



# Caledon Comment

Fall 2018

Vol 54, No 3



## Our 2018 Club Award Winners

Janice McClelland  
Receives the Ross  
McLean Award



Marilyn Ross Receives  
the Isabel East Award



David Lloyd Receives  
the Barry Westhouse  
Award



Gail and Bob Douglas  
Receive the Retiring  
Trail Captains Award

## 2018-2019 EXECUTIVE

**PRESIDENT**  
Bob Ferguson  
647-224-9116  
bobferguson@gmail.com

**VICE PRESIDENT**  
Fred Somerville  
705-435-6258 ext 110  
fred@somervillenuseries.com

**SECRETARY**  
Sally Cohen  
salydave@sympatico.ca

**TREASURER**  
Andree Zeritsch  
andree\_zeritsch@rogers.com

**BTC CLUB DIRECTOR**  
David Lamb  
davidlamb3926@gmail.com

**HIKE COORDINATOR**  
Marilyn Ross  
905-453-2254  
marilyn76@rogers.com

**TRAIL COORDINATOR**  
Joan Richard  
647-216-7550  
joanr55@hotmail.com

**MEMBERSHIP**  
Sally Ker  
519-938-6926  
sjker62@gmail.com

**LANDOWNER RELATIONS**  
Louise Carberry  
905-216-7559  
louise.carberry@rogers.com

**FUNDRAISING DIRECTOR**  
Janice McClelland  
519-833-7261  
janicedon86@gmail.com

**LAND STEWARDSHIP DIRECTOR**  
Gary Hall  
905-880-4037  
garyhall@rogers.com

**PUBLICITY**  
Julia De Paz  
julialeon@rogers.com

**VOLUNTEER COORDINATOR**  
Colleen Darrell  
519-833-2311  
colleen.darrell@gmail.com

**SOCIAL CONVENER**  
Jackie Clark  
519-833-8531  
clark3@rogers.com

**PAST PRESIDENT**  
Jean Kerins  
jeankerins@yahoo.ca

**DIRECTORS AT LARGE**  
Peter Leeney  
peter.leeney@utoronto.ca

Diane McKenzie  
dimckenzie@bell.net

Heather Murch  
heather.murch@hotmail.com

Carol Sheppard  
4sheppard@rogers.com

### Support Volunteers

**WEBMASTER**  
Heidi Bischof  
webmaster@caledonbrucestrail.org

**ARCHIVIST**  
Helen Billing 416-225-8448  
helen.billing.ca@gmail.com

**ADVERTISING COORDINATOR**  
Louise Porter  
louise.porter@sympatico.ca

**TUESDAY HIKE COORDINATOR**  
Rob Martin  
rojmart5@gmail.com

**LANDOWNER RELATIONS ASSISTANT**  
Emily Stitt  
emily.stitt@hotmail.com

**EDITOR, CAL E-NEWS**  
Kristina Zeromskiene  
calenews@caledonbrucestrail.org

**EDITOR, CALEDON COMMENT**  
Jean Kerins 416-245-8662  
jeankerins@yahoo.ca

**SOCIAL MEDIA COORDINATOR**  
Christine Elliott  
c.elliott.26@gmail.com

**TRAIL DEVELOPMENT**  
Dave Moule  
416-225-2069 (H) 647-973-6150 (C)  
salydave@sympatico.ca



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news and photos from the trail.

*Cal E-News* is our club email newsletter that keeps  
members up to date on major club activities be-  
tween editions of the



Caledon Comment. Subscribe at:  
[calenews@caledonbrucestrail.org](mailto:calenews@caledonbrucestrail.org)

Visit our website, [www.caledonbrucestrail.org](http://www.caledonbrucestrail.org) for  
lots more information about us, including the most  
up to date hike listings and to sign up for our blog.



Forks of Credit  
Provincial Park

#### Cover Page Photos:

Top: Ross McLean, Janice McClelland, Jean Kerins, Bob Ferguson  
Second: Bob Ferguson, Marilyn Ross, Rob Martin  
Third: Bob Ferguson, David Lloyd, Joan Richard  
Fourth: Bob Ferguson, Joan Richard, Bob Douglas, Gail Douglas

**DEADLINE FOR THE WINTER EDITION: OCT 5, 2018**

Send copy by email to:  
[caledoncomment@caledonbrucestrail.org](mailto:caledoncomment@caledonbrucestrail.org)

### ADVERTISING

SIZE	RATE
Business Card (3.5 x 2.0)	\$30
Quarter Page (3.75 x 5.0)	\$60
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Full Page (7.5 x 10)	\$145

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Opinions expressed in the Caledon Comment are not necessarily  
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Send address changes to:  
The Bruce Trail Conservancy  
PO Box 857 Hamilton, ON L8N 3N9

**FILM SCREENING &  
BRUNCH FUNDRAISER**

# THE GARDENER

**Sunday, October 21 at Gorge Cinema  
in Elora**

*Two screenings: 11:00 am and 2:30 pm*

Join members and friends of the Caledon Hills Bruce Trail Club for a film screening and brunch in support of the Bruce Trail Conservancy.

