

The Halton Outdoor Club News

September 2011

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Calendar:

Kayak North Channel	Sept 8
Hike Bruce Peninsula	Sept 9
Hike Italy	Sept 16



From the Pennsylvania hike this Spring

photo Paul Lewis

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www.haltonoutdoorclub.com email: outdoor@spectranet.ca



President's Message by Brenda Lee Luciw

I'm so excited about the two new hiking and walking trips.

Firstly are the 11 different islands to walk about in the Caribbean, what a way to see the islands! And these are the very best islands to vacation on! It will give you ample time to take notes on which one you will go back to! It won't be hard to make up your mind, you will probably want to go back to all of them!

Yet it gets better! Something I've always wanted to do since reading the National Geographic Traveler article on Wordsworth's hiking through the Lake

District is to follow in his footsteps, and the Guided Hike in England provides a flavour of that hike. You even get to stay in a Gothic-style country house. It's too good to be true; it will be a great trip!

Hopefully you have taken advantage of these great cultural feasts for the body, mind and eyes. In the meantime we are getting ready for the snow season. Yes, its about +30 degrees outside yet snow is around the corner and we will be ready. Enjoy the rest of the summer and we will talk to you in the fall.
Brenda Lee Luciw, President

Attention All Members!

We will no longer be allowed to leave our cars in the parking lot at 777 Walkers Line, Burlington, so the Club needs a new bus pickup location, preferably in Burlington. Please check our website's bulletin board for updates on a new bus stop/parking spot for our trips.

PS- if anyone has a suggestion for a location we can use, please email Bonnie at the club office.

Club Directors

President	Brenda Luciw
Vice President	Frank Cooney
Past President	Heinz Jaeger
Manager/Secretary	Bonnie Quinn
Treasurer	Paul Lewis
Membership	Jayne Swanson
Skiing Activities	Toni Quinn
Cycling Activities	Heather McClintock
Hiking Activities	Phill Armstrong
Paddling Activities	Dorothy Rideough
Publicity	Position vacant
Special Events	Teri Kramer
Website	Joe Lechner

Coordinators

Road Tourers	Position vacant
Ski Lessons	Position vacant
Trail Riders	Joe Lechner
Recording Secretary	Freda Wright
Newsletter Editor	Dave Pringle
Mailing	Freda Wright
Website	Al Hutchison
Club Phone	905 634-2012 (Burlington)
or no charge	877 877-4550
Fax	905 335-6102
Email	outdoor@spectranet.ca
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 October 15. 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.

Halton Outdoor Club's Information Nights by Teri Kramer

Pick up your newsletter - Sign up for trips
Reacquaint with old friends - Bring new friends with you
Enjoy some nibbles - Free parking

Mark these dates on your calendar...

Burlington Fall Information Night - Friday, November 4, 2011 at the Burlington Seniors' Centre, 7-9pm.

Oakville Fall Information Night - Tuesday, November 8, 2011 at Munn's United Church, 7-9pm

Burlington Spring Information Night Friday, May 4, 2012 at the Burlington Seniors' Centre, 7-9pm

Oakville Spring Information Night - Tuesday, May 8, 2012 at Munn's United Church, 7-9pm.

The Burlington Seniors' Centre is located at 2285 New Street in Burlington, in Central Park, adjacent to the Central Library and Arena.

Munn's Church is located at 5 Dundas Street East in Oakville, between Trafalgar Road and Ninth Line.

Your Newsletter – receive it via the HOC website! by Brenda Lee Luciw

As some of you already know, we have put the last few issues of the HOC Newsletter on the website, and we really like how it looks. The photos are great in color, you can print it whenever you want to or just a portion of it, and delivery will not be affected by Canada Post. For those outside of the immediate area, you will receive it in a timelier manner. We will post the 5 publishing dates on the website so you can access your Newsletter right after those dates. No e-mails to work with or passwords to remember, click on “Newsletter” and you have it!

The Club is interested in saving paper, reduce office costs for envelopes, printing and stamps and people's time as much as any other club, so you will notice the revised membership renewal/new member form will ask your preference for either receiving your Newsletter by 1-Canada Post or by 2-Website Only. This will help us to discern the two newsletter

delivery options for all members. If you have selected the 2-Website Only option and feel you want to return to 1-Canada Post at a future date you may do so.

That said, are we going to eliminate the hardcopy like so many other Clubs are doing? Not necessarily so, yet early in 2012 we will examine the feasibility of this option based on your responses at the time of renewal (and new members) and on your feedback over the following few months.

We will keep you posted and in the meantime check out the web version of the Newsletter and enjoy!

A Note from the Manager by Bonnie Quinn

Many Club members are having a wonderful time hiking, paddling and cycling on great day, weekend, and extended trips with the Club. These trips could not happen without a lot of work being put forth on the part of our Club Directors as well as our trip leaders. These people have planned the varied and interesting routes, have scouted out trips on their own, have advertised these events, have planned all of the intricate details of the trip itinerary and in some cases have also led the trips.

Heather McClintock, our Cycling Director, did a magnificent job planning and organizing a second trip to the Finger Lakes, New York. This was a unique trip for the Club in that 62 participating members were given the option of road touring, trail riding, hiking or kayaking. The organizational logistics for this trip were a huge undertaking and Heather did a wonderful job. She was also assisted by **Phill Armstrong**, our Hiking Director who helped plan the hiking portion of the trip, and **Donna Barber** who led and planned some great kayaking trips. In her role as Director, Heather has also organized some wonderful day trips as well. **Joe Lechner** continues to lead the Trail Riders, and this group keeps expanding each week with each new trip the group undertakes. Joe, too, has spent hours planning, scouting and leading this group. Heather and Joe have been assisted by the following leaders: **Lin Mackrael, John Sloan, Clive and Fredda Wright, Dorothy Rideough, Linda Harris, John Attridge, Gayle Laws, Tom Simon, John Webb, Richard Simpson, Terry Walsh, Kathy Jones, Frank and Susan Cooney, Isabel Bravo, Paul Gautreau, Patrick Vincent, Linda Hamilton, and Rudi Rauch**. In addition, **Gayle Laws** led a wonderful trip to Holland that was enjoyed by 45 Club members.

