



Bruce Trail  
CONSERVANCY  
IROQUOIA CLUB

“Preserving a ribbon  
of wilderness for  
everyone, forever”

# The Iroquoian

Official newsletter of the Iroquoia Bruce Trail Club



FALL 2020



# Bruce Trail CONSERVANCY

IROQUOIA CLUB

**Iroquoia Bruce Trail Club**  
PO Box 71507  
Burlington, ON  
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VISIT THE CLUB'S WEBSITE  
FOR HIKES, INFORMATION  
AND EVENTS:

[www.iroquoia.on.ca](http://www.iroquoia.on.ca)



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Be social,  
follow  
our trail!

## 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

Winter issue: October 20

Spring issue: January 20

Summer issue: April 20

Fall issue: July 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.

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# A Message From The President

Welcome Back to hiking on the Bruce Trail!! It is great to see that people are eager to get back on the Bruce Trail while keeping social distancing in place and plans are being made to start organized hikes in September. The Welcome Back badge has been a huge hit with members and non-members alike. At the writing of this letter, in mid July, the Club has been able to raise \$380.00 so far. Thank you so much to everyone who purchased a badge! It helps us to cover the everyday functions of the Club. Welcome Back badges are still available if you would like to support the Club. When all the badges are sold we will remove it from our Club badges web page, so check the page on availability.

Sadly, like many other organizations, we had to cancel the Steeltown Stomp and the End to End. The good news is that the head office has been working with the Clubs to get organized hikes back up and running. A system of online registration and sign in has been developed and you can see this on the BTC hike schedule web page. Of course these hikes will depend on the willingness of Hike Leaders to want to lead safe hikes and that participants follow the rules of social distancing.

Another casualty of Covid-19 is the traditional Bruce Trail Day. The head office has also been working with Clubs to come

up with ideas for the public to be virtually connected and ideas are being formulated to allow the public who do go out on the trail, to report their experiences online and maybe make a contest out of it. Check out the BTC webpage closer to October 4th.

I want to send out a special Thank You to our trail maintenance teams who have been out on the trail in small groups and keeping distance in mind, have been able to make sure the Trail is passable and in good condition. We should also recognize our Land Stewards. They have been out on the BTC owned lands checking on the condition of our properties, noting any special flora and fauna and making sure there have been no encroachments.

You may of noticed our call out for our Club to sponsor high school students for the Ontario Nature Youth Summit in the spring newsletter. This event has now been moved to a virtual event to engage youth into the environment. Our Club is proud to be participating in this event and will be reporting back on it in the fall.

The Iroquoia Board thanks the membership for your patience and understanding during these unconventional times and we wish that everyone remains safe and healthy.



## Welcome Back Badges are Available

To commemorate the re-opening of the Bruce Trail, we are offering this special limited issue badge. Only 200 are being produced. The badges can be purchased for only \$5 for members and \$10 for non-members. Send \$5 or \$10 per badge and a self stamped and addressed envelope 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. At this time we are only accepting cheques or cash (sorry, no e-transfers).

# Trail Director's Report

By Peter Rumble, Trail Development and Maintenance Director

## Who was Rip Van Winkle?

Well it certainly isn't any of the 120 Iroquoia Trail Maintenance Volunteers including trail workers, trail captains and monitors. Each one of these hardworking volunteers has a special place in his/her hearts for "The Trail". As noted through media reports, the value of the natural environment has played an important role in the wellness of all trail users during this time period. The ability to get back to nature is critical.



Since the original shut down of the Bruce Trail, some 160 plus days ago, these dedicated Bruce Trail workers have been patiently biding their time as dictated by the Province's March 17, 2020 regulation

to reduce the spread of COVID-19. They were not idle as they were planning their work to be done on the 123 kms of Main and Side Trails in the Iroquoia Club . As regulations eased, volunteers started to get back to their trails, undertaking trail inspections and completion of the delayed Trail Status Reports. All reports were completed and some 106 filed with the BTC.

The regular Tuesday work parties were paused March 15 and unfortunately have not yet resumed. In their place, smaller or individual work parties have been carried out each week as access to the trails has been opened up. The regular work of refreshing or replacing blazes and signage, footpath clearing, trimming and grass cutting continues on an almost daily basis. In addition there has been no letup in the number of hung up or fallen trees to be dealt with. All of this to provide a safe footpath through the Iroquoia section for hikers.





