

# CONNECTING THE TRANS CANADA TRAIL

THE GLOBE AND MAIL

SATURDAY, JULY 4, 2015

SECTION TCT

**Our Canadian journey** is well under way. With two years left before Canada's 150th birthday, the Trans Canada Trail is now 80 per cent connected from coast to coast to coast and will very soon link nearly 1,000 municipalities. Over the next two years, Canadians will donate time, effort and resources to bridge all the remaining gaps, so that, on the sesquicentennial of Confederation in 2017, the Trail will be a glorious birthday gift for Canada and a legacy for future generations. It takes a community to connect the Trail. And we want everyone to be part of it.



PHOTO BY GORDON MCKEEVER

**Sea to Sky Marine Trail**  
Squamish, British Columbia

The TCT reaches its Pacific Ocean destination in Clover Point, Victoria, after travelling 3,000 kilometres through beautiful British Columbia. B.C.'s section of the Trail is already 80 per cent connected, with only a few key gaps left to develop. It includes scenic cycling paths, mountainous hiking trails and breathtaking paddling routes, such as the Sea to Sky Marine Trail, a 40-kilometre water route through Squamish Nation traditional territory, from Squamish to Horseshoe Bay, West Vancouver, that allows paddlers to observe bald eagles and whales along Howe Sound.

PHOTO BY ADAM HILL STUDIO

**Kilometre Zero North**  
Tuktoyaktuk, Northwest Territories

The TCT's three Kilometre-Zero sites – east, west and north – serve as powerful symbols of Canadian unity from coast to coast to coast. Our Arctic Ocean Trailhead is the historic Inuvialuit community of Tuktoyaktuk, NWT. The TCT travels more than 4,600 kilometres, through all three Canadian territories, before reaching this northern terminus. As we fully connect the TCT in Canada's North, we will refurbish Tuk's existing Kilometre-Zero-North marker, located near the trailhead of the majestic Mackenzie River Trail.

PHOTO BY TRAILS MANITOBA

**Duck Mountain Provincial Forest (Crocus Trail), Manitoba**

In the land of 100,000 lakes, the TCT links historic prairie towns with Winnipeg, traversing rolling plains, boreal forest and tallgrass prairie. Manitoba's 1,500-kilometre section of the Trail is already 92 per cent connected, leaving less than 120 kilometres to develop. One of the few remaining gaps is a remote wilderness trail in Duck Mountain Provincial Forest. Once the Crocus Trail is re-established in Manitoba, it will link to Saskatchewan's Duck Mountain Provincial Trail for cross-border walking/hiking, cycling and cross-country skiing.

PHOTO BY TCT

**Parcours des Anses**  
Lévis, Quebec

In Quebec, the TCT presents the very best of *la belle province* – cosmopolitan Montreal, historic Quebec City, pristine boreal parks and charming rural regions, plus a distinct language and culture. The Parcours des Anses, in Lévis, Quebec, is a popular cycling trail with a view of Quebec City, the oldest walled town in North America. The province's 1,500-kilometre portion of the TCT is currently 97 per cent connected, leaving only a few dozen kilometres to develop in time for Canada's 150th birthday in 2017.

PHOTO BY ANDREW PENNER

**Pictou County Trails**  
Nova Scotia

Nova Scotia's 900-kilometre section of the Trail may be only 38 per cent connected, but it already boasts spectacular paddling and hiking routes through bucolic countryside. The eight-kilometre section in Pictou County links Trailside communities from Pictou to New Glasgow, known as "the birthplace of New Scotland." With designated sections for walking, hiking, cycling and paddling, this active transportation corridor will prove vital for the area's rapidly growing communities.

Online? Visit [globeandmail2015.tctrail.ca](http://globeandmail2015.tctrail.ca)

<p><b>INSIDE</b></p> <p>TCT interviews Martin Short, Rick Mercer, Sarah McLachlan and Tom Jackson. <b>TCT 2</b></p>	<p>Make the TCT your 'Giving Moment.' <b>TCT 3</b></p>	<p>A salute to those who love the Trail. <b>TCT 4-5</b></p>	<p>Working together to connect the Trail. <b>TCT 7</b></p>	<p>This content was produced by Randall Anthony Communications, in partnership with the Trans Canada Trail and The Globe and Mail's advertising department. The Globe's editorial department was not involved in its creation.</p>
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This summer, go twice as far!  
*Double your gift to the Trail.*

Thanks to a generous contribution from the Richardson Foundation, **your gift will be matched** when you **donate by August 15.** Make your gift go twice as far!

