



Kawartha
Trans Canada Trail

Fresh New Look for KTCT.ca

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The Kawartha Trans Canada Trail Association is excited to announce a refreshed look to the ktct.ca website, along with an entire new section on the Benefits of Outdoor Activity for Seniors!

As an older adult, regular physical activity is one of the most important things you can do for your health, well-being and quality of life. In addition to this, studies have shown that simply being in nature has a dramatic effect on the body, mind, and spirit. Combined, outdoor physical activity may be one of the most important things you can do for improving and maintaining your overall physical health and mental well-being.

On the site you can find information on the many benefits of outdoor activity for seniors, tips on getting active, a comprehensive list of ideal activities for seniors, as well as a list of local, provincial, and federal resources on active living for seniors and older adults.



**KAWARTHA
TRANS
CANADA
TRAIL
ASSOCIATION**

c/o Fleming College
P.O. Box 8000
Lindsay, Ontario
K9V 5E6
info@ktct.ca



And while you are visiting the site, be sure to check out our Trail Videos, including "4 Seasons of Excitement," which highlights the beauty of our great trail!

If you have any questions, comments or concerns, please feel free to reach out to us at <https://ktct.ca/contact>.



Chair's Message



John Hagarty
Chair, Kawartha
Trans Canada Trail
Association

The Kawartha Trans Canada Trail has three distinctive landscape sections along its 54 kilometre length: urban, natural and farmland. As a trail organization, we are pleased to recognize the heritage of the rail line and farm communities along our route, and to encourage trail users to experience and enjoy the beautiful and tranquil features that can't be seen any other way. Treat yourself, get outside and enjoy your trail!

Once again, we have had a busy year. Here are some highlights of 2021:

- From March-October our trail counter recorded 47,727 users.
- Through the Federal Summer Employment Program, we hired two summer students.
- In partnership with Fleming College, we paved a section of the trail on campus.
- We evaluated the trail for accessibility. Our goal is to be fully accessible by spring 2022.
- The City of Kawartha Lakes has included the KTCT in a Trails Master plan. Hopefully, this will result in some financial support for trail maintenance.

As another year wraps up, we would like to offer special thanks to:

- Our Board members for their diversity of experience and skill sets allowing for specific, unique, and valuable contributions to trail maintenance, management and governance;
- Our Managing Partners and volunteers who cut the grass, pick up litter, remove trees/branches from the trail and many other tasks that keep the trail operational;
- Al MacPherson for his leadership and tireless devotion; and
- Our financial donors and supporters.

We rely heavily on grants and donations to pay for the annual lease to the province, the insurance, and for the general upkeep of the trail. We have lots planned for trail improvement in 2022—so please consider supporting us. Information about how to donate can be found via <https://ktct.ca/donate>.

Thank you and have a wonderful holiday season!

John Hagarty



Celebrate someone
 this holiday season.

Make a tax-
 deductible donation
 in honor of, or in
 memory of someone
 you love.

Tax receipts are
 issued for donations
 above \$20. Donate
 online at
www.ktct.ca.

Signage Volunteer Needed



KTCTA needs a volunteer(s) who can be responsible for the installation and repair of our signs.

Most of the sign work occurs at trail intersections, between the trail and sideroads.

Please email us at info@tctrail.ca if you are interested in this volunteer position.

Volunteer of the Year Award

Phil Ribble, is a volunteer with the Heart of Ontario Snowmobile Club, one of KTCTA's Managing Partners.

Phil can be relied upon to fix potholes, remove brush and fallen trees, and other tasks to ensure the west end of the trail stays open and safe.

Thank you for all of your hard work, Phil. The Snowmobile Club and KTCTA are lucky to have you as a regular volunteer!



Trail Accessibility



On November 12, 2021, volunteers Michael and Kirsten (left photo) evaluated the KTCT for accessibility. They inventoried and measured every gate and concrete barrier along the trail to determine whether the openings are wide enough to accommodate wheelchairs, trikes and electric scooters.

They found 12 locations that need to be adjusted so that gate openings are 101.6 centimetres (40 inches), and so that there are 165.1 centimetres (65 inches) between the gates and the concrete barriers. These dimensions exceed the AODA requirements for Ontario. Our goal is to have the entire 54 kilometre-trail accessible by spring 2022.

FIREWOOD NOTICE:

There are some dead, potentially hazardous trees along the trail that need to be removed.

If you need some firewood this winter, please contact us at **info@ktct.ca** for permission.

Summer Students



Thank you to this year's summer students:
Mytche Carson from Omeme and Melanie Nicholson from Little Britain.

They spent the summer on the trail doing maintenance and conducting user surveys.

