



Summer/Fall - 2017

THE BLUE PRINT



Mark your Calendar with our Special Events

Annual Cake Walk & Picnic - Saturday, June 3, 2017

A Six Pack of Blue - an E2E of the Blue Mountain Bruce Trail (six hikes)

A BMBTC E2E of the Dufferin Highlands (5 hikes)

Fall Work Parties - Saturday, September 23, 2017

Harvest Moon Hike - Wednesday, September 6, 2017

Three Days on the Bruce Peninsula — Sept. 20 - 22 & Oct. 3 - 5 (further info inside)

The Blue Mountains Bruce Trail Club Newsletter

The Blue Mountains Bruce Trail Club www.bmbtc.org, P.O. Box 91, Collingwood, ON, L9Y 3Z4

BLUE MOUNTAIN BRUCE TRAIL CLUB EXECUTIVE 2017/18

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The President's Message by Herman Ohrt

This is the time of change: Spring is in the air.

And as we are storing away our snow shoes, we are looking forward to hiking along green vistas, the woods and looking out over blue waters.

Now it is time for me to thank the many people that I met through the years of being part of the Bruce Trail Club, Blue Mountain section.

For me it started with a hike soon after we arrived in Collingwood. From there I got our family membership, started volunteering and I must say I enjoyed and supported all aspects of it:

- the hiking
- the social side of it, even though I do not consider myself an outgoing person.
- I agree with and support the Bruce Trail Conservancy mission of preserving the escarpment for future generations.
- I believe the people that run the Bruce Trail Conservancy are doing an amazing job.
- for all those of you I had the pleasure of working with - it was fun, it was rewarding, and I thank you.

Best Wishes
Herman Ohrt

The BMBTC wishes to thank Herman Ohrt, Marietta Service, Cathy Sears, Jansje Lawrenson and Denman Lawrenson for their many years of dedicated service on the Executive of the BMBTC. For 2017/18, we welcome to the BMBTC Executive Bev Matthews, Dave Matthews, Ted Moore, Sandy White, and Mary Jane McIntyre. Both Herman Ohrt and Marietta Service will remain on the executive, but in new positions. Please note the new BMBTC Executive and their new positions listed on the opposite page.



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Heat Related Illnesses While On Trail

By Shannon Roode

Summer is almost here and if we're lucky it will bring warmer weather. Unfortunately, hot summer hikes can increase the risk of heat related illnesses. If the body is exposed to prolonged or intense hot temperatures, then several conditions including Heat Cramps, Heat Exhaustion, and Heat Stroke (sun stroke) can occur. Heat related illnesses are related to the rerouting of blood to the surface of your skin in attempts to cool you. Unfortunately when this occurs it results in less blood reaching your brain, muscles and other organs. If the body cannot cool itself, this process can lead to decreases in physical and mental capacity. In the case of heat stroke the results can be deadly. In this article we will outline the definition of each condition, its symptoms, and tips on how to manage these symptoms if they occur on trail. The suggestions below are targeted to the general population. If you have health conditions that restrict sodium, discuss ways to prevent heat illnesses with your health care professional.

Heat cramps.

Definition: Heat cramps can happen with heavy exertion in hot/humid weather, when the body loses excessive amounts of fluids, salt and essential nutrients (also known as electrolytes: includes potassium, calcium, and magnesium in addition to sodium.) These cramps may occur a few hours after this exertion as well.

Symptoms:

1. Severe, sometimes disabling muscle cramps/spasms that typically occur suddenly in the hands, calves or feet.
2. Hard tense muscles.

Treatment for heat cramps:

1. Rest in a cool place.
2. Replenish electrolytes by drinking salt containing fluids like a sports drink, or add ¼ to ½ tsp of salt to a litre of water. An electrolyte packet added to water as per manufacturer's directions can also be used.

Heat exhaustion:

Definition: Heat exhaustion is similar to heat cramps in that it occurs in response to a loss of too much water and electrolytes with excessive sweating and typically occurs with heavy exertion in hot/humid weather. The difference between heat exhaustion and heat cramps is in their symptoms. A rapid pulse also occurs with the excessive sweating when someone is experiencing heat exhaustion. Heat exhaustion can lead to heat stroke if not treated immediately. There are 2 types of heat exhaustion: water depletion and salt depletion.

Symptoms: fatigue, nausea, headache, excessive thirst/dehydration, loss of consciousness, weak rapid pulse, muscle aches/spasms/cramps, weakness, confusion or anxiety, excessive sweating often accompanied by cold clammy

skin, dizziness and low blood pressure on standing.

Treatment of heat exhaustion:

1. Stop all activity and rest in a cool shaded place
2. Drink water, electrolyte drink or a sports drink as described under heat cramps "treatment #2".

Heat Stroke:

Definition: A condition caused by your body overheating (body temperature rises to 104°F/40°C or higher) when exposed to prolonged physical exertion in high temperatures or prolonged exposure to hot humid environment without physical exertion. This is the most serious of the heat related illness as it requires emergency and medical treatment. Heat stroke can lead to brain, heart, kidney and muscle damage if not treated quickly. Heat stroke can occur suddenly without heat exhaustion.

Symptoms: high body temperature (104°F or 40°C or higher), confusion, agitation, slurred speech, irritability, delirium seizures, and coma, hot dry skin with reduced sweating, nausea, vomiting, flushed skin (may turn red), rapid shallow breathing, rapid heart rate, headache, and convulsions.

Treatment:

1. Call 911,
2. Stop all activity and move to a cooler/shaded area
3. Remove excess clothing and cool the skin by any means possible: ice packs, water, fanning, wet towels/clothing in a stream/river/with water. Placing these items around the head, neck, underarms, groin, and wrists.

Factors that may increase your risk of heat related illness include:

1. **Age:** the very young and adults over 65 yrs are at higher risk of heat related illness because of weakened central nervous systems (they are either not fully developed as in the young, or beginning to deteriorate as with those over 65 yrs) leading to slower responses to changes in body temperature. Both groups also have difficulty maintaining hydration.
2. **Exertion in hot/humid weather** increases fluid and electrolyte losses from the body related to sweating.
3. **Sudden exposure to hot weather** can increase risk of heat related illness. If travelling to warmer climates to explore new trails, allow a few days to acclimate to the new temperatures before attempting to hike.
4. **Certain medications** can increase risk of heat related illnesses. Be mindful of the temperature/humidity levels if you take medications that vasoconstrict blood vessels (narrow blood vessels), regulate blood pressure by blocking adrenaline (Beta blockers), or use diuretics (dispels sodium and water from the body), antidepressants/antipsychotics, stimulants for ADHD, amphetamines, or illegal substances like cocaine. Speak to your Pharmacist or Doctor for more information on any medications that may affect your health risks while hiking.

5. **Certain health conditions** like heart and lung disease, obesity or being previously sedentary may increase risk of heat stroke. Discuss safety on trail with your health care provider.

Tips to lower risk of heat related illnesses

1. Avoid hiking in extreme heat/humidity
2. Avoid drinking alcohol in extreme heat/humidity, especially with physical exertion.
3. Dress appropriately for the weather-avoid wearing excessive clothing
4. Choose well shaded, easy, short trails or a crevice/ cave hike when it is hot/humid out
5. Take frequent water breaks when hiking in the heat and bring a salty snack.
6. Wearing a cooling band or soaking your hat in a stream and then wearing it can help cool you.
7. Maintain a healthy weight. Overweight and obesity can increase risk of heat related illness.
8. Carry an electrolyte packet or salt in your first aid supplies that can be added to water as needed.
9. Most importantly-drink lots of water/fluids.

Stay safe, cool and hydrated while hiking this summer. Hope to see you on the trail.

Shannon Roode RD CDE

References: 1. Mayo Clinic "Heat and exercise: Keeping cool in hot weather" accessed March 29/17 at <http://www.mayoclinic.org/healthy-lifestyle/fitness/in-depth/exercise/art-20048167>. 2. Author unknown. "Understanding Heat Related illness-Symptoms" accessed March 29/17 at www.m.webmd.com.



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The Path of the Gods, the Amalfi Coast, Italy

by Mary Jane McIntyre

In late October, 2016, Bob and I were travelling on the Amalfi Coast in Italy and decided that good Bruce Trail hikers should experience hiking The Path of the Gods. We were based in Sorrento, so contacted Sorrento Hiking (sorrentohiking.com) to arrange a group hike.

The Path of the Gods (Sentiero degli Dei) is a rugged, but beautiful path at 400 metres above sea level on the mountainsides overlooking the Gulf of Salerno. The terrain is rocky with roots across the path and inclines and drops along the way between 400 and 600 metres above sea level - sound familiar?

