

TRAIL TALK



Oak Ridges Trail Association Quarterly

ISSN 1481-5982

Spring 2016



cover photos by Bill Patterson

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PRESIDENT'S CHAT

BY WILMA MILLAGE

Well, that was an easy winter... hope some of you got out and found some snow for skiing and snowshoeing. It is so nice to welcome spring once again! Don't forget to try to make it to Stan Butcher's wildflower hike in May. Sheppard's Bush has a great collection of blossoms to be found.

Our Trail Bites feature has been getting some good feedback and we are excited to highlight Eggs 4 Life this month (Page 15). Cathy, the server there, is a wonder to us all with her fantastic memory! I am sorry to report that Sheena's Kitchen in Schomberg, one of our previously featured eateries, has closed. How will we survive without the fabulous lemon cake? And we are hoping that the Rhino in Bewdley, which Kim reported on earlier, is back in business after their fire last fall. If you have a favourite place to eat after a hike on the trail and would like to write an article about it, please let me know.

This will be the 10th anniversary of our Adventure Relay. It has grown from 7 teams, supported by 37 ORTA members staffing the 14 checkpoints (as reported by our then Executive Director Harold Sellers) to 31 teams supported by more than 100 ORTA volunteers in 2015! It has become one of the largest events of its kind in Ontario and continues to be our principal fundraising activity. Come out this year on June 11th to help us make it the best Relay ever!

This will be my last President's Chat column. As of our April AGM,



with me since April 2012 and we have made lots of progress on things we wanted to get accomplished. We have a new database working to keep our members' information current, we can now pay for memberships on-line and our new website is very popular. We also have a new Western trail terminus. As well, our new ORTA PowerPoint Presentation continues to be popular, spreading the good word about the Moraine and our Trail.

All of this progress is only possible through the efforts of the large number of volunteers who give of their time and expertise to help us move forward in making our Trail the best it can be. Thanks to all of you who have contributed so much to make all this happen. I have enjoyed being a part of it and will continue to serve on the Executive in the coming years. Thank you all for your continuing support.

I will be moving on to the position of Past President. With this new role, I am looking forward to spending time helping Frank Alexander re-juvenate some of our dormant Chapters across the Trail. I will also be working closely with Brian in re-generating the Western Region where we have most of our private landowners allowing us to cross their properties with our Trail. Those two projects should keep me busy along with other projects assigned by our as yet to be named new President.

I have enjoyed my tenure as President of ORTA as it is a wonderful organization to be working for. I have had a great team working

ORTA AWARDS 2015 - 2016

Each year the Oak Ridges Trail Association seeks to honour those Members who have made significant contributions to our advancement and the development of the Oak Ridges Moraine Trail.

Selection for these awards, which are presented at the Annual General Meeting, is made for the Awards Sub-Committee and based on nomination from our members. There are a few guidelines, such as a person can only be rewarded once for a particular contribution.

Please submit nominations by March 21st to Wilma Millage at (905) 853-2407, Stan Butcher at (905) 737-3966, or Peter Schaefer, by email to past-pres@oakridgestrail.org or phone (905) 476-0413. with your nomination, we would like to learn in just a few words about the contributions for which the person is being commended. Check our website to see the list of past recipients. The awards are:

Outstanding Member / Member of the Year Award – one award each year presented to the Member who in recent years has done the most to advance the purposes of ORTA.

Commendation Awards – a maximum of 6 are awarded each year to Members who have made specific contributions to the management and development of ORTA and its programs.

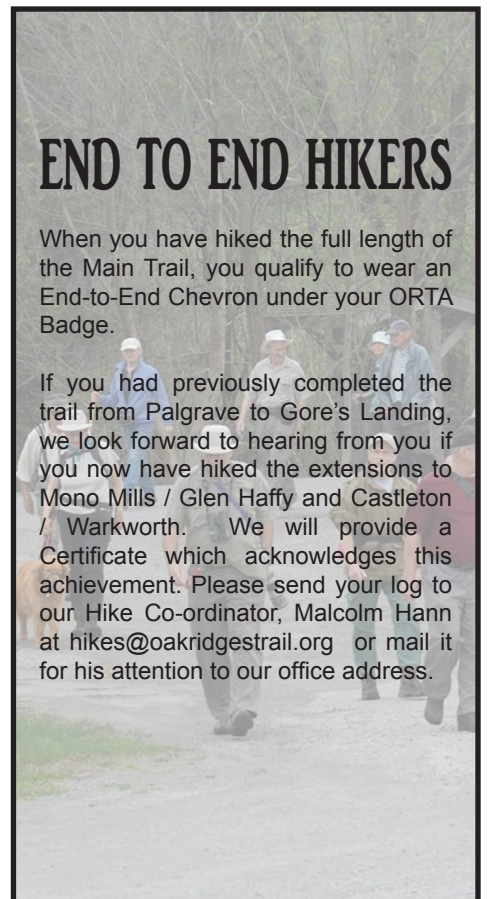
Trail Builder Awards – a maximum of 4 are awarded each year to individuals who have made significant contributions to the building and maintenance of the trail.

Lifetime Achievement Award – an occasional award when especially merited. The recipient will be one who has made a significant contribution of his or her time and expertise to the work of ORTA over a sustained period of 5 to 10 years.

END TO END HIKERS

When you have hiked the full length of the Main Trail, you qualify to wear an End-to-End Chevron under your ORTA Badge.

If you had previously completed the trail from Palgrave to Gore's Landing, we look forward to hearing from you if you now have hiked the extensions to Mono Mills / Glen Haffy and Castleton / Warkworth. We will provide a Certificate which acknowledges this achievement. Please send your log to our Hike Co-ordinator, Malcolm Hann at hikes@oakridgestrail.org or mail it for his attention to our office address.



OFFICIAL NOTICE OF THE ANNUAL GENERAL MEETING

OAK RIDGES TRAIL ASSOCIATION
THURSDAY APRIL 21, 2016

All members of the Oak Ridges Trail Association are invited to attend the Annual General Meeting of the Association, to take place on Thursday April 21, 2016 in King City. We look forward to seeing many supporters, hikers and friends on this occasion.

There will be a feature speaker and presentation, guaranteed to be of interest to everyone. Details TBA and posted on the ORTA Website when available. Mix and mingle beforehand and indulge in light food and refreshments along with a beer and wine donation bar.

And why not get into the swing of things with a warmup hike prior to the meeting?

Join us and enjoy this opportunity to catch up on your Association's activities and meet fellow members. Mark your calendars for what promises to be an interesting and informative evening.

Location: All Saints Anglican Church, 12935 Keele St., King City (just south of King Rd)

Schedule of Events

4:00pm

Pre-AGM hike, King City

ORTA map 2; 5+ km; moderate pace; 1.5 hrs; Seneca/Eaton Hall area. Meet at roadside parking on Keele St, 2.8 km north of King Rd. Contact: Peter Schaefer at 905-476-0413, or on day of hike 905-967-3004.

6:00pm

Registration, Food & Social. A \$5 contribution is requested, to defray costs.

7:00pm

Business part of meeting.

8:00pm

Guest Presentation (speaker TBA)

For any questions, please contact Garry Niece, 905-655-8040, gcniece@gmail.com

ELECTION OF DIRECTORS

At the Annual General Meeting to be held on April 21, 2016, a minimum of eleven Members are to be elected to serve as Directors for a period of one year. To comply with our Constitution, the following must be observed:

- 1. To be eligible for election as a Director at the Annual General Meeting of Members, a person must:**
 - a) Be a Member in good standing.
 - b) Have confirmed in writing his/her willingness to serve as a Director.
- 2. Nominations may be made by any Member to the Nominating Committee. Such Nominations shall be:**
 - a) In writing.
 - b) Accompanied by the Nominee's confirmation of willingness to serve.
 - c) Received by the Nominating Committee at least five (5) days before the Annual General Meeting.

Please submit nominations by April 16th to the Committee Chair, Peter Schaefer. You may use snail mail addressed to our office or email past-pres@oakridgestrail.org.

Naturally, we would like to hear from you well before that date so that we can compile a slate of nominees. You may even suggest yourself for a position!

Initially, please phone Wilma Millage at (905) 853-2407, or Frank Alexander at (905) 640-9637, or Peter Schaefer at (905) 476-0413.

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



EASTER March 25-28

Welcome Spring on the trails.

CANADA DAY July 1-4

Celebrate two national holidays!

