

# The Rattler



President's Message

ISSUE #1 2018

## Volunteer clubs are amazing!

People working without pay on activities they may otherwise ignore or expect to be done by "The Government". Membership support of the Bruce Trail Clubs enables this behaviour, our club's core expense costs are covered by the donations you, our members make. Membership enables our club to support almost 200 people to clear the trails and manage the thousands of acres of land we are responsible for. This conservation effort is the gift our volunteers provide to our members and the public and in turn it is the reward for their volunteering effort. So thanks to you the members for renewing your membership.

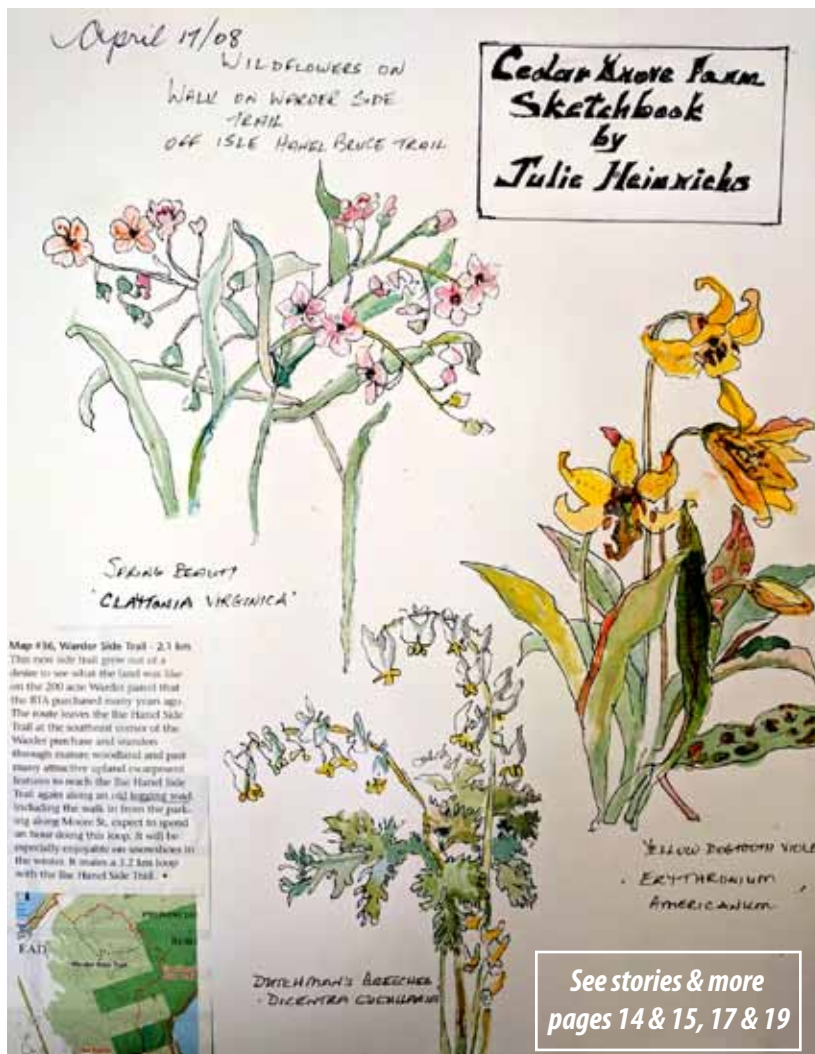
In the previous Rattler we announced our intention to significantly reduce our paper distribution of the Rattler newsletter. This issue was sent to the modified list which will save the club significant costs in both labour and money. We have also introduced a new mailing address for your comments to the President

(pbtcpresident@gmail.com). Tell me what you like or would like to see in the communication vehicles we have (web site, Facebook and The Rattler newsletter).

Our annual get together "Spruce up the Bruce" and annual meeting will be held May 12 in the Warton Curling Club. This is a great chance to meet your fellow volunteers and the members of the Board that help deal with all the moving parts of the clubs. We will go over the last year and our plans for the next one. I hope to be able to meet you there.

The Peninsula will host the 2018 BTC AGM September 21 to 23 at the Evergreen Resort on Little Red Bay, Lake Huron. It is a fantastic location, we will have full use of the facilities (I love the hardwood tabletop shuffle board and fire places). There are B&B accommodations, in cabins or tents, and guaranteed Lake Huron sunsets! We have confirmed that our Friday night speakers will be Zane and Scott, the guys that walked with a stand-up paddle board across Georgian Bay in winter! Come for the weekend. See you there!

