

DO MORE ON THE SHORE EZINE

March/April 2010



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GWTA 2010 updates:

100 Days to go!

Tips for the ride!!!

Eat Right Ontario wants to help you improve your health and quality of life through healthy eating. This service provides easy-to-use nutrition information to help you make healthier food choices.

Registered Dieticians provide **Eat Right Ontario** visitors with feature articles on food and nutrition, meal planning advice, healthy eating tips and recipes. We cover a wide range of interesting topics that are updated on a regular basis. Topics include Family Nutrition, Healthy Eating, Healthy Weights, Seniors Nutrition and Disease Prevention.

<http://www.eatrightontario.ca/en/default.aspx>

Heart and Stroke Foundation experts have reviewed this section on healthy living. The information is Canadian, current and based on scientific evidence and guidelines. This section can help you learn how to integrate healthy eating, regular physical activity and other healthy habits into your life.

For heart-healthy recipes delivered to your inbox every month, please subscribe to He@lthline, our free e-newsletter.

http://www.heartandstroke.on.ca/site/c.pv13IeNWJwE/b.3581583/k.F7E3/Heart_Disease_Stroke_and_Healthy_Living.htm

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Montreal & TO bike shows,

February and March have been busy months here at the Trust, seeing staff and volunteers hit the road to attend the Outdoor Adventure Show with our partners from Bike Train, the Montreal Bike Show and the recent Toronto Bike Show. It was great to see some familiar faces from the previous tours and to feel the excitement build for 2010. We would like to thank our volunteers led by David Arcus who took the time to promote the GWTA and show their support and enthusiasm for the Waterfront Trail in Quebec. Thank you very much!!

For everyone who has been on the GWTA in past years you will know David Arcus who was a key member of our team and the source for instrumental fireside music. He and his band will be coming out with their first studio album shortly...stay tuned for the details and how to pick up/download the album.

Montreal & TO Bike show winners;

Thanks again to everyone who came by to say hello at the recent shows in Toronto and Montreal. Registration is well ahead of this time last year, and we have just added the prize winners of a GWTA tour registration to the growing list of participants for 2010. Already this year we have riders from across Canada, the United States and now New Zealand!!

Volunteers: Looking for a luggage truck driver for the tour!

We are currently set to go with all of our cycling guides at this time, and will be having our annual meetings coming up this May in Burlington and Ajax. With that in mind we do still have a need for a Van driver to join our team. This member of the GWTA team will be in charge of the 24 foot luggage truck, making sure that the essential gear gets from each overnight location to the next.

If you or someone you know would like to be a part of the 3rd Annual GWTA along with all of the celebrations each night and can drive this vehicle, please contact Ian at il@wrtrust for more information on this volunteer position.

A brief look at Hamilton and Pickering- Day One & Day Two overnights in 2010:

Day One Hamilton



Hamilton is a city steeped in culture, history, beautiful architecture and an abundance of waterfalls throughout the escarpment. Hamilton made its mark on the world stage recently in 2003 by hosting the World Cycling Championships, only the 3rd time in history that this sporting event had been held outside of Europe. The WCC is viewed by over 500 million each year, and with the incredible Fall foliage and extreme elevation gain over the duration of the course the West end of Lake Ontario opened a few eyes! There is no shortage of art of art galleries

For history buffs, and outdoor enthusiasts this is a city that will surprise many who have long known Hamilton solely as a Steel town on the bay or for those who are visiting for the first time.

For greater insight into this area: <http://www.tourismhamilton.com/pagedetail.cfm?id=44>

Day Two Pickering



Pickering has long been a fantastic supporter of the Trail, and last year had the chance to show it's hospitality off to the masses. This community like many of the Waterfront Trail communities is linked to boating, fishing and water activities in Lake Ontario and as a favourite pastime on Frenchman's Bay, Petticoat Creek, Seaton Hiking Trail and Greenwood and Claremont Conservation Areas offer extensive hiking and walking trails.

This city has been heavily focused on creating a strong sustainability program that combines transportation initiatives, small business and community support to build a healthy environment, economy and community. Pickering won the prestigious [FCM CH2M HILL Sustainable Community Award](#) in planning in 2008.

With numerous festivals and celebrations throughout the year, Pickering is a location that we look forward to spending some time in this July!

