



Oak  
Ridges  
Trail  
Association

# TRAIL TALK

Oak Ridges Trail Association Quarterly

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Summer2018



Photo: Heather Cooper Clarke

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# PRESIDENT'S MESSAGE

Time moves on and with it comes the warmer weather which should bring out additional hikers. Always good to meet new members on the trails.

We have enjoyed a productive spring, convening a very successful Annual General Meeting. The event was well attended with over 80 members in attendance. Participants enjoyed the food provided and Brian Millage led a successful AGM hike. Business was transacted efficiently and the recognition awards were well received.

A concern raised by both myself and our Treasurer Bob Alexander was the ongoing gap between funds raised through memberships and other means, and our ongoing expenditures. We do run an extremely lean organization but items such as building materials for trail maintenance, postage, phone and internet connectivity among other costs continue to rise. This will be a challenge for your Board to address in the coming months.

We welcomed two new directors Carol Dowel and Huw Evans. Carol will be undertaking the role of publicity director while Huw will be taking on duties yet to be assigned. It's always good to bring new faces into an organization as fresh eyes see things in a differing light, allowing us to grow and change.

Prior to your reading this, the Board will have had its inaugural meeting and our officers for the coming term announced.

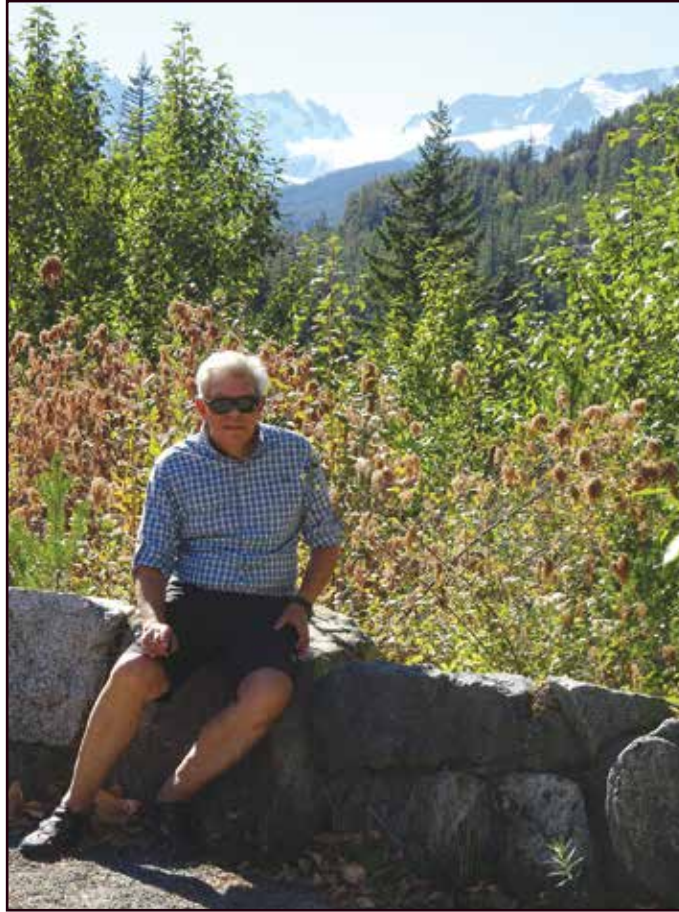
At other levels, our discussions with partners such the Toronto Region Conservation Authority (TRCA) and Rouge National Urban Park ( RNUP), among others, continue in a positive light and will lead ultimately to additional and improved trails.

We were also the recent hosts for an Ontario Nature regional meeting. We are members of this umbrella outdoor organization. The meeting was held at the Greenwood Community Centre and presentations for the groups in attendance were followed by a presentation by myself on ORTA. Our guests were impressed with our hike count and organization in general. Thanks to Wilma and Brian Millage – Wilma who undertook the organization for the event and Brian who led the closing hike. Participants were very interested in the pet cemetery area the hike traversed.

For aspiring hike leaders I am contemplating organizing a hike leader training session for the fall, probably October. We can always use additional leaders. Being a leader allows you to share your love of the out-of-doors and benefits our association also. If you are interested you can reach me at [Pres@oakridgestrail.org](mailto:Pres@oakridgestrail.org) for further details.

As always I look forward to seeing you out on the trails.

*Kevin Lowe, President*



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## TORRANCE BARRENS—DISCOVER YOUR WILD SIDE

**Hike Leader:** David Francis

**Hike Date:** Sunday September 9, 2018

**Time:** 11 am sharp

**Car Pool:** Hwy 400/Hwy 9 Car Pool Lot. 9 am sharp.

**Location:** Southwood Rd, Gravenhurst, ON P0C 1M0

**GPS:** 44°56'29.0"N 79°30'49.2"W

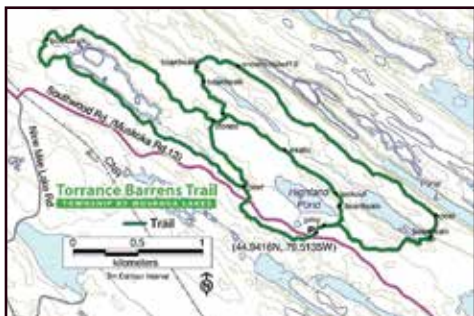
The Torrance Barrens Dark Sky Preserve is a little-known but unique wilderness park found in the heart of the Muskoka area in Ontario, near Gravenhurst.

Designated a Conservation Reserve in 1997, and a Dark Sky Preserve in 1999, this contiguous crown land wilderness area is managed under the Public Lands Act by the Ministry of Natural Resources.

With a stunning rugged barren geology that resembles a moon-cape, several long rocky ridges run lengthwise throughout the 4,700-acre reserve. The troughs in between the ridges are filled with low-lying vegetation, shrubs, trees, wetlands, small ponds, and lakes



The trees and bushes are stunted in height, so this means a spectacular wilderness view. The Barrens is an exceptional hiking area with a lunar landscape characterized by low ridges of Precambrian bedrock, separated by wetland and peat-filled hollows. The barren landscape contains scattered boulders and little soil. The prevalence of bare bedrock is a direct result of wave washing of glacial lakes Algonquin and Nipissing. The nationally rare Eastern Bluebird, and Cooper's Hawk can be spotted from the Barrens, along with diverse vegetative species. Ontario's only lizard, the five-lined skink can also be spotted here.



Our three-hour 8 km hike will explore three of the Trail systems in the park with opportunity for photos and soaking in the historic and geological significance of this stunning landscape.

## Comfortable Hiking Holidays (416) 445-2628

info@letshike.com www.letshike.com

### MACHU PICCHU, PERU

September 14 to 26, 2018

Explore the Sacred Valley of the Incas by hiking through the famed salt pans of Maras, the ancient ruins of Pisac, and trekking high up into the Urubamba mountain range. Then that all important day arrives when we hike into Machu Picchu – **rounding the corner of the Sun Gate and seeing Machu Picchu with your own eyes will give you goose bumps!**

(Note: This trip does not involve ANY camping)

### DOMINICA

February 9 to 17, 2019

The Nature Island of Dominica is tailor-made for exploring. Mountains, waterfalls, 365 rivers & over a thousand flowering plants, it's a hiker's paradise and a diver's dream. It's unlike any other Caribbean destination - no major hotel chains, no fast food outlets, no casinos or boardwalks. It's the perfect place for adventurers to escape winter without going to an all-inclusive resort. So strap on those hiking boots, grab a rum punch and follow us to the Nature Island!

### NORTHERN LIGHTS NORWAY

February 13 to 23, 2019

A full itinerary of adventures like cross-country skiing, dog-sledding & snowmobiling plus Mother Nature's lightshow - the Aurora Borealis (the Northern Lights). Home base is Tromso - one of THE best places in the world to see the Northern Lights.