**Walter Brewer, President PBTC**  
(pbtcpresident@gmail.com).



See stories & more  
pages 14 & 15, 17 & 19

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**DEADLINE FOR SUBMISSIONS**

Any articles or stories of interest?  
 Deadline for submissions to next Rattler:  
**"August 7, 2018"**

**Rattler Advertising Rates:**

	Per issue:	Yearly: (3 issues)
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1/4 page:	\$55	\$150
1/2 page:	\$85	\$240
Full Page:	\$140	\$390
Back Half Page:	\$110	\$310

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## Stew Hiltz Introduction

Stew Hiltz' career at the University of Guelph combined the physical sciences of conservation with the social sciences of rural planning. Upon his retirement he moved north and became active with the Beaver Valley Bruce Trail Club. He is currently the head of their Land Stewardship Program and he writes regularly for their newsletter. His recent article on "Sauntering" from the winter 2018 Beaver Tales, the club newsletter, is reprinted here with Stew's approval.

When I was young and foolish, I used to hike long-distance end-to-ends. Then with age and more maturity came a realization that what I craved could only be achieved by sauntering. Stew's very personal essay captures so well these rewards, and is an invitation to all of us to slow down and to enjoy the beauty of the natural scene.

*Ross McLean*

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### SAUNTERING ON THE BRUCE TRAIL

I'm here to put in a good word for the benefits of 'sauntering' the Bruce Trail. I know many of you are 'hikers', but walking slowly, stopping often, and observing even the ordinary things you're passing on the trail can be a memorable experience too. Even a short walk quickly gets filled with things of interest.

John Muir is often mistakenly given credit as the source of this idea. In an oft-quoted reference, Albert Palmer, a member of the Sierra Club who hiked with Muir, reported a conversation with the great conservationist in which Muir declared: "People ought to saunter in the mountains – not hike!" Muir had gone on to say that "we ought to saunter through the mountains reverently", as if we were on a "pilgrimage to the Holy Land. Indeed, the mountains are our Holy Land".

In fact, the credit for the use of the word "saunter" in this context should go not to Muir, but to Henry David Thoreau, whose writings Muir had undoubtedly read. Over a decade before Muir began his locally celebrated time in Trout Hollow, on the outskirts of Meaford, Thoreau first delivered his famous lecture Walking, later published as an essay.

Thoreau claimed to "speak a word for nature", and went on to write: "I have met with but one or two persons in the course of my life who understood the art of Walking, that is, of taking walks—who had a genius, so to speak, for sauntering, which word is beautifully derived from idle people who roved about the country, in the Middle Ages, and asked charity, under pretense

of going "a la SainteTerre," to the Holy Land, till the children exclaimed, "There goes a Sainte-Terrer," a Saunterer, a Holy-Lander.

For Thoreau, and for Muir, a walk in the woods or the mountains was a spiritual experience. All through their writings you find descriptions that emphasize this. And they spent a lot of their effort in getting others to recognize the beauty of nature.

I think it was my mother who instilled this in me. Endlessly curious and interested, she started taking us for walks in the woods as early as I can remember. A walk with a young child is by nature a slow process, as children are distracted by everything they see. And I think I've been distracted ever since.

When I saunter the Bruce Trail I'm first drawn to the trees which compose the forest I'm walking through. From planted White Pine to majestic Sugar Maples, we're surrounded by living, growing things. Those leaves in the canopy aren't just fluttering bits of green, they're tiny little factories generating sugars which are the fuel for life, and oxygen that we depend on to breathe. On every walk you are surrounded by a living, pulsing group of other organisms – in other words, an ecosystem.

Of course, there are many more things to notice along the trail than trees. From rocks to butterflies, from frogs to ferns, there are many more reasons to stop and look than I have time for.

*(cont'd on page 19)*

## Thank you, John Whitworth

You currently live in Guelph. Is that where you grew up? Yes.

And you have now have a cottage at Sauble Beach. Yes.

Are you still working full-time? Do you get much chance to get out and hike or snowshoe? *I retired last year, so now I do have more time to get outside. Our home overlooks conservation land on the edge of Guelph, so even at home I walk or cycle or snowshoe most days.*

Did you grow up in a family that spent quality time out-of-doors or did you develop that as you grew up? *Other than vacations & sports, we didn't spend a lot of quality-time outdoors (grass-cutting does not count). I think a busy career has led to my enjoyment of time unwinding outdoors.*

Do you remember when you first started hiking? When you first hiked the Bruce Trail?

*In my university years I was an avid scuba diver. That's what first brought me to the Bruce (despite the frigid water). We hiked some of the Bruce Trail while we camped in the area.*

What do you recall from your first few hikes in the Peninsula section? *While the scenery was spectacular, the trail was, sadly, in very bad shape. This was in the 1970's when the club was more or less dormant. (One person was reputed to be Trail Captain for Wiarton to Hope Bay – over 50 km.)*

What brought you to volunteer for the PBTC?

