

DURHAM OUTDOORS CLUB

Winter 2024

The Durham Outdoors Club is a volunteer organization: Members are encouraged to volunteer based on their personal abilities, experience and areas of interest, to organize and run events and activities, and/or assist in the management of the Club's affairs. The Club's survival, as well as the quality of the membership experience for all members, depends on each member's participation.

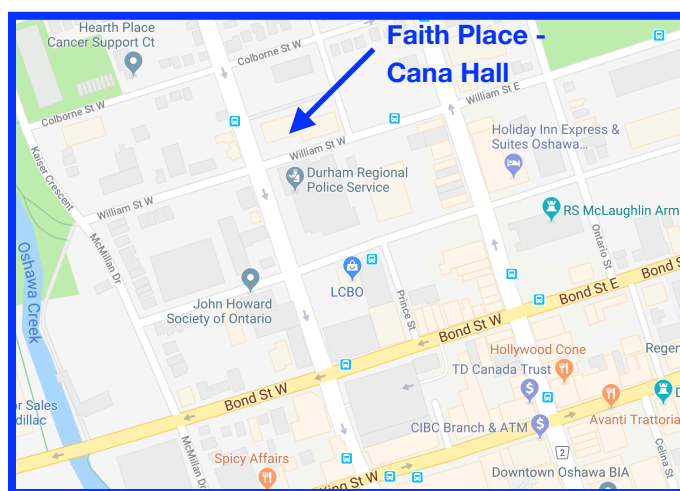
General Meetings

All members and those interested in joining the Club are encouraged to come out to the general meetings. Past events are reviewed, new events are put forth, and current business is reviewed. Generally, there is a presentation by a speaker on a topic or an event of interest to members. Meetings are held on the last Tuesday evening of each month, except July and December.

PLACE: Faith Place - Cana Hall, 44 William St W, Oshawa (corner of Centre St and William St)

TIME: 7:30 PM - 9:00 PM

DATE: Last Tuesday of every month, except July and December.



President's Message

We are currently looking for a new President. If you are interested in helping the Club with this important role, please reach out to one of the members of the Executive.

- *Durham Outdoors Club Executive*

Updates from the Executive

Hike Leader Training – Hike leader training is available through Hike Ontario (www.hikeontario.com). Please consider this one-day course if you are interested in becoming a Certified Hike Leader. The Club will reimburse a portion of the cost of training once candidates have led three hikes or other activities following completion of the training. Check the Hike Ontario website for upcoming training opportunities.

First Aiders Needed – If you are a registered and up-to-date holder of a St. John's Ambulance or other first aid certification, please contact a member of the Club's Executive. A roster of qualified first aiders may make a difference to the need for future training.

Dogs at Events – Before bringing a dog to an event, you must check with the event leader to be sure pets are welcome, as some participants may be uncomfortable around dogs. All dogs must be on a leash and owners must clean up after their pets.

Overview of Regular Club Activities

Hiking

Our hikes are rated based on the Oak Ridges Trail Association (ORTA) guidelines so you can judge if they are suitable for your capabilities:

- Slow:** 3 km/hour (family friendly)
- Moderate:** 4 km/hour
- Fast:** 5 km/hour

Hiking poles are recommended especially in hilly areas or where there has been a recent thaw and conditions have become frozen again. Pack a lunch and hot drink if the hike is for the day. If you are carpooling with someone, make sure you take a plastic shopping bag with you for your muddy boots and offer to help with the cost of gas. You will need icers or snowshoes in the winter; sunscreen and bug repellent in other seasons. Always pack lots of water.

