

# The Halton Outdoor Club News

April 2011

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## Calendar:

AGM	April 26
Hike S W Pennsylvania	Apr 22
Information Nights	May 5,9
Spring Dinner Social	May 19
Finger Lakes	June 28



Manitoulin hiking in 2007 was good exercise

Photo Paul Lewis

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## President's Message by Brenda Lee Luciw

The days are longer, the sun is stronger and skiing and snowshoeing are behind us ... yet that just gives us the incentive to move on to other outdoor activities! So to say goodbye to the skiing and start talking about the biking, hiking and paddling, get a table of friends out for the Spring Social! Great time to catch up and see what everyone is going to do for spring and early summer. Find out who has taken the kayaking lessons in March, and hear all about the great hike trips to Pennsylvania and New Zealand, and the ski trip to the Yukon. Short of that we have a whole new venue, food and a new programme. So join us for a very great evening of socializing! :) Don't forget we have some great events happening close to home too. The Trail Riders and Road Tourers have exciting schedules that will accommodate all skill levels and we are always looking for those who want to lead the already set up routes! I'm game; I'll be there with you this year!

For those of you who are still not sure how the Club functions, come out to either of the two Spring Information nights in early May. Further information is in the newsletter.

And of course we would like to tell you about how the Club is managed, and discuss current events, so join us in April for the AGM. After the business portion of the meeting, we will have a presentation by Stephen Walter who will speak about Canadian ski marathons (further info in the newsletter) and have a coffee and cake social after. We would love to see you; please join us and see it as another night of socializing!

Even though we are a Club that loves our winters of cold days and long nights (great ski/snowshoe season!) I'm sure everyone lifted their hands and faces to the sun on the long day of the spring equinox, on March 20 (official time 7:21pm) ... the first moments of spring!

Brenda Lee Luciw

<b><u>Club Directors</u></b>		<b><u>Coordinators</u></b>	
<b>President</b>	Brenda Luciw	<b>Road Tourers</b>	(vacant)
<b>Vice President</b>	Frank Cooney	<b>Recording Secretary</b>	Freda Wright
<b>Past President</b>	Heinz Jaeger	<b>Ski Lessons</b>	Patrick Vincent
<b>Manager/Secretary</b>	Bonnie Quinn	<b>Trail Riders</b>	Joe Lechner
<b>Treasurer</b>	Paul Lewis	<b>Newsletter Editor</b>	Dave Pringle
<b>Membership</b>	Jayne Swanson	<b>Mailing</b>	Freda Wright
<b>Skiing Activities</b>	Patrick Vincent	<b>Website</b>	Joe Lechner, Al Hutchison
<b>Cycling Activities</b>	Heather McClintock		
<b>Hiking Activities</b>	Phill Armstrong	<b>Club Phone</b>	905 634-2012 (Burlington)
<b>Paddling Activities</b>	Dorothy Rideough	<b>or no charge</b>	877 877-4550
<b>Publicity</b>	Sue Rousseau	<b>Fax</b>	905 335-6102
<b>Special Events</b>	Position vacant	<b>Email</b>	outdoor@spectranet.ca
		<b>Website</b>	www.HaltonOutdoorClub.com

The Halton Outdoor Club News is published five times a year & circulated to Club members.

The next Newsletter's deadline is May 27. Send articles and pictures to the HOC News Editor at 2142 Jardine Cres., Burlington Ont., L7L 7K1, 905 336-0634, or pringled@sympatico.ca.

Advertising space is available to everyone, and is subject to Club approval.

Rates for advertisements are available upon request, call 905 634-2012.

Personal ads (for sale, or social) are free, once per year, to members of the Halton Outdoor Club.

## **37<sup>th</sup> Annual General Meeting (AGM)** **Tuesday April 26, 2011, at 7:00pm**

The 37<sup>th</sup> Annual General Meeting of the Halton Outdoor Club will be held in Centennial Hall at the Burlington Central Library, 2331 New Street, in Burlington. All members are encouraged to attend and so please mark the date on your calendar.

The purpose of the meeting:

- \* Discuss the Annual Report containing the Club's Financial Statement and Auditor's Report
- \* Hear reports by the preceding year's Club Executive.
- \* Elect and/or confirm new Directors
- \* Appoint an Auditor and authorize the Directors to fix remunerations
- \* Discuss new business
- \* Vote on any presented motions.

Patrick Vincent, our Ski Director, has advised the Executive of his intent to step down from this position. Toni Quinn has accepted the nomination for this position, and other nominations will be accepted at the AGM. Any nominee must consent to his or her nomination, and be seconded.

The second half of the AGM will feature a guest speaker, Club member Stephen Walter. Stephen has titled his presentation "Adventures in Skiing". He will describe his personal experiences in two exciting annual ski events: the Canadian Ski Marathon and "*Rajalta rajalle hiihto*" (Border to Border skiing) in Finland. The Canadian Ski Marathon runs for 2 days, and held near Montebello, Quebec. The event in Finland is a 7 day ski tour from the Russian border to Sweden, close to the Arctic Circle in Lapland. Both events cater to skiers of all levels, including individuals and families who only wish to complete a short distance on each day. His talk will give some basic details of both events, together with photo and video material.

Stephen is obviously seriously addicted – he has participated in the Canadian Ski Marathon 24 times, and he hopes to return to Finland in 2012 for his 10<sup>th</sup> Border to Border crossing. He feels that his enthusiasm might persuade other HOC members to consider taking part in these events!

Please note: Bring your favorite dessert for the dessert potluck after the business portion of our meeting. Dated at Burlington, this 10<sup>th</sup> day of January 2011, by order of the Board. B. Quinn, Secretary.

## **Spring Information Nights** **Thursday, May 5, 2011 and Monday May 9, 2011** **By Bonnie Quinn**

Plans are now underway for two Spring Information Nights. The first Information evening will be held on Thursday, May 5, 2011 at the Continental Austrian Club, 664 Spring Garden Road, Burlington from 7:30 to 9:30pm. The Austrian Club is located across from the main entrance of the Royal Botanical Gardens. The second Information evening will be held on Monday, May 9 at Munn's United Church, 5 Dundas St. E., Oakville from 7:00 to 9:00pm. The church is located at the corner of 6th Line and Dundas St.

Both evenings are similar in design and so you can choose to attend the event that is closest to where you are situated. Find out how you can participate in hiking, cycling, and canoeing or kayaking for the coming Spring, Summer and Fall. You can learn how easy it is to get started in one of these sports, learn about proper outdoor apparel and gear, sign up for trips, lessons or membership, and meet our trip leaders and instructors. Admission is free and there is lots of parking. Refreshments will be served at both Information events. For further information, call the Club at 905 634-2012, or our website at [www.haltonoutdoorclub.com](http://www.haltonoutdoorclub.com). Let's get outdoors and get active!

## **Halton Outdoor Club's 2011 Spring Dinner Social and Recognition Awards Night by Frank J. Cooney**

### ***New Date - New Activities - New Cuisine***

Come out and support your club, and join club members for a night of fun and fellowship. Experience the new venue first hand from start to finish while enjoying a great meal with your friends and family. The program has been changed to reflect the responses that we received from club members in the past.

**Date: Thursday, May 19th, 2011**, before the long week-end.

**Location: Geraldo's in La Salle Park Pavilion**, North Shore Rd. and Waterdown Rd. in Burlington. There is plenty of parking and a view overlooking the Bay.

**Time: 6:00pm until 11:00pm**, bar opens at 6:00pm and meal served 7:15pm.

**Cost: \$40 per person**, Tickets are now available. Send a cheque to the Club office so that tickets can be held for you at the door. Be sure to indicate whether you require a vegetarian meal. All tickets must be purchased by May 5. Phone the Club for further information if required.

**Program: Significantly different from previous years**, recognition awards, draw prizes and coordinator's overview of the year will follow dinner.

**Dress: Business casual.**

We, as a club, have a lot to celebrate and a lot to be thankful for this year. The Halton Outdoor Club has been in existence since 1973. It first started as a Cross Country ski club and has grown over the years and expanded to include such venues as hiking, kayaking, cycling, canoeing, trail riding and world-wide trip destinations. Please join us at this Annual Social Event where we recognize club members for their contributions over the years. What's more sociable than getting together with fellow club members at our Annual Social Event. Encourage other club members to join you, or bring some friends who may be interested in joining the Halton Outdoor Club. Let's pack the Pavilion.

## Manager's Report By Bonnie Quinn

While fond memories of the ski and snowshoe season still linger, I wanted to take the time to thank those folks who made this winter season special. This year we had another ski/snowshoe trip-leader meeting before the season started. Toni Quinn spoke to potential trip leaders about their role and then discussed ways and means to make our day ski/snowshoe trips run well. These trip leaders did an amazing job. A special thank you goes out to the following trip leaders: Toni Quinn, Frank Cooney, Paul Lewis, Dorothy Rideough, Gord Murphy, Ellen de Guerre, Donna Barber, Anne Armstrong, Brenda Luciw, Heather McClintock and Patrick Vincent. Thanks go as well to our back-up trip leaders: Ruth Merz, Norman Young, Freda Wright and Larry Jewett. A special thank you goes to Anne Armstrong who offered three guided snowshoe hikes. Anne scouted out the snowshoe trails ahead of time and went to a lot of work to ensure that these trips would be enjoyable for participants.

In addition to our day trips, we Club members were able to enjoy some thrilling extended trips and I would like to extend my thanks to the following people: Ernie and Cecilia Roth- Italy trip, Paul Lewis-Sault Ste. Marie trip, Clive and Freda Wright- Stowe Vermont, Patrick and Jane Vincent- Yukon trip. These extended trips require extensive planning and preparation and we thank you for providing Club members with many wonderful new experiences.

This year as well, Patrick Vincent did a super job of organizing ski lessons which were delivered at the beginning of the ski season before and after Christmas. Lessons were offered at levels one and two to 51 skiers. Ruth Merz, Barry Carrique, Derrick May and Lucy Vandermeer did a super job of ski instruction. They were aided by Sam Mondano, Wilma Van Keulen and Joe Lechner. These wonderful people also gave follow up lessons which were enjoyed by almost all 51 of the original participants. Many of these students continued to come out and practice their newly acquired skills all season- a testament to the great teaching that occurred. Ski lessons were offered to four children. These kids really enjoyed themselves! It was great fun to watch them whiz around the trails by the end of the day. This is the

second season in recent history that we have offered lessons to children and we hope to continue this practice.

In addition to ski lessons, Patrick Vincent organized the Club's involvement in the Moonlight Skiing that occurred at Hilton Falls. He was assisted in this endeavour by Ellen de Guerre.

Once again the Club celebrated Family Day with a ski trip to Highlands Nordic. Forty-nine skiers were in attendance. Thanks go to Ruth Merz who gave a brief ski lesson to some of the children. It was great to see so many parents and grandparents bring their young family members to the event. A great time was had by all.

As many of you might know, Patrick Vincent is stepping down as Ski Director for the Club. Patrick has worked on the Executive for several years in the capacity of Club President and Ski Director. If you have ever been on an extended ski trip with Patrick, he is the one who always organizes group ski events. He is always thinking of others and is so kind. Patrick has led many day trips, not only in skiing but in all sports that the Club features. With his vast experience as a skier, he has been one of the members to whom I would turn for guidance when it came to choosing alternate ski destinations or in making decisions in the running of day trips. We will miss Patrick on the Executive and wish him many years of continued enjoyment of outdoor activities.

Let us all get out now and enjoy the spring by hiking, cycling, and paddling.

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## Yesterday's Trips & Events:

### **Stowe, Vermont, Ski Trip Report February 13 to 18, 2011 by Phill Armstrong.**

Freda and Clive Wright organized this most successful trip to Stowe, Vermont. As on many previous trips our driver was the redoubtable Leydon MacDonald. We set off from Burlington right on time at 8:00am with 49 of our members aboard. The journey was pleasant in good weather and gave us the chance to meet and welcome Mike Colyer and Diana Hamma as new trippers with the club.

A nice supper awaited us after we'd checked in to our hotel, The Golden Eagle Resort, a 94 room property among 12 buildings scattered about a 15 acre campus, that is surrounded by another 65 acres of wildlife refuge and hiking trails. Who knew there could be such peace and privacy amid the bustle of activity that is Stowe? The thousands of guests who have stayed with Herb and Ann Hillman and Neil and Carol Van Dyke, two generations of family innkeepers who have been welcoming guests for more than 40 years, that's who!



Adjacent to the state's highest point, Mt. Mansfield, and beneath Stowe Mountain Resort, Stowe offers the incomparable beauty and serenity of a quaint old New England Village. The town has over 5 miles of paved walking trails which, of course, are snowshoe and ski trails in winter. The famous Trapp Family Lodge is just outside town and has challenging ski trails. Just a few miles south of town you can tour

photos Paul Lewis

Ben and Jerry's Ice Cream Parlour. Other attractions include the Vermont Teddy Bear Company, Shelburne Museum, and the Echo Lake Aquarium and Science Center among others.

Monday we awoke to mild temperatures and an uncertain sky. Breakfast was wonderful and cooked to



order. Our rooms had huge soft beds and tons of fluffy pillows. We were off to the Trapp Family Lodge for our first day with a great start.

The lodge claims "The Finest Cross Country Skiing in the East.