*I completed the end-to-end of the entire BT just before my 50th birthday. Then, having great appreciation for the good condition of the trail – and the volunteer work that had gone into it, I decided to give a bit back – starting with the Spruce Up The Bruce.*

You are a past President of the PBTC, starting in 2012 until 2015, I believe. What good memories do you have of that time? What accomplishments do you most remember? What difficulties?

*I inherited a large, enthusiastic board from President Don McIlraith, so working with those folks (many of whom have moved off the peninsula) provided lots of good memories.*

*I think our proudest accomplishment as a club are the positive relationship we developed with our Landowners (such as the Lillie family; The Peases; the Michiganders) which led eventually to a series of property acquisitions.*

*Difficulties? – trying to progress our trail ambitions – to get off Scenic Caves Rd / #9 (where we're about 10 metres away from success); and to regain access to the scenic wonders of Cabot Head, where despite Government acquisitions, we're still denied access.*

You currently hold the position of Land Securement Director. Can you tell us about that? *This involves work at two levels: first locally, a sub-committee of the board (Landowner Relations; Trail Development; Trail Maintenance; Stewardship; President) works together to handle trail issues, refine the Optimum trail Route [OR] as needed and proactively work with Landowners to secure the OR corridor; secondly, as the club nominee to the BTC committee that reviews and recommends all BTC land acquisitions.*

What other roles have you had with PBTC?

*I started volunteering at Spruce Up The Bruce, then became a Trail Captain. This was followed by a stint on our board as Hike Co-ordinator, Representative to the BTC Board, President and now Past President – soon to be retired. I am also Trail Captain for a new property in Sydenham.*

In 1992, after the resignation of PBTC's only executive member, Fred Binding, the BTA organized a PBTC meeting in January 1993 in Guelph because almost 2/3 of club members lived in Southern Ontario. Thirty-nine out of 229 members attended and 18 volunteered to contribute. An interim committee was established and at a PBTC AGM on June 20, 1993, they elected an executive. This determined group worked to infuse new life into the Club, in particular by building up a board which could coordinate the many functions of a growing base of volunteers, connecting to the local community and reaching out for new members. It is a testament to their efforts that the Club has held regular executive meetings and AGMs since 1993, and since 1998 all executive meetings have occurred on the Peninsula. ents, and do volunteer work for the Club.

.....(cont'd on page 5)

.....(cont'd from page 4)

It is a long standing tradition that many of our members outside of the Municipalities of North and South Bruce Peninsula travel long distances in every season to attend club Board meetings, club events, and do volunteer work for the Club. Some have cottages here, most have friends, and others may eventually retire here.

Do you feel the Club serves its southern members well? Do we appear inclusive of our southern members? How can we keep them engaged? *About 80% of our members live off the Bruce (although many camp or cottage here); and about 25% of our members are active volunteers – so we perhaps could do better engaging all our members. If I knew the “how”, we’d be doing it! Maybe we should ask the members?*

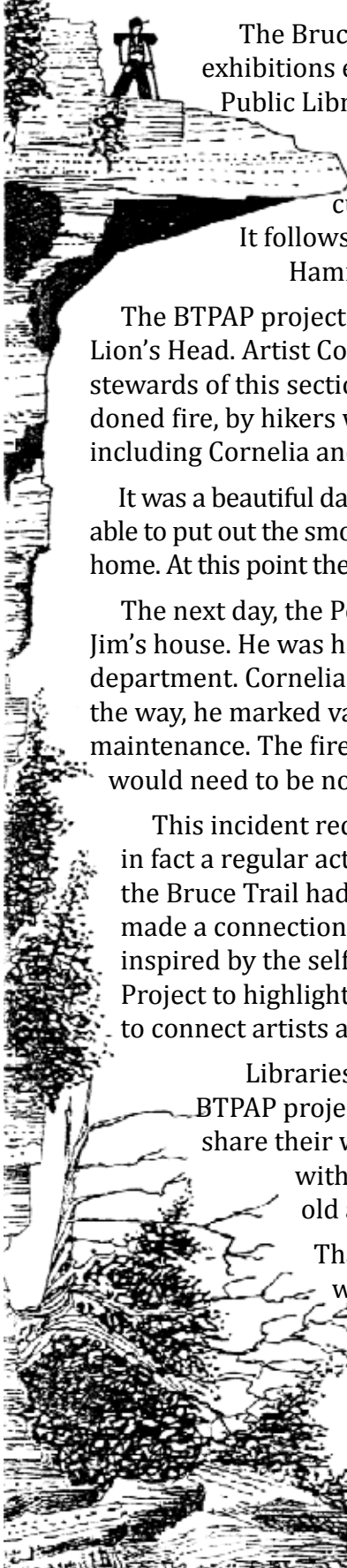


What do you think are the current strengths of the PBTC? *We have a growing membership and (relative to other clubs) a high percentage of the membership actively volunteers. We also have a positive relationship with many of our largest landowners.*