We started from Nocelle, a town at the top end of the road for cars. After that, it's on foot or by donkey. The area was heavily farmed using terraces until the 1950's when tourists started visiting the Amalfi Coast, so the farmers moved down to the seaside towns of Positano and Amalfi to work in the tourist trade. Now, some of the abandoned farms are being turned into boutique inns for travellers who want to get away from it all. All the mod cons but no vehicle access keeps all but the hardy away.

The path offers spectacular views of the cliffs, the rocky coastline and towns with homes perched all the way up the slopes. The signage is adequate, but a map or guide is helpful. Our guide was very knowledgeable about the flora of the area, so often during a rugged portion, he would stop so we could sample or



sniff a flower or leaf and catch our breath. He also provided walking sticks for the trek. We could hear the bells of the goats that roam on the rocks and paths nearby as we walked.

Hikers can walk from Nocelle to Bomerano and catch a local bus back to their accommodation or make a loop to return to a car. The Path of the Gods was a beautiful opportunity to get away from the commercial aspects of the Amalfi Coast and experience a breathtaking hike in another part of the world. The hike ended at a restaurant that served lemonade made from local Amalfi lemons. Both delicious and refreshing!



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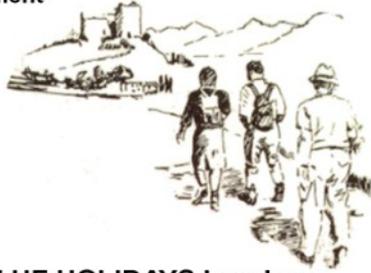


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BLUE MOUNTAINS BRUCE TRAIL CLUB

HIKE SCHEDULE — June 1, 2016 through November 3, 2017

Notes:

a) Unless stated otherwise, all hikes meet in the parking lot behind Tim Horton's on First St. in Collingwood

b) Hikers should come prepared, having read the Hiker's Checklist below.

c) Hikers will be required to sign a waiver similar to that set out below prior to the commencement of the scheduled activity:

"I acknowledge that this activity of the Blue Mountains Bruce Trail Club in which I am participating involves risks which are beyond the control of the club. Notwithstanding the acknowledgment of such risks, I hereby release the Blue Mountains Bruce Trail Club, its contractors, employees, volunteers, agents, assigns and executors from all claims for damage however so arising as a result of my participation in this or any other activity organized by the club. I agree to pay the cost of any emergency evacuation of my person or belongings that may be necessary. I affirm that I am aware of the nature of the activity, its approximate length, duration and degree of difficulty and that I am properly equipped and physically able to participate. I have no medical or other condition which might preclude my participation.

d) Hike Rating Criteria.

Pace:

Leisurely - 3 km/hr. or less

Medium - 3 to 4 km/hr

Brisk - 4 to 5 km/hr

Fast - 5+ km/hr

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



Photo taken March 29/17 BVBT km 12.5 - Indian Brook Tributary

HIKER'S CHECK LIST

Check distance, pace and terrain of hike to ensure it is within your fitness level. Call the hike leader before the hike if you have any questions or concerns.

If you have any health problems that could affect your hiking performance, inform the hike leader.

Note: If you have any known asthma, allergies or hay fever, carry antihistamines. Asthma sufferers should carry their asthma medications or inhalers and, in winter, always carry an inhaler. Allergy sufferers should carry an EpiPen(s) and ensure someone on the hike knows where you carry these. Diabetics should carry their medication.

Wear comfortable boots/shoes.

Take a spare pair of shoes to change into at the end of the hike or carry plastic bags to protect the car from muddy boots and remember your car keys.

Have a backpack or waist pack to carry the following:

Cell Phone

Water or other beverages in screw top containers (extra in summer or on longer hikes)

Snacks (plus lunch if indicated in the hike write-up)

Plastic poncho/rain gear to conserve heat and provide seating and rain protection

Spare pair of socks and boot/shoelaces, duct tape, whistle, 2 aspirin

In winter: Thermal blanket/space blanket, extra layer of clothing

In other seasons: Insect repellent, sun block

Check for ticks after hiking.

Please Note:

Dogs are not allowed on organized BMBTC hikes.

Note BMBTC will hold two Special End to End Hikes

A Six Pack of Blue - An End to End Hike of the Blue Mountain Bruce Trail in six medium paced hikes led by Jill Doble
705-293-0573 doblejill@hotmail.com

Be prepared for variable terrain – from easy to difficult. Bring lunch, plenty of water (2 litres) and snacks. This is a Fundraiser for the Blue Mountain Bruce Trail and for each hike a donation of a toonie would be appreciated. We will carpool from Tim Horton's parking lot off First St., Collingwood.

Also Cost of badge - \$5.00. BMBT badges will be available after completion of the entire 6 hikes – 66.0 km

Jill Doble

Dufferin Highlands End to End Hike in five hikes led by a variety of leaders. A series of five hikes to complete the Dufferin Highland section E2E has been planned for 2017.

The hikes are on Saturdays, the first being in late August, the remainder in Sept and Oct.

These hikes will average about 11 km, but although the rate will be moderate, some are pretty hilly so be sure to bring double the amount of fluid that you would usually bring, especially if it is hot. Also bring lunch.

I hope you will enjoy this beautiful section.

Rosemary Petrie

Saturday, June 3, 2017

****A TWO HIKE DAY – A Cake Walk****

Two picnic party hikes.

Both hikes will meet for lunch at km 14.5 to celebrate good times on the trail.

Hike#1 - The Longer Hike.

Time: 9:30 am

We will carpool to km 20.4, leave a car, then proceed to the start of the hike at km 9.1. We will meet up with other hikers at km 14.5 at the picnic table. After the picnic the hike will continue through the Notawasaga Bluffs to the end of the hike at km 20.4.

Bring beverage and a picnic lunch.

Pace: Medium **Terrain:** Easy

Distance: 11.3 km **Map:** 22 Edition 28

Leader: Jansje Lawrenson (705) 445-0014

j.lawrenson@rogers.com

Hike#2 - The Shorter Hike

Time: 9:40 am

We will carpool to km 15.7, leave a car, then continue to km 10.4 to start the hike.

We will meet up with other hikers at km 14.5 at the picnic table. After the lunch we will proceed to km 15.7 to finish the hike.

Bring beverage and a picnic lunch

Pace: Leisurely **Terrain:** Easy

Distance: 5.3 km **Map:** 22 Edition 28

Leader: Tom Wilson (705) 446-1877

tandrwilson@rogers.com

Wednesday June 7, 2017*

A TWO EVENT DAY*

Event #1 - Floating Down the River



Time: 8:30 am (**Note early start**)

This is the traditional Annual "**Floating Down the River**" trip. We will carpool to the Edenvale Conservation Authority parking lot. Participants will kayak/canoe that part of the Nottawasaga Canoe Route, from Edenvale Conservation Area to the Schooner Bridge in Wasaga Beach. Highlights will be the tranquil scenery and bird watching. Participants **must** bring their own kayaks/canoes! Bring lunch, water, rain/wind jacket, sweater, hat and **PFD**. **All participants pls. call Hart beforehand.**

Pace: Leisurely (going with the current).

Level of difficulty: Easy / Intermediate.

Distance: approx.25 km (paddle approx. 5 hrs.)



Photo taken March 2017 BMBT km 58.4—New bridge crossing Silver Creek

Event #2. Wednesday June 7, Lime Kiln Hike.

Time: 9:00 am

We will carpool to the Bruce Trail parking lot on 91 west of Duntroon. We will then take cars to the end of the hike at km 41 on the Blue Mountains/ Clearview Town Line. We will start by hiking the Duntroon View Sidetrail, before crossing back over the road and walking east for a short distance to explore the new Lime Kiln Sidetrail. Next we will retrace our steps to km 35.9 and continue to hike through forest and open fields. There will be great views over the Bay as we proceed to the end of the hike at km 41. **Bring water and a snack.**

Pace: Medium

Terrain: Moderate

Distance: 7 km

Map22/23: Edition: 28

Leader: Steve Adair

(416) 494-3261

tarsandman@hotmail.com

Saturday, June 10, 2017

Time: 9:00 am

We will carpool to Blantyre and commence our hike at km 0.0 of the Sydenham Section. We will follow the trail west to km 7.5.

Bring water and a light snack.

Pace: Medium

Terrain: Moderate

Distance: 7.5 km

Map: 28/29. Edition: 28

Leader: Bert Beausoleil

(705) -293-2525

myra_bert@icloud.com



Tuesday, June 13, 2017

Time: 9.00am **(different location)**

We will paddle the Nottawasaga River from the Sports Park to Schooner Town. Meet at Schooner Town in Wasaga Beach. Participants **must** bring their own kayaks/canoes! Bring lunch, water, rain/wind jacket, sweater, hat and **PFD**.

Pace: Leisurely (going with the current).

Level of difficulty: Easy / Intermediate.

Distance: (paddle approx. 2 hrs.)