Also visit the capital, Oslo, for some cultural exploration.

*Part of the C.H.H. Adventure Collection.*

### PROVENCE & COTE D'AZUR

April 2 to 15, 2019

French provincial charm and Mediterranean opulence combine in the South of France for *"une experience magnifique"*.

Beginning in Avignon, hike under the jagged ridge of Les Dentelles de Montmirail, descend into the Nature Reserve of Gorge Du Gardon and visit the famous Roman aqueduct, the

Pont du Gard. Then over to the luxurious Cote d'Azur to explore the *"villages perchés"*, like Eze and Peillon. Contrast that with Cap Ferrat, where some of the world's wealthiest people call home. Plenty to see & do including Nice, Grasse & Monte Carlo, so grab a baguette & come!

### AMALFI COAST, ITALY

TWO DEPARTURES: April 8 to 20, 2019  
and October 7 to 19, 2019

Italy never fails to captures the hearts (and stomachs) of its visitors, and the Amalfi Coast lives up to that reputation - towns perched impossibly on mountainsides, one of the most famous stretches of coastline in the world, sapphire-blue water in every direction, an infamous volcano and some of the finest Limoncello anywhere. Come hike in Sorrento, Positano, Amalfi and on the posh island of Capri.

TICO # 50018498

## 2018 ANNUAL GENERAL MEETING, APRIL 26TH

By Lissa Dwyer

Mother Nature couldn't have provided a more perfect start to the AGM celebrations with a warm, beautiful afternoon for those who enjoyed a hike with leader Brian Millage along the Secord Tract. Back at the Goodwood Community Centre, refreshments were enjoyed by all before the business meeting got underway. Thanks to Frank Alexander, a grand entrance was made by Board as we were piped in by the beautiful music of Chungsen Leung's bagpipe.

There were no unusual developments or changes to introduce, but Kevin reviewed the activities over the past year. The AGM Report will be available online which details the successes by the various chapters and by the Board.

In addition to the Board Members who agreed to stand again, we welcomed two new Members: Huw Evans and Carol Dowell.

The winner of the 50/50 draw was John Walker - Congratulations John!

Following the formalities, Kevin introduced André Flys, third generation beekeeper who shared with us the trials and joys of his industry. He reminded us that 30% of every bite that we eat is thanks to the honey bee's efforts. Andre's message was compelling and the presence of his daughter suggests that the future is in good hands.



Photo: Robert Alsop

### MEMBERS OF THE EXECUTIVE AND BOARD OF DIRECTORS,

Elected at the AGM, April 26, 2018

- Kevin Lowe, President
- Wilma Millage, Past President
- Lissa Dwyer, Secretary
- Bob Alexander, Treasurer
- Carol Dowell, Publicity
- Peter Schaefer, Trail Club Relations
- Klaus Wehrenberg, Municipal Liaison
- Garry Niece, Trail Director
- Frank Alexander, Regional Director
- Huw Evans, Director at Large
- Brian Millage, Regional Director/Relay Co-Chair
- Ed Millar, Director at Large/King Chapter Chair

### ORTA ADVENTURE RELAY, 2018

The 160-km ORTA Adventure Relay, our one major fundraiser of the year, is produced each year by a small hard working group, and supported by many of our members (about 120 or more) at checkpoints, or even on teams. Saturday, June 9, 2018, will have been the 12th annual event and we look forward to many more. As of mid-May, 25 teams have signed up, including multi-year Corporate supporters Golder Associates and Mazda Canada. This year we have introduced an 80-km Half Relay. We thank all participants.

Our thanks also to George and Denise Jones for hosting the Relay start. We welcome Dale Millson and family who will join in providing the safety boats for the canoe leg from Gore's landing to Bewdley. A special thanks to all the ORTA members for your enthusiasm and support each year.

Look for pictures and results in the Fall issue.

Race On,  
Relay Organizing Committee



Photo: Cheryl Fisher

## ANNUAL 2018 AWARDS

### Commendation Awards

**Jim & Sharon Bradley** – Support of Adventure Relay as long-term Checkpoint Captains and ardent hikers

**Katy Holmes** – Heading up the refreshments group for many years at both the Christmas party and the AGMs

**Ruth Mori** – Heading up the refreshments group for many years at both the Christmas party and the AGMs

**Judy Pergau/Comfort** – Dedicated Adventure Relay volunteer recruitment and support at every discovery night

**Diana Piche** – Raising funds for ORTA work with participation in the Baillie Birdathon

**Tessa Shelvey** – Serving as long term Hike Leader

### Trail Builder Awards

**Bill Fines** – For Trail maintenance in the King Chapter over the last 10 years

**Jon McPhee** – For Trail maintenance in the Uxbridge Chapter. Thanks Jon too for agreeing to serve as co-chapter chair for Uxbridge



Ruth receiving her award from Wilma and Kevin

Photo: Robert Alsop



Judy receiving her award from Wilma and Kevin

Photo: Robert Alsop



Photo: Monika Rothman

### SUSQUEHANNOCK LODGE and TRAIL CENTRE Hiking in the Highlands of North Central Pennsylvania



#### CANADA DAY June 30 - July 4, 2018

“Celebrate Two National Holidays, the days are long, the deck comfortable after the hikes.”

#### LABOUR DAY Aug. 30, Sept 1- 3, 2018

The summer weather will greet us as we hike the in this area.

*The Lodge is located in Potter County, Pennsylvania, 2.5 hours south of Buffalo. There is no agriculture or industry in the area, just great trails. Daily hikes of 10 to 15 km are led through hardwood forest, many beside mountain streams. Our lodge provides comfortable accommodation & excellent meals for \$70.00 semi-private, \$75.00 private-double occupancy, \$90.00 private-single occupancy, USD per day per person. These outings have proven to be popular with the lodge filling quickly.*

**For more information**, including driving directions, please see [hikevincent.wordpress.com](http://hikevincent.wordpress.com) or contact Greg Vincent at 519-579-8210 or [vincent.greg@gmail.com](mailto:vincent.greg@gmail.com)

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

## MEET YOUR NEW DIRECTORS



Carol Dowell, in the weeks just prior to the AGM, stepped forward and has agreed to serve on the Board as Publicity contact.

Carol has lived and worked in York Region for over 35 years. She currently resides in Newmarket and recently retired from Magna International where she worked for the past 17 years. Prior to that, she worked at the Era-Banner in sales. Having just completed an Event Marketing course, she is now seeking a position in the Marketing and Event Planning industry.

Carol has always found time to volunteer her time and has served on a number of boards and committees. While her children played soccer, she volunteered with the Newmarket Soccer and helped organize, as well as coach, soccer tournaments.

In 2001, she joined the Wilderness Adventurers club and served on their board as President, Social Coordinator, Newsletter & Communications and most recently as Education Coordinator.

Huw Evans was born and raised in London, Ontario. He now resides in the east end of Toronto with his wife Kathryn and their dog Fred, and they appreciate the proximity of the walking paths of Taylor Massey Creek and the Beach. In his professional life, Huw is a lawyer practicing corporate and commercial law. He asks that you please not hold that against him.

Huw discovered the Oak Ridges trails about six years ago when his wife was boarding a horse near Happy Valley. While Kathryn was riding, Huw and Fred would explore that beautiful part of the world. Since then, he has spent countless weekends exploring the trails. His favourite spot is now the Uxbridge trails, where he walks and bikes in the spring, summer and fall, and skis and snowshoes in the winter. Huw believes that the trails have played a very important part in his life, offering a calm place to relax, reflect and decompress. He is really pleased to be joining the ORTA to help ensure that the trails will be available for all to enjoy for years to come.



Photos: Robert Alsop

In 2004, she joined Toastmasters International where she served on Club Executive Committees as President, and Vice-President of Education, Membership and Publicity roles.

