

The Halton Outdoor Club News

June 2011

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Calendar:

Bike/Hike/Kayak Finger Lakes	June 28
Kayak North Channel	Aug 19
Hike Bruce Peninsula	Sept 9
Hike Italy	Sept 16



Kayaking in the Benjamin Islands

photo Paul Lewis

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President's Message by Brenda Lee Luciw

On behalf of the Executive, I am responding to the concerns raised in Ernie Roth's letter to the Editor, published in the November 2010 newsletter.

Members should be aware that the Club has a number of overhead costs. Basic membership fees allow the Club to support "at-home" activities. However, extended trips, whether organized by the Club or/and in conjunction with an external agency, do require an "administration" fee to cover normal business expenses and any additional unforeseen costs that may occur during the course of a trip. Sometimes a trip makes a "profit" and it is the Club's policy to return profit over 2% to participants.

Whether the Club organizes a trip or whether an external agency is used, there is always a representative from the Halton Outdoor Club who has total responsibility for all matters relating to the organization and daily supervision of a trip. The Club does not intend to relinquish its leadership role.

The Executive will continue to preserve the original mandate of the Club and as the Club moves forward and continues to grow, we encourage members to provide their comments. Only by the members input can the Executive continue to provide the excellent trips we have all enjoyed over the years.

Ernie, I would like to take this opportunity, on behalf of the Executive, to thank you for your comments and to publicly thank you for your contributions to the Club over the past several years. Your trips to Italy have not only been valuable additions to the Club's program but have also been enjoyed by many people over the years.

Brenda Luciw
President

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

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

The next Newsletter's deadline is August 10. 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.

A Note from the Manager by Bonnie Quinn

April and May have been very busy months for the Halton Outdoor Club. In addition to kicking off our cycling and paddling season, several members have been busy planning and organizing our Annual General Meeting, two Spring Information Nights and our annual Spring Dinner Social.

For those who missed our AGM, you missed a great guest speaker: Stephen Walter. Stephen gave a presentation titled "Adventures in Skiing" which dealt with his experiences in the Canadian Ski Marathon and a border to border ski marathon from the Russian border to Sweden. His talk generated interest in marathon skiing in the future and we thank Stephen for sharing his wonderful experiences. In addition at the AGM, Ron Currell gave a presentation on safety. This presentation is a "must see" and we hope to invite Ron back again sometime soon so that more Club members can view his interesting and informative presentation.

Some of you will notice that the Club now has two Spring and two Fall Information Nights; each season, one Information Night occurs in Burlington and the other occurs in Oakville. This year in addition to offering new members an overview of how the Club runs, we also offered to new and long-time members presentations dealing with cycling and hiking. Elise Hoey and Blair MacDonald from Mountain Equipment Co-op gave presentations on what to look for in the purchase of a new bike and they also gave a demonstration of how to change a rear tire. Jim Blair from Tumblehome spoke to the audience about the latest in new hiking boots, socks, and hiking poles. These special guests offered very valuable information and many people came away from these presentations having learned a great deal.

Finally this May we had our annual Spring Dinner Social at Geraldo's in LaSalle Park. The theme of the evening was a walk down memory lane. Seven individuals were recognized for their contributions to the Club over the past 37 years. Mary Waters, Ernie and Cecilia Roth, Brent Tremblay, Harry Goudeau and Doug and Lyn Scott were given recognition awards for their many years of work with the Club. Phill Armstrong, our Hiking Director, was awarded the John Katan trophy. In keeping with the theme of precious memories, slides from Club trips in 2010-2011 were shown. Special thanks go to Alan Mills, Clive and Freda Wright, Ernie Roth, Dorothy Rideough and Joe Lechner for providing some great photographs of recent trips. The Club would also like to thank the following companies for donations of door prizes: Tumblehome, Mountain Equipment Co-op, BLT- Home Inspections- Bruce Treacy, Leydon Macdonald, Astragraphics, New World Cycle, Magali Vrillaud, Freda and Clive Wright, and Steel City Travel. Frank Cooney, Freda Wright and Bonnie Quinn organized this enjoyable evening.

At this time, I would like to thank the members of the Club Executive who have worked hard to promote our great Club through the AGM, the two Information Nights and of course the Spring Dinner Social. Thanks go to Brenda Luciw, Frank Cooney, Heinz Jaeger, Bonnie Quinn, Freda Wright, Paul Lewis, Jayne Swanson, Patrick Vincent, Heather McClintock, Phill Armstrong, Dorothy Rideough, Teri Kramer, Joe Lechner and Dave Pringle.

Yesterday's Trips & Events:

SW Pennsylvania, All in One with Nature April 22 to 25, by Veronica Gonzalez

From the historical rural architecture of downtown Pittsburgh, to the landscape where you become one with nature experienced by the walk through the Falling Water House, and visit the museum that bring us back to memories of rock and roll, the Rock and Roll Hall of Fame.

Leaving home town and making what I call friendly stops, where we can meet one another, fulfill our appetites and then continue the journey to Pittsburgh where you are awoken by the open stadiums, the rows of steel bridges and the classical architecture of the city. Once we arrived and stopped, we had one hour to explore the uniqueness of the downtown. We had the option to cross the Smithfield Bridge to the core of downtown and have a closer look at the buildings architecture, or take the lift up the steep hillside to get a full view of the city including the confluence of the Monongahela and Allegheny Rivers, or do some shopping in the Station Square. After an hour of sightseeing, we met for a delicious dinner at the Grand Concourse. It is set in the Edwardian splendor of the Pittsburgh and Lake Erie Railroad terminal, built in 1901. Opened to the public in April of 1978, the Grand Concourse is part of Pittsburgh History and the Landmark's Station Square restoration. The decor of the Grand Concourse combines brass, marble, mahogany wood with a breathtaking stained

Next day we started with great hospitality to a great nutritious breakfast, and off we went to our first hike and walk in Ohiopyle. It was a rainy day till mid-day with great temperatures. We separated in 3 groups, easy to moderate and intense, all trails looped around the Ohiopyle State Park viewing the river, waterfalls including pretty Cucumber Falls and the waterslides which are popular for kayakers.

To end our day with nature we visited the great historical Fallingwater House built in 1939 by Frank Lloyd Wright, designed rises above the waterfall, constructed of sandstone quarried on the property and was built by local craftsmen. The stone serves to separate reinforced concrete trays, dramatically cantilevered over the stream. The inside tour had breathtaking views of the waterfall, leaving you the feeling of one in nature.

On our last day of adventure, we hiked at Laurel Summit State Park which is part of the Forbes State

Forest. It is a spectacular place and has something for every hiker. We hiked and sang through the Mountain Laurel, siteseeing great big boulders and blossoming flowers and other surprises nature had for us.

On our way back home we visit the great Rock and Roll Hall of Fame, where it uplifted our spirit and we rocked all the way back home.



glass cathedral ceiling. We reached our hotel, Courtyard in Greensburgh, in time to unwind, prepare our lunches and rest for the next exploring day.

photos Veronica Gonzalez

New Zealand trip March 25 to April 15, 2011 by Jim Beaton

We were greeted in Auckland by our Active New Zealand guides, Ken, Sarah, Amanda and Magnus. The rest of the day we wandered through the city, sightseeing while fighting off the jet lag of being 16 hours ahead. Quick to observe the Kiwi thrill seeking culture, a bungee seat slingshot was set up in a vacant lot across from our hotel which propelled willing patrons, strapped into the equivalent of a seat from a Ferris wheel hanging from two elastic bands, straight up into the air the height of a 10 storey building.

As we toured the north island for the first week we saw evidence of the volcanic activity that formed the landscape, with cone shaped islands protruding from the sea floor, a cascading river that disappears into fissures beneath our feet to reappear as a falls over a vertical rock face and bubbling mud pits in Rotorua with steam and sulphurous gas rising from subterranean vents. The most dramatic display was at the height of the Tongariro Alpine Crossing, one of New Zealand's Great Walks. Scaling lava flows, crossing the floor of south crater and gazing down over the lip of the red crater with steaming vents and a gorgeous panoramic view of volcanic peaks with the emerald lakes below. The day-long hike on a warm day concluded with a surprise of cold beer that Ken picked up for us. A soak in the hot springs back at the hotel was a soothing end to the day before a Kiwi fish and chip dinner.

One evening meal was a traditional Maori feast (hangi) prepared by placing food on hot stones and burying it in the earth. Our tribal chief Frank Cooney was welcomed by the Maori chief with the traditional nose rubbing, and we learned of their culture, dances and renowned intimidating facial gestures. Heidi was a quick study.

Before leaving the north island we slalomed through forested trails on mountain bikes in Wha-



karewarewa Forest (Bob and Jim got up close and personal with the trees). Hazel and Pat defeated their personal demons to conquer cave exploration via an underground river in inner tubes and wetsuits. The water was a little cold but the green light from the glowworms on the ceiling of the pitch black caverns was extraordinary. (I thought wearing black neoprene was supposed to be slimming, glad it was dark in there.)

The next two weeks on the south island was like a different tour. Unlike the north island's origins from volcanic activity, the south island was formed by tectonic action of the Pacific plate colliding violently with the Australian plate, creating the Southern Alps



including glacial clad Mt. Cook and Fiorland with the equally famous Milford Sound. We were fortunate to stay in a backpacker lodge in Milford Sound, so we were in our kayaks early in the morning to watch the sun rise above the walls of the fiord, over 1000m high, to flood the sound with a warm glow – a perfect day. Magnus had to get out and guide our bus through the tunnel into Milford Sound which was restricted to vehicles with a maximum height 4 inches shorter than our bus. We sighed in relief at the end of the tunnel and Ken said “that was lucky!”

One afternoon while hiking along the Kepler Track, another of New Zealand's

Great Walks, a cricket game broke out. Despite Margie being called out following alleged 'interference' (show me the rulebook), the other



team still won and was awarded hats for their victory. Another day, the guides broke out champagne at a lookout stop to celebrate Freda and Clive's 45th anniversary.