Canoeing

Most of our canoe trips tend to be flat-water trips, that means we mainly paddle lakes and creeks with little current. Flat water trips are rated by length, pace of trip, remoteness in wilderness areas as well as length and the number and ruggedness of portages. **PFDs MUST be worn at all times while on the water.**

It is important to remember that cold water, strong winds, and changing weather conditions can create dangerous situations for any paddler, no matter how experienced or skilled they may be. To come out on any overnight trip some camping and wilderness skills are required. The ability to perform basic paddling strokes and some knowledge of canoe rescue techniques are required from Novice up. If in doubt check with the trip leader. We rate by four categories:

CATEGORY	DESCRIPTION
Easy	Usually day tripping on small sheltered lakes or slow moving creeks with very little or no portaging. Base camp trips depending on area and trip. However some exploratory base camp trips can be strenuous. Check with the leader. Distance approximately 10 km.
Novice	Easy paddling on small to medium lakes, one to three short easy portages in an easy wilderness area. Overnight trips. Distance approximately 15 km.
Intermediate	More strenuous paddling on larger lakes, longer length of trip. Paddler must be able to paddle in moderate windy conditions and choppy water. Distance approximately 20 km.
Advanced	Large lakes and flowing water. Paddler must have extensive experience in a canoe and ability to pack up camp, set-up again, and paddle day after day. Trips can be several days long to over a week. Strenuous portages, often no set path and very rugged, with distances up to and more than 3 km long. Paddling distance per day can be 25+ km.

Cycling

The cycling season starts in April or May and continues into the Fall, depending on the weather. We classify rides as easy to moderate, usually from 30 km to 50 km. Working up to 50 km is quite easy if you participate in all of our rides or ride on your own on other days. Everyone is welcome, whether as a participant, to suggest a new route, or to lead us on a new route or just some of our old favourites.

All bicycles must be in good working order and we encourage you to get your bike tuned-up prior to the cycling season commencing. **Your bike must have a bell and you must wear a helmet, good footwear, and no loose clothing.** We encourage you to have a light on your bike, preferably both in the front as well as the back of the bike, as well as a light on your helmet. Also cyclists must carry at least one spare tube - two is better - and always bring water, plus a snack for extra energy.

Cross-Country Skiing, Snowshoeing, and Winter Camping

In the winter months, the Club often goes cross-country skiing, snow shoeing, and winter camping. Members are encouraged to lead day trips and weekend trips. The Club has gone on weekend trips to lodges and camps in the past.

For winter day trips, it is essential to dress in layers to deal with starting out 'cold' and then getting very warm after exertion. A light shell wind-breaker, long sleeve top of quick-drying material and a fleece vest works well. Avoid cotton. Bring a change of clothes, including socks. Wear sunglasses and consider sun-screen. Pack a light lunch and a hot drink (and take water with you on the trail). Extra gloves are a good idea. It is recommended to carry a small first-aid kit, hand warmers, and a cell-phone in your daypack.

Neighbourhood Walks

Neighbourhood walks go for approximately 1.5 hours. Walks are usually rated easy or moderate and the terrain is generally flat - usually city streets, bicycle trails, or nearby conservation areas.

Urban Events

Club members are encouraged to get together for games nights, bowling, the theatre, musical performances, educational opportunities, outdoor shows and a range of social and cultural events throughout the year. These often incorporate an element of the outdoors such as camping, walks, or hikes. Members are responsible for any admission fees and transportation.

Events Schedule

IMPORTANT: Visit our website (www.durhamoutdoorsclub.ca) to download a copy of the Newsletter. You can also check the Events Schedule page for new activities as well as updates to times, dates, and venues for planned activities and for possible cancellations of events.

Please arrive a minimum of 15 minutes prior to the start time of an event to get organized and sign the Waiver and Emergency Contacts Form. Activities start promptly at the stated start time.

For hikes in winter, participants **MUST** have some form of traction device (commonly referred to as “icers”) for their boots. The local trails quickly become compacted and very icy in winter. Icers attach to your boots to give you more traction on the ice and are essential for winter hiking. The best brand is Kahtoola Microspikes (available at Mountain Equipment Co-op or SAIL).

January 2024

Saturday, January 6, 10:00 AM - Hike: Bowmanville Beach

Rated: Easy

Distance: 8 km

Meet: Meet at 9:45 AM for a 10:00 AM start. From Liberty Street South, turn left onto Lake Drive, then right onto East Shore Drive, then right onto West Beach Road to Lake Ontario. Jog left into the parking lot.

Notes: Wear icers or crampons if icy conditions. Bring water and snack if needed. Contact Heather at least the night before if interested and to confirm if attending or if any changes.

