Bruce Trail CONSERVANCY
IROQUOIA CLUB

Summer 2026

"Preserving a ribbon of wilderness, for everyone, forever."

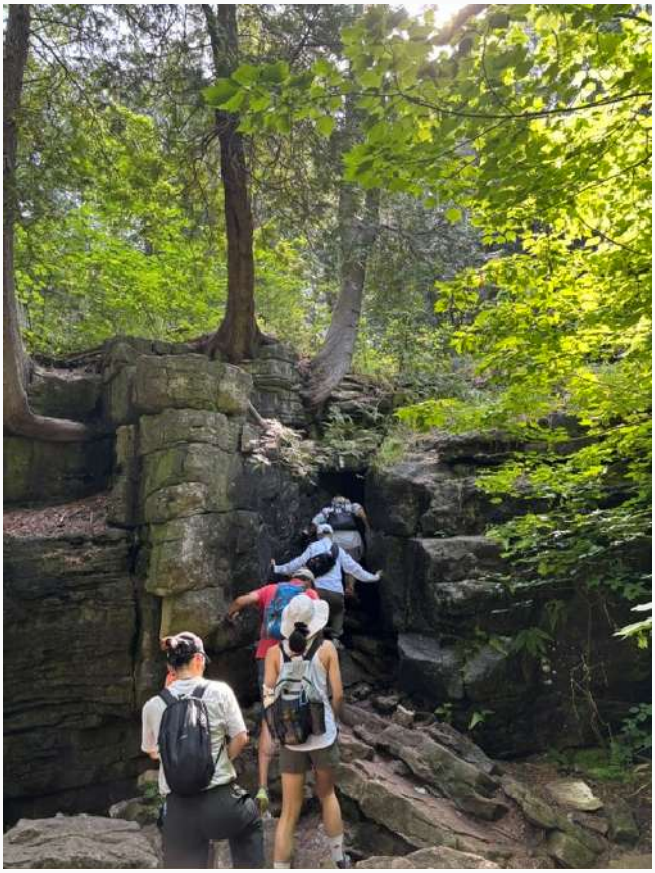


Image: Doug O'Neill

Welcome to the summer edition of the Iroquoia Bruce Trail Club Newsletter!

The start of summer has definitely kept us on our toes. From high heat events to storms, you never know quite what to be prepared for! One thing is certain, the longer days are great for getting out walking and hiking along the Niagara Escarpment. As you set out to explore the Bruce Trail, remember to bring lots of water, sunscreen and a hat. And don't forget to protect yourself against ticks!

Here's what you'll find in this edition of our newsletter:

- 2026 IBTC AGM - Thank you for celebrating another successful year with us!
- Bruce Trail Talks: Session 2 - How Nature Improves our cognitive, Physical, and Social Well-being
- Girl Guides on the Bruce Trail - Learning about conservation
- Grimsby North Venturers - Restoring the wilderness along Adam Dopko Side Trail
- Passport to Nature - A year-long program of free or low-cost events and nature adventures along the Bruce Trail
- Ticks enjoy the Bruce Trail, too! - How to protect yourself against these pesky little hitchhikers
- Peninsula Wildflower Hike - in search of Mother Nature's elusive bounty
- Hikes, Events and more! - Save the dates and new hike series!
- IBTC In the Community - Come chat with us in person
- Join Our Team! - There is always room for more
- Two new Membership Options! - BTC Membership comes with other benefits

Happy trails!
The Iroquoia Bruce Trail Club

It's recommended to View this email in your browser

2026 IBTC AGM

Thank you to all of you who attended this year's AGM, pre-AGM hikes and our first ever The Bruce Trail Talks Speaker Series.

The event, held on May 9th at the Westdale Theatre in Hamilton, was well attended. The morning featured two pre-AGM hikes, a Meet-and-Greet, our AGM presentation & Volunteer Awards followed by a locally catered lunch.

This year's AGM was followed by Session 1 of our The Bruce Trail Talks Conservation & Community Speaker Series: *Indigenous Trails: Forerunners of Today*.

Thank you Tim, Rick and Martin for such insightful presentations!

