



**SPRING FEATURES**

- HIKING DURING A PANDEMIC
- ORGANIZED HIKES
- SPRING WILDFLOWERS
- FAMILY FUN ACTIVITIES
- MEET HENRY THE HIKER
- VOLUNTEER OPPORTUNITIES

**GOING DIGITAL IN SUPPORT OF CONSERVATION AND SAVINGS**

After much discussion and debate, the Dufferin Hi-Land Bruce Trail Club Board has made the decision to publish Hi-Land Views in a largely digital format! While many of us still enjoy the tactile experience of a printed newsletter, as supporters of preserving the natural world for the benefit of future generations, we are committed to reducing the environmental impact of our newsletter going forward.

Many of our newer members have been receiving their newsletters by email for some time. To achieve the full environmental and financial benefits, it is time to transition the majority of our members to email. In making this change, we will join the rest of the Bruce Trail Clubs from Niagara to Tobermory that have already made the switch.

Going digital provides a host of benefits including:

- Convenience of having your newsletter sent directly to your inbox
- Enhanced visual appeal through more generous use of color and higher quality images

- Greater flexibility in terms of frequency and timing of newsletters
- Reduced carbon footprint of both printing and distributing paper newsletters
- Greater investment of membership dollars towards our vital trail and conservation work

Over the next month, members who have previously received paper copies of Hi-Land Views will be contacted by the Bruce Trail Conservancy so that we may continue to provide you with the latest news and upcoming events without interruption.

Should you still require a mailed (paper) copy of your Hi-Land Views, fill out this simple online request form <http://bit.ly/hilandviews> or contact the Bruce Trail Conservancy at [info@bruce-trail.org](mailto:info@bruce-trail.org) or 1-800-665-4453, by June 1, 2021."

Our thanks to all our members and landowners for your continuing support of the Bruce Trail Conservancy and of the Dufferin Hi-Land Club.

- Melina Cormier, Editor

# HIKING DURING A PANDEMIC

This past year has proven challenging to all, but thankfully we have largely been able to enjoy our local trails. Hiking is a great way to improve one's physical and mental health, but we should all be aware that hiking during this pandemic will require a little more thought, planning and consideration. Below is some guidance about how to safely enjoy hiking during the pandemic.

Don't stray too far from home and avoid travelling outside of your region. If you do not live close to the Bruce Trail, now is a great time to discover the hidden treasures that are close to you. If you are able to enjoy the Bruce Trail, be sure to check out any closures or restrictions in your area. A list of COVID-related closures and restrictions can be found on the Bruce Trail Conservancy website [https://brucetrail.org/trail\\_changes/361](https://brucetrail.org/trail_changes/361).

We urge all hikers to respect the wishes of our landowners, conservation partners and municipalities and abide by these closures and restrictions.

Be prepared to change your plans. With the growing number of people out exploring the trails, many of the well-known spots are super busy. If the trail-head is crowded, you may want to reconsider your initial plan and hike elsewhere. It would be wise to think about alternate hikes when planning your outing. Respect the parking rules wherever you go and research whether or not reservations are required at your desired hiking location.

While being outside may be safer, it is important to continue to observe public health guidelines when hiking. Always maintain a physical distance of 2 metres between you and other hikers and move aside to allow other hikers to pass. Where this is not possible the use of a mask is highly recommended.

You should also respect any provincial and/or local restrictions on outdoor gatherings. Where

possible, hike only with members of your own household. When allowed, group size should be in accordance with any restrictions in place at that time.

**KNOW BEFORE YOU GO**  
Icon: A signpost with a 'Closed' sign and a forked path.

**PRACTICE PHYSICAL DISTANCING**  
Icon: A line of people with a double-headed arrow below indicating a 6ft distance.

**PLAN AHEAD**  
Icon: A hand holding a mask and a bag of supplies.

**PLAY IT SAFE**  
Icon: A compass and a signpost with 'HARD' and 'EASY' directions, with a checkmark on the 'EASY' side.

**EXPLORE LOCALLY**  
Icon: A house and a mountain range.

**LEAVE NO TRACE**  
Icon: A hand putting trash into a bag.

**BUILD AN INCLUSIVE OUTDOORS**  
Icon: Three hands holding hearts in front of trees.

#dufferinbtc\_recreateresponsibly  
**Leave No Trace™**

If you are planning to head to a conservation area or provincial park, assume that no facilities or amenities will be available. For the most part, public washrooms are closed and there is limited garbage pickup. Pack out what you take in, regardless of where you hike. Your garbage is your responsibility.

Above all, stay home if you are experiencing any COVID symptoms or are otherwise unwell. Please hike safely! - Jackie Foster

**BRUCE TRAIL ORGANIZED HIKES  
WHAT DOES THE FUTURE HOLD?**

The hiking programs of all nine Bruce Trail Clubs continue to be paused until all areas along the Niagara Escarpment and the Greater Toronto Area are at Orange Level Restrictions or better in the provincial COVID-19 public health measures. It is expected that this suspension will last for the rest of 2021 and possibly into early 2022.