Home to the first cross country ski center in the country, the 100km trail network includes terrain suitable for every level of skier or snowshoer." The one thousand foot climb wasn't nearly as difficult as expected and a couple of us puffed our way up the snowshoe trail. At the top is an exquisite log cabin with a roaring open fire and some great soups and homemade foods. Dozing in front of the fire with a cup of hot cider was sublime. Skiing down was adventurous and a big squall of rain convinced many to take the early bus back. Those of us who lingered longer near the top of the mountain saw some sleet but no rain and got an extra couple of good hours in.

Tuesday brought an incredible change to brilliant sunshine. It was much colder but the conditions at Stowe Mountain Resort were excellent both for waxers and waxless. The 35km of trails were sheltered in a well wooded valley and the grooming was excellent. The mild temperatures of the day before had done little damage. A few hardy souls however braved the heights of Stowe Mountain (2700ft vertical) for some fine downhill skiing.

Wednesday's trip was to the Craftsbury Outdoor Centre. Interestingly it's a nonprofit operation although owned by private individuals. Lots of trails

here too, including some open lake trails and again very good grooming. The cozy trail center building had a room upstairs reserved for our use and I'm told free hot chocolate although I missed out on it. Many people thought that the easy Duck Lake Trail about 5km was the prettiest trail we'd seen around here.

Thursday was our last day of skiing and we decided to return to the Stowe Resort. Another step change in the weather. Although the forecast was dismal the day turned out sunny and warm. The waxers spent a lot of time fooling around with red and even worse gooey messes. The rest of us enjoyed some spring skiing and snowshoeing.

There was warm sunshine and some fair northern skins were warmed (14 degrees C) for the first time in months. Some folks got so much sun

they began seeing things and hallucinating. There were reports of a Sasquatch awakened from winter hibernation and larking about on skis. The image below is almost certainly computer generated.

Friday morning we got a chance to explore the village with shopping high on the list. A couple of diehards skied and snowshoed the local trails. Skiing, snowshoeing or shopping, Stowe is a destination not to be missed! Thanks to Freda and Clive for all your work putting on this wonderful trip!



photo Mike Wain

## Ski Trip to the Dolomites January 21 to February 5, 2011 by Fraser Forrest & Mary Dayman

Although Ernie has been leading this trip for 10 years, it was our first time and we thoroughly enjoyed it. Twenty-two of us flew to Munich and then were bussed up into the Alps to Hotel Monica in Dobbiaco, Italy. Our route took us through Innsbruck and over the Brenner Pass. As we rode past brown hills on the way, some of us were concerned about the lack of snow, especially since we had heard that there had been no new snow for some time. However, as we got higher into the mountains we were rewarded by the sight of plenty of the white stuff.

The Dolomites comprise 9 mountainous areas in the South Tyrol region of Italy, and were designated as a UNESCO World Heritage site in 2010. They are truly spectacular mountains with steep sided cliffs

and sawtooth profiles. There are hundreds of kilometres of groomed trails, and most of them can be accessed by regular buses or trains. Along most of the



trails there is a network of restaurants and hotels – very civilized! We purchased passes which were good for both the buses and the train in the area where we stayed.

When we reached Dobbiaco we were greeted by Roman and Monica, and were settled in very comfortable rooms. On Sunday most of us chose to ski part or all of the old railway line from Dobbiaco to Cortina. The conditions were great with the temperature ranging between  $-5^{\circ}\text{C}$  and  $-10^{\circ}\text{C}$ . On the way back to Dobbiaco Ernie slipped on an icy patch and injured his knee. Unfortunately, it was se-

rious enough to keep him from skiing for the rest of the trip. However, he kept busy organizing our day trips.

The following day the two of us took the train and bus to the biathlon center at Antholz. The world cup biathlon had just finished the day before, and stands and temporary buildings were being taken down. The trails weren't very extensive and the grooming was wearing down, but there were some good hilly loops which were a nice change from the rail trail.

On Tuesday, Ernie organized a hike on a groomed trail to the top of Monte Piano. A memorial at the top

Friday was more skiing, hiking and shopping, and on Saturday we moved a few kilometres down the road to Sesto and the 4 star Monika Hotel, complete with 3 different saunas, a large stainless steel pool and an outdoor hot tub, to name only a few amenities. Our hosts were Franz & Frau Egarter. Oh yes, the food – well eating at the Monika was an experience, generally lasting 2 to 3 hours as we enjoyed the 5+ course gourmet meals. During the week we were treated to a tasting of local wines and also a cheese tasting. Another plus is that one of the best ski trails in the area can be accessed just outside the door. The



describes how Austrian soldiers occupied the area for over 2 years during the First World War. The next day we were bussed up to the Prato Piazza, to ski the beautiful undulating plane at 2000 meters altitude. It would have been a perfect day if not for Lucy's fall which severely dislocated her elbow.

On Thursday some of us took the train to Bolzano, a pretty city whose main claim to fame is its anthropology museum which houses the Ice Man, a body which was frozen in the ice in a nearby mountain pass for 6,000 years. The city also has a beautiful cathedral as well as other impressive buildings. We were lucky to get back to Dobbiaco without much of a delay, as the train and bus employees went on strike while we were in Bolzano.

Fischleintal, or 'fishline', is a loop which takes you up into a valley with a panoramic view of beautiful mountain scenery. At the Monika we were joined by Faith and Rob, friends of Clive and Freda, Canadians who are living near Munich.

Skiing on the second week included a run along the Panoramaloipe trail, high above Sesto from which, with some difficulty, we skied down to Kreuzbergpass and from there took either a bus or a fast downhill run back to the hotel. On another day we were bused into Austria where we skied a system of trails near another biathlon center.

Unfortunately, all good things come to an end, and on Saturday we were awakened at 4am (or earlier) for a last breakfast and to load everything on the

bus for the trip back to Munich airport. Because of wind conditions, we flew further north than normal, and were rewarded by beautiful views of the southern tip of Greenland.

Many thanks to Ernie, Cecilia and the other group members for making this a very memorable trip!

## Sault Ste. Marie By Janice Bradbeer

Even a bruised cheek from a face plant at the icy bottom of a long run can't diminish a great day of cross-country skiing at Stokely Creek. The three of us — Nordic skiers of varying levels — have stopped halfway through our 15km trek at the propane-heated Stokely Lake Cabin to eat lunch, swap ski stories and pose for pictures with fellow skiers. Pat Debly, Carina Peters and I have plans to press on to the legendary Norm's Cabin on Bone Lake, where trapper Norm Bourgeois lived until his death last year. Maintained by the Algoma Highlands Nature Conservancy, the rustic cabin is filled with memorabilia and tea and cookies await famished skiers. But our aching quads demand our attention, so we head back to the trailhead under sunny, blue skies — and a few slippery slopes along the way.

Due to a Groundhog Day snowstorm, our bus left at 11.30am rather than 8:30am on Wednesday, February 2, bound for Sault Ste. Marie, for 3½ days of skiing. But thanks to our bus driver Leydon MacDonald, we arrive at our destination, Algoma's Water Tower Inn in Sault Ste. Marie, by about 7pm, after a brief dinner break in Sudbury.

The plan is for three days of skiing: Stokely Creek on Thursday, Hiawatha Highlands on Friday and back at Stokely Creek on Saturday. There is the option of skiing for a half day at Hiawatha Highlands on Sunday, before the bus was scheduled to leave at 2pm for the travel home.

Stokely Creek, 30km north of Sault Ste. Marie, offers 130km of groomed and tracked trails through 3,238 hectares of pristine wilderness and around nine lakes. The area, a gleaming snow-globe wonderland for skiers, is framed by the majestic cliffs of the Canadian Shield, most notably Stokely's 573 metre high King Mountain.

Prevailing northwest winds bring five metres of fresh powder, lake-effect snow per season to Lake Superior's eastern shore. Skiers from both sides of the border would like to keep Stokely for their own. But media accolades, from *Cross Country Skier*

magazine to CNN.com travel, the later which named Stokely Creek one of the five great spots for cross-country skiing in 2009, are quickly melting the well-kept secret.

The late conservationist Chuck Peterson combed the Algoma Highlands more than 40 years ago looking for the perfect storm of snow and terrain for Nordic skiing. Together with Norwegian geologist and cross-country skier Hakon Lein, they laid out much of the trail system, which opened during the 1976/77 season. Club members have added to and maintained the trails over the years.

Pat, Carina and I find it comforting to see maps of the numbered two-way trails throughout the well-marked network. Among the easiest routes are those



alongside Walker Lake and between Walker Lake and Stokely Creek Lodge, while the more advanced trails include a challenging two to three hour ski to a hut perched on the 305 metre high west summit of King Mountain. Stokely also offers 32km of snowshoe trails.

Following our three-hour ski — and my little mishap on the Home Run Hill — the three of us warm up with hot chocolate before returning to home base at Algoma's Water Tower Inn, a 30 minute drive

photos Janice Bradbeer

away. Its sauna, pool and indoor and outdoor whirlpools help cool the burn of aching muscles. A group of us relax and swap ski stories over our delicious meals at Casey's, the on-site restaurant.

On Friday, after our skiers' breakfast at the Inn, we tackle the Hiawatha Highlands/Kinsmen Park, just



nine kilometres from our hotel. The 1,214 hectare site offers 40km of one-way ski trails (two kilometres lit for night skiing) and seven kilometres of double-track snowshoeing.

We ski a section of the scenic five kilometre intermediate Red Pine Trail and then Pat and Carina hook onto the five kilometre Fish Hatchery Extension. I continue on the Red Pine Trail, where I spot a frozen waterfall. The hills on the trails are steeper with more huffing-and-puffing climbs than the ones we've tested at Stokely. My controlled snowplows result in no wipeouts.

Saturday we're back at Stokely, gliding along Eva's Way and following the flowing Stokely Creek. Last night's snowfall has much improved conditions. My ski buddies are more ambitious than my still-aching self; they've mapped out 17km on trails that skirt around Sayer and Evans Lakes. The three of us will part ways after finding another warming hut on our map. This one is accessed off-trail through deep snow. We plant our skis in the white stuff, walk up a steep hill and then plod through the equivalent of cold cement to arrive at the bare-bones cabin. Carina feeds the wood-burning stove to help dry our damp clothes while we take in views of Walker Lake.

After returning to the main trail, I head to the right to make my way back and to contemplate the solitude and magnificent scenery. I watch and listen for wildlife, among them moose, otter, pileated woodpeckers and bald eagles, but my only company is birds and the wind through the pines.

I'm on the Home Run Hill now, with its three-hill descent to the lodge. I approach the second hill — scene of Thursday's wipeout — and stare it down. The deeper snow makes it much easier to dig in my skis. After a deep breath, I slowly snowplow, wisely deciding not to repeat my earlier cockiness of skiing in the fast-running track. My quads are on fire and my knees quiver; but it quickly becomes an exciting ride that transports me unhurt to the bottom.

Sipping hot chocolate back at the lodge, deciding that a frosty beer would put me to sleep, I ruminate on the last few days. If all the other memories fall away, my successful flight down Home Run Hill has made my skiing holiday complete.

That night we enjoy a buffet at the hotel. It's hard to believe that our holiday is almost over.

The next day, I elect to take it easy and ease my sore muscles in my room instead of going skiing. We board the bus for home. Again Leydon boots it and has to, once again, drive the bus through swirling snow. But he still gets us home in record time - by 11pm - even with a dinner stop. And those skiers who left their cars in the parking lot are happy to discover that they don't have to dig them out.

Thanks to Paul Lewis and everyone else who helped to make for a great trip at Stokely Creek. It was my first ski trip there and I plan to return - even if I'm headed for another wipeout.

## Tomorrow's Events:

# Finger Lakes Bike, Hike and Kayak Tour!!!

## June 28 to July 3, 2011 by Heather McClintock

Once again the exciting Finger Lakes trip will offer all of our summer sports...road bike, trail bike, hike and kayak options! The beautiful Finger Lakes have more than 9,000 square miles of lakes, hills, villages and vineyards. They have amazing water sports, museums, local artists, shopping, and much, much more! There is truly something for everyone!

Daily trips will be led for each of the road cycling, trail riding and hiking. At least 2 or 3 kayaking trips will also be available, hopefully daily trips (I'm still working looking for leaders).



You can choose your favourite event, or mix and match daily throughout this six day trip!

**Road Cycling:** Daily trip maps and directions will be provided for strong/experienced cyclists looking to ride 80-100+ km, intermediate cyclists interested in 50-70km, and casual cyclists looking for approximately 30-40km. All bikes are suitable for these rides.



**Trail Cycling:** Daily rides of 2-3 hours on trails or multi-purpose paths.

Mountain bikes or hybrids are recommended for these rides, although some routes are suitable for road bikes.

**Hiking:** Daily hikes will explore the beautiful countryside, state parks, and waterfalls of the Finger Lakes. Hikes will follow lakeshore forests and the famous gorges of this area. We will visit Watkins Glen and Robert Treman State Parks. We will also hike section of the Finger Lakes trail and view some little known waterfalls. On the last day we will hike for the morning at Letchworth then end our trip with a late lunch at the Glen Iris Inn.



**Kayaking:** There is awesome kayaking throughout the multitude of lakes, rivers and canals for the be-

ginner to the experienced. Local kayak rentals are available.