Results from those surveyed show strong positive support for a KTCT app.

Follow us
on **Instagram & Twitter**
@LoveYourTrail

Like us
on **Facebook**
facebook.com/loveyourtrail/

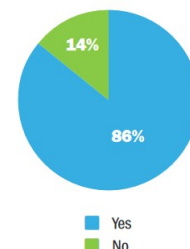
KTCT Trail Pass App

The Kawartha Trans Canada Trail Association plans to develop a free, downloadable Trail Pass App for Apple and Android smart phone users.

The app will provide access to the trail map and information about the supporting Trail Pass businesses and services along the trail route (e.g. toilet locations). Once downloaded on their phones, users have access to this information without Wi-Fi or cell service.

So far, our grant request submissions have been unsuccessful, but we will keep trying to secure funding for this initiative.

WOULD YOU DOWNLOAD
AN APP ABOUT FACILITIES
ON OR NEAR TRAIL?



Trails Master Plan



The City of Kawartha Lakes (CKL) is preparing a Trails Master Plan. The first plan in 2006 did not include the KTCT.

We hope the city will recognize the trail as a major contributor to the economic, social, environmental and health benefits of all residents, and provide some much-needed funding for its upkeep.

The KTCTA has not received any operational funding from CKL in 15 years. It has been donors like you, sponsors and grants that have kept the trail going.

New Pollinator Pathway



The pollinator garden that was planted this spring by Marnie Callaghan, a KTCTA Director, and a team of volunteers from Reabro and Green Trails, flourished this summer, bringing some extra life and colour alongside the Kawartha Trans Canada Trail!

The new garden is part of the Kawartha Lakes Pollinator Pathway, a city initiative that supports healthy pollinator populations by creating and preserving pollinator habitat. The municipality has been officially recognized as a "Bee City" by Bee City Canada, a charitable organization that encourages action to protect pollinators.

The KTCTA was pleased to run two free bee hotel workshops for seniors that took place at the garden in June.



Trespassers on the Trail

ATVs and dirt bikes are not allowed on the KTCT. The Association has posted signs and placed gates and concrete barriers to stop them, but they still access the trail. If you see them on the trail, please do not approach them. Instead, record the following:

- Time
- Date
- Location
- Plate number if they have one
- Colour of ATV/dirt bike
- Description of rider, e.g. helmet colour

Call or send this information to the OPP at:

CITY OF KAWARTHA LAKES - OPP
3028 ON-35, Lindsay, ON K9V 4R1

Phone: 705-324-6741
Toll Free: 1-888-310-1122

And please, email the information to us at info@ktct.ca.

Thank you!

Trail Counter

Pedestrian IN	Pedestrian OUT	Cyclists IN	Cyclists OUT
31021	27530	16706	20867

- The trail counter was not operating for two months as the battery needed to be replaced.
- From March to October the counter recorded 47,727 users at Doube's Trestle Bridge.
- On the Sunday of Thanksgiving weekend, there were 75 cars parked along Orange Corners Road so that people could walk the trail to Doube's Trestle Bridge.

DeNure Donor Wall

LOVE YOUR TRAIL 5-5-5 SUPPORTER

Canadian Tire
Century 21/Patrick Daley
Days Inn & Suites Lindsay
Karyn & Greg Dowdall
Kelly's Propane
Lasik Cataract Centre
Mackey Funeral Home
Min Com—Brad Bird
Optimist Club of Lindsay Inc.
PD Realty Inc.
Staples & Swain Professional Corporation
Jennifer & Aaron Young

BUSINESS SUPPORTER

BOB FM
Callaghan Farm Supply
Sir Sandford Fleming College



Inukshuk at Frost Campus in memory of Marg Fevang.

TRAIL CHAMPION

Callaghan Farm Supply
Barron Cowan
Dorothy DeNure
Ron Fevang
Forsfield Inc
Ian Gillespie*
Green Trails Alliance
Kawartha Lakes Community Futures Development
Kawartha Runs
Haig Kelly
Dorianne Lackey
National Trails Coalition
Omemee Legacy C.H.E.S.T.
Ontario Ministry of Economic Development
Ontario Trillium Foundation
PICKSEED
Susan Sauvé
Sir Sandford Fleming College
TD Friends of the Environment Foundation
Trans Canada Trail

In memory of

Margaret Fevang
Dr. Al Lackey
Dr. George Sweetnam
Steven Thompson

In honour of

Hugh Davies
Laurie Kingston*

TRAIL MASTER

Achilles Track Club of Peterborough
Marnie Callaghan
Dr. T. James Cooper
Elke & Richard Danziger
Carole & Bruce Glass
David Holloway
Investors Group Matching Gift Program
Kawartha Rail Trail
Peter Petrosoniak & Kathy Boyle
Betty & Sal Polito*
The Siegel Family
Bill Steffler
Susan & Ed Stephenson
Wylie & Marnie Suggitt
Marian Sweetnam