Beth Gilhespy, Bruce Trail Conservancy CEO, opens the program with stunning visuals highlighting precious lands preserved and rehabilitated by the Bruce Trail Conservancy and its volunteers.

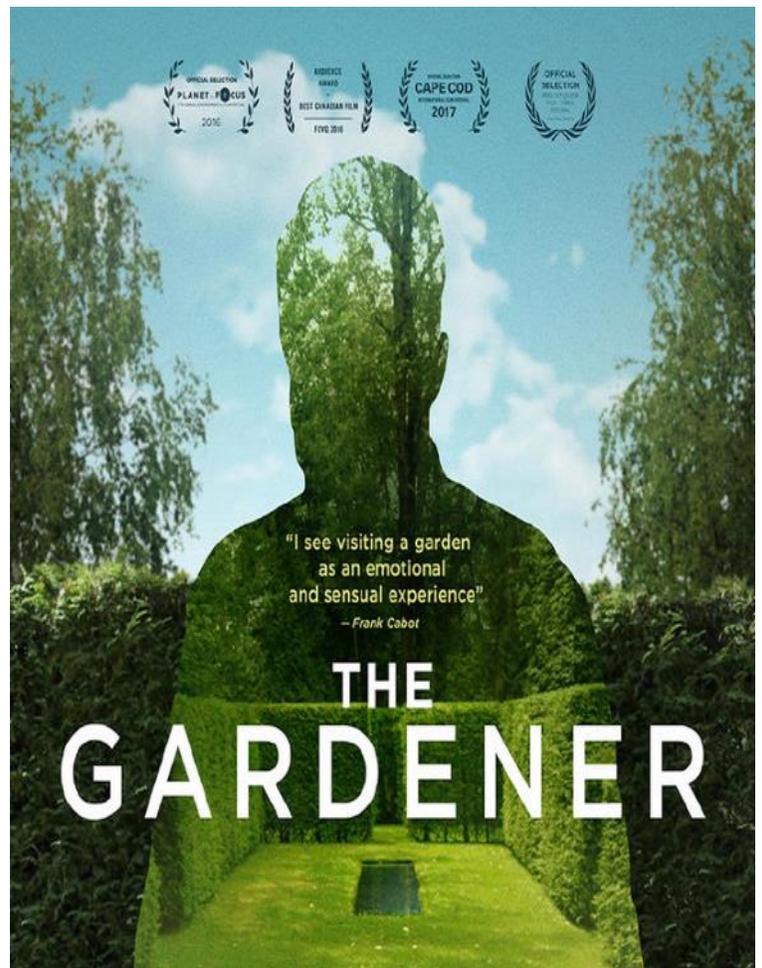
The feature presentation, *THE GARDENER*, is a mesmerizing, award-winning Canadian documentary from Quebec filmmaker Sebastien Chabot. It offers a rare glimpse into Les Quatre Vents, a 20-acre private garden overlooking the St Lawrence River at La Malbaie, created by self-taught horticulturist, Frank Cabot.

*THE GARDENER* features members of the Cabot family and friends, including former Governor General Adrienne Clarkson. Filmmaker Chabot says, "... a garden is much more than a postcard. It heals the soul". The film also notes the synergy between the gardens and the next-door walking trails of the Centre Ecologique.

*"[a] cinematically exquisite stroll"*  
- Globe and Mail

*"One is left at the end with a sense of the ecstatic lift of beauty sometimes radiating peace and purity, other times entering with a jolt of surprise. Give yourself a treat and see this show more than once."*  
- Tribute.ca

**Admission is by Advance Donation.**  
Seating is limited. Your donation for the 11am or 2:30pm film screening will help secure a conservation corridor along the Niagara Escarpment containing the Bruce Trail; Preserving a ribbon of wilderness, for everyone, forever.



### **Additional Brunch Option**

The Caledon Hills Bruce Trail Club has arranged a brunch at the Wellington County Museum in Elora at 11:30 am (suitable for those attending the 2:30 pm screening). Numbers are limited. Brunch only tickets: \$30 each – (includes a \$10 donation to the BTC with a \$10 charitable gift income tax receipt).

