

# CORNWALL OUTDOOR CLUB DE PLEIN AIR

## Fall Schedule 2010 –Sédule d'automne 2010

www.cornwalloutdoorclub.ca

MEMBERSHIP OFFICER 936-1686

DATE	EVENT/ACTIVITE	LEVEL/ NIVEAU	MEETING PLACE/ LIEUX DE RENCONTRE	CONTACT PERSON PERSONNE CONTACTE
<b>August 19 – Deadline for 1000 Island Camping (September 10-12) Contact Kevin 935-5816</b>				
Sat. Sept. 4 1:00 p.m.	<b>Cycle 'N Putt</b> Grey's Creek to Archie's	2 \$	Grey's Creek – parking lot near picnic shelter (Copeland Park)	Sylvie 935-5816
Sun. Sept. 5 7:00 a.m.	<b>Cycling - Véloka</b> Oka, QC	3 \$	Tim Horton's next to Kelsey's Restaurant	Sylvie 935-5816
Rain date Sept. 6. Very hilly terrain. Lunch and T-shirt included. <a href="http://www.municipalite.oka.qc.ca/veloka">www.municipalite.oka.qc.ca/veloka</a>				
Mon. Sept. 6 7:00 a.m.	<b>St. Regis - hiking</b> Adirondacks, NY	3 7 km	Tim Horton's next to Kelsey's Restaurant	John 935-4531
Sept. 10-12 Weekend	<b>Car Camping</b> 1000 Islands Parkway	2 \$\$\$	Tim Horton's next to Kelsey's Restaurant	Kevin 935-5816
Bring your bicycle to tour along the 1000 Island bicycle path, your hiking boots to explore Landon's Bay lookout, and your bathing suit to enjoy the pool and hot tub at 1000 Island KOA <a href="http://www.koa.com/where/on/55203/">http://www.koa.com/where/on/55203/</a> There will also be a guided tour through the islands by canoe/kayak. Register by August 19 <sup>th</sup> for camping and guided tour.				
Sat-Sun Sept. 11-12	<b>24-Hour Cycling</b> Mont Tremblant, QC Limit: 6-12 people	4 \$\$\$	Tim Horton's next to Kelsey's Restaurant	Chrissy 932-5254
For 24 hours, participants must make their greatest possible effort to ride as fast as they can on the Circuit Mont-Tremblant. Only one person per team at a time on the official course which is 4.3 kilometres in length. For more details visit: <a href="http://www.24hvelotremblant.com/home.html">http://www.24hvelotremblant.com/home.html</a>				
Sat. Sept. 18 9:30 a.m.	<b>Hiking &amp; Breakfast</b> Ault Island to Upper Canada Golf Course	2	Tim Horton's next to Kelsey's Restaurant Reserve ahead	Don 551-8700
Sat. Sept. 18 2:00 p.m.	<b>Paddling Workshop</b>	1	Ingleside Shopping Plaza	Heather 933-9836
Sat. Sept. 18 5 p.m.	<b>Moonlight Canoeing</b>	2	Ingleside Shopping Plaza	Heather 933-9836
Sun. Sept. 19 8:00 a.m.	<b>Cycling and Festival of Flavours</b> , Vankleek Hill	1-2 \$	Tim Horton's next to Kelsey's Restaurant	Veronica 346-2042
Vendors sell specialty food products on Main Street. Music, and lots of goodies.				
Sat. Sept. 25 8:00 a.m.	<b>Hiking - Adirondack Leaf Adventure -</b> Cascade & Porter, Lake Placid, N.Y.	3	Tim Horton's next to Kelsey's Restaurant	Wayne 932-3016 Ted 937-0668
Sun. Sept. 26 10:00 a.m.	<b>Horseback Riding</b> Happy Trail, Ottawa	2	Tim Horton's next to Kelsey's Restaurant	Huguette 534-8855

Times and Meeting Places can change so please call the Contact Person before the event.

