace:** Medium - 3 to 4 km/hr

**Terrain:** Moderate - Some hills and/or some poor footing

**Distance:** 10 km

**Description:** Weekly loop hike on the Hamilton Radial Trail +/- 10km

#### Christmas Light Walk – Burlington

12/09/2019 19:00 - 20:30

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

**Hike Leader(s):** Paul Lewis

**Pace:** Medium - 3 to 4 km/hr

**Terrain:** Easy - Mostly flat and usually good footing

**Description:** Meet at 7:00pm at the Tim's in Eastway Plaza at the corner of Walkers and New St for 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 favourite!). Optional Tim's or Pub stop after the hike.

**Leader:** Paul Lewis

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

#### Christmas Light Walk – North Burlington (Orchard)

12/10/2019 19:00 - 20:30

**Location:** Canadian Tire at the Millcroft Shopping Centre at Appleby & Upper Middle

**Hike Leader(s):** Paul Lewis

**Pace:** Medium - 3 to 4 km/hr

**Terrain:** Easy - Mostly flat and usually good footing

**Description:** Meet at 7:00pm in front of Canadian Tire at the Millcroft Shopping Centre at Appleby & Upper Middle for 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 – [outdooractive@hotmail.com](mailto:outdooractive@hotmail.com)

#### Walk for Health and Fun – West Hamilton

12/11/2019 19:00 - 21:00

**Location:** Corner of Mohawk and Upper Paradise in the Westcliffe Mall parking lot (near Food Basics)

**Hike Leader(s):** Paul Lewis

**Pace:** Medium - 3 to 4 km/hr

**Terrain:** Moderate - Some hills and/or some poor footing

**Description:** Climb the steps and walk the streets and trails of West Hamilton. We will hike sections of the Bruce Trail as well as the trails of Iroquoia Heights. There will be weekly walks all summer. Now we are all getting older we are not hiking as fast as we used to. Hike is cancelled if there is heavy rain.

#### Hikers R Us - Christie Conservation Area

12/11/2019 9:30 - 12:00

**Location:** 20 Marshboro Ave Dundas

**Hike Leader(s):** Wayne Riley

**Pace:** Medium - 3 to 4 km/hr

**Terrain:** Moderate - Some hills and/or some poor footing

**Distance:** 10k km

**Description:** we will enter the Christie C. A. from Smokey Hollow Rd and network through

the park and return to the parking spot

RSVP by email [WLR8362@gmail.com](mailto:WLR8362@gmail.com)

Cancellations the morning of the hike may call my cell 289-456-3498  
Bring water, hiking boots, ICERS, no dogs please

#### Good Companions - Hidden Valley Hendrie Valley

12/11/2019 10:00 - 12:30

**Location:** Meet in the Hidden Valley parking lot to the right off Howard Drive in Burlington.

**Hike Leader(s):** Janina Vanderpost

**Pace:** Medium - 3 to 4 km/hr

**Terrain:** Moderate - Some hills and/or some poor footing

**Distance:** 8 km

**Description:** This is basically a there and back hike beginning at Hidden Valley Park in Burlington and continuing into the Royal Botanical Gardens Hendrie Valley trails. Bring water, snack, icers (if there has been snow or ice). This is a good hike for seeing some birds.

#### Dundas History Walk

12/12/2019 9:45 - 12:00

**Location:** Dundas Museum & Archives

**Hike Leader(s):** Bronwen Tregunno

**Pace:** Leisurely - 3km/hr or less

**Terrain:** Easy - Mostly flat and usually good footing

**Distance:** ~ 5 km

**Description:** This is part of our educational series. We'll be starting at the Dundas Museum and Archives and strolling over to the centre of town and around to look at the old town of Dundas which will be beautifully decorated for Christmas. Austin at Dundas Museum & Archives has offered to give us a brief tour of the museum where the exhibit features old postcards of the town after our walk. There are many places to stop for a snack or lunch after in this historic town that was once the industrial centre of Lower

Canada. Parking is free during the pre-Christmas season. Wear good walking shoes or hiking boots. Bring snacks and water, even if you plan to stop. Registration isn't required but it helps me figure out how many people will be coming and let them know if its cancelled due to inclement weather. For more information please contact Bron brontreg@cogeco.ca 905-637-7136

#### Shell Park -Bronte Trails

12/12/2019 10:00 - 1:15

**Location:** Staring at the front parking lot of Shell Park

**Hike Leader(s):** Karen Bergmann, Norman Young

**Pace:** Medium - 3 to 4 km/hr

**Terrain:** Easy - Mostly flat and usually good footing, Moderate - Some hills and/or some poor footing, Slippery Sections Likely