Visit [www.tctrail.ca/donatenow](http://www.tctrail.ca/donatenow) or call **1-800-465-3636**

2017 CONNECT THE TRAIL FOR CANADA'S 150<sup>TH</sup> BIRTHDAY

THE GLOBE AND MAIL\* Parks Canada Parcs Canada

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*Your Trail. Your Journey.*

Grandes-Fourches Trail, QC. Photo credit: Clive Webber

## TRANS CANADA TRAIL

## ICONS

## Why do our National Champions support the TCT?

Veteran broadcaster Valerie Pringle interviews beloved Canadian icons – Sarah McLachlan, Martin Short, Rick Mercer and Tom Jackson – about why they support the Trans Canada Trail.



By Valerie Pringle, co-chair, Trans Canada Trail Foundation

The Japanese have an expression, “forest bathing,” to describe the necessity of spending time in nature. There is also a great Latin phrase, *solvitur ambulando*, which means “it is solved by walking.”

This country would be a better place if all Canadians spent half an hour every day on the Trans Canada Trail. It is good for our physical, mental

and spiritual health. That love of the outdoors should be nurtured from childhood.

We are famously blessed in Canada with magnificent geography and we are lucky that the TCT is within half an hour of 80 per cent of us. It is a phenomenal resource and treasure for Canadians.

The Trail is a magnificent project (the greatest ever!) that inspires the

support of patriotic Canadians everywhere, as evidenced by the many faces in this edition of The Globe and Mail, including the growing roster of TCT National Champions on the back cover.

We are so happy that a large number of celebrated and accomplished Canadians from many spheres have lent their voices to support the Trans

Canada Trail as our National Champions. Four of them spoke to us about their love of the Canadian outdoors and their passion for the TCT.

The Trail is a national dream that, when connected, will be the longest and grandest recreational trail in the world, connecting Canadians in nearly 1,000 municipalities from coast to coast.

## TCT NATIONAL CHAMPION

## Sarah McLachlan

Singer, songwriter, outdoor enthusiast

HOMETOWN: Vancouver, British Columbia

## VP: What is your best childhood memory spent outdoors?

SM: At my family's cottage in Nova Scotia, I used to take our 18-foot aluminum canoe out to the middle of the lake, flip it over and spend hours underneath it singing. The rest of the time I spent climbing trees.

## VP: Where is your favourite outdoor place?

SM: The beaches of the Pacific Northwest – but really, anywhere in nature where you can turn 360 degrees and see no signs of humanity.

## VP: How have hiking trails, canoe routes, urban bike paths or nature walks been a part of your life?

SM: I grew up right beside the ocean. I spent my summers free, running and climbing in the woods or swimming in the lake. Now, living in the city, it's a wonderful thing to be able to escape into the woods and walk for hours, as we are blessed with many large green spaces in and around Vancouver.

## VP: What is your number one reason for supporting the Trans Canada Trail – what does the TCT mean to you?

SM: It's a wonderful thing to have a trail that unites us all from one end of our great country to the other – it's a measure of how we, as Canadians, value our great outdoors!

PHOTO: KHAREN HILL



Sarah McLachlan

“I used to take our 18-foot aluminum canoe out to the middle of the lake, flip it over and spend hours underneath it singing.”

“There was never a time when I didn't love hiking, canoeing, kayaking – it's always been a part of my life.”

## TCT NATIONAL CHAMPION

## Rick Mercer

Star of CBC's Rick Mercer Report, Trail Enthusiast

HOMETOWN: Toronto/Middle Cove, Newfoundland

## VP: What is your best childhood memory spent outdoors?

RM: Almost all of my childhood memories involve being outdoors. We lived in a pretty rural area, so as kids we were always exploring in the woods, riding bikes on trails in the woods and building forts in the woods. There were a lot of woods. At the risk of sounding ancient, there really was no such thing as going to a friend's house to play inside. In hindsight, it was perfect.