In memory of

Liz Maxwell (from the Biker Babes)
Murray Spence
Terry Woodward*

In honour of

Ron Fevang
The Hardy Family
Amanda Johnson & Stephen Dunbar
Claire & Jean Morgan
Ruth LaMantia, Margaret Davies, George & Marian Sweetnam, Jan Smith, Susan Stephenson

TRAIL BLAZER

Dianne & Ted Abbot
Wayne & Cathy Alldred
Biker Babes
Blewett Printing
Hal & Hilda Bowry
John Clary
Crayola Canada
Dianne's Country Cooking
Cycle Chicks
Cycling Dudes
Bill & Elaine Elliott
Bruce & Lynne Faulkner
Margot Fawcett
Fowlers Corners & District Lions Club
Gayle Golden
Goodwin Design
Health for Life
Stan & Marion Hill
Joanne & Tom Johnson
Kawartha Cycling Club
Kent Florist
Kinsmen Club of Lindsay
Gus & Ruth LaMantia
Lindsay Animal Clinic Professional Corp.
Lindsay Lions Club
Jo Anne Lindsay
Barbara MacPherson
Robin & Rosemary Maughan
Joe & Joyce McGuire
Claire & Jean Morgan
Morris Veterinary Hospital
Gael Morrison
Nicholls – Eleanor (DeNure), Lawrence, Catherine (Reed), Calvin