What do you perceive as our challenges or things to be improved? *We are working hard to speak with all of our landowners and neighbors ... and we need to ensure that work on the PBTC board is fun and not bureaucratic or onerous. (If any job is too difficult – ask for help and help will be provided - just like at Hogwarts?!) And, if you haven't noticed, a key landowner has listed their property for sale at the bargain price of \$20 million – We hope that this 8 km of irreplaceable trail can be secured.*

As part of the club's Nominating Committee (another hat!), what would you say to someone contemplating volunteering for the Club? – *An easy question & maybe the most important one! I think you get out of your membership what you put into it. So an inactive member may be supporting the BTC mission in a way. But active volunteers share a passion for the mission, and build life-long friendships through a sense of shared accomplishment. So I'd encourage all members to be active participants in their Club.*

## Bruce Trail Pilgrimage Art Project



The Bruce Trail Pilgrimage Art Project is excited to be hosting a second round of exhibitions entitled *Escarpment as Muse 2018*. The tour will begin at the Hamilton Public Library Central Branch this April, travelling on to the HPL Barton Branch in June and then completing its run at the Warton Public Library in August.

The exhibition hosts 15 artists, poets, dancers and musicians and is the culmination of a year's worth of art making and hiking along the Bruce Trail. It follows a well received month long Exhibition and performance afternoon at the Hamilton Conservatory for the Arts in April of 2018.

The BTPAP project was inspired by the actions of volunteers along the Bruce Peninsula near Lion's Head. Artist Cornelia Peckart was staying with friends near the Barrow Bay Side Trail. As stewards of this section of the Bruce Trail, her friends Jan and Jim were informed of an abandoned fire, by hikers without the means of putting it out. Jan and Jim gathered a few people including Cornelia and a number of buckets and headed to the location provided by hikers.

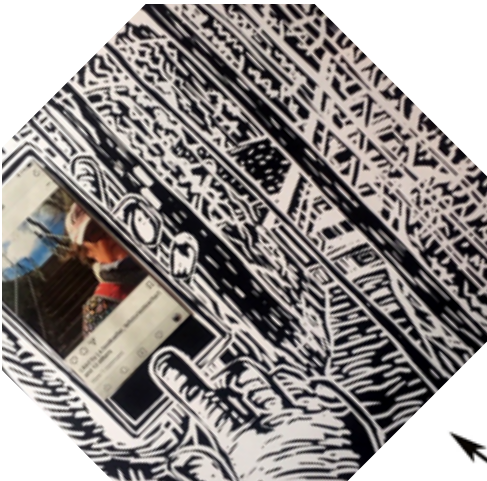
It was a beautiful day and so the journey was not stressful. And with the Bucket Brigade, they were able to put out the smoldering fire relatively quickly. They walked back to their vehicles and headed home. At this point the Jim notified the Bruce Trail Conservancy and the Peninsula Bruce Trail Club.

The next day, the Peninsula Bruce Trail Club Land Stewardship Co-Director arrived at Jan and Jim's house. He was heading to the site of the abandoned fire to mark its GPS location for the fire department. Cornelia and her friend Claire offered to join him to show the exact location. Along the way, he marked various sites of danger and revisions required for possible spring maintenance. The fire was in fact in 2 meters onto private land. This meant that the landowners would need to be notified as well.

This incident required approximately 20 volunteer hours and too much paperwork. It was in fact a regular action for the volunteers who help along the trail. As a resident of Hamilton, the Bruce Trail had always been a part of Cornelia's consciousness. This was the first time she made a connection to the volunteerism required to maintain the trail. As an artist she was inspired by the selflessness of the volunteers and developed the Bruce Trail Pilgrimage Art Project to highlight the beauty and the amazing stewardship she has observed. She now works to connect artists and hikers through organized walks, art exhibitions and performance events.

Libraries became a natural fit for the exhibits and Cornelia hopes to take the BTPAP project to Collingwood, Milton and Niagara Falls in 2019 involving more artists to share their work in these exhibits. Her contribution to the exhibit is a hand printed book with all of the online journal entries she made on social media. A combination of old and new technology which utilized the Libraries Makers Space.

Thanks to the support of the City of Hamilton Enrichment Fund, Cornelia was able to work alongside members of the Bruce Peninsula Society of Artists as well as bring a number of Hamilton artists up to the peninsula to be inspired by the landscape and create exciting new works for the exhibit. If you find yourself in Hamilton on April 15, 2018, 1-4pm, the opening and performance is shaping up to be very exciting lineup of artists.