Phill Armstrong, the Club's Hiking Director, has spent a busy spring and summer planning, organizing and leading some wonderful day, weekend and extended hikes. **Al Hutchison** has done a great job of coordinating the Slow Poke hikes. **Connie Rusnyk** has also done a superb job of coordinating the Thursday mid-week hikes. **Errol Mackenzie** has done a superb job of organizing hikes for the Happy Wanderers and Hikers R Us. In the spring, **Phill Armstrong** led a hike to Pennsylvania over the Easter weekend and he organized yellow bus hikes to the following destinations: Mono Cliffs Provincial Park, a Grand River Hike and Raft Trip led by **Hazel Rook**, Collingwood Elvis Trip led by **Jayne Swanson**, Queenston, Belfountain and Forks of the Credit led by **Frank and Susan Cooney**. In addition, **Paul Lewis** plans to lead a weekend trip to Tobermory and Flowerpot Island. **Ernie**

and Cecilia Roth have planned for the fall a wonderful trip to hike the Dolomites. In addition the following people have led day hikes this season: **Paul Lewis, Carol Taylor, Randy Smith, Paul Toffoletti, Anne Armstrong, Marie Josee Blouin, Toni Quinn, Connie Rusnyk, Bill Haartman, Valerie Dobson, Harry Marshall, Gord Proudfoot, Bill McGuire, Bruce Manion, Michael McDonald, Deidre Donnelly, Barbara Forster, Errol Mackenzie, Al and Barb Hutchison, Ron Simpson, Greg Vincent, Norman Young, Raymond Ramshaw, Louise Langlois, Marion Fletcher, Terry Rose, Walter Phillips, David Peddle, Peter McSweeney and Lorne Carruthers**.

Dorothy Rideough, our Club's Paddling Director, has worked very hard this past Spring and Summer planning day trips to Guelph Lake, the Grand River, Long Point, Waubashene, Jordan Harbour, Port Maitland and the Toronto Islands, as well as weekend trips and extended trips to Massassauga Park, Temagami, two trips to the North Channel - one to the Whalesback and one to the Benjamin Islands, and a trip to Beausoleil Island. In addition to kayaking, Dorothy has organized lessons for beginning and intermediate level kayakers, introduction to kayaking sessions, lessons in safety and rescue and she has also organized Paddle Canada Certification training for a few ardent kayakers. **Dorothy, Donna Barber, Sandi Robinson and Jodi Mitchell** completed the practical component to Paddle Canada Level Two this season. This past March, Dorothy also helped organize two pool clinics teaching safety skills and rescues as well as a learn to roll clinic. In addition to Dorothy, the following people have led kayaking trips this season: **Donna Barber (Benjamins and Finger Lakes), Heather McClintock, Jim McConachie (Massassauga), and Jim Clewlow (Temagami)**.

On behalf of the hundreds of people in this Club, I would like to thank the above mentioned people for giving us the wonderful opportunities to get outside and enjoy ourselves as we hiked, cycled and kayaked over this past spring and summer. We cannot thank you enough for the volunteer hours you spend enriching the lives of so many people.

PS- In my Manager's Note found in the June Newsletter, I neglected to mention that in addition to Mary Waters, Ernie and Cecilia Roth, Brent Tremblay, Harry Goudeau, and Doug and Lyn Scott, Heinz Jaeger was honoured as well for his many, many years of devoted service to the Club. My apologies go to Heinz for that omission.

Yesterday's Trips & Events:

Experiences of the Yukon Skiers (In the style of Robert Service) by Barbara Morton & Norman Young

*There are strange things done in the Halton Club
By those who moil for adventure;
The Yukon trails have their secret tales
That would make your heart beat with rapture;
The northern skies have seen queer sights,
But the queerest they ever did see
Was that week on the marge in late, late March
When members frolicked in sun, snow and nature.*

Now the Halton gang is from Burlington,
Where the temp is warm and quite mild.
So they headed for the frozen north
To challenge their comfort zone.
They conquered Mt Mac and the World Cup Trail,
And soon sought new feats to proclaim.
“Let’s ski a frozen river and scale its banks,
Find Jane’s tent camp in the trees!” said they.

The Coastal Mountains at Haines Junction,
Across from the Alcan Hotel,
Provided a canvas for the sun to paint
Sunrises and sunsets of splendor.
Skiers visited the Discovery Centre
To learn about history, flora, fauna,
Then traveled to explore derelict log cabins
At the site of old Silver City.

They guarded against grizzlies with bells and sprays,
But were happy to meet not a one!
They feasted on caribou, bison, and salmon,
Mushed dog teams along snowy trails,
Glided sunny trails at Mush Lake and Mt Lorne,
Found beauty and peace at Kathleen Lake,
Shivered on snowy shores of Kluane,
And soaked weary limbs in mineral springs.

Some packed tightly in a small Cessna plane
To soar above Mt. Logan.
While others “broke trail” along crusty snow
Amidst tall lodge-pole pines.
At mid-day the van was packed and loaded
To head back “home” to Whitehorse.
But first they did stop at Jane’s log home
To feast on bison stew.

Travel through the White Pass to Alaska
Revealed vistas of grandeur sublime.
Bison, caribou, elk, goats, sheep, moose
Were found at the Wildlife Preserve.
Migrating swans and elusive bald eagles
Were viewed through telescopes at Carcross.
Works of art inspired by this unique land
Were found in galleries, bookstores and shops.

Exploring Yukon culture and way of life,
Observing those living in harmony with their environment,
Surrounded by mountains of majestic stature,
Awed by their powerful beauty,
Fifteen individuals from varying walks of life
Soon formed a cohesive group.
They had chosen this trip planning to ski,
But experienced so much more.

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photo Barbara Morton

Tomorrow's Events:

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, possibly from a new parking location - see our website for details - & should arrive at the Coach House Inn in Tobermory around 6pm. Enroute, 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 23 with the total cost, a cheque payable to the **Halton Outdoor Club**. All cancellations will be subject to a \$25 processing fee per trip submission. If you cancel 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.

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 a new location, see our website for details. 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.

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

This trip is full, please contact the Club for details

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.

<u>Date</u>	<u>Arrive</u>	<u>Depart</u>	<u>Destination</u>
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, 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.

Iceland 2012 Update By Heinz and Inge Jaeger

Unfortunately there is not much news to tell. Icelandair does not publish their schedules until September, so until then we do not know the airfare. We have tentatively picked June 15, 2012 as our departure date and the return for June 28; but these dates may have to change by a day or two depending on Icelandair's schedule. We need 35 participants to make the trip a go, right now 16 have signed up. The maximum number our bus can accommodate is 40, so please send in your deposit to ensure you have a seat.

This time we will explore the North-west Peninsula, but will also visit Akureyri again, the "Capital of

the North" with its wonderful Botanical Garden and its unbelievable swimming pool, and Lake Myvatn where you will have the option of a guided bird watching hike. An optional excursion to Dettifoss is also planned. Of course on the way back to the airport we will swim again in the Blue Lagoon.

Gugga will get final hotel prices also in September, so we will let you know the total costs early in October. My best guess at the moment is about \$4,300 per person; the Iceland Krona is not as cheap as it was last year. Your \$100 per person deposit is fully refundable until November 1, 2011.

Fall 2011 Cycling Schedules

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

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)

Cyclists' End of Season Get-together

Keep your computer open on the Club's website for information on an end of season cycling party - maybe a dinner at a restaurant - somewhere. The Club's Bulletin Board will keep you informed.

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!!!

