

**Hike Title:** Avon Trail E2E # 7

**Date & Time:** Saturday, September 9, 2023 08:45am – 2:30pm

**Contact:** To Join the hike or for more information, you **MUST** contact the Hike

**Leader:** Tracy at email: [gonorth49@gmail.com](mailto:gonorth49@gmail.com)

**Registration is required as a limited number of spaces are available.**

**Distance:** 11 km.

**Pace:** Medium.

**Terrain:** Moderate

**Duration:** Approx. 5.5 hours (4 hrs hiking including lunch/snack break, 1 hour travel, 15 min. shuttle each way).

**Meeting Place & Time:** Stratford Mall outside Game Stop (formerly EB Games), 1067 Ontario St., Stratford, Ontario, N5A 6W6. **Meet at 08:45** for a departure at 9am sharp.

**Carpooling is available but not guaranteed. A car shuttle will be used at beginning and end of hike. Masks required for car pooling and shuttle (at driver's discretion).** Return to Stratford Mall at approximately 2:30pm.

**Hike Route Overview:** We will hike along edges of fields, creeks, in lovely woodlots and end along the banks of the Nith River.

**Recommendations:** Rain or shine. **Pack lots of water & lunch/snack. Wear appropriate comfortable footwear (hiking shoes or boots). Dress according to the weather. Long sleeve shirts and long pants are recommended to prevent tick access. Insect repellent and sun protection advisable.**

**CHECK** <https://avontrail.ca/category/news/> prior to hike for possible changes/updates.