A day off in Queensland, the capital for New Zealand's adrenaline sports, allowed individuals to participate in jet boating, river boarding, mountain biking, zip lining and a few jumped off a mountain dragging a parachute behind them – some call it paragliding, I call it #^%#@(&#!!!

Our trip concluded with three days at Queen Charlotte Sound with a mix of kayaking, mountain biking and hiking offered. The last day, as we drove to Christchurch, was the only time we needed our raincoats as we walked among fur seals at Kaikoura. Mary had a close encounter with the sea gods but I am happy to report that the pictures in her camera were safe.

The accommodations varied from a backpacker lodge with rooms just big enough for the bed so the door had to open out to the veranda, to quaint cabins, to retreats with fine dining. Half the meals were prepared by our guides including a salmon dinner with fresh fish from the world's highest salmon farm in the shadow of Mount Cook. The accommodations and the 'home-cooked' meals brought the group together.

Although the rainforest on the west coast receives 5 to 8 metres of precipitation per year, with rain falling 2 out of every 3 days, we lucked out and the weather throughout our trip was 'fine*'.
* *fine*; a Kiwi meteorological term meaning not

stinking awful, but not as reliable as 'good', good; defined as more reliable than 'fine'. Also a verb used in TV weather broadcasts, "... showers this morning and fining up this afternoon ..."

Merino wool sweater and pounamu pendant: \$100

Weight gained: 10 pounds

3 weeks in New Zealand with good friends and wonderful guides: PRICELESS

P.S. Only a few hours after our plane took off, Christchurch had another significant aftershock (magnitude 5.3) which knocked out power for several hours.

photos Jim Beaton

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 beginner 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 cheque for the full amount to the Club. If you want the optional dinner plan send a separate cheque for \$75. Email Heather McClintock at 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 occurring 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

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.

Please send a cheque for the full amount 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, use the coupon page 30. 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

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 the full amount per person using the coupon on page 31. Once the payment has been made, 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 payment, I will mail you forms to fill out regarding the purchase of medical and cancellation insurance. The maximum number of trip participants is 25. For more information please phone me at 905 637-9923, or 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.

Bruce Peninsula (Tobermory) 3 Day Hiking Trip September 9 to 11, 2011, by Paul Lewis

Since we are giving the Killarney trip a rest for this year, we decided to have our annual 3 day September hike in the Bruce Peninsula. On Friday and Sunday, we are planning on exploring Bruce Peninsula National Park. As always, we will have “A”, “B” & “C” hike options so that every level of hiker is catered for.

Bruce Peninsula National Park is quite the “gem” of a park and is in my opinion, the most scenic section of the Bruce Trail. We will explore the beautiful limestone cliffs including the most scenic spots, “Overhanging Point”, and “The Grotto”. The more adventurous will climb down into the “Grotto” and if the weather is warm enough, you can join me for a swim in the very refreshing waters of Georgian Bay! We will also explore the trails around Cypress Lake, Horse Lake & Marr Lake. Time & weather permitting we will also explore Singing Sands, a big sandy beach on the warm Lake Huron side of the peninsula.

On Saturday, subject to wind and weather conditions, we will be ferried to Flowerpot Island on the Glass Bottom Blue Heron V. While at Flowerpot, we will explore the island and see the 2 Flowerpots and the Lighthouse. Once again we will have “A”, “B” & “C” hikes to choose from. On the way back, you will see some of the ship wrecks in “Big Tub” Harbour. There is a brand new visitor centre for Fathom Five Marine Park, just outside of Tobermory which we are planning to visit as well. In addition to many exhibits, it has a lookout tower and a short movie featuring the park.

After hiking each day, you can explore the town of Tobermory, since our accommodation, “The Coach House Inn”, is located within a short 5-10 minute walk of the town centre. Tobermory’s “Little Tub Harbour” is quite the place, with lots of boats coming and going, including the Chi-Cheemaun (The Big Canoe) Ferry to Manitoulin Island. Tobermory is also the end of the 800+ km Bruce Trail and there is a cairn in town marking the end of this great hiking trail. In town there are art galleries, many shops and of course “The Sweet Shop”!

Remember to bring your cameras as there will be excellent shots to be taken. Since you are on your own for lunches, you can buy your lunch in town or order a box lunch from the Inn. The Saturday and Sunday schedules may be reversed depending on weather conditions.

Please note that this trip is limited to the first 34 participants. (Limiting factor is the Lodge and not the bus!)

The Package includes the following: return transportation by luxury coach from Burlington to Tobermory, accommodation at the Coach House Inn for 2 nights, 2 breakfasts, and 2 dinners, hiking & sight-seeing for 3 days including all transportation, park admissions, boat ride to Flowerpot Island & the new Visitor Centre in Tobermory, all taxes and gratuities.

Trip Cost per Person: Doubles \$390, Quads \$360, Triples \$370 & Single \$480.

Dates and Times: We will leave Burlington on Friday, September 9, at 8:00am & should arrive at the Coach House Inn in Tobermory around 6pm. En-route, we will be hiking the trails in Bruce Peninsula National Park. On the return, we expect to arrive in Burlington around 10:30 to 11pm.

To book, please send the registration form page 30 with a deposit of \$100 per person, payable to the **Halton Outdoor Club**. The balance is due by August 1.

All cancellations will be subject to a \$25 processing fee per trip submission. If you cancel before August 9, you will be reimbursed all money except for the processing fee. After August 9 you will have to pay any expenses for which the Club is charged on your behalf. These expenses could include money for accommodation, food, transportation, leader fee etc. If you drop out of a double accommodation, you will have to pay the difference to a single accommodation. The same principle applies to triple and quad accommodation.

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.



photo Paul Lewis

Lake Placid, New York February 12 to 17, 2012 by Larry Jewett

We will stay at the Crowne Plaza Resort Hotel, next to the Olympic Center, in the heart of Lake Placid. The hotel's vantage point on the hill above Main Street offers one of the best views of Mirror Lake and the Adirondack Mountains. The hotel has free internet in their

business center, a large indoor patio with pool and hot tub, an exercise room and laundry room. Rooms have television, refrigerator,

coffee maker and microwave. We will enjoy buffet dinners on Sunday and Thursday evenings. Our lunch stop will be in Kingston, border crossing at Prescott and arriving in Lake Placid by 5:00pm with a stop at Price Choppers plaza.

Lake Placid has its own trails in town. The Jackrabbit trail joins Saranac Lake to Lake Placid and continues on to Cascade XC Center. Cascade's trails link with the Olympic Biathlon Center and the Olympic XC Trails at Mt. Van Hoevenberg. This NY State operated center grooms daily for classic and skating on all 50km of their trails. For anyone who wants to take the morning or afternoon off from skiing there is plenty to see in Lake Placid. Our bus will depart the hotel at 9:00am and again at 12 noon Monday, Tuesday and Thursday for the two main ski centers. Return trips are at 1:00 and 4:00pm. We may use Wednesday as a chance to explore another local ski area.

The cost for this Halton Club trip includes two buffet dinners and five breakfasts with lodging, taxes as well as meal gratuities, trail fees and transportation by Western Pacific.



We leave Burlington at 8:00am, Sunday 12 February, 2012. Park your car at 777 Walkers Line at the back of the parking lot. We will depart the Crowne Plaza Friday 17 February at 2:00pm returning about 11:00pm to Burlington.

The cost per person is subject to exchange rate changes. Single occupancy is \$925, Double is \$690 each, Triple is \$630 each and Quad is \$600 each. Complete the slip on page 31 and send it with three cheques dated as follows:

Current date on a cheque for \$100 per person as a deposit, a cheque dated 16 November 2011 for \$150 per person and balance dated 7 January 2012 for the total remaining cost for the trip.

You may cancel without penalty up until December 1. After December 1, you may lose any portion of the fee that the club is charged. Some of these charges would be for accommodation, food, transportation, and your portion of the bus driver tip and accommodation, leader fee, etc. If you cancel out of a double, you may be charged the difference in price between a single and a double. The same principles are applied to triple and quad rooms. Also, there is a \$25 charge for any cancellation.

Seat number assignment on receipt of your \$100 deposit. Give us your seat preference.

You will need your passport and medical insurance for this trip to New York State. Bring only one ski bag and one large piece of luggage for each person plus a 'carry on' - one stowable bag in the overhead racks.

Caribbean Contrasts Cruise and Walk Holiday March 15 to 29, 2012 by Phill Armstrong

Cruise & Walk means a new place to walk and see every day, while travelling in complete comfort. Fred Olsen Cruise Lines are our floating hotels, no packing and unpacking. The Braemar was refitted in 2008 and carries 927 passengers in 484 cabins with a crew of 371. Cascading decks at the stern provide plenty of spaces for sunbathing, while the vessel also has two open-air swimming pools with a poolside bar and twin jacuzzis. You'll enjoy fine dining as well as the excellent amenities on board. All meals are included as well as a midnight supper, morning coffee and afternoon teas. At each new port of call, your Ramblers Cruise & Walk Holidays Leader will have arranged an itinerary that includes a walking programme to make the most of your new location on your Cruise & Walk holiday. A degree of flexibility is required; weather conditions, for example, may mean arrival/departure times at ports may vary. No need to worry - our Ramblers Cruise & Walk Holidays leader will always be on hand to adeptly re-arrange plans if necessary.