**Distance:** 13 km

**Description:** Easy town trails - Dress appropriately for the weather Bring water; snack and icers

#### Dundas History Walk

12/12/2019 10:00 - 11:45

**Location:** Dundas Museum & Archives

**Hike Leader(s):** Bronwen Tregunno

**Pace:** Fast - 5+ km/hr, Leisurely - 3km/hr or less

**Terrain:** Easy - Mostly flat and usually good footing

**Distance:** 3-4 km

**Description:** We are very excited to be partnering with Dundas Museum and Archives and Dundas Historical Society for this educational walk! We'll start at the Dundas Museum and Archives, 139 Park St W, for a 30-40 min tour of the museum lead by Stan Nowark of the Dundas Historical Society. The museum is featuring the "Wish You Were Here" exhibit and has maps of old Dundas. After, we'll stroll over to the centre of town for 3-4 km gentle walk or more depending on group. We'll have stops to learn

about some the buildings this historic town that was once the industrial centre of Lower Canada and is beautifully decorated for Christmas. Optional lunch after. Parking is free during the pre-Christmas season. Wear good walking boots. Bring snacks and water. For more information about DM+A visit their website <https://dundasmuseum.ca/> Cancelled in inclement weather. For more information about walk contact Bron brontreg@cogeco.ca 905-637-7136 Go to IBTC website for more walks <https://www.iroquoia.on.ca/>

#### Burlington Waterfront Evening

##### Hike

12/13/2019 19:30 - 21:00

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

**Hike Leader(s):** Lorne Carruthers

**Pace:** Brisk - 4 to 5 km/hr

**Terrain:** Easy - Mostly flat and usually good footing

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

#### Junior Hiker - Crawford Lake

##### Exploration

12/14/2019 10:30 - 12:15

**Location:** Crawford Lake

Conservation Area

**Hike Leader(s):** Anne Armstrong

**Pace:** Leisurely - 3km/hr or less

**Terrain:** Dependent on Conditions, Easy - Mostly flat and usually good footing

**Distance:** 4 to 5 km.

**Description:** Crawford Lake Conservation Area is a jewel to explore at any time of year. We will explore the area, including the Boardwalk and the lookout. Afterward those who wish can explore the recreated Indian village. Meet in the lower parking lot of the

Conservation Area which is located on the east side of Guelph Line, north of Derry Rd. Bring water and a snack. Parking fee in effect or Conservation Area Pass. Icers may be necessary.

**Leader:** Anne Armstrong 905 337 3937 [hikinggrandma@gmail.com](mailto:hikinggrandma@gmail.com)

#### Radial Trail

12/16/2019 10:00 - 12:30

**Location:** Parking lot of the Chedoke Golf Club in Hamilton

**Hike Leader(s):** Daljeet Juneja

**Pace:** Medium - 3 to 4 km/hr

**Terrain:** Moderate - Some hills and/or some poor footing

**Distance:** 10 km

**Description:** Weekly loop hike on the Hamilton Radial Trail +/- 10km

#### Christmas Light Walk – Burlington

12/17/2019 19:00 - 20:30

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

**Hike Leader(s):** Paul Lewis

**Pace:** Medium - 3 to 4 km/hr

**Terrain:** Easy - Mostly flat and usually good footing

**Description:** Meet at 7:00pm at the Tim's in Roseland Plaza at the corner of Guelph Line and New St for 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 – [outdooractive@hotmail.com](mailto:outdooractive@hotmail.com)

#### Walk for Health and Fun – West Hamilton

12/18/2019 19:00 - 21:00

**Location:** Corner of Mohawk and Upper Paradise in the Westcliffe Mall parking lot (near Food Basics)

**Hike Leader(s):** Paul Lewis

**Pace:** Medium - 3 to 4 km/hr

**Terrain:** Moderate - Some hills and/or some poor footing

**Description:** Climb the steps and walk the streets and trails of West

Hamilton. We will hike sections of the Bruce Trail as well as the trails of Iroquoia Heights. There will be weekly walks all summer. Now we are all getting older we are not hiking as fast as we used to. Hike is cancelled if there is heavy rain.

#### Good Companions - RBG North Shore Trail

12/18/2019 10:00 - 12:30

**Location:** Map 8. Meet at Dog Park on York Rd. near Valley Rd. in Dundas. Walk to trailhead for RBG North Shore. Linda will meet you there.

**Hike Leader(s):** Linda Robinson

**Pace:** Leisurely - 3km/hr or less

**Terrain:** Moderate - Some hills and/or some poor footing

**Distance:** 8 km

**Description:** We will do a loop hike stopping at the Interpretive Centre. Please bring icers.

#### Dundas Peak

12/19/2019 10:00 - 12:00

**Location:** Dundas Driving Park, Cross Street in Dundas. Meet at the entrance gateposts.

**Hike Leader(s):** Marion Fletcher

**Pace:** Medium - 3 to 4 km/hr

**Terrain:** Moderate - Some hills and/or some poor footing

**Distance:** About 8 km

**Description:** Starting at Dundas Driving Park we will hike to Dundas Peak and on to Tews Falls. If the weather is not suitable for this, the hike will go around the streets of Dundas through the Heritage District. Please bring poles, water, snacks. No dogs.