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 or \$75.00 private 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 or contact Greg Vincent at 519-579-8210 or vincent.greg@gmail.com

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

THE HISTORY OF ORTA

BY STAN BUTCHER



Twenty years ago, the only practical way to keep a growing membership informed was a mail-delivery newsletter. The complete archived collection, complements the Board and Members Meeting Minutes, demonstrates the vitality and warmth of the association throughout its history.

In September 1992, President Peter Scholefield sent Newsletter No. 1 to the 31 Members of "Citizens for an Oak Ridges Trail" and others who'd expressed interest. The single sheet had been reproduced by Gestetner. The nine Founding Board Members were named. He told of the steps in process to obtain Incorporation and Registered Charity status and the results of the competition to design our Logo. There was notice of just two hikes: one in Uxbridge on Ontario Hiking Day and an exploratory hike across Aurora.

From then on it became a quarterly publication, usually two stapled sheets apparently produced by Offset Litho. Sylvia Gilchrist, Secretary at that time, told me compilation a list of hikes and news items was one of her tasks.

1995 – 1996: Anne Shier became Newsletter Coordinator with David Robertson responsible for Editing and Design. In August 1995 they branded it TRAIL TALK. Each ORTA Chapter provided a paragraph summarizing their activities. Typically twenty hikes were listed each quarter; some jointly with the Bruce Trail Association or the Ganaraska Trail.

Spring 1997: Brian Logan became Publicity Director which included being Editor of Trail Talk. Content was expanded making it an eight page printed journal. And for the first time there were photographs – of Cheryl Smart - a Charter Member of Scugog Chapter, and to illustrate a Profile of Peter Attfield, who was a major contributor to the planning of ORTA.

Brian's great sense of humour became evident with quips such as a sign supposedly seen on a Farm Gate: *Trespassers may enter free. The bull will charge later.*

Advertisements were introduced partly to offset a portion of the printing costs. This allowed the journal to be classed as Ad-Mail – a substantial saving in mailing costs. Quarterly Board meetings were scheduled for the week preceding copy date so Trail Talk provided up to date information to Members.

Commencing in January 1999 new Hike Leader Harold Sellers offered an ORT End-to-End Series every Wednesday. Prior to this most hikes had been over weekends.

February 1999: Brian had persuaded Harold to become Publicity Director so he could concentrate on developing Trail Talk. With a listing of 41 Group Hikes, more articles and adverts, Trail Talk grew into a 12 page journal.

Spring 2001: Trail Talk expanded to 16 pages. The print run was 1,000; in addition to mailings to Members spare copies were widely distributed for publicity.

History of The Oak Ridges Trail Association 1992 – 2017

I've committed to compiling a history of the association through to our 25th. Anniversary.

I envisage each chapter being relatively short with a corresponding Appendix to flesh out the story. Opposite is a draft of the first page of Chapter Four.

For example Newsletter No. 1 would be scanned in and reproduced in full, as would selected items from many previous issues.

It will be compiled in an electronic format I devised for a project elsewhere which can be read on a computer. Because it uses Adobe .pdf files the content can be extensive, with lots of photographs. It will be made available to all our Members and Friends on a CD or similar disc at a mere fraction of the cost of a printed book.

I know my way around the archives stored in our office basement. But I crave your contributions so that it reflects the spirit of the association and not just the official records.

Your ideas, contributions, photographs and stories about our people and events are welcome and appreciated as well as any questions which you'd like to see addressed, such as:

**The original name was CORT.
Why was it changed to ORTA?**

Please send all contributions to:
Stan Butcher
stan.g.butcher@gmail.com

TREASURER WANTED! – ORTA NEEDS YOU

After several years as ORTA's Treasurer, Kim Aagaard, is retiring. The Treasurer is a member of the volunteer Board of Directors and the Executive Committee and is responsible for guiding the financial affairs of the Association.

Duties include:

- Reviewing monthly financial statements and providing commentary to the Board
- Liaison with ORTA's bank and external accountants
- Ensuring the completion of any government returns
- Acting as signatory for disbursements and donation receipts
- Ensuring that the systems and safeguards are in place to protect the financial integrity of the Association
- Preparation of annual budget estimates for Board approval

Ideally, the position of Treasurer would suit someone with a background that includes formal accounting/financial training, and experience in business and/or not-for-profit activities. Approximately 10 to 15 hours per month are required.

If you are now ready to lend your skills and talents to help support the Association, please contact Kim Aagaard (or any of the Directors), to discuss your interest in this very satisfying volunteering opportunity (a.kim.aagaard@gmail.com 416-726-2045).

== HOW IMPORTANT ARE COMMUNITY EVENTS? ==

BY LISSA DWYER



Many of us will have no trouble recalling being newly retired, moving to a new town, wanting to get some exercise but not knowing where to begin. Imagine seeing groups of people happily marching along a trail and wondering how they got together. Community events are a perfect way to share the message about our Trail Association. The great fun we have together as members of ORTA who enjoy our guided hikes, Discovery Night or Adventure Relay is something that we want to share with everyone. The events that are planned in your community can change someone's life for the better by introducing them to ORTA and all it offers. We would love to set up an information table, provide brochures or deliver a presentation for a group. We know that there are folks out there who are looking for us. What's in it for you? Increasing our membership allows us to manage the trails along with other expenses over a greater number of members. It could mean more hike leaders, more hikes, lighten the load on volunteers - oh yes and you will enrich someone's life with physical health and happiness. Please call Michele at the office if you know of events in your area where we can make a difference with our presence.

== YES, ORTA DOES HAVE GREAT VOLUNTEERS ==

BY BRIAN MILLAGE, REGIONAL DIRECTOR



This article started with a particular trail build-then I started thinking about all the ways that ORTA members get involved and contribute their skills and time. You may take a few hours from your busy work life or what sometimes

seems an even busier retired life as you respond to a call for help with a project such as a boardwalk, the Moraine Adventure Relay or staffing a booth at a street festival. Others combine walks in the forest with minor trail clearing and monitoring as trail captains, reporting back to a chapter chair who is the link with the landowner, private or Conservation Authority or municipality, and ORTA's small but busy head office. Then there are the ORTA Board members who are the glue holding all this activity together. I guess it works and the evidence is our 265km+ Trail across the Moraine.

One recent example was an e-mail I received in early November 2015 from the Toronto and Region Conservation Authority. They had built several boardwalks along a highly used section of the ORTA sidetrail in the Palgrave Forest and Wildlife Area. The originals had sustained considerable damage and posed a particular hazard to walkers, especially with winter approaching. "Can ORTA volunteers help us?" was the query. Within the span of three weeks, the call went out for volunteers, TRCA supplied the new and heavier hemlock lumber, dropped off a supply of screws at Palgrave trail captain Dave Whiffen's house and the build was underway. On day one, members from Newmarket, King City and Palgrave

arrived with screw guns in hand and spent a busy morning completing the first walkway. I have to admit that Lorrie is faster than I am. The following week Dave, who regularly runs or walks these trails with his wife Jill, assembled a second group of friends for a second boardwalk resurfacing- a great group. Battery powered tools are proving their worth now as Dave even had a skilsaw to trim off the ends- near perfection. Our thanks to all who were able to participate.

Our usual trail maintenance involves minor trimming several times a year and reporting any problems for further attention. If you have a favourite walking area on the ORMT, give us a call and we can register you as a local trail captain or put you on the volunteer list for projects. Caledon, King and areas east of Scugog are in particular need. Our new volunteer co-ordinator, Gaye Mas, can be contacted at volunteer@oakridgestrail.org. Enjoy those trails!



10TH ANNUAL MORAINÉ ADVENTURE RELAY

SATURDAY, JUNE 11, 2016

BY BRIAN MILLAGE



Its time to start thinking about the Relay - our major annual fundraiser across the Moraine on the Oak Ridges Moraine Trail. Yes, this is the BIG tenth year.

Do you remember 2007? We had all of 7 teams (71 participants) and 37 volunteers. Harold Sellers was at the helm and many ORTA members were wondering if and how the Relay would work?

I was at a checkpoint, waiting for ages between arrivals of teams, and on into the night (our last racer arrived at 4:30a.m.!!!!) I especially remember visiting the Lincolnville checkpoint after dark and finding, to my amazement, two young and very excited and enthusiastic CP captains, Monica (now the co-chair of Scugog chapter) and Markus, who were ready to spend the night if necessary in their small tent at roadside. We didn't really know how long the teams would need to cross the 160km of trail from Gore's Landing on Rice Lake to Seneca College, King Campus.

Then there was year #2, discussing the need for a better start point on Rice Lake. John Vogels pulled out his phone, called his sister and then with a big smile announced a fantastic location for that year at the MacDonalds. Bill and Maria continued to host the start of the canoe leg at their idyllic Rice Lake property, and now the tradition continues with the proud new owners George and Denise Jones for the 2nd year with safety boat assistance from Mike and Sarah Herati (for their 9th year). Many thanks to our hosts!

Wow, have times changed! The Relay took off as a unique adventure race - canoing, cycling, and running. In recent years, with an expanded Race Committee, the Relay has seen as many as 35 teams, several Olympians and over a hundred ORTA volunteers enthusiastically staffing the checkpoints. Relay sub-committee teams have directed advertising, volunteer training, course readiness, prizes, scoring and communications.

In the beginning the relay was funded with a large financial grant from the Oak Ridges Moraine Foundation. Over the years we have been supported by the Tannenbaum family, and our corporate sponsors: Golder Associates, Mercedes Benz Canada, Mazda Canada, Lafarge Aggregates and Keen Canada. Their generous financial support has gone a long way towards financing our operations - office support, insurance, materials for trail maintenance and hike leader training. **Do you know any Corporate groups that want to challenge the Moraine with a team and/or sponsor the Relay?** It's a great team building exercise and a healthy activity. Go to the ORTA website <http://www.oakridgestrail.org/> and click on the Adventure Relay link for more information.

In February, the call went out for volunteers and competitive teams to sign up for the 2016 event. For information check out the website or contact Michele to get started as a volunteer or racer (905.833.6600, Tues/Thurs, or via info@oakridgestrail.org). Join the fun and excitement of being involved in the Tenth Annual Moraine Adventure Relay.

Comfortable Hiking Holidays

(416) 445-2628

info@letshike.com www.letshike.com

CORFU, GREECE

May 9 to 21, 2016

This Greek island is the perfect combination of European flare and tranquil sea-side living. Hike to the heavens to visit holy monasteries and trek in shade of ancient olive groves. We promise - you will never tire of the deep, deep blue of the sea that surrounds you. Opa!

IRELAND

June 7 to 17, 2016

With more shades of green than you can imagine, the **Emerald Isle** lives up to its deserving reputation. From historical Dublin to picturesque Killarney & parts in between, we will take you hiking through some of the most sought-after scenery the country has to offer - and we'll even make a few pub stops along the way!

MACHU PICCHU

September 16 to 28, 2016

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 - all accommodations are in hotel & lodges.)

SLOVENIJA

Only 3 spots left!

July 15 to 25, 2016

Slovenija, where the Alps meet the Mediterranean, is a country of amazingly unspoiled beauty. Our program includes hikes behind the thundering Slap Pericnik waterfall, through Vintgar Gorge gushing with white water, on the slopes of & Mt. Triglav, and around the glacier-fed Lake Bohinj. Home base for the entire holiday will be the fairy-tale setting of Bled.

TURKEY

October 15 to 26, 2016

Hike in Cappadocia with its secret frescoed churches, underground cities and volcanic tuff sculpted into fairy chimneys. Visit ancient ruins, shop the bazaars of Istanbul and take a history lesson through time. Steeped in tradition and a masterpiece of nature, Turkey will impress you.

NEW ZEALAND

1 spot for gentleman to share accommodations

November 8 to 27, 2016

Enjoy a full itinerary of hiking and sightseeing through the North and South Islands, including Tongariro Crossing, the Abel Tasman Coastal Walk and the Milford Track.

TICO # 50018498



CHAMPIONS

October 1 - December 31, 2015

Thank you to all donors who have made gifts of \$10 or over to support the ORTA:

- | | |
|----------------------------|------------------------|
| Terry and Carlota Alderson | Myrla Kilburn |
| Robert Alexander | Kevin Lowe |
| Noel Bain | J.C. Meeker |
| Angela Bender | Karen McMillan |
| Sharon & Jim Bradley | Dale Mitchell |
| Walter Brunner | Barbara Muirhead |
| Anne-Marie Burrus | Ruth & Andy Patterson |
| Robin W. Butler | Frank Pearce |
| Judy Pergau & Bob Comfort | Bill & Teresa Pressmar |
| Gisela Curwen | Tom Rance |
| Harry Dahme | Mel Rosenfeld |
| Jayne Dawson | Monika Rothman |
| Val Dodge | Peter Schaefer |
| Michele & Michael Donnelly | Kin Po Siu |
| Stephen & Mary Dunn | John Smale |
| John Fisher | Lee Stephenson |
| Robert & Linda Hansen | Sharon Trbovich |
| Gerry Heath | Orval White |
| J. Lloyd Hudson | Stanley Whyte |
| Murray & Margaret Jelley | |

Donations can be made to various ORTA Funds. To make a donation, please visit <http://oakridgestrail.org/donate/> or call 905-833-6600



A MEANINGFUL ALTERNATIVE

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

In Honour of
Lissa Dwyer



NEW MEMBERS

ORTA welcomed the following new members and families during our last quarter.

OCTOBER 1 - DECEMBER 31, 2015

- | | |
|---------------------------|-----------------------|
| Helen Bishop | Lee Li |
| Catherine Chiarelli | Bonnie Little |
| Susan Davidson | Marg May |
| Ellen de Guerre | Marilyn McLaughlin |
| Flicia Devaux | Jeanette McPherson |
| Michael & Mariane Downes | Mary Milford |
| Susan Duncan | Brian Morrison |
| Cydele Fadeeva | Alan Morrow |
| Mari Fitzgerald | Hanna Mueller |
| Carolyn Garnick | Paul & Ulla Muther |
| Susan Gloth & John Kuenen | Catherine Nikolaidis |
| Bonnie Greflund | Valbona & Bujar Pemaj |
| Brian Hedney | Frances Soloway |
| Silke Huber | Marjorie Stephenson |
| Nancy Hunt | Dave Whiffen |
| Hea-Jung Lee | |



Rock Island Lodge
Wawa

- > B&B: no tv, just wind & waves
- > Storm Watching & Fall Colours

- > Painting Lake Superior
- ^ Taimi Poldmaa ~ Mid October
- > Gales Photography Workshop
- ^ Rob Stimpson ~ Oct/Nov

On Lake Superior
1.800.203.9092
rockislandlodge.ca

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All tours are **FULLY GUIDED** and limited to 20/max.

With a variety of tour options, be sure to Register Early.

Check out our website for details and contact info:

WWW.CUBA1TOURS.COM

ORTA SPRING 2016 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.

APRIL

Fri, Apr. 1, 2016 9:30 AM, Uxbridge - Walker Woods West (Conc. 6. / Albright Rd.)

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

Joan Taylor, 905-477-2161

Sat, Apr. 2, 2016 7:00 AM, Uxbridge - Al Shaw (Conc.6)

ORTA Map 5; 4+km; Moderate; 1hr.; Join us for breakfast after the hike. May still need icers! 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, Apr. 3, 2016 10:00 AM, Kleinburg - Humber River Trail (Bindertwine Park)

8km; Moderate; 2hrs.; Nice hike along the Granger Greenway trail. We will hike south for 4km and then retrace our steps the same way. Trail is straight and fairly flat. Meet at Bindertwine Park in the town, 2 km north of Major Mackenzie Dr on Islington Ave, right on Stegman's Mill Road and down the hill to parking lot. GPS: 43.8451492, -79.627111

Tessa Shelvey, 416-320-8555

Sun, Apr. 3, 2016 10:00 AM, Bruce Trail - Hockley Valley (Hockley Rd)

6km; Moderate; 2.5hrs.; Hockley Valley Nature Reserve loop hike Meet at the Bruce Trail parking area on the north side of Hockley Rd. Take Airport Rd 7 km north of Hwy 9, then west 6 km on Hockley Rd to parking area. GPS: 43.972854, -80.055899

David Francis, 905-936-4446, cell phone (hike day) 416-579-5432

Mon, Apr. 4, 2016 9:30 AM, Caledon - Trailway Path (Mt. Pleasant Rd.)

ORTA Map 1; 8km; Slow; 2.5hrs.; ORTA Map 1. Taking the Main Trail eastward we will cross Highway 9 into Simcoe County Forest Tottenham Tract and return via the New Tecumseth Trail. Dogs on

leash welcome. Lunch option afterwards. Meet at roadside parking beside the rail tracks on Mount Pleasant Rd, 1.6 km south of Hwy 9. GPS: 43.968091, -79.812411

Stan Butcher, 905-737-3966, cell (hike day only) 416-770-7550

Wed, Apr. 6, 2016 9:30 AM, Alnwick/Haldimand - Northumberland Forest (Beagle Club Rd.)

