

Fall
2019



TRAIL MARKINGS

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The 2019 GVTA Volunteer Awards

By Emily Bennett

Every year, we take the opportunity at the AGM to recognize volunteers who have distinguished themselves during the course of the year. We have two recipients of the Volunteer of the Year Award. Congratulations to this year's recipients.



Volunteer of the
Year Award

Chris Kaczynski
(left) or her outstanding contribution to membership services. Presented by Emily Bennett (right).

Volunteer of the
Year Award

**Mike Hulls &
Family**

For their significant contribution to trail maintenance.



Story continued on Page 5.

President's Message

By Annie Côté-Kennedy

Following the Annual General Meeting, I'm happy to take on the role of President for the 2019-2020 year. I take this opportunity to thank all the members who attended the AGM in May and to congratulate all who were recognized for their outstanding volunteer contributions. (See photos on the front page). It was great to see the range of attendees. I extend a special thanks to the many long-standing members who were in attendance – for the most part, these are the people who were instrumental in getting the club up and running. We are very grateful for your continued interest in the success of the club and commitment to hiking the Grand River valley. Your advice is invaluable and always much appreciated.

As well, I'd like to acknowledge the new members who recently joined the club and who attended their first AGM. We hope for your continued interest and support. As new members, your fresh perspective and candid input are welcome. We also hope you will consider volunteering your skills and time with the club. If you have a specific area of interest, please let us know by completing the volunteer application online or contacting Emily Bennett, our director membership and volunteers at volunteering@gvta.on.ca.

Finally, Board elections were held at the AGM. While most board positions have been filled, the association is continuing to look to fill the role of vice-president responsible for trail maintenance. This is a very important role on the board and for the association. Its overall mandate is to ensure that the trail directors responsible for each segment of the trail are supported in their efforts and that the trail is safe and well maintained. Please contact me or Emily if you wish more information on this important role.

As a new board, we are keen on getting started. The board had a special meeting in July to start planning for the upcoming year. When plans are finalized, we'll keep you posted through the newsletter or website. In the interim, please feel free to contact me or any of the board members with your questions or concerns.

Happy Hiking!

Volunteers Needed!

The GVTA Board of Directors is seeking volunteers for the following. Please contact Emily Bennett (volunteering@gvta.on.ca) for more details.

- **On the Board:** Trail Maintenance Vice-President
- **On the Trail:**
 1. Trail Director, Carolinian Crest
 2. Trail Director, Pinnacle
 3. Trail Director, Towpath (Haldimand County)

Board of Directors, 2019-2020

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president@gvta.on.ca

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Heather Rennie

marketing@gvta.on.ca

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Georgia Mulholland

hikes@gvta.on.ca

TRAIL MAINTANENCE VICE-PRESIDENT

Vacant

MEMBERS AT LARGE

Shawn Weishar

Mary-Ellen Currie

GVTA Board Meetings

Upcoming meetings:

- Tuesday, September 10
- Tuesday, October 8
- Tuesday, November 12

**Location: Allan Reuter
Centre**

**507 King St E. (in Pres-
ton)**

Cambridge, ON N3H 3N4

Time: 7:00 PM

Trail News: Schneider's Woods

By Geoff Bell

Schneider's Woods consists of several large parcels of privately-owned land on either side of Carmel-Koch Road near the intersection with Wilmot Line, just west of Waterloo. The owners have generously made their land available for hiking and Nordic skiing.

GVTA members are reminded that hiking is not permitted on these lands during the ski season, which starts November 15 or November 30, depending on the property. However, hiking is not permitted if there is any snow whatsoever (even before November 15). The owners want to ensure that there is a good base for skiing. Respecting the owners' wishes will ensure that Schneider's Bush remains available for hiking and skiing into the future.

City of Kitchener Master Cycling and Trails Plan

By Charles Whitlock

Through Jamie Hember, GVTA was notified that the staff of the City of Kitchener were reaching out to local citizens to hear how they can make Kitchener a great place to walk and bike. A new Master Plan is being formed to replace master plans developed in 2010/2012. The City's new master plan *will serve as the catalyst for building a city where people willingly and joyfully choose active transportation for getting around.*

A workshop was held on Wednesday, July 17 at 5 p.m. in the Victoria Park Pavilion. This was an interactive “roll-up-the sleeves” forum where approximately 60 participants addressed the following five items as it relates to both cycling paths and walking trails. The demographics were people of all ages, with a fairly even split of interests in 1) cycling, 2) walking, and 3) both walking and cycling.

