

# TRAIL TALK

Oak Ridges Trail Association Quarterly

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Peter Attfield giving a lesson on flora and fauna on Fatema Aminis recent hike in Happy Valley Goldie Feldman tract.



**Do you know your Trail? Take the quiz page 4**

Photo Credit Top left, right: Fatema Amini

Bottom: Vadimas Geguzinskis



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***Building Pathways to an Active Lifestyle***



*Presidents Report—Kevin Lowe*



Our Edition 7 guidebooks are now available and are selling quickly. As a member you can order the “Insert” only which is the text and maps without a cover or the complete Guidebook online. Members’ prices are discounted.

Our guided hike program has resumed effective June 30. A limited number of hikes will be available for booking using the format utilized earlier. You will need to log into your account and follow the instructions to book a spot. All Covid expectations regarding distancing still apply. Please recognize that there will likely be more interested hikers than spaces initially and book your hikes reasonably, allowing others the opportunity to take part.

Thanks are due to Malcolm Hann for his many years of service as our Hike Co-ordinator. Malcolm became the Hike Coordinator in 2007 and received a Commendation Award April 2015 for his capable work. Malcolm was also a Richmond Hill Chapter Co-chair for 2015-2016. Malcolm is relocating out of the province to be closer to family and will be missed.

Derek Cowbourne will be taking over the role. Many of you may know Derek from his work on the Adventure relay as well as being an active hiker. Meet your new Hike Co-ordinator on page 5.

ORTA also has a new Retail Guidebook Distributor, Daniel Braganza. Some of you know Daniel as he has been the Trail Captain on the Clark Trail section for a couple of years now. Daniel will distribute the new edition 7 Guidebook to our supportive retailers who stock our book.

Also a warm welcome to our new Northumberland Chapter Chair, George Gordon. With his many skills working previously on the Board of Northumberland United Way, The Escarpment Biosphere Conservancy, various committees of the Bruce Trail Conservancy and Past-President of St. Andrews-Niagara Housing Development for Seniors, George will be a great asset to our team. You can catch up with his current roles and read his bio on page 5.

I am contemplating offering a **Certified Hike Leader course** this fall in early October if there is adequate interest. The format would be two evenings via Zoom and a 1/2 day on a weekend for the practical portion. This is an opportunity to up your hiking skills a notch and at the same time strengthening your commitment to our guided hiking programme. ORTA pays for the cost of the course as well as the first aid certificate. Mentoring will also be available to newly certified leaders. Contact me at [pres@oakridgestrail.org](mailto:pres@oakridgestrail.org) for further details and to register.

Kevin Lowe, President

Oak Ridges Trail Association

**EDITION 7 OAK RIDGES MORaine TRAIL GUIDEBOOK – Michele Donnelly Office Manager**

The maps in this Guidebook show trail route and access points and the reverse of each map contains information on the points of interest. The total distance of the main trail route is now 280 km with 87 km of side trails. There are 15 full-colour maps printed on a waterproof material, yupo synthetic paper. The book is in a loose-leaf binder so that pages can be readily removed for use on particular hikes.

**Where Can I Get An Insert?**

ORTA ordered 1000 guidebooks and 250 of those are just inserts. An insert is the guts of the book. It includes the text information and 15 coloured maps. Many members just want the insert and save on purchasing a new cover. (save the environment too) A member can order an insert for \$37 if mailed or \$31 picked up from the office. Call me if you want to drop by to pick one up.

**Where Can I Get A Guidebook (cover and all)?**

Guidebooks can be ordered online or with a mail in cheque, with various prices for members or non-members, picked up or mailed out. Go to <http://oakridgestrail.org/store/order/>

The complete guidebook is also available at various retailers that have supported ORTA over the years. The list so far at the time of print is

Blue Heron Books Uxbridge;  
Books Galore and More Port Perry;  
Furby House Books Port Hope;  
Running Free Markham;  
Wild Birds Unlimited Newmarket.

But more are being added. Retailers set their own price point. Support these local stores by dropping in and thanking them for carrying our guidebooks and perhaps you might see something you like to buy.

**Where Do I Go To See Updates To The Maps?**

Updates, corrections or re-routes will happen over the course of time. To see the latest updates to Edition 7, and YES, THERE HAS ALREADY BEEN A CORRECTION!

Please go to: <http://oakridgestrail.org/hikes/current-trail-conditions-route-changes/>

Promoting our Guidebook helps to provide a wealth of information about the trail, the Trail Association, the Moraine and its history, plus tips for hikers and using the trail. We are fortunate to have a new Retail Guidebook Distributor Daniel Braganza. Daniel and I will work together to keep our retailers stocked.

ORTA would also like to extend our thanks to Garry Niece, Peter Attfield, Bob Comfort and team for getting this edition produced. It was a while in the making but we are grateful for your persistence and dedication.