Pages from Cornelia's hand printed book of online journal entries

\* \* \* \* \*

# APR 15 Escarpment as Muse 2018

Hosted by Bruce Trail Pilgrimage Art Project - Public

- 🕒 Sunday, Apr 15 at 1 PM - 4 PM
- 📍 Hamilton Public Library  
55 York Boulevard, Hamilton, Ontario L8N 4E4

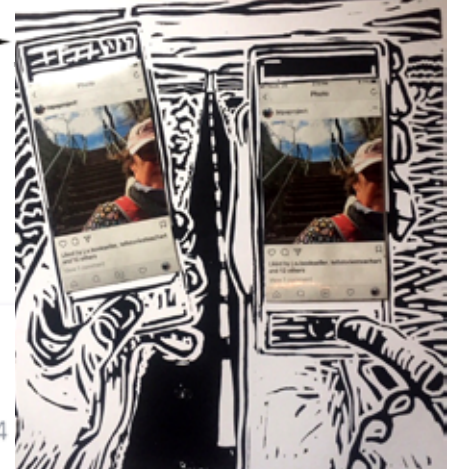


Image created by Lion's Head artist Susanne Dyke from a BTPAP hike



## Birding Hike – Peninsula Bruce Trail Club

*Date: Wednesday May 30, 2018, Time 9:00 a.m.*



Do you think the snow will have disappeared by May?

For those of you who spend your winters somewhere other than The Bruce Peninsula you need to know that it seems it has been snowing practically every day since early December. Many scheduled events have been cancelled, the school kids have enjoyed several “snow days,” while us older kids spend our time shovelling, blowing and complaining.

But it is really nice to warm up with thoughts of spring (and perhaps a small scotch).

The birds are not worried about waist high snow drifts and, come May, all they will be thinking about is returning to the Bruce to start their new families. So we need to gather once again to welcome them back.

Please mark the above date and time on your calendars.

The details have not changed from past years and are as follows:

Meeting Place: Municipal parking area at the top of Dyers Bay hill.

From highway 6 turn east onto Dyers Bay Road. Stay on paved road towards Dyers Bay and at the top of the hill a large sign will direct you to the municipal parking area on left.

We will carpool from there.

Duration: Easy Walking. This is a drive, stop and walk tour of approximately 10 km. We will visit 5 or 6 prime birding spots in this area and plan to finish about 2:30 or 3:00 p.m.

Bring clothing appropriate for weather (no rain date is scheduled), good walking shoes or boots, water, snacks and lunch.

We will eat lunch at the Warder Ranch.

Binoculars, scopes, cameras and your favourite field guide are helpful and welcome.

If you have any questions  
please contact Anita or Bob Cunningham at  
(519) 793-3286 or robhcunningham@gmail.com.



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## HIKE THE CUP AND SAUCER TRAIL in 2018 with BRIDGET AND DOUG

Bridget and Doug's Day Trip to hike the Cup and Saucer Trail on Manitoulin Island is scheduled for Friday June 8. This is the Manitoulin Extension of the Niagara Escarpment, with 70-meter cliffs over 2 km long. The cliffs are spectacular and the views over Georgian Bay and the North Channel are stunning. You can enjoy many scenic lookouts and there are some ferns that are rare in Ontario.


We will take the Chi Cheemaun ferry leaving Tobermory at 8:50 am. You need to be at the dock for check in at 8:00 am. Breakfast is available on the ferry. The ferry crossing is 2 hours. From South Baymouth it is about a 40-minute drive to the Cup and Saucer Trail parking lot. For convenience, a brown bag lunch will be supplied from Peacock's Foodland in Tobermory. There are about 12 kms of trail to explore. It is mostly flat along cliffs and through woods with some gentle climbs. There is also a challenging 1 km Adventure Trail. There will be an organized hike with a leader or you can hike on your own. We will depart together at 4:30 pm for the return drive to South Baymouth.

Dinner will be at Carol & Earl's Restaurant which offers great value home cooking. If you prefer, eat later on the ferry. There is a series of trails through the uncut road allowances to the west of the marina.


We will return on the late ferry departing South Baymouth at 8:15 pm, arriving in Tobermory at about 10:00 pm.