#### Burlington Waterfront Evening Hike

12/20/2019 19:30 - 21:00

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

**Hike Leader(s):** Lorne Carruthers

**Pace:** Brisk - 4 to 5 km/hr

**Terrain:** Easy - Mostly flat and usually good footing

**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

#### Radial Trail

12/23/2019 10:00 - 12:30

**Location:** Parking lot of the Chedoke Golf Club in Hamilton

**Hike Leader(s):** Daljeet Juneja

**Pace:** Medium - 3 to 4 km/hr

**Terrain:** Moderate - Some hills and/or some poor footing

**Distance:** 10 km

**Description:** Weekly loop hike on the Hamilton Radial Trail +/- 10km

#### Burlington Waterfront Evening Hike

12/27/2019 19:30 - 21:00

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

**Hike Leader(s):** Lorne Carruthers

**Pace:** Brisk - 4 to 5 km/hr

**Terrain:** Easy - Mostly flat and usually good footing

**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

#### Radial Trail

12/30/2019 10:00 - 12:30

**Location:** Parking lot of the Chedoke Golf Club in Hamilton

**Hike Leader(s):** Daljeet Juneja

**Pace:** Medium - 3 to 4 km/hr

**Terrain:** Moderate - Some hills and/or some poor footing

**Distance:** 10 km

**Description:** Weekly loop hike on the Hamilton Radial Trail +/- 10km

#### New Years Day Hikes at DVCA

01/01/2020 12:00 - 4:00

**Location:** Dundas Valley Conservation Area

**Hike Leader(s):** Anne Armstrong

**Pace:** Leisurely - 3km/hr or less

**Terrain:** Moderate - Some hills and/or some poor footing

**Distance:** 3-4 km

**Description:** Start 2020 right with a New Year's Day hike in the beautiful Dundas Valley Conservation Area. Bring your family, friends, and neighbours for a free, enjoyable winter afternoon walk with the Iroquoia Bruce Trail Club. Please note that walks are free but there is an entrance fee to the conservation area. No registration required.

All walks will start at 12:30 p.m. from the trail centre. We will be holding one-hour walks and a two hour walk. After the walks, join us in the Trail Centre for warm drinks, snacks and a chance to chat with others and wish them a Happy New Year. Door prizes after the two hour hike and the one hour hikes. Wear layers and good walking boots.

Please note: Parking fee: \$10 per car/Seniors \$8, if you don't have a Hamilton Conservation Area annual pass. You can purchase an annual pass there that gives you 366 days to experience beautiful waterfalls, nature trails, and program discounts in 2020 which is a leap year!

More events and hikes on our website <https://www.iroquoia.on.ca/>

Contact Anne Armstrong hikinggrandma@gmail.com or Bron brontreg@cogeco.ca 905-637-7136 for more information.

#### Mountsberg Conservation Area

01/02/2020 9:30 - 1:00

**Location:** Mountsberg Conservation Area, 2259 Milborough Line, Hamilton

**Hike Leader(s):** Steven White

**Pace:** Medium - 3 to 4 km/hr

**Terrain:** Moderate - Some hills and/or some poor footing

**Distance:** 12km

**Description:** Meet at parking lot inside Mountsberg Conservation Area - we will hike Pioneer Creek

Trail and Lakeshore Lookout Trail. Bring hiking boots, icers, water, snack, lunch. No dogs please. Pub/Refreshment stop to follow email [stevenwhite901@gmail.com](mailto:stevenwhite901@gmail.com) to register or text to 289-242-9415

Burlington Waterfront Evening Hike 01/03/2020 19:30 - 21:00  
**Location:** Meet in the Lakeshore Road parking lot just east of the Waterfront Centre and restaurant  
**Hike Leader(s):** Lorne Carruthers  
**Pace:** Brisk - 4 to 5 km/hr  
**Terrain:** Easy - Mostly flat and usually good footing  
**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](mailto:l.carruthers@hotmail.com)

Bronte Creek Provincial Park 01/05/2020 9:00 - 12:30  
**Location:** Orchard Community Park parking lot on the north side of Blue Spruce Avenue just east of Sutton Drive in Burlington.  
**Hike Leader(s):** Stuart Law  
**Pace:** Medium - 3 to 4 km/hr  
**Terrain:** Moderate - Some hills and/or some poor footing  
**Distance:** 10 km  
**Description:** Enjoy a quiet Sunday morning exploring the west side of the Twelve Mile Creek in Bronte Provincial Park with fellow Forest Bathers as we trundle through woodland and then descend the valley to the creek that William Lyon Mackenzie had to cross in a hurry in the aftermath of the failed 1837 Upper Canada Rebellion. We will check out Spruce Lane Farm and hopefully some farm animals too. The trail could very well be icy so please bring your icers as well as a snack and a warm drink. Please pre-register at [stuarthikes@gmail.com](mailto:stuarthikes@gmail.com) so that I can get an idea of numbers and let you know if the hike has to be cancelled for any

reason. Thank you.