And congratulations again to this year's Volunteer Award Winners:

Commendation Award *(Hike)*: Karen Bergmann
Commendation Award *(Land Stewardship)*: Henriette Jansen
Commendation Award *(Land Stewardship)*: Martin McSweeney
Friends of the Trail Award: 1st North Grimsby Venturers
Friends of the Trail Award: Al Merlo
Hike Award: Lynn Mighton
Hike Award: Bill Reilly
Public Education and Publicity Award: Doug O'Neill
Tail Maintenance Award: Paul Ford
Golden Shovel Award: Steve Brown
President's Award: Al Dundas
Volunteer of the Year Award: Joe Borges
Lifetime Achievement Award: Ron Granger

Thank you for all your support, we hope to see you at next year's AGM! Missed the meeting? Not to worry! You can read the full 2025-2026 Report here.

IROQUOIA BY THE NUMBERS

Bruce Trail CONSERVANCY
IROQUOIA CLUB

122 km
BTC WHITE TRAIL
+ 59 km Blue Side Trails

$20,000
IROQUOIA CLUB DONATION TO BTC

On-going removal of 10+ key invasive plant species
including Garlic Mustard, Greater Clenadine, Periwinkle, Dog-strangling vine, Phragmites, and Common Buckthorn

394 acres
BTC managed land

255 plants
/ 11 species were **planted, mulched & watered** at Fisher's Pond

40%
expeditures for trail maintenance

2,680
VOLUNTEER HOURS
Trail Captains + Monitors

115
hazard trees removed

391
club hikes
+62% from last year

More than **12** NATIVE SPECIES
grown at the McNally Seed Orchard

1 SCOUT GROUP
supporting our conservation efforts

4,100
Facebook followers
(+18% in 3 years)

2,532
Instagram followers
(+23% in 3 years)

72 volunteer applications

703 badges issued

21 TRAIL MAINTENANCE WORK PARTIES
=732 volunteer hours

300+ dedicated volunteers
generously contributing passion, skills & time

VOLUNTEERS BY GROUP:

Trail Maintenance: 142
Hike Leaders: 51
Conservation: 50
Land Ambassadors: 10
Land Stewards: 23
Communications & Publicity: 3
Event Ambassadors: 15
Board Members: 15
Trail Angels: 37

109 Rides from 37 Trail Angels

4,000 subscribers
to the Quarterly eNewsletter

Moved 383 meters of trail onto Optimum Route in Stoney Creek area

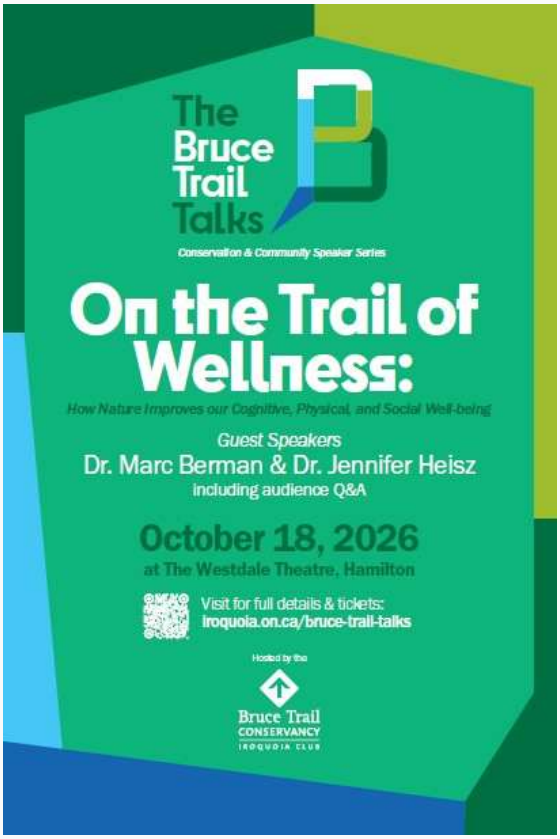
Bruce Trail Talks: Session 2

On the Trail of Wellness: How Nature Improves our Cognitive, Physical, and Social Well-being

The Bruce Trail has always been more than a path through nature. It's a place to reset, reconnect, and restore. Whether it's the rhythm of your footsteps, the quiet of the escarpment, or the shared experience of walking together, wellness lives here in ways that are both personal and powerful.