Date	Arrive	Depart	Destination
Thu 15	Flight Toronto		to Barbados, transfer and embarkation.
Fri 16		Late PM	Bridgetown, Barbados
Sat 17	Early AM	Late PM	St George's, Grenada
Mon 19	Early AM	Late PM	Willemstad, Curacao
Wed 21	Early AM	Late Night	Road Town, Tortola
Thu 22	Early AM	Late Night	Philipsburg, St. Maarten
Fri 23	Early AM	Late Night	Basseterre, St Kitts
Sat 24	Early AM	Late PM	St John's, Antigua
Sun 25	Early AM	Late Night	Roseau, Dominica
Tue 27	Early AM	Late PM	Scarborough, Tobago
Wed 28	Early AM	Late PM	Castries, St. Lucia
Thu 29	Early AM		Bridgetown, Barbados
Thu 29	Disembarkation, transfer & flight to Toronto, arrive late evening		

The Halton Outdoor Club has teamed up again with Ramblers Holidays U.K. and Steel City Travel to provide this exciting holiday. We have arranged this as a group tour for a maximum of 24 people. The cruise cost is \$3,091 per person based on twin inside cabins. There are direct non-stop flights from Toronto to Bridgetown Barbados that are currently about \$750 per person. If there are enough people traveling together a group rate may be possible. Your holiday price includes: All accommodation and meals. A shore visit programme including all transport costs for our walking and sightseeing programmes from the ports visited. Occasionally there may

be an optional museum entrance to pay for locally. Details are in our Holiday Information Sheets. Walking tours with local guides around many of the cities we visit. Transfers by Fred Olsen coach shuttle, where necessary, between the port and the city centre. Tips to restaurant staff on the ship - we ask you to tip your cabin staff, however. The services of your Ramblers Worldwide Holidays Cruise & Walk leader. Surcharges - all prices are guaranteed against surcharges except for government imposed charges and increased fuel costs however prices have been adjusted already for recent fuel price changes. If you would like a cabin upgrade Steel City Travel will do the booking and payment should be made through them for the upgrade.

Booking: To reserve a place send two cheques payable to the Halton Outdoor Club. One should be for \$300, this is the deposit on the cruise portion of the trip, the second \$2,791 will be for the balance post dated to December 1 2011. Your cheque should be marked cruise hike. Once you have sent in your cheques we will put you in contact with the travel agent. We need your cheques in the office to confirm your booking. Steel City travel can work out, cabin upgrades, the flight details, payments and can arrange health insurance and trip cancellation insurance. It is important to note that Ramblers requires customers to have adequate health insurance before the trip starts. The fine print: Your initial deposit of \$300 is non-refundable, should you wish to withdraw later. However if Ramblers were to cancel the holiday your deposit would be returned to the club and we would return it to you less a \$50 admin fee. The cruise portion of your holiday is fully refundable if Ramblers cancel the trip. If you were to cancel the penalty varies from deposit only up to 56 days before departure to 100% if you cancelled 7 days or less before departure. For full details see www.ramblersholidays.co.uk. Payment for the cruise portion of the trip is due at least 8 weeks before departure. The airline portion of the trip is subject to payment schedule and cancellation penalties, which vary with the type of ticket you buy. Steel City Travel will discuss these with you when you book. The trip has been priced at current exchange rates, which is approximately \$1.58 to the GBP. If there were a major change in rates we would require a supplement to cover the difference, similarly if the rate drops significantly we would refund you the gain.

Guided Hiking in England September 8 to 15 or 15 to 22, 2012, by Phill Armstrong

Although September 2012 is a long way away, the popularity of these two HF houses is such that early booking is needed to ensure places. We are working with Teachers Travel Service <http://teacherstravel.com/> and they have been able to make a preliminary booking for 40 or so of our members. This holiday has generated a lot of interest from the notice placed earlier on the club website so that we have arrangements to increase the numbers from the original 20 to approximately 40 at each location.

The holidays cost £649 and £689. Flights are about \$1,000 at the moment. There will be ground transportation costs and possibly an extra overnight in a hotel on the return trip because of timings. An estimate of the total cost of the two week holiday, excluding medical and cancellation insurance but including flight, is approximately \$3,700 per person twin or double occupancy. A limited number of single rooms may be available and a double room can be occupied by a single for a supplementary cost. Please let us know if you'd like a single room.

September 8 to 15, 2012, Southern Lake District (Monk Coniston)

Located in North Western England is the scenic Lake District. Tranquil, tree-fringed lakes lie beneath dramatic hills. Charming villages nestle in the valleys. This is Wordsworth country and one can almost picture the poet wandering among daffodils. When you are not walking there are many sites to visit such as Muncaster Castle or Townend, a yeoman farmer's dwelling which brings wonderful insight into three centuries of English life. There is no better way to explore than on foot. The Lake District offers easier walking in the beautiful valleys or challenging walking in the high fells.

Three different guided walks are offered each day, you choose according to your fitness and ability:

Easier walks: 6 - 9 miles with easy gradients, up to 1,125ft of ascent.

Medium walks: 5 - 10 miles up the lower summits, up to 3,400ft of ascent.

Harder walks: 8.5 - 12.5 miles, exposed ridges & steep gradients, up to 3,600ft of ascent.

Walks follow well-defined paths; however these may be rough or steep in sections, and will require a reasonable level of fitness. You will be walking in hilly or mountainous areas.

Hotel: MONK CONISTON is a romantic Gothic-style Country House complete with a minstrels' gallery, ornate public rooms and a traditional 17th century barn for activities. This historic building occupies a premier Lake District location with glorious views of Coniston Water and surrounding fells. The 33 ensuite bedrooms are located in the main building and cottages in the grounds. All meals are included.

September 15 to 22, 2012, The Cotswolds (Bourton-on-the-Water)

The Cotswolds are a pretty region of Western England near the border of Wales. For a week the walking holidays are based in the quaint town of Bourton-on-the-Water and from here we walk on country foot-paths that have been used since medieval times. See heritage houses and medieval churches, atmospheric country estates and prehistoric burial mounds. Chichester is a market town of Roman origin. Hidcote Manor Gardens are one of the greatest gardens in the country. We visit a stone circle 4,000 years old and ramble through villages like Upper Slaughter. There is always time to enjoy afternoon tea and crumpets or quaff an ale in a pub.

Walking: Easy walking with a combination of riverside, fields and woodland. Paths are well-trodden and level but include many stiles over fences. A choice of three guided walks are offered each day:

Easier walks: 5 - 7 miles, up to 1,000ft of ascent daily.

Medium walks: 7 - 9 miles, up to 1,250ft of ascent daily.

Harder walks: 9.5 - 11.5 miles, up to 1,550ft of ascent daily.

Hotel: HARRINGTON HOUSE. Dating from the Tudor period, Harrington House mirrors the mellow architectural style of the Cotswolds. Tucked away in a quiet location, it is 100 yards from the charming centre of Bourton-on-the-Water, one of the Cotswolds showpiece villages. A cosy lounge, croquet lawn and walled garden can all be enjoyed in this peaceful atmosphere. There are 26 ensuite bedrooms located in the main building and adjacent cottages. All meals are included.

Booking: To reserve a place phone the office 905 634-2012 and send a cheque for \$300 payable to the Halton Outdoor Club. We need to receive your cheque to confirm the booking.

The fine print: Your initial deposit of \$300 is non-refundable, should you wish to withdraw later. However if HF or Teachers Travel were to cancel the holiday your deposit would be returned to the club and we would return it to you less a \$50 admin fee. HF cancellation penalties are very advantageous, starting at deposit only to up to 21 days. 50% for cancellation 21 days or less, to 100% at 7 days or less. For details see www.hfholidays.co.uk. Cancellation insurance, if you want it, is available from the travel agent. Full payment for the holiday is due 6 weeks before departure. The airline portion of the trip is subject to cancellation penalties, which vary with the type of ticket you buy. Teachers Travel will discuss these with you when you book. The trip has been priced at current exchange rates, which is approximately \$1.58 to the GBP. If there were a major change in rates we would require a supplement to cover the difference, similarly if the rate drops significantly we would refund you the gain.

Summer 2011 Cycling Schedules

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

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)

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!!!

Summer 2011 Schedule Road Tourers

Date	Bicycle Tour	Time & Location	km & Sweep	Level	Leader	Description
Thursday evenings June 2 – Sept 15	Every Thursday 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.
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 mec.ca/bikefest for more details.
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
Sun July 17	Paris Pedalthon	9:30am 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.
Sun July 24	Hamilton Lake & Mountain	9:30am 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.

Summer 2011 Schedule Road Tourers continued

Date	Bicycle Tour	Time & Location	km & Sweep	Level	Leader	Description
July 30, 31 or Aug 1 Stay tuned for upcoming details for a ride this weekend!!! If anyone can lead a ride, please contact Heather at adventurelife4212@gmail.com						
Sun Aug 7	Lynden, St. George & Glen Morris	9:00am Uni- versity Plaza, Dundas	49, 70, 88, 102	2, 3 (level 1?)	John Sloan	This ride is relatively flat once you climb the escarpment. Level 1's may be interested in this ride. The distance is suitable, however, there is one climb up the escarpment.
Aug 10 – Aug 22	Holland		30-50	1,2	Gayle Laws	Explore the northern shores of Holland on a barge cycling trip. See newsletter for details. Trip is full, however, there is a waiting list.
Aug 13 or 14 Stay tuned for upcoming details for a ride this weekend!!! If anyone can lead a ride, please contact Heather at adventurelife4212@gmail.com						
Sun Aug 21	Mennonite Road Tour	Zehr's Plaza Hwy 6 in Fergus, South End	42,72, 109k	All	Tom Simon	Starting out in Funky Fergus, explore the scenic banks of the Grand River along gently rolling roads. Plenty of expansive views all for free!
Sun Aug 28	Georgetown Royal Tour	C 10:00am	50, 65, 75	All	John Webb 416 766- 3036	Scenic ride from Campbellville to Georgetown
Sept 3, 4 or 5 Stay tuned for upcoming details for a ride this weekend!!! If anyone can lead a ride, please contact Heather at adventurelife4212@gmail.com						
Sun Sept 11	Falling Leaf Cen- tury	Hwy 5 & Walker's Line W of Tim Hortons	100, 150, 200k	2, 3	Tom Simon	Challenge yourself and put in a good season-end performance. This tour travels many of the less travelled routes up to the environs of Campbellville, Fergus and beyond.
Sat Sept 17	The Whistle Stop Tour	10:00am Campbell- ville	65	All	Richard Simpson	A pleasant ride through rolling countryside north of Campbellville. Meet for lunch in Rockwood
Sat Sept 24	Niagara Via train trip	Via Train	60	2	Terry Walsh	Take the Via train to St Catharine's, ride along the Welland Canal Trail, have dinner in Niagara Falls and return on the Via train. This ride is in conjunction with the East Toronto Bike Club. This trip may need to be modified as the train schedule posted this year currently ends after Labour Day...stay tuned!
More rides??? There may be more if the fall weather holds!!! Stay tuned for upcoming details. If anyone can lead a ride, please contact Heather at adventurelife4212@gmail.com						

