



Woolwich Healthy Communities Trails Group

www.healthywoowich.org

December 2009 Issue 10

2009 ANNUAL REPORT

Victoria Glen gets a new look!



On Saturday, October 17, members of the Woolwich Trails Group, TWEEC, local residents, and volunteers from Capital Paving, spent the morning giving the park a face-lift.

Upwards of 50 volunteers, along with equipment (backhoe, skid steer, dump truck, wheelbarrows, rakes and shovels) and materials (armour stone rocks, granular material, trees, shrubs) supplied by Capital Paving, worked to plant 45 trees and shrubs; install 500 m of woodchips on two existing pathways through the wooded areas and install 100 meters of a 6 foot wide stone dust pathway.



Woodchip pathway in Victoria Glen

Victoria Glen is an 11 hectare park located in the north-west corner of Elmira. During 2007 and 2008 the park acted as a staging area for a road and sewer construction project on Victoria Glen Street. As a result of the construction, the park suffered damage to trees and shrubs in the area between the Hydro building and the creek.

In 2007, members of the Township of Woolwich Environmental Enhancement Committee (TWEEC) began planning a rehabilitation project for the park to repair the damage.

April is Healthy Communities Month in Woolwich

Join us for some great activities!

Woolwich Healthy Communities is hosting the fifth annual Healthy Communities month in April. The group hosts a variety of activities including a local food event, alternative energy tour, green living and technology fair, clean-up day and hikes.

Please check the healthy communities website for more information on the exciting events planned for 2010.

Visit www.healthywoowich.org

The Woolwich Trails group, a working group of Woolwich Healthy Communities, has the following events planned:

Woolwich School Hike Day—Thursday, April 22

School hike day is growing! The Woolwich Trails group is inviting all schools in Woolwich to participate in a Township-wide hike to celebrate Earth day.

Explore the new trails in Breslau

On Sunday April 11 at 2 pm join Sheri and Lisa to discover the two newest walking trails in Breslau: The Hopewell Trail and the Riverland Trail.

Birding hike on the Health Valley Trail in St. Jacobs

On Sunday April 25 at 2 pm join Mark Bauman for birding and hiking along the Health Valley Trail in St. Jacobs.

Watch for these Milestones in 2010

Lions Lake Trail turns 30!

The Lions Lake Trail around the Woolwich reservoir at Floradale officially opened on September 28th, 1980.

Congratulations to the Elmira Lions Club for having the vision to develop this wonderful trail AND for spending countless hours over the last 30 years maintaining it.

This trail represents just one of the 3 trails that the Elmira Lions Club has developed in Woolwich.

Other Lions Club trails include the Lions Ring Trail in Elmira and the Kissing Bridge Trailway/Trans Canada Trail between Wallenstein and Elmira.

The Trans Canada Trail in Woolwich turns 10!

The Woolwich section of the TCT officially opened with the national TCT relay in August of 2000.

The 29 km TCT in Woolwich is a combination of stone dust and on-road surfaces used by hikers, cyclists and snowmobiles, as designated.

Improvements to the trail continue as resources become available.

Many Thanks...

Trails in Woolwich are the results of the efforts of many individuals, groups and private landowners.

A big thank you goes out to all those who continue to support trail maintenance and development in Woolwich Township.

What's new on the trail?

Power-assisted bicycles or Electric bicycles (a.k.a e-bikes)

Electric bicycles or e-bikes are the newest mode of travel in the area. Woolwich is starting to see a few e-bikes on our roads as well as on our trails. So what is this new "beast"?

What is an e-bike (in Ontario)?

- Maximum weight of 120 kg
- Wheels with diameter of at least 350 mm and width at least 35 mm
- Has steering handlebars and pedals
- Designed to travel on not more than 3 wheels
- Capable of being propelled with muscular power
- Has one or more electric motors with 500 W or less
- Will not travel more than 32 km/hr on level ground
- Bears manufacturers label stating that the vehicle is power-assisted

Required safety features: an on/off switch separate from the accelerator mechanism to prevent the motor from engaging until the bicycle has attained 3 km/hr.

What do I need to operate an e-bike?

- No driver's license is required.
- No written test is required.
- No vehicle registration or plate is required.
- No motor vehicle liability insurance is required.
- All operators and passengers must be 16 years or older.
- All riders are required to wear an approved bicycle helmet or motorcycle helmet.