# OAK RIDGES MORaine TRAIL GUIDEBOOK



A Hiking Trail  
*Building Pathways to an Active Lifestyle*

Oak Ridges Trail Association



*TWENTY LOCATIONS ALONG THE OAK RIDGES MORaine TRAIL - Stan Butcher*

This Trail Talk quiz is designed to make folk more aware of the moraine-wide trail and its history. Each of these locations is on the trail or close by. Yes, Stan has included the answers on page (7) Try not to look though. Each answer is accompanied by a Guide-book Map reference and a page # from the History. [oakridgestrail.org/history/](http://oakridgestrail.org/history/)

This set of 20 Questions is about locations along the trail. If this proves to be of interest Stan has ideas for future quizzes, including: Conservation Areas and Regional Forests on the Oak Ridges Moraine and Nature Along the ORM.

If you enjoyed this quiz please let him know at [history@oakridgestrail.org](mailto:history@oakridgestrail.org)

1. Where is the Trail Capital of Canada?
2. Named after England's most northerly County
3. ORMT Gateway not on the Oak Ridges Moraine
4. A luxurious cow shed
5. The longest ORMT Side Trail
6. The largest Kettle Lake on the Oak Ridges Moraine
7. A favourite stop for an Ice Cream
8. Penultimate Checkpoint of the Adventure Relay
9. Motorised activities permitted here on many kilometres of trail
10. Crossing the Highway through a Culvert
11. Three trails converge here
12. Chapter with the most Side Trails
13. Sandy soils require one-way routes for hikers
14. Longest length of the ORMT with no roadway intersection
15. A great view from here at the narrowest part of the moraine
16. Take this Side Trail to purchase apples
17. City without a Cathedral
18. Ideal locations for a hike – East, North and West
19. Purchase bottles of Fruit Beverages here
20. Access the ORMT junction with the Bruce Trail from this road



## *Meet Your New Hike Leader Coordinator - Derek Cowbourne*



Derek grew up in Yorkshire, England and, with his wife Gay, moved to Canada in 1977. Some of his earliest memories are of family walks on the moors and the outdoors, hills and hiking have been part of his life ever since. Derek's love of hiking has taken them around the world: from coast to coast to coast in Canada, to the UK, Nepal, Tanzania, Australia and New Zealand, Peru, and more.

Derek has lived in Toronto's West Rouge and Centennial communities for over 40 years and what is today the nearby Rouge National Urban Park has been and continues to be a happy stomping ground: hiking and canoeing with family and organized groups, volunteering with Save the Rouge Valley System, 10,000 Trees for the Rouge, and the Rouge Valley Conservation Centre.

Derek joined ORTA in 2007 when his daughter bought him membership as a Fathers' Day gift and, since retiring after a long career in the electricity supply industry, Derek has

made good use of that gift! While he has been a volunteer on a number of Adventure Relays – more recently you may have met him as part of the travelling timing team – he feels it is now time to put a little more into the organization by attempting to follow in Malcolm's big footsteps as Hike Leader Coordinator. Derek encourages you to let him know your ideas and concerns

## *Meet The New Northumberland Chapter Chair—George Gordon*

An interest in environmental issues has followed George all his life. At university, starting in 1967, involvement in saving the world, ending war, peace symbols, long hair, a beard, folk concerts and the "summer of love" produced an education but not a degree.

In 1973, George joined the work force, and retired as a Retail Business Manager with Canada Post in 2003. The job took him from Kingston to Ottawa, Port Hope, Timmins and around the Niagara Peninsula. At retirement, he managed 26 stores. George is married to Margaret.

Following retirement, George returned to school, obtaining a Visual and Creative Arts Diploma from Haliburton School of The Arts (Fleming College). George has been recognized by the province of Ontario for his volunteer service and by Scouts Canada with a Medal of Merit and a 50-year service pin.



In addition to his past positions that Kevin Lowe mentions on Page 2, George is currently on the board of the Northumberland Land Trust and is Secretary of the Ontario Land Trust Alliance. He is the Treasurer of the 1<sup>st</sup> Hastings Scout Group. George looks forward to helping ORTA advance its objectives in Northumberland County.

## *Meet The New Retail Guidebook Distributor—Daniel Braganza*



I met ORTA at the booth in one of the Markham street festivals a few years ago. Frank was there to greet me and I immediately signed up to be a member.

I have always loved going outdoors and would usually hike or bike outdoors. I plan to run outdoors too later on.

A language interpreter by profession and I am also getting into the travel industry as an extension of my interest to go discover places and to be of service to people that need help in their travel needs.

With ORTA, I love the opportunity to be outdoors with the hikes or trail maintenance or manning the booths at events. I want to be able to contribute to keeping the trails in good shape for everyone to use. I want to be able to share this resource that we have to other people.