In her spare time, Carol enjoys gardening, canoeing, kayaking and camping in wilderness settings, and snowshoeing. She is a slow hiker at the moment and looks forward to joining in a few of the hikes very soon.

Carol feels that serving on the ORTA board as Publicity Director will allow her to use her skills while benefiting ORTA.



**Oak  
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## NEW MEMBERS

ORTA welcomed the following individual and family memberships during our last quarter, January 1, 2018 to March 31, 2018

Noreen Azoulay & Neil Abrey	Carol Pearce Meijerink
Jody Dales	Judy Turner
Henrietta Markus	Thomas Barrett
Timothy Monday	Sheila Dobson
Marie Wallace	Catherine Flear
Deb Vangalen	Michele Potter
Gaston Garcia Machado	Anna Sunn
Tural Mammadov	

## CHAMPIONS

January 1, 2018 to March 31, 2018  
Thank you to all donors who have made donations of \$10.00 or more

Bird Studies Canada	Renate Juelich
Elinor Allison	Josipa Klostranec
Thomas Barrett	Sig Langhammer
Janet Billard	Hedy Lannois
Shirley Bowers	Gino & Eda Mancini
Jim Brillinger	Judy McIntyre-Smith
Dr. Hugh R. Chambers	Jeannette McPherson
Jack & Gillian Churchill	Ed Millar
Jody Dales	Grace Moores
Donna DeBacker	Charlotte Owen
Val Dodge	Ruth & Andy Patterson
Martin & Vicky Earle	George & Jennifer Rigg
Elizabeth A. Elliot	Jane Rowe
Joyce Feinberg	Cornelius Sommer
Alexandra Forer	Clare & Alex Sudy
Sylvia Gilchrist	Joan Taylor
Lynn Havard	Linda Tyndall
Robert & Audrey Hofland	Deb Vangalen
Charles Roy Holmes	Peggy Wrightson
Leslie Johnstone	Dianne Zieman

If you would like to make a donation to ORTA call 905-833-6600 or visit ORTA's website [www.oakridgestrail.org](http://www.oakridgestrail.org) for more information.

## A MEANINGFUL ALTERNATIVE

As part of ORTA's program to Celebrate Life's Milestones or In Memory of friends or family, gifts were received:

**In Memory of**

### Margaret Livesey

Margaret was a supporting member of ORTA for over 10 years.

**In Memory of**

### Peter Campbell

Peter, a supporter and member of ORTA, is remembered for his humanistic and compassionate views on life.

**In Memory of**

### Charlie Atkinson

Charlie was an active Whitchurch Stouffville Chapter Chair and Hike Leader with ORTA for many years.

**In Celebration of:**

### Lissa Dwyer

For many years of having such a wonderful best friend. Merry Christmas ☺

**In Celebration of:**

### Joan Taylor

On the occasion of her 15th year anniversary donation. Congratulations Joan!

Please remember ORTA if you have someone special to remember or an event to celebrate.  
Charitable # 892978164 RR 0001



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# ORTA SUMMER 2018 HIKE SCHEDULE

**PLEASE TAKE NOTE OF HIKES LISTED ON THE ORTA WEBSITE. OCCASIONALLY THERE ARE ADDITIONAL HIKES OR CORRECTIONS ADDED AFTER PRESS TIME.**

- Remember that it is your responsibility to dress appropriately! Hat, gloves, gaiters, umbrella, may be needed. Wear sturdy hiking boots appropriate to changing precipitation and temperature; no cotton socks, use a liner sock plus a hiking sock. Dress in layers as conditions can vary widely within a short time or distance. Waterproof boots, jacket and pants recommended. Hiking poles optional.
- Keep these in the car: plastic bags for muddy boots, spare footwear, spare dry/warm clothes.
- Drinks and snacks recommended for all hikes and lunch may be needed for longer ones.
- Dogs: It is the hike leader's decision whether to allow dogs on hikes. If not specified in the hike listing, call the leader beforehand. Many landowners regulate that dogs shall be on leash. ORTA hikers and leaders will adhere to this policy. In all cases, dogs are expected to be well mannered and under strict control by their owners, out of consideration and safety for fellow hikers, other trail users and the environment.
- Winter Months: Late fall, winter and early spring are characterized by variable and unpredictable weather and trail conditions, in particular ice and snow. Conditions on the trail will often vary significantly from those outside your front door. For hiker and group safety, based on trail conditions, hike leaders may require participants to use icers or snowshoes to participate in the hike. If concerned, contact hike leader beforehand.
- In case of inclement weather, call the hike leader to confirm the hike.
- Be aware that parking areas are public places; refrain from keeping ANY valuables in your car.

**HIKERS SHOULD ARRIVE AT LEAST 15 MINUTES BEFORE THE ADVERTISED HIKE TIME.**

## JULY

### **Sun, Jul. 1, 2018 9:00 AM, Uxbridge - Walker Woods East (Conc. 7 - microwave towers)**

ORTA Map 5; 10km; Slow to moderate; 3hrs.; Hi everyone, I always love the challenge of identifying an unknown bird and that goes for trees as well. Please join me for "Trees 101," a comprehensive yet delightful foray into the plant kingdom. By days end, you will know everything there is to know about trees. For example did you know that trees also contribute to city smog? Or that 28% of the world's oxygen is supplied by our rainforests and only 2% by our temperate forests, which includes other plants? PLEASE NOTE: Please dress for the weather, wear appropriate footwear and bring plenty of water and snacks. Also, it is a good idea to bring tree guidebooks or apps on your smartphone or tablet, if you have them. Meet at parking lot on west side of Uxbridge Conc 7, 2 km south of Durham Road 21. GPS: 44.0394862, -79.0892224

**Mikal Lawton, before 9:00pm 905 492-0275 and preferably my cell, 416 575-7785 on the day of the hike.**

### **Wed, Jul. 4, 2018 9:30 AM, Leader's Choice Hike**

16+km; Moderate to fast; 4+hrs.; Humber Valley Heritage Trail, Caledon area. Varied terrain, hilly, some road. Shuttle. Details of meeting location and time will be given later. Contact leader in advance: gcniece@gmail.com If not reflected elsewhere in this information, contact the hike leader for the meeting place and trek details. GPS: 0, 0

**Garry Niece, 905-655-8040, cell phone on day of hike 905-809-5138**

### **Wed, Jul. 4, 2018 9:30 AM, Whit-Stouffville - YRF Dainty & Clarke Tract (McCowan Rd)**

ORTA Map 4; 12+km; Moderate; 3+hrs.; We will be hiking in the YRF, Dainty Tract, Patterson Tract and Hall Tract Side Trails plus Main Trail. Please, plenty of water, hiking boots, no dogs. Meet at Dainty Tract parking lot on west side of McCowan Rd, 0.4 km south of Aurora Rd. GPS: 44.028935, -79.319816

**Michele Mastroeni 416-301-8292**

### **Fri, Jul. 6, 2018 9:30 AM, Whit-Stouffville - YRF Eldred King Woodlands (Hwy 48)**

ORTA Map 4; 10+km; Fast; 2+hrs.; We will hike Eldred King, Scout and Mitchel Tracts. Meet in parking lot west side of Hwy 48, 2.5 km north of Ballantrae. GPS: 44.0604749881, -79.3080759980

**Joan Taylor, 905-477-2161**

### **Sat, Jul. 7, 2018 7:00 AM, Uxbridge - Al Shaw (Conc.6)**

ORTA Map 5; 4+km; Moderate; 1hr.; Join us for breakfast after the hike. Meet at road side parking on west side of Uxbridge Conc 6, 1.5 km south of Durham Road 21. GPS: 44.039694, -79.116764