**Accommodation:** We will be in dorm style accommodations at the local college. Each pod houses four secure single rooms with two washrooms and a kitchen. Most of the pods have A/C!

**Meals:** Breakfast is included daily at the college cafeteria. An optional dinner meal plan is available for \$75 (conditional on the college having enough people to open for dinner).

**Travel:** Travel to the Finger Lakes will be by personal car/carpool (no bus).

**Price:** The cost is \$200 pp for the trip and \$75 for the optional dinner plan.

**Book early if you want a room with A/C!** To register, use the coupon on p 31 to send a deposit cheque of \$100 to the Club and a post-dated cheque for \$100 dated May 1, 2011. If you want the option-

al dinner plan send a separate cheque for \$75 dated May 1, 2011. Email Heather McClintock at [adventurelife4212@gmail.com](mailto:adventurelife4212@gmail.com), and watch the club website for additional information.

**Cancellation Policy:** All cancellations received before May 15, 2011 will result in reimbursement of your deposit cheque minus a processing fee of \$25 per submission. For cancellations occur-

ing after May 15, 2011, you will be required to pay for your share of the expenses incurred by the club. These expenses can include charges for accommodation, meals, leader's fee, scouting expenses and office expenses. In addition if your cancellation results in extra costs to the

club, for instance cancellation out of a quad, triple or double arrangement, then you are subject to paying the difference unless a substitute is provided by you.

Photos Heather McClintock

## South West Pennsylvania, Easter, April 22 to 25 by Phill Armstrong

This new trip takes us to the Laurel Highlands of Pennsylvania. The climate is a little warmer than ours so as the name suggests the ridges and hills are home to broadleaf evergreens and other more Southern vegetation. Hiking areas abound in this district close to the West Virginia border.

The 13,625-acre Laurel Ridge State Park stretches along Laurel Mountain from the picturesque Youghiogheny River at Ohiopyle to the Conemaugh Gorge near Johnstown. One of the highlights of our trip will be a visit to Ohiopyle State Park. Ohiopyle is located where the Youghiogheny River cuts its way through the heights of Laurel Ridge, resulting in a steep sided gorge up to 1500 feet deep in places. The extreme difference in elevation has resulted in waterfalls, white water rapids, scenic overlooks, and rock outcroppings that have made Ohiopyle State Park a draw of regional tourists for generations and likely the most scenic park in Pennsylvania. We'll spend the day hiking here on Saturday.

Nothing you have read or learned about Fallingwater can compare to the experience of visiting in person. The Frank Lloyd Wright masterpiece, nestled within the lush, wooded Bear Run Nature Reserve, is a timeless monument to organic architecture at its best. It was designed in 1936 as a weekend retreat for the family of Pittsburgh department store owner Edgar J. Kaufmann. The beautiful house, constructed of local sandstone, reinforced concrete, steel and glass, epitomizes man living in harmony with nature. Even more beautiful is the setting, including the waterfall over which the house is built. Fallingwater is the only remaining great Frank Lloyd Wright house with its setting, original furnishings and artwork intact. Over 2.7 million people have visited Fallingwater since it opened to the public in 1964. A 2 hour visit to this enchanting place is included in the trip.

Accommodations will be in Greensburg in Westmoreland County, Pennsylvania, and a part of the Pittsburgh Metro Area. The city is named after Nathanael Greene, a major general of the Continental Army in the American Revolutionary War. Greensburg is the county seat of Westmoreland County, with a population of 16,000.

The Marriot Courtyard Hotel is perfectly situated in the Greengate Centre featuring retail shops and a variety of restaurants like Red Robin, Starbucks, Smokey Bones and Chili's - all conveniently within walking distance.

**Friday April 22** we will leave the Sita parking lot 777 Walkers Line at 8:00am. Pittsburgh is a good six hour drive away and we have to cross the border and have a lunch break on the way. We should be into Pittsburgh in the afternoon and we'll take the opportunity to do some walking and sightseeing at the famous confluence of the rivers before travelling on to our hotel in Greensburg.

We'll have dinner in the hotel.

**Saturday April 23** Ohiopyle State Park and Bear Run Nature Preserve are a short drive from the hotel. We will spend the day hiking various trails and visit Fallingwater. Dinner tonight is not included but there are many options within walking distance of the hotel.

**Sunday April 24** The day will start with a morning urban and architectural hike in Downtown Pittsburgh seeing famous landmarks and riding the inclines. You might instead wish to attend an Easter morning service at one of the magnificent churches; if you do we'll make sure you have transportation. Lunch back at the hotel (not included). In the afternoon we'll get our boots on again and get some walking on the highest point of the trail at Laurel Summit. We'll return to the hotel for dinner, not included.

**Monday April 25** An early start after breakfast because we're going to swing through Cleveland Ohio on the way back home and visit the **Rock and Roll Hall of Fame**. We'll spend about three hours here and there are café's and food services for lunch. Drive home after the visit with a dinner stop (not included), arriving back about 9:30pm.

**The package includes** luxury coach transportation from Burlington and back, 3 nights accommodation at the Courtyard Marriot, dinner on Friday and Sunday, and 3 hot breakfasts. There will be ample opportunity to purchase lunches and dinners not included in the price. All taxes, gratuities, park entrance fees and entrance fees to Fallingwater and the Rock and Roll Hall of Fame are included.

The cost of the trip is \$495 for double occupancy and \$700 for single occupancy. We will help you find a room mate if you would like a room with double occupancy. To book this trip please send the coupon p 31 with your full payment.

**Fine Print:** All cancellations will be required to pay for your share of the expenses incurred by the club. These expenses can include charges for accommodation, transportation, leader's fee, bus driver's tip and accommodation, scouting expenses and office expenses. In addition if your cancellation results in extra costs to the club, for instance cancellation out of a quad, triple or double arrangement, then you are subject to paying the difference unless you provide a substitute.

At this time I remind you that it is your responsibility to show up at the US border with appropriate documents for entry and exit. Please consult the Immigration office or this web site: [www.dhs.gov/xtrvlsec/crossingborders/#2](http://www.dhs.gov/xtrvlsec/crossingborders/#2) if you have questions pertaining to the required documentation. Also you are responsible for purchasing your own out-of-province health care. Since hiking and transportation are associated with some elements of risk, it is important that you be properly insured before venturing forth with us on this trip.

## Kayak the North Channel 2011

by Dorothy Rideough

Yes, we're going back to the North Channel this summer, with two awesome trips planned in this spectacular corner of Ontario. Located between Manitoulin Island and mainland Ontario, this beautiful stretch of water has long been known by cruising people as a dream destination but it is from a kayak that the true beauty can best be admired.

The first trip will go August 19 to 22, a Friday to Monday trip that avoids the weekend traffic. Meet your guide extraordinaire, Rick Wise, in Espanola and follow the winding road to McBean Harbour, where you will launch and paddle out to the wilderness campsite on rocky windswept Fox Island. From there, enjoy a series of day paddles to a variety of islands and three very different geological areas. Cost for this trip is \$150 per person, all taxes included. All participants are responsible for their own camping gear and meals, but there will be a pre-trip meeting with trip leader Donna Barber, to set up meal groups and arrange tent sharing and car pooling. Rental boats are available delivered to site for \$142 additional, taxes included. A

deposit of 50% is required no later than June 1 and the balance is due July 31. Please send both cheques together (the second cheque may be postdated) with the coupon page 30 to the Club's address. There is a limit of 8 paddlers on this trip; please note that although this is a guided trip, participants should have had a lesson and at least several day trips, and preferably a camping trip. In addition, anyone who would like to work on technique or practice rescues, Rick is happy to oblige.

Trip #2 goes to "the Whalesback" September 8 to 12, Thursday to Monday. We did this trip last year and decided 4 days just wasn't long enough! Again, this is wilderness camping and participants are responsible for their own camping gear although we will have a pre trip meeting to join forces where possible. Cost for this trip is \$185 per person, taxes included. Please note – this is categorized as a "Level 2 type trip"; paddlers should have some wilderness camping experience and be comfortable in one meter waves. If you're not sure, don't hesitate to ask!

Happy Paddling! Dorothy Rideough

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## Hike the Dolomites Italy

September 16 to October 1, 2011 by Ernie Roth

Late summer is the best time for hiking in the mountains. The air is clear, the temperature is comfortable, the snow is gone, and so are the swarms of tourists.

We will spend the first week in the newly discovered and friendly Monica (with a "c") in Dobbiaco. From here we will hike the surrounding hills and mountains, and destinations around Sesto, like Alpe Nemes and the Tre Cime. We also can do a bike trip to Cortina and Lienz, return by bus or train. Wednesday night is music and dance at the Monica, where the food is equal to a 4 star hotel.

The second week we will go back to the Trenker, near the Lago di Braies. Iris will guide the hikes again, and take us to the Strudelkopf, Duerrenstein, or destinations we have not visited. Lago Anterselva is on the list, an opportunity to hike the Alps.

This holiday is for people of all fitness and age levels. There are plenty of opportunities to do your own thing, cycling, or visiting the pretty and historic towns in the area by public transportation. Included will be two, weekly Mobil Card passes, for travel by bus or train all over Sued Tirol.

The cost is \$3400, which includes airfare, 14 nights at the hotel with breakfast and dinner (gratuities not included) and transfer from Venice airport.

To reserve a seat, please send \$500 per person deposit using the coupon on page 31. The final balance is due June 30, 2011. At this time, please send the initial deposit cheque as well as a cheque for the balance post-dated June 30, 2011. Once the deposit has been paid, you are subject to the following penalties – in the event of cancellation: up to June 29 - \$300, from June 30 to departure, you would lose 100% non-refundable. In the event that the tour is cancelled due to lack of participation, all deposits paid will be refunded in full. Once I receive your initial deposit,

I will mail you forms to fill out regarding the purchase of medical and cancellation insurance. The maximum number of trip participants is 25. The hotels are holding the rooms till May 1, so you need to sign up by that date. For more information please phone me at 905 637-9923, or [brontenordic@cogeco.ca](mailto:brontenordic@cogeco.ca).

Trip extensions can be arranged with Bob Scarfone at Steel City Travel. However, you are required to travel at least one way with the group. Here is his contact information: Bob Scarfone CTC, Steel City Travel, 601 Upper James St. Unit 3, Hamilton ON L9C 2Y7, 905 528-5116, [bob@steelcitytravel.com](mailto:bob@steelcitytravel.com).

## **Ski Trip to Silver Star January 21 to 29, 2012 by Bonnie Quinn**

Once again, the Executive has decided to offer a trip to Silver Star in January, 2012. For those of you who are new to the Club, Silver Star is a ski resort located outside of Vernon, British Columbia, on Silver Star Mountain - part of the Monashee range. The region claims to have an average of 700cm of powder snow fall each winter season on a trail system set amongst some of the most beautiful scenery one can imagine. It also boasts of having the best ski weather in Canada with average temperatures being in the -5c range. The last time we visited Silver Star was just prior to the Olympics and many of us have vivid memories of watching Olympic teams train on the trails. We will stay at the Bull Dog Hotel and you can ski right out the door of the hotel to gain access to over 105km of beautifully groomed and track set trails all around the mountain. There are 45 different Nordic trails offered with 40% rated easy, 40% rated intermediate and 20% rated for expert skiers. There is a 5km lighted track for night skiing which is open until 9:00pm daily. There are also six lifts that offer easy access to all cross country trails, several day lodges with food service and two warming huts. For those of you who will visit Silver Star for the first time, there are free guided mountain tours.

The resort is set in a beautiful Victorian-inspired mining village designed for pedestrian use only. There is easy access to restaurants and cafes, shops, and retail store boutiques. You will be given trail tickets for both Silver Star and Sovereign Lake on your day of arrival and these trail tickets also act as lift tickets. If you are an Alpine skier as well, you will be able to access some wonderful Alpine runs

and you are able to rent Alpine equipment there. In addition to skiing, the resort offers tubing, snow shoeing, sleigh rides, and skating. For snowshoers, there are guided back country tours where you can tramp off-trail and learn steep terrain techniques. There are also 14km of self-guided, signed, snowshoe trails at adjacent Sovereign Lake Nordic Club.

The cost for this trip, per person double occupancy, is \$1915. Included in this price is ground transportation transfers in B.C., round trip flight between Toronto and Kelowna on Air Canada, all accommodation at the Bulldog Hotel, all continental breakfasts, four dinners, all trail passes for seven days for both Sovereign Lake and Silver Star and all airport and hotel taxes.

To reserve a seat, please send \$250 per person deposit using the coupon on page 31. The final balance is due November 15, 2011. At this time, please send the initial deposit cheque as well as a cheque for the balance post-dated November 15, 2011. Once the deposit has been paid, you are subject to the following penalties in the event of cancellation: up to October 21- \$100. From October 22 to November 15 - \$250, November 22 to departure, you would lose 100% non-refundable. In the event that the tour is cancelled due to lack of participation, all deposits paid will be refunded in full. Once I receive your initial deposit, I will mail you forms to fill out regarding the purchase of medical and cancellation insurance. The maximum number of trip participants is 40.

## **Biking Tour of Northern Shores of Holland August 2011 by Gayle Laws**

This trip is full, see the last newsletter for details

## 2011 Spring Schedule Road Tourers

**New - RSVP for all rides.** You must register with the club at least 24 hours before the ride at 905 335-6102 or HaltonOutdoorClub.com.