The topics focused on were:

- Maintaining the network (of trails) year-round
- Finding your way around
- An active place to live
- A safe and connected network

The trails referred to in this forum were not hiking trails like the GVTA. The trails in the forum's context are trails used as transportation corridors or people movers. At each table I promoted the GVTA. The Avon Trail attendees had Avon flyers to give out.

The major take-aways from this forum were:

- Intersection improvements to trails to other pedestrian walkways or roads
- Priorities for snow clearance on paved trails similar to snow clearing priorities on roads
- Protecting the current infrastructure to include safety and interactive signage
- Branding of trails by name, colour coding or numbering
- Trail linkage to transit
- How to get to the trail
- Development of a social app

A follow-up information session is scheduled for September 2019.

Volunteer Awards

Continued from Page 1

The Award of Merit goes to the GVTA member who has made a strong contribution to the GVTA over several years. Congratulations to Jim and Charles!

Award of Merit: **Jim Senn**, who has served with the GVTA since 2011 as Landowner Relationship Director, Vice-President and President. He is continuing to serve as the association representative on the Walter Bean Trail initiative with the township of Woolwich.



Award of Merit: **Charles Whitlock**, who has been on the board in various capacities for over 25 years. A master instructor with Hike Ontario, Charles has been the GVTA representative at Hike Ontario for the past seven years, a role he has accepted to continue for the coming year.

worldwide.on.ca

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PURE LIFE: Costa Rica: We return to Costa Rica March 24—April 5, 2020 on a very special tour escorted from Toronto by Janice Bock. Our 13 day tour explores some of the very best of Costa Rica with a heavy emphasis on natural areas. This tour is geared to individuals looking for small group experience—at a MAXIMUM we will take 16 travellers though this tour is targeting no more than 11 travellers. Tour cost is CAD \$4,785 p.p. double including tour manager / escort Janice Bock, flights, accommodation, most meals and all sites.

Complete information at: <http://www.worldwide.on.ca/costa-rica-2020/index.html>

Information on our special tours through 2020 / 2022. Space on all these unique tour programs is VERY limited and based on first come, first served basis. Pre-registering your interest is the best way to get the first information on our tour programs.

CROATIA DISCOVERY: April 25 to May 9, 2020—<http://www.worldwide.on.ca/croatia2020/index.html>

SICILY & MALTA: October 2 to 17, 2020 — <http://www.worldwide.on.ca/jewels2020/index.html>

Registrations are being accepted for the following unique tours in 2021 & 2022:

Morocco : April 9 to 19, 2021

Andalusia : April 20 to 30, 2021

These two tours can be combined into a 22 day holiday

Moldova & Romania : Fall 2021

Rhodes & Crete : Spring 2022

Vietnam : Fall 2022

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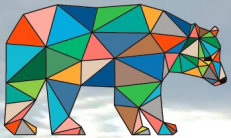
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- No camping or fires permitted
- Leave flowers/plants for others to enjoy
- Do not damage live trees or strip bark
- Protect and do not disturb wildlife
- Leave nothing but thanks and take nothing but photographs
- Use trails at your own risk
- Walk around the edge of fields
- Keep dogs leashed
- No motorized vehicles, bicycles or horses except where permitted by sign posting
- Close all farm gates
- Obey all signage

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GVTA Hats - one size - \$10.50

GVTA Guidebooks - \$15 + \$6 shipping (or contact Jan Hember, 519-745-1375, to pick up your copy). Guidebooks require a 6" X 9" binder, which can be purchased at your local office supply store.

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info@letshike.com www.letshike.com

THE "CAMINO", SPAIN

April / May 2020

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.