**FOR FULL REGISTRATION DETAILS PLEASE EMAIL  
JANICE MCCLELLAND AT**

[janicedon86@gmail.com](mailto:janicedon86@gmail.com)

Space for both the brunch and film is limited and will only be allocated upon receipt of your film donation and/or brunch payment.

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## GO GREEN!

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



#### LABOUR DAY Aug. 30, Sept 1, 2, 3, 2018

The summer weather will greet us as we hike in this area.

#### THANKSGIVING - Oct. 6, 7, 8, 2018

Great fall colours and a full Thanksgiving dinner.

#### NEW YEARS - Dec. 28, 29, 30, 2018, Jan 1, 2019

Snow – we will snowshoe, cross country ski.

No snow we hike.

*The Lodge is located in Potter County, Pennsylvania, 2.5 hours south of Buffalo. There is no agriculture or industry in the area, just great trails. Daily hikes of 10 to 15 km are led through hardwood forest, many beside mountain streams. Our lodge provides comfortable accommodation & excellent meals for \$70.00 semi-private, \$75.00 private-double occupancy, \$90.00 private-single occupancy, USD per day per person. These outings have proven to be popular with the lodge filling quickly.*

For more information, including driving directions, please see [hikevincent.wordpress.com](http://hikevincent.wordpress.com) or contact Greg Vincent at 519-579-8210 or [vincent.greg@gmail.com](mailto:vincent.greg@gmail.com)

For reservations call Carol Szymanik at 1-814-435-2163

# BRUCE TRAIL DAY



**SUNDAY SEPTEMBER 30, 2018**

**10:00 AM - 2:30 PM**

## Glen Haffy Conservation Area

19245 Airport Road, Caledon East, ON L7K 2M9

Bruce Trail Day is held to promote public awareness of the Bruce Trail Conservancy's mission: "Preserving a Ribbon of Wilderness, for Everyone, Forever". This involves securing land to protect the Niagara Escarpment's natural ecosystems and promoting environmentally responsible public access.

### All Day Barbecue & Information Table

Enjoy Good Food, Mingle with Friends and Purchase Bruce Trail Merchandise

### Children's Activity

Help us Build Bluebird Nesting Boxes to be Installed on BTC Properties on Earth Day 2019

### The Monarch Butterfly

A Species of Special Concern: Learn about Environmental Threats Facing this Iconic Species and What You Can do to Help

### Games for Young Hikers

Scavenger Hunt, Nature Crafts and More

All hikes are free and are guided by experienced volunteer leaders. The hikes are introductory, at a slow to moderate pace. Meet at the Forest View Picnic Area at the Glen Haffy Conservation Area.

*Reduced entry fee of \$4.00 per person for all participants in Bruce Trail Day activities. (Kids 14 and under are free)*

**LAST GUIDED HIKE LEAVES AT 1:00PM**

**[www.caledonbrucetrail.org](http://www.caledonbrucetrail.org)**

## INTRODUCTORY HIKES

**10:00 AM**

**1.5 HOUR HISTORY HIKE**

**10:30 AM**

**1.5 HOUR SIGHTS & SOUNDS OF GLEN HAFFY**

**11:00 AM**

**1.5 HOUR EXPLORE THE PARK**

**11:30 AM**

**1 HOUR INTRODUCTORY HIKE**

**11:30 AM**

**1.5 HOUR EXPLORE THE PARK**

**12:30 PM**

**1.5 HOUR EXPLORE THE GOSLING FOREST**

**Discover the BTC Nature Reserve in Hockley Valley**

**1:00 PM**

**1.5 HOUR SPECIAL NATURE WALK**

**Don Scallen (Peel Halton Naturalist Club) A hike through the forest ecosystem of Glen Haffy CA to identify trees & discuss the introduced pathogens now attacking butternuts, ash & beech**



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## **NORTHERN LIGHTS NORWAY**

**February 13 to 23, 2019**

Enjoy a full itinerary of adventures like cross-country skiing, dog-sledding & snowmobiling plus Mother Nature's lightshow - the Aurora Borealis (the Northern Lights). Home base is Tromso - one of THE best places in the world to see the Northern Lights. Also visit the capital of Oslo for some cultural exploration.  
*Part of the C.H.H. Adventure Collection.*

## **THE "CAMINO"**

**April / May 2019**

The Camino de Santiago is an iconic trek covering some 800km across the north of Spain. Our journey encompasses the last 160km from O'Cebreiro to Santiago de Compostela, including many "extras" in order to make it a complete Galician experience. Thousands of pilgrims have walked before us, and it is time to add your footsteps to this famous trail.