Where are e-bikes allowed?

Effective October 3, 2009, power-assisted bikes (as defined above) are permitted to travel anywhere bicycles are permitted. However, municipalities may pass by-laws specific to e-bikes that prohibit them from roads, bike paths, trails, and bike lanes.

What does the future hold in Woolwich?

E-bikes on trails have been met with mixed feelings from local trail users. What do you think about e-bikes on Woolwich Trails?

Please send your thoughts and ideas to Ann at 519 669-6027 or aroberts@woolwich.ca.

Source: Ministry of Transportation website: www.mto.gov.on.ca

The Trans Canada Trail in Woolwich just keeps getting better

With it's beginnings in 2000, the trail experienced a flurry of activity.

Improvements to the trail continue as resources become available. 2009 saw some improvements completed and more are slated for 2010.

Trans Canada Trail/Kissing Bridge Trail way: Elmira to Wallenstein

The Elmira Lions Club received funding in 2009 as part of the Recreation Infrastructure Canada (RINC) program. RINC provides two-thirds of the funding and the Elmira Lions Club provides one-third. Money will be used in the spring to upgrade the stone dust trail surface (originally constructed between 1998 and 2000) between Elmira and Wallenstein. A portion of the money was used this fall to stone dust a link from Union Cemetery to the main trail.

Trans Canada Trail/Kissing Bridge

Trail way: Grand River to Ariss Section:

The Guelph Hiking Club, with support from the Woolwich Trails Group, The Trillium Foundation and the Charter St. Jacobs Optimist Club, completed its last section of the TCT/KBT. The completion of this section means a finished 45 km trail from Linwood to Guelph.

TCT along Farmers' Market Road:

A portion of the on-road section of trail was moved off-road and paved in 2008 as part of the Wal-Mart development. The new trail is a 3 meter wide paved trail to allow pedestrians and cyclists to travel through this increasingly busy area. This new section will be extended in 2010 to allow users to be completely off-road along Farmers' Market Road.

A BIG Thank You goes out to these groups for making hiking and biking in Woolwich even better!

Want to get out of the cold?

Try the walking track at the Woolwich Memorial Centre and watch the nasty weather from indoors.

The Walking Track is located on the second floor of the Woolwich Memorial Centre (24 Snyder Ave. S. in Elmira) and circles the Dan Snyder Memorial Arena. It is open FREE to the public daily from 6:30 am – 10 pm. The track may sometimes be closed during ticketed events. Since opening in August, 2009 the track has been averaging close to 100 walkers per day!

The track is open to all social walkers and is available for use with strollers, walkers, and rubber tipped poles - please no skateboards, Heely's, or in-line skates!

Please keep in mind that the track is for walking only....running is not permitted.



The walking track is cooler than room temperature so walkers may want to dress in layers. Walkers can grab a coffee and muffin at the concession booth after their "indoor hike".

Distances

The inside "lane" of the track is 202 metres:

5 laps for 1km, 8 laps for 1 mile

The outside "lane" of the track is 224 metres:

4.5 laps for 1 km, 7 laps for 1 mile

GUIDEBOOK TO WOOLWICH TRAILS

The fifth edition contains maps and descriptions of the 8 public trails in Woolwich.

The Guidebook is available for loan at the Elmira, Bloomingdale and St. Jacobs libraries, and can be purchased at the following locations:

BRESLAU: Wings of Paradise – Butterfly Conservancy.

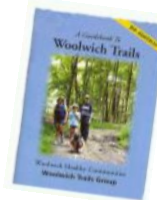
ELMIRA: Bauman Printing, Schelter Office Pro, Township of Woolwich Recreation and Facility Services Department and Woolwich Community Services.

ST. JACOBS: Baumann Haus B & B, Woolwich Community Health Centre, St. Jacobs Visitor Centre.

KITCHENER: Region of Waterloo Planning Department.

WATERLOO: Adventure Guide, Runners' Choice, Best Western St. Jacobs Country Inn, Words Worth Books.

WEST MONTROSE: Lost Acre Variety.



TRAIL USERS' CODE

Many of the trails in Woolwich cross through private property. The kind consent of landowners has been received and is greatly appreciated. It is of utmost importance that trail users respect this privilege and follow the trail users' code.