Contact: Heather - 905-440-0038 or hgriff551@gmail.com

Sunday, January 7, 10:00 AM - Hike: Ballyduff Trails, Pontypool

Rated: Moderate

Distance: ~8 km

Meet: Meet at 9:45 AM for a 10:00 AM start at 851 Ballyduff Road, Pontypool, L0A 1K0. We can park on the resident's property, they suggest if winter weather to park outside the gate on the side of the road or inside on the ploughed area near the garage. Parking is free.

Notes: We will hike through the trails, very pretty walk. Some wooded areas, some meadow. Bring water, snack. Wear icers or crampons if icy conditions. Contact Elinor if interested and to confirm if attending or if any changes.

Contact: Elinor - elinor.major@hotmail.com

Tuesday, January 16, 10:00 AM - Hike: Rouge Urban National Park

Rated: Moderate, some hills

Distance: ~6 km

Meet: Meet at 9:45 AM for a 10:00 AM start at 25 Zoo Road, Toronto, ON M1B 5W8.

Notes: We will hike from the Zoo Road parking lot south on east side of Rouge River then north on the west side. Wear icers or crampons if icy conditions. Bring water and snack if needed. Contact Mary at least the night before if interested and to confirm if attending or if any changes.

Contact: Mary - 289-385-8642

Friday, January 19 to Sunday, January 21 - Hiking Algonquin Weekend

Notes: Staying at Oxtonque Lake Cottages, 4019 Highway #60 Dwight, ON. Rented three 2 bedroom cabins. Each cabin has two double beds and a pullout couch in the main room. Also rented a 1 bedroom cabin with two queen beds. All cabins come complete with bedding and a full kitchen. We will arrive on the Friday afternoon, have dinner in a local restaurant. Saturday Hike - Bat Lake Trail and/or Peck Lake Trail. Saturday dinner is pot luck. Sunday Morning Hike - Ragged Falls Trail before heading home. Participants must be a Durham Outdoors Club member as this is an overnight event.

Contact: Jeannie - 905-728-8051

Tuesday, January 23, 10:00 AM - Hike or Snowshoe: Ganaraska Forest Centre

Rated: Moderate, hilly

Distance: 8 km

Meet: Meet at 9:45 AM for a 10:00 AM start at 10585 Cold Springs Camp Road, Campbellcroft, ON L0A 1B0. Paid parking, pay at gate or use parking pass.

Notes: We will hike or snowshoe depending on conditions. Wear icers or crampons if icy conditions. Bring water and snack if needed. Contact Mary at least the night before if interested and to confirm if attending or if any changes.

Contact: Mary - 289-385-8642

Saturday, January 27, 10:00 AM - Hike: Darlington Provincial Park

Rated: Easy

Distance: 8 km

Meet: Meet at 9:45 AM for a 10:00 AM start. From Farewell Street, turn left onto Colonel Sam Drive, follow to the end of the street, take laneway to a small parking lot on your right.

Notes: Wear icers or crampons if icy conditions. Bring water and snack if needed. Contact Heather at least the night before if interested and to confirm if attending or if any changes.

Contact: Heather - 905-440-0038 or hgriff551@gmail.com

Sunday, January 28, 12:00 PM - Urban Event: Lunch and a Play

Notes: Lunch 12:00 PM, place to be announced. Doors open at 1:30 PM, play starts at 2:00 PM. Durham Shoestring Performers present "If Truth Be Told" at the Arts Resource Centre, 45 Queen Street, Oshawa, behind Oshawa City Hall. Parking is free. Ticket \$20.00, cash only. Description: Peg Dunlop returns to the town she fled years ago. Carmella, a high school teacher eager to use books relevant to her students, decides to use one of Dunlop's celebrated novels, against the will of locals who want the book banned. Who decides how we see the world? How do we get past such fundamental differences?

Contact: Jeannie - 905-728-8051

Tuesday, January 30, 10:00 AM - Hike: Long Sault Conservation Area

Rated: Moderate, hilly

Distance: 7 km (or more depending on the group's wishes)

Meet: Meet at 9:45 AM for a 10:00 AM start at 9293 Woodley Road, Bowmanville, ON L1C 3K6. Pay-and-display parking, \$6.00 per vehicle per day (Visa or MasterCard only) or sign out library pass.