## **THE MARITIMES**

**June 21 to July 3, 2019**

Hike & kayak the world's highest tides at the Hopewell Rocks in New Brunswick; meet Anne of Green Gables and build sandcastles in Prince Edward Island; celebrate Canada Day in Halifax, Nova Scotia. Plus lots more activities from cycling to hiking, and you could conceivably eat lobster every day of this trip if you tried!

*Part of the C.H.H. Adventure Collection.*

## **MACHU PICCHU**

**September 13 to 25, 2019**

Explore the Sacred Valley of the Incas by hiking through the famed salt pans of Maras, the ancient ruins of Pisac, and trekking high up into the Urubamba mountain range. Then that all important day arrives when we hike into Machu Picchu – **rounding the corner of the Sun Gate and seeing Machu Picchu with your own eyes will give you goose bumps!**

**NO CAMPING – ALL  
ACCOMMODATIONS ARE IN  
HOTELS AND LODGES**

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## **Hike Leader Course**

**November 11, 2018**

**Are you an experienced hiker and interested in becoming a hike leader for your club?**

**The Caledon Hills Bruce Trail Club is hosting a Hike Leader Course run by Hike Ontario, the certifying body for hike leaders, at the Tai Chi Centre officially called the Fung Loy Kok Institute of Taoism, The International Centre, near Mono Mills on Sunday November 11.**

**Upon receipt of your cheque made out to the Caledon Hills Bruce Trail club for \$50 (mailed to Marilyn Ross, 6 Lombardy Cr, Brampton, L6S 4L8) you will be given all the information about this course with Hike Ontario. Please include your email address with your payment.**

**Everyone who completes the course will be reimbursed the \$50.00 registration fee.**

**At the course you will be given information on how to plan your hike, how to avoid possible risks associated with hiking, handling different hiking situations, techniques to use along the trail and what a hike leader should carry in his/her backpack.**



# Volunteering Has Enhanced My Life - by Diane McKenzie

My volunteering with the Bruce Trail Conservancy started about 10 years ago. Prior to this, I was living and working in Caledon, and one of my favourite pastimes was riding my horse along the many Caledon trails shared with hikers. With both my horse and I nearing retirement age, I realized that my body needed to do the walking, rather than my horse. I knew that many of the trails upon which I had ridden, were part of the Bruce Trail, but I didn't know anything about the trail, and how I could become part of this walking fraternity.

Upon googling "Bruce Trail" and reading information on the Bruce Trail Conservancy, I became fascinated by its history. I learned that the Conservancy was started as a dream over 50 years ago through the foresight of members of the Federation of Ontario Naturalists, who recognized the uniqueness of the Niagara Escarpment, and the need to preserve and protect it. This unbroken ribbon of hills and forests runs right across the middle of Central Canada's industrial heartland—a potential victim of indiscriminate quarrying operations and real estate development. These volunteers, led by Dr. Philip Gosling in 1962, set about surveying the route (600 km at that time), securing landowner permissions to cross their properties, and clearing and blazing the Trail. Even in 1961, the question raised by The Financial Post was, "Can they save this ribbon of wilderness?" Was this to be the birth of a dream of a protected Escarpment to be accessible for all of us in perpetuity?

My senses were now stirred. Where could I meet up with other like-minded hikers to walk sections of this 880 km trail? The website guided me in the direction of joining 1 of the 9 volunteer clubs, that equally manage 100 km of trail, stretching from Niagara to Tobermory. That step was easy, as the Caledon Hills Bruce Trail Club was in my backyard.

On taking out a membership, I received quarterly magazines re club activities and info on weekly planned group hikes, all very welcoming to a new member. Once I started weekly hiking though, I quickly learned that each club encourages hikers to not only "use" the trail, but to become "volunteers" to help steward and maintain the trail—to report on fallen trees, unsafe hiking conditions, vandalism, and to keep trails safe for fellow hikers.

After being a land steward for 4 years, I then became a Director at Large on the Caledon Hills Club board. My first volunteer position was to save the club monies in the mailout of their 750 quarterly magazines by manually doing the postal code sorting. I'm now further in-



involved in fundraising for our club. I organize tree pruning of our member-planted Christmas trees which we sell every weekend in December from a member's Hockley Valley farm, including Christmas planters, also prepared by our volunteers. This December, we netted sales of \$3600 to be donated to the Conservancy for vital future land purchases.

What the general public is not aware of, is that just over 64% of this conservation corridor containing the Bruce Trail is secure and safe from development—the rest of the corridor—more than 325 km or 36%, remains vulnerable. Our fundraising goal over the next 20 years is to raise monies to secure these lands held by private landowners as they come on the market—preserve the conservation corridor and where appropriate, sever off and resell the remaining land. The dream of completing this goal of a secured conservation corridor will continue to be dependent on members, volunteers and donors alike, to ensure that it will be there in perpetuity!