Fall 2011 Schedule Road Tourers

Date	Bicycle Tour	Time & Location	km & Sweep	Level	Leader	Description
Sun Sept 11	Falling Leaf Century	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 Campbellville	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 Weland 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 Late Summer 2011 Schedule by Joe Lechner

For Club information email the Club at outdoor@spectranet.ca or call 905 634-2012. If long distance, call 877 877- 4550. For "Trail Riders" information call Joe Lechner at 905 335-9199 or send an e-mail to jlechner@sympatico.ca.

If it calls for periods of rain, the ride is usually cancelled, but check anyway. Check by calling or sending an email. Most Weekend Rides will be about 30-50km in length on bike paths and will take about 3 to 4 hours to complete. Thursday Evening Rides, (see below) will cover about 20-30 km on the Waterfront trail which is paved, and will take about 1.5 to 2.0 hrs to complete. Try to be at the meeting place 10 minutes before departure.

If you are looking for some healthy exercise and would like to meet new people, join us.

Note to non-members: If you wish to ride with us, you will be required to sign a Waiver at the start of the ride.

Our Program of Waterfront Trail riding will continue until Sep. 15.

Trail Riders Late Summer Program continued, please RSVP all rides

Date	Ride	Leader	Meeting Place
Sun Sep. 4	On the Hamilton - Brantford Rail Trail to Jerseyville and back (37km)	Leader to be deter- mined 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 Rec- reational Trail from the junction of East & West Line and Niagara Pkwy to Whirlpool Aero Car and back (35km)	Leader to be deter- mined or Joe Lechner 905 335-9199, jlech- ner@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.
Sun. Sep. 18	Caledon Rail Trail (South/West Section) Airport Rd. to Terra Cotta & return (38 km)	Leader to be deter- mined or Joe Lechner 905 335-9199, jlech- ner@sympatico.ca	Meet at 9:50am in the parking area in front of the Trailhead Cafe on Airport Rd. Directions (Approx 45min from Oakville under good 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 to Airport Rd, turn left (north) for about 16km. The Café is on the right-hand side at the bottom of the hill in Caledon East. Free parking along the street. For people who use GPS, the coordinates for the starting point (the Cafe) are - 43 52'.07.48" N 79 51'54.44" W.

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
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.

Notes

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

Bus Day Hikes Fall 2011 **by Phill Armstrong**

These hikes are an economical low stress and green way of spending a day hiking. They have become very popular over the last few years. We try to go to interesting destinations without all the hassles of driving, our bus driver does it for us. We leave from a new parking location, see our website for details, 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 \$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.

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 phonenumber 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 in early to avoid disappointment. Mark clearly on it which bus hike you want to go on. Make it payable to "The Halton Outdoor Club" and send it to our address Halton Outdoor Club 3310 Palmer Drive, Burlington ON, L7M 1X3.

Sunday September 25, Queenston and the Niagara Glen, Phill Armstrong

Brock's monument, 1812 architecture in lovely Queenston and a good walk from the Bruce Trail Cairn along the Heights. The morning long hike about 10km will take in the heights then drop down to the Upper Canada Heritage Trail which follows the bed of the old New York Central Railroad. We return along the Parkway Trail though Queenston and back to the Cairn. The shorter morning hike is fairly level and will take in the best of the heights above Queenston and return, about 6km. Lunch will be at the Cairn around 12:30pm and there are washrooms and shelters if needed. There will be time for anyone who wants to go up the now restored Brock's monument. The latest information that I have is that it will be open for those who would like to climb the 235 stone steps to the top for an unparalleled view. There's a \$4.50 entrance fee. We'll go after lunch, around 1:30pm, to the Niagara Glen in the Niagara Gorge, we will spend a couple of hours on the loop trails which range from easy to more challenging.

The Niagara Glen is a unique spot of beauty deep in the Great Gorge that has been a designated Nature Reserve since 1992. Stairways lead to paths that wind through a pristine pocket of Carolinian Forest, past boulders left behind as the Falls eroded through the area thousands of years ago. If you choose not to hike here the Butterfly Conservatory is just across the road. This magical attraction features over 2,000 colourful tropical butterflies floating freely among lush, exotic blossoms and greenery. Paths wind through the rainforest setting, past a pond and waterfall and the Emergence window, where butterflies leave their pupae and prepare to take their first flight. Entrance fee is about \$14. We should leave the Glen about 4:00pm but could be earlier if the weather is cold. If we do leave early we could take in a winery. Any suggestions about a suitable winery to visit on the way home will be appreciated. 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

Enjoy a day out in the Caledon Hills when the fall colours are still vibrant. There will be a long hike of about 14km starting at the Caledon Trailway a couple of kilometres from the conservation area on Mississauga Rd. Don't worry, we'll use the bus to get there and we should be starting to hike at 10:30am. We hike on through Forks of the Credit Provincial

Park, an area that once teamed with mills, hydro-electric plants, railroads and stone quarries. We follow the Bruce trail up the escarpment (lunch at the top around 1:00pm) onto the Grange Sideroad then down the Devils Pulpit to the Forks. We continue to Belfountain Conservation Area and village via the Trimble Side Trail arriving around 3:30pm. You may

choose a shorter hike of about 8km that will start at the same place as the long hike above and take a leisurely route past waterfalls and the banks of the Credit River to Brimstone, a picnic lunch somewhere on the way. We then pick up the Trimble Side Trail to the Belfountain Conservation area, where in 1908 an eccentric inventor Charles W. Mack bought the land, and set out to replicate his favourite tourist attractions. His miniature Niagara Falls, Yellowstone cave, suspension bridge and fountain still exist. There will be time for a stroll through the village's quaint shops and General Store renowned for its

ice cream and baked goods. Much of the trail will be easy to moderate with some mainly gravel roadwork. The long walk climbs the escarpment a couple of times. Both hikes finish on the Trimble Side Trail which is quite hilly in places. The bus will leave Belfountain about 4pm. On the way back we may 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. Optional pub stop at the "Ye Old Squire" on Walkers Line at Harvester, close to where we parked the cars, to finish the day off.

Halton Outdoor Club Fall Hiking Schedule

by Phill Armstrong

The Caribbean Contrasts Cruise and Walking Holiday in March 2012 is filling up well, 14 people had booked at the time of writing and deposits have been paid. There are only about 9 places left. The advertisement is on the club website and in this newsletter.

An important note about the Guided Hiking in England September 2012: the response has been surprising as 41 people have booked, which is near the limit of the hotels in Coniston and Bourton. If you're interested in going please put your name on the waiting list. The advertisement will continue on the website but will not be included in the September newsletter. For those who have already signed up for the England trip, the good news is that we get some discount because of the numbers, so we may be able to arrange and include the transfer from the arrival airport and between the hotels in the cost.

We're always looking for people to lead dayhikes, weekend and longer trips. If you think it's something you could do please contact me.

Halton Club members continue to lead a great variety of hikes. We encourage our leaders to list their hikes in the Iroquoian magazine, which means they are also members of the Bruce Trail Club. There are many more hikes listed in the Iroquoian led by people who are not members of our club. If you are interested in participating in these other hikes you should be members of the Bruce Trail Club.