The second edition of The Bruce Trail Talks will be held on **October 18 at the Westdale Theatre**. Join Dr. Marc Berman & Dr. Jennifer Heisz as they explore the deep connection between the Trail and wellbeing — and how protecting it helps protect something essential in all of us.

Reserve your spot: https://iroquoia.on.ca/bruce-trail-talks



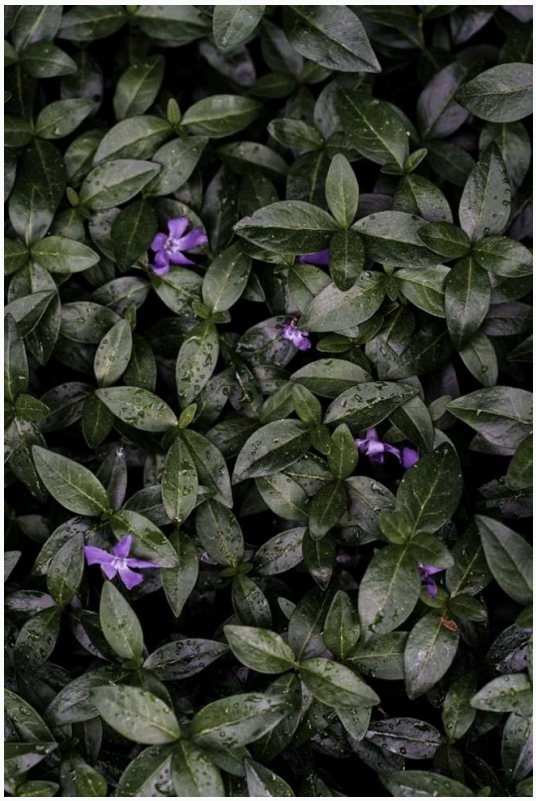
Girl Guides Conserving Woodlands along the Bruce Trail

Submitted by Cynthia Archer - IBTC Land Stewardship Director

Ealier this spring, the 2nd Waterdown Guides / Embers embarked on a hike of the Bruce Trail at City View Park where they learned about hiking and conserving Bruce Trail Conservancy's nearby Shagbark Hickory property.

The Guides learned to identify several native species – trilliums, Mayapples, etc. and helped to remove some of the periwinkle that grows there. Periwinkle is an invasive that is aggressive and had already pushed out trilliums and other spring flowers that used to grow in that area. Once all the periwinkle has been removed our Canadian flowers will once again abound.

Thank you, Guides and Embers, for your help and enthusiasm!



Restoring the Wilderness along Adam Dopko Side Trail

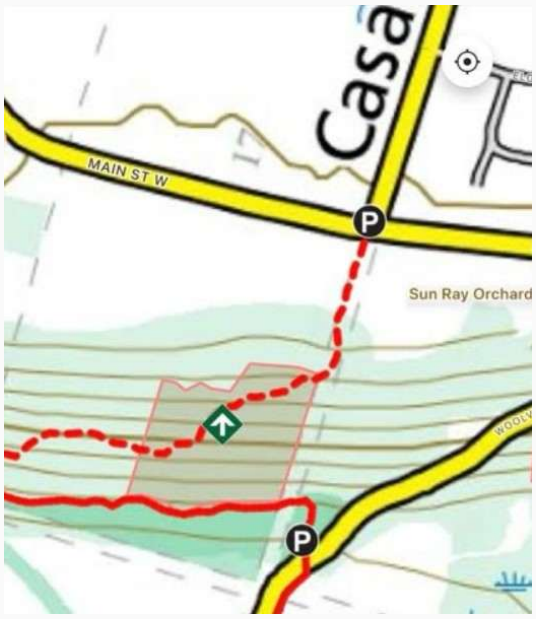
Submitted by Cynthia Archer - IBTC Land Stewardship Director

Grimsby North Venturers have been instrumental in restoring the natural wilderness of the Adam Dopko Side Trail in Grimsby. Two invasive species, Garlic Mustard (GM) and Greater Celandine (GC), like to rush into sunny spaces after trees fall and along the trail. They prevent many Canadian native plants from getting established. And once GM and GC get established, they will reseed and expand their boundaries. That's where Bruce Trail's amazing volunteers make a difference.