SLOVENIJA - BLLED & TRIGLAV

July 10 to 20, 2020

Slovenija is where the Alps meet the Mediterranean - a country of amazingly unspoiled beauty. Our program includes hikes behind the thundering Slap Pericnik waterfall, through Vintgar Gorge gushing with white water, on the slopes of & Mt. Triglav, and around the glacier-fed Lake Bohinj. Home base for the entire holiday is the fairy-tale setting of Bled. Dates were specifically chosen to catch the Bled Days Festival, when organizers launch 15,000 lights in eggshells onto Lake Bled.

JAPAN - TOKYO TO KYOTO

October 4 to 18, 2020

Traditional customs intertwined with modern realities! Discover hiking trails from Tokyo to Kyoto, including treks in Kamikochi (Japanese Alps), on the slopes of Mt. Fuji & the Five Lakes District. Explore Matsumoto, Takayama, & Japan's first capital, Nara. Accommodations include western-style hotels & traditional Japanese ryokans. Peak time for fall colours!

GALAPAGOS ISLANDS

NORTHWEST – November 9 to 19, 2020

SOUTHEAST – November 15 to 24, 2020

The Galapagos is a wild landscape with some of the most unique wildlife on the planet; many of its animal species are found nowhere else in the world. Each day will feature the opportunity to hike (2 hour/light hikes) – often among masses of iguanas and sea lion colonies, to kayak – exploring quiet coves and bays, spotting sea turtles and reef sharks, and to snorkel – with quite literally thousands of colourful fish, starfish and maybe even manta rays. Aboard ship, relax as we sail alongside pods of dolphins and at the end of the day, catch the sunset, cocktail in hand. The Galapagos routinely exceed expectations!

NEW DESTINATION

August/September 2020

To be launched in the Fall – sign up for our newsletter to be the first one to know – info@letshike.com

TICO # 50018498

About Trail Markings

Submissions (Please submit electronically before issue deadlines)

Content Articles: Managing Editor,

newsletter@gvta.on.ca

Advertising: Advertising Coordinator, advertising@gvta.on.ca

Scheduled Hikes, Work Parties, Other Outdoor Activities: Hike Coordinator, hikes@gvta.on.ca

(If you have not submitted before, please contact hikes@gvta.on.ca for formatting instructions)

Deadline Dates for Publication

February 5, May 5, August 5, November 5

Advertisement Rates and Inquiries

Contact the Advertising Coordinator,

advertising@gvta.on.ca

Reporting Errors and Omissions

Please report to the Managing Editor,

newsletter@gvta.on.ca

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On the Trail with My Opa

By Mackenzie Lennon

My name is Mackenzie and I'm 7 years old. When I was little my Opa and I would go in the forest behind the house; there we would work to make a trail.

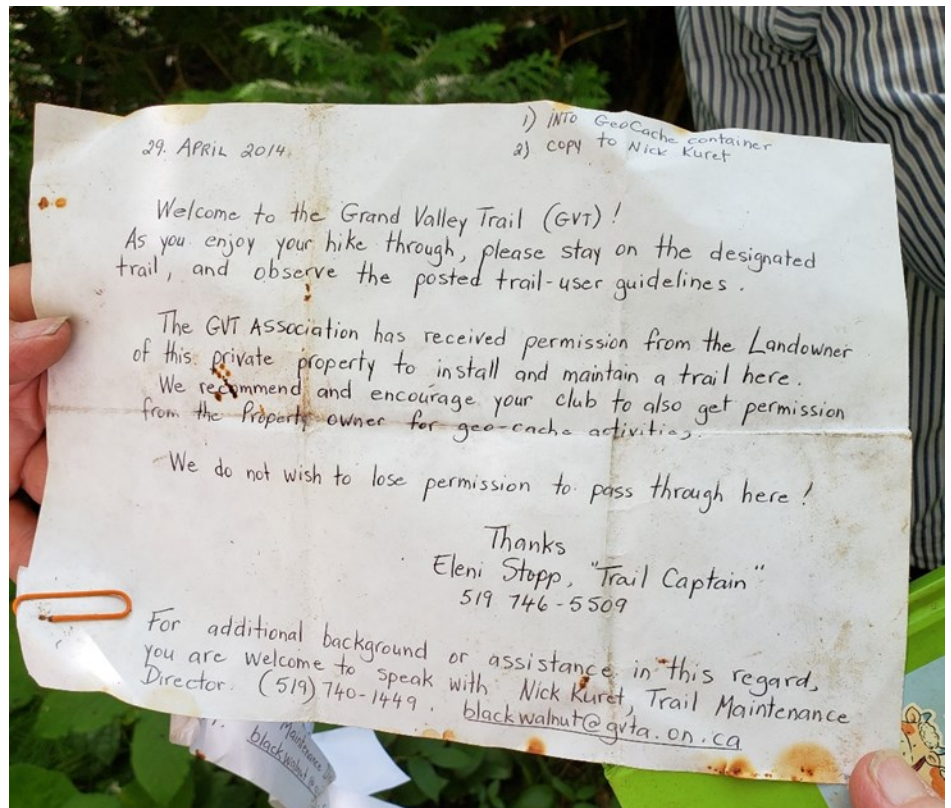
Now that I'm older I get to go on the Grand Valley Trail and help with the grown-ups. Everything is so much fun (except the mosquitos) and along the trail there are many things to see. The weirdest looking bugs, mushrooms and funny shaped trees. The best trees being the thin dead ones that I can push over.