Trail Riders Summer 2011 Schedule

By Josef Lechner

Please RSVP all rides

Date	Ride	Leader	Meeting Place
Sun June 12	Gordon Glaves Memorial Pathway – Brantford trail access point (P32) to Power Line access point (P53.9) & return. (44 km)	Joe Lechner 905-335-9199 jlechner@-sympatico.ca	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.
Sun June 26	Glen Morris to Brant Park on the western shore of the Grant River and return. (47km)	Joe Lechner 905 335-9199 jlechner@sym-patico.ca	Meet at 9:50am for a 10am departure at Glen Morris. Take Hwy 403 to Brantford. Get off at exit 36 onto Hwy 24 North. Drive about 12km to the Intersection with Glen Morris Rd. Turn left and drive about 3km to Glen Morris. You will find plenty of parking. Park close to the Rail Trail, which is at the lower end towards the Grand River.
Sun July 3	Paris to Cambridge Rail Trail – Paris P 58.2 to Cambridge P 77.0 & return (38km)	Dorothy Rideough rideoughd@gmail.com	Meet at P 58.2 (Paris) on Willow St. at 9:50am for a 10am departure. Take Hwy 403 West to Brantford and drive until you get to exit 33 for Paris Rd. Get off onto Paris Rd, follow it, pass intersection with Powerline Rd, continue on Paris Rd to intersection with Dundas St E. At this point Paris Rd turns into Green Line. Stay on it for about 2km until you intercept with Willow St and turn left. Drive for about 1km and arrive at the parking area and trail access of P 58.2. It is on the right side.
Sun July 10	Caledon Rail Trail (North/East section) Airport Rd to Tottenham & return (30km)	Leader to be determined or Joe Lechner 905 335-9199 jlechner-@sympatico.ca	Meet at 9:50am for a 10:00am departure at the parking area in front of the Trailhead Cafe on Airport Rd. (Approx. 45min. 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
Sun July 17	Niagara River Recreational Trail from Fort Erie to Chippawa & back (46km). Observation! It is always cooler on the Niagara Parkway Trail!	Isabel Bravo 905 548-4700 (days) 905 318-4753 (evenings and w/e) isabel-bravo@arcel-ormittal.com	Meet at the parking area in Fort Erie at 9:50am. Take the QEW (Fort Erie portion), get off at exit #5 (Gilmore Rd). Turn left on Gilmore Rd. Follow Gilmore Rd until you reach the Niagara Parkway. Turn left at the Parkway and continue for about 1km. Pass under the Railway Bridge. After the bridge look for Jarvis St on the left. Opposite Jarvis St is the free parking area on the right hand side of the Parkway. Allow 1 hour to get to the parking area from Burlington.
Sun July 24	Gordon Glaves Memorial Pathway – Brantford trail access point (P 32) to trail access point P 53.9 (Powerline Rd.) & return (44km).	Leader to be determined or Joe Lechner 905 335-9199 jlechner@sym-patico.ca	Meet at 9:50am in Brantford at parking area P 32 for a 10am departure. 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. It will at some point become Colborne St, follow Colborne St for about 10km, look out 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 and turn right. Follow it for a bit and after a sharp left turn you will see parking area P 32 on the left bordering the rail trail.
Sun July 31	St. Catharines Welland Canal Trail starting from Lock 1 to City of Welland & return - about 40km & bring a lunch!	Joe Lechner 905-335-9199 jlechner@sym-patico.ca	Take the QEW Niagara to St Catharines & get off at Exit 47 (Ontario St). Coming up to the light turn left on Ontario St and continue along Ontario St which will become Lakeshore Rd. Continue along Lakeshore Rd until you see the bridge across the Canal. Just before you get to the bridge, turn right on Bunting Rd. There is a parking lot for Lock 1 on your left immediately after you turn onto Bunting Rd. See you there at 9:45am. Ride departs at 10am.

Summer 2011 Schedule Trail Riders Tourers continued

Date	Ride	Leader	Meeting Place
Sun Aug. 7	SC Johnson Trail – Paris, trail access P 58.2 to Brantford, (Brant Park) trail access P 44.1 & return (28km) (section #5)	Paul Gautreau 905 844-5642 pgautreau-@cogeco.ca	Meet at P 58.2 (Paris) on Willow St. at 9:50am for a 10am departure. Take Hwy 403 West to Brantford and drive until you get to exit 33 for Paris Rd. Get off onto Paris Rd and follow it, pass intersection with Powerline Rd, continue on Paris Rd to intersection with Dundas St E/Governors Rd. At this point Paris Rd turns into Green Line. Stay on it for about 2km until you intercept with Willow St and turn left. Drive for about 1km and arrive at the parking area and trail access of P 58.2. It is on the right.
Sun Aug. 14	From Hillsburgh to Cataract and return (35 km)	Patrick Vincent 905 823-5207 patrick.vincent@sym-patico.ca	Meet at Hillsburgh at 9:45am for a 10am departure. Take Trafalgar Rd N (Hwy 24) to Hillsburgh. It's about a 50km drive to Hillsburgh on Trafalgar Rd. Turn left on Station St. You will notice a large red brick Church on the corner, now a Theatre. Continue to end of road where there is a parking area for the Elora Cataract Trailway. Allow an hour and 15 minutes to get there for people coming from the Hamilton and Burlington area.
Sun Aug. 21	Chippawa Rail Trail from Trail Head at Stone Church Rd/Dartnell Rd intersection to Haldibrook Rd and short side trip to Lake Niapenco off Tyneside Rd. and return. (33km)	Leader to be determined or Joe Lechner 905 335-9199 jlechner@sym-patico.ca	Meet opposite Carmen's (Hamilton East Mountain) at 9:45am for a 10am departure. Get onto Lincoln Alexander Pkwy from Hwy 403 and stay on it for about 10km until you get to Dartnell Rd exit, take it and drive to intersection with Stone Church Rd, turn left and drive up to Anchor Rd, turn right on to it and look for Bigwin Rd on the left. Turn right into large parking lot opposite Bigwin Rd and park your car. 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 look for Bigwin Rd on your left, turn right into large parking lot opposite Bigwin Rd and park your car. 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 & Dartnell Rd.
Sun Aug. 28	From Hillsburgh to Belwood Lake and return (30km). We will ride part of the beautiful Elora Cataract Trailway.	Joe Lechner 905 335-9199 jlechner@sym-patico.ca	Meet at Hillsburgh at 9:45am for a 10am departure. Take Trafalgar Rd N (Hwy 24) to Hillsburgh. It's about a 50km drive to Hillsburgh on Trafalgar Rd. Turn left on Station St. You will notice a large red brick Church on the corner, now a Theatre. Continue to end of road where there is a parking area for the Elora Cataract Trailway. Allow an hour and 15 minutes to get there for people coming from the Hamilton and Burlington area.
Sun Sep. 4	On the Hamilton - Brantford Rail Trail to Jerseyville and back (37km)	Leader to be determined or Joe Lechner 905 335-9199 jlechner@sym-patico.ca	Meet at Trailhead of the Brantford Rail Trail in Hamilton at 10am. 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 Sep. 11	Niagara River Recreational Trail from the junction of East & West Line and Niagara Pkwy to Whirlpool Aero Car and back (35km)	Leader to be determined or Joe Lechner 905 335-9199 jlechner@sym-patico.ca	Meet at 9:50am 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 2km. 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 on the opposite side of the Niagara Pkwy.

Thursday evening rides sponsored by the Road Tourers of interest to the Trail Riders.

Every Thursday evening 6:30pm June 2 – Sep.15 2011	Waterfront Trail from Centennial Park , 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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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
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 adventurelife4212 @gmail.com	Pedal & Paddle - cycle the rail trail one way, paddle back to the start.
June 28- July 3		Finger Lakes	Heather McLintock	See write up in newsletter.
July 1 Friday	B-1	Jordon	Dorothy Rideough	Easy day paddle in mostly sheltered water. Evening paddle later to watch the Fireworks at Spencer Smith
July 9 Saturday	B-1	Waubashene	Dorothy Rideough	Easy day paddle out of Waubashene, great chance to practice what you learned in the lessons! Rentals on site.
Jul 9-11 Sat-Mon	B-1	Massasauga	Jim McConachie jmconachie@everus.ca	Camping weekend at water access only park – perfect intro to kayak camping with the “gourmet camp chef”!

Date	Level	Location	Contact	Details
July 15, Friday	B-1	TBA	Dorothy Rideough	Moonlight paddle – location TBA
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.
July 31	B-1	Port Maitland	Dorothy Rideough	Easy day paddle out of Port Maitland, either on the Grand or on the lake, depending on weather. Rentals available.
August 7-13 Sun-Sat	C-2	Temagami	Jim Clelow jumpinjim7@msn.com	Wilderness camping trip to Temagami. Limited number. Experienced paddlers only
August 21	B-1	Long Point	Dorothy Rideough	Easy day paddle on Long Point Bay
Aug 19-22 Fri-Mon	B-1	Benjamins	Donna Barber donna.barber@sympatico.ca	See write up in newsletter
Sept 8-12 Thurs-Mon	B/C-2	Whalesback	Dorothy Rideough	See write up in newsletter
Sept 18	B-1	Toronto Islands	Donna/Dorothy	Easy paddle round the Toronto Islands. Rentals may be available
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 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 days 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 Event

June 12-13 MEC Paddlefest, Sunnyside Park, Toronto.

June 25 Day of 1000 Canoes Festival – www.1000canoes.com. Open for canoes & kayaks, valet assistance for launching & landing, visit a “paddle through Tim Hortons”, and free shuttle, join the festivities at Cayuga, live entertainment. Registration fee goes toward extending the Grand River Trail

Notes

There may be more day paddles added as the summer progresses – watch the website for details!