This is the third year that The Venturers have removed bags and bags of GM and GC. After 3 to 5 years, the numbers and GM and GC will decrease dramatically, and natural species begin to flourish. We will always have to remove some new GM and GC, but not bags and bags!!! Thank you, Venturers.

Adam Dopko is a very beautiful and short but challenging side trail that connects with the main trail for spectacular views of the lake. Put it on your list of one to visit and enjoy the vast variety of plants, trees, shrubs and birds. It begins at Casablanca and Main in Grimsby and heads up the escarpment to connect with the main Bruce Trail.

(Map 5, Ed 31 Bruce Trail Reference Guide)



Passport to Nature

The Bruce Trail Conservancy recently launched the Passport to Nature - a year-round program of free or low-cost events and nature adventures on the Bruce Trail. And we are so thrilled to share it with you!

Check out how to participate and explore the Passport to Nature Event Calendar at the following link:

Welcome to BTC's Passport to Nature 2026-2027

The IBTC will be holding a drop-in event at The Hub in Burlington on August 29th between 11:00 a.m. and 3:00 p.m. An indoor educational workshop designed for absolute hiking newcomers, covering essentials like gear, packing, safety, tips and how to get started. Stickers for the BTC Passport to Nature will also be available here.

Ticks and the Bruce Trail

Tick populations have been on the rise in the last few years. This year is no exception.

Learn how to protect yourself against tick bites and Lyme Disease by checking out the Bruce Trail Conservancy's article Ticks and the Bruce Trail.

Some tips from the linked article include:

- Stay on the Trail and avoid bushy areas and long grass if possible
- Wear long pants and a long-sleeved shirt and tuck your pants into your socks
- Wear closed footwear and socks
- Use an insect repellent that has DEET. Apply it to your skin and clothing.
- If taking your pet out on the Trail, make sure they are up to date on their tick medication and check for ticks periodically during the hike and immediately after.
- Wear light-coloured clothing. It makes ticks easier to see and remove before they can attach to feed.
- Once home, examine yourself and your clothing thoroughly for ticks. Pay special attention to areas such as the groin, scalp, armpits, as ticks are drawn to these sites. Use a mirror to check the back of your body or have someone else check it for you. Shower in hot water soon after being outdoors.

- Wash your hiking clothes and dry them with a hot dryer, as ticks can survive off the body.

Peninsula Wildflower Hike

Submitted by Anne Armstrong - Iroquoia BTC Hike Leader

Every year we are amazed at the coming of Spring and the rebirth of her woodland plants. As much as I love winter and hiking in the winter, seeing delicate wildflowers re-emerge from the leaf litter on forest floor never ceases to amaze me. The eternal question is always; how do they survive the winter? But thank goodness they do.

In the first week of June, as they did last year, 11 intrepid Bruce Trail hikers, led by hike leaders Jeannine Kralt of the Peninsula section, Stuart Law from the Dufferin Hi-land Section and yours truly [Anne A.] from the Iroquoia section searched the Saugeen Bruce Peninsula and Flowerpot Island high and low in search of Mother Nature's elusive bounty. Jeannine and yours truly provided the flower expertise while Stuart took care of logistical matters.

While we didn't see the very rare Calypso orchid this year, we did manage to come across many other of her sibling rarities: Large Yellow Lady-slippers, Ram's Heads, Striped Coralroot, Western Rattlesnake Plantain Orchid, Alaska Rein Orchid, Lesser Rattlesnake Plantain Orchid, Showy Lady-slipper, and Tall White Bog Orchids – enough to qualify the eager party for the Peninsula Club Orchid Adventure Badge. Hikers also thankfully survived close encounters with carnivorous plants like Butterworts, Pitcher Plants and Sundews. The three-day adventure

with a great group of people was a lot of fun and a lot of laughs. We learned a lot and return more appreciative of nature than ever. Special thanks to Anne and Jeannine.

Come Hike with Us!

From Challenge Hikes to Fundraising Events - there's something for everyone!