Last week we were on the trail and found a very, very large rotten tree-trunk. We all looked into the hollow trunk; I had to check it more closely and got a surprise.

I found a hidden treasure box!
I had so much fun with Ms. Hember and Ms. Emily.

But I also worked hard clipping brush and branches from the trail.

Editor's Note: The treasure box that Mackenzie refers to is a geocache. Along with the treasures, we found a lovely note from 2014, written by Eleni Stopp – a former GVTA Trail Captain referencing the writer's Opa (grandfather) who is our very own Nick Kuret. How awesome is this!



Ticks and Lyme Disease

By Geoff Bell

Ticks were once a problem primarily limited to the United States, but they are now present in many areas of Canada and climate change is believed to be the cause of this growing problem. One type of tick now found in Ontario – the blacklegged or deer tick – is known to carry the bacterium that causes Lyme disease. If bitten by an infected tick, persons who acquire Lyme disease can suffer significant health impacts. Recent media reports have revealed that there are many parts of Canada that are now designated as “at risk areas,” meaning that the prevalence of infected ticks has passed the 20% threshold. The Ottawa area, for example, has this designation, and Ottawa Public Health recommends that persons who believe that a tick has been attached to their skin for more than a day should seek a pre-emptive course of antibiotics rather than waiting for test results to confirm that treatment is needed.

As hikers and outdoors enthusiasts, many GVTA members are likely aware of the risks associated with ticks and pay attention to preventing tick bites. Knowledge of ticks, Lyme disease and prevention practices should be in every hiker’s mental backpack. Members are reminded that the GVTA website has a webpage on ticks with links to external resources at www.gvta.on.ca/Ticks.htm. In addition, all public health units in Ontario are a front-line source of accurate information on ticks, Lyme disease, practices for preventing tick bites, and directions for how to respond if you discover that a tick has attached itself to your skin.

There are four public health units responsible for the area occupied by the Grand Valley Trail, and each will provide you with a tick kit and answer any questions you may have. There is also information on their web-sites:

Wellington-Dufferin-Guelph Public Health: www.wdgpulichealth.ca. 519-822-2715

Region of Waterloo Public Health and Emergency Services: www.regionofwaterloo.ca. 519-575-4400

Brant County Health Unit: www.bchu.org. 519-753-4937

Haldimand and Norfolk Health Unit: www.hnhu.org. 905-318-6623



Pictures from the Trail

Left: Hikers in Rock-wood Park admiring the glacial potholes.

Right: The Burnt Loop Trail, Tobermory.

Photos by Jeanette Vincent.