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 Wed Night starts Sept 7, Walk for Health and Fun, 1.5hrs at a Fast Pace. Climb the steps and walk the streets and trails of West Hamilton. Meet at 7:10 pm. 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 (while daylight permits). Leader Paul Lewis 905 331-8600 or email outdooractive@hotmail.com

Every Thurs, 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. Leader Carol Taylor 289 566-8657 before 8pm please.

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

General Hikes

Tues Sept 6, Stoney Creek Pizza Evening Walk, 1.5-2hrs. 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 Après 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 Street). Meet in parking lot. Leader Paul Lewis 905 331-8600, or email outdooractive@hotmail.com.

Sat Sept 10, Breakfast and Waterfall hike, 10km. Meet 8:20am in the Municipal Parking lot beside the Village Theatre on Dundas Rd in downtown Waterdown. From here we will walk to Knox Church on Mill St 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 drink and snack. Rocky sections. Mod 3. Please email (preferred) or phone me by Friday so I can reserve tables. Leader Connie Rusynyk 905 689-2203, c.rusynyk@sympatico.ca.

Sat Sept 10, Cedar Spring to Snake Rd, 12 km. Meet at 9am where trail crosses Snake Rd, south of Waterdown. Car pool to Cedar Spring Rd. Med 6. Leader Peter McSweeney 905 802-0727. Email preferred sweeney@cogeco.ca.

Sun Sept 11, Family hike at Scottsdale Farm, 4km. Show the little ones the Bruce Trail. 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 Road. Enter from Trafalgar Road 1.7km northwest of Highway 7. This is a loop walk combining the main trail and side trails. No dogs please. Slow 2. Leader Valerie Dobson 905 828-1729 vmdhiker@gmail.com.

Thurs Sept 15, Tyandaga Evening Walk, 1.5-2 hrs. Meet at 7:00pm in Kerncliffe Park (old quarry) parking lot on Kerns Rd, Burlington. Hike sections of the Bruce Trail and side trails while still light. Directions take Brant St north, left on North Service Rd to Kerns Rd. North on Kerns Rd to below the escarpment. Parking lot entrance is on your right. Optional après hike stop for chicken wings after. Hike cancelled if there is heavy rain. Med 4. Leader Paul Lewis 905 331-8600, or email outdooractive@hotmail.com.

Sat Sept 24, Hilton Falls/Halton Agreement Forest, Approx 14km. Meet for a 10:00am start in the parking lot of Hilton Falls Conservation Area on No. 5 Sideroad (also Campbellville Rd and Regional Rd 9). Map 11. We will explore the trails of the Conservation Area and Halton Agreement Forest. The loop will include the Falls twice and the Five Bridges Trail. Mod 4. Parking Fee in effect or Conservation Area pass. Bring a lunch. Optional pub stop afterwards. Leader Phill Armstrong 905 337-3937.

Tues Sept 27, East Burlington Evening Walk, 1.5hrs. Meet at 7:00pm at the SW corner of Appleby Mall parking lot on New St and Appleby Ln. Hike various streets and trails including the bike path and Sherwood Forest Park. Optional après hike stop for ice cream. Hike cancelled if there is heavy rain. Mod 2. Leader Paul Lewis 905 331-8600 or email outdooractive@hotmail.com.

Sat Oct 8, Dundas Valley, 10km. Meet for a 10:00am start in the last parking lot of the Dundas Valley Conservation Area off of Governor's Road in Dundas. Map 8. Mod 4. Some hills.

Suitable for fit beginners. Parking fee (\$8) in effect or Conservation Area pass. Bring a lunch. Refreshment stop after. Leader Anne Armstrong 905 337-3937.

Sat Oct 15, Toronto, Kelso to Limehouse, 17km. Meet at 9:00am. Map 12, km 17.1, Fourth Line, north of 17 Sideroad. We will hike from Kelso to Fourth Line. Hiking boots recommended. Med 6. Leader Dave Peddle 905 829-1157.

Sat Oct 15, Tiffany Falls to Tews Falls, 14km. Meet at 9:00am at the parking lot of the Greensville Public School, on Harvest Rd in Greensville. We will shuttle to the Tiffany Falls parking lot on Wilson St in Ancaster, and hike back. Med 6. Leader Deirdre Donnelly cell 289 377-8409. Optional lunch at a terrific Mexican restaurant in Dundas. For additional details on this hike, please go to deirdreshikes.blogspot.com.

Sun Oct 16, River and Ruin Family Walk, 4km. Meet at 10:30am at Lowville parking lot in Lowville on Guelph Line. See map 10, just north of Britannia Rd. This is a loop walk combining the River and Ruin side trail linked by the Main Trail to make a loop. No dogs please. Slow 2. Leader Valerie Dobson VMDhiker@gmail.com.

Sun Oct 16, Iroquoia, Tiffany Falls, Woodley Lane, 12km. Meet for 9:00 start at Tiffany Falls parking lot, Map 8, km 44.8. Move some cars to Woodley Lane, Map 8, km 55. Hike the Main Trail to Tiffany Falls. Bring snack, lunch and water. Hiking boots. No dogs. Med 4. Leader Connie Rusynyk 905 689-2203 c.rusynyk@sympatico.ca.

Sun Oct 16, Toronto, Creditview Rd to Fallbrook Trail, 14km. Meet at 9:30am map 13, km 35.8, Fallbrook Trail, 27 Sideroad. We will hike from Creditview Road to Silver Creek. Hiking boots recommended. Med 6. Hike Leader Dave Peddle 905 829-1157.

Sat Oct 22, Toronto, Fourth Line to Fallbrook Trail, 19km. Meet at 9:00am. Map 13, km 35.8, Fallbrook Trail and 27 Sideroad. We will hike from Fourth Line to Silver Creek. Hiking boots recommended. Med 6. Leader Dave Peddle 905 829-1157.

Sun Oct 23, Toronto, Scottsdale Farm, 13km. Meet at 9:30am. Map 13, Scottsdale Farm parking lot off Trafalgar Road. We will loop hike the Bruce Trail, Bennett Heritage and Great Esker Trails. Hiking boots recommended. Med 6. Leader Dave Peddle 905 829-1157.

Sat Oct 29, Waterdown, 13km. Meet at 9am at Tim Hortons at Clappisons Corner, Hwy 6. Carpool to where trail crosses Dundas St west of Cedar Spring Rd. Rocky hills. Med 6. Leader Peter McSweeney 905 802-0727, prefer email sweeney@cogeco.ca.

