

Pathways Newsletter



The Pathways for People newsletter is published three times a year and shares trail stories and updates, events and local news on infrastructure work happening across Norfolk County

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P4P Website

P4P is excited to share that our website has been updated to a more modern look. All the same great content is available

Visit us online at
www.norfolkpathways.ca



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WINTER WALK

Submitted by Crystal Usher on behalf of the Community Health Team,
Haldimand-Norfolk Health Unit

Happy new year to all! On February 23, 2020 Pathways for People will be hosting our winter walk at Long Point Eco Adventures (LPEA). Throughout this walk you will be able to walk along the Turkey Point bluff with an incredible view of the Turkey Point Marsh and Long Point Bay. The address is 1730 Front Rd, St Williams, ON N0E 1P0. The walk will start at 2 p.m. rain, snow or shine. Washroom facilities, parking as well as shelter are available at LPEA.

Walking is a great way to get out, get active, and experience social connectedness with your community. Winter walking might present as a challenge to some; however, if you can get boots with good traction, add traction onto your boots (such as YakTraks) and dress warm in accordance with the conditions, you may find winter walking enjoyable. There's something about that crunch of fresh, cold snow under your feet that presents itself as a good feeling Canadian's are fortunate enough to experience each year. If the snow is deep and you have access to snowshoes, this is another great way to get out, be active and enjoy the winter season in Norfolk. Boost your mood, hangout with friends/peers and get moving with us on February 23 - hope to see you all there!



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LYNN VALLEY TRAIL AND TRAIL COUNTERS

Submitted by Dave Challen on behalf of the Lynn Valley Trail Association

In December the Lynn Valley Trail Association (LVTA) Board of Directors approved the purchase of two new Trail Counters for use on trails in Norfolk County. As agreed, these were ordered by Mark Boerkamp, Supervisor, Trails and Cemeteries for Norfolk County, who will continue to maintain and manage the equipment and software. The trail counters and accompanying technology provide custom made reports on trail usage that can include daily, weekly and monthly reports. This data provides valuable information regarding the significance of trail usage that in turn reinforces the value of the County's trails for both residents and visitors.

This purchase with the remaining funds donated for the purchase of the Michele Crowley memorial bench was suggested by P4P member and Michele's spouse, Rob Luke. Funds have also been used to purchase a bronze plaque to be installed at the Black Bridge on the Waterford Heritage Trail commemorating Michele's contribution to the County's trails and Active Transportation strategy. Donations received by the Lynn Valley Trail Association far exceeded the cost of the memorial bench and thus have been used to further the vision and developments that Michele and Pathways for People have sought.

A number of years ago P4P through the Haldimand-Norfolk Health Unit, using funds from the Ontario Healthy Communities program, purchased three trail counters. One was stolen, a second became inoperable and the third has provided very useful and impressive statistics. This counter at the mid point of the Lynn Valley Trail provided the following monthly data for the years 2018-19. The figures represent the number of passes recorded by the counter:

Lynn Valley Trail users Fall/Winter 2018

October 2018	2,528
November 2018	921
December 2018	937

Lynn Valley Trail users Spring/Summer 2019

April 2019	2,227	July 2019	5,811
May 2019	4,075	August 2019	5,992
June 2019	5,304		

With the purchase of two new trail counters usage of Norfolk County trails can be monitored more extensively. The information gathered can help to inform decisions to support the development and maintenance of the trails and the promotion of their contribution to economic development and tourism in the County. The joint involvement of the voluntary trail organizations in the purchase of the counters, along with County staff's ongoing management of the program serves as a solid example of the co-operative relationship that exists in the community and Norfolk County. This arrangement incorporates one aspect of the County's Trails Master Plan that was approved by Council in 2009 and is now due for review and an update.

