Bruce Trail CONSERVANCY
IROQUOIA CLUB

Fall 2026

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



Image: Joe Borges

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

Fall always seems to be one of the busiest times of year for your Iroquoia BTC. From our

official End-to-End, to the Steeltown Stomp and Bruce Trail Day, it was great seeing so many members of our trail family out and about enjoying all the beauty this season has to offer. If you're heading out to get a glimpse of the colours, while enjoying the cooler temperatures, remember to pack a flashlight or headlamp and extra batteries now that the days are getting shorter.

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

- Bruce Trail Talks: Session 2 - How Nature Improves our cognitive, Physical, and Social Well-being
- Bruce Trail Day - Together on the Trail
- Iroquoia BTC E2E - 122 km in four challenging days
- Steeltown Stomp - A challenge 10 years running
- Snake Road Stair rebuild - Volunteers work hard to keep our trail safe
- Hikes, Events and more! - So many ways to join us on the trail
- Join Our Team! - See what we're currently recruiting for
- Membership Benefits - Do you know everything your BTC membership has to offer?

Happy trails!
The Iroquoia Bruce Trail Club

It's recommended to View this email in your browser

Bruce Trail Talks: Session 2

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

What if spending time in nature could make you healthier? Join us at The Westdale Cinema on October 18 for Bruce Trail Talks: On the Trail of Wellness!

Environmental neuroscientist Dr. Marc Berman and Director of McMaster's NeuroFit Lab Dr. Jennifer Heisz will explore the fascinating science behind how nature and physical activity can affect our brains, bodies and well-being, from reducing stress and improving focus to supporting brain health and social connection.

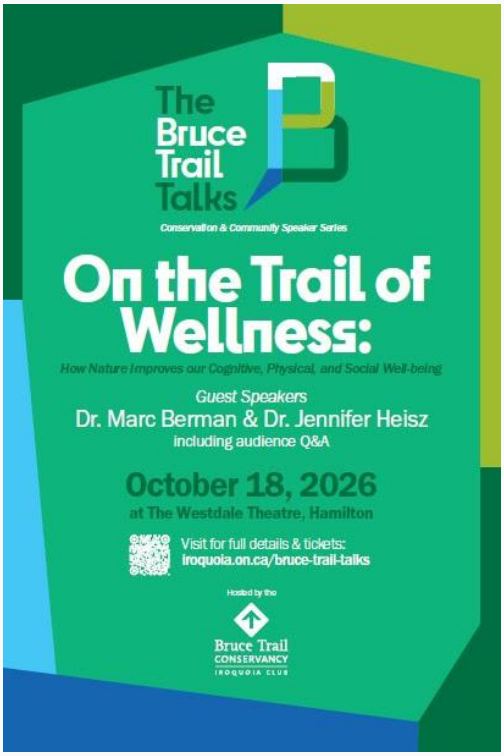
Come curious, leave inspired, and see the Bruce Trail in a whole new way.

When: Sunday, October 18th at 2 p.m.
Where: The Westdale - 1014 King St W, Hamilton L8S 1L4
BTC Members: $20 | General Admission: $30

Get your tickets now at the link below and join us for an engaging conversation bringing together science and the outdoors!

This is a fundraising event for the Bruce Trail Conservancy, hosted by the Iroquoia Bruce Trail Club.

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



Bruce Trail Day 2026

Thank you to everyone who came out to celebrate Together on the Trail with us at City View Park on October 3rd. This was another great day filled with stories, learning about how others connect with the Bruce Trail, painting blazes, and hiking. There was even an opportunity to test your keen observation skills by identifying different sets of tracks that can be found on the trail when out and about.

We can't wait for you to join us at next year's Bruce Trail Day!



Iroquoia End-to-End in 4

The Iroquoia End-to-End in 4, covering 122 kilometres of escarpment terrain in two weekends, is not for the faint of heart. The last two weekends of September saw around 45 hikers take to the trail in hopes of earning the coveted Hooded Warbler Badge.

Our checkpoint volunteers were ready to welcome hikers with spreads of sweet and salty treats, home baked goods, and water/juice to re-energize and hydrate, offering a welcome break. A great big thank you goes out to all the volunteers and organizers in making this event so successful!

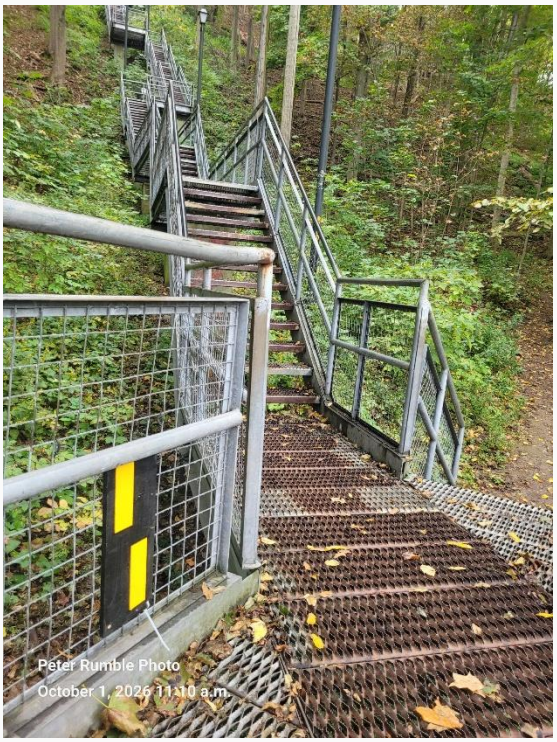
Missed this year's event? Don't worry, there's always next year! And, if you find the daily distance is bit out of reach, check out our E2E in 6 (link under Come Hike with Us!)