**Joan Taylor, 905-477-2161**

### **Mon, Jul. 9, 2018 9:30 AM, Caledon - Palgrave Forest north (Finnerty SR)**

ORTA Map 1; Slow to moderate; 2.5hrs.; We will have a car shuttle at the beginning of this hike to our western Trailhead. Beautiful vistas and shady trails. Take Hwy 50 south 0.8km from Hwy 9 and turn west onto Finnerty SR. Drive 750m. to the Palgrave Forest parking lot on the south side of the road. GPS: 43.960580, -79.863394

**Brian & Wilma Millage, 905-853-2407, cell phone on day of hike 416-722-6512**



**Wed, Jul. 11, 2018 9:30 AM, Whit-Stouffville – YRF Hollidge Tract (Hwy 48)**

ORTA Map 4; 12+km; Moderate; 3.3+hrs.; We will hike in the YRF, a combination of main and side trails. Please, plenty of water, hiking boots. no dogs. Meet in parking lot east side of Hwy 48, 3km north of Ballantrae. GPS: 44.067322 , -79.304117

**Michele Mastroeni 416-301-8292**

**Wed, Jul. 11, 2018 9:30 AM, Bruce Trail - Mono Cliffs (Mono Centre)**

16+km; Moderate to fast; 4.5+hrs.; Loop walk along sections of Bruce Trail through diverse hilly landscape with many geological features. Meet at the Mono Community Centre parking area, 100m S of Mono Centre. Take Airport Rd 12.7 km north of Hwy 9, then west 6 km on C.R. 8 (Mono Centre Rd) through village of Mono Centre to parking area. GPS: 44.0267861, -80.0720156

**Bob Comfort, 905-473-2669, cell phone on day of hike 905-960-0543**

**Fri, Jul. 13, 2018 9:30 AM, Pickering - Seaton Hiking Trail (Whitevale Rd)**

10km; Moderate to fast; 2hrs.; There and back some hilly sections. Meet in the park on the west side of West Duffins Creek, south side of Whitevale Rd in the village of Whitevale. GPS: 43.8865, -79.1628

**Russ Burton, 905-830-2862**

**Sat, Jul. 14, 2018 7:00 AM, Uxbridge - Al Shaw (Conc.6)**

ORTA Map 5; 4km; Moderate; 1hrs.; Join us for breakfast after hike. No dogs allowed. Meet at road side parking on west side of Uxbridge Conc 6, 1.5 km south of Durham Road 21. GPS: 44.039694, -79.116764

**Russ Burton, 905-830-2862**

**Mon, Jul. 16, 2018 9:30 AM, Vaughan - Woodbridge - Trails (Rutherford Rd)**

8km; Slow to moderate; 3hrs.; We will walk the trails in Boyd Park. Bring snack and water. No dogs please. Cell 416-320-8555. e-mail tjshelvey@yahoo.com Meet in the Pierre Berton Library parking lot, 350 m. east from the intersection of Islington Avenue and Rutherford Road. GPS: 43.817958 , -79.596205

**Tessa Shelvey, 416-320-8555**

**Wed, Jul. 18, 2018 9:30 AM, Uxbridge - Secord Forest (Conc. 3)**

ORTA Map 5; 11+km; Moderate; 3.5+hrs.; We will be hiking the Secord and Allbright side trails plus main trail. We can see the streams, ponds and wild life of Goodwood Forest. Please, plenty of water, hiking boots, no dogs. Meet at Secord parking lot, 2 km south of Goodwood Rd, on Conc 3, east on Secord Rd. GPS: 44.017830, -79.182766

**Michele Mastroeni 416-301-8292**

**Fri, Jul. 20, 2018 9:30 AM, Uxbridge - Durham Forest (Conc. 7)**

ORTA Map 5; 10+km; Fast; 2+hrs.; Hilly loop hike including Skyloft. Meet in the Durham Forest parking area on the east side of the 7th Conc. 1 km south of Durham Rd 21. GPS: 44.050009 , -79.093841

**Joan Taylor, 905-477-2161**

**Sat, Jul. 21, 2018 7:00 AM, Uxbridge - Al Shaw (Conc.6)**

ORTA Map 5; 4+km; Moderate; 1hr.; Join us for breakfast after the hike. Meet at road side parking on west side of Uxbridge Conc 6, 1.5 km south of Durham Road 21. GPS: 44.039694, -79.116764

**Joan Taylor, 905-477-2161**

**Sat, Jul. 21, 2018 9:30 AM, Whit-Stouffville - YRF Eldred King Woodlands (Hwy 48)**

ORTA Map 4; Moderate; 2hrs.; Walk the wide shady trails as we pass ponds and streams in the Scout and Eldred King Tracts. Well mannered dogs welcome. Join us for lunch after. Meet in parking lot west side of Hwy 48, 2.5 km north of Ballantrae. GPS: 44.0604749881, -79.3080759980

**Brian & Wilma Millage, 905-853-2407, cell phone on day of hike 416-722-6512**

**Mon, Jul. 23, 2018 9:30 AM, King - Happy Valley North (Conc. 7)**

ORTA Map 2; Slow to moderate; 2.5hrs.; Mature forested trails with some hills. Remember, access to this location is from Pottageville, south, only. Well mannered dogs are encouraged to bring their owners. Join us for lunch afterwards. Meet at the (dead end) on 7th Conc. 2.8km south of Pottageville from the Lloydtown-Aurora Rd. NOTE, this point can only be accessed by vehicles coming south on 7th Conc. GPS: 43.967134 , -79.616811

**Brian & Wilma Millage, 905-853-2407, cell phone on day of hike 416-722-6512**

**Wed, Jul. 25, 2018 9:30 AM, King - Seneca King Campus/Mary Lake (Keele St.)**

ORTA Map 2; 10+km; Moderate; 3.3+hrs.; After 5 km of the starting point, "half way", we will stop at Pine Farms for refreshments. Please, hiking boots, plenty of water, no dogs.- Meet at roadside parking on Keele, 3 km north of King Road on both sides at ORTA trail sign. GPS: 43.955220 , -79.535400

**Michele Mastroeni 416-301-8292**

**Wed, Jul. 25, 2018 9:30 AM, Uxbridge - Durham Forest (Houston Rd)**

ORTA Map 6; 15+km; Moderate to fast; We will hike Durham Forest and SkyLoft over forest trails that have some hills. Bring a snack and water. Meet at the dead end of Houston Rd., west from Lakeridge Rd. (2.4 km. north of Chalk Lake Rd.). GPS: 44.044566 , -79.067489

**Malcolm Hann, 905-477-7260 (before 10:00PM) cell 416-333-1440 (hike day only)**

**LEGEND**

**HIKE TERRAIN: Easy = mostly flat, good footing. Challenging = some hills and/or poor footing. Strenuous = hills with steep climbs**

CA = conservation area

TRCA - Toronto & Region Conservation Authority

**Select hikes most suitable for your ability:**

T&B = there and back hike

BT - Bruce Trail Conservancy

Slow 3km/h

Fast 5km/h

YRF - York Regional Forest

PP - Provincial Park

Moderate 4km/h

Very Fast 6km/h

**Fri, Jul. 27, 2018 9:30 AM, Uxbridge - Walker Woods West (Conc. 6. / Allbright Rd.)**

ORTA Map 5; 10+km; Fast; 2+hrs.; There and back some hills. Meet at parking lot on the east side of Conc 6, 2 km south of Durham Rd. 21 at Allbright Rd. GPS: 44.033851, -79.1141206

**Russ Burton, 905-830-2862**

**Sat, Jul. 28, 2018 7:00 AM, Uxbridge - Al Shaw (Conc.6)**

ORTA Map 5; 4km; Moderate; 1hrs.; Join us for breakfast after hike. No dogs allowed. Meet at road side parking on west side of Uxbridge Conc 6, 1.5 km south of Durham Road 21. GPS: 44.039694, -79.116764