For last minute rides and updates watch the club website Bulletin Board, and get on the cycling list (email Heather McClintock at [adventurelife4212@gmail.com](mailto:adventurelife4212@gmail.com))

**Remember that helmets are required to be worn on all club rides.**

### Ride Levels:

- 1- casual cyclists looking for approximately 30-40km at a pace less than 20km/hr.
- 2- intermediate cyclists interested in 50-70km at a pace between 20 and 25km/hr.
- 3- strong/experienced cyclists looking to ride 80-100+ km at a pace greater than 25km/hr.

### Distances and Sweeps:

All distances are in kilometres. Sweeps are available for the distances marked with (s). Please watch the club Road Cycling Schedule and the Bulletin Board for additional sweeps as they become available!

### Meeting Locations:

**Beachfront Pavilion:** From Lakeshore and Maple in Burlington head south along the beachfront. Park on the left in the parking lot with the pavilions (washrooms and change rooms).

**Campbellville:** Take Guelph Line north to Campbellville, turn left onto Crawford Cres (second street north of the railway tracks). Just past the Trail Eatery, turn right and park in the area behind the restaurant.

**Conservation Halton:** 2596 Britannia Rd, approximately 0.7km west of Guelph Line. Use the western (upper) parking lot.

**University Plaza, Dundas:** Take Hwy 403 to Hamilton. Exit Hwy 8 west/Main Street towards Dundas. When Hwy 2 (Main Street) exits left, veer right continuing on Hwy 8/Osler Dr. Turn left into plaza at the top of the hill and park on your right near Osler Dr.

### General Information

#### **Ride Leaders, Directions & Maps**

The ride leader will give an overview of the ride and provide maps with directions and distances for each ride as well as indicate points of interest and which distances will have sweeps.

The leader will also indicate any areas of caution on the route such as gravel, railway crossings or busy traffic areas.

The ride will start as soon as the orientation is complete so please arrive early and be ready to start at the time indicated.

A lot of planning goes into each ride so please thank the leader for volunteering their time to bring you this great ride!

#### **Bikes and Gear**

You **MUST** wear your bike helmet on all club rides. Your helmet should fit well and be in good condition.

Your bike should be sized for you and in good working order.

Mirrors are recommended.

Bring a spare tire tube and tools to change a flat.

#### **Water and Food**

Always bring water, Gatorade or your drink of choice.

Bring snacks and food unless indicated in ride description.

#### **Safe Riding**

Our rides are not a race, take your time and enjoy the day!

Ride single file and obey the rules of the road.

Advise fellow riders of conditions ie cars, gravel, potholes, stopping etc.

Pass other riders on the left and announce your intentions 'passing on your left'. No surprises please!

Be predictable. Ride 1 metre from the edge of lane/curb in a straight line. Don't weave in and out. Take the whole lane if needed in areas of narrow lanes, construction, poor pavement conditions.

Cross railway tracks at right angles.

Don't overload any handlebar bags as they will make your bike unstable.

See and be seen with bright clothing, lights, reflective markings and mirrors.

#### **Guests**

Guests **MUST** sign a Halton Outdoor Club Waiver before participating in a ride.

Guests are allowed to join 2 club rides before becoming a member.

Guests must become a member to participate in trips outside of Ontario.

**Watch the Club website Bulletin Board and Cycling Schedule for last minute rides earlier in the season as weather permits!**

**Have a fabulous cycling season!!!**

## 2011 Spring Schedule Road Tourers

Date	Bicycle Tour	Time & Location	km & Sweep	Level	Leader	Description
Thursday evenings June 2 – Sept 15	<b>Every Thursday</b> throughout the season. Out and back along the Waterfront Trail	6:30pm Beachway Pavilion	10-50 sweeps	All	Heather McClintock	The route is an out and back along the Waterfront Trail. Ride out as far as you want and return, then head out for a coffee or treat. Dates may be extended based on weather.
Saturday May 28	Kathy's Snacks & Social Ride	9:30 Kathy's (Maple & Fairview area)	28 & 46 (s) length can be extended for a longer distance	All	Kathy Jones	Start at Kathy's for a lovely local ride. Choose flat or head up the escarpment! Pot luck snacks to follow the ride. If weather is inclement, social will commence at 11:30am! Bring lawn chair. Please RSVP by Thursday May 26 for this ride.
Sunday June 5	Rattlesnake Rattler	8am Frank & Susan's (Burlington Upper Middle Road / Headon Forest area)	32(s), 44(s), 65(s)	All	Frank & Susan Cooney	This is an excellent ride to start the season with 3 different distances and sweeps for all! Head north from Burlington through the countryside around Milton, Campbellville and the escarpment. This is an easy to moderate ride followed by a pot luck social at the end of the ride. Please RSVP by Thursday June 2 for this ride.
Sunday June 12	Westover Wander	9am University Plaza, Dundas	24, 50, 54, 73	All	John Sloan	The shorter route travels through Greensville while the longer routes travel through the scenic back roads to Westover, north and west of Dundas
Sunday June 19	Bailey Bridge Tour	8:30 Oakville Place	50, 68, 75(s)	All	Freda & Clive Wright	Start at Oakville Place Mall and ride north through the beautiful rural roads of Oakville
Saturday June 25	Carlisle Pretty	8:30am Carlisle Park, Carlisle Rd west of Centre Rd	50, 75(s), 100	All	Lin Mackrael	Travel the beautiful country roads around Carlisle. Visit the wonderful bakeshop in Moffat and meet up for lunch afterwards
Saturday June 25	Mountain Equipment Bikefest	11am – 6pm Toronto Distillery District				After Lin's Carlisle Pretty ride check out MEC's bicycles, gear, food and live music clinics, demos, kids activities and bike swap. See <a href="http://mec.ca/bikefest">mec.ca/bikefest</a> for more details. <u>Burlington Bikefest date still to be announced at time of printing schedule. Watch HOC website for updates</u>
Sunday June 26	Pedal & Paddle	Brantford, Paris, Cambridge	15 + paddle, 30, 70	All	Dorothy Rideough	Ride from Brantford to Paris and the 3 sisters lookout. At Paris enjoy a pub or picnic lunch then choose to cycle back to Brantford, pick up a kayak, or continue to cycle up to Cambridge. This ride might be done in reverse... stay tuned for final details. Grand Experience has bikes, kayaks and shuttles for rent.
Tuesday June 28- Sunday July 3	Finger Lakes Bike (road and trail), Hike and Kayak Trip	Geneva New York State	Various	All	Heather McClintock	Explore more than 9,000 square miles of lakes, hills, villages and vineyards. Daily road and trail bike routes will be provided for various distances, daily hikes and at least 2 kayak trips. For more details see newsletter and watch website.
July 10 Sunday	Hamilton de Tour	8:30 am Hidden Valley Park, Aldershot	62 (s), 75	2, 3	Linda Harris	This is the Tour de Hamilton in reverse! It includes a very gentle ride up the escarpment along the old rail trail, continue on through the rural roads, down Dewitt or Fifty Rd and back along the beachfront

Date	Bicycle Tour	Time & Location	km & Sweep	Level	Leader	Description
Sunday July 17	Paris Pedalthon	9:30 am Paris	26, 42, 63, 84	All	John Sloan	The shorter two distances are on the east side of the Grand River visiting the town of St George. The longer two distances cross the Grand River and experience some hills.
Sunday July 24	Hamilton Lake & Mountain	9:30 Beachfront Pavilion	50, 65	2	John Attridge	We follow the lovely waterfront trail along the water towards Stoney Creek.  The short route goes up the mountain via Dewitt Rd; the long route uses Fifty Road. Over to Chedoke Golf Club and back on York and North Shore.

## Trail Riders 2011 Spring Schedule

### By Josef Lechner

*This part is for the benefit of newcomers and guests and those who still don't know us.....After all, you may be wondering who we are?* Well, it was almost 3 years ago when I first proposed the idea of a new Cycling Group. I picked the name Trail Riders, because it seemed to embody my idea of an alternative to the existing, well entrenched and successful Cycling Group in the Club the Road Tourers. To explain why I used the word "alternative"? Well, because the largest difference between the two groups can be explained by the terrain we choose to ride in and the equipment we ride on. The third difference is the distances normally cycled during an outing. Now read on for more detail!

"I'd like to point out that we are trying to fill a niche that in my opinion was needed. We believe that we are well suited for beginners, but also for seniors or those who are a little less energetic, but feel a need to build up their stamina. We also appeal to those riders who might be a bit skittish about riding on roads that are shared with cars. We generally ride together as a group, with a sweep, at a more leisurely pace and our rides range between 30 to 50km. We limit ourselves to cycling on

recreational trails, which may or may not be paved. To put it another way, our group has dedicated itself to riding the many trails sponsored by the Province of Ontario and the Communities of Southern Ontario, like Burlington, Hamilton, Oakville, Brantford, Fort Erie, St Catharine's, Caledon and beyond, who are maintaining them for the purpose of recreation and added safety away from busy roads. Therefore, I am quite confident that, if you think like we do, we are your cycling group".

Over the past 2 years we have gained considerable knowledge about many of the existing trails, but there are many more waiting to be explored. We usually ride on Sundays, for three to four hours, starting at 10:00am. Occasionally we may choose to ride on a Saturday. I'd like to stress again, our trail riding is not mountain biking. In order to participate you will need a Mountain Bike or a hybrid bike in good repair. Touring bikes with narrow tires are not recommended because many of the trails are gravel covered. For safety reasons it is mandatory that you always wear a helmet. Please check the web site under the "Trail Rider's" Link on the black bar for details. And now please take note of the General Information below.

### General Information

#### Ride Leaders, Directions & Maps

- The ride leader will give an overview of the ride and provide maps with directions and distances for each ride as well as indicate points of interest.
- The leader will also indicate any areas of caution on the route.
- The ride will start as soon as the orientation is complete.
- Please arrive 10min before departure and be ready to start at the time indicated.
- A lot of planning goes into each ride so please thank the leader for volunteering their time to bring you this great ride!

#### Bikes and Gear

- You MUST wear your bike helmet on all club rides. Your helmet should fit well and be in good condition.
- Your bike should be sized for you and in good working order.
- Mirrors are recommended.
- Bring a spare tire tube and tools to change a flat.
- Water and Food - always bring water, Gatorade or your drink of choice, bring snacks and food unless indicated in ride description.

#### Safe Riding

- Our rides are never a race, ride with the group and enjoy the day!
- Pass other riders on the left and announce your intentions 'passing on your left'. No surprises please!
- Be predictable. Ride 1m from the edge of lane/curb in a straight line. Don't weave in and out. Take the whole lane if needed in areas of narrow lanes or poor trail conditions.
- Cross railway tracks at right angles.
- Don't overload any handlebar bags as they will make your bike unstable.
- See and be seen with bright clothing, lights, reflective markings and mirrors.

#### Guests

- Guests MUST sign a Halton Outdoor Club Waiver before participating in a ride.
- Guests are allowed to join 2 club rides before becoming a member.
- Guests must become a member to participate in trips outside of Ontario.