Register soon to Bridget at [peninsulae2e@gmail.com](mailto:peninsulae2e@gmail.com). In the interests of managing costs, this is a group hike for 5 to 15 people. Please let me know if you would be prepared to drive. You would need a vehicle that seats 5 and their backpacks comfortably and you would be reimbursed for gas. I will make the reservations for the ferry and the restaurant. Everyone except drivers will walk on. When numbers are confirmed, I will calculate the cost per person which will include ferry fare for cars, drivers and pedestrians, gas to the trail and lunch. (Dinner is on you.) Exact amount TBD, approximate cost is \$60.00, slightly more if you are under 65. You will be asked to pay your own ferry fare, (drivers and pedestrians). During the crossing, I will reconcile the costs and you will be asked to pay the balance by cash or a cheque if you are a pedestrian or be reimbursed if you are a driver. Please understand that cancelling your spot may increase the cost for everyone as we may not be able to fill it at short notice.

Please be aware that accommodations and restaurants in the Bruce Peninsula can be very busy after the Victoria Day weekend. It is best to make your arrangements early. Do not bring dogs.




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**EASY HIKES WITH ELAINE**  
2018 SPRING, SUMMER AND FALL  
contact Elaine Wasserman 519 795 7407

DATE	TIME	NAME WHERE TO MEET	DEGREE OF DIFFICULTY	LENGTH	DESCRIPTION
Tuesday May 1	11:00 AM	Hope Bay Nature Reserve From County Rd 9, turn east on Hopeness Rd and south on Cathedral Rd. Go to end.	Easy	3 km	A profusion of Trout Lilies, Red and White Trilliums, violets, possibly Hepatica and Spring Beauty. In the past we have seen Blue Cohosh, Cut Leaved Toothwort, False Mitrewort, Squirrel Corn, Dutchman's Breechs and Virginia Waterleaf in abundance.
Tuesday May 29	11:00 AM	FON Alvar and Crane River Parking on west side of Hwy 6, just north of Dyer's Bay Rd.	Easy	2 km	The alvar features rare Lakeside Daisies, Dwarf Lake Iris, Polygala, Seneca Snakeroot and Starry False Solomon's Seal. At the Crane River rest stop there are Nodding Trilliums, Bulbet and Maidenhair Spleenwort Ferns.
Tuesday June 5	10:00 AM	Bard Side Trail Loop From Hwy 6, turn east on Lindsay Rd 5, north on East Rd, east on Cape Chin Rd N. Park where trail crosses road at Cape Chin Connection	Easy	3 km	This is a lovely loop, partly along the Niagara Escarpment, overlooking Georgian Bay. White Polygala are abundant here.
Tuesday July 3	10:00 AM	Cemetery Road and Petrel Point Meet at Lion's Head Cemetery, east from Hwy 6 on Cemetery Rd.	Easy	2 km	Our first stop is the ANSI-protected cemetery bog where we will be treated to a display of Showy Lady Slippers. On to Petrel Point where Round-leaved and Slender-leaved Sundew, Bog Orchid, Lobelia, Loesel's Twayblade, Cotton Grass, Indian Plantain, Rue and Sweetgale can be observed from the boardwalk.
Tuesday July 17	10:00 AM	Singing Sands Amble Parking lot at Singing Sands National Park, Dorcas Bay Road, west from Hwy 6	Easy	3 km	While walking the boardwalk we will see a profusion of Pitcher Plants, also Sticky Tofieldia, Lobelia and possibly Rose Pogonia, Grass Pinks and Spotted Coral Root. Then along the woody walkway there are Hill's Thistle, Pipsissewa, and Purple Fringed Orchid. Returning along Lake Huron we may see Calamint, Sundews, Bladderwort and Butterwort.
Tuesday August 7	10:00 AM	White Bluff Nature Reserve From Hwy 6 turn east on Lindsay Rd 5, north on East Rd, east on Cape Chin Rd South. At first T-junctions turn left and at the 2nd junction turn right	Easy	4 km	A pleasant loop out along an old logging road and returning by the scenic Georgian Bay shore. On our way back we should see Rattlesnake Plantain, Indian Pipe, Spotted Knapweed and Star Thistle.
Tuesday August 21	10:00 AM	John Appleton Side Trail County Rd 9 South of Barrow Bay	Moderate	2.5 km	The Trail passes by a beaver pond and meanders through a variety of mixed, cedar and hardwood forest. Much of the surface consists of fractured dolostone rock with occasional larger cracks know as "grikes" containing delicate Maidenhair-Spleenwort Fern
Tuesday September 18	10:00 AM	Jackson Cove Lookout From Bruce County Rd 9 turn east on Hopeness Rd. Turn right on Jackson's Cove Road and park at the top of the hill.	Moderate	5 km	Beautiful views of Hope Bay, Cape Croker and Barrier Island. The loop features Rattlesnake Plantain, Indian Pipe, Spotted Knapweed and Star Thistle.

