

HIKE TITLE: Challenging Avon Trail End to End for 50th Anniversary - Hike # 1

DATE & TIME: Thursday, June 5 @ 8:00am.

CONTACT: To join the hike or for more information, you MUST contact the Hike Leader **Rose** by email at: rosebontje@yahoo.ca
Registration is required as there are a limited number of spots available.

DISTANCE: 23.5 Km

PACE: Moderate/fast

TERRAIN: moderate

DURATION: 60 minutes each way (including car shuffle), hiking 6-7 hours (including lunch/snack and water breaks)

MEETING PLACE & TIME: Meet in front of Mary Browns at the Stratford Mall, 1067 Ontario St. Stratford at 8am for an 8:15 prompt departure. Carpooling is available, however, not guaranteed. Masks required when carpooling, at Driver's discretion.

HIKE ROUTE OVERVIEW: We will start at Conestogo, walk on roads to join the Heath Valley Trail, and then back on roads through St Jacobs market. We will hike through Stamm Woodlot, finishing on roads to Laurelwood Drive at Erbsville Road. There will be 16 kms of road walking.

RECOMMENDATIONS: Rain or Shine. Pack lots of water & lunch/snacks. Wear appropriate footwear (hiking shoes or boots). Dress according to the weather (and ticks). Sun protection and insect repellent are advisable.

Check <https://avontrail.ca/category/news/> prior to hike for possible changes/updates, if leader has not contacted you personally.