



The Avon Trail
Hike Submission Form
Box 21148, Stratford, ON N5A 7V4
info@avontrail.ca www.avontrail.ca

Please fill in all the information as requested

Date of the activity _____
(e.g. Saturday, September 5, 2015)

Location of the activity _____

Distance of the hike (km) _____ Duration in time(hr) _____

Degree of difficulty (e.g. Easy, Moderate, Difficult) _____

Pace*: Leisurely _ Slow ____ Medium ____ Fast ____

What to bring (e.g, water, snack) _____

Meeting (departure) Time: _____

Meeting Location: _____

Name of hike Leader: _____

Hike Leader contact information _____
(phone number or for e mail contact)

Example: Tuesday October 6, 2010 - Hike the Maitland River Trail, Country Rd 31 to Benmiller.
8 km. Difficulty: Moderate with a few hills; Pace: Medium; Duration: 3.5 hours incl. lunch
Car pool from Giant Tiger parking lot, 477 Huron St. (Hy 8, Stratford).
Depart at 9:00am. Shuttle to start of hike,
Contact *Hike Leader's name and contact information*

Please Send completed form to Hike Scheduler by e mail or snail mail:
jane@rwfoster.ca or mail to Jane Foster, 89 McGregor St., Stratford, ON N5A 1G6

Thank you

*Guide to Pace: Leisurely - less than 2 Km/hr; Slow - 2 to 3 Km per/hr,
Moderate - 3 to 4 Km/hr; Fast - more than 4 Km/hr.