Following all COVID-19 safety protocols, the volunteers were invited to attend a much deserved coffee and snacks social under the trees at Battlefield Park in Stoney Creek. The highlight was the awarding, albeit several months late, of the Trail Worker of the Year award to Daryl Keays. The get-together allowed the volunteers to touch base (2 metres apart) with their colleagues who they had not seen for 5 months.

For all trail volunteers, managing through this Covid-19 period has tested everyone's resources, patience and good will. Fortunately their dedication to maintaining and developing the footpath along the Niagara Escarpment has made it all worthwhile.

Things will get better...

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## DREAMING OF 2021

**We are optimistic that we can return to offering you exciting hiking adventures in 2021!**

If you have your heart set on a particular destination and want to book it as soon as it becomes available and safe to do so, ask to be put on our [INTERESTED LIST](#).

We will notify you when we are ready to accept reservations for that particular trip. There is no obligation on your part, nor does it guarantee your spot(s).

We will still be taking reservations on a first-come, first-served basis as we always have. However, it means that you will be notified right away that we are ready to begin taking reservations, and then you can decide if you wish to book or not.

We are working on modified terms & conditions in the short term to allow for more flexibility, so that you can confidently book a holiday.

**\* Dominica \***

**in February – a perfect opportunity to bust out of winter and out of staycation mode!**

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

We would love to keep you engaged until we can travel again. Here are 3 easy ways to keep in touch that would benefit us both:

**1. [Follow us on Facebook.](#)**

We post daily on topics such as hiking tips & tricks, travel information, gear reviews, trip announcements and so much more. Plus we're pretty entertaining ☺

**2. Please tell your friends about us!**

You can even earn travel rewards.

**3. If you've travelled with us, please write a review on our [Facebook page.](#)**

Nothing we like more than satisfied hikers!

**Be safe. Be kind. Stay hopeful.**

And we look forward to hiking with you all again soon!

# Caledon Hills Bruce Trail Club Drive-In Movie Fundraiser

Mustang Drive-In, 5012 Jones Baseline Road, Guelph



Thursday, Sept 17th • Gates 7:30 pm • Showtime 8:30 PM (Dusk)



After months of isolation we need some fun, so come celebrate the end of summer with a classic warm weather experience, a drive-in movie. Join us for a night under the stars and enjoy a cinematic experience from the comfort of your own vehicle while supporting the country's foremost environmental charity, the Bruce Trail Conservancy.

BTC CEO Michael McDonald will open the program with stunning visuals highlighting precious lands preserved and species at risk protected by the Bruce Trail Conservancy.

## MINIMUM Donation \$25/per Adult

Your donation will cover event costs and provide for a donation to the Bruce Trail Conservancy.

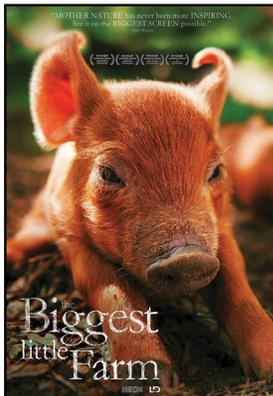
**BUY TICKETS in advance via Eventbrite:**

<https://www.eventbrite.ca/e/caledon-hills-bruce-trail-club-and-mustang-drive-in-fundraiser-tickets-113206511724>

A Tax receipt will be issued for the maximum allowable amount.

**Let generosity be your guide! Kids 12 years & under - FREE!**

Have your afternoon nap, wear your comfiest, put the kids or grandkids in their pj's, bring pillows and blankets, pile the family into the car and come enjoy these wonderful family movies on the big screen!



## The BIGGEST LITTLE FARM

A moving documentary that chronicles the eight-year quest of John and Molly Chester as they trade city living for 200 acres of barren farmland and a dream to harvest in harmony with nature.

## 2040 Join the REGENERATION

2040 is a hopeful, even sweet look at what the future could be like for the next generation if the world embraces actionable steps to save the Earth.



## Event Sponsors:

Loops & Lattes Hiking Guides; Volkswagen Guelph; Wild Birds Unlimited Nature Shop Guelph



## Follow COVID-19 Guidelines

- Wear a mask when visiting the snack bar or washrooms.
- Stay safe and snug in your car and enjoy a night under the stars with a gaggle of your hiking buddies parked around you.
- No outside food allowed. Concession snacks available.
- 12 clean washrooms for your convenience.
- Reserved parking. SUV's, Trucks, Vans park in the back please!
- This event will proceed come rain or shine.