## VP: Where is your favourite outdoor place?

RM: The East Coast Trail in Newfoundland has so many great hikes. I grew up in Middle Cove, Newfoundland, and there are great walks minutes from my parents' house that take you along terrific cliffs. The landscape there speaks to me like no other.

## VP: How have hiking trails, canoe routes, urban bike paths or nature walks been a part of your life?

RM: Having immediate access to nature is what I miss the most about living in Newfoundland. But, even in Toronto, there are bike paths in the ravines and I will go there when I need to clear my head. It's not a path next to the Atlantic Ocean where you can breathe salt air and watch whales, but it beats walking or biking on Bloor Street.

## VP: What is your number one reason for supporting the TCT?

RM: It was the development of the East Coast Trail in Newfoundland that led me to support the TCT. The East Coast Trail was one of the most impressive things I have ever seen. It took so much work on behalf of communities, groups and volunteers, but it is an incredible gift to residents and visitors. How can anyone not support the notion of a trail?

## VP: What does the Trans Canada Trail mean to you?

RM: The TCT is classic, old-fashioned nation-building, something that should never go out of style. Let's finish the Trail so future generations can say, “Wow, how did they do that?”

PHOTO: JON STURGE



Rick Mercer

“The TCT is classic, old-fashioned nation-building, something that should never go out of style.”

“During the summer, as soon as the sun came up, my buddy and I would hike through the bush to a clearing and pretend we were Tarzan...”

## TCT NATIONAL CHAMPION

## TCT NATIONAL CHAMPION

## Martin Short

Actor, outdoor enthusiast, author of *I Must Say* (Harper 2014)

HOMETOWN: Hamilton, Ontario

## VP: What is your best childhood memory spent outdoors?

MS: Going up to Southampton, Ontario, as a kid, we would spend our days on the beaches of Lake Huron, just living outside in nature all day, for two months each summer. It was paradise.

## VP: Where is your favourite outdoor place?

MS: I've had a cottage in Muskoka since 1991, about three hours north of Toronto by car. It's the most beautiful place in the world – spectacular vistas, pine woods, loons calling out each evening. I helped design a \$3 coin by the Royal Canadian Mint – the image features the view onto the lake from my property. If heaven was in a loop, it would be that view, looking down from the house to the dock, at sunset.

## VP: How have hiking trails, canoe routes, urban bike paths or nature walks been a part of your life?

MS: There was never a time when I didn't love hiking, canoeing, kayaking – it's always been a part of my life. It started early on – we used to go to Webster's Falls in Dundas, Ontario, near Hamilton where I grew up. And behind my childhood home, there was a thickly wooded ravine that ran the length of our block and seemed to me to extend forever into the northern wilds.

## VP: What is your number one reason for supporting the TCT?

MS: The more something has focus on it, the more it will be preserved. And the better it is preserved, the longer it will last.

## VP: What does the Trans Canada Trail mean to you?

MS: It's a wonderful idea – a brilliant idea, in that it unites Canada.

PHOTO: SAM JONES



Martin Short

## TCT NATIONAL CHAMPION

## Tom Jackson

Actor, singer, activist

HOMETOWN: One Arrow Reserve, Saskatchewan

## VP: What is your best childhood memory spent outdoors?

TJ: During the summer, as soon as the sun came up, my buddy and I would hike through the bush to a clearing and pretend we were Tarzan – we'd pick a tree, climb it, and try to work our way all around the clearing without touching the ground.

## VP: Where is your favourite outdoor place?

TJ: Fifty kilometres northwest of Atlin, B.C., there is a seldom-used camp, established by the Tlingit clan hundreds of years ago, where you can sit and listen to the salmon speak.

## VP: How have hiking trails, canoe routes, urban bike paths or nature walks been a part of your life?

TJ: I like to go on a daily walk, and in the solitude, my head is cleared. It creates a great start to my day.

## VP: What is your number one reason for supporting the TCT?

TJ: It allows me to be part of a community that is collectively doing something positive to promote wellness.

