



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 **3885 Yonge St, North York, Miller Tavern parking lot** for **10:00am** departure.

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

THCC 2026 Spring Program – March 29th to June 28th , 2026

DATE	LOCATION	HIKE LEADER	PHONE
March 29	York Regional Forest (Eldred King and Hollidge Tract)	Christian Meunier	416-716-5737
April 5	Hockley Crest	Bernd Freisenhausen	416-278-4348
April 12	Hilton Falls Conservation Area	Wayne Yeechong	647-678-9152
April 19	Lynde Shores Conservation Area	Darius Hatami	647-687-8417
April 26	Bob Hunter Memorial	Christian Meunier	416-716-5737
May 3	Smokey Hollow, Bruce Trail	Elke Ganguli and Bernd Freisenhausen	416-532-2883 416-278-4348
May 10	Trillium hike(Jefferson Forest/Oakridge trail)	Mohammad Aghamiri	416-616-4105
May 17	Scotsdale Farm/ Silver Creek	Bertrand Leduigou	416-481-3072
May 24	Palgrave Forest and Wildlife Area	Elke Ganguli	416-532-2883
May 31	Seaton Trail	Tony Asrilen	H 416-693-8639 C 647-466-6944
June 7	Brock Tract and Wilder Forest	Wayne Yeechong	647-678-9152
June 14	Humber Valley Heritage Trail	Elke Ganguli	416-532-2883
June 21	Walkers Wood	Bernd Freisenhausen	416-278-4348
June 28	Christie Lake Annual Picnic	Bernd Freisenhausen (hike) Mary-Anne Di Adamo(picnic)	416-278-4348 416-223-9426

SUGGESTED GUIDELINES FOR PARTICIPANTS:

- 1) Please do not bring dogs.
- 2) Remain between the leader and the backup. If anybody goes ahead of the leader and gets lost, they are on their own! Hikers should strive to keep the person that is behind and in front within visual contact.
- 3) 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.
- 4) If someone needs 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

SUGGESTED GUIDELINES FOR HIKE LEADERS:

- 1) Introduce yourself and say a few things about the hike (distance, terrain, etc.)
- 2) **Assign a backup person.**
- 3) Take counts at random times and recount after lunch.
- 4) If there are no facilities at the beginning of the hike, stop for a modesty break within 15 minutes after the hike, where possible.
- 5) Take a break every 1/2 hour to give people a chance to catch up, water break, etc.
- 6) 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.
- 7) Notice any difficulty by the majority of hikers and adjust your pace accordingly.
- 8) **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:

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

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 hike leaders 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 the hike leaders 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 programs of Sunday hiking in the countryside surrounding Toronto, and has financially supported a variety of conservation endeavors. Currently membership is approximately 90, and, as in the past, voluntary participation continues, with energetic hiking programs, hike leading, car pooling 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 _____

Address _____

E-mail(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 or (please indicate) .

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