



Check out our WEEKLY HIKES – note FALL time changes (following Thanksgiving)

Tuesdays: 9 am meet in Short Hills Prov. Park, Pelham Rd, St Catharines (Map 3 near Black Walnut Sidetrail) 1.5 – 2 hrs

Thursdays: 9 am meet in parking lot across from Boo's (formerly Butterball's Restaurant) (2980 King St, Jordan Hollow)

Leader: Vince Zvonar (905)563-1109 1.5 hrs (medium-moderate),

Thursdays 7:00 pm meet at Lions Club Pool Parking Lot, Main St, west of Mountain St., Grimsby, 1.5 hrs.

Leaders: Don Matheson, don.matheson123@gmail.com, Bruce Manion bamontrails@gmail.com

SEPTEMBER

Saturday, September 3

Fireman's Park Side Trail Opening & Donor Recognition

9am Fireman's Park Loop - Longer hike 3 hrs

Meet at the lower parking lot of Fireman's Park (near the railroad tracks), Dorchester Rd, Niagara Falls (Map 1, km 7) (Brisk-Moderate) Leader: Margaret Northfield, 905-324-2707

margaret.northfield@gmail.com

10am Fireman's Park Loop – Shorter hike 2 hrs

Meet at the lower parking lot of Fireman's Park (near the railroad tracks), Dorchester Rd, Niagara Falls (Map 1, km 7) (Medium-Moderate)

Leader: Lauren Doig 905-309-1398 ldoig_4@bell.net

12:30 - Light lunch to follow the hikes and recognition ceremony
Please **REGISTER** with the hike leaders for the hike and/or lunch

Sunday, September 4

2pm Waterfront Trail 1.5 hrs

Meet at Malcolmson Park, Niagara St & Lakeshore, St Catharines. Carpool to Port Dalhousie and hike back. (Medium-easy) Leader: Margaret Kalogeropoulos 905-934-8560 panosmarg@gmail.com

Wednesday, September 7

9am Allanburg Loop 1.5 hrs

Meet at the Allanburg bridge, Hwy 20 parking lot on the west side of the bridge, Allanburg (Map 3) (Medium-Moderate)

Leader: Fred Azzopardi 905-735-2345 Leisurely: Wilma Lidkea 905-682-8638

Saturday, September 10

7am Thames Valley Trail – St Mary's 20 KM

Meet at commuter's parking lot, Victoria Ave, Vineland. Hike along Thames River, through farmland and see Carolinian Forests. Bring lunch. (Medium-Moderate) Leader: Tom Friesen, Thames Valley Trail, 519-439-8900, tomfriesen@hotmail.com Contact: Margaret Northfield, 905-324-2707, margaret.northfield@gmail.com

9 am Niagara Glen/Gorge 2hrs

Meet at Niagara Glen parking lot (down the street from Niagara Falls Botanical Gardens) Niagara Pkwy, Niagara Falls (Medium-Strenuous) Leader: Robert McKeown 289-273-3059

r_mckeown7@hotmail.com

Sunday, September 11

2pm War Veterans Hike 1.5 hrs

Meet at 2 Carlton Street South. History detectives & hidden landmarks on the escarpments; strategic landscapes that bridge the nations. Museum tour to follow. (Leisurely-Mod) Leader: Catharine Mellor, Canadian Corp Museum, Contact Linda Bonner 905-227-8220

Wednesday, September 14

9am Port Dalhousie Carousel 1.5 hrs **WELCOME NEW LEADERS**

Meet at Lakeside Park parking lot, near the carousel in Port Dalhousie (Med-Mod) Leaders: Gary & Donna Sands 905-682-3433 gsands1941@gmail.com Leisurely: Wilma Lidkea 905-682-8638

Wednesday, September 14

8:30am Fall in Iroquoia 1 of 3* 19.4km, 4-5 hours

Meet at Lion's Club Pool parking lot 1 Elm St., Grimsby. Carpool to Devil's Punch Bowl Ridge Road, Stoney Creek Mtn. (Brisk Moderate) Leader: Ruth Moffatt 905-928-7056

ruthdmoffatt@gmail.com

*Participation in all 3 of these hikes will align with the first two days of the Iroquoia E2E (must register). Completion of these 3 hikes as well as the first two days of the Iroquoia E2E (Oct 15 & 16th) wknd will qualify you for the Jack in the Pulpit Iroquoia Club badge.