Leader: David Little

(705) 606-1077

davidgeorge52@hotmail.com

Wednesday, June 14, 2017

Time: 9:00 am

We will carpool to the parking area at km 58.1 of the Blue Mountains Section. We will start on the Petun Side Trail and join the main trail at km 52.6. Then we continue on the main trail to km 49.1, surmounting the highest elevation on the Bruce Trail, after which, we take the John Haig Side Trail to km 54.2, from where we follow the 2nd Line back to the parking lot at Grey 19.

Bring water and a snack.

Pace: Medium

Terrain: Moderate

Distance: 10 km

Map: 23 Edition 28

Leader: Ann DeBrouwer

ann.debrouwer@icloud.com

Saturday June 17, 2017

****A TWO HIKE DAY****

Special Note:

A Six Pack of Blue - An End to End Hike of the Blue Mountain Bruce Trail End in six medium paced hikes

Be prepared for variable terrain – from easy to difficult. Bring lunch, plenty of water (2 litres) and snacks. This is a Fund-raiser for the Blue Mountain Bruce Trail and for each hike a donation of a toonie would be appreciated. We will carpool from Tim Horton's parking lot off First St., Collingwood.

Also Cost of badge - \$5.00. BMBT badges will be available after completion of the entire 6 hikes – 66.0 km.

Hike #1 - #1 of 6 Hikes in the Six Pack of Blue E2E.

Time: 9:00 am

Km 0.0 to km 12.6 (plus 1 km from parking) Total distance – approx. 13.6 km

We will carpool to km 12.6 at 9/10 Sdrd Nottawasaga, leave some cars and then proceed to the start of the hike at the parking area near the cemetery, 1 km east of Lavender on Mulmer/Nottawasaga Townline. We will hike along the road until we reach Lavender where km 0.0 is the start of the Blue Mountain Bruce Trail. We will continue hiking until we reach km 12.6. **Bring water and a lunch**

Pace: medium

Terrain: mod/difficult

Distance 13.6 km

Maps 21/22 Edition 28

Leader: Jill Doble

705-293-0573

doblejill@hotmail.com

Hike #2. Nottawasaga Bluffs.

Time: 9:00 am

We will carpool to the parking lot at 15/16 Side Road in Singhampton for a tour of the Nottawasaga Bluffs. The hike is fairly flat and the area is mostly wooded, and there are many great views. **Bring water and a snack.**

Pace: Medium **Terrain:** Easy
Distance: 6-8 km **Map:** 22. Edition 28

Leader: Richard Saddington (705) 444-5507

saddingtonsrh@gmail.com

Wednesday June 21, 2017

****A TWO HIKE DAY****

Hike #1. Hike at Rush Cove on the Bruce Peninsula.

Time: 7:00am (**Note early start**)

We will carpool to Tim's in Warton in the Peninsula section, then arrange a shuttle, leaving a car at Km 60.2 before proceeding to the start of the hike at Jackson Cove Rd Km 50.4. From here we will hike north on the main trail with great lookouts over Georgian Bay and through Alvar areas, before we take the ladder down to the shoreline of Rush Cove and return to the starting point via the Pease Side Trail and the Jackson Cove Side Trail. A shorter hike can be arranged, depending on the availability of cars. This would also start at km 50.4, include Rush Cove and end at the parking lot at km 60.2. **Bring water, lunch and good footwear.**

Pace: Medium **Terrain:** Moderate
Distance: 10.7 or 6.3 k **Map:** 37 Edition 28

Leader: Rosemary Petrie (705) 293-4444

rpetrie293@gmail.com

Hike#2 - John Haigh Sidetrail.

Time: 9:00 am

We will carpool to the intersection of the 2nd Line and the 6th Side Road. We will hike south on the John Haigh Side Trail, to join the Main Trail at km 49.1. We will continue north on the Main Trail, with great views along the edge of the escarpment to km 51.1, then return to the cars along the 6th Side Road. **Bring water and a snack.**

Pace: Medium **Terrain:** Moderate
Distance: Aprox. 7 km **Map:** 23 Edition 28

Leader: Flo Kusiak (705) 443-8075

f.kusiak@hotmail.com

Saturday June 24, 2017

****A TWO HIKE DAY****

Hike#1 - #2 of 6 Hikes in Sic Pack of Blue E2E.

Time: 9:00 am

**Km 12.6 to km 24.5 (including 1 km walk back to parking)–
Total distance – 13.4 km**

We will carpool to the Nottawasaga Bluffs Conservation Area where we will leave some cars and then proceed to the start of the hike at km 12.6 at 9/10 Nottwasaga Sdrd. When we reach km 24.4, we will walk back to the parking area at km 20.4 along unimproved road to the Nottawasaga Bluffs Conservation Area – distance of about 1 km) **Bring water and a lunch**

Pace: medium **Terrain:** moderate
Distance 13.4 km **Map** 22 Edition 28

Leader: Jill Doble (705)293-0573

doblejill@hotmail.com

Hike#2 - Beautiful Joe Park

Time: : 8:30 am (**note early start**)

We will carpool to Beautiful Joe Park in Meaford to hike the pretty Trout Hollow Trail. It follows the east bank of the Bighead River upstream for 5 km to a Sideroad & then we return along the west bank. You will walk through woodlands; past historical sites including Trout Hollow where John Muir laid low during the U.S. Civil War, & view wildlife along the river. It should be a 4 to 5 hr. walk incl. a lunch break. **Bring water and a lunch.**

Pace: Medium **Terrain:** Moderate

Distance: 10 km

Leader: Dick Edwards (705)-445-5849

richardedwards@explornet.ca

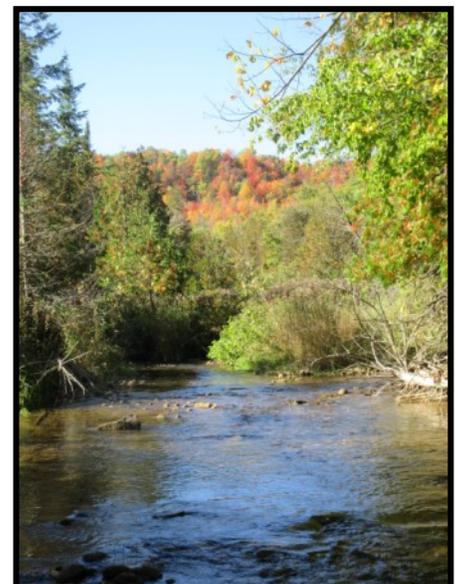


Photo taken October 2016 at BMBT km 28.9, crossing the Mad River at Devil's Glen.

Wednesday June 28, 2017

Time: 9:30 am

(Note different meeting location)

We will meet at 9.30 a.m. at Tim Horton's in Wasaga Beach (take #26 to Mosley St. and Tim Horton's is on the right just before the bridge). We will hike over the dunes and maybe along the river. The hike may be on a variety of trails including the Blueberry X-C ski trails. At the end of the hike we will head to an appropriate location for lunch and refreshments. **Bring water and snack.**

Pace: Medium **Terrain:** Moderate

Distance: Approx. 8km

Leader: Harold Higdon **(705) 422-1916.**

higdonh@gmail.com

Saturday, July 1, 2017

Canada Day - 150 year celebration.

Time: 9.00 am. - **Nippising Ridge Hike.**

We will carpool to the parking lot at the Craiglieth Heritage Depot. We will hike west on the Georgian Trail to the Nippising Ridge Trail. The trail ends at Arrowhead Road. We return with 2 ups and 2 downs as we explore the 4 short side trails that link the Nippising Ridge Trail with Blueski George Crescent. **Bring water and a snack.**

On returning to the depot we can visit the Library (which opens at 10.00 on a Saturday), and has several historic displays.

Pace: Leisurely **Terrain:** Easy

Distance: 1.5 Hrs

Leader: David Little **(705) 606-1077**

davidgeorge52@hotmail.com

Wednesday July 5, 2017

****A TWO HIKE DAY****

Hike #1 - Eugenia Falls

Time: 9.00 am

We will carpool to the Beaver Valley Lookout on route 13, leave a car and then proceed to the parking lot at Eugenia Falls, km 56.2 of the Beaver Valley Section. From here we make our way north, along a hilly escarpment trail and at km 47.9 we leave the trail. We will continue, with great views, along route 13 back to the Beaver Valley Lookout. **Bring water and a lunch.**

Pace: Medium **Terrain:** Moderate

Distance: 9.5 km **Map:** 26 Edition 27

Leader: Denman Lawrenson **(705) 445-0014**

d.lawrenson@rogers.com

Hike #2 Margaret Paull hike.

Time: 9:00 am.