The Geological History of the Grand River: Common Silurian Fossils, Part 1

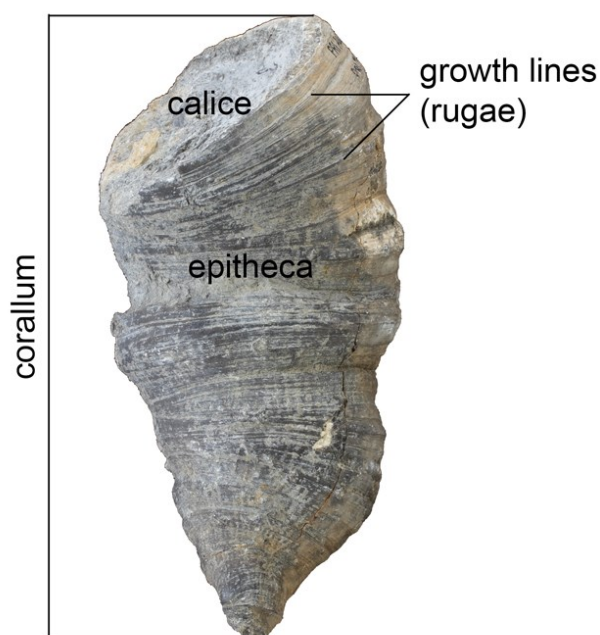
By Madeline Rosamond

Limestone, dolostone, and shale in this watershed can be great sources of fossils. Fossils can be found in bedrock outcrops, but they are often easier to find by picking up rocks on beaches, by the river, or in old gravel pits. Fossils in the Grand River watershed are most often from the Silurian (444—419 million years ago) period though later Devonian fossils are found in the south.

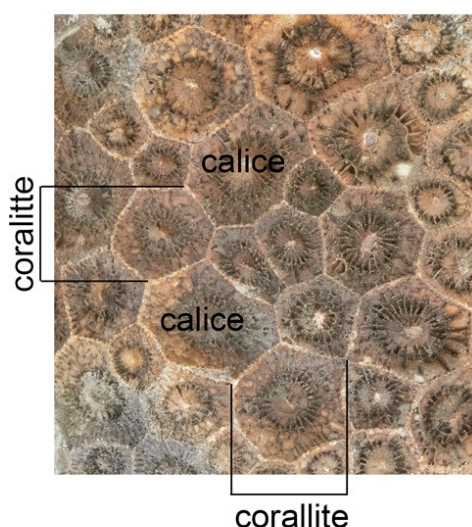
Rugose corals: The warm, shallow seas of the Silurian were home to many coral reefs. Rugose corals are now extinct, but the solitary corals (“horn corals”) and colonial corals are relatively common fossil finds and quite pretty.

Brachiopods: These shellfish are rare today but flourished ~430 million years ago. Unlike mollusks like scallops, their two shells are not identical. They lived in coral reefs and were filter feeders, acting much like modern-day bivalves. In a cracked rock, you may find the shell and its imprint on the other side.

Solitary rugose coral



Colonial rugose coral



Above: Solitary and colonial rugose corals. Note they have misspelled “corallite.” Images from *The Digital Atlas of Ancient Life*, <https://www.digitalatlasofancientlife.org/learn/cnidaria/anthozoa/rugosa/>.

Right: A brachiopod fossil. Image: University of Waterloo Earth Sciences Museum, <https://uwaterloo.ca/earth-sciences-museum/resources/fossils-ontario>



Species of Interest in the Grand River Watershed: Witch Hazel

By Madeline Rosamond

You may see some small, yellow flowers on a shrub or tree on a hike this autumn—say hello to witch hazel (*Hamamelis virginiana*)!

Witch hazels are small (usually less than six metres high), shrubby trees common in the Carolinian forest portion of the Grand River watershed, though they can be found occasionally north of Cambridge. The flowers appear in mid-fall after leaves have dropped. Seed pods sit on the tree for a year, until they suddenly split, projecting the seeds several metres away from the parent.

Witch hazel bark was traditionally used by many Indigenous peoples to treat inflammation and tumours; this practice was adopted by later European settlers. Research has recently confirmed that compounds in witch hazel are effective at fighting colon cancer cells. Today, because of its anti-inflammatory and astringent properties, it is often used as an ingredient in skin care products. Keep a look out for the flowers this fall in a Carolinian forest near you.



Tips for Enjoying Fall Hikes

- 1) Check the weather forecast—it is changeable!
- 2) Bring several layers of clothing and rain gear
- 3) Don't forget your camera to capture fall colours
- 4) Look for migrating birds
- 5) Bring plenty of water and snacks
- 6) Know your route—may we suggest the GVTA Grand Valley Trails Map?

