

2017 El Camino Hiker's Info Package

PRE-CAMINO

- 1 Review the Camino webpage to make sure you're prepared. <http://www.maitlandtrail.ca/mta-el-camino-2017/>
- 2 Check the registration confirmation that you received via email soon after you registered. mta.goderich@gmail.com
Make sure you know when your check-in window is. If you can't find your confirmation letter, send us an email and we'll re-send it. *If there are errors of any kind or if you need to make changes, email us immediately.*
- 3 Check the local weather forecast to make sure you have suitable clothing. Long pants and closed shoes are highly recommended due to the presence of poison ivy and giant hogweed on the trail. http://weather.gc.ca/city/pages/on-160_metric_e.html
- 4 Know how to poop in the woods. <http://blog.gossamergear.com/how-to-poop-in-the-woods>
- 5 Know how to navigate using blazes. <http://brucetrail.org/pages/trail/using-the-trail#blazes>

WHAT TO BRING

water bottle (this is REQUIRED)	sunscreen, bug repellent
cell phone (fully charged)	pain killers
blister bandaids	suitable clothing, including spare socks
reading glasses (for the maps, etc.)	toilet items

Food sufficient for your needs. Snacks will be provided at each check point but you will likely need more.

A small first aid kit suitable for your own needs, i.e. Asthma puffer, epi-pen, etc.

IMPORTANT LOCATIONS

Joe Friday's	92 Courthouse Square, Goderich	https://goo.gl/maps/PYXmTnpKsHU2
Benmiller Community Hall	37252 Londesboro Rd, Benmiller	https://goo.gl/maps/iNK2wyoW9VS2
Auburn trail head	613 Bridge Road, Auburn	https://goo.gl/maps/2b9eQj9meiN2
Royal Canadian Legion	56 Kingston Street, Goderich	https://goo.gl/maps/MayfQNxgoiJ2
Goderich Beach Pavillion #2	2 Cove Road, Goderich	https://goo.gl/maps/D4MZc8z1h342

IMPORTANT CONTACTS

Event Coordinator	Kathleen c: 519-440-6337
Risk Management Coordinator	Melissa c: 519-440-6766

Add these numbers to your cell phone for quick access.

Due to the high volume of calls that will be received over the weekend, send a text if possible and we'll call you back as soon as we possibly can.

SCHEDULE

FRIDAY

WHERE

5 – 9pm	Joe Friday's	Pub meet-up in Goderich. This is an optional, informal get-together. Everyone is welcome and everyone pays for their own. If you have questions, Camino volunteers will be there with answers :)
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SATURDAY

WHERE

6:15 – 9:30am	BCH	The Oatmeal Breakfast Bar will be available. By donation.
6:45 – 8:00am		Longest Hike participants check, shuttle to the Auburn trail head. <i>*Hikers will not be allowed to start the Longest Hike after 8:30.</i>
8 – 11am		Long Hike participants check in, shuttle to chosen start point.
1 – 5pm		All hikers check out (end of Saturday hike) <i>A Chance to Reflect: Consider reflecting on your experience of walking the Camino Maitland with a moment of music and contemplation/mediation. After your hike, take a few minutes to listen to Clayton Peters (pianist) and Mary Ross (harpist) and/or stretch out on a yoga mat while Kathy Douglas guides you in a few moments of reflection. We offer these opportunities as a chance to deepen the experience of the MTA El Camino 2017.</i>
<i>5pm</i>	<i>For the safety of all hikers and volunteers, any hiker not able to complete the hike by 5pm will be removed by the Camino Committee.</i>	
4:30 – 9:30pm	The Legion	Harvest Supper (for those who selected the dinner option by Sept. 14). open at 4:30, cash bar available. Dinner will be a buffet with service from 5-8pm. Doors

SUNDAY

WHERE

6:30 – 9:30am	The Beach Pavillion	The Oatmeal Breakfast Bar. By donation.
7 – 8:30am		Longest Hike participants check in, shuttle to Benmiller to continue hiking. <i>*Hikers will not be allowed to start the Longest Hike after 8:30.</i>
8:30 – 11am		Long Hike participants check in, shuttle to chosen start point.
12 – 4pm		All hikers check out (end of Sunday hike)
<i>4pm</i>	<i>For the safety of all hikers and volunteers, any hiker not able to complete the hike by 4pm will be removed by the Camino Committee.</i>	

