

Hike Title: **NIAGARA GLEN**

Date & Time: Thursday, June 13, 2024, 8:15 A.M. – 5:00 P.M.

Contact: To join the hike please contact Roland Plum (rolandplum504@gmail.com).
Registration is required because only a limited number of spaces is available.

Distance: about 8 km

Pace: medium

Terrain: moderate

Duration: about 8.5 hours. 179 km, 2 h travel each way, 2.5 h hiking, 2 h other activity.
All times are approximate.

Meeting Place & Time:

Meet at the mall parking lot just east of the old Game Stop shop at 8:15 a.m. for an 8:30 a.m. sharp departure. We will car pool for the drive to the Niagara Glen, which is just downstream of the Whirlpool. Parking is available at the trail head for a fee. There are public toilets at the trail head.

Hike route overview:

At the parking lot there is a tower with stairs, which lead down to the hiking trail. We'll walk for about 4 km on the Niagara Glenn trails, then take the Whirlpool Trail (1.9 km), which ends at the top of the escarpment. We'll then walk the multi-use trail along the Niagara Parkway back to the parking lot (1.6 km). There are large boulders along the trail and beautiful views of the Niagara River and its rapids. After the hike we'll drive to Niagara on the Lake for lunch / coffee. If there is interest we could also visit a winery.

Recommendations:

Rain or shine. Pack water and snacks. Wear hiking boots and dress according to the weather. Long sleeve shirts and long pants are recommended to prevent tick access. Sun screen may be needed. I did not experience insects on this trail, but it is always wise to bring insect repellent during spring and summer.

Check **avontrail.ca** prior to the hike for possible changes/updates.