ORTA Map 11; 16km; Moderate to fast; 4hrs.; Loops; Varied, hilly, terrain. Bring drinks/snacks/lunch. Meet at Northumberland County Forest parking lot: From County Road 9, south on Beagle Club Rd (west of Hwy 45) for about 3 km, on west side. GPS: 44.098799, -78.105081

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

Wed, Apr. 6, 2016 9:30 AM, King - Cold Creek Conservation Area (Conc. 11)

7.5km; Moderate; 2+hrs.; This is a very picturesque hike with forests, fields and ponds. Some hilly sections. Well behaved dogs welcome. Marianne encourages a love of nature, so bring your camera as we will stop to admire the wildflowers and the view. Meet at park entrance east side of Concession 11, 3.5 Km north from King Road. GPS: 43.919444, -79.706778

Marianne Broome. 905-939-7007 Cell 416- 409-1980 (hike day only)

Fri, Apr. 8, 2016 9:30 AM, Uxbridge - Glen Major West (Conc. 6 - aggregate pit)

ORTA Map 5; 10km; Fast; 2hrs.; Loop hike in the Brock tract some 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, Apr. 8, 2016 9:30 AM, Whit-Stouffville - YRF North Tract

ORTA Map 4; 10km; Moderate; 2.5hrs.; Loop hike on mainly narrow footpaths, moderate hills, there maybe some poison ivy. 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

John Fuchs, 289-500-2212 (hike day only)

Sat, Apr. 9, 2016 7:00 AM, Uxbridge - Al Shaw (Conc.6)

ORTA Map 5; 4km; Moderate; 1hrs.; . 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

Sat, Apr. 9, 2016 9:30 AM, Long Sault CA (Woodley Rd)

ORTA Map 7; 12+km; Moderate; 3hrs.; Joint hike with the Durham Outdoors Club. We will hike three loops. Meet at C.A. Parking Lot. Exit 401 at Waverly Rd. Travel North on Regional Rd. #57. Turn right at Regional Rd. #20. Turn left at Woodley Rd. Pay and Display Parking is in effect at a cost of: Max. - \$5/ vehicle/day or \$2/ hour. GPS: 44.049939, -78.741937
Scott Nokleby, email: scott.nokleby@gmail.com, cell 905-259-3896

Sun, Apr. 10, 2016 10:00 AM, Ganaraska Forest - (Woodvale School Rd)

ORTA Map 9; 8km; Moderate; 2hrs.; ORTA Map 9 ;There and back hike ; mostly forest road ; some hills ; dress for the weather ; may still need icers ; bring snacks and drink ; possible lunch in Bewdley at end of hike . From Hwy.115 at Kirby, take Regional Rd. 9 (Ganaraska Rd.) east past Garden Hill, to Woodvale School Rd., go north (left) to 9th Line roadside parking. GPS: 44.088754 , -78.353310
Grace Moores, 905-263-4340

Mon, Apr. 11, 2016 9:30 AM, Uxbridge - Walker Woods East (Conc. 7 - microwave towers)

ORTA Map 5; Slow to moderate; 2.5hrs.; Hike with us on sheltered but hilly forested trails. Well mannered dogs are encouraged to bring their owners. Join us for lunch aferwards. 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, Apr. 13, 2016 9:30 AM, Whit-Stouffville - YRF Hall & Eldred King (McCowan Rd)

ORTA Map 4; 12km; Moderate; 3.5hrs.; Moderate end2end series. Car shuttle. McCowan Rd to Musselman Lake. Half sandy forest trails, half country roads. Meet at parking lot 1 km north of Aurora Rd on the east side of McCowan Rd. GPS: 44.0410721, -79.3228268
Brian & Wilma Millage, 905-853-2407, cell phone on day of hike 416-722-6512

Wed, Apr. 13, 2016 9:30 AM, Pickering - Duffins Creek West (Conc 3)

26km; Moderate to fast; 5+hrs.; This will be a T&B End to End hike of the Seaton Trail (26 Km). We will trek north to Hwy #7 (east of Green River) then return to our starting point on Conc. 3. This is a lovely forest trail with steep hills as we follow the river. Bring snacks/lunch and water. If we have a late winter come prepared with icers, they will be a mandatory equipment if the trail is icy. Meet at parking lot on Conc. 3, west off Brock Rd, north of 401, south of Taunton, west of Valley Farm Rd. GPS: 43.863965 , -79.098325
Malcolm Hann, 905-477-7260 (before 10:00PM) cell 416-333-1440 (hike day only)

Fri, Apr. 15, 2016 9:30 AM, East Gwillimbury - YRF Bendor & Graves (Kennedy Rd)

8km; Moderate; 2hrs.; Hike on lesser trails, May be muddy, Some hills. Hiking boots desirable, No dogs please Meet in the parking area at the dead end of Kennedy Rd, north of Davis Dr. GPS: 44.087113 , -79.360133
Kevin Lowe, 416-655-2256

Fri, Apr. 15, 2016 9:30 AM, Whit-Stouffville - YRF Eldred King Woodlands (Hwy 48)

ORTA Map 4; 10km; Fast; 2hrs.; We will hike Eldred King, Scout and Mitchel Tracts, conditions permitting. Icers may still be needed. Meet in parking lot west side of Hwy 48, 2.5 km north of Ballantrae. GPS: 44.059809, -79.302761
Joan Taylor, 905-477-2161

Sat, Apr. 16, 2016 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, Apr. 16, 2016 9:30 AM, King - Happy Valley (Weston & 16th Sdrd)

ORTA Map 2; 9km; Moderate; 2.5hrs.; Hike on beautiful Happy Valley trails. Some steep hills. Dress for the weather in layers .Bring drinks and snacks. Meet at roadside parking northeast corner of Weston Rd & 16th Sdrd. GPS: 43.954224, -79.586575
Fatema Amini, 905-235-6676 or on day of hike 416-616-8780, email: taran_amini@yahoo.com

Mon, Apr. 18, 2016 9:30 AM, Richmond Hill - Oak Ridges Corridor - (Old Colony Rd.)

ORTA Map 3; 6.5km; Slow; 2hrs.; We take the newly constructed trail under the Bayview Avenue Bridge to enjoy the Jefferson Forest as Spring awakens the Beepers. Meet in the parking area on the south side of Old Colony Rd. 550m. west from Bayview Ave. GPS: 43.938785 , -79.435619
Stan Butcher, 905-737-3966, cell (hike day only) 416-770-7550

Wed, Apr. 20, 2016 9:30 AM, Aurora - Sheppard's Bush (Industry St.)

ORTA Map Aurora; 8+km; Moderate; 2.5hrs.; We will hike in Shepards Bush and up to the Aurora Arboretum and back, we may see some early spring flowers. 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
Cornelius Sommer, 905-953-7949 before 8 pm, 905 717 7641 hike day only

Wed, Apr. 20, 2016 9:30 AM, Clarington - Clarington East (Darlington-Clarke)

ORTA Map 8; 16+km; Moderate to fast; 5hrs.; There and back some road hiking. Meet at road side parking area, Darlington-Clark Town line and Darlington conc. 8. GPS: 44.035838 , -78.682405
Russ Burton, 905-830-2862

LEGEND

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

CA = conservation area
 T&B = there and back hike
 YRF - York Regional Forest

TRCA - Toronto & Region Conservation Authority
 BT - Bruce Trail Conservancy
 PP - Provincial Park

Select hikes most suitable for your ability:
 Slow 3km/h Fast 5km/h
 Moderate 4km/h Very Fast 6km/h

Thu, Apr. 21, 2016 4:00 PM, King - Seneca King Campus/Mary Lake (Keele St.)