## Trail Riders 2011 Spring Schedule

Date	Ride	Leader	Meeting Place
Sun May 8	<b>On the Hamilton - Brantford Rail Trail</b> to Jerseyville and back (37 km)	Joe Lechner 905-335-9199 jlechner@-sympatico.ca <b>RSVP</b>	Meet at Trailhead of the Brantford Rail Trail in Hamilton at 10:00am. Trail starts from parking area off Ofield Rd which connects with Ewen Rd. You must enter Ewen Rd from Main West to get to Ofield Rd. This is just before Main West becomes Osler Dr.
Sun May 15	<b>Niagara River Recreational Trail</b> from the junction of East & West Line and Niagara Pkwy to Whirlpool Aero Car and back (35 km)	Linda Hamilton 1-905-935-0637 lihamilton@-sympatico.ca <b>RSVP</b>	Meet at 10:00am in the parking lot , which is at the junction of Niagara Parkway and East & West Line. Coming from the Town of Niagara on the Lake, from Picton St to Queen's Parade drive South on Queen's Parade for about 2 km. At that point Queen's Parade turns into the Niagara Pkwy. Follow the Niagara Pkwy for about 1km and you will reach the junction of East & West Line, which comes in from the right. On your left you will notice the above mentioned parking lot. You can also reach that point if you arrive via the Town of Virgil. In Virgil from Niagara Stone Rd. look for the crossing of East & West Line. Turn right at the crossing and follow East & West Line until you get to the Niagara Pkwy. The parking lot is visible on the opposite side of the Niagara Pkwy.
Sun May 22	<b>Chippawa Rail Trail</b> from Trail Head at Stone Church Rd/Dartnell Rd intersection to Haldibrook Rd and short side trip to Lake Niapenco off Tynside Rd and return. (33 km)	Rudi Rauch 905 385-6458 rrauch@-sympatico.ca <b>RSVP</b>	Meet at the Bolodrome parking lot directly across from Carmen's on Stonechurch Rd (Hamilton East Mountain) at 9:45am for a 10:00am departure. Get onto Lincoln Alexander Pkwy from Hwy 403 and stay on it for about 10km until you get to Dartnell Rd exit and get off and drive to intersection with Stone Church Rd, turn left and drive up to Anchor Rd and turn right. On the left you see Carmen's banquet hall. Turn right into Bolodrome parking lot. Similarly coming up on Red Hill Valley Park Dr get off at Dartnell Rd exit and drive to intersection with Stone Church Rd, turn left and drive up to Anchor Rd and turn right and turn right again into Bolodrome parking lot. We will ride our bikes to the trail head on the left roadside bike path. Trail head is at south west corner of the intersection of Stone Church Rd & Darnell Rd.
Sun May 29	<b>Hamilton - Brantford Rail Trail</b> from Hwy 52 to Brantford area, access point P32 & return. (39 km)	Ride Leader has not been determined. Check the web site under Trail Rider cycling by mid April.	Meet at 10am at parking areas next to Hwy 52 and the Rail Trail. To get to the starting point of the ride, take Hwy 403 West towards Brantford. Get off at exit pointing to Hwy 52 (Copetown), turn right on 52 and drive for about 2km to arrive at the Rail Trail. There are actually 2 parking areas, one on each side of the road (52). Choose the one on the right of Hwy 52. A road (no Exit sign) leads you to the hidden parking area. Parking lot is not visible from the road but it is easy to find.
Sat. Jun 4	<b>Caledon Rail Trail (South/West Section)</b> Airport Rd. to Terra Cotta & return. (38 km)	Dorothy Rideough rideoughd@gmail.com <b>RSVP</b>	Meet at 9:50am for a 10:00am departure at the parking area in front of the Trailhead Cafe on Airport Rd. Directions (Approx 45 min from Oakville under perfect traffic conditions or 75km from Burlington): Take 403 East to 410. Follow 410 North to the Bovaird Dr exit. Drive east on Bovaird Dr for about 5km. On Airport Rd turn left (north) for about 16km. The Café is on the right-hand side at the bottom of the hill in Caledon East. Free parking along the street. For people who use GPS, the coordinates for the starting point (the Cafe) are: 43 52'.07.48" N 79 51'54.44" W.
Sun June 12	<b>Gordon Glaves Memorial Pathway</b> – Brantford trail access point (P32) to Power Line access point (P53.9) & return. (44 km)	Joe Lechner 905-335-9199 jlechner@-sympatico.ca <b>RSVP</b>	Meet at 9:50am in Brantford at parking area (P32) for a 10:00am departure. To get there, take the 403 West towards Brantford, get off at exit 55 and turn left onto Hwy 52, drive to intersection with Wilson and turn right on Wilson. Stay on Wilson. It will at some point become Colborn St. Follow Colborne St for about 10km, look for Lock St on left and turn onto it. Drive about 1km, then down the hill. When it turns right it becomes Mohawk St. Follow Mohawk and look out for Greenwich St on the right. Follow it for a bit and after a sharp left turn you will see parking area P32 on the left bordering the rail trail.

Date	Ride	Leader	Meeting Place
Sun Jun 19	<b>From Hillsburgh to Cata-ract</b> and return. (35 km)	Gayle Laws gayle.laws@-rogers.com <b>RSVP</b>	Meet at Hillsburgh at 9:50am for a 10:00am departure. Take Trafalgar Rd North. In Hillsburgh turn left on Station Rd (large red brick church, now a Theatre on corner). Continue to end of road where there is a parking area for the trail.
Sun June 26	"Combined Paddle - Cycling Event" from Powerline P 53.9 to Brantford to Glen Morris and back. (48 km)	Joe Lechner 905 335-9199 jlechner@-sympatico.ca <b>RSVP</b>	Meet at the West end of Powerline Rd, where it meets the Grand River at 9:50am for a 10:00am departure. Take Hwy 403 West to Brantford and get off at Exit 30 (Oak Park Rd exit) and turn right on Oak Park Rd, drive for about 1km until it intersects with Powerline Rd. At that point turn left and drive for 1km. You will come to the end of the road where you will find the parking area for the Rail Trail P53.9. Area offers nice view of the Grand River. Rail Trail passes through the parking area.

**Thursday evening rides sponsored by the Road Tourers which might be of interest to the Trail Riders.**

Every Thursday evening 6:30pm June 2 – Sep.15 2011	<b>Waterfront Trail from Centennial Park</b> , Beachway Pavillion out & back throughout the season (10 – 50 km)	Heather McClintock Adventurelife4212@gmail	Meeting at Beachway Pavillion at 6:30pm, riding along paved Waterfront Trail through Centennial Park and beyond as far as you want and return for coffee or a snack afterwards.
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**Biking - Waterfront Trail Group  
Ride every Tuesday starting Tuesday May 3, 2011  
By Mary Waters**

Yes, we're hooked and we just keep rolling along, our 9<sup>th</sup> summer is coming up. This is a non-club event and neither the Halton Outdoor Club nor any of the members take any responsibility for it.

**Time** - 9:00am every Tuesday morning until the end of October.

**Place** - Burlington, meet and leave Spencer Smith park at 9:00am at the compass (across from the Burlington Art Centre, **or** the Hamilton side of the lift bridge at 9:10am on the trail in front of the parking lot.

**Purpose** - to ride on the Waterfront Trail through Confederation Park and a bit beyond.

Everyone is welcome- friends, family, neighbors, as this is an easy, enjoyable chatty ride. No traffic on trail and we're back before noon. You can turn around anytime you wish, so you can't get lost. Best day attendance for 2010 was 17.

**Come and join us and bring your friends...love to ride with you. Mary Waters 905 632-7170 or Joan Shewchun 905 633-8290.**

***Bright Cheery Cottage for rent***

In the pretty village of Southampton on beautiful Lake Huron, soft sandy beach  
2 bedroom - sleeps 6, 1 full bathroom  
wood burning fireplace, rear deck, barbecue.

Available for rent by the week  
\$950-July & August, \$500-June & September.

Weekend rates available

Anne Reade 647 407-8485 [www.cedarsonhuron.com](http://www.cedarsonhuron.com)



# Kayak & Canoe Schedule 2011

## *Fine Print for Paddling Activities*

**Club Rules Apply:** As with all club activities, trip leaders and organizers are unpaid volunteers. You are invited to join them but you do this at your own risk. Non-club members are required to sign the Club's Release and Waiver Form in order to participate.

**Weather:** Most trips run rain or shine. Trip leaders may call off trips and/or change paddling route depending on wind and water conditions.

**Safety and Rescue:** All paddlers must **wear** a personal flotation device (PFD) while out on the water and be able to swim at least 50m with a PFD.

**Please note:** Anyone wishing to come on any kayak trips on open water must have done a wet exit with a skirt and recovery. Paddlers are also encouraged to practice basic rescue techniques to help yourself and others.

**NEW** - For all extended trips, participants must have attended a rescue session (or lesson) during the current year.

**Skill and Endurance Requirements:** The following is provided to assist coordinators and participants for our club sponsored kayak and canoe outings and are for the safety and enjoyment of everyone. *Skill Requirements* describes the paddling skills and seamanship required to safely handle situations that could be encountered during a trip. *Pace and Endurance* describes the strength, endurance and fitness level required to comfortably complete the trip.

### **Pace and Endurance for Canoeing and Kayaking:**

A - Not Strenuous - Daily paddling typically less than 3 hours, with distances of 5km or less.

B - Moderately Strenuous - Daily paddling typically between 3 and 5 hours, with distances of 5 to 20km.

C - Strenuous - Daily paddling typically more than 5 hours, with distances of 20km or more.

### **Skill Requirements for Canoeing:**

1 - Beginners - Be able to enter and exit canoe safely.

2 - Novice - Basic paddling skills, forward and J stroke in flat water and easy conditions.

3 - Intermediate - Paddling skills will include steering, J-stroke, stopping and back-paddling. Launching and landing ability on rugged shore are required.

4 - Experienced - Ability to handle windy conditions, difficult landings and portaging.

### **Skill Requirements for Kayaking**

0 - Beginner - No experience required

1 - Novice - May require basic paddling skills, practiced wet exits. Expect protected waters, easy landings and shelter for resting.

2 - Intermediate - Requires basic paddling skills including ability to brace, self rescue, and participate in assisted rescue. Be comfortable in 1 meter waves. Mostly protected waters, some difficult landings, and some sheltered spots for resting.

3 - Experienced - Requires advanced paddling, seamanship and rescue skills. Ability to handle waves greater than 1 meter. Expect exposed waters, open crossings, moderate to strong windsurf, fog and potentially difficult landings. Sheltered resting and landing spots could be few.

**Please note: you must register in advance for all events – please call or email the trip leader for details.**

Date	Level	Location	Contact	Details
May 1 Sunday	A-2	Guelph Lake	Dorothy Rideough <a href="mailto:rideoughd@gmail.com">rideoughd@gmail.com</a>	Easy day paddle on Guelph Lake - wetsuits or drysuits recommended.
May 7 Sat- urday	B-1	Grand River	Dorothy Rideough	Part One of the great Grand River Relay! Details in notes below.
May 15 Sunday	B-1	Grand River	Dorothy Rideough	Part Two of the great Grand River Relay! Details in notes below.
May 22 Sunday	B-1	Grand River	Dorothy Rideough	Part Three of the great Grand River Relay! Details in notes below.
May 29 Sunday	A-0	TBA	Dorothy Rideough	Introduction to Kayaking – a chance to try kayaking for a half day and see if you like it! Boats and gear provided.
June 12 Sunday	B-0	Grand River	Dorothy Rideough	Easy guided paddle down the Grand, from Cambridge to Paris. Boats, shuttle, guides from Grand Experiences. No experience required
June 18-19 Saturday- Sunday	n/a	Guelph Lake	Dorothy Rideough	Beginner Lessons & Safety & Rescue Lessons - see Notes
June 26 Sunday	A-1	Grand River	Heather McLintock <a href="mailto:adventurelife4212@gmail.com">adventurelife4212@gmail.com</a>	Pedal & Paddle - cycle the rail trail one way, paddle back to the start.

Date	Level	Location	Contact	Details
June 28- July 3		Finger Lakes	Heather McLintock	See write up in newsletter.
July 1 Fri- day	B-1	Jordon	TBA	Easy day paddle in mostly sheltered water.
July 9 Sat- urday	B-1	Waubauskene	Dorothy Rideough	Easy day paddle out of Waubauskene, great chance to practice what you learned in the lessons! Rentals on site.
Jul 9-11 Sat-Mon	B-1	Massassauga	Jim McConachie <a href="mailto:jmccona-chie@everus.ca">jmccona-chie@everus.ca</a>	Camping weekend at water access only park – perfect intro to kayak camping with the “gourmet camp chef”!
July 24 Sunday	B-0	Grand River	Heather McLintock	Easy day paddle down the Grand. Boats, shuttle and guides from Grand Experiences. No experience required.
August 7- 13 Sun-Sat	C-2	Temagami	Jim Clelow <a href="mailto:jumpinjim7@msn.com">jumpinjim7@msn.com</a>	Wilderness camping trip to Temagami. Limited number. Experienced paddlers only
Aug 19-22 Fri-Mon	B-1	Benjamins	Donna Barber <a href="mailto:donna.barber@sympatico.ca">donna.barber@sympatico.ca</a>	See write up in newsletter
Sept 8-12 Thurs-Mon	B/C-2	Whalesback	Dorothy Rideough	See write up in newsletter
Sept 23-25 Fri-Sun	B-1	Beausoleil Island	Dorothy Rideough	Kayak camping on Georgian Bay Islands Nat’l Park island.

### On-Going Events

#### Friday Social Paddle

Every Friday night starting in mid May, we will have a social paddle of approximately 2 hours followed by a pub stop. Launch spot will be announced by email a couple of day prior and will rotate among various locations between Port Credit and Hamilton. Rentals may be available for some paddles. At least one Friday night, possibly two, will be devoted to rescue practice at Kelso.

#### Non-Club Events

- May 7 Great Wilderness Clean-up - Everywhere!
- June 12-13 MEC Paddlefest, Sunnyside Park, Toronto.

#### Notes

#### Grand River Relay

Over a series of weekends starting May 8, we will attempt to paddle all of the Grand River from Brant Conservation Area to Lake Erie. Each section is different and of varying lengths and we will run our own shuttle. Rentals may be available.

**Brant Park to Newport Bridge** Approximately 3-4 hours. The first half of this section is fairly shallow and not suitable for composite boats. From Cockshutt Bridge to Newport (aka the Oxbow) depths are good.

**Newport Bridge -Caledonia** Approximately 5 hours. Good depths. Suitable for any boats.

**Caledonia to Cayuga** Approximately 4-5 hours. Shallow for the first few kilometres, good depths the rest of the way. Unknown section - exploratory.

**Cayuga to Dunnville** Approximately 3 hours. Unknown section - exploratory.

**Dunnville to Port Maitland** Approximately 2-3 hours. Very easy paddling. Suitable for any boats.

#### Lessons

**June 18-19 Beginner lessons** will be offered on both Saturday and Sunday. Safety & rescue sessions will also be offered both days, for both novice and experienced paddlers. If there is sufficient interest, a rolling clinic will also be offered. Boats and gear provided.

**July 17 - 23, Paddle Canada Level Two** There is a small group taking the Level 2 course with Rick Wise up on Phillip Edward Island. At the moment, the six-day course is full, but there is a chance one or two spots may open up. If anyone is interested in signing onto a wait list, please email Dorothy. Level One is a pre-requisite.