**Russ Burton, 905-830-2862**

## AUGUST

**Wed, Aug. 1, 2018 9:30 AM, Leader's Choice Hike**

20km; Moderate to fast; 5+hrs.; Horseshoe Valley section of Ganaraska Hiking Trail. Varied terrain, hills. Shuttle. Details of meeting location and time to be given later. Contact leader in advance: gcniece@gmail.com If not reflected elsewhere in this information, contact the hike leader for the meeting place and trek details. GPS: 0, 0

**Garry Niece, 905-655-8040, cell phone on day of hike 905-809-5138**

**Fri, Aug. 3, 2018 9:30 AM, Uxbridge - Walker Woods West (Conc. 6. / Allbright Rd.)**

ORTA Map 5; 10km; Fast; 2hrs.; West and East Walker Woods loop hike, hilly. Meet at parking lot on the east side of Conc 6, 2 km south of Durham Rd. 21 at Allbright Rd. GPS: 44.033851, -79.1141206

**Joan Taylor, 905-477-2161**

**Sat, Aug. 4, 2018 7:00 AM, Uxbridge - Al Shaw (Conc.6)**

ORTA Map 5; 4+km; Moderate; 1hr.; Join us for breakfast after the hike. Meet at road side parking on west side of Uxbridge Conc 6, 1.5 km south of Durham Road 21. GPS: 44.039694, -79.116764

**Joan Taylor, 905-477-2161**

**Sun, Aug. 5, 2018 10:00 AM, Pickering - Seaton Hiking Trail (Whitevale Rd)**

10km; Moderate; 2+hrs.; Meet in the park on the west side of West Duffins Creek, south side of Whitevale Rd in the village of Whitevale. GPS: 43.8865, -79.1628

**Josie Klostranec, 416-296-1408 (before 10:00PM)**

**Mon, Aug. 6, 2018 9:30 AM, Whit-Stouffville - YRF North Tract**

ORTA Map 4; Slow to moderate; 2.5hrs.; Wide, sandy trails in a shaded forest. Well mannered dogs are encouraged to bring their owners. Join us for lunch afterwards. Meet at parking area on the west side of Hwy 48, 0.5km north of Vivian Rd or 1.3 km south of Davis Dr. GPS: 44.082138, -79.307819

**Brian & Wilma Millage, 905-853-2407, cell phone on day of hike 416-722-6512**

**Wed, Aug. 8, 2018 9:30 AM, Uxbridge - Secord Forest (Conc. 3)**

ORTA Map 5; 16+km; Moderate to fast; 3+hrs.; T&B trek covering the Secord Forest, White Family, Goodwood and Glasgow Side Trails. Bring snacks a drink and lunch. Meet at Secord parking lot, 2 km south of Goodwood Rd, on Conc 3, east on Secord Rd. GPS: 44.017830, -79.182766

**Malcolm Hann, 905-477-7260 (before 10:00PM) cell 416-333-1440 (hike day only)**

**Fri, Aug. 10, 2018 9:30 AM, Whit-Stouffville - YRF Eldred King Woodlands (Hwy 48)**

ORTA Map 4; 10km; Fast; 2hrs.; Loop hike with some hilly sections. Meet in parking lot west side of Hwy 48, 2.5 km north of Ballantrae. GPS: 44.0604749881, -79.3080759980

**Russ Burton, 905-830-2862**

**Sat, Aug. 11, 2018 7:00 AM, Uxbridge - Al Shaw (Conc.6)**

ORTA Map 5; 4km; Moderate; 1hrs.; Join us for breakfast after hike. No dogs allowed. Meet at road side parking on west side of Uxbridge Conc 6, 1.5 km south of Durham Road 21. GPS: 44.039694, -79.116764

**Russ Burton, 905-830-2862**

**Mon, Aug. 13, 2018 9:30 AM, King - Seneca King Campus/Mary Lake (Keele St.)**

ORTA Map 2; 6km; Slow to moderate; 2hrs.; We will hike over to Eaton Hall Lake, go around the lake and back the same way. No dogs please. Meet at roadside parking on Keele, 3km north of King Road on both sides at ORTA sign. phone 416-320-8555. e-mail tjshelvey@yahoo.com Meet at roadside parking on Keele, 3 km north of King Road on both sides at ORTA trail sign. GPS: 43.955220, -79.535400

**Tessa Shelvey, 416-320-8555**

**Wed, Aug. 15, 2018 9:30 AM, Lindsay - Pontypool Fleetwood Creek (Wild Turkey Rd)**

14+km; Moderate to fast; 4+hrs.; Three loop hikes depending on time and conditions Take highway 35 and turn east on Ballyduff Road. Meet in road side parking on the south west corner of Ballyduff and Wild Turkey Roads. GPS: 44.142627, -78.621845

**Russ Burton, 905-830-2862**

**Fri, Aug. 17, 2018 9:30 AM, Uxbridge - Walker Woods East (Conc. 7 - microwave towers)**

ORTA Map 5; 11+km; Fast; 2+hrs.; Hilly loop hike Walker Woods east and beyond. Meet at parking lot on west side of Uxbridge Conc 7, 2 km south of Durham Road 21. GPS: 44.0394862, -79.0892224

**Joan Taylor, 905-477-2161**

**Sat, Aug. 18, 2018 7:00 AM, Uxbridge - Al Shaw (Conc.6)**

ORTA Map 5; 4+km; Moderate; 1hr.; Join us for breakfast after the hike. Meet at road side parking on west side of Uxbridge Conc 6, 1.5 km south of Durham Road 21. GPS: 44.039694, -79.116764

**Joan Taylor, 905-477-2161**

**Sat, Aug. 18, 2018 9:30 AM, Whit-Stouffville – YRF Hollidge Tract (Hwy 48)**

ORTA Map 4; Moderate; 2hrs.; Join us on a walk along these wide, shaded trails of York Region. Well mannered dogs welcome to bring their owners. Join us for lunch after. Meet in parking lot east side of Hwy 48, 3km north of Ballantrae. GPS: 44.067322 , -79.304117

**Brian & Wilma Millage, 905-853-2407, cell phone on day of hike 416-722-6512**

Sun, Aug. 19, 2018 10:00 AM, King - Seneca King Campus/Mary Lake (Keele St.)

ORTA Map 2; 8km; Moderate; 2hrs.; Meet at roadside parking on Keele, 3 km north of King Road on both sides at ORTA trail sign. GPS: 43.955220 , -79.535400

**Josie Klostranec, 416-296-1408 (before 10:00PM)****Mon, Aug. 20, 2018 9:30 AM, Uxbridge - Walker Woods East (Conc. 7 - microwave towers)**

ORTA Map 5; Slow to moderate; 2.5hrs.; Join us on the wide, shady forest trails with moderate hills. Well mannered dogs are encouraged to bring their owners. Join us for lunch afterwards. Meet at parking lot on west side of Uxbridge Conc 7, 2 km south of Durham Road 21. GPS: 44.0394862, -79.0892224

**Brian & Wilma Millage, 905-853-2407, cell phone on day of hike 416-722-6512****Wed, Aug. 22, 2018 9:30 AM, Uxbridge - Glen Major West (Conc. 6 - aggregate pit)**

ORTA Map 5; 16+km; Moderate to fast; 4.5+hrs.; "4 Tract" loop taking in 4 TRCA Conservation areas. Hilly. Meet at parking lot on east side of Uxbridge Conc 6, 0.6 km north of Uxbridge Town Line or 5.5 km south of Durham Road 21. GPS: 44.006009 , -79.101922

**Bob Comfort, 905-473-2669, cell phone on day of hike 905-960-0543****Fri, Aug. 24, 2018 9:30 AM, Pickering - Seaton Hiking Trail (Whitevale Rd)**

