

CORNWALL OUTDOOR CLUB DE PLEIN AIR

Fall Schedule 2011 - Sédule d'Hiver 2011

www.cornwalloutdoorclub.ca

MEMBERSHIP OFFICER 936-1686

DATE	EVENT/ACTIVITE	LEVEL/ NIVEAU	MEETING PLACE/ LIEUX DE RENCONTRE	CONTACT PERSON PERSONNE CONTACTE
September 1 – Deadline for High Peak Weekend (Sept. 17-18) - Contact Chrissy 330-1317				
Sept. 2-4 Weekend TBD	Camping Charleston Lake	2 \$	Tim Horton's next to Kelsey's Restaurant	Gord 937-1759 (weekends) or gheward@cogeco.ca
Sun. Sept. 4 7:00 a.m.	Cycling - Veloka Oka, QC	3 \$	Tim Horton's next to Kelsey's Restaurant	Sylvie 935-5816
Rain date Sept. 5. Very hilly terrain. Lunch, t-shirt, and snacks provided with registration fee. http://www.municipalite.oka.qc.ca/fr/index.php				
Sat. Sept. 10 8:00 a.m.	Agri-tour Cycling Avonmore - Chesterville	2 \$ 60 km	Tim Horton's next to Kelsey's Restaurant	Terry 937-3636
Cycle from the Avonmore Berry Farm to Domaine du Cervin Vineyard and Red Deer Farm for a BBQ/picnic then return to Avonmore for apple picking. http://cervin.voila.net/ & http://www.avonmoreberryfarm.com/				
Sat. Sept. 10 7:00 p.m.	Full Moon Bonfire	1	Call for location	Huguette 534-8855
Sun. Sept. 11 9:00 a.m.	Paddling & Picnic Ottawa River	2	Tim Horton's next to Kelsey's Restaurant	Veronica 346-2042
September 15 - Deadline for deposit for Wakefield Cottage Weekend (Oct. 28-30) - Contact Chrissy 330-1317 or John 935-4531				
Sat. Sept. 17 8:00 a.m.	Canoeing & Dinner at the Turkey Fair Lyndhurst, Ontario	2 \$	Tim Horton's next to Kelsey's Restaurant	Kevin 935-5816
Start the day paddling on the Gananoque River past crown land and then take part in live entertainment, a craft market, a reptile show, horse-drawn wagon rides, petting zoo, etc., plus a turkey dinner with all the trimmings. See http://www.turkeyfair.ca/ for more details.				
Sun. Sept. 18 10:00 a.m.	Cycling & Festival of Flavours Vankleek Hill	2 \$	Tim Horton's next to Kelsey's Restaurant	Veronica 346-2042
Savour the flavours! Vendors sell specialty, including ethnic, food products on Main Street!				

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.

OPEN EVENT: No waivers required

HIKING: LEVEL 1 = Even Grade, LEVEL 2 = Medium Grade, LEVEL 3 = Steep Grade

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.

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

www.cornwalloutdoorclub.ca

DATE	EVENT/ACTIVITE	LEVEL/ NIVEAU	MEETING PLACE/ LIEUX DE RENCONTRE	CONTACT PERSON PERSONNE CONTACTE
Sept. 17-18 Weekend TBD	High Peak Hike & Camping Adirondacks	4 \$	Tim Horton's next to Kelsey's Restaurant	Chrissy 330-1317 or Bill 936-1686
Sat. Sept. 24 9:00 a.m.	Hiking - Morrisburg Dupont Provincial Park	2	Tim Horton's next to Kelsey's Restaurant	Bill 936-1686 or Sylvie 935-5816
This NEW park/nature reserve boasts a mature hardwood forest, a coastal wetland and one of the largest heron nesting areas in Eastern Ontario.				
Sun. Sept. 25 1:00 pm	Hybrid Kayak Adventure , Lancaster	2 \$-\$\$	Tim Horton's next to Kelsey's Restaurant	Kevin or Sylvie 935-5816
On the St. Lawrence River, paddle, pedal or sail a kayak alone, in tandem, or in a group of four. Bring your sense of adventure. Website: http://www.hybridmarine-ltd.com/				
October 1 – Deadline for zip-lining (Oct. 15) – Contact Chrissy 330-1317				
October 1 – Deadline to reserve for supper at Thum's Kitchen (Oct. 7) – Contact John 935-4531				
Sat. Oct. 1 6:00 a.m.	Canoeing & Hiking Hill Island	2 \$	Tim Horton's next to Kelsey's Restaurant	Kevin 935-5816
Canoe in the Thousand Islands and participate in an off-trail guided hike through the national park's nature preserve on Hill Island to learn more about the scientific research taking place in this protected area of the park. Come prepared with water, proper foot attire and insect repellent. Rough terrain.				
Sun. Oct. 2 8:00 a.m.	Cycling or Hiking "Adirondack Leaves" Great Camp Santanoni	2	Tim Horton's next to Kelsey's Restaurant	Wayne 932-3016
Visit a National Historic Landmark considered one of the most outstanding examples of the rustic architecture popularized by the Adirondack Great Camps. The family compound of cabins was built in the latter half of the 19th century as summer homes for the wealthy, to relax, host or attend parties, and enjoy the wilderness.				
Fri. Oct 7 6:00 p.m.	Meet 'N Greet Supper Night (Thum's Kitchen) & Moonlight Hike, St. Andrews	1 \$	Thum's Kitchen 1615 Pitt Street	John 935-4531
Bring a guest to introduce him/her to the club				
Sat. Oct. 8 9:00 a.m.	Picnic and Hike Elder's Grove, Adirondaks	2	Tim Horton's next to Kelsey's Restaurant	Kevin and Sylvie 935-5816
Elder's Grove is a 10-acre old growth white pine and birch stand on Paul Smith College property.				
Sun. Oct. 10	THANKSGIVING			
Mon. Oct. 11 7:00 p.m.	Executive Meeting	1	OPEN EVENT	Bill 936-1686
October 15 – Deadline for Progressive Dinner (Nov. 12) – Contact Chrissy 330-1317 or Bill 936-1686				
October 15 – Deadline for Indoor Rock Climbing (Nov. 13) – Contact Chrissy 330-1317				
Sat. Oct. 15 TBD	Zip Lining Lafleche Park, Gatineau	2-3	Tim Horton's next to Kelsey's Restaurant	Chrissy 330-1317
An outdoor treetop workout! Imagine flying over a lake at heights of around 22 meters! A variety of zip lines starting at 168 meters long, wooden footbridges, and nets. Website: http://aventurelafleche.ca/en/index.php				

