



# Trail Mail

A periodic e-newsletter of Hike Ontario

September 2004

Volume 1, Number 6

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## Celebrate Ontario Hiking Week with Us!

Hike Ontario is encouraging people of all ages across Ontario to get out and hike throughout the week of **September 27 – October 3, 2004** as a part of Ontario Hiking Week. Local trail clubs will be hosting hiking events and guided hikes all across Ontario promoting hiking as a healthy, easy and fun way to get out an exercise.

The theme of Hike Week this year is ***Hike for the Health of It!*** encouraging Ontarians to incorporate hiking as a part of their commitment to a healthy lifestyle. There are 34 events planned throughout Ontario, from Sudbury to Guelph. Trail clubs will be hosting activities ranging from guided hikes, information sessions and family hikes, information sessions and family hikes. These events want to show that hiking is an easy and sociable activity that can be enjoyed by people of all ages and lifestyles.

This year Hike Ontario is promoting the health benefits that come along with hiking. Not only is it easy, but hikers get to enjoy the outdoors and the costs are low compared to other exercise regimes. Hiking is a great way for people to become active and live a healthy lifestyle. The health benefits of hiking are numerous. Not only is it a tremendous way to stay in shape, but it can help to reduce heart disease, hypertension and the risk of stroke.

A full listing of hiking events across Ontario during Hike Week 2004, is posted at [www.hikeontario.com](http://www.hikeontario.com).

## Our Mission

To provide support, education and representation while promoting hiking and walking in Ontario

## Hike Ontario Subscriptions Now Available

**Individual Subscriptions are available for \$25.00**

Subscription benefits include receipt of our quarterly print newsletter, receipt of our electronic newsletter, *Trail Mail*, notice of special events and our Annual General Meeting, discounts on publications, and the opportunity to support the voice of hiking in Ontario.

**You can join by sending a cheque to Hike Ontario.**

## Hiking with Animals

Clean up after your animals

Keep them on a leash or lead

Give larger animals right of way

Do not let your animal disturb wildlife or others

Keep them on the trails

## Safety on the Trail

It is every trail users responsibility and right to ensure their own safety and expect safe practice from other trail users. Exercise caution at all times, follow guidelines and rules of the trails. Preventing accidents or injuries is the first step, acting responsibly if something does happen is the second. Always think clearly!

## Feature Article: Trout Hollow Trail

*By Ross McLean*

About five years ago the Canadian Friends of John Muir lead a hike along the Bighead River to introduce to people the area where Muir spent two years living on its banks. Because it crossed private land, it was a one-day event.

However, a community group has formed the Bighead River Heritage Association and in cooperation with local landowners has developed a 14 kilometre hiking trail that runs from Meaford upstream to Riverside on the 7<sup>th</sup> Line, and then back to town on the other side. Along the way is some beautiful scenery and an introduction to the fascinating history of the area.

Much of the credit must go to one person. Ron Knight is the "father" of the Trout Hollow trail and personally looked after design and construction, as well as landowner contacts. He grew up in the immediate area, and is motivated by a love of the land and a loyalty to the area. This spring, a group of Bruce Trail volunteers spent a day assisting with some trail construction projects. In spite of the weather, their response was so positive that they are looking forward to returning to continue this work.

The headwaters of the Bighead River is the Bognor Marsh and it cuts through an excellent drumlin field. Along the trail you alternate between walking along the river bank and climbing the ridges with their beautiful views of the surrounding countryside. The river has cut through these ridges that are the remnants of ancient post-glacial shorelines and the sedimentary layers are clearly evident.

As well, the trail reveals some fascinating history. John Muir from 1864 to 1866 lived and worked with the Trout family at their sawmill on the banks of the river. From here he wrote:

We live in a retired and romantic hollow. Our tall, tall forest trees are now alive and the mingled ocean of blossom and leaves, wave and curl, and rise in rounded swells farther and farther away. Freshness and beauty are every where – flowers are born every hour – living sunlight is poured over all, and every thing and creature is glad – our world is indeed a beautiful one...."

As well, there are other touches of history along the way: Meaford's century-old hydro-electric dam and the few walls left standing in the thick of the forest of the old power station.