Sun Oct 30, STEPS, STEPS, STEPS, STEPS! 3-4 hrs. An energetic way to start your Day! Back again this year! Meet at 9:00am at the top of the Chedoke Stairs on Scenic Drive at Upper Paradise on the West Mountain. We will then carpool to Albion Falls, and do all 6 sets of escarpment stairs, including the new Kenilworth & Uli's Stairs. In between the sets of stairs we will hike parts of the Bruce Trail and the Rail Trails. The fall colours should still be out! After the hike, we will have an optional lunch stop at a Pub on Upper James where they have 16 flavours of chicken wings! Med 5. Directions: From Garth Street take Scenic Drive west to Upper Paradise. The parking lot is on your right (across from the start of Upper Paradise). If there is no room in the parking lot you can park on the street. From the 403, take the Linc to Golf Links and turn left onto Golf Links which becomes Mohawk. Turn right (north) onto Upper Paradise, go until the end at Scenic Drive (parking lot will be straight ahead). Leader Paul Lewis 905 331-8600 or email outdooractive@hotmail.com.

Sun Oct 30, Keen Boots/Great Falls Hike, 2.5hrs. Meet for 1:30pm at the intersection of Flanders Drive and Renwood Place, near km 71.6, Map 9 take Mill St or Waterdown Rd and turn onto Mountain Brow Rd. First street on your left is Flanders. We will do a circular hike of Grindstone Valley and take a picture for the KEEN photo promotion. Mod 7. No dogs please. Leader Paul Toffoletti 905 634-2642.

Sat Nov 12, Oakville Morrison and McCraney Ravines, 12km. Meet for a 10:00am start at Trafalgar Ridge Plaza, 2431 Trafalgar Rd. Look for Home Sense/Winners. Park near the Scotia Bank, facing Trafalgar Rd. This hike takes in two of Oakville's finest creek ravines. 9km of trails, 3km of footpaths and 4 ponds. Mostly level, only a couple of short, steep hills. Mod 3. Bring snacks. Optional pub lunch afterwards. Leader Phill Armstrong 905 337-3937.

Sat Nov 19, Breakfast and Waterfall hike, 10km. Meet 8:20am in the Municipal Parking lot beside the Village Theatre on Dundas Road 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 \$6.00.

Thursday Midweek Hikes

Fall is a glorious time to hike. Bring some bug spray and sunscreen just in case, snack and water and lunch and enjoy what autumn has to offer. All hikes are at a moderate pace with the likelihood of hills and rocky footing. 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 Rusynyk, c.rusynyk@sympatico.ca, 905 689-2203.

Thurs Sept 8, Hamilton, 9km. Meet for a 10:00am start at Bay Front Park in Hamilton (exit at York Blvd from 403 into city, turn left at Bay St and look for Park sign) for a figure 8 loop hike of the Hamilton Water front. Moderate pace on level surface. Optional lunch after the hike. Bill Haartman 905 383-6319.

Thurs Sept 22, Niagara End to End No. 6 (final), 14.9km. Meet for a 9:00 am sharp start. We will leave the Municipal parking lot between Hutch's and the Lakeland Pool and Bistro on Van Wagner's Beach Rd. We will drive to the Lion's Club Pool parking lot in Grimsby on Elm St, immediately west of Mountain Rd (Christie St). Carpool to Quarry Rd, km 66.2 and hike back to km 0.0. Details of the parking area for the hike will be available at the meeting point. 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 Sept 29, Kerncliff Loop, 10km. Meet for a 10:00am start in the parking lot of Kerncliff Park on Kerns Rd (please note that Kerns Rd south from Hwy 5 is closed. You will have to come from the south end of Kerns Rd). We will do a loop hike to Smokey Hollow and back using Bruce main and side trails. Mod 4. Bring a lunch. Map 9. Leader Anne Armstrong 905 337-3937.

Thurs Oct 6, Burlington, 9km. Meet for a 10:00am start at Spencer Smith Park in Burlington for a to & fro hike to the canal and back. Moderate pace on level surface. Optional lunch after the hike. Bill Haartman 905 383-6319.

Thurs Oct 13, East Oakville Ravines, 10km. Meet for a 10:00am start on the west side of the LCBO in the parking lot on the northeast corner of Upper Middle Rd and Eighth Line (Upper Oakville Shopping Centre). We will do a loop hike of the lovely ravine trails in this area. Mod 3. Bring a snack. Optional pub lunch after. Leader Anne Armstrong 905 337-3937.

Then it's off to Smokey Hollow to hike through Waterdown Woods to Kerncliff Park, along the McNally and Waterdown Rd ST to Grindstone Creek and back. Bring drink and snack. Rocky sections. Mod 3. Please email (preferred) or phone me by Friday so I can reserve tables. Leader Connie Rusynyk 905 689-2203. c.rusynyk@sympatico.ca

Sat Nov 26, Fall at the Fisher Property, 5km. Meet at the corner of Highview Dr and Springer Cres where the Fisher Access Trail is located. Km 78.6, map 9. Take Dundas St, turn north onto Cedar Springs Rd, drive 640 metres and turn right onto Highland. Beautiful late fall hike but be ready for lots of hills. Mod 6. No dogs please. Leader Paul Toffoletti 905 634-2642.

Sun Nov 27, Crawford Lake, 10km. Meet for a 10:00am start in the lower parking lot of Crawford Lake Conservation Area on Guelph Line, north of Derry Rd. Map 11. Mod 5. Some hills and rocky sections. Parking fee or Conservation Area pass. Bring a lunch. Refreshment stop afterwards. Leader Anne Armstrong 905 337-3937.

Thurs Oct 20, Short Hills Loop, 10km. Meet for a 9:30am start at car park west of Hutch's on Van Wagner's Beach, Hamilton (near the square brick structure). We will car pool to Short Hills. Please let the hike leader know if you plan to go directly to Short Hills (Pelham Rd entrance). Bring water, snack, lunch and hiking boots. Mod 3. Leader Terry Rose 905 637-2918.

Thurs Nov 3, Mountsberg C/A, 13km. Meet for a 10:00am start at Mountsberg Conservation Area, Milborough Line, north of Campbellville Rd. We will do a loop hike including Pioneer Creek Trail, Sugarbush Trail and the Lookout Trails. Parking fee in effect or Conservation Area Pass. Hiking boots. Bring lunch, snack, water. Mod 3. Connie Rusynyk 905 689-2203, c.rusynyk@sympatico.ca.

Thurs Nov 10, Port Credit GO Station to Long Branch GO Station, 13km. GO to GO walk. Meet at Port Credit GO Station, hike to Long Branch GO Station on the Waterfront Trail through the Adamson Estate and Marie Curtis Park. Leader will meet the GO train from Hamilton direction at 9:43am at Port Credit. Mod 1. Leader Valerie Dobson 905 828-1729, vmdhiker@gmail.com.

Thurs Nov 17, Kilbride/Crawford Lake, 11km. Meet for a 10:00am start at in the lower parking lot of the Crawford Lake Conservation Area on the east side of Guelph Ln, north of Derry Rd. We will carpool to the parking lot behind the school in Kilbride and walk back. Maps 10/11. Mod 5. Bring a lunch. Parking fee in effect or Conservation Area Pass. Leader Anne Armstrong 905 337-3937.