There are so many exciting ways to participate in various types of club activities this year. Here are some of the upcoming hikes and events:

Registration is open for the Iroquoia End to End in 4!
Happening September 19/20 and 26/27, this E2E is sure to challenge you! Anyone finishing all 4 days will qualify for the official IBTC E2E Badge. Please note, hikes are between 30 to 35 km each day. For more details and to register, please visit: Iroquoia E2E in 4

Save the date! Steeltown Stomp - October 3, 2025
Looking for a distance and strength challenge? This is the event you've been waiting for! Climb up and down approximately 2,000 steps of the escarpment stairs, and hike 20 km of the Iroquoia Bruce Trail. Register here: Steeltown Stomp 2026

Bruce Trail Day - October 4 - Save the Date!
Bruce Trail Day is an annual celebration of the Bruce Trail and the wonders of the Niagara Escarpment. Keep an eye on our Social Media for more details as they become available. You can also visit Bruce Trail Day 2026 for details on activities, as they become available.

Upcoming IBTC Rainbow Hikes
Jul 25: Devil's Punch Bowl to Red Hill
Aug 9: Downtown Dundas to Dundas Peak
Aug 22: Morning Birding with Pride
Aug 22: Evening Birding with Pride
Sept 26: Crawford Lake - Boardwalk, Geology & Indigenous History

To learn more about Rainbow Hikes and Pride on the Bruce Trail visit - Pride 2026

IBTC in the Community

Got some questions? Want to chat about the trail? You can find us at the following upcoming community events. We may have IBTC branded merch available for sale/pick-up at some of these events. Keep an eye on our social media.

Aug 7 - 12 p.m. to 4 p.m.
Burlington Heritage Week Fair
Burlington Public Library, Central Branch 2231 New Street, Burlington

Aug 15 - 8 a.m. to 1 p.m.
Waterdown Farmers' Market - 79 Hamilton St N, Waterdown

Aug 21 - 5 p.m. to 8 p.m. & August 22 - 11 a.m. to 8 p.m.
Pride Hamilton - Pier 4 Park, 64 Leander Dr, Hamilton

Aug 29 - 11:00 a.m. to 3:00 p.m. (Drop-in)
Bruce Trail : First Steps (New Hiker Intro)
The Hub in Burlington - Burlington Centre 777 Guelph Line

Sept 27 - Open Streets Hamilton - 10 a.m. to 4 p.m.
Follow the Blazes to our activation - more details to come

Join Our Team

Volunteer with us!

Volunteering with the IBTC is sure to be a rewarding experience. Whether it is at an Info Booth, pulling invasive species, trail maintenance, there's always room for more!

Our Bruce Trail volunteers enjoy:

- Meeting like-minded people
- Helping the club by sharing their skills and talents
- Contributing to our mission of preserving a ribbon of wilderness, for everyone, forever.

There's a place for you at the Iroquoia Club! Find out more about volunteering here.

Interested in applying? Volunteer applications can be submitted via the BTC volunteer application form at Apply Online To Volunteer | Bruce Trail Conservancy Please indicate your area of interest when completing the form.

Your Ad Here!

As one of the largest Bruce Trail Conservancy Clubs, we have a circulation of approximately 4000 subscribers. The eNotes newsletter is distributed quarterly by email.

Please contact info@iroquoia.on.ca to secure your space in our next publication

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The Many Benefits of Membership

The BTC has introduced two additional membership options! These options are available for new and returning members. A new 1-year Youth Membership for young adults, ages 18-29 years old, and a 10-year Membership for those looking for a longer term and some savings. Find out more about the various memberships here.

Don't forget to check out all the other benefits that come with your membership by visiting the Member Discounts Page at the link below:

BCT Member Benefits

Share your hike photos and experiences with us

We want to hear from you!
Instagram page: **iroquoiabrucetrailclub** and
Facebook page: **Iroquoia Bruce Trail Club**.
E-Mail: **info@iroquoia.on.ca**

Let's do our part to respect and protect nature by staying on the marked trails and leaving plants, trees and wildlife untouched for others to discover and admire. Please leave the trails, forests, meadows and wetlands as you find them.

Photo: Anne Armstrong

Sign up for the Iroquoia E-notes.

Iroquoia E-notes are for members and non-members. Our E-notes are sent out by email to your inbox regularly. Signing up is easy; go to the Club webpage www.iroquoia.on.ca**,** scroll to the bottom and you will see where you can sign up on the left hand side.

Bruce Trail CONSERVANCY
IROQUOIA CLUB

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