Above: A witch hazel flower and last year's seed pods. Image courtesy of H. Zell via Wikimedia Commons.

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NEW YEARS - Dec. 28, 29, 30, 2019, Jan 1, 2020
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quickly.

For more information, including driving directions, please
see hikevincent.wordpress.com or contact Greg Vincent at
519-579-8210 or vincent.greg@gmail.com

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

Welcome, New Members!

Feb 1—July 31

| | | |
|------------------------|--------------------|------------------------|
| Christine Alexander | Wendy Janzen | Iaroslav Strasevici |
| Samira Amir | Tessa Jennison | Stephen Svenson |
| Laura Ashfield | Larrissa Jerome | Rebecca Swabey |
| Kathryn Assoff | Katie Jetter | Kate Taylor |
| Charlotte Axton | Alyse Johnston | Rolf Thiessen |
| David Bebee | Sydney Johnston | Rachel Vandervennen |
| Anne Bolender | Ruthi Knight | Nathan VanHeyst |
| Meghan Bradley | Angie Koch | Christine Verschraeger |
| Amelia Broverman | Stephanie Krug | Ron Watson |
| Jonathan Brubacher | Tim Laurence | Dan Weiler |
| MaryAnne Caibaiosai | Adam Lewis | Dana Weiner |
| Gail Chopiak | Laura MacGregor | Deb Wells |
| Mary Cook | Lisa Malleck | Kari Williams |
| Robin Cooper | Michele Martin | Kathy Willing |
| Tanya Cora | Taylor Martin | Sandra Willis |
| Margaret Corner | Alice Mather | Jared Windover |
| Meg Crawford | Michael McCarville | Kayla Zawiski |
| Susan Cunha | Alysa McClurg | |
| Stephanie Davidson | Aaron McFerran | |
| Ashley DeMarte | Kathy McLachlin | |
| Richard Devisser | Chris McLaren | |
| Naticia Dinis | Korbyn Mclean | |
| Stephanie Dolomount | Chris Mintz | |
| Lloyd Dutcher | Vanessa Miranda | |
| Linda Emslie | Gwyneth Mitl | |
| Lisa Evans | Tanya Moe | |
| Adriene Farrell | Suzie Nunes | |
| Paulina Fauchon | Margaret O'Dell | |
| Susan Fogo | Teresa Park | |
| Sara Forero | Rafel Pawluczyk | |
| Margarete Frederiksen | Valerie Pearcey | |
| Susan Froese | Mary Peplow | |
| Jen Gadoua | Carol Pfeiffer | |
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| Shirley Grove | Marg Richardson | |
| Amy Harcourt | Lynne Ronholm | |
| Miriam Hellinga | Rebecca Rose | |
| Kathleen Hohner | Rasha Salem | |
| Morgan Holmes | Anne Schubert | |
| Colleen Holmes-Cumming | Steffanie Scott | |
| Charlene Hunter | Evelyn Shantz | |
| Alicja Hunter | Joy Smith | |
| Ashley Hynd | Shannon South | |
| Tony Irving | Martina Steiger | |

Hikes and Events

By Georgia Mulholland

♦ denotes Independent Outings, possibly without Certified Hike Leader.

The GVTA accepts no responsibility for notices identified as Independent Outings (♦). These notices appear for the convenience of members.

Last-Minute Hikes

or last minute weather changes

Check the GVTA website:

www.gvta.on.ca

September Hikes

Sunday, September 15: Rockwood Park

Level 1-2 (easy/moderate) terrain variable ~ 8km ~ 3 hours

Leaders: Greg Vincent, vincent.greg@gmail.com, and Jeanette Vincent

Depart: 1:00 p.m. from Parking Lot Rockwood Park, east of Rockwood ON on Hwy 7 GPS (43.6118128, -80.1456499) 161 Fall St S, Guelph/Eramosa, ON N0B 2K0

Towering limestone cliffs, caves and glacial pot holes are a few of the natural wonders of Rockwood Park. We will view them from a hiking trail on both sides of the Eramosa River to form a loop. A swimming beach and rental watercraft are available after the hike. This area is of great interest to those interested in rock formations and what the glaciers did to those rocks. A quick answer is "lots". The glaciations even left us "gifts" in the form of erratics transported from the Canadian Shield. Entrance fee: Adults \$7.00, Seniors \$5.50.