Saturday, September 17

9am Welland Vale Loop 3.5 hrs

Meet at the parking lot on Welland Vale Rd at Sawmill Rd, St Catharines, (Brisk-Moderate) Leader: Bernice Thiessen 905-684-0085 bthiessen@becon.org

9am Pelham Arena Loop 2 hrs

Meet in the Pelham Arena parking lot, 1120 Haist St, Pelham (Medium-Moderate) Leader: Judy Gaudier 905-892-5146

louisjudy@aol.com

Sunday, September 18

2pm DeCew Loop 1.5 hrs

Meet at DeCew House, DeCew Rd, Thorold (Map 3, 29.8)(Medium-Moderate) Leader: Sylvia Wheeler 905-735-2069, girlupontrek@gmail.com Leisurely: Wilma Lidkea 905-682-8638

Wednesday, September 21

9am Welland Tour 1.5 hrs

Meet at the Food Basics parking lot, 325 Thorold Rd, Welland (Medium-Moderate) Leader: Fred Azzopardi 905-735-2345 Leisurely: Wilma Lidkea 905-682-8638

Wednesday, September 21

8:30 am Fall in Iroquoia 2 of 3* 21.2km, 4-5 hours

Meet at Devil's Punch Bowl Ridge Road, Stoney Creek Mtn. Carpool to parking lot at Upper Paradise Road and Scenic Drive, Hamilton Mtn. (Brisk Moderate) Leader: Ruth Moffatt (905) 928-7056 ruthdmoffatt@gmail.com

Saturday, September 24

9am Humber River & High Park, Toronto, 4+ hrs, 20km

Meet at Commuter parking lot, Victoria Ave & QEW, Vineland. Carpool to Old Mill. Stop for coffee at the Grenadier Restaurant (Brisk-Moderate) Leader: Keith Laushway keithlaushway@rogers.com

9am Waterfront Trail, 2 hrs

Meet at Malcolmson Park, Niagara St & Lakeshore, St Catharines. Carpool to Port Dalhousie and hike back. (Medium-easy) Leader: Trudy Senesi (905)935-9777, trudykp@becon.org

Sunday, September 25

2pm Sobey's Glendale 1.5 hrs

Meet in the parking lot near Sobey's, 344 Glendale Ave, St. Catharines (Map 3, km 21.9) (Med-Mod) Leader: Diana Knight 905-892-3573 rknight8@cogeco.ca Leisurely: Wilma Lidkea 905-682-8638

Wednesday, September 28

9am Port Dalhousie Lighthouse Loop 1.5 hrs

Meet at the lighthouse on Lighthouse Rd, off Lakeshore Rd, St Catharines (Med-Mod) Leaders: Gary & Donna Sands (905) 682-3433 gsands1941@gmail.com Leisurely: Wilma Lidkea 905-682-8638

Wednesday, September 28

8:30am Fall in Iroquoia 3 of 3* 18km 4-5 hours

Meet at parking lot at Upper Paradise Road and Scenic Drive, Hamilton Mtn. Carpool to Sydenham Road and Romar Dr, Dundas (Brisk Moderate) Leader: Ruth Moffatt (905) 928-7056 ruthdmoffatt@gmail.com

OCTOBER

Saturday, October 1

9am International Hike, 3+ hrs

Meet in Dufferin Islands, Niagara Pkwy near Burning Spring's Hill (South of the Falls). Hike on both sides of the border. **Passport** required and 50 cents for the bridge. (Brisk-Moderate) Leader: Margaret Northfield 905-324-2707 margaret.northfield@gmail.com

| 2 NBTC Fall 2016 Hike Schedule

9am One Hour In-One Hour Out 2 hrs

Meet at Kinsmen Park, end of Frost Rd (just off Mountain Rd), Beamsville (Medium-Moderate) (Map 4 km 66.9) Leader: Bernice Thiessen 905-684-0085 bthiessen@becon.org

Sunday, October 2

Bruce Trail Day, Events 1-4pm

A trail-wide celebration of hiking and conservation. Bring family and friends to learn more about the Bruce Trail. Main hike 2pm. Meet in Niagara College, Greenhouses, Niagara-on-the-Lake Campus, Taylor Rd.

