

Anne Armstrong - Summer 2019 Hikes

Junior Hiker - River and Ruin Hike - June 16, 2019

Start: 11:00 AM

End: 12:30 PM

Location: Loweville

Distance: 4 km.

Pace: Leisurely - 3km/hr or less

Terrain: Easy - Mostly flat and usually good footing

Hike Description:

Join me to search for the ruins hidden along the River and Ruin trail. This hike will take us to the ruins and along the beautiful Bronte Creek. Bring water, a snack, sunscreen and insect repellent. Meet in the parking lot of Loweville Park, located just off of Guelph Line in the village of Loweville. Park in the area closest to Guelph Line. **Please register with the leader.** Map 10.

Leader: Anne Armstrong hikinggrandma@gmail.com 905-617-3937

Gentle Hike - Crawford Lake - June 23, 2019

Start: 1:00 PM

End: 3:00 PM

Location: Crawford Lake Conservation Area

Distance: 6-7 km.

Pace: Leisurely - 3km/hr or less

Terrain: Moderate - Some hills and/or some poor footing

Hike Description:

This area is always worth a visit. We will visit the Meromictic Lake, walk the boardwalk and then head out to meet up with main Bruce Trail and then circle the southern edge of the property and visit the lookout before heading back to the centre with an option to take a look at the Indian Village. Bring water, a snack, sunscreen and insect repellent. Meet in the lower parking lot of the Conservation Area, located on the east side of Guelph Line north of Derry Rd. Parking fee in effect or Conservation Area pass. Map 11.

Leader: Anne Armstrong hikinggrandma@gmail.com 905-617-3937

Hiking the Sixteen Mile Creek Valley - July 11, 2019

Start: 10:00 AM

End: 1:30 PM

Location: Oakville

Distance: 9-10 km.

Pace: Leisurely - 3km/hr or less

Terrain: Moderate - Some hills and/or some poor footing

Hike Description:

Join Phill and I as we explore this jewel of a valley during the summer. Tall trees will cool us off in the summer heat. We should see plenty of wildflowers and perhaps some wildlife. Terrain is easy with some long but gentle hills. Meet in the parking lot on the southeast corner of River Glen Blvd. and Neyagawa. (north of Upper Middle Rd. and south of Highway 5). Bring water, a snack or lunch, insect repellent and sunscreen.

Leaders: Anne and Phill Armstrong hikinggrandma@gmail.com 905-617-3937

Junior Hiker - Hiking the Valley - July 20, 2019

Start: 11:00 AM

End: 12:30 PM

Location: Dundas Valley Conservation Area

Distance: Approx. 4

Pace: Leisurely - 3km/hr or less

Terrain: Easy - Mostly flat and usually good footing

Hike Description:

Come Explore the Dundas Valley Conservation Area in the summer and earn your Summer badge. While the terrain is easy underfoot, there will be some hills, usually gentle, to climb. Bring water, a snack, insect repellent and sunscreen. Meet in the last parking lot of the Conservation Area which is located off of Governor's Rd., west of downtown Dundas. Parking fee in effect or Conservation Area pass. **Please register with the leader.**

Leader: Anne Armstrong hikinggrandma@gmail.com 905-617-3937

Good Companions - Kerns Rd./Waterdown Meander - August 7, 2019

Start: 10:00 AM

End: 1:00 PM

Location: Kerns Rd./Smokey Hollow

Distance: 8km

Pace: Leisurely - 3km/hr or less

Terrain: Easy - Mostly flat and usually good footing

Hike Description:

A nice meander on a warm summer day. Join us for this popular hike between Kerns Rd. and Smokey Hollow in Waterdown. We should get some good views from the escarpment. Meet in the south parking lot of City View Park on the east side of Kerns Rd. and south of Highway 5 for a 10:00 am. start. Bring water, a snack, sunscreen and insect repellent.

Leaders: Phill and Anne Armstrong hikinggrandma@gmail.com 905-617-3937

Gentle Hike - Oakville - August 11, 2019

Start: 10:00 AM

End: 12:00 PM

Location: Oakville

Distance: Approx. 6 km.

Pace: Leisurely - 3km/hr or less

Terrain: Easy - Mostly flat and usually good footing

Hike Description:

Come Explore the beautiful Sixteen Mile Creek Valley in Oakville. This valley is a jewel in the middle of a busy urban area. The Sixteen Mile Creek winds its way through steep cliffs and woods. We will walk along the upper trails and then down onto the lower trails beside the creek. Some long and gentle hills. Bring a snack, water, insect repellent and sunscreen. Meet in the parking lot, beside the baseball diamonds, on the southeast corner of Neyagawa and River Glen Blvd. (north of Upper Middle Rd. and south of Highway 5). for a 10:00 am. start.

Leader: Anne Armstrong hikinggrandma@gmail.com 905-337-3937

Crawford Lake/Rattlesnake Point Loop - August 15, 2019

Start: 10:00 AM

End: 1:30 PM

Location: Crawford Lake Conservation Area

Distance: Approx. 10-11 km.

Pace: Leisurely - 3km/hr or less

Terrain: Moderate - Some hills and/or some poor footing

Hike Description:

This loop will take in Crawford Lake, the beautiful Nassagaweya Canyon and parts of Rattlesnake Point. The connection between the two areas makes an interesting and picturesque hike. Bring a snack or lunch, water, insect repellent and sunscreen. Parking fee in effect or Conservation Area pass. Map 11.

Leaders: Phill and Anne Armstrong hikinggrandma@gmail.com 905-617-3937