## MEANINGFUL ALTERNATIVES

As part of ORTA's program to Celebrate Life's Milestones

or in Memory of friends or family,  
gifts were received.

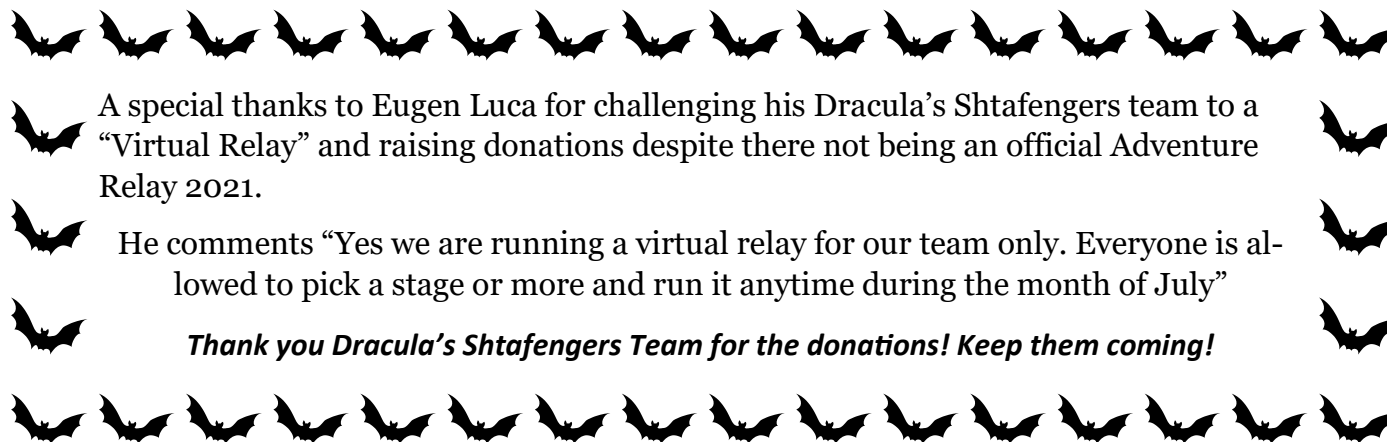
In Memory of  
Graham Earle

Thank you to  
**CanadaHelps.org**  
for their donations  
from Save the Environ-  
ment Fund.

***In honour of ORTA***

"Thank you for what  
you do everyday!"  
W.C.

"Wishing ORTA the  
very best in 2021"  
L.M.



To all Oak Ridges Trail Association members We've had another great fundraising offer from Nicola Ross, the author of the Loops & Lattes series of hiking guides.

Nicola publishes the Loops & Lattes series of hiking guides including: Caledon Hikes: Loops & Lattes; Halton Hikes: Loops & Lattes; Dufferin Hikes: Loops & Lattes; Hamilton & Area Hikes: Loops & Lattes; Waterloo, Wellington & Guelph Hikes: Loops & Lattes; Collingwood, the Blue Mountains & Beaver Valley Hike: Loops & Lattes

If you purchase a copy or copies of these guides online at [www.loopsandlattes.ca](http://www.loopsandlattes.ca), Nicola will donate \$5 per guide sold to the Avon Trail. The guides cost \$29.95 + 5% tax each.

**This offer is only good for online purchases at [www.loopsandlattes.ca](http://www.loopsandlattes.ca).**

To take advantage of this offer to support the Oak Ridges Trail Association:

1. Click on Loops & Lattes and choose the guide(s) you would like to purchase.
2. Proceed to the checkout and fill in the Billing Information.
3. When you arrive at Shipping Information there is a box where you can write a message.
4. Write **"Oak Ridges"** in this box.

Complete your transaction. Nicola will ship your book(s) to you and let you know that she received your request to make the donation to our group. I encourage you to support our group in this way. Nicola's guides make great gifts and it doesn't conflict with our own guidebook.

If you have questions or concerns, you can contact Nicola directly at [nikkiross1212 @ gmail.com](mailto:nikkiross1212@gmail.com).

## *Lyme Education Awareness Prevention (LEAP)*

It's hiking season again.

The Lyme Education Awareness and Prevention (LEAP) group is an initiative of the Canadian Lyme Disease Foundation (CanLyme). We want to equip educators, their students and others with knowledge about ticks and Lyme disease so that they can safely explore the outdoors with a new level of awareness.

Lyme is an infectious disease caused by a bacteria and is transmitted to humans by a bite from an infected tick. Early diagnosis and treatment are crucial because Lyme disease can lead to serious complications if left untreated.

Ten years ago there were 266 diagnosed cases of Lyme Disease in Canada. In a decade that number has jumped ten-fold to over 2600 cases in 2019 (the last year data was reported). Lyme has become the fastest growing vector borne disease on this continent.

