

Hike Title: Thames Valley Trail - River Valley Golf Course to St. Marys (**Members only hike**)

Date & Time: Thursday June 15, 2023, 8:45am - 2:30pm

Contact: To join the hike or for more information, you **MUST** contact the **Hike Leader:** Tracy. Email address: gonorth49@gmail.com **Registration is required as a limited number of spaces are available.**

Distance: 10 km.

Pace: Medium to fast.

Terrain: Moderate to Challenging.

Duration: approx. 5 hours (3.5 hours hiking including snack/lunch break, 1.5 driving).

Meeting place & Time: Giant Tiger, NW parking lot, 477 Huron St., Stratford, Ontario, N5A 5T8. **Arrive at 08:45** for a 9am sharp departure. Carpooling is available but not guaranteed. A car shuttle will be required. **Masks required** for carpooling and shuttle. Return to Giant Tiger by 2:30pm.

Hike Route Overview:

Sections of the trail are rugged with steep slopes and stony ground. The course may be slippery when wet. Numerous groundhog holes will be encountered along the edge of fields. There is a heavy concentration of hardwood forest in parts.

Recommendations: Rain or shine. **Pack lots of water & lunch/snack. Wear appropriate comfortable footwear (hiking shoes/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 the hike for possible changes / updates.**