Pamphlets describing the trail should be available at the Meaford tourism office, but it is easy to follow. In town begin on either side of the river just upstream of Beautiful Joe Park. The blazes are red, yellow or green, depending on the degree of difficulty of the trail. (Red is the most difficult, green the easiest.)

I sincerely regard the Trout Hollow Trail as one of the great day-hiking trails on southern Ontario. The "dream" is to have it link up ultimately with the Bruce Trail near Walter's Falls. Plan to "take a hike", and experience the beauty of the trail for yourself.

For more information on the Trout Hollow Trail please contact:

**Bighead River Heritage Association (Trout Hollow Trail)**  
516 Ridge Road, Meaford, ON, N4L 1L9  
Phone: 519-538-5415

## Fall Hiking Tips

Stay comfortable.

Hike with the weather.

Get an early start.

Be prepared.

Move quietly.

Leave the insect repellent at home.

Don't forget the sunscreen and the sunglasses.

Eat some food.

Take a friend on their first hike.

## Want some bad advice?

Most people believe that moss and lichens grow on the northeast side of trees. Fundamentally speaking in a perfect world moss and lichens would only grow on the northeast side of trees or rocks. The problem is they will grow in any cool area that gets very little direct sunlight and retains a lot of moisture. In an area that is heavily forested, or where natural formations block warming sunlight and drying winds, moss and lichens can thrive. What is the best advice? Have an accurate map and a compass and know how to use them. Learn other natural navigation techniques, including how to use an analog watch to find south or following the stars.

## Feature Event: Hike Haliburton Festival October 15, 16 & 17, 2004

**A county-wide celebration of trails, learning & fun!**

### Adventures include:

GPS Scavenger Hunt

Gems Beneath Your Boots

Barking up the right tree

Walk in the Clouds

Roam the Ridge

Milling 'round the Mill

Foliage Frolic

Llama Walk

Amble the Aisles

Get the Scoop on Poop

**Also Including these don't miss events:**

## The Blast-off BBQ

**Friday, October 15**

**BBQ  
Night Hike  
Live Music**

## Blister Ball

**Saturday, October 16**

**Silent Auction  
Live Music and Dancing**

For more information please contact

[www.trailsandtours.com](http://www.trailsandtours.com)

(705) 489-4049



## HO Executive Committee

Todd Bardes,  
President

David Francis,  
Past President

Terri Hamilton,  
Vice President

Wendy Hoernig,  
Secretary

Stephen Kamnitzer,  
Treasurer

Hike Ontario is a member of the Ontario Trails Council, a body that coordinates trail organizations such as equestrian trails, snowmobile trails, bicycle trails, motocross trails, etc.

# Hike Ontario's 30<sup>th</sup> Annual General Meeting

Hosted by the Ganaraska Hiking Trail Association

*To all of the Members and Friends of Hike Ontario,*

*I am pleased to announce the annual general meeting of Hike Ontario will be held in Peterborough, Ontario this year on October 30 and 31<sup>st</sup>. During the past several months there have been several changes and Hike Ontario is back stronger than ever. Our financial issues have been corrected, our risk management and insurance programs have been given a new focus, a new monthly electronic Newsletter is being delivered to 13,000 members of Hike Ontario, our website [www.hikeontario.com](http://www.hikeontario.com) has been redesigned and our Hike Leader training program has been rolled out across the Province of Ontario.*

*This year 2004, is the 30<sup>th</sup> anniversary of Hike Ontario and we have created an opportunity for hikers from across Ontario to come together and join in the celebration of this event along with some outstanding speakers and fellow hikers.*

*We are asking all of our Members and the Presidents and Directors of our Member Clubs to bring a "Friend of Hike Ontario" to this important meeting to help shape the future development of the pedestrian trails system in Ontario.*

*We appreciate the dedication of the Peterborough-Ganaraska Club to still host this event despite the devastating damage that this area suffered during the recent floods. I look forward to meeting each and every one of you in Peterborough this year!*

*Sincerely yours,*

*Todd Bardes  
President  
Hike Ontario*

## Agenda

### **Friday, October 29, 2004**

7:00 p.m. - Join Hike Ontario board members, friends and guests for causal drinks and conversation at the Best Western Otonabee Inn, 84 Lansdowne St W.