Notes: Wear icers or crampons if icy conditions. Bring water and snack if needed. Contact Mary at least the night before if interested and to confirm if attending or if any changes.

Contact: Mary - 289-385-8642

Tuesday, January 30, 7:30 PM - General Meeting

Meet: Faith Place - Cana Hall, 44 William Street West, Oshawa.

Speaker: Melinda Phuong, Parks Canada

Notes: Melinda from Parks Canada will be discussing Rouge Urban National Park.

Did you know...

The Durham Outdoors Club is on X (formerly Twitter). Follow us @Durham_Outdoors



February 2024

Saturday, February 3, 10:00 AM - Hike: Long Sault Conservation Area

Rated: Moderate

Distance: 6-8 km

Meet: Meet at 9:45 AM for a 10:00 AM start at 9293 Boundary Road.

Notes: We'll hike the east side on the park on the Cotton Rabbit Trail and White Deer Trail. Wear icers or crampons if icy conditions. Hiking poles recommended. Bring water and snack if needed. Contact Jeannie at least the night before if interested and to confirm if attending or if any changes.

Contact: Jeannie - 905-728-8051

Tuesday, February 6, 10:00 AM - Hike: Seaton Hiking Trail

Rated: Moderate, hilly

Distance: 6-7 km

Meet: Meet at 9:45 AM for a 10:00 AM start at community park, 405 Whitevale Road, Whitevale, ON L0H 1M0. Parking is free.

Notes: Wear icers or crampons if icy conditions. Bring water and snack if needed. Contact Mary at least the night before if interested and to confirm if attending or if any changes.

Contact: Mary - 289-385-8642

Thursday, February 8, 10:00 AM - Hike: East Duffins Headwaters

Rated: Moderate, some hills

Distance: ~8 km

Meet: Meet at 9:45 AM for a 10:00 AM start. From Oshawa travel north on Simcoe Street to Raglan Road or Concession 5, turn left going west on Concession 5. This turns into 9th Concession Road after crossing Lakeridge Road. At the small village of Balsam, turn right (north) on Balsam Road, or Sideline 4. Follow this to the parking location on the left called East Duffins Headwaters. Parking permit \$6.00. Day permit must be purchased online the day of the hike or you may scan at the parking lot to make payment.

Notes: We will hike the East Duffins trails over to the Glen Major tract and gravel pit area of the forest. Very lovely hike, some hills, great lookouts. Bring water, snack. Wear icers or crampons if icy conditions. Contact Elinor if interested and to confirm if attending or if any changes.

Contact: Elinor - elinor.major@hotmail.com

Sunday, February 11, 10:00 AM - Hike: Kendal Crown Lands

Rated: Moderate

Distance: 8 km

Meet: Meet at 9:45 AM for a 10:00 AM start. Directions: From Highway 115 north, turn right on Ganaraska Road 9, then right on Church Street in Kendal, then right onto Old Mill Road. Go to the dead end and park on the side of the road or you can park on the side of the Ganaraska Road 9, going in using the entrance marked Kendal Crown Lands.

Notes: Wear icers or crampons if icy conditions. Bring water and snack if needed. Contact Glenna at least the night before if interested and to confirm if attending or if any changes.

Contact: Glenna - hollymolly@sympatico.ca

Tuesday, February 13, 10:00 AM - Hike: Stephen's Gulch Conservation Area

Rated: Moderate, hilly

Distance: 6 km

Meet: Meet at 9:45 AM for a 10:00 AM start at 367 Stephens Mill Rd, Bowmanville, ON L1C 4V7. Pay-and-display parking, \$6.00 per vehicle per day (Visa or MasterCard only) or sign out library pass.

Notes: Wear icers or crampons if icy conditions. Bring water and snack if needed. Contact Mary at least the night before if interested and to confirm if attending or if any changes.

Contact: Mary - 289-385-8642

Tuesday, February 20, 10:00 AM - Hike: Easton Park, Oshawa

Rated: Moderate

Distance: 6 km

Meet: Meet at 9:45 AM for a 10:00 AM start at Adelaide Avenue East and Harmony Road North, Oshawa.