Friday to Sunday September 27-29: Tobermory/Flower Pot Island Weekend. Two nights.

Leaders: Greg Vincent, vincent.greg@gmail.com, and Jeanette Vincent

Depart and Directions: We arrive in Tobermory Friday, Sept. 27 in time for dinner at 7 p.m. Princess Hotel, 34 Bay St. Tobermory ON, N0H 2R0. If you arrive

earlier you will have time to visit the Parks Canada Visitors Centre.

We will visit Flower Pot Island one day, cost \$55.00 for pass and ferry. Our slow paced walk gives us time to explore the island. Other walks will take us to the Grotto and Singing Sands.

This weekend is restricted to those staying with us at the Princess Hotel. Please call the Princess 877-901-8282 for costs and a reservation. Any questions contact Greg. vincent.greg@gmail.com 519-579-8210.

October Hikes

Saturday, October 5: Taking Sides on the Bruce Trail – Hilton Falls and Al Shaw Side Trails

Level 2 (moderate, uneven terrain/hills) ~15.5km ~6 hours

Leaders: Georgia Mulholland, 519-884-4638, glm@csg.uwaterloo.ca and Jane Kenyon, 226-750-8263, janekenyon64@hotmail.com

Depart: 9:00 a.m. Bruce Trail guide book ed. 29 Map 11 Sixth Line Hilton Falls Side Trail 9.2km (43.541419, -79.985129) with car shuttle to Hilton Falls main entrance - enter from Campbellville Rd (43.505705, -79.961589). Car shuttle required. Please have some space available in your vehicle to share a ride with others.

Hike the Bruce Trail around Hilton Falls. Hike will include Al Shaw Side Trail and portions of the Hilton Falls Side Trail.

Bring lunch, water and snacks.

Sunday, October 6: Rare - Cambridge

Level 1-2 (easy/moderate), terrain variable ~ 8km ~ 3 hours

Leaders: Greg Vincent vincent.greg@gmail.com and Jeanette Vincent

Meet/Depart: 1 p.m. Rare Eco Centre, 788 Blair Rd. on the river side of the road, beside the “slit barn” parking lot. GPS (43.3820242, -80.36099110)

This afternoon we will walk the cliffs and alvars beside the Grand River on a good trail, some rocky parts, at a moderate pace to enjoy the plants, trees and views. For those interested in fossils, the walls of the “slit barn” where we park/meet.depart from is full of fossils, these limestone blocks were quarried near by in Cambridge. This area was the bottom of a warm water sea of approximately 400 million years ago. We return to our start on a wide rail trail. This area is of great interest to those interested in rock formations and what the numerous glaciations left for us over millions of years.

Thursday, October 17: Taking Sides on the Bruce Trail – Speyside

Loop Hike

Level 2 (moderate, uneven terrain/hills) ~16.0 km ~6 hours

Leaders: Georgia Mulholland, 519-884-4638, glm@csg.uwaterloo.ca and Jane Kenyon 226-750-8263, janekenyon64@hotmail.com

Depart: 9:00 AM Bruce Trail guide book ed. 29 Map 12 Third Line Charles Hildebrandt Side Trail (43.604173, -79.984451). No car shuttle required.

Hike the Bruce Trail all about Speyside. Hike will include seven side trails round and about Speyside.

Bring lunch, water and snacks.

Friday to Sunday October 18-20: Tobermory/Bruce Peninsula National Park Weekend. Two nights.

Leaders: Greg Vincent vincent.greg@gmail.com and Jeanette Vincent

Depart and Directions: We arrive in Tobermory Friday, Oct.18 in time for dinner at 7 p.m. Princess Hotel, 34 Bay St. Tobermory ON, N0H 2R0. If you arrive earlier you will have time to visit the Parks Canada Visitors Centre.

We will walk the trails of the National Park for two days at a medium pace. The trails are excellent and very scenic. We will visit the Grotto, Singing Sands and the Burnt Point Loop.