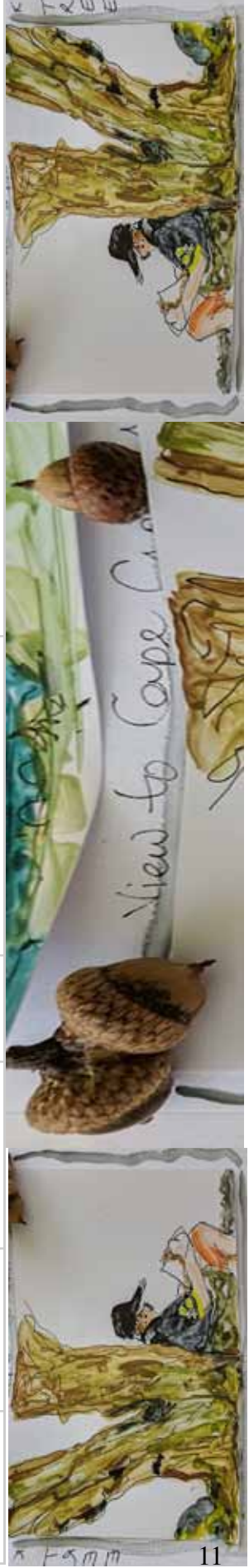


# LOOKOUTS AND LUNCH

Contact Susan Allen @ 519 534 5898 or susan\_allen@sympatico.ca  
 Start Time 10:00 a.m. Arrive 15 minutes earlier. NO DOGS



<i>Date (Thursday)</i>	<i>Name of Hike</i>	<i>How Difficult</i>	<i>Distance</i>	<i>Where to Meet</i>	<i>Description</i>
May 10	Spirit Rock Loop	Moderate	5.0 km	Bluewater Park Train Station, Wiaraton N44.7442541, W81.137676	Hike Main Trail along rocky shore of Colpoys Bay, then climb an iron, circular staircase. Return passing the spectacular Spirit Rock Lookout.
May 24	Jones Bluff Loop	Moderate	7.1 km	Roadside parking area on Boundary Rd. N44.877725, W81.071134	This route provides many scenic views over the surrounding lowlands, Sydney Bay and the islands of Georgian Bay.
June 7	Jackson's Cove Loop	Easy	3.4 km	Parking is located at the top of the hill into Jackson's Cove N44.939536, W81.133319	The Jackson's Cove Lookout Side Trail offers beautiful views of Hope Bay, Cape Croker and Barrier Island.
June 21	Lion's Head Lookout	Moderate	5.0 km	McCurdy Dr. Municipal Parking off of Moore St., Lion's Head N44.990102, W81.242282	There are many dramatic and scenic viewpoints looking to Cape Chin, White Bluff and Isthmus Bay.
September 13	Hope Bay Forest Loop	Moderate	5.0 km	At the southern dead end of Cathedral Rd. N44.926582, W81.155865	Take the Main Trail past scenic lookouts over Hope Bay then turn inland to the Glacial Potholes. Return on the Jack Poste Side Trail.
October 4	Mystery Hike	Moderate			<b>Contact organizer for details.</b>





**PENINSULA BRUCE TRAIL CLUB  
SPRUCE UP THE BRUCE  
AND  
ANNUAL GENERAL MEETING**

**SATURDAY MAY 12, 2018**

**NEW VENUE FOR THIS YEAR ONLY!**

**WIARTON & DISTRICT CURLING CLUB  
563 GEORGE STREET, WIARTON, ONTARIO**

**BBQ MEAL AT 4:00 PM; AGM AT 6:00 PM**

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**RSVP TO: [trailreportsbtc@gmail.com](mailto:trailreportsbtc@gmail.com)**

# Cape Croker Boardwalk Hike and Draw

Monday, April 30, 2018



**Meeting Place:** Park at the Bruce Trail Parking at Pit Road. Map Address 1-53 Pit Road, Wiarton, Ontario, corner of Waugh's Rd. and Purple Valley Rd. N0H 2T0. Please take care not to block the farmer's lane at the end of the road. We will carpool into Cape Croker and begin at the parking spots just inside the Park gates.

**Time:** 10:00 am to about 3:00 pm. Please meet by 9:30 so that we can arrange the car pooling.

**Distance:** About 4.5 km.

**Description:** The walking will be easy as terrain is reasonably flat. We will be walking and sketching in the Cape Croker Park on well used trails, and then exploring the newly reconstructed boardwalk along the shore of Sydney Bay. Then we'll carpool back to the original parking spot. If time and energy permit, there could be an option to check out the nearby daffodils that grow wild on the slopes of the Boundary Bluff property, at the end of the formal trek.

