

CORNWALL OUTDOOR CLUB DE PLEIN AIR

Summer Schedule 2010 –Sédule d'été 2010

www.cornwalloutdoorclub.ca

MEMBERSHIP OFFICER 936-1686

DATE	EVENT/ACTIVITE	LEVEL/ NIVEAU	MEETING PLACE/ LIEUX DE RENCONTRE	CONTACT PERSON PERSONNE CONTACTE
Camping Weekend -Mont-Tremblant (July 2-4) Some space may still be available. Contact Lise 931-0931 ASAP				
Sat. May 1 10:00 a.m.	Hike & Breakfast Moe's Diner, St. Andrews	1-2 \$	Cornwall Centre Road at entrance to bike path Reserve ahead	Don 551-8700
Sun. May 2 10:00 a.m.	Canoeing/Kayaking w/ Nick Wolochatiuk Hoople Creek	2 12 km	Tim Horton's next to Kelsey's Restaurant	Kevin & Sylvie 935-5816
Sat. May 8	Whitewater Rafting Ottawa	4 \$\$\$	Tim Horton's next to Kelsey's Restaurant	Chrissy 932-5254
Find out more at http://www.wildernesstours.com or 1-800-723-8669. Cost includes BBQ lunch and hot tub.				
Sat. May 8 Children's Treatment Centre Bike-A-Thon PLUS (walk, run, bike), Pledge forms can be picked up at Kalrim's Cycles and Sports on Boundary Road. http://www.ctc-sdg.com/				
Sun. May 9	Mother's Day			
Wed. May 12 7 p.m.	Wine and Cheese Bicycle Workshop		Bicycle World	Sylvie 935-5816
Learn how to do road side repairs such as adjusting brakes and fixing flat tires http://www.bicycleworld.com				
May 15 – Deadline for Zip Line (May 29) Contact John 935-4531				
Sat. May 15 8:00 a.m.	Canoe/Kayaking South Nation River http://www.nation.on.ca	2 15 km	Tim Horton's next to Kelsey's Restaurant	Wayne 932-3016 Veronica 346-2042
Sun. May 16 12:00 noon	Indoor Rock Climbing , Ottawa	1-4 \$	Tim Horton's next to Kelsey's Restaurant	Bill 936-1686 Kevin 935-5816
Sat. May 22 4:30 a.m.	Cycling Fundraiser Brockville to Cornwall	3 100 km	Tim Horton's next to Kelsey's Restaurant	Chrissy 932-5254
Raise money for cancer research (Relay for Life) by cycling the entire route or join club members on a shorter route from Cornwall to the Long Sault Parkway and back.				
Sat. May 22 7 pm.	Bonfire	1	Long Sault	Huguette 534-8855
Sun. May 23 9:00 a.m.	Cycling Tulip Festival & Arboretum, Ottawa	2 30 km	Tim Horton's next to Kelsey's Restaurant	Kevin & Sylvie 935-5816
May 28 th – Deadline to register your team for glow in the dark golf (June 12 th) Contact: Sylvie 935-5816 or John 935-4531				
Sat. May 29 10:00 a.m.	Zip Line Arial Park Arbraska (Rigaud QC)	2 \$	Tim Horton's next to Kelsey's Restaurant	John 935-4531