Radial Trail 01/06/2020 10:00 - 12:30  
**Location:** Parking lot of the Chedoke Golf Club in Hamilton  
**Hike Leader(s):** Daljeet Juneja  
**Pace:** Medium - 3 to 4 km/hr  
**Terrain:** Moderate - Some hills and/or some poor footing  
**Distance:** 10 km  
**Description:** Weekly loop hike on the Hamilton Radial Trail +/- 10km

Bruce Trail End to End Fundraiser 2020 - Registration Opens January 6, 2020 01/06/2020 8:00 - 15:00  
Hosting Club: Niagara, Iroquoia, Toronto, Caledon Hills  
**Location:** Queenston to Tobermory  
**Hike Leader(s):** Ruth Moffatt  
**Pace:** Brisk - 4 to 5 km/hr  
**Terrain:** Strenuous - Hilly with steep climbs and some poor footing  
**Distance:** 20-25km per day  
**Description:** This event is being hosted by hike leaders from three clubs: Toronto, Caledon and Iroquoia/Niagara and will be led from hike leaders from each of those clubs. If you are interested in hiking the entire Bruce Trail in 2020, join us March 14-27, April 14-27, and May 2-15 South to North. We will hike approximately 20-25km on each day to complete the 900+km trail. Participants are asked to raise \$500 each for the Bruce Trail Conservancy. If you would like to participate in this event, please confirm by email on January 6, 2020(not before) to [ruthdmoffatt@gmail.com](mailto:ruthdmoffatt@gmail.com). This event is limited to 20 members including 3 hike leaders Ruth Moffatt - Niagara/ Iroquoia, Jacqueline VanDyke - Toronto and Sandra Green - Caledon Hills. You will receive a link for the fundraising page and this will confirm your commitment. If you have any questions prior to this date, please do not hesitate to ask. Please contact [ruthdmoffatt@gmail.com](mailto:ruthdmoffatt@gmail.com)

com for a list of Questions and Answers.

Hikers R Us - Blair and Downtown Galt 01/08/2020 9:00 - 1:30  
**Location:** Slit Barn, 768 Blair Rd, Cambridge  
**Hike Leader(s):** Louise Langlais  
**Pace:** Brisk - 4 to 5 km/hr, Medium - 3 to 4 km/hr  
**Terrain:** Easy - Mostly flat and usually good footing  
**Description:** We will hike from Blair to downtown Galt and back in a loop. We will stop at a cafe in Galt for lunch and a warm drink.  
**Cell:** 519-222-4040 on day of hike. At other times, email is the best way to contact me. Bring sunscreen, icers, snacks, lunch, and 1-2 litres of water.  
Please email me 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! For personalized driving directions, just copy and paste the GPS coordinates into a Google search window and voila!

Good Companions - Crawford Lake Circuit 01/08/2020 10:00 - 12:30  
**Location:** Crawford Lake Conservation Area  
**Hike Leader(s):** Anne Armstrong  
**Pace:** Leisurely - 3km/hr or less  
**Terrain:** Moderate - Some hills and/or some poor footing  
**Distance:** Approximately 7 km.  
**Description:** Crawford Lake is beautiful anytime but winter adds a special beauty. Join us for a circuit of the Crawford Lake Conservation Area including the boardwalk around the lake. Afterwards explore the Indian Village if you wish. Bring a snack/lunch and water. Icers may be necessary. Meet in the lower Parking lot for a 10:00 am. start. Crawford Lake CA is on the east side of Guelph Line, north

of Derry Rd. Parking fee in effect or Conservation Area pass. Optional refreshment stop afterwards. Map 11

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

### Scotsdale Farm - Bennett Heritage and Great Esker Side

#### Trails

01/09/2020 9:30 - 2:00

**Location:** Meet at parking lot inside Scotsdale Farm. Enter from Trafalgar Road, 1.7 km north of Hwy 7.

**Hike Leader(s):** Steven White

**Pace:** Medium - 3 to 4 km/hr

**Terrain:** Moderate - Some hills and/or some poor footing

**Distance:** 13km

**Description:** Starting at parking lot, we will hike to Bennett Heritage Side Trail until it joins Main Trail. Hike to Great Esker Side Trail and complete the loop, rejoining the Main Trail. We will follow it out towards main entrance to the farm and take the Bennett Heritage Side Trail back to the parking lot. If weather or trail is tiresome, we may cut out the Great Esker Side Trail - depends on day and hikers. Bring water, snack, lunch, hiking boots, icers. No dogs please. Pub or beverage stop after the hike email [stevenwhite901@gmail.com](mailto:stevenwhite901@gmail.com) to register or text to 289-242-9415

### Burlington Waterfront Evening Hike

01/10/2020 19:30 - 21:00

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

**Hike Leader(s):** Lorne Carruthers

**Pace:** Brisk - 4 to 5 km/hr

**Terrain:** Easy - Mostly flat and usually good footing

**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@](mailto:l.carruthers@)

hotmail.com

### Radial Trail

01/13/2020 10:00 - 12:30

**Location:** Parking lot of the Chedoke Golf Club in Hamilton

**Hike Leader(s):** Daljeet Juneja

**Pace:** Medium - 3 to 4 km/hr

**Terrain:** Moderate - Some hills and/or some poor footing

**Distance:** 10 km

**Description:** Weekly loop hike on the Hamilton Radial Trail +/- 10km

### Hikers R Us - Tiffany Falls to

Dundas Trail Centre 01/15/2020

9:00 - 13:30

**Location:** Tiffany Falls & Dundas Valley Conservation Area

**Pace:** Medium - 3 to 4 km/hr

**Terrain:** Moderate - Some hills and/or some poor footing

**Distance:** 14 km

**Description:** We will hike from Tiffany Falls parking lot ( map 8 ed 29, 45.2 marker), to Sherman Falls to the trail centre and back. Parking fee applies for non BTC members RSVP by email [wlr8362@gmail.com](mailto:wlr8362@gmail.com) **Hike leader:** Wayne Riley Cancellations the morning of the hike 289-456-3498