Thurs Nov 24, Patterson Road to Kerncliff Park, 10km. Meet for a 10:00am start at Kerncliff Park, Burlington (please note there is no longer access from Hwy 5 south along Kerns Road). We will car pool to Patterson Road Hwy 6 underpass. Bring water and snack. Mod 4. Leader Terry Rose 905 637-2918.

Hikers R Us

Every Wednesday. Bring lunch water, bug spray and sun protection. Wear clothing suitable 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. No dogs please. Convener Connie Rusnyk, c.rusnyk@sympatico.ca, 905 689- 2203. Map references are from Edition 26.

Wed Sept 7, Guelph line to Waterdown (A to B hike), 14 km. Meet for 8:45am start at the Tim Hortons/Sobey parking lot in Waterdown (Hwy 5 just west of Hamilton Street). Carpool to the beginning of the hike at Guelph Line south of #1 Sideroad, (map 9, 82.1km). We will hike back along the Main Trail and McNally ST. Some hilly rocky sections. Hiking boots. Med 3. Leader: Connie Rusnyk, c.rusnyk@sympatico.ca, 905 689-2203.

Wed Sept 14, Webster's Falls to Waterdown, 16km. Meet for 8:45am start at the Tim Hortons/Sobey parking lot in Waterdown (Hwy 5 just west of Hamilton Street). Carpool to the beginning of the hike at Webster's Falls. C/A fees apply. We will hike the Websters Falls ST and the Main Trail back to Smokey Hollow and then to Tim Hortons. Some hilly, rocky sections. Hiking boots. Med 4. Leader Louise, llanglc401@rogers.com.

Wed Sept 21, Lowville Park, 13 km. Meet for 8:45 am start in main parking lot of Lowville Park on Guelph Line. We will do a loop hike on the Bruce Trail followed by a creekside walk in the park. Hiking boots. Med 1. Leader Agnes Keenan akeenan@cogeco.ca.

Wed Sept 28, Killbride to Crawford Lake (in and out), 14km. Meet for 8:45am start in the parking lot behind Killbride school, map 10, (98.5km). We will hike to Crawford Lake Visitor's Centre (lunch) and back. (C/A fees may apply). Some rocky hilly sections, hiking boots. Med 3. Leader Connie Rusnyk, c.rusnyk@sympatico.ca, 905 689-2203.

Wed Oct 5, Blair Area, Galt (Grand River) Loop Hike, 16km. Meet for 8:45am start in the parking lot at Hwy 6, just south of 401. We will carpool to the parking lot in Blair on George St (directions: take 401 West to exit 278 for Regional Rd 8 toward Cambridge. Turn left onto King St E. Turn right onto Fountain St S (signs for Blair). At the roundabout, take the 3rd exit onto Blair Rd/Morningside Dr/Regional Road 42. Continue for 4km and turn left onto George St). We will hike along the Grand River and then into downtown Galt to a lovely little cafe near the Grand River for a bite to eat. Med 3. Leader Louise llanglc401@rogers.com.

Wed Oct 19, Waterfront Trail/ Oakville, 13km. Meet for 8:45am start in main parking lot of Coronation Park on Lakeshore Rd W, Oakville. Hike on Waterfront Trail to Bronte Harbour and along Lake Ontario to Shell Park and back. Med 1. Leader Agnes Keenan akeenan@cogeco.ca.

Wed Oct 26, Guelph Radial Trail, 12km. Meet for a 9:00am start at Dublin Line, approx. 1/2km north of 25th SideRoad (Dublin Line is 1 line west of Hwy 25). We will move some cars to 6th line & Blue Springs Rd and do a loop hike on Blue Springs and Sugar Shack side trails and Main trail, then hike across back to Dublin Line. Hiking boots, no dogs please. Med 3. Leader Barbara Forster, bcmforster@sympatico.ca, 519 836-7249.

Wed Nov 2, Toronto Urban Walk, Humber Valley, 10km. Meet for 8:45am start at the carpool parking lot on Trafalgar Rd at Hwy 407. We will carpool to the beginning of the hike at Etienne Brule Park near the Old Mill. Old Mill is west of Jane St and east of Royal York. We'll plan on a 9:45am exit from the parking area to begin the hike. If you choose to take the Gardiner directly, then exit at Islington and go north to Bloor, then east past Royal York, Prince Edward and the Kingsway. Turn left at lights at Old Mill Trail (see signs for Old Mill Restaurant), drive past the subway station and turn right at the corner, cross the river and turn left into the Etienne Brule park. Hiking boots not necessary. Explore our heritage river. Bring lunch or buy at Grenadier Restaurant. Bring \$3 exact change to return to start or walk a loop through shops of Bloor West Village past the bakeries, Mickey! Leader Joan Richard 416 767-7550 or joanr55@hotmail.com.

Wed Nov 9, Grand River, Kitchener, 13km. Meet for 8:45am start in the parking lot at Hwy 6 just south of 401. We will carpool to the Community Centre on Pioneer Drive in Kitchener. Carpool directions: From Hwy 6 go along the 401 to the Kitchener exit on Homer Watson. Go north on Homer Watson and turn left on Pioneer Dr. The community center is on Pioneer Dr, just up a little way on the right and past Pioneer Park Plaza on the left. We will hike along the Grand River and take in some great views from Pinnacle hill. Bring lunch to have on Pinnacle Hill if it is not too cold. Refreshments at Tim Hortons in Pioneer Park Plaza at the end of the hike. Leaders Liz and Raymond Ramshaw, rramshaw@sympatico.ca.

Wed Nov 23, Preston (in and out hike) 16km. Meet for 8:45am start in the parking lot at Hwy 6 just south of 401. We will carpool to Riverside Park in Preston (49 King St West, Preston) and park in the lower parking lot for Cambridge Surplus store. Directions: take the 401 West toward Cambridge and exit at 278 for Regional Rd 8. Turn left onto King St E/ON-8 E/Regional Rd 8. Turn left onto Fountain St S. Take the 1st right onto King St W/ON-8 E/Regional Road 8 (signs for Waterloo). Turn left onto Eagle St N. Meeting place is on the left. We'll hike the Mill Race trail towards Hespeler, then back to Preston and have lunch at the City Cafe (place with the awesome pizza and baked yummys.) Hiking boots. Med 3, Leader Louise, llanglc401@rogers.com.

Wed Nov 30, Iroquoia Woods, 12km. Meet for 9:00am start in the parking lot closest to Trafalgar Rd, just off Leighland Ave. We will do a loop hike through Iroquoia Woods above Ford and back for a late lunch at the food court in Oakville Place or one of the restaurants there. Hiking boots. Med 2, Leader: Norm Young, myoung2@sympatico.ca.

The Happy Wanderers

Bring lunch, water, sun and bug 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 e.mackenzie@sympatico.ca or 905 627-9497 Dundas before 9pm please. Map references are from 26th Edition, repeat 26th Edition.