How has volunteering enhanced my life? It has brought me many wonderful new friends who share this conservation dream, it has made me feel, even if in a small way, that I am helping to make a difference, and most importantly, I feel that it is my Pay Forward for future generations.

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## Caledon Hills Club Annual End-to-End

### Thanksgiving Weekend - October 6, 7 & 8, 2018

The Caledon Hills Bruce Trail Club invites you to join us for our annual “Fall Colours” End-to-End hike on Thanksgiving weekend.

Plan now to participate in one of the most enjoyable and challenging hiking experiences of the year, a 70.2 km hike through the spectacular fall colours of the Caledon Hills. You can complete the 70.2 km distance over all three days of the weekend or the same distance over Saturday and Sunday.

The cost of the End-to-End is \$25.00 for the three-day event, \$20.00 for the two-day event, or \$10.00 for a single day. This fee covers daily bus transportation, refreshments, and the End-to-End badge on completion. Payment can be made by cheque or Interac e-Transfer.

For further registration details, email Sandy Green, [sgreenhikes@gmail.com](mailto:sgreenhikes@gmail.com).

Registration is limited.

Congratulations to all the hikers who completed the Club’s 2017 Thanksgiving End-2-End

#### 2 Day Hikers:

Stephen Amato  
George Biondic  
Margaret Corner  
Jenny Ding  
Frank Dong  
Amy Errmann  
Linda Fang  
Jonathan Fung  
Bonnie Garba  
Pamela Leudke  
Anne Poole  
Terry Rampersad  
Jamie Rossiter  
Jacquie Van Dyke

#### 3 Day Hikers:

Cory Ainger  
Cathy Annetta  
Reza Barzanjah  
Mandy Bennett  
Andrew Bernas  
Kim Best  
Jacques Boilard  
Esau Boone  
Gord Brocklebank  
Josephine Bush-Koehler  
Mick Carberry  
Sarah Chan  
Ellis Chan  
Susan Chiutsi  
Rebecca Crane  
Diane Cropp  
Maurice de Verteuil  
Lauren Doig

Abigail Doris  
Lisa Eadie  
Stuart Forbes  
Amy Gibbings  
Trevor Graham  
Christine Hanley  
John Hanley  
Danielle Koren  
Han Koren  
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Timothy Oliwiak  
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Marion Roggeband  
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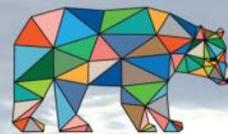


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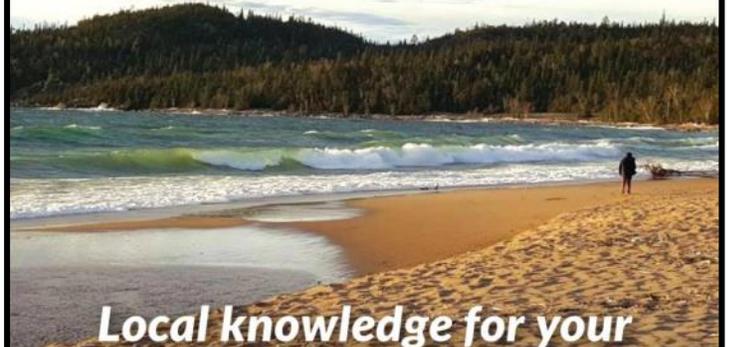
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## HIKING INFORMATION AND GUIDELINES

The hike listings in the Caledon Comment have been condensed. To get the full description of each hike, you must go to the club website at [www.caledonbruce-trail.org](http://www.caledonbruce-trail.org).

- Please arrive 15 to 20 minutes before departure time.
- Bruce Trail map and kilometre references are from the 29th edition of the Bruce Trail Reference.
- Always carry your Ontario Health Card.
- Carry an adequate amount of water and food.
- If you have to carry an auto-injector or other medical device, make sure someone on the hike knows about it.
- Unless stated otherwise hiking boots are required and no dogs are allowed.
- Unless stated otherwise all hikes will depart at 9:30 am.
- Check the website regularly for updates to the hiking schedule.

While there are a few portions of the Bruce Trail within conservation areas that are wheelchair accessible, use of the majority of the Trail is suitable for foot traffic only. To participate in an organized hike you need to be able to complete the specified length of the hike on your own or with your own support person within the time allowed. Please refer to the hiking schedule for details.

Hike ratings have been standardized across most of the Bruce Trail Clubs.

### Pace -

Leisurely - 3km/hour or less

Medium - 3 to 4 km/hour

Brisk - 4 to 5 km/hour

Fast - 5+ km/hour

### Terrain -

Easy - Mostly flat and usually good footing.

Moderate - Some hills and/or some poor footing.