**IMPORTANT:** The times listed are departure times, thus arrive 10 to 15 minutes early.

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Sun. Sept. 26 8:00 a.m.	<b>Cycling &amp; Dinner in Wakefield</b> Gatineau, QC	3	Tim Horton's next to Kelsey's Restaurant	Chrissy 932-5254
Weekend. Oct. 2-3 2:00 p.m..	<b>Hiking &amp; Camping</b> Mount Azure	2 3 km	Tim Horton's next to Kelsey's Restaurant	Kevin 935-5816 Wayne 932-3016
Hike with your gear to the top of the mountain and camp under the stars. <a href="http://azuremountain.org/index.html">http://azuremountain.org/index.html</a>				
Sun. Oct. 3 8:00 a.m.	<b>Cycling</b> Wolfe Island (Ferry)	2 \$	Tim Horton's next to Kelsey's Restaurant	Will 937-4900
Sat. Oct. 9 1:00 p.m.	<b>Hike &amp; Spaghetti Dinner</b> , Morgan Arboretum, Ste. Anne de Bellevue. QC	1 \$	Tim Horton's next to Kelsey's Restaurant	John 935-4531
Morgan Arboretum (\$5 adults) <a href="http://www.morganarboretum.org/ENGLISH/HOME_eng.htm">http://www.morganarboretum.org/ENGLISH/HOME_eng.htm</a>				
<b>October 13 – DEADLINE for indoor skydiving (Nov. 13) Contact Ted 937-0668</b>				
<b>October 15 – DEADLINE for Ferme Rouge (Nov. 27) Contact Will 937-4900</b>				
Sat. Oct. 16 8:00 a.m.	<b>Hiking - Foley Mountain &amp; Organic Farm/Worm Factory Tour</b> , Westport	1-2 \$	Tim Horton's next to Kelsey's Restaurant	Sylvie & Kevin 935-5816
Foley Mountain is located high atop a granite ridge overlooking the picturesque village of Westport. <a href="http://www.rvca.ca/careas/foley/index.html">http://www.rvca.ca/careas/foley/index.html</a> The Worm Factory is the foundation of a biodynamic farm operation where a greenhouse is home to the composting worms, gourmet greens, edible flowers and herbs. <a href="http://www.savourottawa.ca/profiles_en/gerries_greens.php">http://www.savourottawa.ca/profiles_en/gerries_greens.php</a> ; and <a href="http://www.thewormfactory.ca/">http://www.thewormfactory.ca/</a>				
Sun., October 17 1:00 p.m.	<b>Hiking</b> Larose Forest	1	Tim Horton's next to Kelsey's Restaurant	Will 937-4900
Sat. Oct. 23 2:30 p.m.	<b>Supper and Ghost Walk</b> Fort Henry, Kingston	1 \$	Tim Horton's next to Kelsey's Restaurant	Cheryl 938-7372
The "Ghosts of the Fort" tour includes a journey through the scares of "Fort Fright", followed by a tour of the real-life ghost stories of the Fort. This spine-tingling package will delight those who love a good scare! <a href="http://www.fortfright.com/index.htm">http://www.fortfright.com/index.htm</a>				
Sun. Oct. 24 8:00 a.m.	<b>Historic Train Ride</b> , Lake Placid to Saranac Lake, NY	1 \$	Tim Horton's next to Kelsey's Restaurant	Will 937-4900
This Adirondack High Peaks Wilderness Train adventure is a 20 mile round trip from Lake Placid Station to Saranac Lake Union Depot. <a href="http://adirondackrr.com/adkrr_sl.php">http://adirondackrr.com/adkrr_sl.php</a>				
Sun. Oct. 24 11:00 a.m.	<b>Cycling to Breakfast</b> Long Sault	2 \$	Lamoureux Park Bandshell	Cheryl 938-7372
Mon. Oct. 25 7:00 p.m.	<b>Winter Scheduling Meeting</b>	OPEN	Knight of Columbus Amelia Street	Sylvie 935-5816
Sat. Oct. 30 10:00 a.m.	<b>Hiking &amp; Breakfast</b> Mo's Diner, St. Andrews West	2	Cornwall Centre Road at entrance to bike path Reserve ahead	Don 551-8700
Sat. Oct. 30 Time TBD	<b>Hallowe'en Dance Night</b> , Location TBD	1 \$	Tim Horton's next to Kelsey's Restaurant	Heather 933-9836
Weekend Nov. 5-7	<b>Cottage Weekend</b> Magog, QC	2	TBD	John 935-4531 Chrissy 932-5254
<b>November 13 – Deadline for Progressive Dinner (Dec. 4) Contact Chrissy 932-5254</b>				