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.

DATE	EVENT/ACTIVITE	LEVEL/ NIVEAU	MEETING PLACE/ LIEUX DE RENCONTRE	CONTACT PERSON PERSONNE CONTACTE
Sat. Oct. 15 10:00 a.m.	Hike & Breakfast Mo's Diner, St. Andrews	2 \$	Cornwall Centre Road at Bike Path Entrance	Don 551-8700
Sun. Oct. 16 9:00 a.m.	Cycling St. Zotique to Pointe- des-Cascades, QC	2 50 km	Tim Horton's next to Kelsey's Restaurant	Sylvie 935-5816
Sat. Oct. 22 1:00 p.m.	Nordic Pole Walking	2-3	Guindon Park East Entrance	Cheryl 938-7372
Nordic walking uses two specially designed poles to work the upper body while walking. The poles are used by the arms to match each step the person takes incorporating more than 90% of all body muscles.				
Sun. Oct. 23 10:00 a.m.	Hiking & Lunch (Bourget) Larose Forest	2	Tim Horton's next to Kelsey's Restaurant	Will 937-4900
Oct. 28-30 Weekend TBD	Cottage Weekend Labrador Lodge, Wakefield, QC	\$\$ Space Limited	TBD	Chrissy 330-1317 John 935-4531
Bring a Halloween Costume. Hike, cycle, attend the Nordik Spa, catch a glimpse of Wakefield steam train, etc. Website: http://www.cottagesincanada.com/labradorlodge/default.asp?lang=e				
Sun. Nov. 6 1 p.m.	Hiking Ingleside to Upper Canada Village	1	Tim Horton's next to Kelsey's Restaurant	Kevin 935-5816
Mon. Nov. 7 7:00 p.m.	Winter Scheduling Meeting	1	TBD OPEN EVENT	Sylvie 935-5816
Sat. Nov. 12 4 p.m.	Progressive Dinner	1	TBD	Chrissy 330-1317 Bill 936-1686
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 there is limited space.				
Sun. Nov. 13 TBD	Indoor Rock Climbing Coyote Rock Gym, Ottawa	2-3 \$	Tim Horton's next to Kelsey's Restaurant	Chrissy 330-1317 Bill 936-1686
With over 15,000 square feet of climbing wall including top-rope & lead climbing walls, plus four state-of-the-art bouldering areas Coyote Rock Gym has something for everyone. Website: http://www.covoterockgym.ca/				
November 13 – Deadline for Gatineau Hike & Wakefield Dinner (Nov. 27) – Contact Chrissy 330-1317				
Sat. Nov. 19 8:00 p.m.	Christmas Cookie Exchange Party	1	TBD	Sylvie 935-5816
Bring a large quantity of one kind of homemade cookies or squares to share with others so that everyone ends up with a variety for the holiday season. Bring a little extra for the party refreshment table and voila! Don't forget to bring copies of your recipe and containers to bring home your goodies.				
Sat. Nov. 26 5 p.m.	Christmas Party and Annual Meeting	1	Knights of Columbus, Amelia St.	Huguette 534-8855
Sun. Nov. 27 8:00 a.m.	Hiking (Gatineau Park) and Dinner (Wakefield)	1-2 \$	Tim Horton's next to Kelsey's Restaurant	Chrissy 330-1317 Bill 936-1686

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.

DATE	EVENT/ACTIVITE	LEVEL/ NIVEAU	MEETING PLACE/ LIEUX DE RENCONTRE	CONTACT PERSON PERSONNE CONTACTE
December 4 – Deadline for ALight-At-Night and Dinner – Terry 937-3636				
Sun. Dec. 4 10:00 a.m.	Snowshoeing or Hiking Mer Bleu Wetland & Cumberland Museum	2 \$	Tim Horton's next to Kelsey's Restaurant	Will 937-4900
The Museum depicts life during the 1930's and features an operating sawmill, a one-room schoolhouse, farmsteads, a fire hall, forge, train station, church, etc. Costumed interpreters recreate what rural life was like in the early depression era. Website: http://www.biline.ca/Ottawa/content/cumberland.htm				
Sat. Dec. 10 6 p.m.	Potluck and Games Night	1	TBD	Chrissy 330-1317 Bill 936-1686
Sun. Dec. 11 4 p.m.	Dinner at Harvest Barn and Alight-At-Night, Upper Canada Village	1	Tim Horton's next to Kelsey's Restaurant	Terry 937-3636
Sat. Dec. 24	CHRISTMAS EVE			
Sun. Dec. 25	CHRISTMAS DAY			
Sat. Dec. 31	NEW YEAR'S EVE			

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.

OPEN EVENT: No waivers required

HIKING: LEVEL 1 = Even Grade, LEVEL 2 = Medium Grade, LEVEL 3 = Steep Grade

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.

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

www.cornwalloutdoorclub.ca