

November 13 – 15, 2009
Quinte West, Ontario
Hosted by the
Friends of the Trail Inc.

**A weekend gathering
for hikers, walkers and
trail enthusiasts from
across Ontario**

Hike Ontario Annual Summit

Event Highlights:

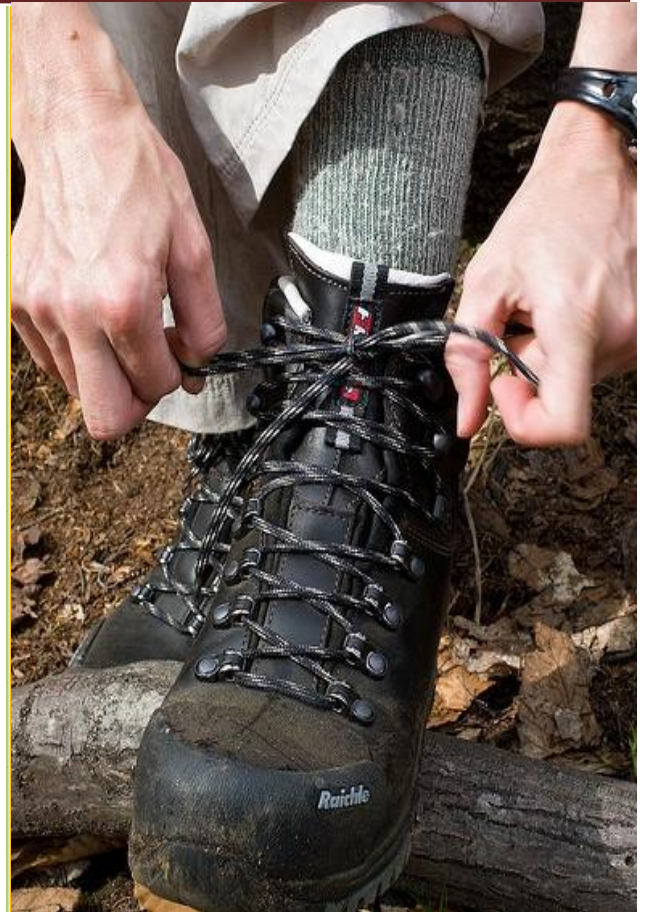
Hikers Social Gathering at the Batawa Ski Hill Chalet
on **Friday** evening

Full day Summit on **Saturday** at the Batawa
Community Centre, including;

- Workshops & Presentations on Nature Deficit Disorder; Trails and Environmental Stewardship; Economics of Hiking; Trail Partnerships; Wayfinding and Signage and Nordic Walking
- Annual Friends of Hike Ontario Luncheon
- Provincial Volunteer of the Year Awards

Plus, free guided hikes on **Sunday** lead by the Friends
of the Trail

Friday: Cash Bar / Saturday: \$20.00 / Sunday: Free



**For more information
or to register online please visit**

www.hikeontario.com
T: 905-277-HIKE or 1-800-894-7249

**Please visit our host organization
www.friendsofthetrail.ca**

Friday, November 13, 2009
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Hiker's Rendezvous at the Batawa Ski Hill Chalet.

Join us anytime after 6:00 p.m. and share tales from the trails with hikers and walkers from across Ontario. Cash bar. Everyone & anyone welcome. Chalet is located at 99 Ski Club Lane, PO Box 1128, Batawa, On.

Saturday, November 14, 2009
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Annual General Meeting, Presentations and Annual Volunteer Awards.

Batawa Community Centre. 51B Plant St. Batawa, On. 9:30 a.m. – 3:30 p.m.

8:30 a.m. – 9:30 p.m. – Annual Business Meeting

- a) Greetings
- b) Call to Order and Welcome from Hike Ontario President, Tom Friesen
- c) Acceptance of the Minutes of the Hike Ontario Annual General Meeting – 2008
- d) Presentation of and Approval of the 2008-2009 Financial Report
- e) Presentation of Slate of Nominations and Election of Officers
- f) Other Business
- g) Adjournment

9:45 a.m. – 12:30 p.m. – Presentation Sessions

- 6 consecutive presentations of 20-25 minutes each (includes a 15 minute break)
1. Nature Deficit Disorder
 2. Trails and Environmental Stewardship
 3. Economics of Hiking
 4. Trail Partnerships
 5. Wayfinding and Signage
 6. Nordic Walking

12:30 p.m. – 1:30 p.m. – Friends of Hike Ontario Lunch & Annual Volunteer Awards

Casual luncheon (provided) with special presentation of Annual Volunteer Awards. Followed by Ambassador Materials Video Promo or optional "Breath of Fresh Air" walk

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**1:30 p.m. –
3:30 p.m.** **Three sessions of “Tabletalk”**

Participants will have three 20 minute “sit downs” with the morning Speakers to ask questions or make comments on their presentations. Speakers will be asked to be available to answer questions or lead a discussion activity.

Additional table sessions will include:

- Cost of Hiking
- Safe Hiker
- Hike Leadership
- Insurance & Risk Management Questions

After each 20 minute session participants change tables (10 minutes)

3:00 p.m. **Closing remarks by Hike Ontario President, Tom Friesen**
Dinner
Anyone?

For those who are staying overnight in the Quinte area, or for those that are simply feeling social, we will be making plans to convene at a local pub or restaurant for a casual dinner. Details will be provided during closing remarks. Everyone and anyone is welcome! Please feel free to bring friends, family and fellow hikers along!