DATE	EVENT/ACTIVITE	LEVEL/ NIVEAU	MEETING PLACE/ LIEUX DE RENCONTRE	CONTACT PERSON PERSONNE CONTACTE
Sat. Nov. 13 Time TBD	<b>Indoor Skydiving</b> Montreal, QC	\$\$	Tim Horton's next to Kelsey's Restaurant	Ted 937-0668
Come and defy the laws of gravity in the only indoor free-fall simulator in Canada. Experience the feeling of flight in a secure environment. <a href="http://www.skyventuremontreal.com/">http://www.skyventuremontreal.com/</a>				
Sun. Nov. 14 8:30 a.m.	<b>Hiking &amp; Chinese Lunch</b> , Colton, N.Y.	1-2	Tim Horton's next to Kelsey's Restaurant	Will 937-4900
Sat. Nov. 20 5:00 p.m.	<b>Christmas Party and Annual Meeting</b>	OPEN	Knight of Columbus Amelia Street	Huguette 534-8855
Sat. Nov. 27 4:00 p.m.	<b>Ferme Rouge Dinner Night</b> , Gatineau, QC	1 \$	Tim Horton's next to Kelsey's Restaurant	Will 937-4900
Buffet and menu items with cabaret-style entertainment <a href="http://www.fermerouge.ca/">http://www.fermerouge.ca/</a>				
<b>Dec. 1 - Deadline for New's Year Dance (Dec. 31) – Contact Will – 937-4900</b>				
Sat. Dec. 4 4:00 p.m.	<b>Progressive Dinner</b>	1	TBD	Chrissy 932-5254
This is a dinner where the participants enjoy a 7 course meal but each course is served at a different home. Sign up early as this is a popular event. Limited space.				
Sun. Dec. 5 1:00 p.m.	<b>Stairway to Mangers</b> Montreal, QC	1-2 \$	Tim Horton's next to Kelsey's Restaurant	John 935-4531 Cheryl 938-7372
Visit St. Joseph Oratory's exhibits of 264 mangers from more than 111 countries. <a href="http://www.saint-joseph.org/en_1001_index.php">http://www.saint-joseph.org/en_1001_index.php</a>				
Sat. Dec. 11 5:00 p.m.	<b>Potluck Supper and Games Night</b>	1	Bill's house	Bill 936-1686
Sun. Dec. 12 12:00 p.m.	<b>Snowshoe - Larose Forest &amp; tour of Cumberland Village</b>	1-2 \$	Tim Horton's next to Kelsey's Restaurant	Will 937-4900
<a href="http://www.ottawa.ca/residents/heritage/museums/cumberland/index_en.html">http://www.ottawa.ca/residents/heritage/museums/cumberland/index_en.html</a>				
Sat. Dec. 18 2:00 p.m.	<b>Dinner &amp; Moonlight Snowshoeing</b> , Titus	2	Tim Horton's next to Kelsey's Restaurant	Cheryl 938-7372
<a href="http://www.titusmountain.com/index.htm">http://www.titusmountain.com/index.htm</a>				
Sun. Dec. 19 5:00 p.m.	<b>Alight-At-Night</b> Upper Canada Village	1 \$	Tim Horton's next to Kelsey's Restaurant	Will 937-4900
Fri. Dec. 31 TBD	<b>New Year's Eve Dance - AM/FM Band</b> , Nativity Hall	1 \$	Nativity Hall, 301 McConnell Avenue, Cornwall	Will 937-4900
Celebrate the new year with rock 'n roll tunes from the 50's and 60's <a href="http://www.amfmband.com/">http://www.amfmband.com/</a>				

**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