- Please show your appreciation.
- Respect the privacy of people living along the trail.
- When parking, please don't block lane-ways and driveways.
- Motorized vehicles, where permitted only.
- Hike only along marked routes and do not leave trail.
- Use stiles where provided. Do not climb fences.
- Close gates behind you.
- Leave flowers, plants and trees for others to enjoy.
- Remember, berries are food for wildlife too.
- Do not strip bark from trees.
- Keep dogs on a leash. Stoop and scoop.
- Do not walk across fields or disturb farm animals and wildlife.
- Camping and fires are not permitted.
- Leave nothing but footprints and take nothing but photographs.

Looking for more trail information?

VISIT:

GRAND VALLEY TRAIL

www.gvta.on.ca

New and improved Site!

TRANS CANADA TRAIL

www.tctrail.ca

AVON TRAIL

www.avon.trail.ca

GRAND RIVER WATERSHED

www.grandriver.ca

CITY OF WATERLOO

www.city.waterloo.on.ca

WOOLWICH HEALTHY COMMUNITIES

www.healthywoolwich.org

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WALTER BEAN TRAIL

www.sju.ca/grt/index.html

Green Giving

A membership to the Woolwich Trails Group is a great gift idea!

For more information log onto:

WOOLWICH TRAILS GROUP 2009 ACTIVITIES

1. HEALTHY COMMUNITIES MONTH

The group hosted three special hikes in April to help celebrate Healthy Communities Month:

- Birding on Health Valley Trail
- Breslau Hike
- School Hike Day with St. Jacobs School

2. CEDAR SIGNS

Cedar distance and directional signs were installed at key points on the Kissing Bridge Trailway and Lions Lake Trail.

3. SUNDAY HIKES

Hikes were held each month in April, June, September and October. Thanks to all of our hike leaders with a special thanks to Paul Miller for acting as our hike contact person.

4. GUIDEBOOK DISTRIBUTION

The guidebook continues to be one of the best selling non-fiction publications in Waterloo. Thanks to Eleanor for another successful year of coordinating guidebook sales with local vendors.

5. WEBSITE

Thanks to John Robinson for keeping our Website up to date.

6. VICTORIA GLEN

Pathways were woodchipped, trees and shrubs were planted and a new stonedust path was constructed.

TRAIL ACTIVITIES PLANNED FOR 2010

SUNDAY HIKES

Our hike leaders are ready for another year of hiking! All are invited to discover local pathways and those in the surrounding area by participating in group-led hikes. Hikes typically start at 2:00 p.m. and last approximately two hours. Please call the hike leader listed on the schedule for weather conditions and any possible changes in meeting locations prior to the hike. Look for our new schedule at: www.healthywoolwich.org

EXPLORE TRAIL POSSIBILITIES

The group continues to look for new trail development possibilities in areas of the Township where there is an obvious lack of trails or where links to other communities would be beneficial.

WORK PARTIES

The group is committed to the maintenance and development of trails and will continue to direct its energies where needed.

SCHOOL HIKE DAY

The group plans to expand hike day by inviting all Township elementary schools to participate in school hike day as part of Earth day celebrations (April 22).

DONATION BOXES

The group is most grateful for ongoing donations received at the donation boxes at the trail heads in St. Jacobs.

HEALTHY COMMUNITIES MONTH!

April is Healthy Communities month in Woolwich. Watch for upcoming special events and activities! Log onto www.healthywoolwich.org for more information.

TRAIL MEMBERSHIP

Thanks to donations and volunteer efforts, membership dollars are put directly to trail maintenance and development.

GUIDEBOOK TO WOOLWICH TRAILS The group will continue to update as necessary.

WOOLWICH TRAILS GROUP CONTACTS

HIKE INFORMATION

Call Hike Leader Paul Miller at 519-664-3643 or log onto www.healthywoolwich.org

MEMBERSHIP INFORMATION

woolwichtrails@yahoo.ca or www.healthywoolwich.org

INTERESTED IN HELPING AT A WORK PARTY? Call 519-669-6027 or aroberts@woolwich.ca

NOTE: *This is a great opportunity for high school students to help in their community and to earn their volunteer hours required for graduation.*