Information Sheet

CFUW Gatineau Trails 2023-2024 Season

*Come Hike, Cross Country Ski, Snowshoe, Bike and More!*

Welcome to Gatineau Trails! We are an active, outdoor interest group of the Ottawa Canadian Federation of University Women (CFUW).

Contact us at: **gatineautrails@gmail.com**

This information sheet will help new and returning members become familiar with Gatineau Trails. Anyone who is a member of CFUW Ottawa may join Gatineau Trails.

* Members need to register with CFUW first, and then sign up for Gatineau Trails. Sign up takes place by contacting one of the convenors at gatineautrails@gmail.com.
* There is a $7 fee payable on registration.
* Since members are at various fitness levels there are normally three levels of hikes, skis and biking. It is important that members choose a level within their abilities.
* Members need to sign an Activity Liability Waiver before participating in Gatineau Trails activities.
* Members may invite a guest to an outing before committing to becoming a CFUW and Gatineau Trails member.

**Who are the Convenors?**

* There are three volunteer convenors who serve a 2 year term. The current convenors are Marilyn Goodwin, Nancy Todd-Giordano and Shelley Chambers.
* The convenors can be contacted by email at gatineautrails@gmail.com. Emails are picked up from the end of August to the end of June.
* The convenor’s responsibilities include:
	+ planning the Tuesday outings held from late September to the end of June
	+ sending out emails with details of the Tuesday outings by the Sunday evening before the outing. In the event of a cancellation, an email is sent by 8:30 am the morning of the outing
	+ coordinating with other members to lead walks, hikes, skis and other activities

**Weekly Outings:**

* Outings are on Tuesday mornings. Members meet at a designated location at 9:50am for a 10am departure (typically).
* Outings take place during the following months (note - months are approximate and can change depending on weather conditions):
	+ **Gatineau Park Hikes**: September to November (or until the snow falls)
	+ **Cross Country Skiing in the Gatineau Park and Snowshoeing in the Ottawa Greenbelt/Gatineau Park:** December to the end of the season (usually mid April)
	+ **Volunteer-led urban walks around the city and greenbelt:** April **(**after the ski/snowshoe season and before the bike season)
	+ **Cycling:** May to September. There are 6 weeks of organized volunteer-led bike outings in May and June. For the remaining weeks, members are encouraged to keep biking amongst themselves
* **Food and Beverages:** Members provide their own food and beverages.Outings typically stop for lunch at one of the cabins or on the trails.

**Safety:**

* Members are responsible for their own personal safety. This includes:
	+ understanding your abilities and limitations and selecting a suitable level/option for the outings
	+ bringing proper clothing, accessories and equipment (eg whistle, cell phone)
	+ bringing sufficient nutrition and hydration for the outing
	+ checking the weather and knowing what to wear/bring
	+ always hiking/skiing/cycling with a buddy
	+ respecting Covid-19 restrictions and recommendations (if in effect)

**Activities:**

In addition to the Tuesday outings, members enjoy a variety of activities typically organized by other members:

* **Pot Luck Lunches**
* **Overnight Cross-Country Ski Adventure** in a Gatineau Park cabin
* Participation in the online **Canadian Ski Marathon**
* **September Out-of-Town Multi-day Bike Trip**
* **Cross country ski lessons and Fall outdoor fitness classes** (at an additional cost)
* **Other activities** may be added, depending on interest and availability of volunteers to organize them. Past activities have included: faint trails hikes, moonlight skis, wildflower walks, bicycle repair clinics and ski waxing clinics

Consider volunteering to organize one (or more) of the activities – it’s a great way to get involved!

**Stay Fit. Have Fun. Meet Friends ...** **We hope you will join us!**

Updated August 28, 2023