Notes: Wear icers or crampons if icy conditions. Bring water and snack if needed. Contact Mary at least the night before if interested and to confirm if attending or if any changes.

Contact: Mary - 289-385-8642

Thursday, February 22, 10:00 AM - Hike: Leskard

Rated: Moderate

Distance: 8 km

Meet: Meet at 9:45 AM for a 10:00 AM start. Park south side of Leskard Road at the corner of Leskard Road and Concession 8. We will walk up to the entrance of the trail.

Notes: Wear icers or crampons if icy conditions. Bring water and snack if needed. Contact Glenna at least the night before if interested and to confirm if attending or if any changes.

Contact: Glenna - hollymolly@sympatico.ca

Tuesday, February 27, 10:00 AM - Hike: Durham Regional Forest

Rated: Moderate

Distance: 8 km

Meet: Meet at 9:45 AM for a 10:00 AM start at 3821 Concession Road 7, Goodwood, ON L9P 1R4. Parking is \$6.00 and may be purchased in advance or at the lot.

Notes: Wear icers or crampons if icy conditions. Snowshoes may be considered as well. Bring water and snack if needed. We may have lunch at The Hub after the hike. Contact Mary at least the night before if interested and to confirm if attending or if any changes.

Contact: Mary - 289-385-8642

Tuesday, February 27, 7:30 PM - General Meeting

Meet: Faith Place - Cana Hall, 44 William Street West, Oshawa.

Speaker: Tyler Speck, Acting Park Superintendent, Kawartha Highlands Provincial Park

Notes: Tyler from Ontario Parks will be discussing Kawartha Highlands Provincial Park including current operations, ecological monitoring programs, and answer any questions regarding the park.

Did you know...

Fourteen parks offer overnight stays through the winter catering to every style from heated roofed accommodations to trailer and tent camping. More details here: <https://www.ontarioparks.com/winter/overnight>



March 2024

Sunday, March 3, 10:00 AM - Hike: Durham East Cross Forest

Rated: Moderate

Distance: ~7 km

Meet: Meet at 9:45 AM for a 10:00 AM start at 4560 Devitt's Rd, Nestleton Station, L0B 1L0. This is on the north section of the forest. Parking is \$4.00 per car per day and must be purchased online the day of. Use Zone 3182 when choosing the conservation area.

Notes: We will hike the East Cross forest trail, including the two loops inside the forest and then return on the same main trail. Bring water snack. Wear proper footwear for the weather. If icy conditions, be sure to wear icers or crampons. Contact Elinor if interested and to confirm if attending or if any changes.

Contact: Elinor - elinor.major@hotmail.com

Tuesday, March 12, 10:00 AM - Hike: Seaton Hiking Trail

Rated: Moderate, hilly

Distance: 6-7 km

Meet: Meet at 9:45 AM for a 10:00 AM start. The parking entrance is located on the south side of Highway 7 at Green River, approximately 8 km east of Markham. Watch for the Seaton Hiking Trail sign beside a long driveway, accessing the trail parking lot. Coordinates: N43.90110 W79.17664.

Notes: Hike along river, very pretty. Wear icers or crampons if icy conditions. Bring water and snack if needed. Contact Mary at least the night before if interested and to confirm if attending or if any changes.

Contact: Mary - 289-385-8642

Monday, March 18, 12:00 PM - Hike: Long Sault Conservation Area

Rated: Moderate, hilly

Distance: 7 km

Meet: Meet at 11:45 AM for a 12:00 PM start at 9293 Woodley Road, Bowmanville, ON L1C 3K6. Pay-and-display parking, \$6.00 per vehicle per day (Visa or MasterCard only) or sign out library pass.

Notes: Wear icers or crampons if icy conditions. Bring water and snack if needed. Contact Mary at least the night before if interested and to confirm if attending or if any changes.

Contact: Mary - 289-385-8642

Monday, March 25, 10:00 AM - Hike: Durham Regional Forest

Rated: Moderate, hilly

Distance: 7 km

Meet: Meet at 9:45 AM for a 10:00 AM start at 3821 Concession Road 7, Goodwood, ON L9P 1R4. Parking is \$6.00 and may be purchased in advance or at the lot.