# New Hiking Protocols

By Anne Armstrong, Hike Director

## **Attention Iroquoia Hikers. Welcome Back to the Trail**

Iroquoia will be resuming its organized hiking program as of September 1. Because of Covid-19, BTC has introduced new protocols to ensure the safety of all hikers and hike leaders. Please read the following protocols so that you are aware of them and will be able to join organized hikes safely. Since Iroquoia lies in a high density population we are following the protocols set out by BTC in late June. However these can change depending on government guidelines changing. Please note that these protocols may be different for different BTC hiking clubs depending on location.



## **Organized Hiking Protocols.**

- We recommend groups continue to be limited to 10 with social distancing measures in place. That means 9 people can register per hike. However, it is up to individual hike leaders if they wish to have more than 10. Available parking may also limit numbers of people per hike.
- There will be no car shuttles on hikes. Hikes will be in and out or loop hikes. No organized overnight trips.
- All participants will be required to register (on the hike system at <https://hikes.brucetrail.org/>) and for the moment you must be a member of BTC. You will need your membership number to register. (BTC members can bring guests using their membership number to register them.) Registration is via the BTC Hike Calendar accessed online. Link is [hikes.brucetrail.org](https://hikes.brucetrail.org/). When you click on the link it will bring up all hikes throughout all clubs. Click on the hike you are interested in and it will bring up the registration/waiver form. You will no longer have to sign any sheets when you arrive at a hike.
- Masks for leaders or hikers are optional, but every hiker must carry one with them. Social distancing will be in place.
- Each hiker should perform a self screening check before coming out on a hike. If you feel unwell please stay home. (Link to <https://covid-19.ontario.ca/self-assessment/>.)
- Every hiker should be self sufficient; carry your own bug repellent, sunscreen, hand sanitizer, water and snacks as well as a personal first aid kit. No sharing.
- When meeting others on the trail, allow room to pass.
- Pack out any garbage.
- Leave contact information as to where you will be hiking with family or friends.
- No official end to end this year.

# How to Support Muscle Recovery Naturally



By Dr. Sofie Desforages-Bell  
Naturopathic Doctor  
sofie@cestlaviewellness.ca  
www.cestlaviewellness.ca

Summer is in full swing and so is the hiking season. With longer days and nice weather, you may be out hiking, walking or doing other summer activities more often and for longer periods. The question is, are you appropriately supporting your muscle recovery. There are many natural health strategies that you can use to ensure you are supporting your body so you can get back to what you love doing.

## Magnesium

Magnesium is an essential mineral that we can obtain easily from our diet: dark leafy greens, nuts and seeds, fish, beans and lentils, whole grains, and more. Unfortunately, many people are deficient in this mineral due to a poor diet, too much alcohol and/or coffee, various medications, and stress. Since our soils have become depleted of this mineral, even a healthy plant-based diet does not guarantee enough magnesium intake. Supplementation is then recommended.

Magnesium deficiency usually leads to symptoms of fatigue, weakness and muscle cramping. Since approximately 25% of the magnesium in our bodies is found in our muscles, with even more found in bones, this mineral is vital for supporting our musculoskeletal systems.

To increase your intake of magnesium, ensure to include the aforementioned foods in your daily diet, especially if you will be physically exerting yourself. If supplementation is recommended, the bis-glycinate form of magnesium is usually the go-to option for muscular support as it is also better absorbed and tolerated. Make sure to always consult with your healthcare practitioner before incorporating any natural health product into your daily regimen.

## Acupuncture

Acupuncture is a natural healing modality based in Traditional Chinese Medicine (TCM), dating back thousands of years. Acupuncture can be used for an endless variety of conditions including musculoskeletal related concerns such as joint pain, athletic performance, muscle pain and tension, and even arthritis (both osteo and rheumatoid).

From a more physical level of healing, inserting



these thin needles in specific points in the body is thought to increase blood flow in those areas, bringing healing with it. Trigger point acupuncture is done by inserting needles in knots repeatedly until the muscle releases. This can be tremendously beneficial in releasing tension in these muscles and supporting overall muscle recovery in those who are physically active.