ORTA Map 2; 6km; Moderate; 1.5hrs.; Pre-AGM Hike. T&B on pretty trail in King Campus of Seneca College. No dogs please. Meet at roadside parking on Keele, 3 km north of King Road on both sides at ORTA trail sign. GPS: 43.955220 , -79.535400

Peter Schaefer, 905-476-0413 or on day of hike 905-967-3004

Thu, Apr. 21, 2016 6:00 PM, ORTA Annual General Meeting - King City

AGM: Business Meeting & special guest presentation. Check back on ORTA Website closer to the date. GPS: 43.927318, -79.527754

Garry Niece, 905-655-8040, cell phone (day of only) 905-809-5138

Fri, Apr. 22, 2016 9:30 AM, King - Happy Valley (Weston & 16th Sdrd)

ORTA Map 2; 10+km; Fast; 2+hrs.; There and back hike Meet at roadside parking northeast corner of Weston Rd & 16th Sdrd. GPS: 43.954224, -79.586575

Russ Burton, 905-830-2862

Fri, Apr. 22, 2016 9:30 AM, Whit-Stouffville - YRF Hall & Eldred King (McCowan Rd)

ORTA Map 4; 10km; Moderate; 2.5hrs.; Loop hike on sandy, forested trails and some little used footpaths. Meet at parking lot 1 km north of Aurora Rd on the east side of McCowan Rd. GPS: 44.0410721, -79.3228268

John Fuchs, 289-500-2212 (hike day only)

Sat, Apr. 23, 2016 7:00 AM, Uxbridge - Al Shaw (Conc.6)

ORTA Map 5; 4km; Moderate; 1hrs.; Loop hike some hilly sections. No dogs please 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, Apr. 25, 2016 9:30 AM, West Gwillimbury - Holland Marsh Provincial Wildlife Management Area (Side Rd. 20)

6km; Slow to moderate; 2+hrs.; Morning waterfowl viewing in provincially managed 573 hectare wetland area. Loop hike. On unmaintained trail along elevated dykes. Hiking boots recommended. Parking at roadside gate. Take Hwy 11- 5 Km. north from Bradford. Turn east on 11th. Line, after 3.1 Km the road bends to the left and becomes Side Rd. 20. Meet at road side parking, 600 m. north of the bend by the Holland Marsh sign and driveway on the right. GPS: 44.176674 , -79.540701

Robert Alsop, cell phone on day of hike 905-717-3718

Mon, Apr. 25, 2016 9:30 AM, Whit-Stouffville – YRF Hollidge Tract (Hwy 48)

ORTA Map 4; Slow to moderate; 2.5hrs.; We will hike the mostly level, forested trails of Hollidge and in addition explore the new trails in the Drysdale Tract. Well mannered dogs are encouraged to bring their owners. Join us for lunch afterwards. 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

Wed, Apr. 27, 2016 9:30 AM, Uxbridge - Glen Major West (Conc. 6 - aggregate pit)

ORTA Map 5; 16+km; Fast; 4+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

Thu, Apr. 28, 2016 9:30 AM, Uxbridge - Secord Forest (Conc. 3)

ORTA Map 5; 11km; Moderate; 3.5hrs.; Moderate End2End series. Car shuttle. Secord to Musselman Lake. Combination forest trails and country roads. 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

Fri, Apr. 29, 2016 9:30 AM, Uxbridge - Walker Woods West (Conc. 6. / Allbright Rd.)

ORTA Map 5; 8km; Moderate; 2hrs.; Loop hike through pretty forest, some hills. may be muddy, hiking boots desirable, no dogs please Meet at parking lot on the east side of Conc 6, 2 km south of Durham Rd. 21 at Albright Rd. GPS: 44.033851, -79.1141206

Kevin Lowe, 416-655-2256

Fri, Apr. 29, 2016 9:30 AM, Whit-Stouffville - YRF North Tract

ORTA Map 4; 10km; Fast; 2hrs.; Lots of poison ivy. 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

Joan Taylor, 905-477-2161

Sat, Apr. 30, 2016 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

MAY**Sun, May. 1, 2016 10:00 AM, New Tecumseth - Tottenham Forest (2nd Line)**

6km; Moderate; 2.5hrs.; Loop Hike around Tottenham Forest From Hwy 9 take Tottenham Road north for 1.4Km. Turn east onto 2nd Line, drive 270 east to road side parking on the south side of road just east of the railway tracks. GPS: 43.998294, -79.796147

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

Mon, May. 2, 2016 9:30 AM, Aurora - Sheppard's Bush (Industry St.)

ORTA Map Aurora; 6km; Slow; 2.5hrs.; We take a slow wander around Sheppard's Bush to identify maybe more than twenty wildflowers. Bring a Wildflower book if you have one and your camera. Then we will go south to the new section of trail out to Bayview Avenue. Bring drinks and a snack. Dogs welcome but must be on leash. Lunch option afterwards. 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

Stan Butcher, 905-737-3966, cell (hike day only) 416-770-7550

Wed, May. 4, 2016 9:30 AM, Whit- Stouffville - YRF Porritt Tract - Pangman Springs (Kennedy Rd.)

ORTA Map 4; 8km; Slow to moderate; 2.5hrs.; We will be looking for an opportunity to find , identify and photo native spring flowers, and generally enjoy the spring forest. Meeting in the YRF parking lot on the west side of Kennedy Rd. 550m. north from Aurora Rd. GPS: 44.031875 , -79.347087

Cornelius Sommer, 905-953-7949 before 8 pm, 905 717 7641 hike day only

Wed, May. 4, 2016 9:30 AM, Caledon - Forks of the Credit (Forks of the Credit Rd.)

17km; Moderate to fast; 4hrs.; Scenic, hilly, Devils Pulpit. Some road. Bring drinks/snacks/lunch. From Hurontario St (Rd #10), west on Forks of the Credit Rd (Rd 11) for about 4.5 km. Roadside parking, north side, just east of Dominion Rd. GPS: 43.803109, -79.993832
Garry Niece, 905-655-8040, cell phone on day of hike 905-809-5138

Fri, May. 6, 2016 9:30 AM, Newmarket - Jokers Hill (Bathurst St)

ORTA Map 3; 10km; Moderate; 2.5hrs.; Loop hike on forested trails of Jokers' Hill and Thornton Bales Conservation areas. Some steeper hills (99 steps). Bring snacks and drinks. Meet at road side parking on dead-end street west of Bathurst, 1.3 km north of Mulock Dr. north of town houses. GPS: 44.041408, -79.504148

John Fuchs, 289-500-2212 (hike day only)

Fri, May. 6, 2016 9:30 AM, Uxbridge - Walker Woods West (Conc. 6. / Albright 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 Albright Rd. GPS: 44.033851, -79.1141206

Joan Taylor, 905-477-2161

Sat, May. 7, 2016 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, May. 7, 2016 9:30 AM, King - Happy Valley (Weston & 16th Sdrd)

ORTA Map 2; 9km; Moderate; 2.5hrs.; Hike on pleasant forest trails in Humber Source Woods and Love Mountain. No dogs please. Meet at roadside parking northeast corner of Weston Rd & 16th Sdrd. GPS: 43.954224, -79.586575

Peter Schaefer, 905-476-0413 or on day of hike 905-967-3004

Mon, May. 9, 2016 9:30 AM, Uxbridge - Brock Tract (Durham Rd. 1 / Brock Rd.)

ORTA Map 5; Slow to moderate; 2.5hrs.; A hilly hike on meadow and forest trails. Well mannered dogs are encouraged to bring their owners. Join us for lunch afterwards. Meet at parking lot on East side of Brock Rd, 1 km north of Uxbridge/Pickering Town Line. GPS: 44.000020, -79.127899

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

Wed, May. 11, 2016 9:30 AM, Bruce Trail - Hockley Valley (Hockley Rd)

17+km; Moderate to fast; 4.5+hrs.; T&B hike on Bruce Trail in Hockley Valley with side trails. Many steep hills through hardwood forest. Meet at the Bruce Trail parking area on the north side of Hockley Rd. Take Airport Rd 7 km north of Hwy 9, then west 6 km on Hockley Rd to parking area. GPS: 43.972854, -80.055899

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

Wed, May. 11, 2016 9:30 AM, Whit - Stouffville - Whitchurch CA. (Aurora Rd.)

ORTA Map 4; 6+km; Slow; 2+hrs.; This is intended as a botanical hike with stops to see, admire, identify and photo typical native spring flowers Meeting in the parking lot on south side of Aurora Rd. 1.1Km. west from Kennedy Rd. GPS: 44.024246, -79.358470

Cornelius Sommer, 905-953-7949 before 8 pm, 905 717 7641 hike day only

Thu, May. 12, 2016 9:30 AM, Uxbridge - Secord Forest (Conc. 3)

ORTA Map 5; 12km; Moderate; 3.5hrs.; Moderate End2End series. Car shuttle. Secord to 6th C. Beautiful forested trails. 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

Fri, May. 13, 2016 9:30 AM, East Gwillimbury- YRF Bendor & Graves (McCowan Rd)

10km; Fast; 2hrs.; Meet at 17858 McCowan Rd at parking lot on west side 1.3 km north of Davis Dr. GPS: 44.101330, -79.338555

Russ Burton, 905-830-2862

Fri, May. 13, 2016 9:30 AM, Scarborough - Rouge Park (Meadowvale Rd.)