Wednesday, October 5

9am Wellness Centre Loop 1.5 hrs

Meet at the Wellness Centre (Rose City Senior Activity Centre), 145 Lincoln St., Welland (Medium-Moderate) Leader: Fred Azzopardi 905-735-2345 Leisurely: Wilma Lidkea 905-682-8638

Saturday, October 8

8:45am Steeltown Stomp NEW EVENT; NEW BADGE

Over 2,000 Stairs/ 20KM Hike Approximately 4.5-6 Hours (Brisk Strenuous) Contacts: Ruth Moffatt 905-928-7056 ruthdmoffatt@gmail.com or Lauren Doig 905-309-1398 ldoig_4@bell.net

Limited to 100 participants. Details and registration online:

<https://www.eventbrite.ca/e/steeltownstompclimbover2000stairs-hike20kmtickets25940200839?aff=es2>

9am Woodend Loop 2 hrs

Meet in Woodend Conservation Area at the entrance near Taylor Rd, Niagara-on-the-Lake. (Map 2, km 15.2) (Medium-Moderate) Leader: Trudy Senesi 905-935-9777 trudykp@becon.org

Sunday, October 9

2pm Merritt Island 2hrs

Meet in the parking lot of Merritt Island, at the west end of Cross St., Welland (Medium-Moderate) Leader: Sylvia Wheeler 905-735-2069 girlupontrek@gmail.com Leisurely: Wilma Lidkea 905-682-8638

Wednesday, October 12

10am Malcolmson Park 1.5 hrs

Meet in Malcolmson Park at end of Niagara St & Lakeshore Rd, St Catharines (Medium-Easy) Leaders: Gary & Donna Sands 905-682-3433 gsands1941@gmail.com Leisurely: Wilma Lidkea 905-682-8638

Saturday, October 15

9am Rockway to Short Hills Loop 3 hrs

Meet at Rockway Community Centre, Pelham Rd, St Catharines, (Map 3 km 45.1) (Brisk-Strenuous) Leader: Diane Marlatt 289-241-4221 dianemarlatt@gmail.com

10am Queenston Loop 2hrs

Meet by the cairn, Queenston Heights Pk, Queenston, Niagara Pkwy, Queenston (Map 1,0) (Medium-Moderate) Leader: Karen Green 905-960-0020 kgreen28@cogeco.ca

Sunday, October 16

2pm Shorthills Loop 1.5 hrs

Meet at Wiley Rd parking lot off Cataract Rd., St. Catharines (Map 3) (Med-Mod) Leader: Margaret Kalogeropoulos 905-934-8560 panosmarg@gmail.com Leisurely: Wilma Lidkea 905-682-8638

Wednesday, October 19

10am Allanburg Loop 1.5 hrs

Meet at the Allanburg bridge, Hwy 20 parking lot on the west side of the bridge, Allanburg (Map 3) (Medium-Moderate) Leader: Fred Azzopardi 905-735-2345 Leisurely: Wilma Lidkea 905-682-8638

Saturday, October 22

6:30am International Hike Letchworth State Park, NY

Approximately 20-25 km.

Meet at Mather Arch 11 Niagara Parkway, Fort Erie at 6:30am. Carpool to Mount Morris where we will hike the Gorge trail out and back or do a combination of other trails forming a loop. Small charge at the border and entrance to the park. **Limited to 10** participants including two hike leaders. Must have valid passport/Nexus ID to cross border. Please register with one of the hike leaders. (Medium Moderate) Leaders: Rowan Shirkie (905) 687-9805 biodynamo@gmail.com; Ruth Moffatt (905) 928-7056 ruthdmoffatt@gmail.com

9am Rotary Park Loop 3 hrs

Meet in the Rotary Park parking lot, Pelham Rd, St Catharines (Brisk-Moderate) Leader: Vince Zvonar 905-563-1109 vmzvonar@bell.net