## **Protein**

Protein is a vital macronutrient in everybody's diet. The recommended daily intake of protein is about 0.8g of protein per kilogram of body weight, but that increases to more than 1g/kg for those who exercise for even just 30 minutes/day. It may be hard to obtain enough from your daily intake of food especially if you follow a more vegan/vegetarian style of eating. Supplementing with a whey protein powder can help. It can improve athletic performance and exercise tolerance. More specifically, by adding more protein to your diet, it can help to improve strength and reduce your recovery time as well. The recommendation is to find a Whey Protein Isolate (vs. concentrate or other) that works for you in both taste and texture. Ideally, opt for an unflavoured and unsweetened version to avoid any added toxins and sugars.

## **Hydrotherapy**

There's nothing quite like a nice Epsom salts bath after a long workout, am I right? Those Epsom salts are actually magnesium-based and can help to release the toxins from the muscles. This helps with muscle recovery. Not to mention that the heat will also have an effect in relaxing the muscles post-exercise. Although, in the summer, a hot bath may not seem so appealing. You can always opt for an alternating hot/cold shower or simply a cold-water immersion (CWI). That will certainly get the blood flowing and help you cool off after a hot summer day.

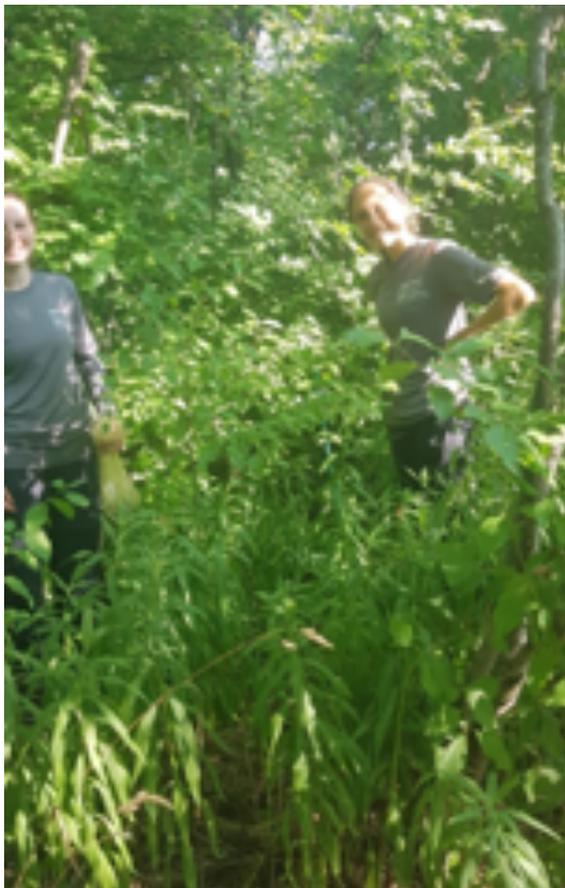
If you are going to get out there and move your body this summer, make sure you are supporting it and fueling it in a safe and healthy way. Proper muscle recovery will allow you to get back out there sooner and more frequently to do those outdoor activities that get your endorphins pumping. If you want more support or information on any of these, feel free to contact me [sofie@cestlaviewellness.ca](mailto:sofie@cestlaviewellness.ca)



# What's This on the Trail?

By Peter Rumble, Trail Development and Maintenance Director

While inspecting the Bruce Trail for hazardous trees I came across this white plastic tube, hidden in vegetation of to the side of the footpath. Had I tripped across a "geocache" or drug cache?