We will carpool to the end of the 6th Line at Km 13.3 (turn north off the 15th Sideroad), in the Beaver Valley section. We will hike along the Bruce Trail heading north to Km 11.3 where it joins up with the Margaret Paull Side Trail. We will follow the Side Trail back to the main trail, return to the cars. **Bring water & a snack.**

Pace: Leisurely **Terrain:** Easy

Distance: 5 km **Map:** 24. Edition 28

Leader: Roberta Spicer **(705) 293-0959**

rbspicer@rogers.com

Saturday July 8, 2017

Time: 9:00 am

We will carpool to km 0.0 at Lavender in the Blue Mountain Section, leaving a car along the way at km 8.5. Following the Main Trail north through open fields and mixed hardwoods, we will descend to and cross the Noisy River. We will then climb out of the valley and follow the trail north (passing through a new section, if opened), to km 8.5 where the hike will terminate. **Bring water and a lunch.**

Pace: Medium **Terrain:** Moderate

Distance: 8.5 km **Map:** 21. Edition: 28

Leader: Steve Adair **(416) 494-3261**

tarsandman@hotmail.com

Wednesday July 12, 2017

Time: 9:30 am

We will carpool to km 32.7 and hike through a section known as Duntroon Crevice Heights (purchased by the Bruce trail in 2013). The hike will descend into Devil's Glen, then proceed along the Mad River side trail to the village of Glen Huron (approx. km 26) where the hike will end. I love this hike.... It's downhill all the way. **Bring water and a snack.** *Optional lunch at Mylars in Singhampton or Gramma Giffen's in Glen Huron.*

Pace: Medium **Terrain:** Moderate

Distance 6.7 km **Mao 27,** Edition 28

Leader: Sue Niblett **(705) 445-4751**

niblettsue2015@gmail.com.

Saturday July 15, 2017

****A TWO HIKE DAY****

Hike #1 - #3 of 6 Hikes in the Sic Pack of Blue E2E.

Time: 9:00 am

Km 24.5 to km 35.9 - Total distance – 12.6 km (including 1.2 km to & from parking lots)

We will carpool to the parking lot off County Rd 91 and leave some cars. We will then proceed to the parking area at Notawasaga Bluffs Conservation Area at km 20.4. We will walk on the unimproved road allowance (approx. 1 km) to the start of our hike at km 24.4. We will hike to km 35.9 and then proceed along blue trail for approx. 0.2 km to the parking lot. **Bring water and a lunch.**

Pace: medium **Terrain:** mod/difficult

Distance 12.6 **Maps** 22 Edition 28

Leader: Jill Doble 705-293-0573

doblejill@hotmail.com

Hike#2

Time: 9:00 am. **Dufferin Highlands Loop**

A Loop Hike. We will carpool to km 29.4 of the Dufferin Section and hike east to km 25.5. Here we can start looping back to the start, taking various Side Trails on the way.. This is hilly country with beautiful views. **Bring lunch and beverages.**

Pace: Medium **Terrain :** Moderate

Distance. 7 km **Map:** 20. Edition: 28

Leader: Mike Treuman (416) 518-0489

michael.treuman@gmail.com



Wednesday July 19, 2017

BIKE THE RAIL TRAIL - STAYNER & BACK

NOTE- different meeting location

Meet at 9:00 at the water tower on Hume St.in the Curling Club parking lot.

The start is adjacent to the Rail Trail to Stayner. This trail is hard gravel and quite suitable for bikes. It will take about 1 hr to ride the 10 Km to Stayner. After coffee & goodies in a nice coffee shop, we will retrace our tire tracks back to Collingwood & our cars. This trail is flat & quite scenic with nice views of the mountain. **Bring water.**

Pace: Medium (adaptable). **Terrain:** Easy

Distance: 20 km. Aprox.3hrs.

Leader: Dick Edwards (705) 445-5849

richardedwards@xplornet.ca

Wednesday July 19, 2017

Time: 9:00 am

We will car-pool to the Kolapore parking lot near km 23.8 of the Beaver Valley section. From there we hike north to km 15.8, where the hike will terminate. The trail follows woodlands, open pastures, and is hilly. **Bring water and a snack**

Pace: Medium **Terrain:** Moderate

Approx 8 km **Map:** 24/25. Edition 28

Leader: Mary Huggins (705) 293-0290

maryhuggins@hotmail.com

Saturday, July 22, 2017

****A TWO HIKE DAY****

Hike #1 - #4 of 6 Hikes in the Six Pack of Blue

Time: 9:00 am

Km 35.9 – km 45.4 (including 0.2 km) – Total distance approx. – 10.7

We will carpool to km 45.4 to leave some cars. Then we will proceed to the parking area of County Road 91, walk to the start of the hike at km 37.8 and proceed to the end of the hike at km 45.4 **Bring water and a lunch**

Pace: medium **Terrain:** moderate

Distance 10.7 km **Maps** 22/23 Edition 28

Leader: Jill Doble 705-293-0573

doblejill@hotmail.com

Hike #2 Inglis Falls

Time: 8:00am (**Note early start**)

We will carpool to Inglis Falls in the Sydenham section. After exploring around the Falls we will proceed along the Bruce Trail on the East side of the Sydenham River following the escarpment through the spectacular Palisade rock formations (some scrambling may be required). We will then join the Harrison Park side trail, later joining the Bruce trail to return to the cars at the Falls. **Bring water and a lunch.**

Pace: Medium **Terrain:** Moderate

Distance: 8.5 km **Map** 32. Edition 28

Leader: Terry Kimmerly (705) 445-3967

Wednesday July 26, 2017

Old Baldy Tour.

Time: 9:00 am.

We will carpool to km 42.1 in the Beaver Valley section, leave some cars, then drive to the start of the hike at km 37.6. We will hike through forested and craggy terrain, past the end point at km 42.1, and continue to the top of Old Baldy. We will stop for a leisurely picnic at this viewpoint before returning to the end parking lot via the Mac Kirk side trail. There are some rugged sections but the views are great. **Bring water and a picnic.**

Pace: Medium **Terrain:** Moderate
Distance: 6.6 km **Map:** 25/26. Edition: 28
Leader: Sue Niblett (705) 445-4751
niblettsue2015@gmail.com.

Saturday July 29, 2017

****A TWO HIKE DAY****

Hike #1 - Hockley Valley Rd.

Time: 8.30 am (Note early start)

We will carpool to the parking area at Km 61.6 on the Hockley Valley Rd. This part of the Caledon section is very pretty and while exploring the area we will have a number of steep hills to negotiate. We walk partly on the main trail and partly on side trails, but we will return to where we parked the cars. **Bring water and a snack.** There will be an optional lunch at a local restaurant.

Pace: Medium **Terrain:** Strenuous
Distance: Approx 12 km. **Map** 18. Edition 28
Leader: Jansje Lawrenson (705) 445-0014
j.lawrenson@rogers.com

Hike #2 - Mission Road Side Trail Loop.

Time: 9:00 am.

We will carpool up Scenic Caves Road to the parking lot at kilometer 63.8. The hike begins at kilometer 63.8 south along the Bruce Trail to kilometer 60.1. From here we follow the Mission Road Side Trail back to the parking lot. The hike is about 8 kilometers. **Bring water and a snack.**

Pace: Medium **Terrain:** Moderate
Distance: 7 km **Map:** 24. Edition: 28
Leader: Bob Moenck (705) 481-1269
rmoenck@gmail.com



Saturday August 5, 2017

Time: 9:00 am

Departing from Harbourview Park we will connect with the Georgian Trail and do a leisurely "Bike Ride" to Thornbury, where we will stop for a snack before returning to Collingwood. **Bring water and a snack.**

Pace: Medium **Terrain:** Easy
Distance: 42 km
Leader: Dennis Gerrard (705) 444-9252
dhgerrard@rogers.com

Saturday August 12, 2017 **A TWO HIKE DAY**

Hike #1 - #5 of 6 Hikes in the Six Pack of Blue E2E.
Time: 9:00 am
Km 45.4 – km 56.3 – Total distance – 11 km We will carpool to the end of the 3rd Line south of Grey Road 91 and park at km 56. 4 leaving some cars. We will then proceed to the parking area at the beginning of the hike at km 45.4. We will then hike to the end of today's hike at km 56.3. **Bring water and a lunch**
Pace: medium **Terrain:** mod/difficult
Distance 11 km **Maps** 23 Edition 28
Leader: Jill Doble 705-293-0573
doblejill@hotmail.com

Hike #2. Lower Pretty River Valley.

Time: 9.00 a.m.

We will carpool to the lower part of Pretty River Conservation Area to do a short loop that combines some Bruce trail, Pretty River Side Trail and some Conservation trails. The trail will have some short hills and some sections following the river. **Bring water and a snack**

Pace: Medium **Terrain:** Moderate
Distance: 5-6 km **Map:** 23 Edition 28
Leader: Shannon Roode (705) 309-7786
sroode50@gmail.com

Wednesday August 16, 2017

Time: 9:30 am (Note different meeting location)

We will meet at Stayner Collegiate parking lot and drive to Anten Mills to begin a leisurely bike ride on the North Simcoe Rail Trail. The trail passes through a variety of terrain including farm land and bush as well as the Minesing Swamp with great views of the

Blue Mountains in the background. The trail also passes near interesting historic sites including Fort Willow. Bring your camera as there are some interesting photo opportunities including an abundance of bird life. **Bring a lunch and lots of water.**

Pace: Medium **Terrain:** Easy

Distance: Approx. 28 km

Leader: Paul Carnahan (705) 428-3022

paulcarnahan@bell.net

Saturday August 19, 2017

****A TWO HIKE DAY****

Hike #1 - #6 of 6 Hikes in the Six Pack of Blue E2E.