Here's what to expect when the hiking program resumes:

1. Pre-Hike Requirements

- Hikes will be open for BTC members and their guests only;

*Membership is 100% tax-deductible, is valid for everyone in a household, and is a wonderful way to support our mission: preserving a ribbon of wilderness, for everyone, forever.*

- Pre-registration will be required;
- Group size will be limited to the recommendations from respective public health units;
- Wearing masks on hikes will be strongly recommended;
- Despite any loosening of restrictions, hikers will again be encouraged to stay local when choosing a hike.

2. Each hiker joining a Bruce Trail Club organized hike must perform a self-screening check before hiking;

Arrival at the group hike:

3. Remain in your car while you are being checked in for the hike.

4. Follow the guidelines for safe & responsible hiking, including:

- Keep a distance of at least 2 arm lengths (approximately 2 metres) from others not in your household.

- Do not share anything, including bug repellent, sunscreen, hand sanitizer, water etc.
- Move aside to allow others to pass.
- Pack out everything you bring on your hike. Garbage cans will not be available.
- Hikers and hike leaders are strongly recommended to wear face masks during the hike.
- Hikers may carry and use hand sanitizer but should not be sharing it with the group.

5. After the hike:

- Hikers who experience COVID-19 symptoms following a Bruce Trail Club organized hike must inform their local public health unit.



Organized hiking programs remain on pause.

**CLUB END-TO-END HIKE EVENTS**

Due to the changing situation surrounding COVID-19, Bruce Trail Clubs are not able to plan and offer spring End-to-End hikes of their sections. End-to-End hikes normally held in the fall may also need to be cancelled.

We know this won't last forever. Please consider joining an organized hike when they become available. - Jackie Foster

## SPRING WILDFLOWERS IN THE HI-LANDS

*"Look deep into nature and you will understand everything better." - Albert Einstein*

Spring wildflowers bring joy to the season. They inspire us to slow down to admire them. The following are a sample of the flowers blooming from April to June along the Dufferin Hi-Land section of the Bruce Trail.

Looking for a way to identify what you see? Try <http://ontariowildflowers.com>. This site has many ways to identify flowers like colour, habitat, and leaves. It also has links to wildflower identification books and identification of trees, ferns and insects.

While enjoying these beautiful wildflowers remember to leave them untouched for the enjoyment of others and for future generations to come. - Brenda Carling

*To preserve these species; take only pictures, stay on the trail and keep your dogs on a leash. Leave the flowers for the next person to enjoy!*



TROUT LILY



BLUE COHOSH



HEPATICA



DUTCHMAN'S BREECHES



COLUMBINE



SPRING BEAUTY



JACK IN THE PULPIT



FALSE SOLOMON'S SEAL



SQUIRREL CORN



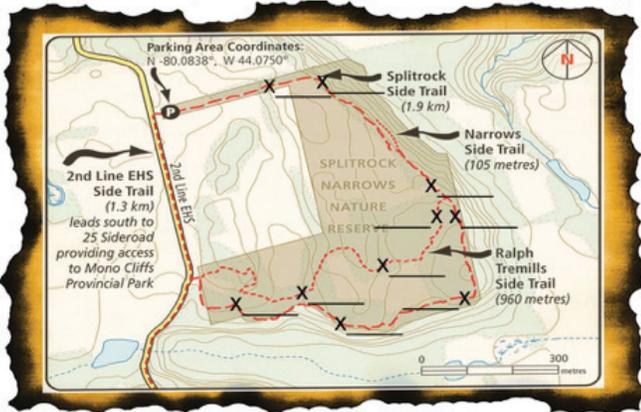
TRILLIUM

Photos: Brenda Carling

## COVID FRIENDLY FUN FOR A HAPPIER AND HEALTHIER FAMILY

This spring, let the kids enjoy outdoor activities that will help keep them safe and spark their curiosity. When it's time to 'Go Outside and Play', hit the [DufferinBruceTrailClub.org](https://DufferinBruceTrailClub.org) website and try these fun interactive activities.

### Children's Treasure Hike



Follow the trail to find the 10 Plaques. Look but do not touch. Write a description of each plaque next to the X where you found it. To receive your free "Take a Hike" button, register at <https://dufferinbruceclub.org> to submit your answers, name and mailing address.