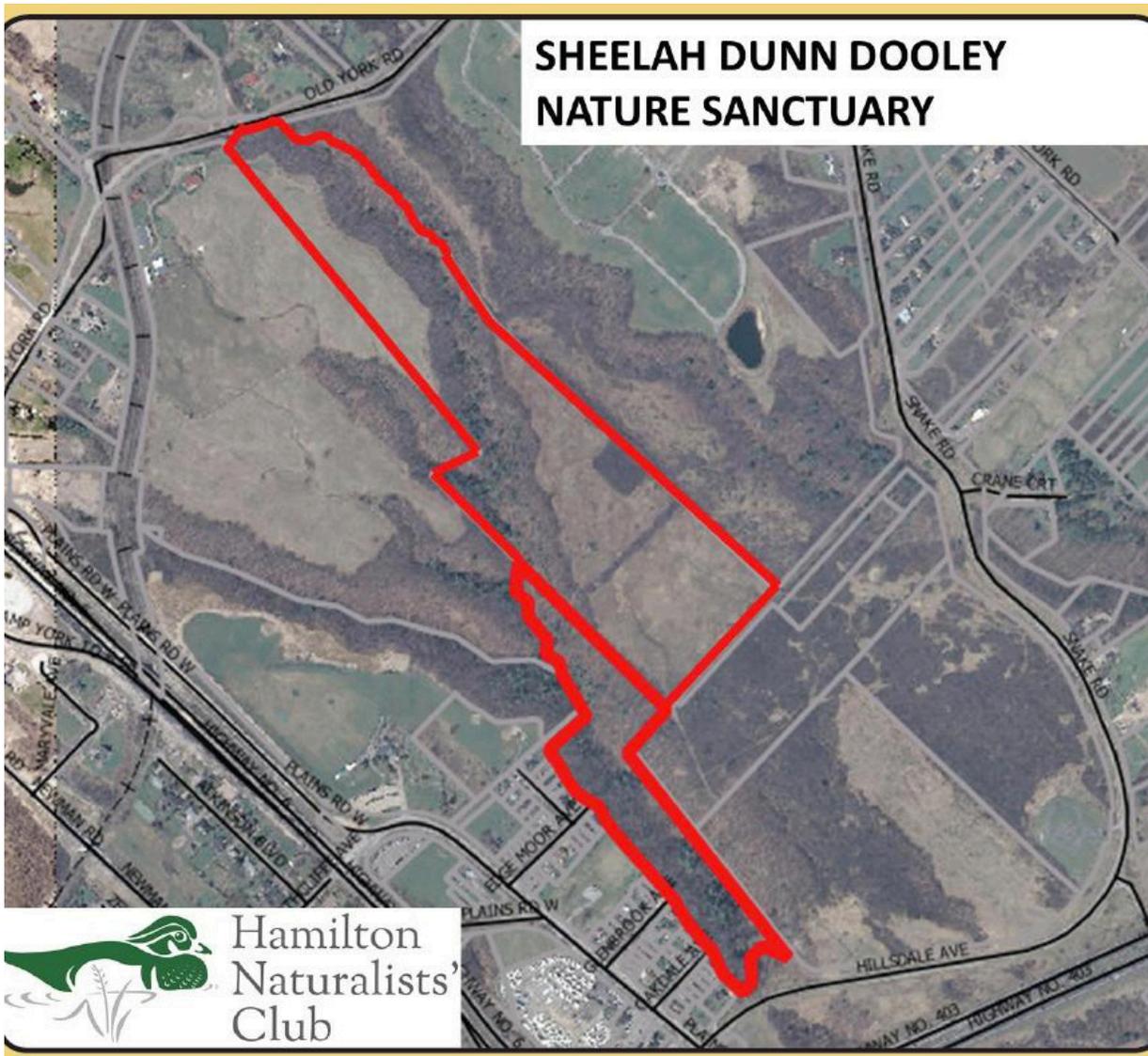
Almost immediately I was joined by two staff from The Ministry of Natural Resources and Forestry, who explained that the mysterious object I'd located was a rabies baiting station and that they were on site to replenish the baits that the tubing contained. This was one of a large number placed along the Niagara Escarpment as one part of the Ontario government's efforts to control the spread of rabies in wildlife. The vaccine baits are in the form of a small packet filled with the rabies vaccine that is absorbed through the lining of the mouth when eat by the animal, foxes, raccoons or skunks. The animals are immunized against rabies about two weeks after they either chew or swallow the rabies vaccine bait. The baits are not meant for humans, livestock or pets and won't protect you or your animals from rabies. If you find or see a bait station near the trail, leave be. It is performing a valuable service to Ontario's wildlife.

For more information contact : [Ontario.ca/rabies](http://Ontario.ca/rabies)

# ***Congratulations HNC!***

Congratulations to our friends at the Hamilton Naturalist Club for securing its 9th nature sanctuary.