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TURKEY POINT MOUNTAIN BIKE CLUB

Submitted by Rob Luke

Looking forward to 2020 Turkey Point Mountain Bike Club Events

- **Sip 'n Learn: Event to introduce women to the sport** - will be held at Burning Kiln Winery on **Thursday March 26th - 7:00 pm** and will be a back to basics Introduction to Mountain Biking for new riders. It will also be a chance for the rest of us to catch us after a long winter (bring a newbie friend!)
- **Spring Kicker: April 19th, 2020.** Demo days and kickoff to the 2020 riding season.
- **Saturday April 18th, 2020** -Dan Marshall and <http://substanceprojects.com/> will be hosting XC races from Long Point Eco-Adventures. We hope to offer a fun Gravel Ride - more details to come.
- **EFT: June 20th, 2020.** TPMBC's Every Frickin' Trail. ~80km self-supported ride, not for beginners and you must be a club member.
- **Green Grind:** Date and route to be determined. This is the EFT for the rest of us. The idea is to ride every green trail in our trail system in one day. It will probably happen later in the summer when we've had a chance to get our riding legs back.
- **Fall Ripper: September 27th, 2020.** Multi-level, women's, and kid's guided rides, entertainment afterwards.
- **Global Fat Tire Bike Day - Sunday, December 6th, 2020.**



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Global Fat Bike Day was celebrated in Turkey Point on December 8th, 2019 and the event was attended by over 150 riders. Turkey Point Mountain Bike Club (TPMBC) President Rob Luke even had to make a last minute shopping trip due to the unexpectedly high numbers of people. Four groups left Long Point Eco Adventures (Novice, 2 intermediate groups and an advanced group) and we all gathered back together afterwards for grub, music and Hometown Brew beers. Thanks to Rob for BBQ'ing for us all, and to Wendy who led the novice group on a fun ~15km ride! Will you join us next year?



Turkey Point Little Rippers Youth Cycling Initiative

TPMBC's newest riding group are between the ages of 6 and 12 years. Meet the 'TPMBC Little Rippers'. The group usually rides on Saturday mornings and are led by coordinator and leader Eric Ratch. Eric and other volunteers welcomes all ages and skill levels and adjust the ride to suit the weakest rider, no one is dropped. The ride always includes lots of giggles and smiling faces and post ride snacks!

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GOALS:

- Bring more youth riders into the sport of mountain biking and attract new members to TPMBC and build on TPMBC's future membership base.
- Foster confidence and teach the basics of mountain biking.
- Opportunities for socialization / skill building with other youth riders.
- Teach trail building and maintenance skills to youth (more youth involvement in trail days).



TPMBC Little Rippers checking out a new GoPro at Moosehead Junction

CURRENT GROUP RULES:

- Parent / guardian required to attend
- Certified bicycle helmet required (kids and parents)
- Bicycle in good working order
- All ages and skill levels welcome, no one is dropped
- Normal group ride rules in effect (Dedicated ride leaders and sweepers, waiting at intersections and trailheads for direction and regroup).

The Little Rippers have already participated in 2 International Mountain Bike Association's 'Take a Kid Mountain Biking Days' and they are planning to include kid rides to TPMBC cycling events in 2020!

Welcome to TPMBC Little Rippers – you are our future 😊

WATERFORD HERITAGE TRAIL UPDATE

Submitted by Frank Woodcock

Happy belated New Year!

Trail building means patience.

It's Winter 2020 but in the Trail Business we look to Spring. And this year we have a lot to look forward to – all good. After several years of patience, the County has presented us with a lease to the lands around the Waterford Pumping Station between Thompson Rd, Rainbow Lake and the Waterford Heritage Trail. We are going to develop a Fitness Trail through the woods for everyone to enjoy.

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Bigger yet, we are adding 10 km of trail north of Waterford. The former LE&N RR went from Waterford to Brantford via the Oakland Ponds. This land is owned by the Province and we have the lease to most of it. We have known of this parcel since our inception in 2002. We have kept quiet, sat in the bushes, planned, met with a Provincial representative and voila, 18 years later the result is a lease that to us is golden.

Let's not talk about money.

We are going to proceed slowly and carefully as we have 29 new neighbours to work with. We sent an introductory letter in December. We have far more neighbours on the rest of our trail and have had a long relationship with them and intend to continue and strengthen those relationships.

We'll begin by heading north blazing a hiking trail similar to the Bruce Trail. At that stage the trail may not be suitable for biking, but we'll keep working on it.