## Hiking Spring 2011 by Phill Armstrong

The dayhiking portion of this schedule is produced with the kind cooperation of the Iroquoia Bruce Trail Club. The hikes listed here are only the ones lead by Halton Outdoor Club members. There are many other dayhikes you could participate in, but you must be a member of the Bruce Trail Conservancy to do so. We encourage you to belong to both organizations for the best outdoor experience in Southern Ontario.

The Halton Club specializes in destination bus hikes, weekend and short trips to further away places such as Pennsylvania, Finger Lakes, Killarney and many others over the years. Our aim is

to get people out in a social setting to enjoy hiking and walking at their level.

We are now offering six bussed dayhikes, one per month through the good weather. These hikes are an economical low stress and green way of spending a day hiking. They have become very popular over the last few years. We try to go to interesting destinations without all the hassles of driving. Our bus driver does it for us.

Phill Armstrong, Hiking Director, 905 337-3937 or [philip.armstrong@sympatico.ca](mailto:philip.armstrong@sympatico.ca).

### Bus Hikes for 2011

#### **Bus Hike to Mono Cliffs Provincial Park, Saturday May 14.**

(Was Hockley Valley, please note change of destination)

See some of the oldest, intact, old growth White Cedar forests in eastern North America. Prime attractions include walks through mixed hardwood forests and above and below tall cliffs. There are two prominent outliers, crevice caves, a glacial spillway, a kettle lake and a kame moraine. The park also features the phenomenon called Jacob's Ladder and the fabulous views of McCarston's Lake and from Lookout Point.

Our bus leaves from #777 Walkers Line, between Harvester Rd. & Fairview Ave. at 8:00am. You can park your cars there. If the weather is good we will be back about 5:30pm, a little earlier if the weather is not so kind. Bring a lunch and water or drinks with you as well as boots and rainwear.

There will be a brief stop to pick up Brampton Mississauga folks at ▼ Tim Hortons, 70 Biscayne Crescent, near Hwy 410 and Steeles Ave at 8:45am. We arrive at Mono Cliffs about 10:15am.

There will be a long hike of about 15km which will start in Mono Centre if we can park the bus there, otherwise we will have to park in the Provincial Park parking lot and start from there. There will also be a shorter hike of about 10 km at a slower pace with a longer lunch stop.

The bus will leave Mono Cliffs about 3:00pm. On the way back we will stop at the Cheltenham Badlands to admire the remarkable (and rare) red clay hills of Queenston Shale. They are the best example of 'badlands topography' in southern Ontario.

Arrival back in Burlington 5:30pm. Optional pub stop at the "Ye Old Squire" on Walkers Line to finish the day off. Trip cost is \$25. There will be a \$5 refund if we use a yellow bus. Please call the office or use the form page 30.

Trip leader Phill Armstrong [phillip.armstrong@sympatico.ca](mailto:phillip.armstrong@sympatico.ca).

#### **Bus Hike the Grand River Trail then float your way back, Saturday June 18.**

Bus leaves from #777 Walkers Line, between Harvester Rd. & Fairview Ave. at 8:30am. You can park your cars there. We will be back about 5:30pm. Bring a lunch with you as well as a complete change of clothes and a towel in case you get wet.

When we get to Brantford we'll do an 8 - 10K hike on the Grand Valley Trail from Brantford towards Paris. The river trail is fairly easy but there are great views of the valley through this very historic area. At the end of the hike there will be time for your picnic lunch at Bean Park in Paris. You don't even have to carry your lunch because the bus will be there. Backpacks and clothing can be left on the bus and so you can change after lunch for the raft trip. The 2.5 - 3hr raft ride, by Grand River Rafting,

down the Grand River back to Brant Park. Rafts hold 8 people - gentle ride down the river, opportunities to get in the water if you want, no rapids. All safety equipment life jackets etc. are provided by the company and there's even a cooler with water and soft drinks.

The guide will also talk about the Grand River, what can be found along the river -edible and medicinal plants, trees, wildlife, moose calls, history etc.

Cost is \$55 from Burlington or \$40 if you meet us at the start. You will need to use the bus for clothes storage and pickup. Call the office to book or use the slip page 30.

Trip Leader Hazel Rook

## **Bus Hike to the Collingwood Elvis, Saturday July 23.**

Jayne's an Elvis fan and keen to plan a day out with not only hiking on the mountain but also a good look in the afternoon at the festivities in town. This will be a longer trip and a highway coach will be needed, so the bus fare will be \$40. We'll leave Burlington at 8:00am (Mississauga/Brampton pickup possible) and drop off any all-day Elvis fans in Collingwood about 10:30am. Coupon page 30.

Vendor alley – location to be announced – 9am to 12midnight.

- 1) Tribute artist classic car parade - Hurontario St – 9-11am.
- 2) Qualifying round of competition - Festival Gardens – 11am to 6pm – Nominal Gate Admission.

3) Tribute artist family venue tour - various venues – free - 12noon to 6pm.

4) Elvis: ultimate best - arena – 1:30pm to 4pm!

The rest of us will go hiking along the ridge of Blue Mountain and in the Loree Forest and side trail. There will be a 12km and an 8km walk with lunch stops. The group will be picked up by the bus around 2pm. We'll then go down into Collingwood and have a couple of hours to see the goings on in town.

We will rendezvous and leave Collingwood around 5pm. There will only be a coffee stop on the way home to be back in Burlington at 8:30pm.

Trip Leader Jayne Swanson.

## **Bus Hike Oakridge Trail, Saturday August 13.**

Seldom seen by folks in the western GTA but yet not very far away, the lands that were put aside for the Pickering Airport have some of the best hiking close to Toronto. We'll hike the Walker Property and some of the quietest sections of the trail. Details in June newsletter. Trip Leader Phill Armstrong.

**Bus Hike Queenston, Sunday September 25,** Phill Armstrong, details June newsletter.

**Bus Hike Belfountain, Sunday October 16,** Frank Cooney, details June newsletter.

## **Short Breaks 2-5 days for 2011**

### **South West Pennsylvania, April 22 to 25.**

See the full page ad in this issue. This trip is filling up and at the time of writing there are about 12 places left.

### **Finger Lakes, June 28 to July 3.**

This will be a carpool trip based in University Residences in Geneva NY. We are doing this jointly with Heather McClintock's cycling group, so it will be fun. Last years trip was great and we did some good hikes. This year **Watkins Glen State Park** with its incredible gorge and a stunning series of 19 falls is again on the list. We also aim to do a section of the Finger Lakes Trail and hope to end our hikes early enough for a swim or two. We will also enjoy the beautiful architecture and ambience of Geneva, New York. Our last hike will be at Letchworth Gorge on the way home. We will book into the lovely Glen Iris Inn for a late lunch.

Note if you're coming mainly for the hiking, don't book the evening meal option. We'll possibly eat out or if we eat at the Residence we'll pay as we go. For costs and booking information see the ad in this newsletter page 11.

### **Tobermory, Flowerpot Island and the Bruce Peninsula, September 9 to 11.**

Plans are currently being made for a hiking trip to Tobermory on Friday September 9 to Sunday September 11. We are going to give Killarney a break this year and go to Tobermory instead.

The trip will feature a boat trip and hike on Flowerpot Island, a hike to the very scenic Grotto in Bruce Peninsula National Park, and hikes along the cliffs of Georgian Bay and around Cypress Lake. If time and weather permit, we may visit the Singing Sands, where the water is a lot warmer than at the Grotto! Since this trip is in early September, it should be warm enough to go swimming! You will also have time to look around the town of Tobermory.

We have not yet booked a hotel but will be looking for the best, well located place in Tobermory.

More details will be in the next newsletter, but you can sign up now by filing in the coupon on Page 30 and sending a deposit of \$80 to the club.

The final price has not been set yet, but it should be around \$440. The package will include 2 nights' accommodation in Tobermory, 2 breakfasts and 2 dinners, boat ride to Flowerpot Island, park admission fees and return coach transportation from Burlington.

Trip Leader Paul Lewis

## **Holidays 7days or more**

### **Holland, August 10 to 23.**

Canal Boat, bicycling and hiking if you wish, to be led by Gayle Laws. This is primarily a biking trip but hikes will be available especially in the evenings. Trip is full.

### **Italy, September 16 to October 1.**

Sesto. Fabulous hiking, sightseeing and fun in the Dolomites. Ernie Roth is taking a group to this beautiful area with Venice as the finale. See the ad in this newsletter.

## Hiking Spring 2011 by Phill Armstrong

**Hiker's Information:** Wear appropriate footwear for the terrain, and dress accordingly for the weather. You should bring water, and snacks or lunch. For safety reasons, inform your leader if you intend to leave a hike before its conclusion.

The first rating describes the pace of the hike, and the second describes the difficulty of the hike.

<u>Pace</u>	<u>Difficulty of Terrain</u>
Slow = 1.5-2.5 km/h	Easy (1-2) = Mostly flat and easy, good footing
Moderate = 2.5-3.5 km/h	Normal (3-4) = Some hills and poor footing
Medium = 3.5-4.5 km/h	Strenuous (5-6) = Hilly and poor footing
Fast = 4.5-5.5 km/h	Difficult (7-8) = Very hilly, rocky, poor footing
Very Fast = 5.5 km/h +	Very Difficult (9-10) = Most rugged, very hilly, very rocky, bad footing

**Hike Leaders:** On bus hikes, a sign-in sheet must be passed around. On all hikes (excluding evening walks), non-members (those who are not a member of either the Halton Outdoor Club or the Bruce Trail Association) must sign a Release & Waiver Form.

**Notice to participants:** All leaders are unpaid volunteers. You are welcome to participate in their activities, but you do so at your own risk.

Phill Armstrong, Hiking Director, Halton Outdoor Club, 905 337-3937, phillip.armstrong@sympatico.ca

### Weekly Hikes

**Every Wednesday Night, Walk for Health and Fun, 1.5hrs at a Fast Pace.** Climb the steps and walk the streets and trails of West Hamilton. Meet at 7:10pm at the corner of Mohawk and Upper Paradise in the Westcliffe Mall parking lot (near Food Basics). Come along for a brisk, aerobic walk. Hike is cancelled if there is heavy rain. Starting in April (when evening daylight returns), we will start hiking sections of the Bruce Trail as well. Leader Paul Lewis 905 331-8600 or outdooractive@hotmail.com.

**Every Thursday, Grimsby Hikes, 7:00pm, 1.5hrs.** Meet at Lions Club Pool Parking Lot off Main St, just west of Mountain St lights. Hike cancelled in poor weather. Hike Difficulty Med. Wear appropriate footwear and bring water. Sometimes uneven terrain, hike routes to be varied. Optional pub stop after hike. Leaders Carol and Randy 289 235-9480.

**Every Friday Night, Burlington Waterfront, 2hrs.** Meet at 7:30pm in the Lakeshore Road parking lot just east of the Waterfront Centre and restaurant, for a brisk walk along Lake Ontario to the canal and back. Hike is cancelled due to poor weather. Med. 2 Leader Lorne Carruthers. For information call Paul Lewis 905 331-8600 or outdooractive@hotmail.com.

### General Hikes

**Sat. April 2, Beamers to Park Road, 2-2.5hr.** Meet at 10:00am the Lions Pool in Grimsby for a hike up to Beamers and then to Park Rd and return. Pub Lunch following hike. Med 5. Leaders Carol Taylor 289 235-9480, Bruce Manion 289 235-9192.

**Sun. April 3, Waterfall Hike, 11km.** Meet at 9:30 am at the Tiffany Falls parking lot on Wilson St in Ancaster. We will car pool to Woodley Lane in Dundas (Dundas Golf Club driveway) and hike back. Mod 5. Bring a lunch. Map 8. Refreshment stop after. Leader Anne Armstrong 905 337-3937.

**Sun. April 3, Burlington Lakefront, 9km.** Meet at 10am at Second Cup at the corner of Lakeshore Rd and Brant St. We will hike various streets and along the lake to the pier and return. Free parking in the area. Optional stop at Second Cup after the hike for lunch. Hike cancelled if bad weather. Med 2. Leader Marie.

**Sun. April 17, Scottsdale Farm bring the kids, 4km.** Meet at 10:30 am at Scottsdale Farm, Bennett Heritage Side Trail Parking lot, near km 29.4 Map 13. Go north on Trafalgar

Road. Enter from Trafalgar Road 1.7km northwest of Highway 7. This is a loop walk combining the main trail and side trails. No dogs please. Slow 2. Leader Valerie Dobson 905 828-1729.  
**Sun April 17, Steps, Steps, Steps, Steps! 3-4hrs.** Meet at 9:00am at the top of the Chedoke Stairs on Scenic Drive at Upper Paradise on the West Mountain. We will carpool to the parking lot near Albion Falls and hike back. We will do all 5 sets of escarpment stairs, including the Kenilworth stairs and Uli's stairs. In between the sets of stairs we will hike parts of the Bruce Trail and the Rail Trails. After the hike, we will have an optional lunch stop at a Pub on Upper James where they have 16 flavours of chicken wings! Medium 5. Directions: From Garth St take Scenic Drive west to Upper Paradise. The parking lot is on your right (across from the start of Upper Paradise). If there is no room in the parking lot you can park on the street. From the 403, take the Linc to Golf Links and turn left on Golf Links that becomes Mohawk. Then turn right (north) on to Upper Paradise until the end at Scenic Drive (parking lot will be straight ahead). Leader Paul Lewis 905 331-8600, or outdooractive@hotmail.com.