### **Saturday, October 30, 2004, Peterborough Naval Association, 24 Whitlaw Street**

- |            |  |
|------------|--|
| 8:00 a.m.  | Registration   |
| 9:00 a.m.  | Business Meeting   |
| 11:00 a.m. | Break  |
| 11:15 a.m. | Friends of Hike Ontario discussion   |
| 12:00 p.m. | Lunch  |
|            | Speaker: <a href="#">Carol Oitment, Ministry of Tourism and Recreation</a>             |
|            | Topic: <a href="#">Active 2010</a>   |
| 1:30 p.m.  | Hike: "Up to the Locks" , lead by the Ganaraska Hiking Trail Association               |
| 3:00 p.m.  | Workshops  |
|            | ➤ Health, Hiking and a Happy Heart   |
|            | ➤ From Streets to Trails   |
|            | ➤ Risk Management, Insurance and Trail Audits  |
|            | ➤ A Hiking Adventure   |
| 6:00 p.m.  | Dinner at the Peterborough Naval Association   |
|            | Speaker: <a href="#">John Marsh, Professor Emeritus of Geography, Trent University</a> |
|            | Topic: <a href="#">Hiking Trails, Today and Tomorrow</a>                               |

Leave no trace, walk softly, low impact, tread lightly, leave nothing but footprints and taken nothing but pictures, what even you want to call it, leave no trace ethics are a critical part of protecting our precious outdoor resources.

### Low Impact Ethics for Hiking

Low impact ethics involve seven key areas:

Plan Ahead and Be Prepared

Travel and Camp On Durable Surfaces

Dispose of Your Waste Properly

Leave What You Find

Minimize Campfire Impact

Respect Wildlife and Minimize Impact

Be Considerate to Others

## Sunday, October 31, 2004

10:00 a.m. Hike – Millbrook Trails – lead by the Ganaraska Hiking Trail Association

Meet at 10:00 a.m. at the Arena at Millbrook, south of Peterborough on Highway 115 (maps are available) Hike along Baxter Creek to 4<sup>th</sup> Line – option to have lunch at restaurant in Millbrook. Leader: Thea Jenkins (705) 742-4009

### Notice of Proposed Amendments to By-Laws

The following amendments to the Constitution and By-Laws of Hike Ontario will be discussed at the Annual General Meeting on

October 30<sup>th</sup> 2004

#### III. Board of Directors:

2. a) One director - Each member Organization shall appoint a representative to be it's Director and an Alternate in the event the appointed Director is unavailable for board meetings Board of Directors. The Director will be appointed at the Hike Ontario AGM and serve a one-year term.

14. Create two New Committees; Trail Development Committee, Risk Management Committee and rename the Public Education Committee to the Communications Committee.

In items 3, 4, 5, 6, 7 the term "Director-at-Large" should read "Director/Director-at-Large" so all Directors are subject to the same requirements.

New Item In the event of a Director (Club Rep) resigning from their Club and Hike Ontario. HO needs notice of the resignation in writing and the Club needs to appointment their replacement as soon as possible.

New Item In the event a Director/Alternate does not attend 2 of the 4 Hike Ontario Quarterly board meetings, the clubs will be ask to replace the Director.

### New Business

Hike Ontario Trust Fund

1. Establish a set of By-Laws for the trust fund
2. Appoint directors of the trust fund at the next AGM

**To Register for the Annual General Meeting, please print, complete & return the attached registration form to Hike Ontario.**



## Registration Form Annual General Meeting

### Mailing Address

Name: \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_

Postal Code: \_\_\_\_\_ Telephone: \_\_\_\_\_

### Registration Fee Includes:

Coffee and refreshments during meetings

Hot Lunch

Dinner

Total Registration Fee \_\_\_\_\_ @ \$45.00 = \_\_\_\_\_

Saturday – Meetings and Lunch, Only \_\_\_\_\_ @ \$25.00 = \_\_\_\_\_

Saturday – Dinner Only \_\_\_\_\_ @ \$25.00 = \_\_\_\_\_

Total Amount Enclosed \$ \_\_\_\_\_

Are there any food allergies or special dietary restrictions we should be aware of?

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**REGISTRATION DEADLINE: OCTOBER 15, 2004**

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### Registration Forms and Fees Mailed to:

Hike Ontario,  
The Gate House  
13990 Dufferin St. North,  
King City, ON  
L7B 1B3