



ACTIVITY TRAILS

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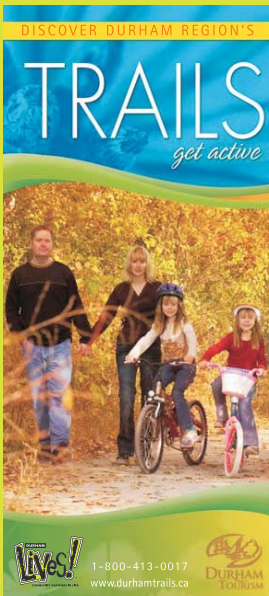
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DURHAM REGION TRAILS MAP

Get your copy from our display at community events or order online at www.durhamlives.org



GEOCACHING 101

Geocaching is an outdoor treasure-hunting game in which the participants use a Global Positioning System (GPS) receiver or other navigational techniques to hide and seek containers (called "geocaches" or "caches") anywhere in the world. A typical cache is a small waterproof container containing a logbook and "treasure," usually toys or trinkets of little value.

Today, well over 650,000 geocaches are registered on various websites devoted to the pastime. Geocaches are currently placed in over 100 countries around the world and on all seven continents, including Antarctica.

When geocaching in busy locations, searching for a cache can require tact and craftiness to avoid the attention of the general public. The person hiding a geocache frequently takes this into account so that searchers will not cause undue alarm.

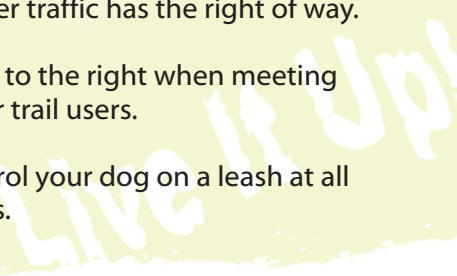
Geocaching.com lists hundreds of thousands of caches, each reviewed by regional cache reviewers before publication with an emphasis on family-oriented caching. Free basic membership allows users to see coordinates for most caches in its database.

Geocachers are free to take objects from the cache in exchange for leaving something of similar or higher value, so there is treasure for the next person to find.

Typical cache treasures are not high in monetary value but may hold personal value to the finder. Aside from the logbook, common cache contents are unusual coins or currency, small toys, ornamental buttons, CDs, or books.

RESPECT THE TRAIL

- Respect and obey trail signs using only marked routes.
- Stay on existing trails.
- Keep the trail clean. Only leave your footprints behind.
- Do not disturb plant life, wildlife or farm animals.
- Use stiles to climb fences.
- Hikers should avoid walking in cross country ski tracks where possible.
- Slower traffic has the right of way.
- Keep to the right when meeting other trail users.
- Control your dog on a leash at all times.





Durham Lives Mission and Vision

The Durham Lives! Coalition aims to prevent heart disease and other chronic diseases, such as Type II diabetes, stroke and some forms of cancer by promoting healthy eating, physical activity and smoke-free living to residents of Durham Region.

To increase physical activity in our community, interested partners including Conservation Authorities and The Regional Municipality of Durham are working together to encourage residents to get active by enjoying the beautiful trails that our unique geography offers.

If you would like to join this group who aims to encourage activity trail usage please contact Brian Dallaway at 905-668-7711 extension 3172 or email at brian.dallaway@region.durham.on.ca

GPS LOAN PROGRAM

Durham Lives! Has GPS units to loan out to interested trail users. To borrow a GPS device, contact Central Lake Ontario Conservation Authority at 905-579-0411, or at mail@cloca.com.

The units can be picked up at the CLOCA central office located at 100 Whiting Ave., Oshawa, Ontario.

A phone number from a Durham Region residence and a valid credit card number matching the identity of a photo identification card will be taken as a deposit for borrowing the device.



GUIDED GEOCACHE HIKES

Durham Lives! partners will be hosting guided geocache hikes at the Great Waterfront Trail Adventure in Ajax on July 6, 2008 and at the Uxbridge Fall Fair on September 7, 2008.

UPCOMING EVENTS

The Ontario Family Fishing Weekend - Urban Fishing Festival

- Saturday, July 5, 2008
- 10:00 a.m. to 1:00 p.m.
- Progress Frenchman's Bay East Park
- Wil Wegman at 905.713.7730

Great Waterfront Trail Adventure

- The bike adventure runs from July 4-11, 2008 stretching from Niagara-on-the-lake to the Quebec border. Sunday, July 6, 2008 the cyclists will be riding through the Durham Region
- For more information visit www.waterfrontrail.org
- Joanne Finn at 905.420.4660 ext. 2198

Wooden Boat Festival

- July 19, 2008
- Port of Newcastle
- 905.987.5251

Whitby Harbour Day

- Port Whitby Marina
- Saturday, July 26, 2008
- 301 Watson St.
- Keenan Watters 905.668.1900 wattersk@whitby.ca

Run Ajax - Waterfront Half Marathon 2008

- Ajax's first annual Waterfront Half Marathon
- Sunday, October 26, 2008
- 9 a.m., registration begins at 8 a.m.
- Rotary Park, 177 Lake Driveway W.

Trails Open Ontario

Sponsored by the Ontario Heritage Trust [www.heritagetrust.on.ca], Trails Open Ontario events will be taking place across Ontario at various times this summer and fall.

ORTA will host two hikes as follows:
Sat., Sept. 13, 10:00 a.m.-11:30 a.m., 4 km hike at the Secord Forest and Wildlife Reserve near Goodwood.

Sat., Sept. 20, 10:00 a.m.-12:00 p.m., 5 km hike at Long Sault Conservation Area, north of Bowmanville.

Watch the above website for full details. For the complete schedule of hikes by the Oak Ridges Trail Association, go to www.oakridgestrail.org and click on Hikes.