8km; Moderate; 2hrs.; loop hike through pretty ravines with mature forests, hiking boots desirable, ~~no dogs please~~ 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

Kevin Lowe, 416-655-2256

Sat, May. 14, 2016 7:00 AM, Uxbridge - Al Shaw (Conc.6)

ORTA Map 5; 4km; Moderate; 1hrs.; 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, May. 15, 2016 10:00 AM, Long Sault, East - (Longsault Rd.)

ORTA Map 7; 8km; Moderate; 2hrs.; ORTA map 7 ; two there and back sections ; in woods and on unopened road allowances ; bring snacks and drinks ; From Hwy. 57, travel east on Regional Rd.20 to Longsault Rd. (east of Woodley Rd). Take Longsault Rd. north (left) for 2+ km. to roadside parking. GPS: 44.066517, -78.718095

Grace Moores, 905-263-4340

Sun, May. 15, 2016 1:30 PM, King - Happy Valley (Weston & 16th Sdrd)

ORTA Map 2; 7km; Moderate; 2+hrs.; We will hike on the Oak Ridges Trail, Love Mountain and Humber Source Woods. Beautiful forests and meadows with some hilly sections. Well behaved dogs welcome. Marianne encourages a love of nature, so bring your camera as we will stop to admire the wildflowers and the view. Meet at roadside parking northeast corner of Weston Rd & 16th Sdrd. GPS: 43.954224, -79.586575

Marianne Broome. 905-939-7007 Cell 416- 409-1980 (hike day only)

Mon, May. 16, 2016 9:30 AM, Richmond Hill - Oak Ridges Corridor - (Old Colony Rd.)

ORTA Map 3; 7+km; Moderate; 2hrs.; Trillium hike. We will circle through fields of trilliums in the Jefferson Forest. Bring a drink. Well mannered dogs on a leash may accompany their owners. Meet in the parking area on the south side of Old Colony Rd. 550m. west from Bayview Ave. GPS: 43.938785, -79.435619

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

Mon, May. 16, 2016 9:30 AM, King - Seneca King Campus/Mary Lake (Keele St.)

ORTA Map 2; 7km; Slow; 2.5hrs.; We will hike past Mary Lake to Pine Farms and around the orchard - it should be apple blossom time. After a break for coffee we will retrace our steps to Keele Street. Dogs on leash welcome. Optional lunch at Pine Farms. Meet at roadside parking on Keele, 3 km north of King Road on both sides at ORTA trail sign. GPS: 43.955220 , -79.535400

Stan Butcher, 905-737-3966, cell (hike day only) 416-770-7550

Wed, May. 18, 2016 9:30 AM, Uxbridge - Walker Woods West (Conc. 6. / Allbright Rd.)

ORTA Map 5; 10.5km; Moderate; 3.5hrs.; Moderate End2End series. Car shuttle. Walker Woods to Scugog, Ocala Winery. Forested trails with some challenging hills, plus country roads. Meet at parking lot on the east side of Conc 6, 2 km south of Durham Rd. 21 at Albright Rd. GPS: 44.033851, -79.1141206

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

Wed, May. 18, 2016 9:30 AM, Uxbridge - Glen Major West (Conc. 6 - aggregate pit)

ORTA Map 5; 14km; Moderate to fast; 4hrs.; Loop hike very 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

Russ Burton, 905-830-2862

Thu, May. 19, 2016 7:00 PM, Whit-Stouffville - ORTA Event - Ballantrae Community Centre

ORTA Map 4; Discovery Night. Speaker TBA. Check website and online Trail Talk closer to the event. Meet in Community Centre, on north side of Aurora Road, 1Km east from Hwy #48. GPS: 44.040733, -79.286552

Fri, May. 20, 2016 9:30 AM, East Gwillimbury - YRF Bendor & Graves (Kennedy Rd)

10km; Moderate; 2.5hrs.; One of my favourite hiking areas. Loop hike on some little used trails with some hilly sections and one short steep hill. We'll also explore two rarely used areas. a walk on a thick bed of leaves through an undisturbed part of the forest. Please wear long pants because there is some poison ivy. Meet in the parking area at the dead end of Kennedy Rd, north of Davis Dr. GPS: 44.087113 , -79.360133

John Fuchs, 289-500-2212 (hike day only)

Fri, May. 20, 2016 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, May. 21, 2016 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, May. 23, 2016 9:30 AM, Caledon - Palgrave Forest north (Finnerty SR)

ORTA Map 1; Slow to moderate; 2.5hrs.; Celebrate Victoria Day with a hike on the beautiful, rolling trails of the Palgrave Forest. Well mannered dogs are encouraged to bring their owners. 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

Mon, May. 23, 2016 9:30 AM, Richmond Hill - Elgin Mills Greenway (Elgin West Community Ctr)

4.5km; Slow; 1.5hrs.; Victoria Day Family Hike - suitable for larger wheeled strollers. Dogs on leash welcome. Meet in the south parking lot of Elgin West Community Centre, 11099 Bathurst St, 0.8 km north of Elgin Mills Rd. GPS: 43.8940811, -79.469663

Stan Butcher, 905-737-3966, cell (hike day only) 416-770-7550

Wed, May. 25, 2016 9:30 AM, Uxbridge - Glen Major West (Conc. 6 - aggregate pit)

ORTA Map 5; 16+km; Fast; 4+hrs.; Loop hike through Glen Major and Walker Woods 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

Wed, May. 25, 2016 9:30 AM, Alnwick/Haldimand - Northumberland Forest (Hwy #45)

ORTA Map 11; 12km; Moderate; 3.5hrs.; Moderate End2End. Car Shuttle. Northumberland Forest Trails and country roads. Pre-register for this hike to allow for car pooling and shuttle arrangements. Meet in the parking lot on the east side of Hwy 45 at Morris Rd. 19.2Km north of Hwy 401. GPS: 44.089801, -78.102624

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

Fri, May. 27, 2016 9:30 AM, King - Happy Valley North (Conc. 7)

ORTA Map 2; 10km; Fast; 2hrs.; Some hilly sections 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, May. 28, 2016 7:00 AM, Uxbridge - Al Shaw (Conc.6)

ORTA Map 5; 4km; Moderate; 1hrs.; Loop hike some hilly sections. No dogs please 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

Sat, May. 28, 2016 9:30 AM, Whit-Stouffville - YRF Dainty & Clarke Tract (McCowan Rd)

ORTA Map 4; 9km; Moderate; 2.5hrs.; Hike on several side trails and loops in Dainty, Clarke and Patterson Tracts. Meet at Dainty Tract parking lot on west side of McCowan Rd, 0.4 km south of Aurora Rd. GPS: 44.028935 , -79.319816

Peter Schaefer, 905-476-0413 or on day of hike 905-967-3004

Mon, May. 30, 2016 9:30 AM, Aurora - Nokiidaa Trail (Industrial Parkway North)

ORTA Map Aurora; 7km; Slow; 2.5hrs.; We'll wander through the Aurora Community Arboretum and then take the Nokiidaa Trail north to Mackenzie Wetland and Hadley Grange Conservation Reserve. Dogs on leash welcome. Bring drinks and maybe a snack. Lunch option afterwards. Meet at the south parking lot of the Aurora Family Leisure Centre, 135 Industrial Parkway North GPS: 44.006878, -79.459456

Stan Butcher, 905-737-3966, cell (hike day only) 416-770-7550

JUNE

Wed, Jun. 1, 2016 9:30 AM, Scarborough - Rouge Park (Kingston Rd)

16km; Moderate to fast; 4hrs.; Loops; varied, hilly, terrain. Bring drinks/snacks/lunch. Meet at parking lot by Glen Rouge Campground. Entrance on north side of Kingston Rd (Hwy 2), east of Port Union Rd (Scarborough), west of Altona Rd (Pickering). GPS: 43.80489, -79.1372092

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

Fri, Jun. 3, 2016 9:30 AM, Uxbridge - Glen Major West (Conc. 6 - aggregate pit)

ORTA Map 5; 10km; Fast; 2hrs.; Loop hike some 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, Jun. 3, 2016 9:30 AM, Whit-Stouffville - YRF Dainty & Clarke Tract (McCowan Rd)

ORTA Map 4; 10km; Moderate; 2.5hrs.; We'll do a loop on the Dainty Tract, then cross the road and explore some of the Clarke Tract trails. Easy walking on generally wide sheltered forest trails. Meet at Dainty Tract parking lot on west side of McCowan Rd, 0.4 km south of Aurora Rd. GPS: 44.028935, -79.319816