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Hiking Summer 2011

by Phill Armstrong

Halton's Bus Day Hikes

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 as our bus driver does it for us.

We leave from #777 Walkers Line parking lot between Harvester Rd. & Fairview Ave. at 8:30am. 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.

The fare is usually \$25 which will allow us to use a highway coach if there is a big response. If a yellow bus shows up you will get a \$5 cash refund right away on the bus. The longer day out to Collingwood is priced at \$40 so we can use a highway coach even if it's not full. Use the coupon on page 30 for all.

We try to ensure that both moderate and experienced hikers enjoy themselves so there will be a long and a short hike. If there are a lot of bookings we will run a medium hike as well. Monitor the website or the phone line for the status of the trip as its date approaches.

Bring a lunch and water or drinks with you as well as boots, rainwear, bug repellent and sunscreen as appropriate. We often go for a meal after we get back to Burlington at a local pub. If you can join us, it's a nice way to finish off the day.

Please book by sending your cheque and coupon page 30 in early to avoid disappointment. Mark on the cheque's back which bus hike you want to go on. Make it payable to The Halton Outdoor Club and send it to our address at Halton Outdoor Club, 3310 Palmer Drive, Burlington ON, L7M 1X3.

Saturday July 23, Collingwood Elvis, Jayne Swanson

Jayne's a fan and very 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 need a highway coach so the bus fare will be \$40. We'll leave Burlington at 8:30am and pickup any Mississauga/Brampton people before the drive up to Collingwood. We 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. We'll then be picked up by the bus around 2pm to go down into Collingwood and have time to see the goings on in town. Alternately, you can spend all day in Collingwood with

Jane and enjoying the festival. After we drop off the hikers on Blue Mountain the bus will drop you off in the town of Collingwood around 11:15am. Some of the events are: Vendor Alley 9am to 12 midnight, Classic Car Parade 9am to 11am, Qualifying Rounds of Competition, Festival Gardens 11am onwards, nominal admission fee. Tribute Artist Family Venue Tour at various venues free 12 noon onwards. Elvis Ultimate Best from 1:30pm onwards in the arena. You'll need a ticket or pay at the door. We'll rendezvous and leave Collingwood around 5pm. There will only be a coffee stop on the way home to be back in Burlington by 8:30pm.

Saturday August 13, Oakridge Trail, Phill Armstrong

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.

We're going along the 407 ETR so pickups can be made at the Park and Ride lots at Trafalgar Rd and Hurontario St. Just add a note when you send your check in. Arrival back in Burlington 5:30pm. Optional pub stop at the "Ye Old Squire" on Walkers Line to finish the day off.

Sunday September 25, Queenston, Phill Armstrong

Brock's monument, 1812 architecture, in lovely Queenston and a good walk from the Bruce Trail Cairn along the Heights, down onto the Upper Canada Heritage Trail which follows the bed of the old railway to Niagara-On-The-Lake, and then returning along the Parkway Trail though Queenston and back to the Cairn. If the weather's

good we'll make time for anyone who wants to go up the now restored Brock's monument. Of course we'll have a winery stop before we come back. Arrival back in Burlington 5:30pm. Optional pub stop at the "Ye Old Squire" on Walkers Line to finish the day off.

Sunday October 16, Belfountain and Forks of the Credit, Frank Cooney

On the way up to Credit Forks 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. There will be a long hike of about 15km starting at the top of the Devil's Pulpit in the Caledon area or you may choose a shorter hike of about 8km that will start at Cataract and

take a leisurely route past waterfalls and the banks of the Credit River to Brimstone. There will be time for a stroll through Belfountain village's quaint shops and General Store renowned for its ice cream and baked goods. Arrival back in Burlington 5:30pm. Optional pub stop at the "Ye Old Squire" on Walkers Line to finish the day off.

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 until July 27, Walk for Health and Fun, 1.5hrs at a Moderate to 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. We will continue hiking sections of the Bruce Trail as well as the trails of Iroquoia Heights C.A. **There will be weekly walks from now until Wed July 27. Hikes will then take a break from Aug 3 to 31, returning Sept 7.** Leader: Paul Lewis 905 331-8600 or email: outdooractive@hotmail.com.

Every Thursday, Grimsby Hikes, 7:00pm, 1.5 hrs. 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 foot wear and bring water. Sometimes uneven terrain, hike routes to be varied. Optional pub stop after hike. Leaders: Carol Taylor 289 566-8657 before 8pm please.

Every Friday Night, Burlington Waterfront, 2hrs. Meet at 7:30pm in the Lakeshore Rd 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 at 905 331-8600 or outdooractive@hotmail.com.

General Hikes

Thurs. June 9, Mountain Brow and Wentworth Stairs Loop, 12km. Meet at 7:00pm at the top of the Wentworth Stairs on Mountain Park Ave. We will be hiking the Mountain Brow Side Trail to where it meets the main Bruce Trail, then we will be returning on the main Bruce Trail, and then the fun part! We get to climb up the Wentworth Stairs, all 500 of them! After the hike, there will be an optional ice cream stop. This is the only time of the year that we have enough daylight to do a 12km hike as an evening walk, so come on out and enjoy the long evening daylight! Fast-5. Directions: Take Concession St to Upper Wentworth and turn north toward the escarpment. Keep right and the road becomes Mountain Park Ave. Park in the first parking lot on the left and we will meet at the top of the Wentworth Stairs. Leader: Paul Lewis 905 331-8600, or email: outdooractive@hotmail.com.

Sat. June 11, Cedar Springs Rd to Snake Rd, 12km. Meet at 9am where trail crosses Snake Rd, south of Waterdown. Car pool to Cedar Spring Rd. Along the way we'll inspect a white oak tree and a poison ivy vine. Snack at waterfall. Med 6. Peter McSweeney 905 802-0727, email preferred: sweeney@cogeco.ca.

Sat. June 18, Tree hike, 10km. Meet at 9am at Kernscliffe Park and hike to Smokey Hollow, & return. Note, you now have to approach this park from the south, so come north on Kerns Rd. No access to parking lot from Dundas Street. We'll stop a few times to identify trees. If you're not interested in trees you'll find the hike boring. Snack at waterfall. Slow pace one way, med. on way back 3. Peter McSweeney 905 802-0727, email preferred: sweeney@cogeco.ca.

Sat. June 18, Sydenham End to End, 7 of 8, 23km. Advance registration required. Please call leader. We will hike from Kemble Access to Skinner Bluff (Map 34). Hiking boots recommended. Med-6. Leader: David Peddle 905 829-1157.

Sun. June 19, Sydenham End to End, 8 of 8, 17km. Advance registration required. Please call leader. We will hike from Skinner Bluff to Warton (Map 34 and 35). Hiking boots recommended. Med-6. Leader: David Peddle 905 829-1157.

Sat. June 25, Annual Grimsby Potluck Barbecue Hike, 1 and 2hrs. Meet 10:00am at the Pumphouse parking lot at the end of Elizabeth St. An "A" and "B" level hike to be available. "A" hike approx 2hrs to include waterfront trail and Beamer Park, "B" hike approx 1hr. Both hikes on uneven trails requiring proper foot wear and water. Hike followed by picnic/barbecue at Pumphouse park. Bring something to barbecue, something to share and a lawn chair if desired. Barbecues and picnic tables will be available. Contact Carol Taylor 289 566-8657 (before 8pm please).

Sat. June 25, Dundas Valley, 11km. Meet for a 10:00am start in the Hermitage parking lot on Sulphur Springs Rd in the Dundas Valley Conservation Area. Map 8, Km 49.6. We will do a loop hike of the Headwaters Trail. Mod 3. Bring lunch. Refreshment stop after. \$7 Conservation Area parking fee applies. Leader Anne Armstrong 905 337-3937.

Fri July 1, Hamilton Harbour, Wear Red, 2hrs. Meet for 9:00am Dundurn Castle parking lot on York Blvd for a loop hike in Hendrie Valley. Med 2. Leader Walter Phillips 905 388-8259.

Sat July 9, Stoney Creek, 6km. Meet for 9am at the Macdui Drive Access Trail, (Map 6 Km 15.6) just east of Dewitt Road. Take QEW to Fruitland Road, head south on Fruitland, right on Highway 8, left on Dewitt, left on Macdui. Trail is on your right. We will car pool and hike back. Med 5 Leaders Michael McDonald/Paul Toffoletti. For info call Paul 905 634-2642.

Sat July 9, Albion Falls Loop Hike, 13km. Meet at 9:00am in the parking lot on the left above Albion Falls (lot with the Mill Stone Monument) for a circular hike to the Wentworth Street stairs and back along the Mountain Brow. Optional lunch stop after. Fast 5-6. Leader Deirdre Donnelly 289 377-8409. For ad-

ditional details on this hike, please go to deirdreshikes.blogspot.com.

Mon July 11, North End Hamilton, 2hrs. Meet for 7:00pm Dundurn Castle parking lot on York Blvd. for a loop hike through Hamilton's historic north end. Med 2. Leader Walter Phillips 905 388-8259.

Tues July 12, Stoney Creek Ice Cream Extended Evening Walk, 3hrs. Meet at 7:00pm at 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! We will also stop for ice cream on the return journey (optional) 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 outdooractive@hotmail.com.

Sat July 16, Highway to Highway, 13km. Meet 9:00am at Tim Hortons at Clapison Corner, Dundas St and Hwy 6. Car-pool to Dundas St west of Cedar Spring Rd/Brant St. Along the way, inspect a type of tree that's the most widespread one on the continent and the most massive on the continent. Snack at waterfall. Tough hills, rocky footing. Med 6 Peter McSweeney 905 802-0727. Email preferred sweeney@cogeco.ca.

Sun July 17, Scottsdale Farm family walk, 4km. Meet at 10:30am at Scottsdale Farm, Bennett Heritage Side Trail Parking lot, Km 29.9 Map 13 Ed. 25.0. Go north on Trafalgar Rd. Enter from Trafalgar Rd 2 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 VMDhiker@gmail.com.