Time: 9:00 am

Km 56.7 to km 66.0 – Total distance 9.3 km.

We will carpool to the parking area at the end of Maple Lane in Swiss Meadow where we will leave some cars. We will proceed to the parking at the end of the 3rd Line south of Grey Road 19.km. Starting today's hike at km 56.7, we will hike north to the end of the Blue Mountains Bruce Trail at km 66.0.

Pace: medium **Terrain:** mod/difficult

Distance 13.6 **Maps** 23 & 24

Leader: Jill Doble 705-293-0573

doblejill@hotmail.com

Hike # 2

Time: 9:00am

We will carpool to Duncan parking lot at km 33.4 in the Beaver Valley section. This is a loop hike and we will get fine views from Pinnacle Rock and Metcalf Rock. We will walk first along the main trail and then along the Chuck Grant Side trail, eventually returning to the parking lot via the main trail. **Bring water and a lunch.**

Pace: Medium **Terrain:** Moderate

Distance: 10.8 km **Map** 25 Edition 28

Leader: Liz Fowlis (705) 444-5668 lizziefowlis342@hotmail.com

lizziefowlis342@hotmail.com

Wednesday August 23, 2017

Time: 9:00am

We will car-pool to Hogg's Falls parking lot in the Beaver Valley Falling Water section. We start the hike at km 63.3 and follow the trail on the west side of the valley to km 70.1 at the end of Johnston's Sideroad. The terrain is mostly wooded and quite rocky under foot in some sections. **Bring water and a lunch.**

Pace: Medium **Terrain:** Moderate

Distance: 7.8 km **Map:** 26 Edition 28

Leader: Terry Kimmerly (705) 445-3967

Saturday, August 26, 2017

****A TWO HIKE DAY**

Hike#1. - Dufferin Highlands E-to-E. Hike 1 of 5

The first hike of our planned End to End of the

Dufferin Section (Total 5 hikes)

Time: 9:00am

We shall carpool to Mono Cliffs Provincial Park in the Dufferin Highlands Section, leaving cars at the Bruce Trail Parking Lot on the 30th Side Road at km 13.3. We will start our hike at Km 0.0 at the entrance to the park, then follow the Main Trail through the beautiful park for the first seven kms. We will then leave the park and head north to the end of the hike at km 13.3. **Bring extra water and a lunch.**

Pace: Medium **Terrain:** Moderate

Distance: 13.3 Km **Map:** 19/20 Edition 28

Leader: Rosemary Petrie (705) 293-4444

rpetrie293@gmail.com

Hike #2

Time: 9:00 am

We will carpool to the parking area at km 58.1 of the Blue Mountains Section. We will start on the Petun Side Trail and join the main trail at km 52.6. Then we continue on the main trail to km 56.7, and finish the hike walking down Grey Rd 19 to the parking at Km 58.1. **Bring water and a snack.**

Pace: Medium **Terrain:** Moderate

Distance: 9.5 km **Map:** 23 Edition 28

Leader: Mara Sperling (705) 888-8384 marasper@gmail.com

Wednesday August 30, 2017

Time: 9:00am

We will carpool to the Lorree Forest parking lot on the 21st Side Road. We will complete a tour of the Forest, including the Lorree Forest Side Trail. **Bring water and a snack.**

Pace: Medium **Terrain:** Moderate

Distance: 7.5 km **Map:** 24 Edition 28

Leader: Tom Wilson (705) 446-1877

tandrwilson@rogers.com

Saturday, September 2, 2017

****A TWO HIKE DAY****

Hike#1 - Climb the Pretty River Valley

Time: 9:00

We will carpool to the snowmobilers car park on 33/34 sideroad in the Blue Mountains section. We will hike through the Pretty River Valley Provincial Park, climbing steadily to enjoy the views from the escarpment ridge. We will afterwards return to the cars by a different route. **Bring water and a snack.**

Pace: Medium **Terrain:** Moderate

Distance: 10 km **Map:** 23. Edition 28

Leader: Tom Kemp (705)-446-0705

coachie@rogers.com

Hike #2 - Pretty River Side Trail

Time: 9:30

We will carpool to km 44.1 to leave some cars and then head to our starting point km 47.1. At a leisurely pace we will hike up along side the Pretty River to the intersection of the Pretty River Side Trail where we will start to head back down the escarpment until we meet the main trail and then head back to km 44.7.

There is hilly terrain with some steep sections, but we will go at a leisurely pace. **Bring snacks and water.**

Pace: Leisurely **Terrain:** Moderate

Distance: 4.7 km **Map:** 23, Edition 28

Leader: Jill Doble (705) 293-0573

doblejill@hotmail.com

Wednesday September 6, 2017

****A TWO HIKE DAY****

Hike #1

Time: 9:00 am

We will carpool to km 93.9 on Sideroad 22C on the west side of the Beaver Valley. We will traverse the Fairmont Side Trail, sections of the Bruce Trail and the Siegerman Side Trail to return to the start point. This is a very scenic hike with hilly areas and some steeper ascents. **Bring water and a lunch.**

Pace: Medium **Terrain:** Moderate

Distance: 10.2 km **Map:** 27 Edition 28

Leader: Ann DeBrouwer

ann.debrouwer@icloud.com

Hike#2 - Harvest Moon Hike



Time: 18.30 pm

"Shine on, Harvest Moon Hike". We will meet in the First Street Tim Horton's parking lot. We will drive to the top of Blue Mountain and park in the Resort parking lot on Swiss Meadows Blvd. We will hike west along the Bruce Trail and return; approximately one hour. With luck, we should get a good view of the moonrise coming up over the horizon and ascending over the land. The Harvest Moon is particularly bright in appearance and it rises early, thus enabling hikers to continue hiking into the night. **Bring a drink.**

Pace: Medium **Terrain:** Moderate

Distance: 1 hour

Leader: Cathy Sears 705-444-9859 "

csearsinblue@rogers.com

Saturday, September 9, 2017

Time: 9.00 am

We will carpool to 3rd line off Grey Rd 19, (parking is between km 56.7 and 55.7) where we will start the hike to Petun Conservation area, then loop up across part of the McConnell side trail and a switch back Pretty River Conservation trail that eventually joins to the John Haigh and Bruce Trail back to the parking area. The trail will have some rough rocky areas mixed in with some flat and hilly spots. **Bring extra water and a snack.**

Pace: Medium **Terrain:** Moderate/strenuous

Distance: 11.1 km **Map:** 23 Edition 28

Leader: Shannon Roode (705) 309-7786

sroode50@gmail.com



Photo taken April 1/17 Sydenham BT km 3.2—Rocklyn Creek

Wednesday September 13, 2017

****A TWO HIKE DAY****

Hike#1. Wasaga Beach.

Time: 9:30 am

(Note different meeting location)

We will meet at 9.30 a.m. at Tim Horton's in Wasaga Beach (take #26 to Mosley St. and Tim Horton's is on the right just before the bridge). We will hike along the river and over the dunes. The hike is partially on the Ganaraska Trail and, depending on conditions, partially on un-named trails. At the end of the hike we will head to an appropriate location for lunch and refreshments.

Bring water and snack.

Pace: Medium **Terrain:** Moderate

Distance: Approx. 8 km

Leader: Harold Higdon. (705) 422-1916.

higdonh@gmail.com

Hike #2 - Silent Valley

Time: 9:00 am

We will carpool to the parking lot at the end of 2nd concession south, off county Rd 18 in the Sydenham section. Our hike will follow the Silent Valley Side Trail past the intersection with the Avalanch Side Trail, then turn left onto the Wilson Homestead Side Trail. We will pass the site of a terrible air crash, then proceed on to join the Bruce Trail. After about 1 km on the Bruce Trail we will rejoin the Silent Valley Side Trail at km 37.2 and return to the cars. **Bring water and a snack.**

Pace: Leisurely **Terrain:** Easy

Distance: 5.2 km **Map:** 30 Edition 28

Leader: Mary Huggins (705) 293-0290

maryhuggins@hotmail.com

Saturday, September 16, 2017

****A TWO HIKE DAY****

Hike #1 - Dufferin Highlands E-to-E. Hike 2 of 5

Time: 9:00 am

We will carpool to the Bruce Trail parking lot on the 30th Side Road in the Dufferin Highlands Area, at km 13.3. Along the way we will leave a car at the parking area on the 2nd line, just north of km 23.9. We will hike north and enter the Boyne Valley Provincial Park at km 15.2. We will then descend a hill to the Boyne River, before following the valley north through a series of steep climbs and descents to Km 23.9 where the hike will end. **Bring extra water and a lunch.**

Pace: Medium **Terrain:** Moderate

Distance: 10.6 Km **Map:** 20 Edition 28

Leader: Rosemary Petrie (705) 293-4444

rpetrie293@gmail.com

Hike#2—Walters Falls Loop.