10am DeCew Loop 2 hrs

Meet at DeCew House, DeCew Rd, Thorold (Map 3 km 29.8), (Medium-Moderate) Leader: Robert McKeown 289-273-3059 r_mckeown7@hotmail.com

Sunday, October 23

2pm Port Weller East 1.5 hrs

Hike along the spit trail. Meet at the end of Broadway Avenue, St Catharines. (Medium-Easy) Leader: Barbara Waller 905-468-8484, notlbarbarawaller@gmail.com Leisurely: Wilma Lidkea 905-682-8638

Wednesday, October 26

10am Port Dalhousie Carousel 1.5 hrs

Meet at Lakeside Park parking lot, near the carousel in Port Dalhousie (Med-Mod) Leaders: Gary & Donna Sands (905) 682-3433 gsands1941@gmail.com Leisurely: Wilma Lidkea 905-682-8638

Saturday, October 29

9am Queenston Loop 3 hrs

Meet at the cairn in Queenston Heights Park, Niagara Pkwy, Queenston (Brisk-Moderate) Leader: Margaret Northfield, 905-324-2707 margaret.northfield@gmail.com

10am Thorold Loop 2 hrs

Meet in the parking lot of Club Capri, Ormond St, Thorold (Map 3) (Medium-Moderate) Leader: Lynda Bonnar 905-227-8220

Sunday, October 30

2pm Sobey's Glendale 1.5 hrs

Meet in the parking lot near Sobey's, 344 Glendale Ave, St. Catharines (Map 3, km 21.9) (Med-Mod) Leader: Diana Knight 905-892-3573 rknight8@cogeco.ca Leisurely: Wilma Lidkea 905-682-8638

NOVEMBER

Wednesday November 2

10 am Merritt Island 1.5 hrs

Meet in the parking lot of Merritt Island, at the west end of Cross St., Welland (Medium-Easy) Leader: Fred Azzopardi 905-735-2345 Leisurely: Wilma Lidkea 905-682-8638

Friday November 4

Annual Landowner's Potluck – see newsletter for details

Saturday, November 5

9am Woodend to St Paul Ave, Niagara Falls 3.5 hrs

Meet in Woodend Conservation Area at the entrance near Taylor Rd, Niagara-on-the-Lake. (Map 2, km 15.2) (Brisk-Moderate) Leader: Margaret Northfield 905-324-2707 margaret.northfield@gmail.com

10am Rockway Loop 2 hrs

Meet at Rockway Community Centre, Pelham Rd, St Catharines (Map 3 km 45.1) (Medium-Moderate) Leader: Robert McKeown 289-273-3059 r_mckeown7@hotmail.com

Sunday, November 6

2 pm Malcolmson Park Loop 1.5 hrs

Meet in Malcolmson Park at end of Niagara St & Lakeshore Rd, St Catharines (Medium-Moderate) Leader: Bonnie Stevenson 905-935-5857 Leisurely: Wilma Lidkea 905-682-8638

Wednesday, November 9

10am Green Ribbon Trail 1.5 hrs

Meet in the parking lot for the Green Ribbon Trail, Martindale Rd near Courtland St, St Catharines (Medium-Easy) Leaders: Gary & Donna Sands (905) 682-3433 gsands1941@gmail.com Leisurely: Wilma Lidkea 905-682-8638

Saturday, November 12

9am Rotary Park Loop 3 hrs

Meet in Rotary Park parking lot, Pelham Rd, St Catharines. (Brisk – Moderate) Leader: Diane Marlatt 289-241-4221 dianemarlatt@gmail.com

10am Merritt Trail 2 hrs

Meet at Port Dalhousie Carousel – carpool to Welland Vale Rd and hike back. (Medium-Easy) Leader: Trudy Senesi 905-935-9777 trudykp@becon.org

Sunday, November 13

2pm Fireman's Park 1.5 hrs

Meet at upper parking lot, corner of Dorchester and Mountain Rds, Niagara Falls (Medium-Moderate) (Map 2, 7.0) Leader: Ann Judd 905-468-8273 agsjudd@hotmail.com Leisurely: Wilma Lidkea 905-682-8638

