



Hiking Hotline: 624-4271

www.tbha.ca

tbha@tbha.ca

Environment Canada Weather: 345-9111 or 162.475 MHz

Spring 2022 Program

MEETING LOCATIONS – North Site: Safeway parking lot, 1015 Dawson Rd.(staff parking area). **South Site:** Victoria Inn parking lot, Arthur St. West

PLEASE NOTE THAT THE SCHEDULE IS SUBJECT TO CHANGE DEPENDING ON WEATHER OR TRAIL CONDITIONS. CALL OUR HOTLINE FOR UPDATES.

Participants are able to pre-register online for hikes 7 days prior to the date of the hike.

DATE & MEETING TIME	EVENT	LEVEL OF DIFFICULTY	HIKING DISTANCE /HIKING TIME	TRAVEL DISTANCE /TRAVEL TIME	* GAS CONTR.	CONTACT INFO
* GAS CONTRIBUTION. This is a <u>suggested per passenger</u> contribution to car pool drivers to defray gas expenses.						
April 2, Saturday 10:00 am –	Bay's End Hike or Snowshoe We will wander along the old tote road to various overlooks, and down to the shores of Lake Superior and return by a loop trail. Bring a lunch and fluids. We may require a park fee: Vehicle Day Pass \$12.25 (\$9.75/Senior). This hike is limited to 15 participants.	Easy	8 km / 3 hr	100 km / 2 hr	\$7	Dave S.
April 9, Saturday 10:00 am –	Chapples/Neebing Walk After meeting at the Golf Course, we will walk around the Chapples loop, then walk the paved paths beside the Neebing River to Parkdale and return the same way. This walk is limited to 20 participants. This is also a dog friendly hike; dogs must be kept on a leash!	Easy	6 km / 2 hr	n/a	n/a	Donna Z.
April 20, Wednesday 1:00 pm –	Marina Park plus Urban Walk A leisurely walk at the Marina Park and along McVicar Creek, and return to the parking lot. This is a dog friendly hike and your dog must be on a leash. This hike will be limited to 15 participants.	Easy	5 km /1.5 hr	n/a	n/a	Cherie S.
April 23 – Saturday	Practicum for Certified Hike Leader Course					Hilda P.
April 24, Sunday 1:00 pm –	Centennial Park Hike or Snowshoe – Blue Trail Enjoy this relaxed pace snowshoe or hike. Bring crampons. Bring fluids and snacks. The trail has many hills. This hike will be limited to 11 participants. This will be a dog friendly hike; dogs must be kept on a leash.	Intermediate/Difficult	8 km /2.5 hr	n/a	n/a	Peter S.

EASY: 5 km or less, flat or rolling terrain, leisurely pace
 INTERMEDIATE: 5-10 km, rough terrain, moderate climbs and pace
 DIFFICULT: 10+ km, rough terrain, steep climbs, steady pace



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April 30 – Saturday 11:00 am –	Westfort Walk A leisure walk around Westfort with a discussion of historical significance of this part of Thunder Bay. This hike will be limited to 25 participants. This will be a dog friendly hike; dogs must be kept on a leash.	Easy	6 km /2 hr	1 km / 10 min	\$1	Bruce H.
May 4, Wednesday 1:00 pm –	McIntyre River Walk We will meet at the Shopper’s Drug Mart parking lot at 1186 Memorial Ave. This is an urban hike along the McIntyre River from Memorial Ave. through Confederation College to Lakehead University along a paved trail and return by the same route. This is a dog friendly hike and your dog must be on a leash. This hike will be limited to 15 participants.	Easy	8 km /3 hr	n/a	n/a	Cherie S.
May 7, Saturday 11:00 am –	East End/Simpson St. Walk A leisure walk around the East End and Simpson St, with a discussion of historical significance of this part of Thunder Bay. This will be a dog friendly hike; dogs must be kept on a leash. This hike will be limited to 25 participants.	Easy	6 km /2 hr	4 km / 15 min	\$1	Bruce H.
May 14, Saturday 10:00 am –	Little Trout Bay Hike Hike starts across from the Little Trout Bay parking lot. A challenging hike along mountainous ridges with spectacular overviews. Will stop for lunch at lookout over Little Trout Bay. Bring lunch and plenty of fluids. LRCA parking fee of \$5.00 (or LRCA Explore Card pass). This hike will be limited to 12 participants.	Intermediate/Difficult	8 km /4 hr	70 km / 1.5 hr	\$5	Cathy S.