John Fuchs, 289-500-2212 (hike day only)

Sat, Jun. 4, 2016 7:00 AM, Uxbridge - Al Shaw (Conc.6)

ORTA Map 5; 4km; Moderate; 1hrs.; Loop hike some hilly sections. No dogs please 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, Jun. 5, 2016 10:00 AM, New Tecumseth - Earl Row Provincial Park (Alliston)

8km; Moderate; 3hrs.; Exploring the loop trail and lake. One steep hill. Bring snacks and drinks. Meet in the Alliston, McDonalds parking lot on Hwy 89 opposite Canadian Tire. GPS: 44.147678, -79.884863

David Francis, 905-936-4446, cell phone (hike day) 416-579-5432

Sun, Jun. 5, 2016 10:00 AM, Clarington - Bluebird Side Trail (Hwy 35)

ORTA Map 8; 9km; Moderate; 2hrs.; ORTA map 8; there and back; field and forest ; lots of poison ivy - long pants strongly suggested; bring snacks and drink ; possible stop at Tyrone Mill after hike . Take Hwy 115 north from Taunton Rd to Hwy 35 cut-off. On Hwy 35 take first road to the left and bear left past first parking area to meet at the large parking area further on. GPS: 44.058762, -78.624792

Grace Moores, 905-263-4340

Mon, Jun. 6, 2016 9:30 AM, Uxbridge - Secord Forest (Conc. 3)

ORTA Map 5; Slow to moderate; 2.5hrs.; Will we see orchids on the forest trails? Some challenging hills. Well mannered dogs are encouraged to bring their owners. Join us for lunch afterwards. 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

Wed, Jun. 8, 2016 9:30 AM, Whit-Stouffville - YRF Dainty & Clarke Tract (McCowan Rd)

ORTA Map 4; 15+km; Fast; 4hrs.; 2016 Sideways trek. Today we will trek five blue trails. A car shuttle will be required between the meeting place and start of our trek. Come prepared to support the car shuttle.

Bring snacks and a drink. Meet at Dainty Tract parking lot on west side of McCowan Rd, 0.4 km south of Aurora Rd. GPS: 44.028935, -79.319816

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

Fri, Jun. 10, 2016 9:30 AM, Markham - Unionville Urban Hike (Toogood Pond)

10km; Fast; 2hrs.; Loop hike around Toogood and Walden Ponds. Meet at Toogood parking area. Take Main St Unionville north, from Carlton Rd 0.5km turn west on Toogood Pond to parking. GPS: 43.869525, -79.313331

Joan Taylor, 905-477-2161

Fri, Jun. 10, 2016 9:30 AM, Uxbridge - Glen Major East (Conc. 7)

ORTA Map 5; 8km; Moderate; 2hrs.; loop hike through pretty forest, hiking boots desirable, no dogs please Meet at parking lot off Uxbridge Conc 7, 6 km south of Durham Route 21 or 1 km north of Uxbridge/Pickering town line or Conc 5 Pickering on Sideline 4. GPS: 44.0060802, -79.0692565

Kevin Lowe, 416-655-2256

Sat, Jun. 11, 2016 7:00 AM, Adventure Relay - 160 Km from Gores Landing to King City

160km; 16hrs.; 10th annual ORTA Adventure Relay. All day event. Come and cheer the relay teams of athletes as they race: paddling canoes, running and cycling over the Oak Ridges Trail. See <http://oakridgestrail.org/adventure-relay/> for details. GPS: 44.12010, -78.23621

Sun, Jun. 12, 2016 1:30 PM, King - Seneca King Campus/Mary Lake (Keele St.)

ORTA Map 2; 7+km; Moderate; 2+hrs.; We will go from Keele St. to Seneca and hike around these beautiful trails. Some rough and hilly sections. Well behaved dogs welcome. Marianne encourages a love of nature, so bring your camera as we will stop to admire the wildflowers and the view. Meet at roadside parking on Keele, 3 km north of King Road on both sides at ORTA trail sign. GPS: 43.955220, -79.535400

Marianne Broome. 905-939-7007 Cell 416- 409-1980 (hike day only)

Mon, Jun. 13, 2016 9:30 AM, Richmond Hill - Richvale Greenway (Central Library)

7.5km; Slow; 2.5hrs.; Explore the historic centre of Richmond Hill before taking the trails around Mill Pond and Rumble Pond to Richvale Greenway. Will we experience Mary Dawson Park in the rain? Dogs on leash welcome. Bring drinks and maybe a snack. Meet outside the front entrance of Richmond Hill Central Library, SW corner of Major Mackenzie Dr. and Yonge St. GPS: 43.870210, -79.438739

Stan Butcher, 905-737-3966, cell (hike day only) 416-770-7550

Wed, Jun. 15, 2016 9:30 AM, Pickering - Seaton Hiking Trail (Whitevale Rd)

16km; Moderate to fast; 4hrs.; 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

Wed, Jun. 15, 2016 9:30 AM, Richmond Hill - Oak Ridges Corridor - (Old Colony Rd.)

ORTA Map 3; 8+km; Moderate to fast; 2+hrs.; T & B to Bathurst Glen GC Meet in the parking area on the south side of Old Colony Rd. 550m. west from Bayview Ave. GPS: 43.938785, -79.435619

Cornelius Sommer, 905-953-7949 before 8 pm, 905 717 7641 hike day only

Fri, Jun. 17, 2016 9:30 AM, King - Happy Valley (Weston & 16th Sdrd)

ORTA Map 2; 10+km; Fast; 2+hrs.; There and back hike some hilly sections Meet at roadside parking northeast corner of Weston Rd & 16th Sdrd. GPS: 43.954224, -79.586575

Russ Burton, 905-830-2862

Fri, Jun. 17, 2016 9:30 AM, Uxbridge - Secord Forest (Conc. 3)

ORTA Map 5; 10km; Moderate; 2.5hrs.; We'll hike over to the Goodwood Tract then return and do a loop around Secord Pond back to the parking lot. Meet at Secord parking lot, 2 km south of Goodwood Rd, on Conc 3, east on Secord Rd. GPS: 44.017830, -79.182766

John Fuchs, 289-500-2212 (hike day only)

Sat, Jun. 18, 2016 7:00 AM, Uxbridge - Al Shaw (Conc.6)

ORTA Map 5; 4km; Moderate; 1hrs.; Loop hike some hilly sections. No dogs please 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

Sat, Jun. 18, 2016 10:30 AM, Vaughan - Kortright Centre (Pine Valley Drive).

8km; Slow to moderate; 2.5hrs.; Nice summer hike on trails around the Kortright Centre. Terrain is variable. Admission fee of 6.50 applies. We will gather in the main parking lot. Note: Bring snack and water. West side of Pine Valley Dr., 1.2Km south from Major MacKenzie Dr. W, Follow the long driveway into the park until it ends at the meeting place in the main parking lot. GPS: 43.829281, -79.584065

Tessa Shelvey, 416-320-8555

Mon, Jun. 20, 2016 9:30 AM, Whit-Stouffville - YRF Hall & Eldred King (McCowan Rd)

ORTA Map 4; Slow to moderate; 2.5hrs.; Hike the sandy trails of Hall and Eldred King Tracts. Well mannered dogs are encouraged to bring their owners. Join us for lunch afterwards. Meet at parking lot 1 km north of Aurora Rd on the east side of McCowan Rd. GPS: 44.0410721, -79.3228268

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

Wed, Jun. 22, 2016 9:30 AM, Uxbridge - Walker Woods West (Conc. 6. / Allbright Rd.)

ORTA Map 5; 14+km; Fast; 3+hrs.; 2016 Sideways Trek. West and East Walker Woods loop hike, hilly. Bring snacks and a drink. Meet at parking lot on the east side of Conc 6, 2 km south of Durham Rd. 21 at Albright Rd. GPS: 44.033851, -79.1141206

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

Fri, Jun. 24, 2016 9:30 AM, Pickering - Duffins Creek West (Conc 3)

8km; Moderate; 2hrs.; semi loop hike along the Seaton Trail, hilly, hiking boots desirable, no dogs please Meet at parking lot on Conc. 3, west off Brock Rd, north of 401, south of Taunton, west of Valley Farm Rd. GPS: 43.863965, -79.098325

Kevin Lowe, 416-655-2256

Fri, Jun. 24, 2016 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 Albright Rd. GPS: 44.033851, -79.1141206

Joan Taylor, 905-477-2161

Sat, Jun. 25, 2016 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, Jun. 25, 2016 9:30 AM, King - Seneca King Campus/Mary Lake (Keele St.)