Tues July 19, Tew's Falls/Webster's Falls Evening Walk, 2 hrs. 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. Optional après hike pub stop in Waterdown on an outdoor patio. Med 4. Directions: From Burlington, take Hwy 5, 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 July 23, Breakfast and Waterfall hike, 10Km. Meet 8:20am in the Municipal Parking lot beside the Village Theatre on Dundas Road (Hwy 5) in downtown Waterdown. From here we will walk to Knox Church on Mill Street and enjoy a world famous breakfast prepared for us by the men of the church. Cost \$6. Then it's off to Smokey Hollow to hike through Waterdown Woods to Kerncliff Park, along the McNally and Waterdown Rd STs to Grindstone Creek and back. Bring lots of water, snack and sunscreen. Rocky sections. Mod 3. Please email (preferred) or phone me by Friday so I can reserve tables. Leader Connie Rusnyk 905 689-2203 c.rusnyk@sympatico.ca.

Sun July 24, Hilton Falls, 11km. Meet for a 10:00am start in the parking lot of Hilton Falls Conservation Area on Number 5 Sideroad (also known as Campbellville Rd and Regional Rd 9), between Guelph Line and Hwy 25, north of Highway 401. We will do a circular walk of this lovely area. Mod 3. Bring lunch. Conservation Area fee applies or bring your Conservation Area pass. Refreshment stop after. Leader Anne Armstrong 905 337-3937.

Thurs July 28, Evening walk in Dundas Valley, 2hrs. Meet at 7:00pm at Sanctuary Park in Dundas (directions below). Come for an evening walk in Eastern Dundas Valley. Enjoy the evening daylight before it is gone! Optional Pub Stop after on an outdoor patio. Med 5. Directions: From 403, take Main St W past McMaster. Keep going straight. Main becomes Osler Drive. Turn Left at South Drive W. This road becomes Old Ancaster Rd. Turn right toward Pleasant Ave. Continue straight onto Pleasant Ave. Turn right on Sanctuary Drive. Parking lot will be at the dead end on your right. Leader Paul Lewis 905 331-8600, or email: outdooractive@hotmail.com.

Sat July 30, Car hike Level III - Peninsula, Colpoys Bay (Maps 35/36), 24 km, 4.5 km/hr, Variable. No dropout, hiking boots, no dogs, pre-registration by email to leader. Depart 9am, Coveney's Side Trail parking lot near Km 23.5. Toni Quinn 905 627-7769, 7-9pm toni.quinn@cogeco.ca. A beautiful hike along the bluffs above Colpoys Bay. Pre-registration required.

Sun July 31, Car hike Level III - Peninsula, Sydney Bay (Maps 36/37), 21 km, 4.5 km/hr, Variable. No dropout, hiking boots, no dogs, pre-registration by email to leader. Depart 9am, parking lot in Hope Bay at Km 44.9. Toni Quinn, 905 627-7769, 7-9pm, toni.quinn@cogeco.ca. Jones Bluff and the bluffs above Sydney Bay and down into Hope Bay. Pre-registration required.

Mon Aug 1, Car hike Level III - Peninsula, Hope Bay (Maps 37/38), 24km, 4.5 km/hr, Rocky, Variable, no dropout, hiking boots, no dogs, pre-registration by email to leader. Depart 9am, parking lot in Barrow Bay at Km 68.8. Toni Quinn, 905 627-7769, 7-9pm, toni.quinn@cogeco.ca. Up and down the bluffs along Hope Bay, Jackson's Cove, Rush Cove and Barrow Bay. Pre-registration required.

Mon Aug 1, Hamilton Mountain, 7km. Meet for 9:00am at the Wentworth Stairs, located near the intersection of Mountain Park Ave and Upper Wentworth. Will do a loop hike of BT and rail trail. Mod 3. Leader Walter Phillips 905 388-8259.

Sat Aug 5, Lunch in Hidden Valley, 2hrs. Meet for 10am at Hidden Valley Park in Aldershot for a walk through Hendrie Valley and back. Take Plains Rd W to Howard Rd, turn left onto Lemmonville Rd, go down the hill and continue to the second parking lot on the left that is half way up the next hill. Look for Bruce Trail sign. Bring a lunch for a picnic in the park. This is not a potluck, but do feel free to bring extra items if you wish. Leader Paul Toffoletti 905 634-2642.

Sun Aug 14, Scottsdale Farm, 10km. Meet for a 10:00am start in the parking lot of Scottsdale Farm, located on the east side of Trafalgar Rd, north of Hwy 7. Map 13. Be careful. It is easy to miss. Mod 5. Bring a lunch. Refreshment stop after. Leader Anne Armstrong 905 337-3937.

Sun Aug 21, Car hike Level III - Peninsula, Tobermory (Map 42) 21km, 4.5 km/hr, rocky, challenging, no dropout, hiking boots, no dogs, pre-registration by email to leader. Depart 9am, Tobermory. The exact meeting point will be emailed to registrants prior to the hike. Toni Quinn 905 627-7769, 7-9pm toni.quinn@cogeco.ca. Spectacular views of the grotto, Georgian Bay and its steep cliffs as well as Driftwood Cove, Little Cove and Dunk's Bay before we head to the cairn in Tobermory.

Tues Aug 30, Stoney Creek Ice Cream Evening Walk, 2hrs. Meet at 7:00pm at the newly re-opened Tim Hortons at the Fiesta Mall on Queenston Rd (beside Boilers). We will hike various trails and streets in the area, including the Battlefield Park

Side Trail and the Bruce Trail. We will also stop for ice cream on the return journey (optional). Med 4. Directions: Take Centennial Parkway to Queenston Rd, Go East on Queenston Rd. You will see the Fiesta Mall on your right. The Old Tim Hortons is at the front of the Mall. Leader Paul Lewis 905 331-8600, or email outdooractive@hotmail.com.

Mon Sept 5, Albion falls, 2hrs. Meet for 10:00am at the Arbour Rd parking lot across from Albion Falls near the intersection of Arbour Rd and Mountain Brow Blvd. Loop hike of Red Hill valley. Mod 3. Leader Walter Phillips 905 388-8259.

Tues Sept 6, Stoney Creek Pizza Evening Walk, 2hrs. Meet at 7:00pm at the parking lot at Battlefield Park. We will hike various trails and streets in the area, including the Battlefield Park Side Trail and the Bruce Trail. Optional Apres Hike stop for Pizza (has outdoor patio and 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. Leader Paul Lewis 905 331-8600, or email: outdooractive@hotmail.com.

Hikers R Us

Every Wednesday. Bring Lunch, water and sun protection. Wear clothing suited to the weather and proper hiking boots. Notify leader if you will be attending as sometimes circumstances dictate that the hike be cancelled or changed. Errol MacKenzie at e.mackenzie@sympatico.ca or 905 627-9497 before 9pm please. Map references are for the 26th Edition.

8 June, Guelph Radial Trail, Blue Springs ST Loop, 12km. Meet at 0845 at Dublin Line, approximately ½km north of 25 Sideroad. Move some cars to 6 Line Esquering. Do a loop hike on Blue Springs ST and Sugar Shack ST and Main Guelph Trail then hike across to Dublin Line. Hiking boots, no dogs, Med 3, Leader Barbara Forster bcmforster@sympatico.ca.

15 June, Iroquoia, Waterdown Burlington Loop, 14km. Meet at 0845 at the Tim Hortons/Harveys parking lot in Waterdown just west of Hamilton St on Hwy 5. From here we will carpool to Smokey Hollow to begin the hike. We will hike to Kerncliffe Park and back to the McNally Side Trail, then take the Waterdown Rd Side Trail, hiking back along Grindstone Creek. Mod.4. Bring lunch, lots of water and sunscreen. Leader Connie Ruszynek 905 689-2203, c.ruszynek@sympatico.ca. Come for burgers at hike leader's after the hike.

22 June, Toronto, St.Helena Rd- Hilton Falls, 14km. Meet for 0845 exit at St Helena Rd Map 12. Move some cars to Hilton Falls Conservation Area. Hike the Hilton Falls ST and Main Trail back to cars. Hiking boots, no dogs, Med 4. Leader Errol MacKenzie.

29 June, Red Hill Valley, 13km. Meet for 0845 exit at Hamilton Beach, Burlington side of Hutchs restaurant near small brick building. Move some cars to Albion Falls parking (Arbour Rd) Map7. Follow trail along Red Hill Valley to Bridge over QEW and the waterfront trail. Hiking boots, no dogs, Med 3. Leader Errol MacKenzie.

6 July, Iroquoia, Jones Rd - Kimberley Drive, 14km. Meet for 0845 exit at Kimberley Rd parking, Map 7 km 29.4. Move some cars to Jones Rd parking. Hike from Jones Rd Map 6 km13.9 back to cars at Kimberley Rd. Hiking boots, no dogs, Med 4.

13 July, Niagara, Merritt Trail, Glendale Ave-Port Robinson, 15km. Meet for 0845 exit at Hamilton Beach, Burlington side of Hutchs restaurant near small brick building. Move some cars to Penn Centre parking, St Catharines. Hike from Port Robinson back to cars along the Merritt Trail. Hiking boots, no dogs, Med 3 Leader Errol MacKenzie.

20 July, Iroquoia, Chedoke-Dundas Valley Trail Centre, 14km. Meet for 0845 exit at Dundas Valley Trail Centre, Map 8, km 50.4. Carpool to Chedoke Golf Course Map 8 km 38.3. Drive to parking behind the clubhouse. We will follow the Main Trail (Chedoke Radial Trail) through Iroquoia Heights Conservation area, over the Hwy403 bridge to Tiffany Falls Access Trail. (Tiffany Falls, Map 8, km 44.8) to snack at falls. And then back on Main Trail past Sherman Falls to the Trail Centre. Hiking boots, no dogs, Med 4. Bring lunch, lots of water, sunscreen. Conservation parking fee will apply. Leader Connie Ruszynek 905 689-2203, c.ruszynek@sympatico.ca.