Mon Sept 12, Niagara, Merritt, Twelve Mile, Bruce Loop, 15km. Meet for 08:45 exit at the parking lot, Hamilton Beach, Burlington side of Hutch's, near small red brick building. Move some cars to Penn Centre parking lot, St Catherine's. Maps 2, 3. Hike the Merritt Trail, 12 Mile ST. and Bruce Main Trail back to cars. Hiking boots, no dogs, Med 3, loop hike.

Mon Sept 26, Guelph Area, Barbara Forster, 12km. Meet for 08:45 exit at the parking lot, Hwy 6/401. Move some cars to Guelph area. Hike in Guelph area. Hiking boots, no dogs. Med 4, (Details later).

Mon Oct 3, Caledon, Hockley Heights, ST, A-B, 15km. Meet for 08:45 exit at the parking lot, Hwy 401/Trafalgar Rd, northeast corner. Move some cars to Hockley Rd parking lot, just east of 2 EHS. Map 19. Toronto hikers can meet us at 09:30. Hike from Dunby Rd back to cars on Hockley Rd. Hiking boots, no dogs, Med 4.

Mon Oct 17, Toronto, Silver Creek-Loop, 15km. Meet for 08:45 exit at parking lot, 401/Trafalgar. Move some cars to Fallbrook Trail, 27 SR, map 13, km 36.3. (Toronto hikers can meet us there at 09:15). Hike the Main, Great Esker ST., Bennett Heritage ST. Hiking boots, no dogs, Med 4, hilly, loop hike.

Mon Oct 24, Iroquoia, Tiffany Falls-Woodley Lane, A-B, 14km. Meet for 09:00 exit from Tiffany Falls parking lot, map 8, km 44.8. Move some cars to Woodley Lane map 8, km 55. Hike the Main trail to Tiffany Falls. Hiking boots, no dogs, Med 4.

Mon Oct 31, Caledon, Mono Cliffs Park-Loop, 15km. Meet for 08:45 at the parking lot, 401/Trafalgar, northeast corner. Move some cars to Mono Centre Community Centre parking lot on Dufferin Rd 8. Toronto hikers can meet us there at 09:45. Hike the trails of Mono Cliffs Park. Hiking boots, no dogs, Med 4.

Mon Nov 7, Niagara, Cairn, Upper Heritage, Gen. Brock-Loop, 15km. Meet for 08:45 exit at Hamilton Beach, Burlington side of Hutch's near small red brick building. Move some cars to the Cairn map 1, km 0.0. Hike the Main trail, Upper Canada Heritage ST, General Brock ST back to cars at the Cairn. Hiking boots, no dogs, Med 3, Loop hike.

Mon Nov 14, Iroquoia, Crawford Lake, Rattlesnake Loop, 13km. Meet for 09:30 at Crawford Lake Conservation Area, map 11, km 105.4 (Guelph Line and Conservation Rd). Hike to Rattlesnake Conservation Area and back. Hiking boots, no dogs, Med 3. Admission fee required.

Mon Nov 21, Oakville, Shell Park, Bronte Waterfront Loop, 13km. Meet for 08:45 exit at Shell Park, Lakeshore Dr, Oakville, West of Bronte Rd, just east of Great Lakes Blvd. Hike the trails of Shell Park, through Village Wood Park and along Bronte Creek and Bronte waterfront to Coronation Park. Hiking boots, no dogs, Med 2.

Mon Nov 28, Dundas Valley Loop, 15km. Meet for 09:00 exit at Dundas Valley Conservation parking lot, Governor's Rd, Dundas. Map 8, km 50.4. Parking fee per car. Hike some trails of the Dundas Valley. Hiking boots, no dogs, Med 4, Hilly. Loop hike.

The Slowpokes, Gentle Hikes for Gentle folk

NOTE: All hikes start at **10:00am** on Wednesday mornings unless otherwise stated. In the event of inclement weather, a hike may be cancelled. If in doubt, check with the hike leader. Also bring a lunch when noted in the hike description. General hike coordinator is Al Hutchison at 905 639-1771, email alhutch@sympatico.ca.

Sept 7, Caledonia, 6km. Meet in Seneca Park in Caledonia. Park is east of the traffic lights in town on River Rd at McClung Rd. Will walk down the Caledonia trail which follows the river. Slow 2. Leader Harry Marshall 905 679-4748.

Sept 21, East Mountain Trails, 8km. Meet in the parking lot at Arbour Rd (just behind Albion Falls) for a circular hike of the Red Hill Valley, past King's Forest golf course and returning by the Escarpment Rail Trail. Bring lunch. Mod 4, Leader Bill McGuire 905 389-6194.

Sept 28, Calcium Pits, 5km. Meet behind the school in Kilbride for a hike to the Calcium Pits & back. Mod 2, Leader Gordon Proudfoot 905 387-5657.

Oct 12, Hendrie Valley, 8km. Meet at Hidden Valley Park off Howard Rd on Hidden Valley Rd for a hike along the Grindstone Creek to the Toll Bridge Ponds and back. Bring lunch. Mod 3, Leader Bill McGuire 905 389-6194.

Oct 19, Bayfront Park, 5km. Meet at Bay Front Park for a walk to the High level bridge and back. Optional lunch at nearby pub. Slow 1, Leader Harry Marshall 905 679-4748.

Nov 2, Smokey Hollow, 5-10km. Meet in parking lot at Smokey Hollow for a hike towards Kerncliff Park. Depending on your inclination we can hike all the way to the park and back, or not. Perhaps a pub lunch after? J Mod 2, Leader Gordon Proudfoot 905 387-5657.

Nov 16, Bayfront Park and Others, 8km. Meet at Bayfront Park (Pier 4) for a circular hike to Cootes Paradise, Churchill Park returning by way of Kay Drage Park and Dundurn Park. Bring lunch. Mod 3, Leader Bill McGuire 905 389-6194.

Ski Season is Approaching!

By Toni Quinn

That may or may not be a happy thought, depending on your point of view. As I write this in the middle of July's "heat dome", visions of skiing seem a strange, but refreshing, mirage. However, by the time the newsletter is published it will be time to dig out your skis and decide if repair or replacement is in order. As for the Club, here is what we are planning for the upcoming season.

I would like to encourage new skiers or those coming back to the sport after time away to join one of our lesson groups. If you have taken Level 1, now is a good time to advance your skills in Level 2. Hold the dates of December 11 or December 17 for the lessons, as well as January 14 for a follow-up excursion on the trails with your instructors. The backup dates for the lessons, in the event of uncooperative weather, will be January 7 and 8, depending on whether you signed up for Saturday or Sunday lessons. Come out to one of the Information Nights (see page 3) to learn more about lessons and skiing with the Club. You can sign up for lessons right on the spot. We are fortunate that Barry Carrique, Derrick May and Ruth Merz are all going to instruct yet again. This will be Derrick's 26th year of instructing with the club!