Strenuous - Hilly with steep climbs and some poor footing

Thank you for following  
the Trail Users Code all  
year.

Please stay on the Trail.

## FALL HIKES —2018

Saturday September 8: Dufferin Hi-Land Section, Lavender, Map 21, Walking Wounded: End to End #1, This 11 km shuttle hike will take approximately 4 hours and is at a leisurely pace over moderate terrain.

Sunday September 9: Caledon Hills Section, Palgrave Forest north, ORTA Map 1, This 9 km loop hike will take approximately 3 hours and is at a medium pace over moderate terrain.

Saturday September 22: Dufferin Hi-Land Section, Kilgorie Hill, Map 21&20, Walking Wounded: End to End #2, This 10 km shuttle hike will take approximately 4 hours and is at a leisurely pace over moderate terrain.

Sunday September 23, Toronto Section, Speyside, Map 12,

This 10 km loop hike will take approximately 3 hours and is at a medium pace over moderate terrain.

Sunday, September 30: **Bruce Trail Day** at Glen Haffy Park. Hikes throughout the day. See Page 5 for details.

Saturday, Sunday, Monday, October 6,7 & 8 **Caledon Hills Thanksgiving Fall Colours End to End**. See Page 9 for registration details.

Thursday October 11: Dufferin Hi-Land Section, Mono Cliffs, Map 19, Fall Colours Photography Hike, Moderate, 8km -10km, photography hike on hilly terrain at slow to medium pace with stops to photograph fall colours and scenery.

*(Continued on page 12)*

Hiking Schedule (Continued from page 11)

Saturday October 13: Toronto Section, Terra Cotta Conservation Area, Map 14, Introductory, This 6 km loop hike will take approximately 2 hours and is at a leisurely pace over moderate terrain.

Saturday October 13: Dufferin Hi-Land Section, Pine River, Map 20, Walking Wounded: End to End #3, This 11 km shuttle hike will take approximately 4.5 hours and is at a leisurely pace over moderate terrain.

Sunday October 14: Toronto Section, Limehouse, Map 12, Introductory, This less than 5 km loop hike will take approximately 2 hours and is at a leisurely pace over moderate terrain.

Saturday October 20, Toronto Section, Hilton Falls, Map 11&12, Hike #1 Dave and Sally's End to End Toronto, This 17 km shuttle hike will take approximately 6 hours and is at a medium pace over moderate terrain.

Saturday October 20: Dufferin Hi-Land Section, Boyne Valley, Map 20, Walking Wounded: End to End #4, This 11 km shuttle hike will take approximately 4.5 hours and is at a leisurely pace over strenuous terrain.

Saturday October 27, Toronto Section, Limehouse/Scotsdale Farm, Map 12&13, Hike # 2 Dave and Sally's End to End Toronto, This 19 km shuttle hike will take approximately 6 hours and is at a medium pace over moderate terrain.

Saturday October 27: Toronto Section, Terra Cotta, Map 14, This 13 km loop hike will take approximately 4 hours and is at a medium pace over moderate terrain.

Sunday October 28: Toronto Section, Silver Creek, Map 13, Introductory, This 9 km loop hike will take approximately 3 hours and is at a leisurely pace over moderate terrain.

Saturday Nov 3, Toronto Section, Terra Cotta, Map 13&14, Hike # 3 Dave and Sally's End to End Toronto, This 13 km shuttle hike will take approximately 4.5 hours and is at a medium pace over moderate terrain.

Saturday November 3: Dufferin Hi-Land Section, Mono Cliffs, Map 19&20, Walking Wounded: End to End #5, This 13 km shuttle hike will take approximately 5 hours and is at a leisurely pace over moderate terrain.

Sunday November 4, Caledon Hills Section, Forks of the Credit, Map 15, This 11 km loop hike will take approximately 3.5 hours and is at a medium pace over moderate terrain.

Saturday November 10, 2018 Caledon Hills Section Hockley Valley, Map 18 This 10 km loop hike will take approximately 4 hours and is at a leisurely pace over moderate terrain.

