



TORONTO HIKING & CONSERVATION CLUB

298 Crawford St, Toronto, ON M6J 2V8

Visit us on the web at <https://www.sproulephoto.ca/thcc>

Car & Urban hikes. **Meet at northwest corner of Yonge St & York Mills for 10am departure.**

Call the hike leader if you need more details. Please do not bring dogs.

THCC 2024 Spring Program – March 24th, 2024 to June 23rd, 2024

DATE	LOCATION	LEADER	PHONE
March 24	Greenwood Conservation Area	Elke Ganguli	416-532-2883
March 31	Hockley Crest	Bernd Freisenhausen	416-278-4348
April 7	Secord Forest/ Goodwood	Claudette Baril	647-668-5610
April 14	Scottsdale/Silver Creek	Bertrand Leduigou	416-481-8732
April 21	Brock and Wilder Forest (East Duffins)	Wayne Yeechong	647-678-9152
April 28	Tommy Thompson Park (Leslie Spit)	Peter Sproule	416-259-0622
May 5	Jefferson Forest (Trillium hike)	Mohammed Aghamiri	416-616-4105
May 12	Seaton Trail (Forestream to Whitevale)	Tony Asrilen	H: 416-693-8639 C: 647-466-6944
May 19	Humber Valley Heritage Trails	Doris Youssef	647-302-3968
May 26	Palgrave Forest and Wildlife Area	Wayne Yeechong	647-678-9152
June 2	Rouge Urban Park	Dariush Hatami	647-687-8417
June 9	Mulmur Hills (Dufferin Highland section of Bruce trail)	Bernd Freisenhausen	416-278-4348
June 16	Hockley Valley	Doris Youssef	647-302-3968
June 23	Christie Lake (short hike and optional swim) Summer Picnic (details will be emailed to the members in early June)	Bernd Freisenhausen Mary-Anne Diadamo	416-278-4348 416-223-9426

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, he is on his/her own! Hikers should strive to keep the person that is behind and in front within visual contact. See Guidelines #7 & #8.
- 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) If there are no facilities at the beginning of the hike, stop for a modesty break within 15 minutes after the hike, where possible.
- 6) Take a break every 1/2 hour to give people a chance to catch up, water break, etc.
- 7) Do not assume everyone will know which path to take when given a choice; wait at a fork in the trail or assign someone to guide trailing hikers.
- 8) Take counts at random times, and recount after lunch.
- 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 a leader intends to use the facilities of a restaurant or other establishment without making purchases, or use the premises as a parking site, ask PERMISSION in advance from the management.

General Information

- For information about a particular hike, phone the hike leader at least the day before. Hike routes may be changed at the last moment due to unforeseen circumstances.
- Dress suitably for the weather. Sturdy waterproof boots are advised. Bring a lunch, and do not litter.

- **Transportation and Incidental Costs**

Passengers are encouraged to donate towards transportation costs using the following scale for round trip:

Under 100 km	\$10
100-200 km	\$12
Over 200 km	\$15
Within Toronto	\$7

Executives	
President Tony Asrilen	416-693-8639
Vice-President Dariush Hatami	647-687-8417
Treasurer Bernd Freisenhausen	416-278-4348
Programme Secretary Claudette Baril	647-668-5610
Membership Secretary Elke Ganguli	416-532-2883 elkeg@bell.net

Email Liaison: Dariush Hatami (dariush.hatami@outlook.com)

- Hikers will pay gate fees to Conservation Areas when required.
- Visitors are welcome to attend one hike as a guest of the club, after which they should apply for membership.
- Drivers should ensure that other drivers are not in difficulty before returning to Toronto. They should provide rides for as many passengers as possible, returning them to the meeting place unless other arrangements have been made in advance

WHISTLE CODE

If you hear - 1 blow, stop;

2 blows - go to the person who blows the whistle;

3 blows - it is an emergency, safely rush to the person who blows the whistle.

Hikers participate 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, a whistle, and a telephone contact on their pack. Luggage tags are ideal for this. By applying for membership, you acknowledge these facts and absolve the club and leader of all responsibility in the event of injury or other mishap, howsoever caused.

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 90, and, as in the past, voluntary participation continues, with energetic hiking programs, hike leading, car pools and social events.



MEMBERSHIP APPLICATION/RENEWAL

Our membership year extends from October 1 to September 30 of the following year. Annual membership fees is \$20.

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 Toronto Hiking Club, 298 Crawford St, Toronto, ON M6J 2V8

Name _____

Phone Number _____

Address _____

Email (Please print in capital letters) _____

Check if you would like your programs e-mailed when available

All hike leaders are unpaid volunteers. Your participation is at your own risk and you absolve the club and leader of any responsibility.

Signature

Enclosed is \$20

Any surplus at year end may be donated to conservation projects. Check if you require a receipt: