TRAIL TALK Newsletter

Issue -1
Fall 2026
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TRAIL TIME stories:

Knowledge-Sharing Program

Green Trails Ontario has started its flagship knowledge-sharing program "Trail Time". This program brings community resources, knowledge, and information together to improve the ecological sustainability of trail landscapes. The four contributing authors of the first issue and the story titles are below.

"Benefits of Trail" by Tom Friesen.
"A Tale of Turtle Trails" by Mike Bender.
"Fighting Phragmites" by Richard Scott.
"Creating Memories on Beltline Trail" by Shompa Hai.



Each story evolves from the author's trail experiences, demonstrate various ways for people of all age groups to connect with nature, enjoy their time on trails, and actions to improve their living environments.

Link to TRAIL TIME is below. Enjoy reading the stories!
https://greentrailsontario.ca/wp-content/uploads/2026/10/TRAIL-TIME-1-Fall-2026.pdf

RESOURCES:

Scholarly Research Data

To advance GTO's Mission and Core Values of sharing knowledge, experience, and resources, Green Trails Ontario reaches out to research-based information. Emphasizing the connections between human health and nature, we refer to a scholarly article that addresses the physical, mental, and socioeconomic benefits of hiking in the natural environments. In addition to specific health benefits, this research makes recommendations for the physical infrastructures to support natural trails, the challenges around trail maintenance due to climate change, and policy and sustainable development strategies.

Title: "An integrative review of the physical, mental, and socioeconomic benefits of outdoor hiking"

Article link is below.
https://www.frontiersin.org/journals/public-health/articles/10.3389/fpubh.2025.1700325/pdf

EVENTS:

Hike Ontario Summit



Foley Mountain hike participants.
Photograph curtesy: Rusty Bassarab.
Location: Rideau Valley Conservation Area.
Date: September 27, 2026.
Event: Hike Ontario Summit 2026 at Westport.

Green Trails Ontario was there !

From September 25 to 27, the 2026 Hike Ontario Summit and the celebration of the 55th Anniversary of the Rideau Trail Association took place in Westport. Members from trail associations across the province attended the event. The event held sessions which discussed following topics.

- Hike Leader Stories,
- Types of Specialty Hikes,
- Club Successes and Challenges,
- Role of IT in Club Management,
- Changing Threats Posed by Ticks,
- Partnerships,
- Trail Structures,
- Dealing with Invasive Species and Noxious Plants,
- Recovering from Disasters/Dealing With Emergencies,
- A presentation by David Shimpsky about the Frontenac Arch Biosphere.

Hikes on Foley Mountain and Unveiling a plaque to celebrate the Rideau Trail Association's place in the trail network was attended by MPP Clark, The Rideau Valley Conservation Authority, Tom Friesen from Hike Ontario, and Shompa Hai from Green Trails Ontario.
Hike Ontario Summit 2027 will be hosted by Bayfield River Valley Trail Association.