27 July, Mountsberg Conservation Loop Hike, 13km. Meet for 0845 exit at Mountsberg Conservation Area, Milborough Line north of Campbellville Rd. Do a loop hike including the Pioneer Creek trail, Sugar Bush Trail and Lookout trails. Conservation Fees apply. Hiking boots, bring lunch, lots of water, sunscreen, Med 3. Connie Ruszynek 905 689-2203 c.ruszynek@sympatico.ca.

3 Aug, Agreement Forest, 14km. Meet for 0845 exit at Agreement forest, Off Guelph Line, north of Hwy401 opposite Race Track. Hike the trails of the Agreement Forest. Hiking boots, no dogs, Med 3.

10 Aug, Niagara, Short Hills Park Loop, 14km. Meet for 0845 exit at Hamilton Beach, Burlington side of Hutchs restaurant near a small brick building. Move some cars to Wiley Rd parking Map 3, km 35.8. Hike some trails in Short Hills park. Hiking boots, no dogs, Med 3. Leader Errol MacKenzie.

17 Aug, Websters Falls – Christie Conservation Area, 15km. Meet for 0845 exit at Websters Falls parking lot, Map 8 Hike to Christie Dam and along Christie Conservation trails along Spencer Creek, Hiking boots, no dogs, Med 3. Conservation Fees apply. Leader Errol MacKenzie.

24 Aug, Dundas Valley Trails Loop, 14km. Meet for 0845 exit at Dundas Valley Conservation area parking off Governors Rd, Dundas. Hike trails of the Dundas Valley and the Bruce trail. Hiking boots, no dogs, hilly, Med 4, Conservation fees apply. Leader Errol MacKenzie.

31 Aug, Dofasco Trail, 12km. Meet for 0845 exit at Tim Hortons, Mud Street/Centennial, Stoney Creek. Move cars to Devils punchbowl parking lot Map 6. Hike from start of trail at Eleventh Rd East back to cars. Hiking boots, no dogs, Med 2. Leader Errol MacKenzie.

The Slowpokes, Gentle Hikes for Gentle folk

Note: All hikes start at **10:00am on Wednesday morning** unless otherwise stated. It is Summer time, so come prepared with appropriate footwear, water, bug spray and sun screen. Also bring a lunch when noted in the hike description. 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 at 905 639-1771, email alhutch@sympatico.ca.

June 8, Dofasco Trail, 6km. Meet at the Devil's Punch Bowl parking lot on Ridge Rd, Stoney Creek. We will walk the Dofasco trail. Slow-2, Leader.

June 15, Chedoke Radial Ramble, 8km. Meet at the parking lot at Scenic Dr and Upper Paradise for a loop hike to Garth St, down the Dundurn St steps and return by the radial trail. Section of Bruce Trail can be added for those wishing to do a bit extra. Bring lunch. Mod-3.

June 22, Calcium Pits, 8km. Meet behind the school in Kilbride for a hike to the Calcium Pits & back. Weather permitting we will have an early lunch on the rock face across Twiss Rd from the pits. Mod-2, Leader Gordon Proudfoot 905 387-7557.

June 29, Webster's Falls/Optimist's Trail, 6km. Meet at the Optimist's parking lot on Hwy 8 (Brock Rd, near Bullocks Corner) for a circular hike via Webster's Falls, Tew's Falls and Dundas Peak. Bring lunch, water, bug spray and sun screen. Mod-4.

July 6, Caledonia, 8km. Meet at the old Caledonia railway station on Hwy 6, just south of the tracks and on your right, for a circular hike in the Caledonia area. Mod-2, Leader.

July 13, Shell Park, Burlington-Oakville, 6km. Meet at Shell Park, Lakeshore Rd, east of Burloak Drive for a hike around the area. Slow-1, Leader Barb Hutchison 905 639-1771.

July 20, Waterfront Trail to Globe Park, 6km. Meet in the parking lot to the right of Hutch's Restaurant on Beach Blvd for a hike which will take us over the new bridge over the QEW to

Globe Park where we will check out the lower reaches of the Red Hill Creek. Mod.-3.

July 27, Dundas Rail Trail, 10km. Meet in University Plaza parking lot behind the Metro and walk up to the train station and back. Bring water and a lunch. Walk-in fee will apply at train station. Slow-1.

Aug 3, Hilton Falls, 11km. Meet in the parking lot of Hilton Falls C.A. pass or paid admission. We will hike the Beaver Dam Trail and then to the falls for lunch. For those who wish a shorter hike, the walk around the beaver dam pond can be left out. Mod -3, Leader Gordon Proudfoot 905 387-7557.

Aug 10, Iroquoia Heights, 8km. Meet at the Scenic Drive parking lot under the power pylons (km 41.0). We will either hike the Chedoke Radial trail and Iroquoia Heights or go in the direction of Tiffany Falls. Mod 3.

Aug 17, Exploring Dundas, Short. Meet in the Dundas Driving Park for a walk around the town of Dundas. Take Cross St off of King St in Dundas. Mod-1.

Aug 24, Valley Walk and Potluck, 6km. Meet at 10:00am at Bill and Mary Elizabeth Fulton's at 70 Jerome Drive, Dundas for a walk in the Dundas Valley and return to the Fulton's afterwards for a pot luck. Please bring your own cutlery, plates, lawn chairs and your favourite pot luck dish. Mod 3.

Aug 31, Christie Conservation Area, 8km. Meet in the parking lot on Crooks Hollow Rd for a circular hike in Christie C.A. Parking fees applies unless you have a seasonal pass. Bring lunch, water, bug spray and sunscreen. Mod 2.

Thursday Midweek Hikes

Come out and enjoy the trails. We have an interesting variety of hikes for this summer. All hikes are at a moderate pace with the likelihood of hills and rocky footing. Bring a drink, snacks and lunch. Also, lots of water, sunscreen and keep some bug spray on hand. 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.

Thurs June 9, East Hamilton Hike, 9km. Meet at 10am at the Mohawk 4-Ice Centre in Hamilton (just south of Mohawk Access trail- east part of Map 7, BT guide). We will carpool to start of hike near Upper Wentworth St at Mountain Brow and take the rail trail back to the Centre. Drink and nibbles only, Optional lunch at nearby Tim Hortons. Mod 2.

Niagara End To End 2011. The hikes have been adjusted slightly to avoid parking at Brock University so the start and end points listed in the Spring Iroquoian are not accurate. We will be able to complete the End to End in 6 hikes.

Thurs June 23, Niagara End to End No 4, 13.2km. Please note the 9:00am start from the municipal parking lot on Van Wagners Beach Rd, between Hutch's and the Lakeland Pool and Bistro. We will drive to Glen Road, (Map 4, km 54.9). Then it's a carpool to Roland Road, (Map 3, km 41.7). Mod 4 with hills, rocks and tree roots. Bring snacks, lunch, water and bug spray. Leader: Gord Proudfoot 905 387-5657, gordproudfoot@shaw.ca FYI: If you are coming from the Milton area there is a Cycling Championship Race in the Rattlesnake Point area. Some roads in the area will be closed. Check your newspaper.

Thurs June 30, Christie Park, 10km, Loop and Swim. Please note the 9:30am start at the car park on Crooks Hollow Rd approx 1km west of Greenville. We will hike west on the south side of Christie Lake and return on the north side to the beach area. We will have an optional swim and picnic lunch. There are changing rooms and a snack bar. Walk-in fee is \$4.50 per person or use your HCA pass. Bring sunscreen, bug repellent, water, snack, swim suit, towel and lunch. Pace: Mod 2. FYI: If you are coming from the Burlington area there is a Cycling Championship Race taking place in many areas south of Hwy 5. Some roads in the area will be closed. Check your newspaper.

Thurs July 7, St. Ignatius College, Guelph, 11km. Please note the 9:30am start at Loyola House parking lot, St. Ignatius College, 5420 Hwy 6 North, Guelph. For those who wish to carpool, meet at **9:00am** at the commuter parking lot on Hwy 6 just south of Hwy 401. We will walk through meadows, woods and along the Speed River. Bring a lunch, lots of water and sunscreen. Med 2.

Thurs July 14, Dundas, 10km. Meet for a 10:00am start at the Greenville school parking lot on Harvest Rd (near Short Rd) in Greenville for a circular hike of the area, including the Gorge

and Dundas Peak. Please bring water, sunscreen and lunch. Walk-in C/A fees may apply. Mod 4.

Thurs July 21, Dundas Valley C/A, 11km. Meet for a 10:00am start in the Hermitage parking lot on Sulphur Springs Rd in the Dundas Valley Conservation Area. Map 8, Km. 49.6. We will do a loop hike of the Headwaters Trail. Conservation Area entry fee or bring your C.A. pass. Mod 3. Bring lunch, sunscreen, lots of water. Refreshment stop after. Leader- Anne Armstrong 905 337-3937.

Thurs July 28, West Hamilton/Iroquoia Heights, 9km. Meet for a 10:00 am start in the parking lot near the bend in Scenic Dr, Hamilton (approx 1km north of Tim Hortons at corner of Scenic and Mohawk Rd W). We will do a loop hike into Ancaster. Mod 2-3. Drink and snacks on trail only. Lunch at Tims after hike optional.

Thurs Aug 4, Niagara End to End No 5, 11km. Please note the 9:00 departure time from the municipal parking lot on Van Wagners Beach Rd, between Hutch's and the Lakeland Pool and Bistro. Drive to Quarry Rd, (Map 4, km 66.2). Carpool to Glen Rd, km 54.9. Mod 4 with hills, rocks and tree roots. Bring snacks, lunch, water and bug spray. Leader Gord Proudfoot 905 387-5657, gordproudfoot@shaw.ca.