Wednesday, November 16

10 am Pelham Arena Loop 1.5 hrs

Meet at the Pelham Arena, 1120 Haist St, Pelham (Medium-Moderate) Leader: Fred Azzopardi 905-735-2345 Leisurely: Wilma Lidkea 905-682-8638

Saturday, November 19

9am DeCew House Loop 3+ hrs

Meet at DeCew House, DeCew Rd, Thorold (Map 3 km 29.8), (Brisk-Moderate) Leader: Vince Zvonar 905-563-1109

vmzvonar@bell.net

10am Queenston Loop 2 hrs

Meet at cairn in Queenston Heights Park, Niagara Pkwy, Queenston. (Medium-Moderate)

Leader: Bernice Thiessen 905-684-0085 bthiessen@becon.org

Sunday, November 20

2pm DeCew Loop 1.5 hrs

Meet at DeCew House, DeCew Rd, Thorold (Map 3, 29.8) (Medium-Moderate) Leader: Sylvia Wheeler (905) 735-2069

girrupontrek@gmail.com Leisurely: Wilma Lidkea 905-682-8638

Wednesday, November 23

10am Port Dalhousie Lighthouse Loop 1.5 hrs

Meet at the lighthouse on Lighthouse Rd, off Lakeshore Rd, St Catharines (Med-Mod) Leaders: Gary & Donna Sands (905) 682-3433 gsands1941@gmail.com Leisurely: Wilma Lidkea 905-682-8638

Saturday, November 26

8am Edwards Gardens – Brickworks Loop, Toronto 4.5hrs

Meet at commuter parking lot, Victoria Ave & QEW, Vineland. Carpool to Edwards Gardens at Lawrence & Leslie Sts, Toronto (Medium-Moderate) Leader: Keith Laushway

keithlaushway@rogers.com

10am Rotary Park Loop 2 hrs

Meet in Rotary Park parking lot, Pelham Rd, St Catharines.

(Medium – Moderate) Leader: Lynda Bonnar 905-227-8220

Sunday, November 27

2pm Niagara-on-the-Lake Loop 1.5 hrs

Meet in the parking lot at King St & Veteran's Lane, Niagara-on-the-Lake (Med-Mod) Leader: Barbara Waller (905) 468-8484 notlbarbarawaller@gmail.com Leisurely: Wilma Lidkea 905-682-8638

Wednesday, November 30

10 am Glenridge Quarry Loop 1.5 hrs

Meet at Glenridge Quarry parking lot, St David's Rd, St Catharines (Map 3) (Medium-Moderate) Leaders: Merle & Derek Richards 905-685-6984

merle.richards@sympatico.ca Leisurely: Wilma Lidkea 905-682-8638

Hiking Pace: Leisurely < 3km/hr, Medium 3-4km/hr, Brisk 4-5 km/hr, Fast 5+ km/hr

Terrain: Easy - mostly flat with good footing; Moderate - some hills &/ some poor footing; Strenuous - hilly with steep climbs and some poor footing

Hiking tips

- ▶ Hike at your own risk
- ▶ Make sure you have adequate clothing & footwear
- ▶ Carry essential articles in a day pack - **WATER & SNACK**, sunscreen & bug repellent
- ▶ Leave the trail cleaner than you found it
- ▶ When not using hiking poles, carry them horizontally with the points facing forward
- ▶ Map references are from the 28th edition of the **BRUCE TRAIL REFERENCE GUIDE**

While there are a few portions of the Bruce Trail within Conservation Areas that are wheelchair accessible, *use of the majority of the Trail is suitable for foot traffic ONLY.*

To participate in an organized hike, you need to be able to complete the specified length of the hike on your own or with your own support person within the time allowed. Please refer to the hiking schedule for hike details.

We invite you to submit your ideas for different hikes to:

Wed & Sun hikes:

Lynda Bonnar, (905) 227-8220

Sat hikes:

Margaret Northfield (905) 324-2707, margaret.northfield@gmail.com

Hike Co-ordinator: Margaret Northfield, **Schedule Design:** Karen Green