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# FALL TUESDAY HIKES —2018

**FULL HIKE DESCRIPTIONS CAN BE FOUND ON THE CLUB WEBSITE AT  
WWW.CALEDONBRUCETRAIL.ORG**

**See Page 11 for More Hike Information and Guidelines**

**Tuesday September 4: Toronto Section, Terra Cotta, Map 14. A 15 km loop hike that will take approximately 4.5 hours and is at a medium pace over moderate terrain.**

**Tuesday September 11: Sydenham Section, Inglis Falls, Map 32. An 11 km loop hike that will take approximately 4 hours and is at a medium pace over moderate terrain.**

**OR**

**Tuesday September 11: Caledon Hills Section, Hockley Valley, Map 18. A 10 km loop hike that will take approximately 3.5 hours and is at a leisurely pace over moderate terrain.**

**Tuesday September 18: Beaver Valley Section, Hogg's Falls, Eugenia, Map 26. A 12 km shuttle hike that will take approximately 4 hours and is at a medium pace over moderate terrain.**

**Tuesday September 25: Grand Valley Trail, Big Creek to Grand River, Map GVT 5-6. A 10 km shuttle hike that will take approximately 3.5 hours and is at a medium pace over moderate terrain.**

**OR**

**Tuesday September 25: Caledon Hills Section, Hockley Valley, Map 18. A 10 km loop hike that will take approximately 3.5 hours and is at a leisurely pace over moderate terrain.**

**Tuesday October 2: Caledon Hills Section, Glen Haffy, Map 17. A 15 km shuttle hike that will take approximately 4.5 hours and is at a medium pace over moderate terrain.**

**Tuesday October 9: Beaver Valley Section, Duncan Crevice Caves/ Metcalfe Rock/ Kolapore, Map 25. A 12 km loop hike that will take approximately 4 hours and is at a medium pace over moderate terrain.**

**Tuesday October 16: Iroquoia Section, Dundas Valley, Map 8. A 12 km shuttle hike that will take approximately 3.5 hours and is at a medium pace over moderate terrain.**

**Tuesday October 23: Caledon Hills Section, Hockley Valley, Map 18. A 14 km loop hike that will take approximately 4 hours and is at a medium pace over strenuous terrain.**

**Tuesday October 30: Dufferin Hi-Land Section, Mulmur Hills & Boyne Valley, Map 20. An 11 km shuttle hike that will take approximately 4 hours and is at a medium pace over moderate terrain.**

**Tuesday November 6: Toronto Section, Hilton Falls, Map 11. An 11 km loop hike that will take approximately 3 hours and is at a medium pace over moderate terrain.**

**Tuesday November 13: Caledon Hills Section, Palgrave Forest North, Map 17. A 9 km loop hike that will take approximately 3 hours and is at a medium pace over moderate terrain.**

**Tuesday November 20: Caledon Hills Section, Forks of the Credit and Belfountain, Maps 14/15. A 15 km loop hike that will take approximately 4.5 hours and is at a medium pace over moderate terrain.**

**Tuesday November 27: Toronto Section, Scotsdale Farm, Map 13. A 9 km loop hike that will take approximately 3 hours and is at a medium pace over moderate terrain.**



**Newly certified sawyer Rob Vander Sluis and John Maxwell taking care of business.**



**John Maxwell demonstrates his self-designed rope thrower.**

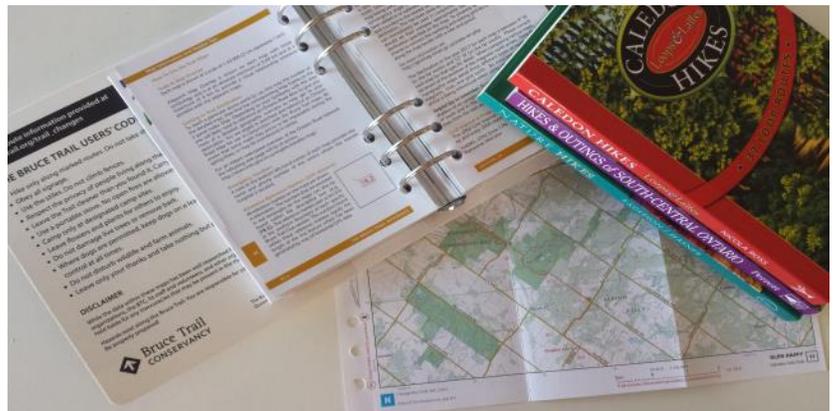
## 2018-06 POST: Choosing Your Own Path - By Heidi Bischof, Webmaster

I love going on organized hikes – all the difficult decision-making is done for you, and you'll meet many people from all walks of life with whom you can have interesting conversations during the hike. But there are times when I'm not available on the date an organized hike is scheduled, or the upcoming hikes aren't ones that match my stamina. It's times like these that I decide to plan a hike of my own.

There are advantages to choosing “my own path”, including being able to create a more intimate hiking group of friends, or hiking on my own for a more reflective and meditative experience. I can also control the location, date, start time, pace, and frequency of stops more, without worrying that I'm holding up the group for more than a few minutes because I'm mesmerized by a songbird high up in the canopy.

But choosing your own path requires asking yourself a few basic questions.