Steeltown Stomp 2026

Can you believe that this was the 10th year of people taking on the Escarpment Stairs? Saturday, October 3, saw roughly 200 people tackling this challenging fundraiser event. The weather was fabulous with a bit of a breeze, blue skies and not a single drop of rain.

A huge thank you to our volunteers and organizers for making this another memorable event! If you missed out on this year's Steeltown Stomp, or didn't have enough and want to do it all over again, registration for next year's event will open mid-July.

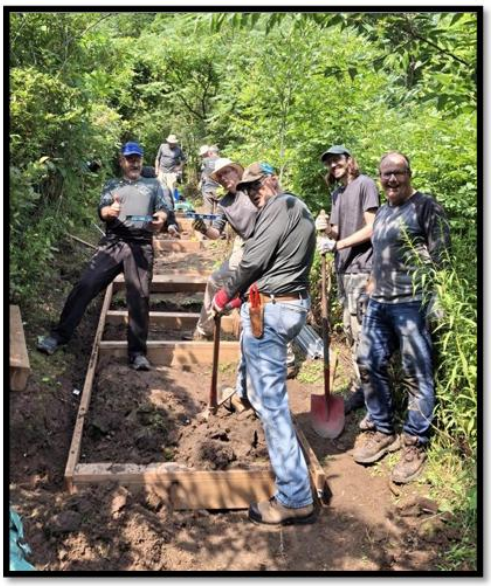


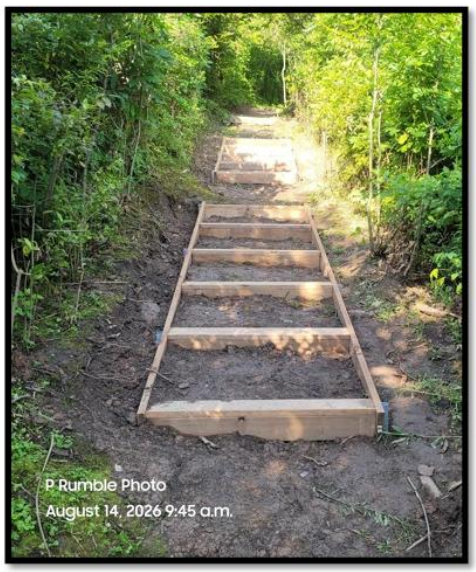
Snake Road Stair Rebuild

If you were in the area of Snake Road mid-August, you may have encountered the Iroquoia Trail Development and Maintenance volunteers hard at work replacing the 20 + rotting stepson the Main Trail. The project entailed replacing the existing, random run of 20 rotted independent steps, with four independent sets of stairs. This involved removing existing stairs, regrading, trimming back vegetation and installing a water bar when done.

Additional projects this summer included replacing the Femur Creek Bridge, installing boot brush stations, and hazardous tree removal.

Thank you to all of our TD&M volunteers for their hard work!




P Rumble Photo
August 14, 2026 9:45 a.m.











Peter Rumble - Trail Development & Maintenance Director

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 all year long. Below are some of the upcoming hikes and events. To see everything our wonderful hike leaders have planned, please visit the Hike Schedule.

Stained Glass Iroquoia E2E in 6:
Nov 21/22, Dec 5/6, Dec 19/20
This is a special series of 6 hikes to complete the entire Iroquoia section of the Bruce Trail over three weekends. Finishers will receive the beautiful Stained Glass Badge featuring the Jefferson Salamander.

Upcoming Passport to Nature Hikes

Oct 31: Ghouls and Goblins - Costume Hike

Future Hikes, exact dates to be determined:
February/March 2027: Escarpment Stories at Crawford Lake
April 2027: Spring Hawk Migration Birding Hike
April/May 2027: Discovering Nature, One Hike at a Time

To learn more about the Passport to Nature Program, and discover additional hikes as they are posted, click here.

Upcoming IBTC Rainbow Hikes

Nov 14: Devil's Punch Bowl - Dofasco 2000 - Saltfleet
Dec 12: Ancaster, Three Waterfalls + a Hiker Cafe

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

First Day Hike and Volunteer Appreciation - Save the Date!
We are busy planning our Annual First Day Hike and Volunteer Appreciation, which will take place on January 1, 2027. Keep an eye on our social media for details to come. We hope to have you join us on the first hike of the new year.

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, or 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.

Current Open Positions
Board Member - Communications Director
To be responsible for the club's communications, including the ENotes Newsletter, EBlasts, website and social media channels.

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 4700 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

Your Bruce Trail Membership not only helps to secure the future of the Bruce Trail along the Niagara Escarpment. By becoming a member, you will also:

- Support the maintenance, enhancement, preservation and promotion of the Bruce Trail.
- Foster the preservation and care of Niagara Escarpment ecosystems.
- Join a community of supporters who share your interest in exploring and protecting our natural heritage.
- Enjoy a fun and inexpensive way to stay healthy and connect with nature.
- Ensure safe, environmentally responsible, public access to the Niagara Escarpment for future generations.

Find out more about the various memberships here.

SPECIAL OFFER - for all new members and lapsed member renewals - Become a Bruce Trail Conservancy member by October 31st and enjoy membership through December 2026 at no extra cost.

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: Karen Bergmann

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
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