10km; Moderate to fast; 2hrs.; There and back some hilly sections. Meet in the park on the west side of West Duffins Creek, south side of Whitevale Rd in the village of Whitevale. GPS: 43.8865, -79.1628

**Russ Burton, 905-830-2862****Sat, Aug. 25, 2018 7:00 AM, Uxbridge - Al Shaw (Conc.6)**

ORTA Map 5; 4km; Moderate; 1hrs.; Join us for breakfast after hike. No dogs allowed. Meet at road side parking on west side of Uxbridge Conc 6, 1.5 km south of Durham Road 21. GPS: 44.039694, -79.116764

**Russ Burton, 905-830-2862****Mon, Aug. 27, 2018 9:30 PM, Richmond Hill - Oak Ridges Corridor/Jefferson Forest (Oak Ridges Community Ctr.)**

ORTA Map 3; 2.5hrs.; Dogs welcome. Gently rolling terrain. Lunch option following. South parking lot of Oak Ridges Community Centre, west side of Bayview Ave, 1.5 km north of Stouffville Rd. GPS: 43.947384 , -79.427794

**Bill Patterson, 905-833-0391, cell phone on day of hike 289-380-0002****Wed, Aug. 29, 2018 9:30 AM, Whit-Stouffville - YRF Eldred King Woodlands (Hwy 48)**

ORTA Map 4; 10+km; Fast; 2+hrs.; We will hike Eldred King, Scout and Mitchel Tracts. Meet in parking lot west side of Hwy 48, 2.5 km north of Ballantrae. GPS: 44.0604749881, -79.3080759980

**Joan Taylor, 905-477-2161****Fri, Aug. 31, 2018 9:30 AM, Uxbridge - Durham Forest (Conc. 7)**

ORTA Map 5; 10+km; Fast; 2+hrs.; Hilly loop hike including Skyloft. Meet in the Durham Forest parking area on the east side of the 7th Conc. 1 km south of Durham Rd 21. GPS: 44.050009 , -79.093841

**Joan Taylor, 905-477-2161**

SEPTEMBER
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**Sat, Sep. 1, 2018 7:00 AM, Uxbridge - Al Shaw (Conc.6)**

ORTA Map 5; 4+km; Moderate; 1hr.; Join us for breakfast after the hike. Meet at road side parking on west side of Uxbridge Conc 6, 1.5 km south of Durham Road 21. GPS: 44.039694, -79.116764

**Joan Taylor, 905-477-2161****Mon, Sep. 3, 2018 9:30 AM, Uxbridge - Glen Major West (Conc. 6 - aggregate pit)**

ORTA Map 5; Slow to moderate; 2.5hrs.; Beautiful trails and scenic lookouts make this a favourite hiking area for us. Well mannered dogs are encouraged to bring their owners. Join us for lunch afterwards. Meet at parking lot on east side of Uxbridge Conc 6, 0.6 km north of Uxbridge Town Line or 5.5 km south of Durham Road 21. GPS: 44.006009 , -79.101922

**Brian & Wilma Millage, 905-853-2407, cell phone on day of hike 416-722-6512****Wed, Sep. 5, 2018 9:30 AM, Scarborough - Highland Creek (Morningside Park)**

17km; Moderate to fast; 4.5hrs.; Loop. A pleasant walk in Scarborough's treed valleys and parks, residential streets of Guildwood and along Lake Ontario shoreline. Bring water, lunch/snacks. Meet in the first parking lot of Morningside Park in Scarborough. From Hwy 401, S on Morningside Ave, 0.5 km S of Ellesmere Rd. on W side. GPS: 43.779292 , -79.193048

**Garry Niece, 905-655-8040, cell phone on day of hike 905-809-5138****Fri, Sep. 7, 2018 9:30 AM, King - Happy Valley North (Conc. 7)**

ORTA Map 2; 10km; Moderate to fast; 2hrs.; Loop hike some hills lunch after hike at Pine Orchard. Meet at the (dead end) on 7th Conc. 2.8km south of Pottageville from the Lloydtown-Aurora Rd. NOTE, this point can only be accessed by vehicles coming south on 7th. Conc. GPS: 43.967134 , -79.616811

**Russ Burton, 905-830-2862**

**Sat, Sep. 8, 2018 7:00 AM, Uxbridge - Al Shaw (Conc.6)**

ORTA Map 5; 4km; Moderate; 1hrs.; Join us for breakfast after hike. No dogs allowed. Meet at road side parking on west side of Uxbridge Conc 6, 1.5 km south of Durham Road 21. GPS: 44.039694, -79.116764

**Russ Burton, 905-830-2862**

**Sun, Sep. 9, 2018 10:00 AM, Scarborough - Rouge Park (Meadowvale Rd.)**

10km; Moderate; 2+hrs.; Challenging terrain. T&B, hilly, forested, new members welcome. Bring snacks and water. Bring proper hike gear. Meet at Pearse House, 1749 Meadowvale Rd, east side of Meadowvale Rd at Zoo Rd-follow signs for the Rouge Valley Conservation Centre. GPS: 43.8190238, -79.1709644

**Josie Klostranec, 416-296-1408 (before 10:00PM)**

**Sun, Sep. 9, 2018 10:30 AM, Caledon - Palgrave Forest north (Finnerty SR)**

ORTA Map 1; 9km; Slow to moderate; 3hrs.; Enjoy a nice loop hike in the Palgrave Forest. No dogs please. This is a joint outing with the Caledon Hills Bruce Trail club. Cell 416-320-8555. e-mail inquiries to tjshelvey@yahoo.com Take Hwy 50 south 0.8km from Hwy 9 and turn west onto Finnerty SR. Drive 750m. to the Palgrave Forest parking lot on the south side of the road. GPS: 43.960580, -79.863394

**Tessa Shelvey, 416-320-8555**

**Sun, Sep. 9, 2018 11:00 AM, Leader's Choice Hike**

8km; Moderate to fast; 3hrs.; Meet at Torrance Barrens Park 11 am, Southwood Rd, Gravenhurst, ON P0C 1M0 or Car Pool Hwy 400/ Hwy 9 at 9 am. . With a stunning rugged barren geology that resembles a moonscape, several long rocky ridges run lengthwise throughout the 4,700 acre reserve. The troughs in between the ridges are filled with low lying vegetation, shrubs, trees, wetlands, small ponds, and lakes. Bring water and lunch. Email david.francis.trails@gmail.com to reserve a place If not reflected elsewhere in this information, contact the hike leader for the meeting place and trek details. GPS: 0, 0

**David Francis, 905-936-4446, cell phone on day of hike 416-579-5432**

**Wed, Sep. 12, 2018 8:30 AM, Leader's Choice Hike**

15+km; Moderate to fast; 8+hrs.; We will be on Beausoleil Island for 6 hours hiking various trails and have time to time for a refreshing swim before the ferry returns us to the mainland. Bring a snack water and swim wear. THERE IS NOW A WAITING LIST TO JOIN THIS HIKE. THIS HIKE IS FOR REGISTERED HIKERS ONLY. IF MALCOLM HAS NOT CONFIRMED YOUR REGISTRATION THERE IS NO SPACE REMAINING ON THE FERRY TO BEAUSOLEIL ISLAND. Directions to the meeting place will be provided to registered hikers. If not reflected elsewhere in this information, contact the hike leader for the meeting place and trek details. GPS: 0, 0

**Malcolm Hann, 905-477-7260 (before 10:00PM) cell 416-333-1440 (hike day only)**

**Fri, Sep. 14, 2018 9:30 AM, Markham - Bob Hunter Memorial Park**

10+km; Fast; 2hrs.; Meet in parking lot at 7277-14 Ave. Take Reesor Rd (south from hwy #7 or north from Steeles Ave), west on 14 Ave, south at first driveway with house numbers (this is the entrance to the Rouge National Urban Park). GPS: 43.863494, -79.211209