This weekend is restricted to those staying with us at the Princess Hotel. Please call the Princess 877-901-8282 for costs and a reservation. Any questions contact Greg. vincent.greg@gmail.com 519-579-8210.

Saturday, October 26: Taking Sides on the Bruce Trail – Limehouse

Loop Hike

Level 2 (moderate, uneven terrain/hills) ~17.5km ~6 hours

Leaders: Georgia Mulholland, 519-884-4638, glm@csg.uwaterloo.ca and Jane Kenyon 226-750-8263, janekenyon64@hotmail.com

Depart: 9:00 a.m. Bruce Trail guide book ed. 29 Map 12 22 Sideroad and Fifth Line roadside parking (43.636859, -79.979818). No car shuttle required.

Hike the Bruce Trail at Limehouse. See the historic lime kilns and visit the Hole in the Wall. The hike will include the Canada Goose Side Trail...will we encounter geese? Come hike with us and find out.

Bring lunch, water and snacks.

November Hikes

Sunday, November 3: Bridgadoon Woods & Beyond in Autumn

Loop Hike

Level 1-2 (easy/moderate) ~4km or 7km options

Leaders: Janice traveljb2014@gmail.com

Depart: 1:55 p.m. 415 Caryndale--Park on Brigadoon P. S. property

We've hiked this area of SW Kitchener in winter, spring and summer; now we'll walk through Brigadoon in autumn. The trails through the woods themselves take us beside rehabilitated Strasburg Creek, near a huge bridge under construction as the extension of Strasburg Rd. and near a pond which locals find good for fishing. In Caryndale we do another loop through a neighbourhood with country-sized lots and established trees. This figure-8 walkabout allows for a 4 or 7 km distance at a leisurely pace. START & END--415 Caryndale--Park on Brigadoon P. S. property.

Saturday, November 9: Taking Sides on the Bruce Trail – Scotsdale to Limehouse

Level 2 (moderate, uneven terrain/hills) ~16.5km ~6 hours

Leaders: Georgia Mulholland, 519-884-4638, glm@csg.uwaterloo.ca and Jane Kenyon 226-750-8263, janekenyon64@hotmail.com

Depart: 9:00 a.m. Bruce Trail guide book ed. 29 Map 12 22 Sideroad and Fifth Line roadside parking (43.636859, -79.979818) car shuttle to Scotsdale Farm - enter from Trafalgar Road (43.687772, -79.990300).

Car shuttle required. Please have some space available in your vehicle to share a ride with others.

Hike the Bruce Trail Scotsdale Farm to Limehouse and enjoy a visit to the Duff Pit Side Trail. The Duff Pit

Side Trail includes a western branch of Silver Creek and a small waterfall.

Bring lunch, water and snacks.

Thursday, November 14: Taking Sides on the Bruce Trail - Scotsdale Farm and Great Esker Side Trail

Loop Hike

Level 2 (moderate, uneven terrain/hills) ~16.5km ~6 hours

Leaders: Georgia Mulholland, 519-884-4638, glm@csg.uwaterloo.ca and Jane Kenyon 226-750-8263, janekenyon64@hotmail.com

Depart: 9:00 a.m. Bruce Trail guide book ed. 29 Map 13 Scotsdale Farm - enter from Trafalgar Road (43.687772, -79.990300). No car shuttle required.

Hike the Bruce Trail Scotsdale Farm along with the delightful Great Esker Side Trail. Our hike will also incorporate the Bennett Heritage Side Trail and the Eighth Line Side Trail.

Bring lunch, water and snacks.



Trail Markings Volunteers

Managing Editor
Madeline Rosamond
newsletter@gvta.on.ca

Advertising Coordinator
Bett Fitzpatrick
advertising@gvta.on.ca

Hike Coordinator
Georgia Mulholland
hikes@gvta.on.ca

Electronic Newsletter
Jane Wilson

Proofers and Printing Help
Geoff Bell, Janet Feller



GVTA hikers checking out the ruined mill at Rockwood Conservation Area. Photo by Jeanette Vincent.



Return undeliverable Canadian addresses to:

Grand Valley Trails Association

PO Box 40068, Waterloo, ON N2J 4V1