Bring lunch, water, no dogs please. Hiking boots required. Pace will be a combination of moderate and brisk

Icers must be used if trail is ice/snow

### Good Companions - City View

#### Park to Waterdown

01/15/2020 10:00 - 12:30

**Location:** City View Park on Kerns Road, North Burlington. NORTH CAR PARK (nearest to Hwy 5)

**Hike Leader(s):** Connie Rusyntyk

**Pace:** Leisurely - 3km/hr or less

**Terrain:** Moderate - Some hills and/or some poor footing

**Distance:** 8 km

**Description:** We will walk west towards Waterdown and return via a similar route. Please bring icers. Coffee at Copper Kettle in Waterdown for those interested.

### Hiking the Canyon

01/16/2020 10:00 - 12:30

**Location:** Rattlesnake Point

**Hike Leader(s):** Phillip Armstrong

**Pace:** Leisurely - 3km/hr or less

**Terrain:** Dependent on Conditions, Moderate - Some hills and/or some poor footing

**Distance:** Approx. 8 to 10 km.

**Description:** Meet in the upper parking lot of Rattlesnake Point Conservation Area located on the west side of Appleby Line just north of Derry Road.

Bring a snack/lunch and water. Icers may be necessary. Parking fee if effect or Conservation Area pass. Join us for a hike down into the canyon. Weather and conditions permitting we can hike over to Crawford Lake Interpretive Centre. Map 11.

Leaders: Phillip and Anne Armstrong 416 895 3937 [hikinggrandma@gmail.com](mailto:hikinggrandma@gmail.com)

### Burlington Waterfront Evening Hike

01/17/2020 19:30 - 21:00

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

**Hike Leader(s):** Lorne Carruthers

**Pace:** Brisk - 4 to 5 km/hr

**Terrain:** Easy - Mostly flat and usually good footing

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

### Gentle/Beginner Hike 01/19/2020

10:00 - 12:15

**Location:** Halton Agreement Forest

**Hike Leader(s):** Anne Armstrong

**Pace:** Leisurely - 3km/hr or less

**Terrain:** Moderate - Some hills and/or some poor footing

**Distance:** 7 to 8 km.

**Description:** A lovely hike in a lovely forested area, this is suitable

for those who want a shorter hike over easier terrain, although we may encounter some rocky areas. Icers may be necessary. Bring a snack and water. Meet in the small parking area on your right. There is also parking along the road. Directions: take Guelph Line north to Sideroad 10, above Highway 401. Turn right and go east until the road bends to the left. The parking lot is just ahead on your right.  
**Leader:** Anne Armstrong 905 337 3937 hikinggrandma@gmail.com

#### Radial Trail

01/20/2020 10:00 - 12:30  
**Location:** Parking lot of the Chedoke Golf Club in Hamilton  
**Hike Leader(s):** Daljeet Juneja  
**Pace:** Medium - 3 to 4 km/hr  
**Terrain:** Moderate - Some hills and/or some poor footing  
**Distance:** 10 km  
**Description:** Weekly loop hike on the Hamilton Radial Trail +/- 10km

#### Mountsberg Conservation area

01/22/2020 9:00 - 12:30  
**Location:** Mountsberg Conservation area, 2259 Milborough line, Campbellville  
**Hike Leader(s):** Charlotte Stewart  
**Pace:** Medium - 3 to 4 km/hr  
**Terrain:** Easy - Mostly flat and usually good footing  
**Distance:** 12 km  
**Description:** We will hike the snowy trails of Mountsberg CA and enjoy the raptors sanctuary. CA fees apply. Please contact Charlotte Stewart stewchar01@gmail.com if you plan to join us. Bring water, snack/lunch, hiking boots. Icers may be needed. No dogs please.

#### Good Companions - Burlington

##### Byways

01/22/2020 10:00 - 12:30  
**Location:** Meet in the parking lot directly behind the Burlington Public Library on New Street.  
**Hike Leader(s):** Janina Vanderpost  
**Pace:** Medium - 3 to 4 km/hr  
**Terrain:** Easy - Mostly flat and

usually good footing

**Distance:** 8 km

**Description:** This is a there and back walk. From the Burlington Public Library on New Street we will walk along the walking/biking paths to Spencer Smith Park and then along Lake Ontario towards the canal. How far we go before turning around will depend on temperature and weather conditions. Bring water, snack and icers.