On the subject of instructors, the club is in need of some new instructors. CANSI (The Canadian Association of Nordic Ski Instructors) provides excellent training. As this goes to press they do not yet have their course schedule for Ontario but it will be available sometime in September. Check out their website and consider upgrading your skills with the preparatory course and then going on to become an instructor. A recent change makes this undertaking even more appealing. You no longer have to qualify in both classic and skating, but can qualify in either one if you prefer. As a bonus, the Club has traditionally paid the CANSI membership for any of our qualified instructors who teach for us.

The ski schedule will take roughly the same form as in recent years. Most weekends, we will go to one of the premier destinations and to one of our other favourites, alternating Saturdays and Sundays for each type. We are a little more constrained in our options this year because Christmas and New Year's Day fall on weekends, robbing us of four day trips!

We are further constrained because there are limited venues appropriate for lessons. I am attempting to compensate for the missing trips by adding a few extra mid-week trips. If you haven't done a mid-week trip, consider trying them out. It is a very different, and sometimes quite magical, experience compared to skiing on the busy weekends.

Due to popular demand we will again be holding the tailgate party. Frank Cooney and Teri Kramer have volunteered to coordinate this.

You may wonder which are the "premier destinations" and why. They are Hardwood Ski and Bike, Highlands Nordic and Horseshoe Valley. Three characteristics set them apart. They all receive more snow and for a longer season than most other resorts. They have more extensive trail systems with plenty of trails suitable for all levels. Finally, they have the best and most reliable grooming.

Extended trips this year will be to our much-loved Silverstar in January, now waitlisted, and to Lake Placid in February, spots still available. Plans for probable trips to Ottawa and the Yukon are in the development stage, with nothing finalized yet. Ottawa will likely fall between the Silverstar and Lake Placid trips and the Yukon trip will take place in the second half of March. The November newsletter will have more information.

Finally, a challenge of a different nature. Get your cameras ready for the X-C Skiing Photo Contest! This should be a source of fun and creativity that will last the whole season and beyond. The goal is to showcase the joys of skiing with the Halton Outdoor Club. Prizes will be awarded but perhaps the best prize of all will be to see many of your photos displayed on the new Skiing Activities display board. This will be the focal point of the skiing display at all our information nights and will be made available for other public displays. Details about the photo contest will be in the November newsletter.

Instructor's Corner #27 Ski Skating Diagnosis

Brent Tremblay in collaboration with Ruth Kihs

This is a rerun of the Instructor's Corner from February 2011 to get you in a skiing mood.

Ski skating is our focus in this article as we examine what is effective, what is not and how improvements can be made. Answers will be in Instructor's Corner #28. Past Instructor's Corner articles #16, 17, 18, & 19 and skating videos on the Club Web Site will be useful for reference.

Study the body position of the ski skaters below and answer the following questions:

1. List what the ski skater in the top middle is doing effectively as he uses the one-skate.
2. What is the ski skater on the left top using for this skate turn? What is he doing effectively?
3. What skating technique are the two skaters on the top right using? List what are they doing effectively?
4. How does the technique differ on the lower left?
5. What technique is the skater in the bottom middle using? Describe how he manages to get up the hill with no poles and list the techniques he is using.
6. What can be done to help # 41(bottom right) accomplish a more effective skate? Be positive and start with what he has accomplished and then how he can improve.

Here's another chance for you to hone your diagnostic skill. Enjoy!

See Instructor's Corner #28 in the next Newsletter and/or Club Web Site for answers.

All Instructors' Corner articles can be found on the Club Website www.haltonoutdoorclub.com under Ski Lessons



Photos Brent Tremblay

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Ancaster Cycle

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

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

Tumblehome

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10% off all regular priced items.

Dundas

Adventure Attic

28 King Street West 905 628-2929
10% off regular priced items

Dunnville

Grand River Kayak

2 Port Maitland Road 905 701-6818
10% off regular priced items, lessons & tours

Hamilton

Central Cycle

965 King Street East 905 522-8445
10% off regular priced items

McMaster Sports

1331 Main Street West 905 523-8880
10% off all regular priced items.

Pieriks Cycle

840 King Street West - Westdale 905 525-8521
10% off regular priced items.
Does not include bikes or labour.

Mississauga

Rack Attack Mississauga

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

The Canadian Outdoor Equipment Co.

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

Oakville

Hikers Haven Europe Bound

166 South Service Road East 905 849-8928
10% off all equipment rentals, & regular-priced clothing, footwear and camping gear over \$100.

Oakville Cycle and Sports Ltd

105 Cross Ave - Trafalgar Village 905- 844-4394
10% off all regular priced items.

The Running Company

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

Stoney Creek

All The Right Gears

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

Waterdown

Bicycle Works

316 Dundas Street East 905 689-1991
10% off all in-store items.
15% off tune ups before April 15th.
Does not include bikes or labour.

Saturday, October 1 from 1pm to 4pm
is the day to go and see ART WORK
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SWISS SKI HOLIDAY

January 28 to February 4, 2012

The Matterhorn awaits!
 Come on a Comfortable Skiing Holiday to one of the most famous resorts in the world – Zermatt, Switzerland. The region is home to four different interconnected ski areas with over 350km of ski runs, including the longest at an astonishing 14km! We'll also ride the highest altitude mountain railcar in Europe (which offers breathtaking views of the Italian, French & Swiss Alps), and even ski right over the border to Cervinia, Italy. You haven't truly skied until you ski Zermatt!

CORFU, GREECE

May 13 to 26, 2012

This Greek island is the perfect combination of European flare and tranquil sea-side living. Hike to the heavens to visit holy monasteries, trek in shade of ancient olive groves and lose yourself in the cobblestone streets of Corfu Town. **Corfu** is considered by many to be Greece's most beautiful island, especially in spring when it is carpeted in wildflowers. And you will never tire of the deep, deep blue of the sea that surrounds you.

IRELAND

June 2012

With more shades of green than you can imagine, the **Emerald Isle** lives up to its deserving reputation. From historical Dublin to picturesque Killarney & parts in between, we will take you hiking through some of the most sought-after scenery the country has to offer - and we'll even make a few pub stops along the way!

KENYA

July 1 to 13, 2012

Don't just *drive* through **Kenya** – hike it too! Imagine encountering herds of zebras, giraffes and gazelles right on your path! Travel to 3 different parts of the country, take in incredible sunsets over the savannah, visit Masai herdsman in their homes and, of course, see lions, elephants & leopards on our game drives. Accommodations include luxury tented camps and one night at The Ark! And did you know that July is the coolest month of the year in Kenya?

ICELAND

July 23 to August 3, 2012

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

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Lake Placid, New York

February 12 to 17, 2012, see page 7

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

Name _____

Address _____ City _____

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

Email _____

Will share accommodation with _____

Tobermory, Flowerpot Island and the Bruce Peninsula

September 9 to 11 See page 6

Please register ___ people at total cost each, total _____.

Name _____

Address _____ City _____

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

email _____

Will share accommodation with _____

Bus Hikes for 2011 see page 13

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 () _____

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