**Joan Taylor, 905-477-2161**

**Sat, Sep. 15, 2018 7:00 AM, Uxbridge - Al Shaw (Conc.6)**

ORTA Map 5; 4+km; Moderate; 1hr.; Join us for breakfast after the hike. Meet at road side parking on west side of Uxbridge Conc 6, 1.5 km south of Durham Road 21. GPS: 44.039694, -79.116764

**Joan Taylor, 905-477-2161**

**Sun, Sep. 16, 2018 10:00 AM, Leader's Choice Hike Revised**

10km; Slow to moderate; 2+hrs.; JOIN ME ON THIS BEAUTIFUL WATERFRONT HIKE BETWEEN AJAX AND WHITBY. . Enjoy a scenic walk along the beautiful Ajax waterfront to Lynde Shores Conservation Park where we will stop for lunch. Remember to bring some bird seed along with your own lunch. After lunch we will return to start point. This hike is accessible by public transit or cars. Please use the parking lot closest to Veterans Point at the corner of Lakedrive-way and CloverRidge. Meet in the parking lot. From 401 take Westney Rd south 4.1 km to the intersection with Harwood Rd. Turn right (south) on Harwood. Drive 1.1 km turn right onto Lakedrive-way West. In 200 metres turn left into Ajax Waterfront Park. GPS: 43,820947,79.014307 Noreen Azoulay email: noreenaz1818@gmail.com If not reflected elsewhere in this information, contact the hike leader for the meeting place and trek details. GPS: 0, 0

**Noreen Azoulay, noreenaz1818@gmail.com**

**Mon, Sep. 17, 2018 9:30 AM, King - Lloydtown - (18th. SR.+10th. Conc.)**

ORTA Map 1; Slow to moderate; 2.5hrs.; This T&B hike will take us along forest and meadow trails to enjoy the fall colours. Well mannered dogs are encouraged to bring their owners. Join us for lunch afterwards. Meet in roadside parking on 18th. SR., 2Km west from Hwy #27 at the intersection with 10th. Conc. GPS: 43.970641, -79.694223

**Brian & Wilma Millage, 905-853-2407, cell phone on day of hike 416-722-6512**

**Wed, Sep. 19, 2018 9:30 AM, Uxbridge - Glen Major West (Conc. 6 - aggregate pit)**

ORTA Map 5; 16+km; Moderate to fast; 4hrs.; Loop hike in the Glen Major/Walker Woods tracts. Hilly. Meet at parking lot on east side of Uxbridge Conc 6, 0.6 km north of Uxbridge Town Line or 5.5 km south of Durham Road 21. GPS: 44.006009, -79.101922

**Bob Comfort, 905-473-2669, cell phone on day of hike 905-960-0543**

**Thu, Sep. 20, 2018 9:15 AM, Leader's Choice Hike**

2.3km; Slow; 2.5hrs.; Introduction to "forest bathing" for seasoned hikers. Interested parties unaccustomed to hiking may find the terrain along this trail too steep and the forest landscape too enclosed to gain the relaxational goals of forest bathing. We will hike along the Crows Pass Side Trail/ORTA loop within Crow's Pass Conservation Area. Bring a mat or sit-upon to use along the trail. When taking Highway 12, turn west onto Scugog Line 2 (Chalk Lake Rd) and travel to Ashburn Rd. Then, turn north onto Ashburn Rd. followed by a turn to the west onto Middle March Road. Continue along Middle March Rd, to the intersection of Middle Road and Woodbridge Circle. From there we will walk to the Conservation Area entrance. The GPS coordinates are: 44.032601, -79.034109 (just copy them into Google Maps to get the location and directions). If not reflected elsewhere in this information, contact the hike leader for the meeting place and trek details. GPS: 0, 0

**Pat Baldwin, 905-985-5257 (before 9:00 PM) cell 289-385-0457 (hike day only)**

**Fri, Sep. 21, 2018 9:30 AM, Uxbridge - Walker Woods West (Conc. 6 / Allbright Rd.)**

ORTA Map 5; 10+km; Fast; 2+hrs.; There and back some hills. Meet at parking lot on the east side of Conc 6, 2 km south of Durham Rd. 21 at Allbright Rd. GPS: 44.033851, -79.1141206

Russ Burton, 905-830-2862

Sat, Sep. 22, 2018 7:00 AM, Uxbridge - Al Shaw (Conc.6)

ORTA Map 5; 4km; Moderate; 1hrs.; Join us for breakfast after hike. No dogs allowed. Be prepared for winter conditions. Meet at road side parking on west side of Uxbridge Conc 6, 1.5 km south of Durham Road 21. GPS: 44.039694, -79.116764

**Russ Burton, 905-830-2862**

**Sun, Sep. 23, 2018 10:00 AM, Markham - Bob Hunter Memorial Park**

10km; Moderate; 2hrs.; Meet in parking lot at 7277-14 Ave. Take Reesor Rd (south from hwy #7 or north from Steeles Ave), west on 14 Ave, south at first driveway with house numbers (this is the entrance to the Rouge National Urban Park). GPS: 43.863494, -79.211209

**Josie Klostranec, 416-296-1408 (before 10:00PM)**

**Mon, Sep. 24, 2018 9:30 AM, Aurora - Sheppard's Bush (Industry St.)**

ORTA Map Aurora; 2.5hrs.; A few gentle slopes. Dogs welcome. Lunch option following. Meet at C.A. parking lot. Turn east on Mary St. off Industrial Parkway (south of Wellington St) , turn south on Industry Street. GPS: 43.998100, -79.455696

**Bill Patterson, 905-833-0391, cell phone on day of hike 289-380-0002**

**Wed, Sep. 26, 2018 9:30 AM, Uxbridge - Glen Major West (Conc. 6 - aggregate pit)**

ORTA Map 5; 16km; Moderate to fast; 4hrs.; Loop hike with lots of hills Meet at parking lot on east side of Uxbridge Conc 6, 0.6 km north of Uxbridge Town Line or 5.5 km south of Durham Road 21. GPS: 44.006009, -79.101922

**Russ Burton, 905-830-2862**

**Fri, Sep. 28, 2018 9:30 AM, Uxbridge - Walker Woods West (Conc. 6 / Allbright Rd.)**

ORTA Map 5; 10km; Fast; 2hrs.; West and East Walker Woods loop hike, hilly. Meet at parking lot on the east side of Conc 6, 2 km south of Durham Rd. 21 at Allbright Rd. GPS: 44.033851, -79.1141206

**Joan Taylor, 905-477-2161**

**Sat, Sep. 29, 2018 7:00 AM, Uxbridge - Al Shaw (Conc.6)**

ORTA Map 5; 4+km; Moderate; 1hr.; Join us for breakfast after the hike. Meet at road side parking on west side of Uxbridge Conc 6, 1.5 km south of Durham Road 21. GPS: 44.039694, -79.116764

**Joan Taylor, 905-477-2161**

**Sun, Sep. 30, 2018 12:00 PM, Uxbridge - Glen Major West (Conc. 6 - aggregate pit)**

ORTA Map 5; 16km; Fast; 4hrs.; "4 Tract" loop taking in 4 TRCA Conservation areas. Hilly. Additional Instructions: Join us on our 2nd Annual Hike Rendezvous hike. After our hike we will join other hikers at the Goodwood Community Centre for a potluck dinner. Bring your favourite dish to share with other hikers. Meet at parking lot on east side of Uxbridge Conc 6, 0.6 km north of Uxbridge Town Line or 5.5 km south of Durham Road 21. GPS: 44.006009, -79.101922