Presentation & Table Talk Session Descriptions

Nature Deficit Disorder, Terri LeRoux

An examination of the trend that today’s children are spending less time outdoors than past generations resulting in a wide range of behavioral problems. Causes such as parental fears, restricted access to natural areas, and the lure of the screen will be discussed.

Speaker Bio: Terri LeRoux is Hike Ontario’s Past President and a former Provincial Park Warden. Currently, she is the Executive Director of the Credit Valley Conservation Foundation.

Trails and Environmental Stewardship, Holly Nadalin

Stewardship is an ethic of caring for the land and environment. As hikers who are passionate about the trails we travel on, we all have a responsibility in keeping these natural places healthy for our use today but also for future generations.

Speaker Bio: Holly Nadalin is a University of Guelph graduate of Environmental Science who has been promoting stewardship in her community for the past ten years. She is a member of the Ontario Stewardship program and chairs her local stewardship council in Wellington County. Her most recent hiking adventures have led her to West Virginia’s Monongahela National Forest and Killarney Provincial Park.

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Economics of Hiking, Patrick Connor

Current trends show that people are taking vacations closer to home and as a result, money is being pumped into the local economy through retail sales, lodging and food. Local businesses benefit. For example, the Bruce Trail alone averages 400,000 users annually, 70% of whom purchase nondurable goods during their visit. The average expenditure is about \$20 (that's \$5,600,000). Approximately 75% of this is spent within a 10 km corridor.

Speaker Bio: Patrick Connor is a passionate trail advocate for trail use and is the Executive Director of the Ontario Trails Council.

Trail Partnerships, Allen McPherson

Examples will be used to illustrate how a 44 km of Trans Canada Trail within the City of Kawatha Lakes is managed as well as how "experiences" are developed along this trail in cooperation with partners such as schools, private businesses and government.

Speaker Bio: Formerly a Ontario Provincial Park Manager and professor at Fleming College, Allen teaches part time at Trent University and is active in trail organizations.

Wayfinding and Signage, Richard Knobbs

If you've ever gone hiking, then you appreciate how valuable good trail signage can be. An overview of the different purposes of trail signs will be provided. Including using signs for information, regulation and as an attraction for trail users.

Speaker Bio: Richard Knobbs is the founder and owner of Fantasy Signs.

Nordic Walking, Gerry Faderbauer

Nordic walking is a Finn fitness craze that's becoming a rage throughout Europe. Currently, over 8 million people in more than 40 countries nordic walk for fitness and pleasure.

Speaker Bio: Gerry Faderbauer is an Olympian and three-time world rowing champion who founded the Canadian Nordic Walking Association in 2006. Based in Aurora, he hosts workshops and provides the tools and basic technique to boost walking routines, as well as certifying instructors.

Additional Table Talk Sessions:

Cost of Hiking

One of the great things about hiking is the fact that anyone can do it- regardless of age, ability and... budget! No need to drop a load of cash on hiking equipment- there are ways of outfitting yourself for the trail without feeling the need to crack open the piggy bank!

Safe Hiker

Learn more about Hike Ontario's newest program, the Safe Hiking Program. This course takes students through the process of planning a hike in a safe manner including preparing for a hike, packing and outfitting and hitting the trail.

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Hike Leadership

Hike Ontario has developed standards and training programs for Hike Leaders that are used by community colleges, universities, hiking clubs and outdoor training organizations. Currently, Hike Ontario offers Standard Hike Leader, Youth Hike Leader and Wilderness Day Hike Leader certification courses. At present there are over 300 certified hike leaders from across Canada who have taken the Hike Ontario Certification program. Learn how you can become one of them.

Insurance & Risk Management

Trail insurance is an important component to the successful and safe development and management of trails in Ontario . Trail clubs are faced with increasing insurance costs that help protect them from liability. The pressure of higher insurance rates has placed great burden on many of the hiking and walking clubs and trails of Ontario placing many of the treasured recreational resources of Ontario at risk of closure.

Sunday, November 15, 2009
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Guided Hikes with the Friends of the Trail Inc.

There will be three 2 hour hikes available of the new Lower Trent Trail. Each hike will cover approx. 5 kilometres of a section of the trail and have a different focus:

- History: Maria Luja will lead a historical perspective hike starting at the Glen Ross Lock and heading south
- Natural Features: Bea Heissler will lead a ecological hike starting at the Bleasdel Boulder heading south to Locke Road
- Trail Construction: Tom Postma will lead a “Building the Lower Trent Trail” hike starting at Station Park in Frankford.

Following the hikes, join us for Sunday Brunch at the scenic Stockdale Mill Café. Hikers responsible for their own lunch expenses.

Summit 2009 Registration Form

General Information

Name: _____
Title: _____ Organization: _____
Address: _____ City: _____ Province: _____
Telephone: _____ Email: _____

Summit Attendance

Please check which days/activities you are planning to attend from the following list.

- Friday Evening
 Saturday
 Sunday hike
 Sunday brunch Stockdale Mill Café (limited space register early) www.stockdalemills.ca

Meals

Please state any food preferences or allergies: _____

** Note: The caterers will do their best to suit all food requirements but may not be able to accommodate all requests.

Lodging option: Trenton Comfort Inn, 68 Monogram Place, Trenton, ON K8V 6S3
Tel: 613 965-6660 1-800-4CHOICE www.choicehotels.ca/cn313

Payment

The registration fee for the Summit is \$20.00

Register online at www.hikeontario or mail your completed registration form and cheque to:

Hike Ontario
165 Dundas St. West , Suite 400, Mississauga , ON L5B 2N6

REGISTRATION DUE DATE: Saturday, November 1st, 2009