DeNure Donor Wall

Bernie & Lillian Nickerson
Oakwood & District Lions
Club

Omemee & District Lions
Club

Ontario Woodlot
Association

Pat & Mike O'Reilly

Lou & Judy Probst

path to stillness yoga studio

Payne, Grignon Family

June & Thomas Pick

Bill & Marg Preston

Howard Robinson

Barbara Rose

John Rose

Laurie Scott

Kathy Simpson

Linda Skilton

Ross Smith

Sheila & John Speirs

TD Canada Trust –
Omemee

Doris Webster

Ron & Gillian Willcocks

John & Anne Willemse

In memory of

Elizabeth Feltham

Mr. & Mrs. S.D. Fevang

Pierre Girard

Dr. Stephen Herr

John Kennedy

Dr. Al Lackey

Jean Luck

Ewan (Hughie) McCrim-
mon*

Jean Morgan*

Myrtle Grace Payne*

Bob Rodd

Marytherese Saigeon

Arthur D. Truax

Dr. Robert (Bob) Watson*

Shane Paul Allan Wood

Barb Wright*

In honour of

Ted & Dianne Abbot

Judy & Ray DeNure

Dr. Robert Drury

Ainsley & Avery Herr

Doug & Robin (Jones)
Knight*

Laurie & Jamie
Lautenschlager

Malone & Jack

Peter Marrs*

Jack M. Murphy

Dale Parks est: 1950

Linda Rutherford & Nancy
Pelletier – St. Andrew's
Youth Fellowship Leaders

Henry & Frederick
Stephenson

Ellen & Terry Woodward

Erin Woodward

Terry Woodward

TRAIL MAKER

Anna & David Auger

Carol & Bob Barkwell

Benville Pet Resort

Conservative Party, Halibur-
ton-Kawartha Lakes-Brock

Erik Ellis

Margot J. Fawcett

Ron & Rose Gibbons

Anne Glanfield

Doug van Hemessen

Joanne & Tom Johnson

Lisa Kaldeway

Kawartha Field Naturalists

Dirk & Hennie Kookhaas

Tonya Kraan

Phil LaPenna

Murray Leadbeater

Pete & "Chick" MacLoghlin

John & Brenda Morrison

Pinewood Cottages & Trail-
er Park

RHINO

Ruth Salhenegger*

Kathy Simpson

Andris Smits

Sharon (Abbot) Sylvestre

Ben Van den Broek

Patti Watson

Amy & Tim Whitson

In memory of

Dave Allen

Anders Andersen

Robert E. Bellamy

Shirley Bellamy

Janet Berton

Pamela Berton*

Penny Berton*

Claire Blais

Dr. Doug Bocking*

W. R. Bunting

Rev. Edward Cook

Margaret Cook

Graham Copp

Rich Denham

Fred DeNure

Susan DeNure

Eileen Drury

Craig Fawcett

Dr. James I. H. Fawcett

Marg Fevang

Paul Fitzpatrick

Allan (Doc) Gleeson

Margaret Black Goodbrand*

Jay Hayes

Pat Hayes

Nan Henderson*

Jim Labour*

Jim LaMantia

David Lankin

Dr. Gord Lindsay

H. David Logan

Lillian "Lil" Macintyre

Holmes Matheson

Evelyn R. McLean

Peter McNabb

Allan McPhail

Geraldine "Gerry" Moore

Morgan O'Connell

Eileen Owen*

Dr. Meg Poel

Margaret R. Price

Bill Reddall*

Elizabeth A. Richardson

Brian Robertson

Howard Robinson*

Jim Robinson

Donald A. Rosborough

Margaret A. Rosborough

Grant Saunders

Debbie Simpson

Jack Smith

Jan Smith

DeNure Donor Wall

TRAIL MAKER continued

Hugh Snodden*

Marjorie Stephenson

Ray Storey

W. Dale Toombs

Helen Tripp

Neil Vivian*

David R. Walling

Ron Willcocks

Lynne Willis*

Vernon "Pill" Willis

Clara Wilson

Bonnie Winn

Norm Winn

Doug & Brenda Wright

In honour of

Molly Susanna Adams

Nayan Xander Arapurakal

Bill Coe

Nicole E. Cote est 2021*

Lorne Dixon

Clair E.J. Dowdall

Patrick S. Dowdall

Mary C. Ham

Marilyn Heath

Kayla Cathleen Henderson

Anthea W. Jenkins

Dr. Julie Johnson

Joe Kraan Sr.

Adam W. Lackey

Jonathan D.V. Lackey

Luke Alexander Lackey

Zack Lautenschlager

Jean D. Mark

Julie Marquis est 1971*

Cassidy J. Murphy

Egan C. Murphy

Ellen & Dennis Patterson

Nancy C. Pelletier

Stephen P. Pelletier

Ross Penton

Debbie Richardson est 1951*

Barbara Rose

Murray Spence

Lucy A. Stephenson

Karina K. Treiguts

Markus M. Treiguts

Catherine Wasteney

Donor names as of
November 29, 2021.

* Names to be inscribed
on the wall.

DeNure Donor Wall Categories

LOVE YOUR TRAIL 5-5-5 SUPPORTER

\$5,000

TRAIL CHAMPION

(Platinum) \$1,000 - \$4,999

TRAIL MASTER

(Gold) \$500 - \$999

TRAIL BLAZER

(Silver) \$100 - \$499

TRAIL MAKER

(Bronze) \$50 - \$99

With each level of donation, a
Certificate of Appreciation and a tax
receipt are sent to the donor.

New Sponsors

The Kawartha Trans Canada Trail Association is grateful to have four new **Love Your Trail** supporters (\$5,000 over 5 years). Thank you so much for helping us achieve our goals!



Who We Are

The **Kawartha Trans Canada Association (KTCTA)** is a registered not-for-profit organization with charitable status. Our mission includes the following:

1. To improve the urban and rural environment by developing and maintaining a recreational trail or greenway linking communities.
2. To organize and participate in environmental projects designed to preserve and protect flora and fauna.
3. To educate and increase public awareness, appreciation, and understanding of the environment by offering courses, seminars, conferences and meetings, and by collecting and disseminating information.
4. To promote active and healthy lifestyles by offering courses, seminars, conferences and meetings, and by collecting and disseminating information on the trail's five core uses—hiking, walking, cycling, horseback riding and snowmobiling.

Board of Directors

John Hagarty

Chair

Erik Ellis

Treasurer

Marnie Callaghan

Secretary

Brett Goodwin

Jenn Johnson

Laurie McCarthy

Mike McLean

George Pineau

Kathy Simpson

Ellen Woodward

Managing Partners

The Kawartha Trans Canada Trail has 12 Managing Partners who volunteer their time and effort to help maintain the trail.

It is this type of community involvement that ensures the trail remains safe.

Our partners from East to West:

- Fowlers Corners & District Lions Club
- Omemee & District Lions Club & Scott Young Public School
- Village of Reaboro
- Kawartha Lakes Green Trails Alliance
- City of Kawartha Lakes Parks and Recreation Department
- Lindsay Lilac Committee

- Sir Sandford Fleming College
- Abercrombie Brothers & Central Senior Public School
- O'Reilly Family
- Spokes for Folks
- Lunney Family
- Heart of Ontario Snowmobile Club

SNOWSHOEING FOR SENIORS

KTCTA hopes to offer another Senior Snowshoeing Program this winter. We have applied to the Ontario Government Senior Grant Program for funding.

If we are selected, the program will likely run in February. We will send out a notice to let seniors know the details.



KTCTA's biannual newsletter is designed and edited by Karen Rosborough.