## VP: What does the Trans Canada Trail mean to you?

TJ: As this is our home and native land – yours and mine! – I feel privileged to be a part of the TCT. I represent nothing more than a small step in a long journey that leads to, and constitutes, being a proud Canadian.

PHOTO: CRAIG KOSHYK



Tom Jackson

Visit [globeandmail2015.tctrail.ca](http://globeandmail2015.tctrail.ca)

## VOLUNTEERS

## Make the TCT your 'Giving Moment'

By Their Excellencies the Right Honourable David Johnston, Governor General of Canada, and Mrs. Sharon Johnston

Over the years, Sharon and I have walked many kilometres of the Trans Canada Trail and celebrated Trail openings in communities across the nation. Everywhere we go, we are always impressed by the TCT volunteers we meet.

At 24,000 kilometres in length when fully connected, Canada's national Trail is made up of more than 430 local sections, each one managed by a municipality or Trail group, many of which are volunteer organizations. These dedicated, passionate volunteers contribute countless hours to develop and maintain their community's trails.

They are part of a massive, sustained volunteer effort – the TCT project was launched for Canada's 125th anniversary in 1992 and, for the past 23 years, TCT volunteers have been demonstrating their commit-



Their Excellencies at the unveiling of Rideau Hall's Honorary Section of the TCT, 2013. CPL VINCENT CARBONNEAU, RIDEAU HALL

ment to connecting our country at human speed.

When these volunteers give their time and talent to advance the Trail in their own communities, it has a ripple effect – the momentum grows and expands and, before you know it, we are all working together to build a

smarter and more caring Canada.

There are opportunities around us every day to make a positive difference through volunteerism – these are what I call "giving moments." I encourage Canadians to seize these moments, and act upon them. Why not make the Trail YOUR giving moment, and

get involved as a TCT volunteer in your own community?

Sharon and I are pleased to be the Honorary Patrons of the Trans Canada Trail, and we stand by this impressive effort to connect Canada from St. John's to Victoria and Tuktoyaktuk by 2017.

By coming together, we can help achieve this goal for Canada's 150th birthday, and see the Trail serve as a natural outdoor stage for celebrating this milestone together as a nation.

To learn more about how you can get involved as a TCT volunteer in your local community, contact the Trail organization in your province or territory: [tctrail.ca/about-the-trail/provincial-and-territorial-partners](http://tctrail.ca/about-the-trail/provincial-and-territorial-partners)

## LEADERS

## Working together to connect the Trail

A joint message from Valerie Pringle and Hartley Richardson (TCT Foundation co-chairs), Paul LaBarge (TCT chair) and Deborah Apps (TCT president & CEO)

Canada Day is the perfect day to take a moment to marvel at the scope and scale of the project we are working so hard to build. The Trans Canada Trail will be an awe-inspiring 24,000-kilometre recreational trail linking Canadians from coast to coast to coast.

We are all working together to achieve this national dream – one that is now 80 per cent realized, thanks to great strides made this year, as evident in the milestones we reached. For us, this year's accomplishments in P.E.I., Saskatchewan and northern Ontario are shining examples of what the TCT is all about.

The four of us also work together, albeit from different cities across the country – Toronto, Winnipeg, Ottawa and Calgary – to get the TCT on the ground. We are separated by geography, but unified by our passion for connecting all Canadians at human speed.

We think there is no greater legacy than to be a trailblazer and help create a way for all Canadians, for generations to come, to get outdoors and explore their country. Why don't you join us?

At the local, provincial/territorial and national levels, the TCT unites a long list of allies who are fervently committed to the creation of Canada's Trail, including our generous donors, 13 provincial and territorial Trail partners, 477 local Trail groups, and legions of energetic volunteers, as well as all the municipalities and aboriginal communities along the route.

It's exactly this kind of co-operation we will need in order to connect the TCT in time for Canada's 150th birthday.

And, we know we will succeed because we can count on all our partners – indeed, on every Canadian – to work together to ensure that the TCT achieves the iconic status it deserves.

This Canada Day, we hope all of you took a moment to think ahead to 2017, and consider how your community could use the TCT as the natural stage for celebrating our 150th year as a nation. We will be there, celebrating along with you.

