

CFUW
Gatineau Trails Group
Come Hike, Bike, X-C Ski!

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

Contact us at: gatineautrails@gmail.com

This information sheet will help both new and returning members to become familiar with the way the group is organized and the “routine”.

Who is a member?

- Anyone who is a member of CFUW Ottawa may join Gatineau Trails.
- Members register with CFUW first, and then sign up for Gatineau Trails. Sign up takes place either on CFUW Registration Night in mid-September, or by contacting one of the coordinators at gatineautrails@gmail.com.
- Since Members are at various levels of fitness and physical ability, there are three options for hike and ski routes usually offered to make sure there is an option suitable for everyone. However, it is important that each individual makes sure to choose a safe option for themselves within their capabilities.
- Members may invite a guest to try out an outing before committing to becoming a CFUW and Gatineau Trails member.

Who are the Coordinators?

- They are two volunteers who serve a 2 year term.
- The Coordinators plan the outings for Tuesday each week, from late September to the end of April. During the summer cycling months (May – September) individual members may offer to lead an outing.
- The Coordinators send out an email with details of the Tuesday outing by the Sunday evening before the outing. In the event of a cancellation, they send an email by 8 am on the Tuesday morning of the outing.
- They plan and email the outings, and coordinate with other members to lead walks, hikes and other activities. They are not the hike/bike/ski leaders.
- Coordinators can be contacted through email: gatineautrails@gmail.com. Emails are picked up from the end of August to beginning of May only.

Weekly Outings:

- Outings are on Tuesday mornings. Members meet at a designated parking lot at 9:50am for a 10am departure (typically).
- The activities organized by the Coordinators take place generally in the following time periods:
 - **Gatineau Hikes** (Fall and Spring): Fall from September to mid-November; and Spring from April to May.
 - **Cross Country Ski** (Winter): From snow fall (December or January) to snow disappearance (usually early April)
 - **Urban Walks around the City and Greenbelt** (Spring): After road closure in Gatineau Park and before the hiking trails are open in the Spring
- **Cycling** (Summer, May to September): While there are no formally organized outings by the Coordinators during cycling season, members often arrange trips amongst themselves during the Summer. An email distribution list with all Gatineau Trail members will be used to notify the group of planned outings by any member who wishes to organize a trip. This list is not to be shared amongst non-members.
- **Lunch and snacks:** Members provide their own food, snacks and water/beverages. Outings typically stop at one of the cabins or on the trail in Gatineau Park for lunch, unless advised otherwise.

Safety:

Everyone is responsible for their own personal safety. This includes:

- understanding what your abilities and limits are, 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 and bring
- always hiking/skiing/cycling with a buddy

Activities:

As well as the regular Tuesday outings, Gatineau Trails has offered the following activities during past years. These activities are organized by Gatineau Trails volunteers:

- **Pot Luck Lunches** (at least 5 times a year) following hiking and ski outings, at either at one of the Gatineau Trail cabins or at the Visitors' Centre, Chelsea.
- **End of Year Pot Luck Lunch** in a location chosen by one of the members
- **Overnight Cross-Country Ski Adventure** in a Gatineau Park cabin
- **September Out-of-Town Multi-day Trip** to a location that is suitable for hiking and cycling
- **Other activities have included:** Map and compass workshops, faint trails hikes, bike repair clinics, and posture workshops. Other activities may be added, depending on interest and availability volunteers to lead.

Consider leading one (or more) of the activities – it's a great way to get involved!

Stay fit.

We hope you will join us!