#### Iroquois Woods

01/23/2020 10:00 - 1:15  
**Location:** Meet at Oakville Town Hall  
**Hike Leader(s):** Norman Young  
**Pace:** Medium - 3 to 4 km/hr  
**Terrain:** Moderate - Some hills and/or some poor footing  
**Distance:** 12km  
**Description:** Dress appropriate for the weather. Bring water, snack and icers

#### Burlington Waterfront Evening Hike

01/24/2020 19:30 - 21:00  
**Location:** Meet in the Lakeshore Road parking lot just east of the Waterfront Centre and restaurant  
**Hike Leader(s):** Lorne Carruthers  
**Pace:** Brisk - 4 to 5 km/hr  
**Terrain:** Easy - Mostly flat and usually good footing  
**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

#### Radial Trail

01/27/2020 10:00 - 12:30  
**Location:** Parking lot of the Chedoke Golf Club in Hamilton  
**Hike Leader(s):** Daljeet Juneja  
**Pace:** Medium - 3 to 4 km/hr  
**Terrain:** Moderate - Some hills and/or some poor footing  
**Distance:** 10 km

**Description:** Weekly loop hike on the Hamilton Radial Trail +/- 10km

#### Hiker R Us - Bronte Park

01/29/2020 9:30 - 1:30  
**Location:** Starting at Valley Ridge Park, Oakville  
**Hike Leader(s):** Norman Young, Stuart Law, Vern Erickson, Victoria Best  
**Pace:** Medium - 3 to 4 km/hr  
**Terrain:** Moderate - Some hills and/or some poor footing  
**Distance:** 14 km  
**Description:** We shall walk to the river trail in Bronte PP and back. Dress appropriately for the weather and trail conditions. Bring water, snack and probably icers

#### Good Companions - Crawford Lake

01/29/2020 10:00 - 12:30  
**Location:** Meet at Main Entrance to Crawford Lake Conservation Area. Fees apply.  
**Hike Leader(s):** Connie Rusynyk  
**Pace:** Leisurely - 3km/hr or less  
**Terrain:** Moderate - Some hills and/or some poor footing  
**Distance:** 8 km  
**Description:** We will do a loop hike taking in the boardwalk, lookout and green conservation loop. Please bring icers. Refreshments at Trail Eatery in Campbellville for those interested.

#### Thursday Group - Dundas - Tews

Falls to York Road 01/30/2020  
9:30 - 1:00  
**Location:** Meet at Dog Park Intersection of York Road and Valley Road in Dundas.  
**Hike Leader(s):** Terry Rose  
**Pace:** Medium - 3 to 4 km/hr  
**Terrain:** Moderate - Some hills and/or some poor footing  
**Distance:** 9 km  
**Description:** We will carpool to Tews Falls and hike back. Some hills.

Burlington Waterfront Evening Hike

01/31/2020 19:30 - 21:00

**Location:** Meet in the Lakeshore Road parking lot just east of the Waterfront Centre and restaurant  
**Hike Leader(s):** Lorne Carruthers  
**Pace:** Brisk - 4 to 5 km/hr  
**Terrain:** Easy - Mostly flat and usually good footing  
**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

Waterdown Winter Wonderland

02/02/2020 9:00 - 14:00

**Location:** Designated Bruce Trail parking lot in City View Park off Kerns Road (second entrance south of Highway 5 (Dundas Street)). Bruce Trail Guide Map 9. 2500 Kerns Road, Burlington, L7P 1P8.  
**Hike Leader(s):** Stuart Law  
**Pace:** Medium - 3 to 4 km/hr  
**Terrain:** Moderate - Some hills and/or some poor footing  
**Distance:** 12 km

**Description:** Enjoy a fresh peaceful Sunday morning in the Waterdown Woods on the brow of the Escarpment with great views of Hamilton Harbour and the hopefully ice-encrusted Great Falls. We will descend the Grindstone Creek Valley before climbing the Norman Pearson Side Trail back to the Main Trail. We will also take in the King, Kerncliff Park and Ian Reid Side Trails. There will be plenty of ups and downs and most likely some packed snow and ice. Please bring your icers, a warm drink and a snack. Optional refreshment stop after. Please pre-register at stuarthikes@gmail.com so that I can get an idea of numbers and let you know if the hike has to be cancelled for any reason. Thank you.

Radial Trail

02/03/2020 10:00 - 12:30

**Location:** Parking lot of the Chedoke Golf Club in Hamilton  
**Hike Leader(s):** Daljeet Juneja  
**Pace:** Medium - 3 to 4 km/hr  
**Terrain:** Moderate - Some hills and/or some poor footing  
**Distance:** 10 km

Mill Run Trail, Hespeler to Preston and back

02/05/2020 9:00 - 1:30

**Location:** WG Johnson Center, 31 Kribs St, Cambridge  
**Hike Leader(s):** Louise Langlais  
**Pace:** Brisk - 4 to 5 km/hr  
**Terrain:** Easy - Mostly flat and usually good footing  
**Description:** We will hike through Hespeler to the Mill Race Trail and admire the views of the Speed River. This will be an In-and-Out hike.  
**Cell:** 519-222-4040 on day of hike. At other times, email is the best way to contact me. Bring sunscreen, insect repellent in the summer, icers in the winter, snacks, lunch, and 1-2 litres of water.