The Trail belongs to all of us – our gift to one another as Canadians. As a national treasure, it's an intrinsic part of our heritage, now and forever.

## MILESTONES



Official opening of the TCT's Chief Whitecap Waterway at the Whitecap Dakota First Nation, Saskatchewan, on International Trails Day, 2015. Among the dozens of enthusiastic Trail supporters are Valerie Pringle, Deborah Apps and two TCT National Champions – Chief Darcy Bear of the Whitecap Dakota First Nation and mayor Don Atchison of the City of Saskatoon. STUDIO D PHOTOGRAPHY

We are delighted to have added more than 1,300 kilometres to the Trail over the last 12 months, reaching an overall connection of 80 per cent nationwide. We are proud of our partners and their achievements, including the following milestones:

## P.E.I. 100 PER CENT CONNECTED

In September 2014, many dedicated Trail builders and supporters, including then-Premier Robert Ghiz, Mrs. Laureen Harper and Chapter 150 member Mrs. Nancy Baron, trustee of The W. Garfield Weston Foundation, celebrated the 100 per cent connection of the Confederation Trail, Prince Edward Island's section of the TCT.

## SASKATCHEWAN 71 PER CENT CONNECTED

Saskatchewan more than doubled its connection level in a single year, thanks to the support of 35 municipalities and our Saskatchewan Vision 2017 Trail Committee. The new Trail sections include the province's first blueway, or water route, cycling routes perfect for exploring "the land of living skies," and signature trails such as the Meewasin Valley Trail from Saskatoon to the Wanuskewin Heritage Park, a First Nations heritage site.

## PROGRESS IN NORTHERN ONTARIO

Thanks to a unique partnership between two Chapter 150 donors – the TD Bank Group and the Ontario Trillium Foundation – and strong local collaboration, the TCT will connect nearly 600 kilometres of land trail in northern Ontario – the North Bay to Sudbury Cycling Route and the Lake Huron North Channel Waterfront Cycling Trail – and enhance our existing Lake Superior Water Trail. TD is also funding TCT's Grants for Aboriginal Trail Tourism, a unique program supporting aboriginal tourism initiatives in northern Ontario.



From L to R: Paul LaBarge (chair, TCT); Mrs. Laureen Harper (Honorary Campaign Chair); Prime Minister Stephen Harper; Deborah Apps (president & CEO, TCT); Hartley Richardson and Valerie Pringle (co-chairs, TCT Foundation). SUPPLIED

## PATRONS

## HONORARY PATRONS

- Their Excellencies the Right Honourable David Johnston, CC, CMM, COM, CD, Governor General of Canada, and Mrs. Sharon Johnston, CC

## TRAIL PATRONS

- Honourable J. Judd Buchanan, PC, OC
- Honourable Jean Charest, PC
- Mel Cooper, CM, OBC
- Phillip Crawley
- Honourable William G. Davis, PC, CC, QC, O.Ont.
- Honourable Gary Doer, OM
- James K. Gray, OC
- James K. Irving, OC, ONB
- Murray B. Koffler, OC, O.Ont.
- Honourable Frank McKenna, PC, OC
- Peggy McKeercher, CM
- Michael Phelps, OC
- Honourable Jim Prentice, PC, QC
- John A. Rhind
- Beckie Scott
- Allan C. Shaw, CM
- Jonathan Wener, CM
- W. Galen Weston, OC, O.Ont.
- Victor L. Young, OC

## LEADERS

## BOARD OF DIRECTORS

The Trans Canada Trail is a non-profit registered charity. Its mission is to promote and assist in the development and use of the Trail in every province and territory. The TCT also provides funding to local Trail organizations to support the development of the Trail. To find out more about the TCT, visit our website, [tctrail.ca](http://tctrail.ca).