The 21.4 hectare Sheelah Dunn Dooley Nature Sanctuary is a mix of steep wooded ravine, open seasonally wet meadow, and shrub thicket habitats for numerous species. It is located in Aldershot, Between Old York Road and Hillside in the middle of the Cootes to Escarpment EcoPark System. It protects an important north-south corridor that helps species move from Cootes Paradise to the Niagara Escarpment.



# Spotlight Mondays

By Ashwini Selvakumaran, Director at Large

Hello everyone! My name is Ashwini Selvakumaran. I'm a third-year student at the University of Toronto pursuing my bachelor's degree. As part of Girls(20) I am a young director with the Iroquoia Bruce Trail Board!

As part of my new initiative, I am spearheading a new social media initiative called "Spotlight Mondays." Having a great form of engagement entails getting to know the faces behind the board and on the trail, some of our accomplishments and background, why we love the Iroquoia Bruce Trail, as well as our favourite spots/moments on the trail! Please go to our Instagram account "iroquoiabruceclub" and our Facebook page "iroquoia bruce trail club" to enjoy our weekly Spotlights. Look out each Monday for a new feature. Here is a taste...a spotlight on myself!

Spotlight Mondays!



ASHWINI SELVAKUMARAN



WHO AM I?

I am an incoming third-year student at the University of Toronto, St. George Campus. I am minoring in a program called Peace, Conflict and Justice studies with a double minor in Diaspora and Transnational studies and English!

Since I was younger, my parents have been avid advocates for nature and instilled in me a love for hiking and conservation. Earlier this year, I applied for the G(irls)20 "Girls on Boards" program where the program was able to place myself alongside my interests in the environment with the Iroquoia Bruce Trails Board!



HOW DID I GET INVOLVED?

One fun fact about me, is that prior to starting university, I had never lived in one place for more than three years! I have lived in and around Malaysia, Kazakhstan, Yemen, New York and Canada. Wherever we moved, one thing stayed consistent - which was my family's love for the outdoors.

Moving so frequently and spending most of my rich childhood outside, allowed me to observe and learn more about our climate emergency at a young age. Through witnessing a collective global footprint, these lived experiences solidified my passion to mobilize youth into tangible action and become a lifelong advocate for environmental issues.



WHAT IS MY FAVOURITE SPOT?

ONE OF MY FAVOURITE SPOTS IS THE CHELTENHAM BADLANDS. IT WAS ACTUALLY THE FIRST SPOT MY FAMILY AND I VISITED WHEN WE FIRST MOVED TO ONTARIO AROUND 2011. WE WERE ABLE TO OBSERVE THE NATURALLY ERODED QUEENSTON SHALE BEFORE IT WAS EVENTUALLY FENCED.

I FOLLOWED CLOSELY AS THE CHELTENHAM BADLANDS CLOSED FOR A PERIOD OF TIME, WHICH REALLY MADE ME THINK ABOUT THE VIVID IMPACTS WE AS HUMANS HAVE ON NATURAL LANDSCAPE AND ECOLOGICAL FEATURES. REFLECTING ON THE IMMENSE JOY IT BROUGHT ME AS A CHILD, I RECOGNIZED THE IMPORTANCE OF CONSERVING VEGETATION AND THE BEAUTY OF OUR LANDSCAPES.



# What's In Your Day Pack?

By Anne Armstrong, Hike Director

Now that we are returning to an organized hiking program it is even more important for each and every hiker to be completely self sufficient. While there are many things to consider safety wise when participating in any hiking activity, one of the most important is to carry some essential items in your day pack. Some things are essential while others are "nice to have".

Essentials include:

1. A card or small sheet of paper (preferably inside a plastic case) containing vital information about any medical issues and medications, your doctor's name and contact information and another contact's name (someone who can be reached in the event of an emergency involving you) and their telephone number. Cell phone.
2. Small first aid kit and foot care kit . ( in case of blisters)/Hand Sanitizer
3. Water/Snack or lunch.
4. Hat (for sun protection or warmth) and gloves/mitts
5. Rain wear (jacket and rain pants)
6. Sweater
7. Whistle
8. Map and/or guidebook
9. Sunscreen and insect repellent (depending on the season)
10. One or two plastic bags (grocery). I use them to put over my boots when trying to get rain pants on. They help your foot slide down inside the pant leg. Also nice if you have to get into someone else's car after a muddy hike.