Thurs Aug 11, Waterdown/Burlington loop, 11km. Please note the 9:30am start at the Tim Hortons/Harvey's parking lot in Waterdown just west of Hamilton St on Hwy 5. From here

we will carpool the short distance to Smokey Hollow. We will hike to Kerncliff Park and back to the McNally side trail. We will then take the Waterdown Rd Side trail, hiking back along Grindstone Creek to Smokey Hollow. Mod 4. Bring lunch, lots of water and sunscreen. Leader: Connie Rusynyk 905 689-2203 c.rusynyk@sympatico.ca.

Thurs Aug 18, Rattlesnake Point to Hilton Falls, 12km. Meet for a 10:00am start in the parking lot of Hilton Falls Conservation Area on Number 5 Sideroad (also known as Campbellville Rd and Regional Rd 9), north of Hwy 401 and between Guelph Line and Hwy 25. We will carpool to Rattlesnake Point on Appleby Line and hike back. Map11. Mod 4. Bring a lunch. Parking fee applies or Conservation Area pass. Refreshment stop after. Leader Anne Armstrong 905 337-3937.

Thurs Aug 25, Toronto High Park, 2-3 Hrs. Meet for a 10am start at The Grenadier Restaurant Parking area and we will do a circular hike around the park, visiting the gardens, Grenadier Pond, Colbourne Lodge, and the animal paddocks. Return to Grenadier Restaurant for a late lunch or coffee/ice cream. Driving directions: Take QEW to Park Lawn and south to Lakeshore Blvd. Go east (left) on Lakeshore to Parkside Dr go left (north) to High Park Blvd turn left through the gates and follow the curve to the right to the Restaurant. Mod 2. Leader Ron Simpkin 416 503-9944, ronnies6214@gmail.com

The Happy Wanderers

Bring lunch, lots of water, sun and bug protection. Wear clothing suited to the weather and proper hiking boots. Notify leader if you are attending. Sometimes circumstances dictate that a hike be cancelled or changed. Telephone Errol MacKenzie at Dundas, 905 627-9497 before 9pm please or e.mackenzie@sympatico.ca. Map references are from Edition 26.

Mon 13 June, Dundas Valley Conservation Loop, 15km. Meet for 0900 exit at Dundas Valley Conservation Area parking lot off Governors Rd, Dundas. Hike the trails of the Dundas Valley and the Bruce Trail. Loop hike, hiking boots, no dogs, some hills, Med 4, Parking fee applies.

Mon 20 June, Caledon, Willoughby Rd to Forks of Credit Loop, 14km. Meet for 0845 exit at parking lot, Hwy401/ Trafalgar Road, northeast side of Hwy401. (Toronto hikers can meet us at 0945 at Willoughby Road). Car pool to Willoughby Road. Map 15 km19. Hike the Main trail into Forks of Credit Park and return. Loop hike, hiking boots, no dogs, some hills, Med 4.

Mon 27 June, Niagara, Cairn to Woodend Conservation Area(A-B), 14km. Meet for 0845 exit at Hamilton A, Burlington side next to the small brick building. Move some cars to Woodend Conservation Area. Map 2, km 13.5. Hike from Queenston monument Map 1 km 0.0, back to cars, no dogs, hiking boots, Medium 3.

Mon 4 July, No Hike, Holiday.

Mon 11 July, Toronto Island Loop, 10km. Meet at Toronto Ferry Dock to catch the 10am ferry to Hanlons Point. Hike around the Toronto Islands and return via Wards Island Ferry. (Toronto hikers can meet us at Union station lower level near the GO transit ticket counter at 0910. Loop hike, hiking boots, no dogs, Med.

Mon 18 July, Iroquoia, Crawford Lake to Rattlesnake Loop, 12km. Meet for 0930 exit, repeat 0930 exit at Crawford Lake Conservation area. Conservation Road/Guelph Line. Map 11, km 105.4. Hike the Bruce Trail and Sidetrails to Rattle-

snake Point. Loop hike, hiking boots, no dogs, Med 4. Parking fee required.

Mon 25 July, Caledon, Tom East, Snell and Glen Cross ST Loop, 17km. Meet for 0845 exit at parking lot Hwy401/ Trafalgar Rd, east side. Move some cars to Hockley Road parking Map 18, km 60.2. (Toronto hikers can meet us at 0945). Hike the Tom East ST, Glen Cross ST, Snell St and main trail. Loop hike. hiking boots, no dogs, Med 4.

Mon 1 Aug, No Hike, Civic Holiday.

Mon 8 Aug, Iroquoia, Tiffany Falls to Woodley Lane A-B, 12km. Meet for 0845 exit at Tiffany Falls parking Map 8 km 44.8. Move some cars to Woodley Lane Map 8 km 55. Hiking boots, no dogs, hike back to cars. Med 4.

Mon 15 Aug, Caledon, Alton Trail to Brimstone A-B, 15km. Meet for 0845 exit at parking lot, Hwy401/Trafalgar Rd, east side. Move some cars to Forks of Credit. Map14 km 9.4. Hike from Alton back to cars on Forks of Credit Rd. Hiking boots, no dogs, Med 3.

Mon 22 Aug, Toronto, St Helena Rd, Main, Vanderleck ST, Hilton Falls ST Loop, 15km. Meet for 0845 exit at Tim Hortons, Hwy 25 north of Hwy401. Move cars to St. Helena Rd. Hike the Main Trail, Vanderleck ST and Hilton Falls ST back to cars. Loop hike, hiking boots, no dogs. Med 3.

Mon 29 Aug, Iroquoia, Lowville Park River and Ruin ST-Twiss Road Loop, 15km. Meet for 0845 exit at Lowville Park, off Guelph Line at Lowville. Map 10. Hike the River and Ruin ST, Main Trail to Twiss Road and return. Loop hike, hiking boots, no dogs, Med 4.

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10% off regular priced parts, accessories and clothing. Does not include bikes or labour.

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Peru and the Inca Trail – May 26 to June 10, 2012

By Bob & Heidi Scarfone This is not a Club trip, contact Bob Scarfone about it.

In conjunction with our friends at “Active South America” we are pleased to present another outdoor adventure, this time to Peru. Those who joined us with “Active New Zealand” know the quality of service and guides that they have.

This trip will start in Cuzco with a hike up to the Sacsayhuaman Fortress overlooking the Cuzco valley. The next day we will head into the Sacred Valley of the Incas and jump on bikes to ride down through local villages to the town of Pisac and the Urubamba valley. On day 3 we begin our unforgettable trek on the Inca Trail to Macchu Picchu. Our accommodation for the next 3 nights is “luxury camping” in the Peruvian Andes. For those not able to do the trek, those extra days are spent doing your own thing in Cuzco exploring museums, art galleries and markets. All those not hiking will be taken to Aguas Calientes early on the morning the rest of the group arrives at Machu Picchu. We will all meet up there. We have added a night in Machu Picchu at the luxurious Inkaterra Hotel, a real treat (especially for the hikers). We will then head back by train to Cuzco, where we will enjoy a free day.

Our journey continues with a short flight to Puerto Maldonado, a frontier town in the Amazon Basin. We’ll take dugout canoes and glide down the headwaters of the Amazon, deep into the jungle, for a stay in an Amazon lodge for two nights. While there we’ll explore some of the many miles of jungle trails that crisscross the rain forest and experience a wealth of flora and fauna under the rainforest canopy. We leave the rainforest and take a boat back to Puerto Maldonado for a short flight back to Cuzco. There we’ll be fitted with bikes for a spectacular ride through the green hills of Cuzco Valley and through Andean farms and villages. Those preferring not to bike will have other options to hike. Next day, we’ll cycle down the spectacular La Raya Pass seeing herds of alpaca and llama, towards Puno, the gateway to Lake Titicaca, the world’s highest commercially navigable body of water. There, on Amantani Island, we’ll stay with a local family for a night, surely one of the highlights of our trip.

The last day on Lake Titicaca will see us leave the Island in our own sea kayaks back to Puno for an overnight there, before our return to Lima. Once back in Lima you can either head home or join us for a trip over to the Galapagos Islands. At press time we are currently working on this option and will have more details later.

Tentative price for this trip is CAN\$3950 including most meals, flights within Peru that are part of the tour, all activities as outlined in the complete itinerary. Single rooms are available. Group air fare to Peru is extra, approximately \$1300. **YES, YOU CAN USE YOUR CREDIT CARD!**

As of now, we are accepting registrations for this tour; confirmations will be done at the beginning of August. For a full itinerary and registration, please contact Bob at 905-528-5116, or email to bob@steelcitytravel.com. The first deposit is \$500 per person after your registration is confirmed, full booking conditions and payment terms will be provided at that time.



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THE REAL CUBA

November 13 to 25, 2011

Forget the resorts and come see the real Cuba! It's only by walking the countryside & meeting the campesinos will you get any real understanding of the culture. Hike through jungle-like forests, picturesque colonial towns & sugar cane fields. Explore the Viñales Valley, swim in the San Juan River pools & have lunch on a coffee plantation. Get a true feel for what Cuba is really all about – culturally, scenically and historically, and have yourself an experience you will talk about for years to come.

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Kayak the North Channel 2011

Benjamin Islands, August 19 to 22 see page 8

Please register ___ people at \$150 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 8

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 9

Please register ___ people at \$100 each, total _____.

Name _____

Address _____ City _____ ✂

Postal Code _____ Phone: home () _____ work () _____

email _____

Will share accommodation with _____

Bus Hikes for 2011 see page 21

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

Oakridge Trail, August 13: ___ people, \$25 each.

Queenston, September 25: ___ people, \$25 each.

Belfountain & Forks of the Credit, October 16: ___ people \$25 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 8
September 16 to October 1, 2011**

Please register ___ people at \$3,400 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 7**

Please register ___ people at \$200 each, ___ dinner plans \$75 each, total \$_____.

Bike Hike Kayak

Name _____

Address _____ City _____

Postal Code _____ Phone: home () _____ work () _____

Email _____

Will share accommodation with _____

Lake Placid, New York

February 12 to 17, 2012, see page 11

Please register ___ people at \$100 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 10

Please register ___ people at \$250 each, total \$_____.

Name _____

Address _____ City _____

Postal Code _____ Phone: home () _____ work () _____

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