

THE TORONTO HIKING AND CONSERVATION CLUB

has its roots in the Don Valley Conservation Association, formed in the early 1950s to protect the Don Valley. After an active decade, a group of Association members met to create the Toronto Hiking and Conservation Club on August 25, 1961. Every year since, the Club has organized programmes of Sunday hiking in the countryside surrounding Toronto, and has financially supported a variety of conservation endeavours. Currently membership is approximately 150, and, as in the past, voluntary participation continues, with energetic hiking programmes, hike leading, car pools, social events and Executive Committee work.

GENERAL INFORMATION

Arrangements:

Hikers leave at 10:00 a.m. (unless stated otherwise in the programme) from the parking lot on the northwest corner of Yonge and York Mills. For information about a particular hike, phone the hike leader the day before. Hike routes may be changed at the last moment due to unforeseen circumstances.

Clothing and Equipment:

Dress suitably for the weather. Sturdy, waterproof boots are advised. Bring lunch and a beverage. *Do not litter.*

Transportation and Incidental Costs:

Passengers may donate towards transportation costs, using the following scale:

Under 100 km	\$ 8.00
100-200 km	\$10.00
Over 200 km	\$12.00
Within Toronto	\$ 5.00

Hikers will pay gate fees to Conservation Areas where required. *Members of the Bruce Trail go free in the Kelso area. Please carry your membership card!*

EXECUTIVE

President:

Peter Sproule 416-283-4516

Vice-President:

Susan Graham 416-462-9055

Treasurer:

Tony Asrilen 416-693-8639

Recording Secretary:

Agnes Heringer 905-763-2079

Membership Secretary:

Elke Ganguli.416-532-2883

Programme Secretary:

Marta Esmailji. . . . 416-445-1902

Regulations:

1. Members and guests should stay with the group and observe the leader's instructions. They should not hike ahead of the leader, nor behind the backup person.
2. Hikers come at their own risk and neither the club nor the leader can be held responsible in the event of a mishap or accident on a hike or during any other club activity. Hikers are advised to carry identification and a telephone contact on their pack. Luggage tags are ideal for this.
3. Visitors are welcome to attend one hike as guests of the club, after which they should apply for membership.
4. All are reminded that it is illegal to smoke in the woods unless sitting down, and that dogs are not allowed on our hikes.
5. Drivers should ensure that other drivers are not in difficulty before returning to Toronto. They should provide rides for as many people as possible, returning them to the parking lot, unless other arrangements have been made in advance.

MEMBERSHIP APPLICATION/RENEWAL

Our membership year extends from October 1 to September 30 of the following year. Annual membership fees are: New Membership: \$20 Single, \$25 Family; Renewal: \$15 Single, \$20 Family. To apply for or renew your membership in the Club, please complete the form below, and either hand to our membership secretary when hiking, or mail with your cheque to: Toronto Hiking Club, Box 121, Station F, Toronto, Ontario M4Y 2L4.

Name _____ Phone _____

Address _____

E-mail _____

Enclosed is (please circle): New / \$ 20 / \$25 Renewal / \$15 / \$20. Any surplus at year end is donated to conservation projects. Check if you require a receipt:



TORONTO HIKING & CONSERVATION CLUB

PO BOX 121, STATION F
TORONTO ONTARIO M4Y 2L4

Visit us on the web at <http://www.sroulephoto.ca/thcc>

Hikers meet before 10:00 a.m. in the parking lot on the northwest corner of Yonge and York Mills. Any exceptions to this meeting place are noted below. Call the hike leader if you need more details. Please do not bring dogs.

CHECK YOUR E-MAIL BEFORE YOU LEAVE FOR CHANGES OR CANCELLATIONS.

Could be slippery in winter months – wear your icers!

September 6, 2009 to February 7, 2009

DATE	LOCATION	LEADER	TELEPHONE
September 6	Smokey Hollow (hilly)	Steven Wang	416-638-1465
September 13	Hockley Crest (moderate)	Esther Keltz	416-782-3764
September 20	Silver Creek (rocky)	Bertrand Leduigou	416-481-3072
Septemberr 27	Dundas Valley (moderate)	Steven Wang	416-638-1465
October 4	Humber Valley Heritage Trail	Elke Ganguli	416-532-2883
October 11	Hockley Valley (hilly)	Bob McCrindell	416-596-7771
October 18	Rouge Valley (moderate)	Peter Sproule	416-283-4516
ANNUAL GENERAL MEETING AT PEARSE HOUSE			
October 25	Crawford Lake (moderate)	Bertrand Leduigou	416-481-3072
November 1	Glen Haffy (moderate)	Arnold Landis	416-222-3551
November 8	Speyside (rocky)	Steven Wang	416-638-1465
November 15	Webster Falls (moderate)	Tony Asrilen	416-693-8639
November 22	Long Sault (moderate)	Elke Ganguli	416-532-2883
November 29	<i>Mary Lake (Oakridges Trail, Seneca College)</i>	Bob McCrindell	416-596-7771
December 6	Hilton Falls (moderate)	Naomi Davis	416-636-7767
December 13	Palgrave (moderate)	Bob McCrindell	416-596-7771
December 20	Forks of the Credit (hilly)	Tony Asrilen	416-693-8639
December 27	Glen Major (moderate)	Elke Ganguli	416-532-2883
January 1	Toronto Islands (flat)	Bob McCrindell	416-596-7771
(New Years Day)	<i>Meet at Ferry Docks at 10:15a.m.</i>		
January 3	Kelso (moderate)	Naomi Davis	416-636-7767
January 10	York Regional Forest (moderate)	Bob McCrindell	416-596-7771
January 17	Terra Cotta (moderate)	Bob McCrindell	416-596-7771
January 24	Mystery hike, need leader!		
January 31	Highland Creek (easy)	Peter Sproule	416-283-4516
February 7	Credit River (moderate)	Howard Wills	905-844-2272

ANNUAL CHRISTMAS PARTY – December 11th 2009

See Norman Day for details - 416-922-4880

SUGGESTED GUIDELINES FOR HIKE LEADERS & PARTICIPANTS

- 1) Introduce yourself and say a few things about the hike (distance, terrain, etc.)
- 2) Assign a backup person.
- 3) Ask hikers to remain between the leader and the backup. Explain that if anybody goes ahead of the leader and gets lost, s/he is on his/her own!
- 4) Ask hikers that, if they have a need to go to the bushes, they should leave their pack at the side of the trail, so that the backup person knows that someone is there and waits.
- 5) Take a count (re-count after lunch!).
- 6) If there are no facilities at the beginning of the hike, stop for a modesty break within 15 minutes after the hike, where possible.
- 7) Take a break every 1/2 hour to give people a chance to catch up, water break, etc.
- 8) Do not assume everyone will know which path to take when given a choice; either wait at a fork in the trail or assign someone to guide any trailing hikers.
- 9) **Know your limitations.** If you know you have difficulty with a particular terrain, please consider skipping that particular week as it is not fair for the group if they have to continually wait for one or two people.

Each hiker should, to the best of their ability, strive to maintain the pace set by the leader. **Conversely**, it is the leader's responsibility to notice any difficulty by the majority of hikers and to adjust his/her pace accordingly.

10) **LAST BUT NOT LEAST:**

If you intend to use the facilities of a restaurant without making purchases, or use the premises as a parking site, ask permission in advance from the management.