ORTA Map 2; 9km; Moderate; 2.5hrs.; Hike along Mary Lake and on Pine Farm Side Trail. No dogs please. Meet at roadside parking on Keele, 3 km north of King Road on both sides at ORTA trail sign. GPS: 43.955220, -79.535400

Peter Schaefer, 905-476-0413 or on day of hike 905-967-3004

Mon, Jun. 27, 2016 9:30 AM, East Gwillimbury - North Nokiida Trail (Green Lane)

ORTA Map 3; 7.5km; Slow; 2.5hrs.; Our route will depend on construction along 2nd. Concession Rd. Dogs on leash welcome. Bring drinks and maybe a snack. Lunch option in Newmarket afterwards. Meet at Rogers Reservoir front parking lot on the north side of Green Lane, 1.7 km west of Leslie St. GPS: 44.079958, -79.452813

Stan Butcher, 905-737-3966, cell (hike day only) 416-770-7550

Wed, Jun. 29, 2016 9:30 AM, Uxbridge - Walker Woods East (Conc. 7 - microwave towers)

ORTA Map 5; 10km; Fast; 2hrs.; East Walker Woods and beyond, loop hike, hilly. 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

ROUTE CHANGES TO GUIDEBOOK MAPS

Route changes may have occurred since the current issue of the Guidebook was published. In addition, changing seasons and weather may effect trail conditions. Remember to always check the "Route Changes & Trail Conditions" page on the ORTA website for the most up-to-date information.

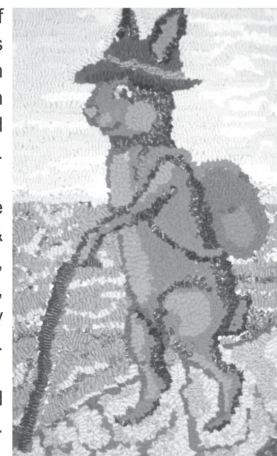
(<http://oakridgestrail.org/hikes/current-trail-conditions-route-changes>)

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DISCOVER YOUR WORLD

Join us for the Oak Ridges Trail Association's Discovery Night! Enjoy an evening out sharing in interesting worldwide journeys and listening to speakers on a wide variety of subjects.

Catch up on 'off trail' socializing. ORTA members and the public are invited to come along and bring a friend!

Thursday April 21 2016

For members, at the Annual General Meeting, there will be a special speaker (TBA). See page 3 for more details and check the Website closer to the event. *NOTE: Meeting is in King City*

Thursday May 19 2016

Guest Speaker To Be Announced

Please check the ORTA Website closer to the date

There will be no Discovery Night in June, July or August.

JOIN THE DISCOVERY NIGHT TEAM:

Help us continue to bring fun and informative evenings to ORTA and the community at large. Many hands make light work, as they say. Please lend a hand to secure lively speakers, organize the night's smooth running and keep the Discovery Night tradition active.

Do you or someone you know have a great story to share? You could be an upcoming Discovery Night speaker. Let us know!

When: 7-9 p.m.

Where: Ballantrae Community Centre, 5592 Aurora Road, Stouffville (just east of Hwy. 48/Markham Rd, on the north side)

A \$5 contribution is requested at the door to offset expenses. Coffee, tea, juice and cookies served. Please lug-a-mug!

Questions? Contact Garry Niece: 905-655-8040, gcniece@gmail.com

END2END HIKES ON THE OAK RIDGES MORAINE TRAIL 2015-2016

BY BRIAN AND WILMA MILLAGE

Scenic, Diverse, Less Rigorous than some - until you've trekked the entire 265+ km you still have more surprises to come. Among those surprises are high lookouts, coniferous and deciduous forest trails, streams and pastoral countryside- interspersed with the inevitable country roads. John Denver even sang a song about his "Country Roads". I find the backroads add some balance to the full forest sections of the Trail as well as lead to small towns and welcome eateries along the way.

This past year, and currently, there have been 3 End2End groups, all starting at our western terminus with the Bruce Trail in Caledon's Glen Haffy C.A. and continuing eastward to either Warkworth or Castleton- our twin eastern trailheads- your choice. The fast 20+km per day groups accomplish the trek in about 13 days, while moderate speed 10-14 km per day treks will need about 20 days. One ORTA group completed their E2E last year, a Bruce Trail group is currently engaged in the trek, and a second ORTA group, moderate speed, is over 1/3 of the way across the Moraine.

Most groups require pre-registration to facilitate car shuttles and car pooling, but the current "moderate" group is offering a different option. Brian and Wilma are trekking the ORMT with a mostly open-door policy. Come for the entire E2E, or drop in for sections you have missed or want to re hike. As we travel farther east we will ask for some preregistration due to the increased travel distances. Between September and December 2015 our group completed 8 legs and reached the Hall Tract in York Region Forest north of Ballantrae. We have taken the winter off but you will notice the continuing series in this Trail Talk and on the ORTA website. Come and join us for one or all of these outings as we trek the major forests and trails from York through Uxbridge and Durham Region. We will even leapfrog to the Northumberland Forest for a May hike- please preregister for this one.

Wilma and Brian will be unavailable for the summer period but will resume in September for more trail treks. Bill Patterson and others have kept a photo log and I'll leave it to his pictures to complete the story. Keep on Trekking!

TRAIL BITES - EGGS 4 LIFE

WALMART PLAZA, AURORA, WELLINGTON ST, BETWEEN HWY 404 AND LESLIE
BY WILMA MILLAGE

Cathy is amazing! She works at the Eggs 4 Life restaurant in Aurora and we often go in there for lunch after a hike, as do many other hiking groups from ORTA. We sit down at the table and she comes to take our orders. We can have as many as 12 hikers and Cathy goes around the table taking orders, and handling revisions for everyone, without writing anything down! Then she comes back shortly with our lunches, putting the correct one down in front of each of us. I don't know about you, but I have trouble remembering what I ordered, let alone what 11 other people ordered.

Cathy says "I have a great memory and I think it is genetic". However, she does admit that she doesn't have a sense for geographic directions. She has been working with Ravi, the owner of Eggs 4 Life for 5 years now and loves her job.

There is a great selection on the menu and my favourite is the spinach and feta omelet. Another draw for most of us is the fact that they have a senior's discount of 10% on Monday and Tuesday. Try a visit next time you are in the area. You'll have a great breakfast or lunch.



FOREST MEDICINE

BY PATRICIA BALDWIN – SCUGOG CHAPTER

In the spring, trails have their own unique challenges. Will there be ice, puddles, floods or mud to slip into or splatter? Then there is the threat of a spring rain. That could leave you with cool humid air. I wonder, should I stay home? However, it never fails to amaze me at number of ORTA members who show up for hikes in the most unappealing weather. Why is that?

The Japanese may have some answers as to why ORTA members leave their cozy homes, lace up their boots and pack their icers to venture out to the moraine. Japanese researchers began to study the benefits of the forest back in the 1980's with a new twist. They thought that their forests provided health benefits but there was little in the way to justify that thinking in terms of evidence based scientific studies. Since then, they have accumulated an impressive quantity of research, prompting worldwide interest into this field of study, which is known as forest medicine.

The medical doctor Eva M. Selhub, a Harvard Medical School instructor and Clinical Associate of Benson Henry Institute for Mind/Body Medicine in Massachusetts has co-authored a book titled Your Brain on Nature, with Alan C. Logan, ND. This book outlines many of the benefits of the forest, from breathing in essential oils emitted by trees which can lower the hiker's production of stress hormones and increasing the body's antioxidant system (p. 83) to exposing us to benefits of spring rain. A forest has a lot of negative ions, so does a moving body of water or the air after a rainfall. Negative ions are abundant when we hike in those situations. When we breathe, we are inhaling ions which lead to a reduction in our stress levels, decreasing depression and anxiety while improving cognitive performance. (p. 98)

So, I guess I'll round up my rain gear and my mud boots to get myself a dose of energetic spring fever out on ORTA trails.

ORTA AROUND THE WORLD

BY STAN BUTCHER



Stan and Gillian Butcher sailed from New York to Southampton on the Queen Mary 2 last September. This was to fulfill a lifetime dream as, back in the early 1900s, Gillian's dad was an Orchestra Leader on White Star liners. Three turns around Deck 7 of the world's largest liner was a good preparation for breakfast.

In England they went to a number of places on their bucket list. These included Land's End and Hadrian's Wall. When leaving the Hop-On Hop-Off bus which takes visitors to all the key points on Hadrian's Wall, Stan dropped his red ORTA Cap.



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