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May 19, Thursday 9:00 am –	Thunder Cape Bike & Hike We will bike from the Kabeyan trail parking lot to Lehtinen's Bay. From there, we will safely do some talus scrambling, then ascend the feet of the Giant and on to Thunder Cape. We will have lunch at the Cape, and then head back the same way. A good mountain bike is required since the trail may be wet and muddy. Sturdy footwear is required. This is a moderately paced bike and hike. Bring water, snacks and lunch. This hike will be limited to 12 participants. Vehicle Day Pass \$12.25 (\$9.75/Senior).	Very Difficult	24 km / 6 hr	150 km / 2 hr	\$11	Charlie J.
May 21, Saturday 9:00 am –	Caver's Hill and Gravel River Falls The Trailhead begins part way up Caver's Hill and follows a ridge with many scenic overlooks. We will return the same way. If time permits, we will visit a waterfall along Gravel River. Bring a camera, lunch and a lot to drink. We may stop for refreshments afterwards. This hike is limited to 15 participants.	Intermediate	12 km / 4 hr	300 km / 3 hr	\$20	Dave S.
May 25, Wednesday 6:00 pm –	Evening Bike We will meet at the Duke Hunt Museum on Rosslyn Rd, and cycle in the area on paved country roads. All types of bikes are suitable. Bring water. This bike is limited to 16 cyclists.	Easy	30 – 40 km / 2 – 3 hr	n/a	n/a	Maira P.
May 28, Saturday 10:00 am –	Hazelwood Lake Paddle Enjoy this relaxed pace paddle. Bring your PFD, safety gear, lunch, water, hat and sunscreen. LRCA parking fee of \$5.00 (or LRCA Explore Card pass). This paddle will be limited to 11 participants.	Intermediate	5 - 10 km /3 hr	40 km / 1 hr	\$3	Peter S.

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May 29, Sunday 1:00 pm –	Shuniah Camp Roads Bike Ride We will meet at the Crystal Beach Store. We will bike the camp roads along the shore of Lake Superior to O'Connor Point and return. This bike will be limited to 15 participants.	Easy/Intermediate	40 km /2 hr	80 km / 2 hr	\$6	Jim B.
June 4, Saturday 9:30 am –	Red Rock Mountain Trail This hike follows along the crests and valleys of Red Rock Mountain. This moderate climb provides panoramic vistas of the town of Red Rock, Nipigon River and Black Bay. There is a new extension to this trail; therefore the longer distance will be hiked (8 km). Bring lunch and beverage. This hike will be limited to 15 participants.	Intermediate	8 km /4 hr	200 km / 2.5 hr	\$14	Pat H.
June 10, Friday 10:30 am –	Mink Mountain Hike Hike up steep trail to Picnic Point on Lake Superior. Hike along edge of lake to old road/trail, then up to top of mountain. Hike around edge of mountain with spectacular views, then down to road and return to parking lot. Bring a lunch or snack. This hike will be limited to 15 participants.	Intermediate	6.5 km /3 hr	100 km / 1.5 hr	\$7	Jeff M.
June 11, Saturday 9:00 am –	Clavet Bay Hike Starting from the Thunder Bay Lookout in Sleeping Giant Provincial Park, we will hike down a long steep hill to a fairly flat section of land, and then make our way to Clavet Bay overlooking Lake Superior and the Sleeping Giant. Trail is very slippery when wet with some boggy sections. We recommend boots with a good grip for crossing boulders and loose rock. (Vehicle Day Pass \$15.50 if no Ont. Park Pass.) Alternatively, and Ont. Park Pass might be borrowed free from a Thunder Bay Public Library Branch. This hike will be limited to 12 participants.	Intermediate/Difficult	11 km /4 hr	140 km / 2 hr	\$10	Cathy S.

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June 16, Thursday 1:00 pm –	Country Roads Bike Starting at the Neebing Roadhouse parking lot, we will bike down some country roads, to the Harstone bridge and return same way (weather permitting). Possibility of stopping in at the Neebing for a refreshment afterwards. This Bike will be limited to 10 participants.	Intermediate/Difficult	40 km / 2 – 3 hr	n/a	n/a	Susan D.
June 18, Saturday 10:00 am –	Finger Point & High Falls Hike We will hike into Finger Point with great views of Pigeon Bay and Lake Superior. Bring drinks and lunch to enjoy at the lookout. We will hike into High Falls after lunch. This hike will be limited to 15 participants. Note: There will be a parking fee of apx \$2 as this is a provincial park.	Intermediate	8 km / 3.5 hr	120 km / 2 hr	\$9	Hilda P.
June 23, Thursday 11:00 am –	MacKenzie River & Falls Hike This is a popular hike that follows the MacKenzie River up to a small waterfall. We will have our lunch on some flat rocks close to the Falls, and return the same way. The trail may be slippery when wet. Bring lunch/snacks, and fluids. This hike will be limited to 15 participants.	Easy	4 - 5 km / 2 hr	n/a	n/a	Harriet M.
June 25, Saturday 11:00 am –	Old Fort William to Westfort Paddle Paddle down the Kam River from Old Fort William to Westfort Boat Launch at the end of Mountdale Ave. This paddle will be limited to 15 participants.	Easy	10 km /4 hr	n/a	n/a	Bruce H.

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June 26, Sunday 9:00 am –	Talus Lake Loop with the Nanaboshu Lookout, Sleeping Giant Park This will be a long loop with challenging terrain and stops at Tee Harbour and Sawyer Bay. The highlight of the hike is lunch at the new panoramic Nanaboshu lookout. Bring snacks and lots of fluids, and sturdy footwear. This hike will be limited to 15 participants. Vehicle Day Pass \$12.25 (\$9.75/Senior).	Very Difficult	22 km / 7 hr	150 km / 2 hr	\$11	Murad J.
June 28, Tuesday 6:00 pm –	Evening Bike We will bike down some country roads and do a circle route. Bring water. This bike will be limited to 10 participants. Possibility at stopping at one of the local spots for a refreshment after.	Easy	30 – 35 km / 2-3 hr	n/a	n/a	Harriet M.

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 DIFFICULT: 10+ km, rough terrain, steep climbs, steady pace