People have told us that they never imagined there being such a trail network centered around Waterford and truth be known neither did we, but our community has embraced the trail and encouraged us to keep on trailing on. With patience we'll have a 20+ km loop north to Jenkins Rd. and back.

If you are interested in any of these projects come and join us.

Email - waterfordheritagetrail@yahoo.ca or visit waterfordtrailsandponds.ca or [facebook.com/WaterfordTrailsandPonds](https://www.facebook.com/WaterfordTrailsandPonds)

LYNN VALLEY TRAIL ASSOCIATION

Submitted by Michael Davis

Folks using the Lynn Valley Trail over the last few months may have noticed that all of the Trail map signs at entry points have a new look. They have been replaced in bright new colours using state of the art materials and technology that should last a very long time. Appreciation is extended to LVTA Director, Charlie Upshall for making these arrangements.

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Another project completed in early November was the building of new approaches to the Pennington Bridge northwest of the Blueline Parking lot. The new design provides for an easy and comfortable transition from the Trail onto the bridge. The work was completed by Mark Gamble Excavating and Haulage, Port Dover. The very cost effective design of the approaches was developed by LVTA Board Director, Scott Fletcher, who also oversaw the project along with his maintenance buddy Director, Dan Robinson.



Pictured: New bridge ramp on Pennington Bridge

TRAIL DONATIONS

The Lynn Valley Trail Association is grateful to have recently received a donation of \$2,020 from Norfolk County Employees who support various charities on a regular basis through their "Dress Down Fridays" charitable donation program. This was totally unexpected and has been received and viewed as support for and recognition of the Lynn Valley Trail as a Norfolk County natural resource that is well used and valued.

Overall income from donations to the Lynn Valley Trail Association in 2019 was somewhat higher than normal. A good deal of these funds came from donations in memory of the late Michele Crowley. We appreciate these donations as they help significantly in offsetting the cost of operating, maintaining and improving the Trail. The work of our Donations and Membership Coordinator, Director Diane Luke in recording these donations and our Director and Treasurer, Anita Cosley in maintaining our financial records and issuing tax receipts to donors is also greatly appreciated.

2020 VISION

This year the new Kilometers for Community volunteer program for light trail maintenance will be implemented, with almost all of the Trail sections now allocated to community groups, families and individuals. We are looking forward to seeing this program develop and bring new opportunities for community engagement with the Lynn Valley Trail.



A major capital project planned for 2020 will be the rehabilitation of the Rotary Bridge at the Simcoe end of the Trail. Sixteen supporting columns need major work to maintain the structural integrity of the bridge. The project is tentatively scheduled to be done in August, which is historically the month with the least rainfall. This will make the work on in-water columns in the Lynn River quicker and easier. A capital budget item to provide partial financial support for this project has been included in the 2020 Norfolk County budget, and will be considered by Council at the end of January. We are hopeful that monies will be approved for this expenditure.

Two other projects in the LVTA long-term capital plan are resurfacing the Trail and building new approaches to the three remaining bridges. An application was made under the Investing in Canada Infrastructure Program (ICIP) early in November for federal and provincial funds to enable these projects to be completed. Announcement of funding decisions made in this process are not expected until later in the summer or early fall, which would mean that these projects would not start until 2021. A targeted fund raising campaign will be started in 2020 to help finance these projects.

A membership drive to increase the overall number of Trail supporters will also take form as the year progresses.

Lastly, two new trail traffic counters have been purchased and are now being installed by Mark Boerkamp, Supervisor, Trails and Cemeteries in Norfolk County. These will provide vital usage data to underscore the importance of the Lynn Valley Trail for County residents and visitors alike. Please see the article in this P4P Newsletter for more detailed information on this initiative.

Please keep an eye on the Lynn Valley Trail website at lynnvalleytrail.com for updated information on the Trail and the work of the Association Board of Directors. You can also “like” us on Facebook.

If you are not yet a member...

Consider purchasing a membership or making a donation to help keep the trail safe, beautiful and accessible. Join and / or donate at www.lynnvalleytrail.com/donate



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Or visit www.norfolkpathways.ca