To take a longer look at Pickering: <http://www.cityofpickering.com/>

Along the trail:

Tall Ships on the Great Lakes in 2010.



The American Sail Training Association has partnered with [GREAT LAKES UNITED](#) to bring a fleet of international tall ships to the Great Lakes, the world's largest body of fresh water, as part of the Great Lakes United TALL SHIPS CHALLENGE® 2010 race series, the tall ships race through all five Great Lakes making port appearances in cities throughout the US and Canada. Two important initiatives sail along with the tall ships: water conservation education and youth sail training!

We will get the opportunity to catch a glimpse of these incredible ships as we pull in for lunch at Ontario Place. To follow along with the "Tall Ships" and the "Race to save the Lakes" this summer go to: <http://www.sailtraining.org/tallships/2010greatlakes/index.php>

Etobicoke "Green Keys Tour":

A resident of South Etobicoke and frequent user of the Waterfront Trail, Frank Horvat would like to invite everyone to his unique piano recital on Saturday, March 27, 7:30PM, at The Assembly Hall, Lake Shore Blvd. W. & Kipling in Etobicoke. Admission is free! (First come, first serve seating)

This recital premieres new original piano music in honour of Earth Hour, in a completely dark performance hall. This also marks the release of his new CD, "A Little Dark Music" and it's the first concert in a year-long cross-Canada tour called the "Green Keys Tour" - promoting eco-sustainability. A portion of the proceeds from the sale of the new CD goes to the World Wildlife Fund - available for purchase at the show.

Please visit <http://frankhorvat.com/performance/tour/etobicoke.html> where you can find out all the info about this concert.

You can view a list of all the places Frank will be visiting across Canada at www.frankhorvat.com/tour.

The 5th Annual Food & Drink Fest @ COPPS COLISEUM April 9,10,11,2010!

Moving Food & Drink Fest to Copps means: Less of a wait time to get in, more space to mingle, more restaurants, more wineries, more breweries....more fun!

So come and experience an exciting variety of local and international wines, specialty beers, and culinary sensations created by some of the Hamilton, Halton & Niagara Regions' most popular restaurants, breweries & wineries. Enjoy terrific live entertainment, fun informative cooking demonstrations all in one great location, and all for a great cause!

For more information please go to: <http://www.foodanddrinkfest.com/>

Other Trails of the World: Munda Biddi Trail



The Munda Biddi Trail (which means path through the forest in the Nyoongar Aboriginal language) is fast becoming a world-class nature-based off-road cycling experience. There are few places left in the world where a 1000-kilometre track could be built through an undeveloped natural corridor. Combine Western Australia's vast areas of unspoiled forests and bushland, gentle terrain, and year-round cycling weather, and you have the ideal setting for an off-road cycle trail.

You can cycle through towering eucalyptus forests and ancient, unspoiled bush land. Discover plants and wildlife not found anywhere else in the world. There is the ability to camp in shelters or stay in quaint country towns. Learn about Aboriginal culture and the rich heritage of the region as you visit wineries and attractions of the south west of Australia.

The Munda Biddi is a trail with something for everyone. There are sections of trail that will suit anyone's cycling ability and pace. The trail is easily accessible by car, so you can begin your journey wherever it is convenient. Different sections of the trail will be suitable for cyclists of all levels, with challenging loops and spurs to be added once the main trail is completed. And because the trail is completely off-road, you can enjoy the scenery while you safely cycle through the forest on the dirt track

<http://mundabiddi.org.au/>



WARNING: The information and suggestions in this newsletter have been developed to assist Trail users in planning both their recreational and commuting trips along the Waterfront Trail. It mentions signed routes of the Trail, as well as possible routes and connections in areas where routes have not yet been designated as part of the Waterfront Trail. The possible routes and connections have been identified in consultation with the municipalities and Conservation Authorities of Lake Ontario and from Trail users. Some of these possible routes and connections may not be ideal for cycling, in-line skating, or hiking. They may be unsuitable for some Trail users because of the close proximity to vehicular traffic or unsuitable trail surface. Whenever possible, indicators have been placed on the maps to warn of caution areas. However, be prepared to make your own evaluation of traffic, trail and road conditions, and plan routes appropriate to your riding, in line skating, and hiking skills and your comfort level. This newsletter is not intended as a guide for children.