Please email me 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!  
For personalized driving directions, just copy and paste the GPS coordinates into a Google search window and voila!

Good Companions - Red Hill Valley

02/05/2020 10:00 - 12:30

**Location:** Meet at Car Park, Old Mud Street near intersection with Pritchard. Hamilton East Mountain.  
**Hike Leader(s):** Terry Rose  
**Pace:** Leisurely - 3km/hr or less  
**Terrain:** Moderate - Some hills and/or some poor footing

**Distance:** 8 km

**Description:** We will do a loop hike in the Red Hill Valley, returning via Buttermilk and Albion Falls. Adjust according to conditions. Icers mandatory.

Dundas Valley Loops 02/06/2020 10:00 - 13:00

**Location:** Dundas Valley Conservation Area  
**Hike Leader(s):** Anne Armstrong  
**Pace:** Leisurely - 3km/hr or less  
**Terrain:** Moderate - Some hills and/or some poor footing  
**Distance:** 8 to 10 km.  
**Description:** Dundas Valley never disappoints with its beautiful trails, hills and valleys. It is especially lovely in the winter. Dundas Valley CA is on Governors Rd., west of the Dundas town centre. Meet in the last parking lot. We will hike the Canterbury Loop and for those who wish we can hike the Sawmill Valley Loop. Bring a lunch/snack. Icers may be necessary. Parking fee in effect or Conservation Area pass. Map 8.  
**Leader:** Anne Armstrong 905 617 3937

Burlington Waterfront Evening Hike

02/07/2020 19:30 - 21:00

**Location:** Meet in the Lakeshore Road parking lot just east of the Waterfront Centre and restaurant  
**Hike Leader(s):** Lorne Carruthers  
**Pace:** Brisk - 4 to 5 km/hr  
**Terrain:** Easy - Mostly flat and usually good footing  
**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

Gentle/Beginner Hike 02/09/2020 12:00 - 14:30

**Location:** City View Park/Kerns Rd. Burlington

**Hike Leader(s):** Anne Armstrong  
**Pace:** Leisurely - 3km/hr or less  
**Terrain:** Moderate - Some hills and/or some poor footing  
**Distance:** 8 km.  
**Description:** This there and back hike will take us to Smokey Hollow on Waterdown Rd. in Watertown. The trail will give us some good views over the escarpment toward the Skyway Bridge and the lake and take us to Smokey Hollow, very important in the early days of Watertown. Bring a snack and water. Icers may be necessary. City View Park is on the east side of Kerns Rd. Enter via the most southerly entrance. Map 9.  
**Leader:** Anne Armstrong 905 337 3937 hikinggrandma@gmail.com

#### Radial Trail

02/10/2020 10:00 - 12:30  
**Location:** Parking lot of the Chedoke Golf Club in Hamilton  
**Hike Leader(s):** Daljeet Juneja  
**Pace:** Medium - 3 to 4 km/hr  
**Terrain:** Moderate - Some hills and/or some poor footing  
**Distance:** 10 km  
**Description:** Weekly loop hike on the Hamilton Radial Trail +/- 10km

#### "SOUPFEST" HIKE

02/11/2020 10:00 - 1:00  
**Location:** Meet at Bayfront Park, Bay Street North, Hamilton.  
**Hike Leader(s):** Terry Rose  
**Pace:** Medium - 3 to 4 km/hr  
**Terrain:** Easy - Mostly flat and usually good footing  
**Distance:** 8 km  
**Description:** We will hike along Hamilton Harbour to Princess Point; from there we cross the playing fields, past the Catholic Cathedral and on to the Hamilton Convention Centre, arriving around 11:45. This will be the 18th Annual ""SOUPFEST"" and Iroquoia BTC, under various leaders, has been there for most of those years. For \$20 (\$15 for seniors)\*\* you get to select four delicious cups of soup from the best restaurants in the area

(bread included). 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. For more information and advanced tickets go to: <https://www.livingrock.ca/soupfest>  
\*\* Advanced prices are \$17 and \$12 After lunch return to Bayfront Park at your leisure.

#### Good Companions - Shell Park, West Oakville

02/12/2020 10:00 - 12:30  
**Location:** Shell Park, Lakeshore Road West, Oakville.  
**Hike Leader(s):** Mary Rose  
**Pace:** Leisurely - 3km/hr or less  
**Terrain:** Easy - Mostly flat and usually good footing  
**Distance:** 8 km  
**Description:** We will hike through Shell Park to Bronte Creek and Bronte Harbour, returning via the lake and the pioneer cemetery. Icers mandatory.