**Sun. Apr 17, Blue Mountains, 17km.** Meet at 9:00am at Scenic Caves Road Parking at the north end of Mission Road Side Trail, map 24. Directions from Ravenna on Grey Rd 2 - coming from the south on Grey Rd 2 into Ravenna turn right, east, on Sideroad 15 and follow it 8km, turn left, north, on Scenic Caves Rd for about 1km where the main trail enters a Blue Mtn Resort parking lot. More directions and map on Greg's website, ask Google for Greg Vincent's Hiking Site. Starting east of Ravenna north to and around the Len Gertler Memorial Forest along the top of the escarpment with good views into Georgian Bay. Mod 5. Greg Vincent 519 579-8210 gvincent@golden.net.

**Tues. April 19, North Burlington evening walk, 1.5hrs.** Meet at 7pm in the parking lot of the plaza at the southwest corner of Walkers Line and Upper Middle Rd in front of Tim Hortons. Walk cancelled if bad weather. Med 2. Leader: Marie.

**Tues April 19, East Burlington Evening Walk, 1.5hrs.** Meet at 7:00pm at SW corner of Appleby Mall parking lot on New St and Appleby Line (near the Beer Store). Hike various streets and trails including the bike path and Sherwood Forest Park. Optional après hike stop for ice cream or chicken wings. Hike cancelled if there is heavy rain. Mod 2. Leader Paul Lewis 905-331-8600 or outdooractive@hotmail.com.

**Sun. April 24, Oakville 16 Mile Creek, 9km.** A hike in the valley. Meet at 10am at the corner of Neyagawa Blvd and River Glen Blvd. From QEW go north on Dorval to Upper Middle Rd, then right to Neyagawa then left to River Glen. Optional stop at Tim Hortons for lunch after the hike. Hike cancelled if bad weather. Med 3. Leader Marie.

**Thurs April 28, Tyandaga Evening Walk, 2hrs.** Meet at 7:00pm at the new parking lot for the new park (old quarry) on Kerns Road, Burlington. We will hike various trails in Kerncliffe Park including portions of the Bruce Trail. Come and enjoy the longer evening daylight! Optional Après Hike chicken wing stop. Med 4. Directions: Take Brant St north to North Service Rd, left on to Kerns, right on Kerns, then north to the parking lot, which will be on the right just past where the houses end, but before the parking lot for the lookout. (We are meeting in the new parking lot, not the one for the lookout). Hike cancelled if there is heavy rain. Leader Paul Lewis 905 331-8600, or outdooractive@hotmail.com.

**Sat. April 30, Cartwright Property, 3hrs.** Meet for 1:30pm in front of Walmart (in between the two entrances) in the mall on the south side of Dundas St, just east of Highway 6. We will hike down to the Hamilton Naturalist Club's Cartwright Property on Patterson Road. Med 5. No dogs. Hike cancelled for hard rain. Leader Paul Toffoletti 905 634-2642.

**Tues May 3, Tew's Falls/Webster's Falls Evening Walk in the Spring, 2hrs.** Meet at 7:00pm at the Greensville School parking lot, located on Harvest Rd in Greensville. We will hike various trails in the area, including a portion of the Bruce Trail past Tew's Falls, Dundas Peak, and Webster's Falls. Come and see the waterfalls when the water flow is still high! Optional après hike pub stop in Waterdown. Med 4. Directions: From Burlington, take Dundas St, then turn left on Syndham Rd. Turn right onto Harvest Rd. Follow Harvest Rd until you come to the school on your right. Leader Paul Lewis 905 331-8600, or outdooractive@hotmail.com.

**Sat. May 7, Blossom Time Festival Hike #1, 2.5hr.** Meet for 10:00am at the Lions Pool in Grimsby for a loop hike along the Adam Dopko trail and back. See the blossoms overlooking Grimsby as well as the Hawks. Pub lunch following the hike. Med 5. Leaders Bruce Manion 289 235-9192, Carol Taylor 289 235-9480.

**Tues. May 10, North Burlington evening walk, 1.5hrs.** Meet at 7pm in the parking lot of the plaza at the southwest corner of Walkers Line and Upper Middle Rd in front of Tim Hortons. Walk cancelled if bad weather. Med 2. Leader Marie.

**Thurs May 12, Tiffany's Falls/Sherman's Falls, 2hrs.** Meet at 7:00pm at the parking lot at Tiffany Falls on Wilson St East. We will hike various trails in the area, including a portion of

the Bruce Trail past Tiffany's Falls and Sherman's Falls. Come and see the waterfalls when the water flow is still high! Optional après hike pub stop in Ancaster. Med 4. Directions: Take Main St West past Mac and then turn left to stay on Main West (old Highway 2), this road becomes Wilson. The parking lot is on the left halfway up the escarpment. From the Mountain, take Rousseaux and then turn right on Wilson and the Tiffany Falls parking lot is on your right. Leader Paul Lewis 905 331-8600, or outdooractive@hotmail.com.

**Sun. May 15, Scotsdale Farm, bring the kids, 4km.** Meet at 10:30am at Scotsdale Farm, Bennett Heritage Side Trail parking lot, near km 29.4 Map 13. Go north on Trafalgar Rd. Enter from Trafalgar Rd 1.7 km northwest of Highway 7. This is a loop walk combining the main trail and side trails. No dogs please. Slow 2. Leader Valerie Dobson 905 828-1729.

**Sun. May 22, Bluebell Walk Sixteen Mile Creek, 11km.** Meet in the parking lot at the end of Old Upper Middle Road in Oakville for a 10:00am start. We will do a circular walk of the valley to see the Bluebells as well as other wildflowers. Some long but gentle hills. Bring lunch. If coming from the west, take the QEW to the Dorval exit. Go north to Upper Middle Rd. Turn right (east) and go to Oxford St. Turn right (south) and then right again onto Old Upper Middle Rd. The parking lot is straight ahead of you. If coming from the east, take the QEW to Trafalgar Rd. Go north to Upper Middle Rd. Turn left (west) and go to Oxford St. Turn left (south) and then right onto Old Upper Middle Rd. Mod 2. Refreshment stop after. Bring a lunch. Leader Anne Armstrong 905 337-3937.

**Tue May 24, Stoney Creek Extended Evening Walk, 3hrs.** Meet at 7:00pm in the parking lot in Battlefield Park. We will hike up to the Devil's Punch Bowl via the Bruce Trail and various side trails. We will return on various streets, as it will be getting dark on the return journey. Enjoy the long evening daylight! Optional, Après Hike stop for great Pizza! (They have pizza specials on Tuesday nights!) Med 4. Directions: Take Centennial Parkway to King St (last traffic light before climbing the escarpment). Go East on King St. Turn immediately right into the driveway for Battlefield Park (sign at bottom of driveway on King St). Meet in parking lot. Hike cancelled if there is heavy rain. Leader Paul Lewis 905 331-8600, or email outdooractive@hotmail.com.

**Sat. May 28, Blossom Time Festival Hike #2, 2.5hr.** Meet for 10:00am at the Lions Pool in Grimsby, car pool to Puidcombe Farms to see the blossoms and taste their wonderful wines. See the blossoms overlooking Grimsby as well as the Hawks. Pub lunch following the hike. Leaders Bruce Manion 289 235-9192, Carol Taylor 289 235-9480.

## The Slowpokes, Gentle Hikes for Gentle folk

**Note:** All hikes start at 10:00am on Wednesday morning unless otherwise stated. It is Spring time and the early hikes may be icy and/or muddy, so come prepared with appropriate footwear. In the event of inclement weather, a hike may be cancelled. If in doubt, check with the hike leader. General hike coordinator is Al Hutchison 905 639-1771, [alhutch@sympatico.ca](mailto:alhutch@sympatico.ca).

**April 6, Rattlesnake Point, 8km.** Meet at the upper parking lot of Rattlesnake Point CA on Appleby Line north of Derry Rd. We will make a loop hike into the Nassagweya Canyon using the Rattlesnake Side Trail, and the Leech Porter Side Trail. The hike can be shortened to an out and back. Lunch on the trail. NOTE: Admission fee to the CA or Halton Con. Pass. Mod 4, Leader Gordon Proudfoot 905 387-5657.

**April 13, Toronto Cityscape.** Meet at 10:15am on the upper level of Union Station west of the clock for a new Cityscape adventure. We walk along Queen St W to the Gladstone Hotel (4.6km) where we will have lunch and then be taken on a tour of the hotel. For those seniors who want to ride back to Union Station bring exactly \$1.65 and Norman will purchase a bunch of senior tickets otherwise the fare is \$2 for an advanced ticket

and more (\$2.25) on the street car. How much more depends on the change that you have, for drivers DO NOT make change no matter how large your bill. You **MUST call and register by April 6** if you want to have lunch at the hotel. Mod 1, Leader Norman Young 905 845-0939.

**April 20, Dundas Valley, 6km.** Meet at the Lions Club pool in Ancaster on Jersyville Rd west of Fiddlers Green Rd for a walk in the valley trails. Mod, leader Harry Marshall 905 679-4748.

**May 4, Dundas Driving Park, 8km.** Meet in the Dundas Driving Park parking lot. Take Cross St off of King St in Dundas. A circular hike with some hills. Mod 4, leader Marion Fletcher 905 628-5537.

**May 11, River and Ruin Trail, 6km.** Meet at Lowville Park, on Guelph Line. A circular hike on the River and Ruin Side

Trail. Hopefully the trilliums will be out. Bring lunch. Slow 2, leader Al Hutchison 905 639-1771.

**May 18, East Mountain Trails, 9km.** Meet at the parking lot at Arbour Rd (just behind Albion falls) for a circular hike of the red Hill Valley, past King's Forest golf course and returning by the Escarpment Trail. Bring lunch. Mod 3, leader Bill McGuire 905 389-6194.

**May 25, Lynn Valley Trail, 8km.** Meet at Port Dover in the trail parking lot. Drive through Port Dover on Hwy 6 and turn right onto Prospect St (watch for the trail sign as Hwy 6 curves west). Trail parking is a short distance on your Left. Car pool to Simcoe and hike back. Late lunch in Port Dover J if you wish. Mod 1, leader Gordon Proudfoot 905 387-7557.

## Thursday Midweek Hikes

Come out and join us to view the signs of spring up close and personal as we hike. Trails may still be icy or possibly very muddy so proper boots and who knows - icers, bugspray, sunscreen? All hikes are at a moderate pace with the likelihood of hills and rocky footing. Bring a drink, snacks and lunch. No dogs, please. In the event of inclement weather please call the hike leader. Also, feel free to call if you would like to make carpool arrangements. Hike coordinator is Connie Rusnyk, c.rusnyk@sympatico.ca 905 689 2203. \*Please note the special arrangements being made in advance for the April 21 hike led by Norman Young.

### Niagara End To End 2011

Our mission for 2011 is to complete an End to End on the Niagara Section of the Bruce Trail, probably in 7 hikes. It will involve a fair amount of driving and it is requested that you all take your turn in carpooling from Hamilton to the hikes. Please note the meeting time: we will leave the Municipal parking lot between Hutch's and the Lakeland Pool and Bistro on Van Wagner's Beach Road at 9:00 sharp. Details of the different parking areas for each hike will be available, when required, at the meeting point. All kilometer points are taken from the Bruce Trail Reference Edition 26.

**Thurs. Apr. 7, Niagara End to End No 1, 13.5km.** Meet for a 9:00am start (See Niagara End To End note above) and drive to Woodend Conservation Area Map 2, km 13.5. Carpool to Queenston and the Bruce Trail Cairn, km 0.0. Hiking boots, possibly icers. Lunch, snack and water. Rocky sections. Mod. 4. Leader Gord Proudfoot, gordproudfoot@mountaincable.net 905 387-5657.

**Thurs. April 14, Waterfall Hike, 11km.** Meet for a 10:00am start at the Tiffany Falls parking lot on Wilson St in Ancaster. We will car pool to Woodley Lane in Dundas (Dundas Golf Club driveway) and hike back. Mod 4. Bring a lunch. Map 8. Leader Anne Armstrong 905 337-3937.

**Thurs. April 21, Downtown TO hike, 10-12km.** Please note the special arrangements being made in advance for the April 21 hike below led by Norman Young. Meet for a 10:15am start at the west end of Great Hall of Union Station, Toronto. Come on an eclectic walking tour of Queen St W to the Gladstone Hotel where we shall have a late lunch followed by an interesting tour of the historic building including some of the artistically decorated rooms. Norm must send in an advance reservation by Monday April 18, so let him know if you plan to attend. If you wish a streetcar ticket from the Gladstone back to Union Station (5Km), please bring \$1.65 exact change. Leader: Norman Young 905 845-0939 myoung2@sympatico.ca.

**Thurs. April 28, Short Hills, 10km Loop.** Meet for a 9:30am start in car park west of Hutch's on Van Wagner's Beach, Hamilton (near the square brick structure). We will carpool to Short Hills Provincial Park on Pelham Road. Should be good for wildflowers and birds. Be prepared for mud. Bring snack, lunch, water, sunscreen and bug repellent. Mod 3. Leader Terry Rose 905 637-2918.