Nice To Have

1. A change of socks
2. Small flashlight
3. Swiss army knife
4. Duct Tape
5. Emergency foil blanket
6. Kleenex/biodegradable toilet paper

There may be other things which you may want to have with you. It's always a matter of personal taste.



## Open Board Position - Hike Director

By Gloria Pennycook, Volunteer Director

The Iroquoia Bruce Trail Club is looking for a volunteer to fill the position of Hike Director. In this role, you will work with a team of hike leaders and event coordinators to provide group hiking programs and special hiking events. The Hike Director is a vital role for our club in promoting member engagement and the BTC mission.

More specifically, the role entails:

- Facilitating the training and mentoring of new hike leaders
- Review and approval of submitted hikes
- Providing guidance to event coordinators who organize events such as the New Years Day Hike, Steeltown Stomp, Bruce Trail Day, Hiking 101, and the Iroquoia Official End to End
- Coordination of requests for trail angels
- Participating at 10 board meetings per year
- Participation in other club initiatives

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 three years

If you are interested, please email

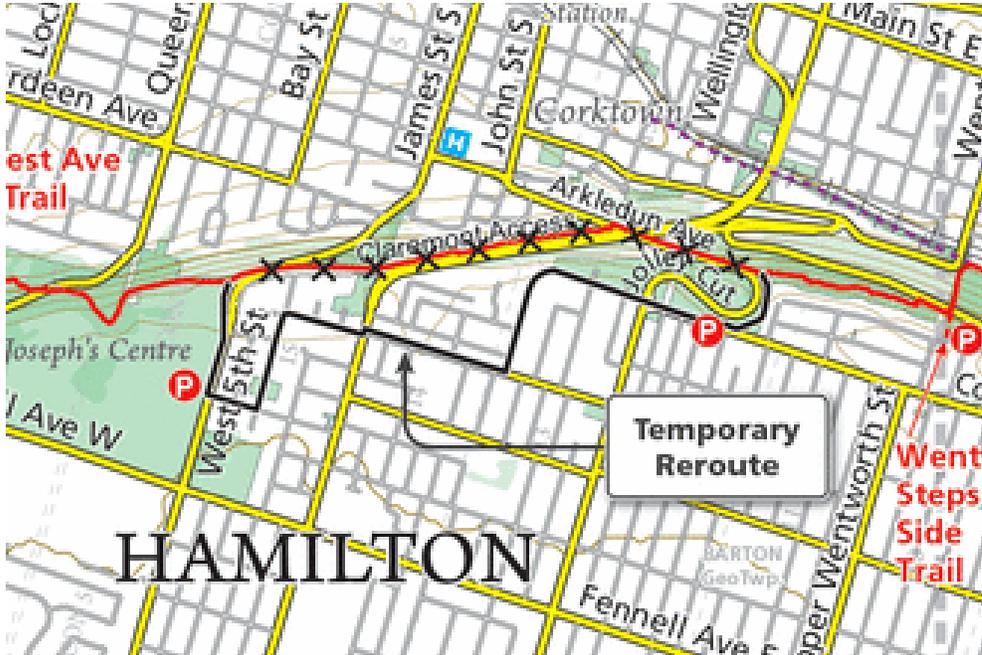
Gloria Pennycook, Volunteer Director at [iroquoiavolunteer@gmail.com](mailto:iroquoiavolunteer@gmail.com) or Anne Armstrong, Hiking Director at [hikinggrandma@gmail.com](mailto:hikinggrandma@gmail.com)



# Trail Reroutes

## Inverness Reroute - Hamilton

A temporary thoroughfare has been blazed while the City of Hamilton undergoes road construction. The expected duration of the closure will be till December 2020. Temporary Reroute = 2.8 km



## Grimsby Reroute

The Gibson Street pedestrian bridge over the Forty Mile Creek has been closed by the Town. The closure is in the interest of public safety due to corrosion of the steel deck. The Town will be exploring options for replacing the structure but till then will remain closed for an unknown duration.



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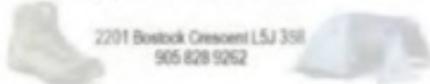
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Bruce Trail members can purchase a Conservation Halton Annual pass for a great reduced rate. This gives you access to all Conservation Halton parks for a year from the date of purchase (it can be purchased at the Conservation Head Office on Britannia Road when showing you Bruce Trail Membership Card)