



Welcome to the Fall Hiking Season

To quote the Toronto Bruce Trail Club : *“Having experienced the pandemic shutdown, this year many of us are approaching the season with a profound new understanding of how precious a privilege it is, to be able to hike together. Enjoy it safely! “*

EVENTS and ANNOUNCEMENTS:

Due to the pandemic this year many of our events that would have taken place earlier this year did not, including our regular hiking schedule. However, we are now offering weekly hikes on a week to week basis. Please see hike schedule below.

BRUCE TRAIL DAY, SUNDAY, October 4th. A trail-wide celebration of hiking and conservation along the Niagara Escarpment. Watch Brucetrail.org for details.

New Edition of the Bruce Trail Reference Guide – 30th Ed. is now available to order through the Bruce Trail Conservancy Office. www.brucetrail.org. The new edition includes a section on Indigenous Culture and maps identifying Indigenous landmarks along the trail.



New! Winter End-to-end Badge



Toronto Bruce Trail Club is offering a new Winter End-to-End Badge this winter. To earn the badge you will need to hike the entire Toronto section of the Bruce Trail this winter between December 21 and March 19. Once completed you need to submit your BTC membership number and hiking log (days hiked and the start and end point of those days) to the Toronto Club Badge Secretary, Jude Keast, at the following address: Toronto Bruce Trail Club, P.O. Box 597, 2938 Dundas Street West, Toronto ON M6P 4E7. The cost of our new badge is \$5.00 for members and \$10.00 for non-members. Cheques should be made payable to **The Toronto Bruce Trail Club**.

Hike Schedule

Due to COVID, and until further notice, our hikes this Fall and Winter will be decided on a weekly basis. We are keeping our group hike numbers to a maximum of 12 for the safety of all and therefore it will be necessary to pre-register each week. If you wish to hike with us, please send us an email stating you wish to be added to our "Hike Distribution List" at haltonhillshiking@gmail.com. Those on the Hike Distribution List will be notified each week of the featured hike.

Hike start times and locations will vary. Hikes may be changed or cancelled at the discretion of the hike leader. Please remember that **ALL** our hike leaders are volunteers.

Pre-registration by email is necessary. Since we will not be passing around pen and paper, **anyone who registers for the hike agrees to the waiver at the bottom of the featured hike email.**

No car pooling is possible. All hikes will be out and back or a loop hike. There will be no car shuttles. We'll meet at the trail and stay 2 m. apart (approx. 2 arms lengths).

Please do not come to the hike if you're not feeling well, have a scratchy throat or any other cold-like or COVID-19 symptoms or have recently been in contact with a person who has tested positive for the virus.

Physical distancing is mandatory at all times. It might be a good idea to bring mask / bandanna and own hand sanitizer / bug repellent in addition to the usual supply of water and snack/lunch.

Kindly note: apparently ticks are very numerous this year. Long pants and sleeves as well as loose-fitting clothing recommended.

Please dress according to the weather report. Hiking boots or sturdy shoes are a must.

Ticks and Lyme Disease

Be alert for TICKS, which can carry Lyme Disease. Don't walk barelegged in tall grass or wooded areas. Try to stay in the centre of a cleared trail to avoid contact with overgrown grass, brush and leaf litter. Wear long sleeves, long pants and fully-closed boots or shoes when walking in grassy or wooded areas. Tuck your pant legs into your socks and conduct a "tick check" on yourself after exposure to tick habitat. Wear light coloured clothing to make the ticks easier to find. Insect repellents containing DEET are useful and can be sprayed onto clothing, especially on your pants and socks. For more information on TICKS and LYME disease visit www.canlyme.org.