Hey kids! Take your favourite grown ups into the woods on an exciting Treasure Hike. Be sure to print out the Children's Treasure Hike map from our website before heading to the Splitrock Narrows Trail (parking lot on 2nd line north of 25th SR). Find the 10 round plaques attached to trees along the path. Each plaque has a nature image carved into it. Write down the images you see and submit your answers online when you get home. We'll mail you a free "Take a Hike" pin-back button with 10 correct answers. Ideal for kids up to 10 years old. - Susan Ford

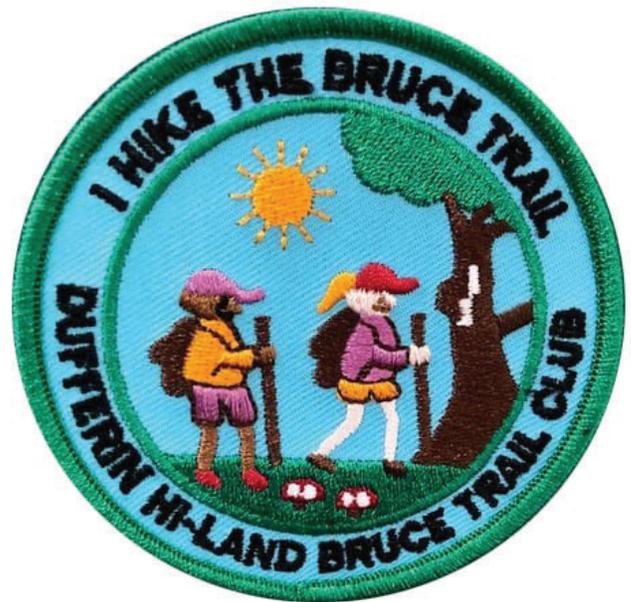


*Tell your friends.  
Shoot a photo during your  
hike - selfie or scenery  
- get creative!*

*Share it on Instagram  
with hashtag  
#YoungHikerBadge and  
tag @DufferinHiLand or  
@DufferinHiLandBruceTrail-  
Club on Facebook.*

### YOUNG HIKER BADGE

Introducing our new Young Hiker Badge! To earn your free badge, you must be 13 years of age or younger and complete one or more hikes on the Dufferin Hi-Land section that is a minimum of 3 km long or that takes at least one hour.



Remember to send us:

- Your Hike Log: the date, the distance or duration, and where you hiked
- An email address and/or phone number where we can reach you, an adult member of your family
- Your Bruce Trail membership number if a member of your family has one
- A stamped, self-addressed envelope to: Dufferin Hi-Land Bruce Trail Club P.O. Box 698, Alliston ON, L9R 1V9 (so we can send you the badge)

## MEET HENRY THE HIKER

Growing up with the Bruce Trail literally in your backyard can be very motivating; especially when paired with the excuse of skipping a few home-schooling assignments!

Meet 7 year-old Henry Little, also known as Henry The Hiker. This freckle faced, little dynamo has been actively hiking the Bruce Trail since last September. So far he's completed the Blue Mountain section and is working on Beaver Valley, Caledon and Dufferin at this time.



Henry the Hiker hitting the trails.

Photo: Carola Little

"We have a network of other homeschooling families that we try and coordinate with," says his mother, Carola Little.

Currently trying to stick close to home, Henry has been working on the Dufferin section - a part of the trail that is close to his heart as it crosses the family property.

"At first we hiked because I knew he needed an outlet from all the schoolwork," adds Carola. "But now he really seems to crave it. Don't get me wrong, if we try to fit in a 10 kilometre section, it's not without whining... but there is always something to distract him and get him moving again."

Interest in Henry's adventures is growing and he now has Henry The Hiker accounts on [Instagram](#), [Facebook](#) and [YouTube](#) where he chronicles his adventures for other kids (and parents). He's sporting Henry The Hiker shirts and loves it when people out on the trail recognize him.

"My first video - well everybody loved it - especially the part where I said 'my dogs are barking'. It was true," Henry explains. "Now I want to show everyone all the cool stuff we see. It's so much fun. And even if your feet do hurt, it's always worth it."

As of April 23, Henry had completed 100 kilometres of the Bruce - and he hopes that everyone will follow his adventures on line, or even better, greet him on the trails! - Carola Little

## WEBINAR TO WATCH MANAGING INVASIVE SPECIES



Invasive species are a threat to the biodiversity of our ribbon of wilderness along the Niagara Escarpment. This webinar, presented by Caledon Hills Bruce Trail Club, focuses on three of the invasive species of big concern: Garlic Mustard, Dog Strangling Vine and Common Buckthorn.

Find out how to identify these invasive species and what role you can play in managing them to minimize their spread.

<http://caledonbrucetrail.ca/land-stewardship/webinar-managing-invasive-species-on-our-trail/>

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**Bruce Trail  
CONSERVANCY**

**DUFFERIN HI-LAND CLUB**

[DUFFERINBRUCETRAILCLUB.ORG](http://DUFFERINBRUCETRAILCLUB.ORG)

**VOLUNTEER OPPORTUNITIES -  
JOIN OUR DUFFERIN HI-LAND  
COMMUNICATIONS TEAM**

Do you have a background or interest in writing, editing, public relations, journalism, media relations, social media, photography, videography, or layout and design? These are just some of the many talents that our communications volunteers bring to their work in support of the Dufferin Hi-Land Bruce Trail Club.

As members and committed supporters of the Bruce Trail Conservancy, we dedicate our time and skills to help build awareness and appreciation for the Dufferin Hi-Land section and the hiking trails, wild life and natural environment it offers. If you would like to join our team, please contact [melinacormier@dufferinbrucetrailclub.org](mailto:melinacormier@dufferinbrucetrailclub.org).



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