Notes: Wear icers or crampons if icy conditions. Snowshoes may be considered as well. Bring water and snack if needed. Option for lunch at The Hub which is 3 km away after the hike. Contact Mary at least the night before if interested and to confirm if attending or if any changes.

Contact: Mary - 289-385-8642

Did you know...

The Durham Outdoors Club is on Facebook:
<https://www.facebook.com/people/Durham-Outdoors-Club/100064942743487/>

**Tuesday, March 26, 7:30 PM - General Meeting**

Meet: Faith Place - Cana Hall, 44 William Street West, Oshawa.

Speaker: Kevin Callan

Title: Paddling Ontario Rivers

Notes: Author Kevin Callan (a.k.a The Happy Camper) will present on a number of river canoe trips across Ontario, from southern river routes such as the Grand, Thames, and Mississippi to more northern river routes such as Algonquin's Nippissing, Temagami's Lady Evelyn, Algoma's Spanish, and the Steel River north of Lake Superior.

Kevin is the author of 19 books; his latest being Another Bend in the River: The Happy Camper's Memoir. He is an award winning writer and a keynote speaker at outdoor events across North America. Kevin is also a regular guest on several television morning shows and CBC Radio. He has won several film awards, writes a column for Paddling Magazine and Explore Magazine. Kevin was listed one of the top 100 modern day explorers by the Canadian Geographical Society. He was also made Patron Paddler for Paddle Canada. Check out his web site at www.kevincallan.com and YouTube channel KCHappyCamper.

Advance Notice

Saturday, May 4 to Monday, May 6 - Canoe Trip: Kawartha Highlands Provincial Park

Rated: Intermediate

Notes: Three easy portages in, and three out. Stay on Serpentine Lake. Maximum four canoes.

Leader: Mike - mrgt@rogers.com

Thursday, June 6 to Sunday, June 9 - Canoe Trip: Naganosh

Rated: Intermediate

Notes: Naganosh is a non-operating park. Three easy portages in, and same ones out. Maximum four canoes.

Leader: Mike - mrgt@rogers.com

Club Administration

Durham Outdoors Club Executive for 2023-2024

The Executive meets four times a year to review old business, new items, and upcoming events for the newsletter.

POSITION	NAME	PHONE	EMAIL
President	Vacant		
Past President	Vacant		
Secretary	Joe Carabott		joecarabott@gmail.com
Treasurer	Michelle	905-626-9245	durhamoutdoorsclub@gmail.com
Membership	Jeannie	905-728-8051	durhamoutdoorsclub@gmail.com
Newsletter Editor	Scott Nokleby	905-259-3896	scott.nokleby@gmail.com
Communications Coordinator	Mike Kube		durhamoutdoorsclub@gmail.com

Durham Outdoors Event Coordinators for 2022-2023

Please contact the appropriate Event Coordinator with event suggestions or to lead an outing. New events can be proposed at anytime, so you are encouraged to step up and lead an event for the Club.

EVENT COORDINATOR	NAME	PHONE	EMAIL
Hiking and Backpacking	Mary		mary.koziar@hotmail.com
Canoeing and Kayaking	Mike Thomas	905-666-2788	mrgt@rogers.com
Cycling	Elinor	905-721-8897	elinor.major@hotmail.com
Cross-Country Skiing	Vacant		
Neighbourhood Walks	Bev	905-579-3200	
Urban Events	Vacant		

Meeting Schedule and Submissions

The Durham Outdoors Club meets on the last Tuesday of each month (except July and December. The Newsletter is published four times a year, and the Executive meets quarterly. Please ensure matters for discussion by the Executive or for inclusion in the Newsletter are delivered in a timely manner.

NEWSLETTER	SPRING 2024	SUMMER 2024	FALL 2024	WINTER 2025
Deadlines for Submissions	March 1, 2024	June 1, 2024	September 1, 2024	December 1, 2024
Executive Meetings	March 14, 2024	June 13, 2024	September 12, 2024	December 12, 2024