#### Joshua Creek South

02/13/2020 10:00 - 1:00  
**Location:** Meet In the North West corner of Maple Grove Shopping Centre  
**Hike Leader(s):** Norman Young  
**Pace:** Medium - 3 to 4 km/hr  
**Terrain:** Easy - Mostly flat and usually good footing  
**Description:** A walk along Joshua Creek ravine over to Lakeshore Park in Mississauga. Dress appropriately for the weather, Bring snack, water and icers

#### Burlington Waterfront Evening Hike

02/14/2020 19:30 - 21:00  
**Location:** Meet in the Lakeshore Road parking lot just east of the Waterfront Centre and restaurant  
**Hike Leader(s):** Lorne Carruthers  
**Pace:** Brisk - 4 to 5 km/hr  
**Terrain:** Easy - Mostly flat and usually good footing

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

#### Tobermory Family Day Snowshoe

Weekend Feb.14-17 02/14/2020  
18:00 - 13:00

**Location:** Tobermory

**Hike Leader(s):** Greg Vincent

**Pace:** Leisurely - 3km/hr or less

**Terrain:** Moderate - Some hills and/or some poor footing

**Distance:** 10 km

**Description:** Snowshoeing the trails of the Bruce Peninsula National Park

We arrive in Tobermory Friday 14 Feb. and will snowshoe Saturday, Sunday and Monday morning. New to snowshoeing? We will help you. We stay and have our meals at the Princess Hotel in Tobermory, the weekend is restricted to those staying with us at the Princess Hotel. Please call the Princess 1-877-901-8282 for the costs and a reservation, please say you are with Greg Vincent's snowshoeing weekend. You will need a car to access this outing. Questions? Contact Greg at [Vincent.greg@gmail.com](mailto:Vincent.greg@gmail.com) or 519- 579-8210.

#### Radial Trail

02/17/2020 10:00 - 12:30  
**Location:** Parking lot of the Chedoke Golf Club in Hamilton

**Hike Leader(s):** Daljeet Juneja

**Pace:** Medium - 3 to 4 km/hr

**Terrain:** Moderate - Some hills and/or some poor footing

**Distance:** 10 km

**Description:** Weekly loop hike on the Hamilton Radial Trail +/- 10km

#### Good Companions - Felkers Falls

02/19/2020 10:00 - 12:30

**Location:** Meet at Car Park on Old Mud Street, near intersection with Pritchard. Hamilton East Mountain.

**Hike Leader(s):** Mary Rose  
**Pace:** Leisurely - 3km/hr or less  
**Terrain:** Moderate - Some hills and/or some poor footing  
**Distance:** 8 km  
**Description:** This is a there-and-back hike from Old Mud Street to Felkers Falls. Icers mandatory.

Burlington Waterfront Evening Hike

02/21/2020 19:30 - 21:00  
**Location:** Meet in the Lakeshore Road parking lot just east of the Waterfront Centre and restaurant  
**Hike Leader(s):** Lorne Carruthers  
**Pace:** Brisk - 4 to 5 km/hr  
**Terrain:** Easy - Mostly flat and usually good footing  
**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

Radial Trail

02/24/2020 10:00 - 12:30  
**Location:** Parking lot of the Chedoke Golf Club in Hamilton  
**Hike Leader(s):** Daljeet Juneja  
**Pace:** Medium - 3 to 4 km/hr  
**Terrain:** Moderate - Some hills and/or some poor footing  
**Distance:** 10 km  
**Description:** Weekly loop hike on the Hamilton Radial Trail +/- 10km

Snowshoe Hockley Crest Caledon

02/26/2020 9:30 - 1:30  
**Location:** Meet for departure at Parking lot on 5th Side Road at 44.3 km Map 18. We will snowshoe for 3 to 4 hours looping 8+ through the Hockley Crest side trails.  
**Hike Leader(s):** Cynthia Archer  
**Pace:** Medium - 3 to 4 km/hr  
**Terrain:** Moderate - Some hills and/or some poor footing  
**Distance:** 8 km  
**Description:** Hopefully you will require snow shoes. Bring icers

just in case. Please register with the hike leader in case there is a change in plans due to weather. We will stop briefly for lunch. Cynthia Archer 416 573 4236

Good Companions - Dundas Valley

02/26/2020 10:00 - 12:30  
**Location:** Dundas Valley Conservation Area Main entrance. Meet In Last Parking Lot.  
**Hike Leader(s):** Lorraine Shered  
**Pace:** Medium - 3 to 4 km/hr  
**Terrain:** Moderate - Some hills and/or some poor footing  
**Description:** Several loops through Dundas Valley. there is a Entrance fee. Free to Conservation members.

Thursday Group - Red Hill Valley Loop

02/27/2020 10:00 - 1:00  
**Location:** Car Park at corner of Old Mud Street and Pritchard. Hamilton East Mountain.  
**Hike Leader(s):** Terry Rose  
**Pace:** Medium - 3 to 4 km/hr  
**Terrain:** Moderate - Some hills and/or some poor footing  
**Distance:** 8 km  
**Description:** We will do a loop hike in the Red Hill Valley using a combination of Main Trail and Side Trails. We will return via Buttermilk Falls and Albion Falls

Burlington Waterfront Evening Hike

02/28/2020 19:30 - 21:00  
**Location:** Meet in the Lakeshore Road parking lot just east of the Waterfront Centre and restaurant  
**Hike Leader(s):** Lorne Carruthers  
**Pace:** Brisk - 4 to 5 km/hr  
**Terrain:** Easy - Mostly flat and usually good footing  
**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

Return undeliverable Canadian addresses to:  
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