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Sun. May 30 1 p.m.	Hiking/Dinner Morgan Arboretum, Ecomuseum & Smoke Meat Pete's, Ste-Anne-de-Bellevue	1-2 \$\$	Tim Horton's next to Kelsey's Restaurant	John 935-4531
The Ecomuseum is an educational wildlife park where you can observe and study indigenous fauna and flora in their natural habitats. (\$12.50 adults - \$10.00 seniors) http://www.ecomuseum.ca/home.html ; Morgan Arboretum (\$5 adults) http://www.morganarboretum.org/ENGLISH/HOME_eng.htm				
Sun. May 30 Deadline for Charlottenburg Park. Camping on June 26 Contact Huguette 534-8855				
Fri. June 4 7 p.m.	Relay for Life Maxville	1 \$	Maxville Fairgrounds Deadline May 21st	Chrissy 932-5254
Maxville's 10 th Annual Relay for Life. For more details see http://www.cancer.ca/Ontario.aspx?sc_lang=en				
Sun. June 6 2 p.m.	Hiking & Supper Larose Forest, supper in Bourget	1 \$	Tim Horton's next to Kelsey's Restaurant	Will 937-4900
Sun. June 6 6 :30 a.m.	Cycle Tour de l'Ile, Montreal QC	2 - \$ 50 km	Tim Horton's next to Kelsey's Restaurant	Terry 937-3636
Early registration for adults is \$21 and ends on April 18. Regular registration is \$25 and late registration starts on May 28 and is \$30. http://www.velo.qc.ca/feria/en/MBF				
Sat. June 12 8:30 p.m.	Nine @ Night with Glow in the Dark Golf Balls, Upper Canada Golf Course	1-2 \$	Tim Horton's next to Kelsey's Restaurant	Sylvie 935-5816 John 935-4531
Beginning at dusk - Tournament \$25 per person (includes nine holes, glow in the dark balls, necklace, glow sticks, and prizes. BYO flashlight. 2 person teams, alternate shot format. http://uppercanadagolf.ca/home.htm				
Sun. June 13 10:00 a.m.	Cycling Coteau-du-Lac to Pointe des Cascades	1-2 50 km	Tim Horton's next to Kelsey's Restaurant	John 935-4531
Mon. June 14 7 p.m.	Club Meeting		TBD	Terry 937-3636
Sat. June 19 7:00 a.m.	High Peak Hiking Algonquin (Adirondacks)	4 13 km	Tim Horton's next to Kelsey's Restaurant	Bill 936-1686 Wayne 932-3016
Sun. June 20	Father's Day			
Sun. June 20 7 p.m.	Moonlight Canoeing/Kayaking Location TBD	1-2 5 km	Tim Horton's next to Kelsey's Restaurant (Please contact Heather before 6 p.m. on Saturday.)	Heather 933-9836
Montreal International Jazz Festival - June 25 to July 6, 2010. www.montrealjazzfest.com Contact John 363-6128				
Sat. June 26 3 p.m.	Strawberry Family Picnic & Camping Charlottenburg Park	1 \$	Charlottenburg Park OPEN EVENT	Huguette 534-8855
Annual Outdoor Club Potluck Picnic will be held at Charlottenburg Park. Camping available on Saturday night, book with the park office. Contact Huguette early to pick our items for the picnic menu.				

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June 26 - Deadline for Fireworks and Supper, Lac Leamy, QC - Contact Veronica 346-2042				
July 2-4	Camping Weekend Mont-Tremblant Canoeing/Kayaking/ Hiking	1-2 \$\$	Tim Horton's next to Kelsey's Restaurant	Lise & Paul 931-0931
Explore the river valleys and mountain tops of Quebec's Mont-Tremblant Park. See http://www.sepaq.com/				
July 8-11 Lift-Off Week , Lamoureux Park, Cornwall. Check out the balloons and music concerts. Visit the website - www.lift-off.ca Are you interested in attending the concerts with the club then call Sylvie 935-5816.				
Fri. July 9 – Deadline for registering for dragon boat race (Aug. 14/10) Contact Kevin 935-5816				
Sat. July 10 7 a.m.	Hiking Mount Ampersand, Adirondacks	3 8 km	Tim Horton's next to Kelsey's Restaurant	Kevin & Sylvie 935-5816
Hike Mount Ampersand for a spectacular view of the high peaks then cool down with a swim in Saranac Lake.				
Ottawa Blues Festival July 9 – 19 Contact Wayne 932-3016 Check out the schedule at www.ottawabluesfest.ca				
Sun. July 11 8:30 a.m.	Cycling, Geocaching and Brunch	1-2 \$ 35 km	Tim Horton's next to Kelsey's Restaurant	Kevin & Sylvie 935-5816
Cycle along country roads from Williamstown, St. Raphael's, Martintown and back to Williamstown for brunch.				
Mon. July 12 7 p.m.	Fall Schedule Meeting, Cornwall	1	Knights of Columbus Cornwall	Sylvie 935-5816
Sat. July 17 10:00 a.m.	Cycling & Pioneer Museum (Sheep To Shawl Competition) Alexandria-Dunvegan	2 30 km	Township Garage, North Glengarry	Linda 525-1943
Come cheer on the Glengarry Twistle Guild as they take freshly cut wool and turn it into a masterpiece.				
Sun. July 18 8:00 a.m.	Cycling Wolfe Island	2 \$	Tim Horton's next to Kelsey's Restaurant	Will 937-4900
Weekend July 23-25	Hiking/Camping New Hampshire	3-4 \$\$\$	TBD	Wayne 932-3016
Sat. July 24 10:00 a.m.	Hiking & Breakfast Quinn's Inn, St. Andrews West	1-2 \$	Cornwall Centre Road at entrance to bike path Reserve ahead	Don 551-8700
July 24 Deadline for North Pole Camping (Sept. 4-6) Contact Will 937-4900				
Weekend July 31 - Aug. 2	Camping Vermont	1-2 \$\$\$	Space is limited	Wayne 932-3016
Mon. Aug. 2 10:00 a.m.	Canoeing/Kayaking Long Sault	2-3	Tim Horton's next to Kelsey's Restaurant	Kevin 935-5816
Sat. Aug. 7 1 p.m.	Hiking Charlottenburg & Williamstown Fair (Corn roast & concert)	1-2 \$	Tim Horton's next to Kelsey's Restaurant	John 935-4531