**Thurs. May 5, Niagara End to End No 2, 13km.** Meet for a 9:00 am start (See Niagara End To End note above) and drive to Brock University, Map 3, km 26.3. Carpool to Woodend C.A. (km 13.5). Hiking boots, sunscreen, lunch, snack and water. Rocky sections. Mod 4. Leader Gord Proudfoot, gordproudfoot@mountaincable.net 905 387-5657.

**Thurs. May 12, Bluebell Walk- Sixteen Mile Creek, Oakville, 11km.** Meet for a 10:00 am start in the parking lot at the end of Old Upper Middle Rd in Oakville. We will do a circular walk of the valley to see the Bluebells as well as other wildflowers. Some long, but gentle hills. Bring lunch. If coming from the west, take the QEW to the Dorval exit. Go north to Upper Middle Rd. Turn right (east) and go to Oxford St. Turn right (south) and then right again onto Old Upper Middle Rd. The parking lot is straight ahead of you. If coming from the east, take the QEW to Trafalgar Rd. Go north to Upper Middle Rd. Turn left (west) and go to Oxford St. Turn left (south) and then right onto Old Upper Middle Rd. Mod 2. Bring a lunch. Leader Anne Armstrong 905 337-3937.

**Thurs. May 19, Hamilton/Ancaster, 9km.** Meet for a 10:00am start in the parking lot near the bend in Scenic Dr, Hamilton ( approx. 1km north of Tim Hortons at corner of Scenic Dr and Mohawk Rd West). We will do a loop hike into Ancaster. Mod 2-3, perhaps with mudlucks. Drink and snack on trail only. Lunch at Tims after hike optional. Leader Bill Haartman 905 383-6319.

**Thurs. May 26, Niagara End to End No 3, 13km+access.** Meet for a 9:00am start (See Niagara End To End note above) and drive to Pelham Road, Map 3, km 39. Carpool to Brock University, km 26.3. Hiking boots, sunscreen, bugspray, lunch, snack and water. Rocky sections. Mod 4. Leader Gord Proudfoot gordproudfoot@mountaincable.net 905 387-5657.

## The Happy Wanderers

Wear clothing suitable to the weather and proper hiking boots and hiking sticks. Icers should be carried. Bring lunch, water and sun protection. Notify leader if you are attending as sometimes circumstances dictate hike be cancelled or changed. Errol MacKenzie mackenzie@sympatico.ca, 905 627- 9497 Dundas before 9:00pm please. Map references are from 26th edition.

**Mon. April 4, Niagara, Fort George, Heritage ST, General Brock ST Loop, 14km.** Meet for 0845 exit at parking lot Burlington side of Hutch's restaurant, Hamilton Beach. Car pool to parking lot near Fort George N.O.T.L. Map1 Hike part of Heritage ST and General Brock ST. Map 1 Loop hike, hiking boots, no dogs. Med 2.

**Mon. April 11, Iroquoia, Vinemount Conservation Area to Felkers Falls (A-B), 12km.** Meet for 0845 exit at Tim Hortons, Upper Centennial Parkway/Mud Street, Stoney Creek. Move cars to Felkers Falls parking off Ackland from Paramount. Hike from Vinemount Conservation Area to Felkers Falls. Hiking boots, no dogs. Med 3.

**Mon. April 18, Caledon, Trimble ST, Shaw Creek Rd, Rail Trail, Forks of Credit (Loop), 15km.** Meet for 0845 exit at parking lot 401/Trafalgar Rd, north east side. Move some cars to start of hike at Forks of Credit Rd, map 15, km 10. Hike along Trimble ST. Shaw Creek Road and Rail Trail and through Forks of Credit Park back to cars. Hiking boots, no dogs, loop hike. Med 4.

**Mon. April 25, no hike, Easter Monday.**

**Mon. May 2, Niagara, Woodend to Decew House Park (A – B), 17km.** Meet for 0845 exit at parking lot, Burlington side of Hutch's Restaurant, Hamilton Beach. Move some cars to Decew House Park, map 3, km 30.9. Hike from Woodend Conservation Area map 2, km13.5. Hiking boots, no dogs, Med 3.

**Mon. May 9, Iroquoia, Tews Falls to Christie Conservation Area (Loop), 15km.** Meet for 0900 exit at Websters Falls, map 8, km 56.9. Parking fee per car applies. Hike to Tews Falls, Websters Falls and through Christie Conservation Area back to cars. Loop hike, hiking boots, no dogs, Med 3.

**Mon. May 16, Toronto, St Helena Rd to Limehouse Conservation Area (A-B), 12km.** Meet for 0845 exit at Tim Hortons, Hwy 25 just north of Hwy 401 east side. Move cars to St Helena Rd map 12, km 8.7. Hike from Limehouse Conservation Area map12, km 20.5. Hike back to cars at St Helena Rd. Hiking boots, no dogs. Med 3.

**Mon. May 23, no hike, Victoria Day.**

**Mon. May 30, Niagara Glen (Loop), 9km.** Meet for 0845 exit parking lot Hamilton beach, Burlington side of Hutch's restaurant parking near small red brick building. Car pool to Niagara Glen on Niagara Parkway parking lot next to former Feather on the Glen. Loop hike, hiking boots, no dogs, steep hill, Med 5.

## Hikers R Us

Wear clothing suitable to the weather and proper hiking boots and hiking sticks. Icers should be carried. Bring lunch, water and sun protection. Notify leader if you are attending as sometimes circumstances dictate hike be cancelled or changed. Errol MacKenzie mackenzie@sympatico.ca. Telephone 905 627-9497 Dundas before 9:00pm please. Map references are from 26th edition.

**Wed. April 6, Iroquoia, Mount Nemo, 12km.** Meet for 0845 exit at Mount Nemo km 91.5, map 10. Hike the trail around Mount Nemo and return. Hiking boots, no dogs, Med 3, loop hike. Leader Louise Langlais llanglc401@rogers.com.

**Wed. April 13, Dundas Valley, 12km.** Meet for 0845 exit at Tiffany Falls parking lot, map 8, 44.8km. Carpool to Woodley Lane map 8, 55.0km and hike back. Hiking boots, no dogs, Med 3. Leader Connie Rusynyk c.rusynyk@sympatico.ca, 905 689-2203.

**Wed. April 20, Culham Trail, Streetsville, 12km.** Meet for 0845 exit at Trafalgar Rd and Hwy 407. Carpool to Streetsville Memorial Park, Mississauga Rd. Follow Culham Trail north and Return. Loop hike, Med 2, leader Errol MacKenzie.

**Wed. April 27, Guelph, St. Ignatius College Grounds, 13km.** Meet for 0900, repeat 0900, at parking lot Hwy 401/Hwy 6 south-east side. Take some cars to St Ignatius College, Loyola House parking lot. Hike the trails though the delightful meadows and bush and lunch by the Speed River. Loop hike. Hiking boots, no dogs. Med 2, leader Raymond Ramshaw rramshaw@sympatico.ca.

**Wed. May 4, Speyside, 16km.** Meet for 0845 exit at St Helena Rd/Hwy 25, map 12. Hike the Main trail, Speyside ST, Vanderleck ST, Hilton Falls ST. Loop hike, hiking boots, no dogs, Med 4, Leader Louise Langlais llanglc401@rogers.com.

**Wed. May 11, Erindale Park, Culham Trail, 15km.** Meet for 0845 exit at parking lot Hwy 407/Trafalgar. Carpool to Erindale Park. Hike the Culham trail north to Streetsville and return, hiking boots, no dogs, Med 3, leader Errol MacKenzie.

**Wed. May 18, Guelph trail, Starkey's Loop, Arkell ST, 12km.** Meet for 0830, repeat 0830 exit at parking lot south east side Hwy 6/Hwy 401. Take some cars to Starkey's Loop parking lot on Arkell Road, approximately 3km east of Victoria Rd. First a loop hike, followed by an in and out hike. Bring lunch, varied terrain. Hiking boots, no dogs. Refreshments after. Med 3, leader Barbara Forster 519 836-7249.

**Wed. May 25, Grand Valley Trail, Dryden Tract, 14km.** Meet for 0845 exit at parking lot, Hwy 6/401 southeast corner. Move some cars to the Dryden Tract, Cambridge area. Hike the trails in the Dryden Tract. Hiking boots, no dogs, Med 3, leader: Raymond Ramshaw rramshaw@sympatico.ca.

## Membership Discounts

### Ancaster

#### **Ancaster Cycle**

365 Wilson Street East 905 648-2288  
10% off regular priced parts, accessories and clothing. Does not include bikes or labour.

### Burlington

#### **Brant Cycle**

892 Brant Street 905 637-3737  
10% off all regular priced products.  
Does not include bikes, trailers or labour.

#### **Tumblehome**

401 Brant Street 905 639-8713  
10% off all regular priced items.

### Dundas

#### **Adventure Attic**

28 King Street West 905 628-2929  
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### Dunnville

#### **Grand River Kayak**

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### Hamilton

#### **Central Cycle**

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#### **McMaster Sports**

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#### **Pieriks Cycle**

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10% off regular priced items.  
Does not include bikes or labour.

### Mississauga

#### **Rack Attack Mississauga**

3145 Dundas Street West, Unit 9 905 828-7225  
10% off racks

#### **The Canadian Outdoor Equipment Co.**

199 Lakeshore Rd E, Unit A 905 990-1750  
5% off of all "Woolpower" products

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105 Cross Ave - Trafalgar Village 905- 844-4394  
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#### **The Running Company**

118 Thomas Street 905 815-1952  
10% off all regular priced items.

### Stoney Creek

#### **All The Right Gears**

288 Grays Road Unit 2, near Barton. 905 561-4030  
10% off regular priced items.  
Does not include bikes and labour.

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#### **Bicycle Works**

316 Dundas Street East 905 689-1991  
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**Kayak the North Channel 2011**

**Benjamin Islands, August 19 to 22 see page 13**

Please register \_\_\_ people at 50% each, total \$ \_\_\_\_\_. Rental? N Y (+\$142)

Name \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_

Postal Code \_\_\_\_\_ Phone: home ( ) \_\_\_\_\_ work ( ) \_\_\_\_\_

Email \_\_\_\_\_

**Kayak the North Channel 2011**

**The Whalesback September 8 to 12 See page 13**

Please register \_\_\_ people at \$185 each, total \_\_\_\_\_.

Name \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_

Postal Code \_\_\_\_\_ Phone: home ( ) \_\_\_\_\_ work ( ) \_\_\_\_\_

email \_\_\_\_\_

**Tobermory, Flowerpot Island and the Bruce Peninsula**

**September 9 to 11 See page 23**

Please register \_\_\_ people at \$80 each, total \_\_\_\_\_.

Name \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_

Postal Code \_\_\_\_\_ Phone: home ( ) \_\_\_\_\_ work ( ) \_\_\_\_\_

email \_\_\_\_\_

Will share accommodation with \_\_\_\_\_

**Bus Hikes for 2011 see pages 22, 23**

**Mono Cliffs Provincial Park, May 14: \_\_\_\_\_ people, \$25 each.**

**Grand River Trail, June 18: \_\_\_\_\_ people, \$55 each.**

**Grand River Trail, June 18: \_\_\_\_\_ people, \$40 each.**

**Collingwood Elvis, July 23: \_\_\_\_\_ people, \$40 each.**

Please send a separate cheque for each trip, and put your name & trip date on the back.

Name \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_

Postal Code \_\_\_\_\_ Phone: home ( ) \_\_\_\_\_ work ( ) \_\_\_\_\_

email \_\_\_\_\_

Mail to: Halton Outdoor Club, 3310 Palmer Dr., Burlington ON, L7M 1X3

**Hike the Dolomites Italy see page 13  
September 16 to October 1, 2011**

Please register \_\_\_ people at \$500 each, total \$\_\_\_\_\_.

Name \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_

Postal Code \_\_\_\_\_ Phone: home ( ) \_\_\_\_\_ work ( ) \_\_\_\_\_

Email \_\_\_\_\_

Will share accommodation with \_\_\_\_\_

**Finger Lakes Bike, Hike and Kayak Tour  
June 28 to July 3, 2011 see page 11**

Please register \_\_\_ people \$100 each, \_\_\_ dinner plans \$75 each, total \$\_\_\_\_\_.

Bike  Hike  Kayak

Name \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_

Postal Code \_\_\_\_\_ Phone: home ( ) \_\_\_\_\_ work ( ) \_\_\_\_\_

Email \_\_\_\_\_

Will share accommodation with \_\_\_\_\_

**South West Pennsylvania**

**Easter, April 22 to 25, 2011, see page 12**

Please register \_\_\_ people at full price each, total \$\_\_\_\_\_.

Name \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_

Postal Code \_\_\_\_\_ Phone: home ( ) \_\_\_\_\_ work ( ) \_\_\_\_\_

Email \_\_\_\_\_

Will share accommodation with \_\_\_\_\_

**Ski Trip to Silver Star**

**January 21 to 29, 2012 see page 14**

Please register \_\_\_ people at \$250 each, total \$\_\_\_\_\_.

Name \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_

Postal Code \_\_\_\_\_ Phone: home ( ) \_\_\_\_\_ work ( ) \_\_\_\_\_

Email \_\_\_\_\_

Will share accommodation with \_\_\_\_\_

Mail to: Halton Outdoor Club, 3310 Palmer Dr., Burlington ON, L7M 1X3



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