What kind of route do I want? A “Loop”, where the trail brings me back to where I started? A “There and Back”, where I follow the trail in for a while, then turn around and come back the same way? A “Shuttle”, which means I need to bring a friend and we drop one car at the end of our hike before driving in another car to the beginning of our hike?



What terrain do I want to hike on? For example, do I want to be in the forest or in meadows, and do I want to climb gentle or steep hills?

How far will I hike? The answer to this will be a combination of when am I starting my hike, when will there be daylight, how long do I want to be out, and what is my speed going to be (this will be based on my fitness level and the terrain).

If all this is starting to sound too complicated, there are some shortcuts you can take to planning your own hikes!

To begin with, our website's updated [Self-Guided Hikes page](#) has some suggestions for hikes you can do on your own. Some of these suggestions include our [Sideways badge and Historical Hikes badge series](#), which have detailed hike routes that you can choose from, even if earning a badge isn't for you.

Another place I like to look for hikes is in my personal library. In the 29<sup>th</sup> edition of [The Bruce Trail Reference](#), Part V lists introductory hikes of varying lengths in all the sections that you can do on your own. Other go-to books for me are “*Nature Hikes, Near-Toronto Trails and Adventures*” by Janet Eagleson, “*Hikes and Outings of South-Central Ontario*” by N. Glenn Perrett, and the “*Loops & Lattes*” series by Nicola Ross et al.

*Continued on Page 15*

But sometimes I want to *really* choose my own path. I want to chart it from scratch, so that's when I plan my hike based on a map. For those, I'll turn to my [Bruce Trail Reference](#), because its maps and trail guide are essential tools in this process. These maps show the main trail, side trails, natural features of the landscape, and elevation changes. Notes to each map include information on parking and some points of interest which are all very helpful in planning a hike. There are also informative sections in the guide on how to prepare for a hike, read the maps, and use the Trail.

If you don't own a Bruce Trail Reference, you can download from the Bruce Trail Conservancy [pdf versions](#) of any map in the Reference for only \$3 each. Alternatively, you can purchase [the BT App](#) to access maps of the Trail on your mobile device.

Before you head out on a hike you planned, it's a good idea to make sure there haven't been any [trail changes](#) impacting the area you're going to; these can be found on the [BTC's website](#).

As you can see, there are plenty of resources to help you choose your own path!

\*\*\*\*\*

*Once you have some experience planning and leading your own hikes, you may find yourself thinking about leading hikes for a Bruce Trail Club. If so, [Hike Leader Training](#) is being offered again in November, and registration is now being accepted. Details can be found on Page 6 of this newsletter.*

*Editor's Note: This blog was published with Heidi's permission. You can sign up to receive Heidi's blogs by visiting our website at [caledonbrucetrail.org](http://caledonbrucetrail.org).*

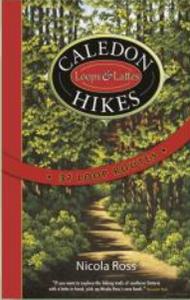
## LOOPS & LATTES HIKING GUIDES

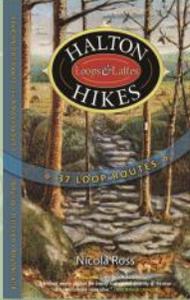
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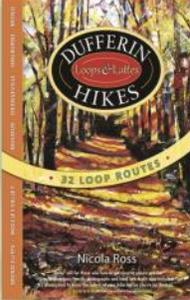


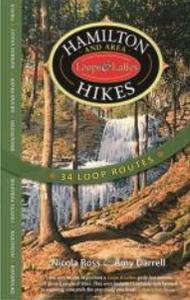
"Better still for those who love to get close to nature are the precise directions, terrific photographs and local lore that are also included. It's always nice to know the 'whys' of your hike before you're on the trail."  
*JULIE SLACK, Metroland Media*

"Before working in tourism, I spent many years working in publishing, and I'd like to pass along that your book hits the right note on many, many levels. There are other books out there that have tried to do the same thing but missed the mark. Thank you for putting out a book that has struck the right balance in so many ways."  
*DANA MURRAY*









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## Save the Date

- Sunday, September 30th*      *Bruce Trail Day at Glen Haffy  
C.A. - See Page 5*
- October 6, 7 and 8*      *Thanksgiving Weekend Club  
End to End—See Page 9*
- Sunday, October 21*      *Film and Brunch Fundraiser  
"The Gardener" -See Page 3*
- Sunday, November 11*      *Hike Leader Training—See Page 6*
- Sunday, December 2nd*      *Winter Pot luck at Caledon Village  
Place— Details to Follow*



**The Bruce Trail Conservancy Mission:**  
**Preserving a ribbon of wilderness, for everyone, forever.**

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