Canadians can learn how to identify ticks and tick habitats so that they can avoid bites and recognize signs and symptoms of Lyme disease. The purpose of the guide is to equip educators, their students and others with knowledge about ticks and Lyme disease so that they can safely explore the outdoors with a new level of awareness. Hikers need to be educated.

The guide contains scientifically-founded information and it is free and fully downloadable here:

<https://www.lookingatlyme.ca/resource/>

Canlyme is also proud to sponsor a podcast called Looking at Lyme [www.lookingatlyme.com](http://www.lookingatlyme.com) which is another valuable educational tool.

Stay safe in the outdoors.

Lyme Education Awareness and Prevention (LEAP)  
Team

[www.lookingatlyme.ca](http://www.lookingatlyme.ca)

Tw: [@lookingatlyme](https://twitter.com/lookingatlyme)

Ig: [@canlyme\\_canada](https://www.instagram.com/canlyme_canada)

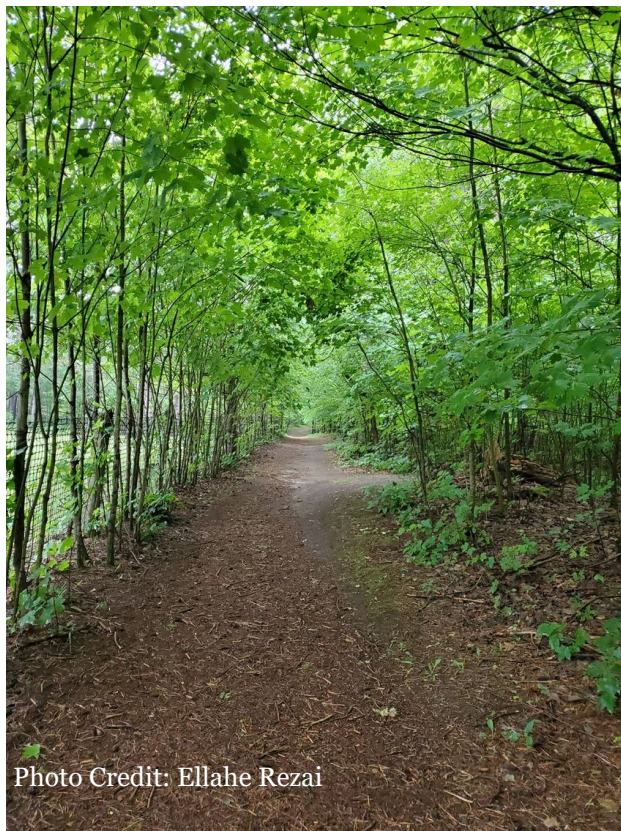


Photo Credit: Ellahe Rezai

### ANSWERS to Quiz from Page 4

ORTA Guidebook Map #; ORTA History page

#	
1. Township of Uxbridge	5; 401
2. Northumberland County	9; 312
3. Warkworth Fairgrounds	12; 313
4. Pellatt's Barn near the Monastery	2; 304
5. Gore's Landing Side Trail	10; 517
6. Lake Wilcox	3; 522
7. Burketon General Store	7; 507
8. Sheppard's Bush	3b; 1125
9. Northumberland County Forest	11; 603
10. Highway 35/115	8; 1120
11. Palgrave	1; 510
12. Whitchurch – Stouffville	4; 509
13. Long Sault Conservation Area	7; 515
14. Ganaraska Forest West	8; 1129
15. Purple Woods	6; 507
16. Pine Farms	2; 505
17. King City	2; 406
18. Walker Woods	5; 603
19. Ocala Orchards Farm Winery	6; 507
20. Coolihans Side Road	0; 524





Photo Credit: Vadimas Geguzinskis

Looking for a new Membership Coordinator—Is it you?

The Membership Co-ordinator is responsible for membership records and assists with the recruitment and retention of new members and welcoming them to ORTA.

Do you have a few hours to spare each month?  
The hours average about four / month and very flexible.

Put your people and computer skills to good use.  
It's easy to learn how to use the membership database.

If interested or have more questions email Gaye Mas,  
Volunteer Coordinator at [volunteer@oakridgestrail.org](mailto:volunteer@oakridgestrail.org)  
or Michele Donnelly at [info@oakridgestrail.org](mailto:info@oakridgestrail.org)

**FOR THIS EDITION**

Editor: Michele Donnelly [editor@oakridgestrail.org](mailto:editor@oakridgestrail.org)

**ORTA OFFICE: OPEN TUES AND THURS**

Michele Donnelly, Office Manager

905-833-6600, Toll-Free 1-877-319-0285

12935 Keele Street, King City, ON

L7B 1G2

Oak Ridges Trail Association:  
Mailing Address: P.O.Box 28544  
Aurora, ON  
L4G 6S6