Time: 9:00 am

We will carpool to The Falls Inn at Walters Falls in the Sydenham section, to begin a loop hike along the river and through the surrounding woods. There are some steep, but short ascents.

Bring water and a snack.

Pace: Medium **Terrain:** Moderate

Distance: 5 km **Map:** 29 Edition 28

Leader: Gisela Knappe (705) 445-0857

gknappe7@gmail.com

September. 20 to 22. 2017

Three days of hiking the Bruce Peninsula

This is a fundraiser for our club and each day will offer a choice of 4 levels of hikes (a self-directed walk, beginner, intermediate and advanced). Accommodation and meal (6) arrangements have been made at the Coach House Inn in Tobermory for September 20 & 21. Contact **Terry Sears** for further information- (705) 444-9859 tjinblue@rogers.com

Wednesday September 20, 2017

Time: 9:00 am

We will carpool to the Loree Forest entrance pathway on the 21st Sideroad in the Beaver Valley section. We will walk north to join the main trail, then continue to do a loop hike, with great views, returning by the entrance pathway to the start point.

Bring water and snacks.

Pace: Leisurely **Terrain:** Moderate

Distance: 6 km **Map:** 24. Edition: 28

Leader: Susan McDougall (705) 445-5486

smmcdougall@sympatico.ca



Bridge at Walters Falls Side Trail near the Main Trail at km 13.9 crossing the Walters Creek in the Sydenham Section.

Saturday September 23, 2017

WORK PARTY

Time: 9:30 am



While no specific jobs had been identified at the time the hike schedule was prepared, experience has shown that there is always lots to do. Come on out and give us a hand.

If you plan on taking part

Contact: Linda Finley (519) 538 2247

lindamfinley@gmail.com

Wednesday September 27, 2017

Time: 9:00 am

We will carpool to the Kolapore parking lot. We will start our hike walking the Paradise Trail through Kolapore Uplands, connecting up with the Bruce Trail at Metcalf Rock (km27.0). We will then follow the Bruce Trail to km 23.8 to complete the loop. The terrain is diverse with great views from the escarpment. **Bring water and a lunch.**

Pace: Medium

Terrain: Moderate

Distance: 9 km

Map: 25 Edition 28

Leader: Mike Treuman

(416) 518-0489

michael.treuman@gmail.com

Saturday, September 30, 2017

****A TWO HIKE DAY****

Hike #1 - Dufferin Highlands E-to-E. Hike 3 of 5

Time: 9:00 am

We will carpool to the parking lot on the 2nd Line just north of 8 Sideroad in the Dufferin Highlands Section. Along the way we will leave a car at the end of the hike at km 34.9. We will start our hike at km 23.9, with the first six kms being very hilly, providing occasional great views. We will then follow less travelled roads, before a long descent of Kilgorie Hill to our parking area at km34.9. **Bring extra water and a lunch.**

Pace: Medium

Terrain: Moderate

Distance: 11.0 Km

Map: 20 Edition 28

Leader: David Little

(705) 606-1077

davidgeorge52@hotmail.com

Hike#2—Nottawasaga Bluffs

Time: 9:00 am

We will carpool to the parking lot at 15 / 16 Side Road in Singhampton for a tour of the Nottawasaga Bluffs. The hike is fairly flat and the area is mostly wooded, and there are many great views. **Bring a beverage and a snack.**

Pace: Medium

Terrain: Moderate

Distance: 6-8 km

Map: 22. Edition 28

Leader: Mary Jane McIntyre

(705) 481-1269

maryj.mcintyre@gmail.com

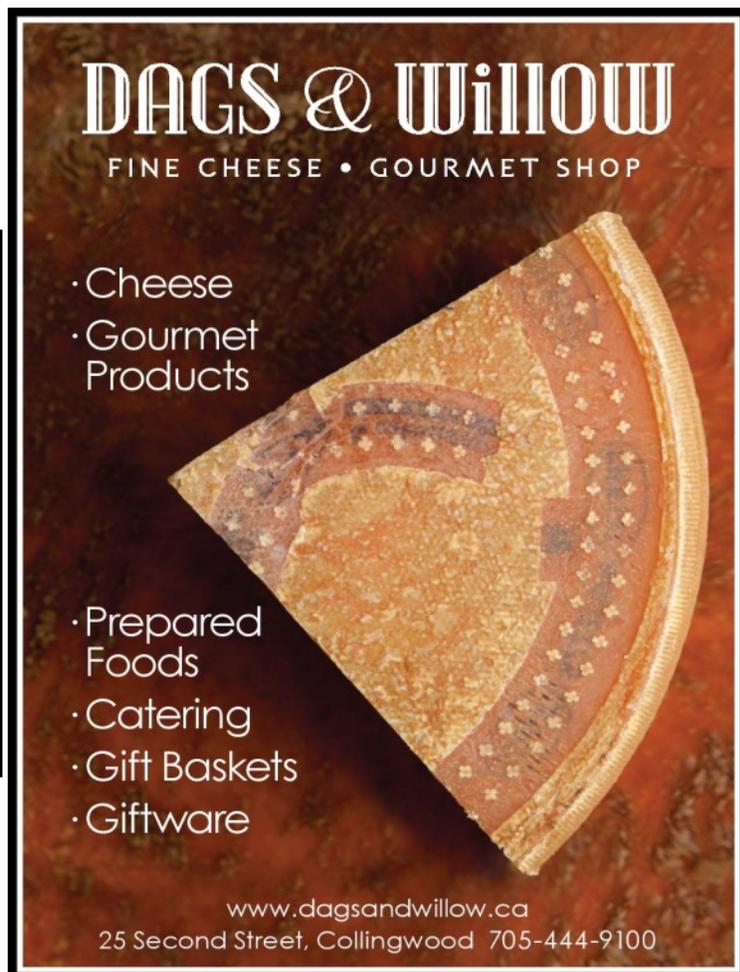
October 3, 4 and 5, 2017

2nd Three Days of Hiking on the Bruce Peninsula

Join us for this fundraiser for the BMBTC where we enjoy three days of hiking on the Bruce Peninsula. Volunteer hike leaders will offer a choice of three hikes each day: advanced, intermediate and less difficult. As all the hikes are on the Bruce Trail, the terrain will be variable, but usually quite rugged. There are no 'easy' hikes, just less difficult. Being in good physical condition is imperative. You must be an experienced hiker.

Accommodation (Tuesday & Wednesday nights), as well as 6 meals have been arranged at The Coach House Inn in Tobermory for Tues., Oct. 3 and Wed., Oct. 4, 2017.

Contact **Jill Doble** to register & for further information at 705-293-0573 or doblejill@hotmail.com. Priority will be given to Bruce Trail Members. After June 15th, if there is still availability, non-members may register. Please indicate the hike level you prefer in your email (less difficult, intermediate, advanced).



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Wednesday October 4, 2017

Time: 9:00 am

We will carpool to the parking lot at 15/16 Sideroad in Singhampton then commence a loop hike through the Nottawasaga Bluffs. There will be great views and varied terrain. **Bring a drink and a snack**

Pace: Medium **Terrain:** Moderate
Distance: 7 km approx. **Map:** 22. Edition: 28
Leader: Paul Carnahan **(705) 428-3022**
paulcarnahan@bell.net

Saturday, October 7, 2017

Time: 9:00 am

Mission Road Side Trail Loop

We will carpool up Scenic Caves Road to the parking lot at kilometer 63.8. The hike begins at kilometer 63.8 south along the Bruce Trail to kilometer 60.1. From here we follow the Mission Road Side Trail back to the parking lot. The hike is about 8 kilometers. **Bring water and a snack.**

Pace: Medium **Terrain:** Moderate
Distance: 8 km **Map:** 24. Edition: 28
Leader: David Little (705) 606-1077
davidgeorge52@hotmail.com

Wednesday October 11, 2017

Time: 9:00 am

We will carpool to the parking lot at Eugenia Falls, Km 56.2 in the Beaver Valley section. Our hike will be south from there to Hogg's Falls Km 63.3, passing through mainly forested areas with some open country. We will take time to view the waterfalls at each end of the hike. **Bring water and a snack.**

Pace: Medium **Terrain:** Moderate
Distance: 7 km **Map:** 26 Edition: 28
Leader: Marilyn Jones (705) 446-9951
mcj5156@hotmail.com

Saturday Oct. 14, 2017

****A Two Hike Day****

Hike#1. - Dufferin Highlands E-to-E. Hike 4 of 5

Saturday October 14, 2017

Time: 9:00 am

We will carpool to km 34.9 at the corner of River Road and Kilgorie Hill, in the Dufferin Highland Section. Along the way we will leave a car at km 45.7 on the Prince of Wales Rd. We will start our hike at km 34.9, initially following the Pine River.