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Sun. Aug. 8 9:30 a.m.	Croquet/hiking/lunch at Riverside Café Williamstown	1-2 \$	Tim Horton's next to Kelsey's Restaurant	John 935-4531
Weekend Aug. 13-15 Cornwall Waterfest - Lamoureux Park. 3 days of events based on the water - swimming, tubie race, dunk tanks, dragon boats, bathtub derby, parade of boats – on Cornwall's Waterfront. Put together a Dragon boat team! http://cornwallwaterfest.com/ Contact Kevin 935-5816				
Sat. Aug. 14	Waterfest Dragon Boat Race , Cornwall	2-3 \$\$	Lamoureux Park OPEN EVENT	Kevin 935-5816
Aug. 14 - Deadline to register your team for the Prescott-Russell Bike Rally (Aug. 21) Contact Sylvie 935-5816				
Sun. Aug. 15 9:00 a.m.	Canoe/Kayak/Corn Roast , Grenville, QC	1-2	Tim Horton's next to Kelsey's Restaurant	Veronica 346-2042
Sat. Aug 21 7:00 a.m.	Treasure Hunt Bike Rally , Casselman, ON	2 \$	Tim Horton's next to Kelsey's Restaurant	Sylvie 935-5816
Treasure hunt for outdoors enthusiasts! Teams of 2, 3 or 4. Choose between the 25 km or 50 km routes. Registration required. Lunch provided. http://www.prescott-russell.on.ca				
Sat. Aug 21 2:30 p.m.	Cycling/Fireworks/ Supper Lac Leamy QC	1 \$\$	Tim Horton's Casselman	Veronica 346-2042
Sun. Aug 22	Cornwall Triathlon Volunteers Needed	2	Cornwall Waterfront	Kevin 935-5816
Weekend Aug. 27-29	Cycling & Camping Le P'tit Train du nord, Laurentians	3 \$\$\$ 200 km	Tim Horton's next to Kelsey's Restaurant	Chrissy 932-5254
Cycle 100 km per day from Mont Laurier to St. Jerome and camp Friday and Saturday night. http://www.out-there.com/pt-train.htm				
Weekend Sept. 4-6	Camping , North Pole Campground Wilmington, NY	1 \$\$\$	Tim Horton's next to Kelsey's Restaurant	Will 937-4900
Sun. Sept. 5 7:00 a.m.	Cycling - Véloka Oka, QC	3-4 \$	Tim Horton's next to Kelsey's Restaurant	Sylvie 935-5816
Rain date Sept. 6. Very hilly terrain. Lunch and T-shirt included. www.municipalite.oka.qc.ca/veloka				

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OPEN EVENT: No waivers required

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HIKING & CYCLING: LEVEL 1 = Even Grade, LEVEL 2 = Medium Grade,
LEVEL 3 = Steep Grade, LEVEL 4 = Experience Mandatory

CANOE & CANOE CAMPING: LEVEL 2 = Flat Water, LEVEL 3 = Portaging Required

Approximate cost excluding transportation: \$ = <\$50 \$\$ = \$50-100 \$\$\$ = >\$100