**Bob Comfort, 905-473-2669, cell phone on day of hike 905-960-0543**

**Sun, Sep. 30, 2018 1:30 PM, Uxbridge - Walker Woods East (Conc. 7 - microwave towers)**

ORTA Map 5; 11+km; Fast; 2+hrs.; Hilly loop hike Walker Woods east and beyond. Join us after the hike at the Goodwood Community Centre for a pot luck supper. Bring your favourite dish to share. Meet at parking lot on west side of Uxbridge Conc 7, 2 km south of Durham Road 21. GPS: 44.0394862, -79.0892224

**Joan Taylor, 905-477-2161**

**Sun, Sep. 30, 2018 2:00 PM, Uxbridge - Secord Forest (Conc. 3)**

ORTA Map 5; Slow to moderate; 2hrs.; Join us for our 2nd annual Hike Rendezvous with a variety of hikes being offered in the Uxbridge area. We will take you on some of our favourite trails in the Secord Forest. After the hike we will get together with other hikers at the Goodwood Community Centre for a potluck supper and time to share hiking stories from the past year. Bring your favourite dish to share with other hikers. Meet at Secord parking lot, 2 km south of Goodwood Rd, on Conc 3, east on Secord Rd. GPS: 44.017830, -79.182766

**Brian & Wilma Millage, 905-853-2407, cell phone on day of hike 416-722-6512**

**Sun, Sep. 30, 2018 2:00 PM, Uxbridge - Countryside Preserve (Hwy 47)**

7km; Moderate; 2hrs.; Join us on our Second Hike Rendezvous. After our hike we will join other hikers at the Goodwood Community Centre for a potluck dinner. Bring your favourite dish to share with other hikers. Meet at conservation parking lot behind the Wal Mart store at the south end of Uxbridge, off Hwy 47. GPS: 44.088752, -79.132089

**Bill Morrison, 905-985-2624 (before 10:00PM) cell 905-439-0484 (hike day only).**

## STEP INTO NATURE – JUST FOR THE HEALTH OF IT!

by Pat Baldwin

As a hiker, you may have heard about Forest Bathing, or as its known in Japan, Shinrin-yoku. So, what is it? Forest bathing is an ancient practice which uses the natural aromatherapy of the forest to provide relaxation and calm among the Japanese people. The calm of the forest environment works to soothe our limbic system, the nervous system which helps us rest and digest. Slow hikes lasting 2½ to 5 hours are now considered to be like a dose of medicine. Time sitting out amongst the trees and focussing on the senses is also a part of this practice.

Research into this long-time practice was conducted in Japan starting in the 1980s. The results were impressive enough that the Japanese created a new profession called Forest Medicine. Forest Medicine is a new science which involves several different disciplines and it is classed as alternative medicine. The Japanese are now interested in seeing the spread of this new medical science into other parts of the world. At this time, South Korea and China have also worked to create versions of shinrin-yoku suitable to their forests and environments. Canadians are also becoming interested in this new discipline. Forest therapy walks are cropping up around the world. Studies have not yet been conducted for our trees or environment. However, psychologists have long studied the beneficial effects of a natural environment for human wellness and there is plenty of evidence that nature can reduce confusion, depression, anger and fatigue, thus increasing our overall happiness. With research, we might learn of local tree species that can provide anti-cancer benefits, as has been discovered in Japan. One Canadian tree, the yew, has been used as a potent anti-cancer drug, Taxol® or paclitaxel. The Tsimshian natives of the northwestern coast of British Columbia had previously used this tree for cancer treatment. The old-growth Western Yew was especially prized for this use and was over-harvested in the 1970s.

Environmentalists decried the destruction of this spotted owl habitat. Could the use of forest therapy trails through natural areas with planted or naturally occurring yew provide the perfect balance of health benefits combined with environmental protection? That is the objective in both Japan and Korea. Environmental preservation is firmly linked with human health.

In March, I had the pleasure of visiting a forest therapy base in Japan to experience this practice. A forest therapy base has been specially selected due to the trees and forest elements especially suitable for forest bathing. Specially trained therapists guide participants along these trails. This is done with supervision of a medical doctor who also checks on the physical results of the trail walkers. The forest bases are certified by an agency. Forest therapists were originally nurses but now therapy candidates must study for several years to learn the profession. One of the leaders in forest medicine in Korea is Dr. Won Sop Shin, a university professor and politician who received his doctorate in forestry in Canada. The trainer in my session was Dr Qing Li, author of the newly released book *Forest Bathing How Trees Can Help You Find Health and Happiness*.

In Korea, The Korea Forest Welfare Institute is an agency of the Korea Forest

Service. Their goal is to improve people's health, quality of life and happiness by promoting forest welfare. In other words, they have found that environmental protection benefits public health. We are part of the ecological system. We need nature to keep healthy!

So, do yourself a favour and step into nature...just for the health of it.

Pat Baldwin is a forester and member of the International Society of Nature and Forest Medicine (INFOM). She now holds a certificate of completion in Forest Medicine issued by this same organization.



*Okutama Forest Therapy base in Japan. We walk among the Sugi Cedars known to produce aromatic compounds which encourage the production of natural killer cells. These cells within the body work against cancerous tumors.*

# in this corner Bar & Grill

## TRAIL BITES - "IN THIS CORNER" RESTAURANT

David Francis April 7, 2018

After a hike on the urban trail around historic town of Schomberg in King Township, just north of the Oak Ridges Trail, hidden in a corner of Brownsville Junction, lies the little gem of a restaurant called "In This Corner." They offer the most amazing breakfast at a price of \$4.99 Tuesday to Friday before noon. Otherwise still a bargain at \$6.49. Incredible home fries, choice of ham, bacon or sausage, two eggs, slice of orange and tomato, and a lettuce leaf. Included are two rounds of bread. The place is a treasure retreat, filled with locals, who also enjoy really fresh Fish & Chips on Fridays.

In This Corner is so named because the owner Gord and son Steve are professional boxers, hence "and in this corner." They are assisted by another son Mike. The restaurant happens to be in the far corner of Brownsville Junction near the LCBO, where there is a little piazza, and the restaurant is found in the far corner.

Friendly staff, fast service, good food and family atmosphere make for a congenial experience.

The piazza is named Brownsville Junction after the 1902 - 1927 Aurora to Schomberg steam railway. Schomberg was called Brownsville after it was settled by the four Brown brothers in 1830, building the mill in 1836 which operated for 125 years, when it was torn down.

Brownsville was changed to Schomberg on August 1, 1862 so that a Post Office could be established. The name Schomberg was selected after the Duke of Schomberg who fought and died in the Battle of the Boyne 1690 in Ireland.

So next time you're near Schomberg, mingle with the locals and enjoy great food at In This Corner.

## ORTA RENDEZVOUS, SEPTEMBER 30, 2018

*Brian Millage and the Rendezvous Group*

Last year as part of ORTA's 25-year celebration, we initiated an end of summer Hiking Rendezvous in Uxbridge and at the Goodwood Community Centre. The aim was to give all levels of hikers a chance to get out on great trails at various levels of difficulty and later to assemble for a potluck dinner, pictures of the year's hikes, and to share stories from the trail. All four hikes were well attended and other ORTA hikers joined later for the evening festivities and 25-hike badge awards.

The Rendezvous celebration was deliberately held on a weekend to give all ORTA hikers a chance to participate and the consensus was very favourable to organize a repeat performance in 2018. We hope you can join us for a hike, the potluck dinner, or both on Sunday, September 30. The hike details are already on the ORTA website. After the hikes, we will assemble at the Goodwood Community Centre for the evening social. Look for more details in the fall Trail Talk.



*What will you spot on your next ORTA hike?*





**Naturally Superior**  
ADVENTURES

**HIKE:**  
Pukaskwa Park · Lake Superior Park

**SEA KAYAK:**  
Slate Islands · Denison Falls

1.800.203.9092  
naturallysuperior.com  
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