We will then, after a short climb, generally follow Prince of Wales Rd. north, leaving the road from time to time to walk through rich farmland with steep climbs and descents. This hike will terminate at km 45.7, on the Prince of Wales Rd. Bring extra water and a lunch.

Pace: Medium **Terrain:** Moderate
Distance: 10.8 Km **Map:** 20/21 Edition 28
Leader: Myra Campbell (705) 293-2525
myra_bert@icloud.com

Hike #2

Time: 9:00 am

We will carpool to km 42.0 at Woodford in the Sydenham Section. This will be an in-and-out hike and we will hike south to Walsberg at km 38.4, before returning. The terrain is pretty rough and hilly, and while we hike along the escarpment, there will be lots of good views. **Bring water and a snack.**

Pace: Medium **Terrain:** Moderate
Distance: 7.2 km **Map:** 30, Edition: 28
Leader: Gisela Knappe (705) 445-0857
gknappe7@gmail.com

Wednesday October 18, 2017

Time: 9:00 am

We will car pool to km 106.1 of the Beaver Valley section. To begin our hike we go west across the height of land that separates the Beaver River Valley and Bighead River Valley. The trail meanders through cultivated fields and hardwood bush with great views to the north. The hike terminates at Blantyre. **Bring water and a snack.**

Pace: Medium **Terrain:** Moderate
Distance: 8 km **Map:** 28 Edition: 28
Leader: Terry Sears (705) 444-9859
tjinblue@rogers.com



Photo taken April 5/17 BMBT km 9.4 - Noisy River Tributary

Saturday October 21, 2017

****A TWO HIKE DAY****

Hike #1 - A Surprise hike

Time: 8.30 am (Note early start)

We will carpool to the start of the hike which will be somewhere close to or part of the Blue Mountains Bruce Trail Section. **All participants pls. call Hart beforehand. Bring water and a lunch.**

Pace: Brisk. **Terrain:** Strenuous

Distance: 15km

Leader: Hart Fischer (705) 445-6876

hfischer@gmail.com

Hike # 2 - Mad River.

Time: 9:30 am

We will carpool to km 32.7 on Grey Rd 10, and hike through a pretty section known as Duntroon Crevice Heights. The hike will descend into Devil's Glen, then proceed along the Mad River side trail to the village of Glen Huron, where the hike will end.

Bring water and a snack.

Pace: Leisurely **Terrain:** Moderate

Distance: Approx. 6.7 km **Map** 22. Edition: 28

Leader: Heather Wintermeyer (705) 444-6796

carlwintermeyer@gmail.com

Wednesday, October 25, 2017

Time: 9:00 am

We will carpool to the parking space on the St Vincent-Sydenham Townline near km 56 in the Sydenham Section. Along the way we will leave a car at the end of the hike in Woodford. We will start the hike proceeding east on the River Kwai side trail to Km 46.9 on the main trail. We then turn west and proceed to The St Vincent, Sydenham Townline and then walk south. We have the option to explore the Woodford Crevasses or use the side trail bypass. The hike ends in Woodford. **Bring water and a lunch.**

Pace: Medium **Terrain:** Moderate

Distance: 8 Km **Map:** 30. Edition 28

Leader: Carl Wintermeyer (705) 444-6796

carlwintermeyer@gmail.com

Saturday, October 28, 2017

****A TWO HIKE DAY****

Hike#1. - Dufferin Highlands E-to-E. Hike 5 of 5

Time: 9:00 am

We will car pool to south to km 45.7 on the Prince of Wales Rd, in the Dufferin Highlands Section. Along the way we will leave a car at the cemetery parking area just east of Lavender. We will cross a section of rough terrain, then descend a steep hill to the Black Bank River. Following the ascent from the east side of the valley we will proceed north along the base of the escarpment. After crossing an open field we make our way through a pine plantation and then follow an old road allowance north to Lavender. **Bring water and a lunch.**

Pace: Medium **Terrain:** Moderate

Distance: 10.6 Km **Map:** 21 Edition 28

Leader: Bert Beausoleil (705) 293-2525

myra_bert@icloud.com

Hike #2. - Black Bank River to Lavender

Time: 9:00 am

We will car pool to south to km 47.4 on Centre Rd, in the Dufferin Highlands Section. Along the way we will leave a car at the cemetery parking area just east of Lavender. To start the hike we will cross the ravine over the Black Bank River, then follow a pretty country lane towards Lavender. **Bring drinks and a lunch.**

Pace: Leisurely **Terrain:** Moderate

Distance: 8.5 km **Map** 21 Edition 28

Leader: Tom Wilson (705) 446-1877

tandrwilson@rogers.com

Wednesday, November 1, 2017

Time: 9:00am

We will carpool to Duncan parking lot at km 33.4 in the Beaver Valley section. This is a loop hike and we will get fine views from Pinnacle Rock and Metcalf Rock. We will walk first along the main trail and then along the Chuck Grant Side trail, eventually returning to the parking lot via the main trail. **Bring water and a lunch.**

Pace: Medium **Terrain:** Moderate

Distance: 10.8 km **Map** 25 Edition 28

Leader: Frank Huggins (705) 293-0290

huggins_frank@yahoo.ca

BMBTC's Friendship Trail Opening - The Transcarioca Trail

On the drizzly autumn morning of Saturday, October 22, 2016, the Transcarioca Friendship Trail in the Blue Mountains Bruce Trail section was officially opened. This section is twinned with a part of the Transcarioca Trail in Rio de Janeiro, Brazil.

After speeches by Bruce Trail Conservancy CEO, Beth Gilhespy, Clearwater councillor Doug Measures, and BMBTC representative Linda Finley, the Friendship Trail was opened with an official ribbon cutting. Bruce Trail members came out to support this opening and to hike this section, which officially begins at km 9.1 and goes to km 15.7.

With the opening of the final Bruce Trail Friendship Trail this May in the Toronto section (twinned with Greece), each of the nine club sections will have been twinned with an international trail helping to create an awareness of and support for public footpaths.



Cutting of the ribbon opening the Transcarioca Bruce Trail Friendship Trail with Jackie Randle, Doug Measures, Beth Gilhespy, and Linda Finley.



Land Steward Director Dave Knox along side his daughter Amanda Knox who is also a BMBTC Land Steward.



Bruce Trail members came from far and wide to help celebrate the opening of the BMBTC's Transcarioca Friendship Trail.



The Transcarioca Friendship Trail offers such variety as open meadows with views in the distance of the Pretty River Valley, hardwood forests, as well as the escarpment edge.

Behind the Scenes on the BMBT— bridge building, removal of downed trees, sign installation, tree planting. Lots goes on behind the scenes on the Blue Mountain Bruce Trail. A big thank you to the many volunteers who help out with all of the behind the scene work. Join the team, join the fun, meet your fellow BMBTC members. Contact our new volunteer coordinator, Ted Moore at 705-309-7788 or at tedmoore@rogers.com if you would like to offer your skills, time and enthusiasm. It is very satisfying to have helped with the work that keeps our trail in good shape.



With team effort from Dick Edwards, Bert Beausoleil, Richard Saddington and David Little there is now a new bridge crossing over the Silver Creek at km 58.4.



With our fierce Georgian Bay winds there is lots to do to clear trail after our winter weather. Terry Michael Quinn and David Little worked on spring clean up in April.

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Dick Edwards and team installed the signs indicating where the new Friendship Trail is, which is twinned with the Transcarioca Trail in Rio De Janeiro, Brazil.

Greg Genoe, Susan McDougall and Jenny Graham helped out with planting trees on a windy May 2nd, 2017. White oak, red maple, white pine and white spruce will create a buffer between the field and trail.



The tree planting team (16 volunteers in all) came out May 2 /17to continue planting the buffer zone between the field and trail at the Duntroon Crevice where trees were planted last year.

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Winter on the Mad River Side Trail



BMBT—km 58.4 where the new bridge has been built across the Silver Creek Tributary with spring melt water.



Crossing the bridge at Devils Glen Ski Club on the Mad River Side Trail.