Participants are asked to bring their own art materials, whether it be drawing or painting. A small cushion or a folding stool to sit on is vital. No drawing experience is required, just a willingness to put pencil or pen or brush to paper, or bring your camera. This is mostly non-instructional but if you wish, we will provide drawing starters and support any and all drawing efforts. This event is designed to encourage the development of great observation skills as well as providing a leisurely walk of the Bruce Trail.

Participants are asked to pre-register by using the contact info below. That way we can keep you informed of any changes due to weather.

**Please RSVP to Kristina or Julie.**  
**[kristinabmaus@icloud.com](mailto:kristinabmaus@icloud.com) or**  
**[heinrichsjulie@gmail.com](mailto:heinrichsjulie@gmail.com)**



The **Beauty of the Bruce Trail** speaks to many people in all walks of life. Often the trails inspire people to create or express their personal experience.

I have completed a number of personal journal sketchbooks which center around daily walks on the trail. In this Rattler edition you will see pages from my sketchbook. The trails can be a meditative place to put pen to paper or to simply observe, use our senses and

experience the moment.

This issue also includes photos from the sketch and hike group hike last fall at Boundary Bluffs. You are welcome to join us on the 2018 Cape Croker spring hike!

See the hike information and contact details in this issue - page 14

*Julie Heinrichs, Lions Head, ON*  
(more images of Hike & Draw ventures pgs 17 & 19)



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## THE "CAMINO", SPAIN

April 28 to May 10, 2018

The Camino de Santiago is an iconic trek covering some 800km across the north of Spain. Our journey encompasses the last 160km from O'Cebreiro to Santiago de Compostela, including many "extras" in order to make it a complete Galician experience. Thousands of pilgrims have walked before us, and it is time to add your footsteps to this famous trail.

## CANADIAN MARITIMES

June 21 to July 3, 2018

Hike & kayak the world's highest tides at the Hopewell Rocks in New Brunswick; meet Anne of Green Gables and build sandcastles in Prince Edward Island; celebrate Canada Day in Halifax, Nova Scotia.

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## MACHU PICCHU, PERU

September 14 to 26, 2018

Explore the Sacred Valley of the Incas by hiking through the famed salt pans of Maras, the ancient ruins of Pisac, and trekking high up into the Urubamba mountain range. Then that all important day arrives when we hike into Machu Picchu – **rounding the corner of the Sun Gate and seeing Machu Picchu with your own eyes will give you goose bumps!**

**(NO CAMPING – ALL ACCOMMODATIONS ARE IN HOTEL & LODGES)**

## NEW ZEALAND

November 6 to 25, 2018

This New Zealand trip is a "legend" in our company history and is always regarded as a guest favourite, and we do New Zealand proud. Enjoy a full itinerary of hiking and sightseeing throughout the North and South Islands, including the Tongariro Crossing, the Abel Tasman Coastal Walk and the famed Milford Track.

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Jill H. H. H.



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**Tip from Kathie - Book your hiking agenda early for your lodgings to avoid disappointment**



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## SAVE THE DATE

The Peninsula Club will be hosting the Bruce Trail Conservancy Annual Meeting,  
Friday, September 21, 6:00 pm to Sunday, September 23, 1:00 pm.

The meeting will be held at the Evergreen Resort at 139 Resort Rd, Red Bay, South Bruce, 519-534-1868,  
<http://www.evergreenresortredbay.ca/>.

Contact the resort directly to make accommodation reservations for the weekend.

Be sure to mention that you will be there for the BTC Annual meeting.

More details to follow.

### *Beauty of the Bruce Trail*

Images from the Boundary Bluffs  
Hike & Draw  
from which to draw inspiration  
for participating artists.



#### Sauntering (cont'd from page 3)

I take note of the exposed layers of the rocks, trying to understand where they fit in the Niagara Escarpment sequence. I snap pictures of plants, insects, amphibians, hoping to identify them later on if I can't already do so. I make mental notes of what I'm seeing just so that I can remember the experience, and perhaps write about it. (I write a blog called 'Seasonsinthevalley').

Both Thoreau and Muir claimed, over 150 years ago, that being in nature is a spiritual experience. The walking, the fresh air, and the other life around

you all contribute to feeling better, emotionally, intellectually and spiritually. Their message is reflected in today's idea of 'forest therapy' or 'forest bathing'. And it's reflected in the concern for nature deficit syndrome among today's children. Referred to in Japanese as 'Shinrin-Yoku', it is the medicine of simply being in the forest. It reflects a belief that "a slow, deliberate, meditative walk in the woods can offer a host of mental, emotional and physical benefits". Sounds like 'sauntering down the trail' to me, and I urge you to try it.

Stew Hiltz

Peninsula Bruce Trail Club  
P.O. Box 1087,  
Warton, ON N0H 2T0

Send us your favourite photo taken on the Bruce Trail.  
Send a high quality image in JPEG format to:

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