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SUMMER/FALL HIKE SCHEDULE AT A GLANCE

Date	TIME	HIKE LEADERS	Notes	KM	Level	E2E Hikes	DESCRIPTION
Sat June 3	#1. 9:30	Jansje Lawrenson	Lunch	11.3	Inter		Picnic Party. South of the Bluffs
Sat June 3	#2. 9:40	Tom Wilson	Lunch	5.3	Easy		Picnic Party. South of the Bluffs
Wed June 7	#1. 8:30	Hart Fischer	Canoe. Lunch	5 hrs	Easy/Inter		Canoe Nottawasaga River. Call ahead
Wed June 7	#2. 9:00	Steve Adair	Snack	7	Inter		Lime Kiln and Nottawasaga Look-out.
Sat June 10	9:00	Bert Beausoleil	Snack	7.5	Inter		Blantyre to 7.5 Sydenham.
Tues June 13**	9:00	David Little	Lunch	2 hrs	Easy		Canoe Nottawasaga River.
Wed June 14	9:00	Ann DeBrouwer	Snack	10.0	Inter		Petun Loop
Sat June 17	#1. 9:00	Jill Doble	Lunch	13.6	Inter	Blue 1 of 6	km 0 to km 12.6
Sat June 17	#2. 9:00	Richard Saddington	Snack	6 to 8	Inter		Nottawasga Bluffs
Wed June 21	#1 7:00	Rosemary Petrie	Lunch	11 or 6	Inter		Rush Cove. Peninsula Hike
Wed June 21	#2 9:00	Flo Kusiak	Snack	7	Inter		John Haigh
Sat June 24	#1. 9:00	Jill Doble	Lunch	13.4	Inter	Blue 2 of 6	km 12.6 to km 24.5
Sat June 24	#2.8:30	Dick Edwards	Lunch	10	Inter		Beautiful Joe Park, Meaford
Wed June 28**	9:30	Harold	Snack	8	Inter		Wasaga Blueberry trails
Sat July 1	9:00	David Little	Snack	1.5 hrs	Easy		Canada150 Celebration at Craigleith
Wed July 5	#1. 9:00	Denman Lawrenson	Lunch	9.5	Inter		Eugenia Falls to lookout
Wed July 5	#2. 9:00	Roberta Spicer	Snack	5	Easy		Margaret Paull
Sat July 8	9:00	Steve Adair	Lunch	8.5	Inter		Noisy River Valley
Wed July 12	9:30	Sue Niblett	Snack	6.7	Inter		Duntroon Crevice Heights
Sat July 15	#1. 9:00	Jill Doble	Lunch	12.6	Inter	Blue 3 of 6	Km 24.5 to km 35.9
Sat July 15	#2.9:00	Mike Treuman	Lunch	7	Inter		Dufferin Highlands Loop

Wed July 19. **	9:00	Dick Edwards	Bike. Water	20	Inter		Bike Tour: Collingwood to Stayner
Wed July 19.	9:00	Mary Huggins	Snack	8	Inter		Beaver valley. 23.8 to 15.8
Sat July 22	#1. 9:00	Jill Doble	Lunch	10.7	Inter	Blue 4 of 6	km 35.9 to km 45.4
Sat July 22	#1. 8:00	Terry Kimmerly	Lunch	8.5	Inter		Inglis Falls. Owen Sound
Wed July 26	9:00	Sue Niblett	Picnic	6.6	Inter		Old Baldy
Sat July 29	#2 9:00	Bob Moenck	Snack	7	Inter		Mission Rd Sidetrail
Sat Aug 5	9:00	Dennis Gerrard	Bike. Snack	42	Inter		Bike Tour: Collingwood to Thornbury
Sat Aug 12	#1. 9:00	Jill Doble	Lunch	11	Inter	Blue 5 of 6	km 45.4 to km 56.3
Sat Aug 12	#2 9:00	Shannon Roode	Snack	5 to 6	Inter		Lower Pretty River valley
Wed Aug 16**	9:00	Paul Carnahan	Bike. Lunch	28 k	Inter		Anton Mills to Fort Willow.
Sat Aug 19	#1. 9:00	Jill Doble	Lunch	13.6	Inter	Blue 6 of 6	km 56.3 to km 66
Sat Aug 19	#2.9:00	Liz Fowlis	Lunch	10.8	Inter		Duncan Loop. Beaver Valley
Wed Aug 23	9:00	Terry Kimmerly	Lunch	7.8	Inter		Falling Waters. Beaver Valley
Sat Aug 26	#1. 9:00	Rosemary Petrie	Lunch	13.3	Inter	Duff 1 of 5	DH km 0 to km 13.3
Sat Aug 26	#2.9:00	Mara Sperling	Snack	9.5	Inter		Petun Loop
Wed Aug 30	9:00	Tom Wilson	Snack	7.5	Inter		Lorree Forest
Sat Sept 2	#1 9:00	Tom Kemp	Snack	10	Inter		Pretty River
Sat Sept 2	#2 9:30	Jill Doble	Snack	4.7	Easy		Pretty River Side Trail
Wed Sept 6	#1 9:00	Ann DeBrouwer	Lunch	10.2	Inter		Siegerman Side Trail
Wed Sept 6	#2 18:30 PM	Cathy Sears	Drink	1 hour	Easy		HARVEST MOON
Sat Sept 9	9:00	Shannon Roode	Snack	11.1	Inter.Exp		Petun and John Haigh loop.
Wed Sept 13**	#1 9:30	Harold Higdon	Snack	8	Inter		Wasaga Provincial Park
Wed Sept 13	#2 9:00	Mary Huggins	Snack	5.2	Easy		Sydenham. Silent Valley
Sat Sept 16	#1. 9:00	Rosemary Petrie	Lunch	10.6	Inter	Duff 2 of 5	DH km 13.3 to km 23.9
Sat Sept 16	#2.9:00	Giselle Knappe	snack	5	Inter		Walters Falls

Sept 20-22		Terry Sears					3 day Peninsula hike
Wed Sept 20	9:00	Susan McDougall	Snack	6	Inter		Lorree Forest
Sat Sept 23	9:30	Linda Finley					Work Party
Wed Sept 27	9:00	Mike Treuman	Lunch	9	Inter		Kolapore
Sat Sept 30	#1. 9:00	David Little	Lunch	11	Inter	Duff 3 of 5	DH km 23.9 to km 34.9
Sat Sept 30	#2. 9:00	Mary-Jane McIntyre	Snack	6 to 8	Inter		Bluffs- keyhole
Oct 3-5		Jill Doble					3 day Peninsula Hike.
Wed Oct 4	9:00	Paul Carnahan	Snack	7	Inter		Nottawasaga Bluffs
Sat Oct 7	9:00	David Little	Snack	8	Inter		Mission Side Trail
Wed Oct 11	9:00	Marilyn Jones	Snack	7	Inter		Eugenia Falls to Hogg's Falls
Sat Oct 14.	#1. 9:00	Myra Campbell	Lunch	10.8	Inter	Duff 4 of 5	DH km 34.9 to km 45.7
Sat Oct 14.	#2 9:00	Gisela Knappe	Snack	7.2	Inter		Woodford to Walsburg
Wed Oct 18	9:00	Terry Sears	Snack	8	Inter		Beaver Valley to Blantyre
Sat Oct 21	#1 8:30	Hart Fischer	Water. Lunch	15	Exp		Surprise Hike. CALL AHEAD
Sat Oct 21	#2 9:30	Heather Wintermeyer	Snack	6.7	Easy		Mad River
Wed Oct 25	9:00	Carl Wintermeyer	Snack	8	Inter		River Kwai and Woodford Crevasses
Sat Oct 28	#1. 9:00	Bert Beausoleil	Lunch	10.6	Inter	Duff 5 of 5	DH 45.7 to Lavender
Sat Oct 28	#2 9:00	Tom Wilson	Lunch	8.5	Inter		Black Bank River to Lavender
Wed Nov 1	9:00	Frank Huggins	Lunch	10.8	Inter		Duncan loop in the Beaver Valley

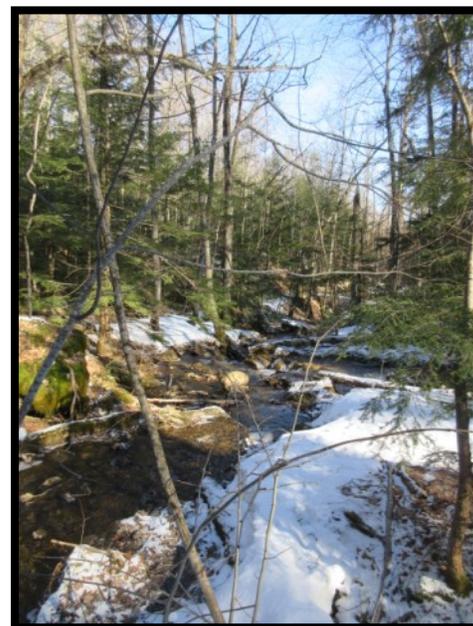
** indicates alternative starting point. (see the newsletter of bmbt.org website for this and for detailed hike descriptions.)

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BMBT km 47.7 on the Pretty River during the spring runoff.



A bright, sunny spring day in April, on the John Haigh Side Trail just off of BMBT km 49.1 where the Bruce Trail is at its highest point on the escarpment.

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