- Paul C. LaBarge, JD, LLM (Chair)
- Jim Bishop
- Jasmine Brown
- Cameron Clark
- Mylene Forget (Secretary)
- Eric Gionet
- Betty Anne Graves
- Graham Green
- Ron Hicks
- Ken J. Killin
- Patricia Leeson
- Alan MacDonald
- Carolyn MacKay
- Ruth Marr
- Valerie Pringle, CM, LLD
- Neil Yeates
- Andrew Parsons (Treasurer)

## THE TRANS CANADA TRAIL FOUNDATION

Incorporated as a non-profit corporation in October 2010, the Trans Canada Trail Foundation (TCTF) is responsible for raising funds to support the advancement of the Trans Canada Trail. Among its activities, the TCTF has undertaken an ambitious national campaign to raise the \$75-million needed to help connect the Trail by 2017. To find out more about the TCT, visit our website, [tctrail.ca](http://tctrail.ca).

- Valerie Pringle, CM, LLD (Co-chair)
- Hartley T. Richardson, OC, OM, LLD (Co-chair)
- David Aisenstat
- David Cottingham
- Anthony Graham, LLD
- David Hoffman
- Paul C. LaBarge, JD, LLM
- Pierre Lassonde, CM, OQ
- Bruce Simpson
- Wendy Southall
- Ken J. Killin (Treasurer)

# Connect the Trail. Celebrate Canada.

2017  
CONNECT THE TRAIL  
FOR CANADA'S  
150th BIRTHDAY

Trans Canada Trail  
Sentier Transcanadien

Your Trail. Your Journey.

Thank you to the Government of Canada for its support of our bold mission to connect the Trail in time for Canada's 150th birthday in 2017. Until then, the Government will match 50 cents of every dollar you donate to the Trail!

Visit [www.tctrail.ca/donatenow](http://www.tctrail.ca/donatenow) or call 1-800-465-3636

THE GLOBE AND MAIL\*



Parks Canada

## TRANS CANADA TRAIL



"Hockey has united this country from coast to coast. The Trans Canada Trail will do the same. It will be a lasting legacy for many generations of Canadians, and for those who visit this great country."

Cassie Campbell-Pascall, Olympic Gold-Medallist and Hockey Broadcaster

# It's our Trail!

## A salute to those who love the TCT

The Trans Canada Trail belongs to us all.

In each province and territory, we head outdoors with our friends and families to enjoy the Trail on foot, bike and horseback, in our canoes and kayaks, and on skis, dogsleds and snowmobiles.

We volunteer our time to maintain, build and celebrate our local sections of the Trail.

We retrace journeys that have been important to our communities throughout history, literally walking in the footsteps of our forebears. It truly is *our* Trail.

The following people hail from far and wide – British Columbia, Yukon, Germany and points in between. They are Trail volunteers and Trail

explorers, young and not-so-young; they are equestrians and snowmobilers, paddlers and hikers; they are long-distance trekkers and locally

minded community organizers. What they all have in common is a strong and vibrant connection to the TCT that does us all proud.

Do you have a Trail story you would like to share with the world? Let us know! [communications@tctrail.ca](mailto:communications@tctrail.ca)

### Dana Meise

**COMMUNITY:** Prince George, British Columbia

**CONNECTION TO TCT:** A Trans Canada Trail ambassador and long-distance hiker, Dana crossed the country from east to west – a six-year journey of 26 million steps through large and small communities across Canada – and is tackling the northern leg of the TCT this summer.

"Hiking across the country has been the most rewarding thing I've ever done, by far. The TCT is designed to connect communities, history, beauty, geography – and I love that idea."



Dana Meise

...at a Gatineau River portage, near the TCT in Quebec.

### Melba Seto, Adam Kochanek, Magee Walker and Cedric Schell

**COMMUNITY:** Cedric & Magee are from Whistler, British Columbia; Adam & Melba are from Calgary, Alberta

**CONNECTION TO TCT:** As Woods Canada's Dream Job Explorers, these two couples are on a five-month, 14-stop journey across the Trans Canada Trail. With Team Calgary starting in British Columbia and Team Whistler in Prince Edward Island, they will meet in the middle (Ontario) in July. Along the way, the teams will be sharing updates, videos and pictures on Facebook, Twitter and Instagram (follow the hashtag: #WoodsExplorer).

"Our goal in doing this is not just to have the adventure of a lifetime, but to encourage other Canadians to get outside and to explore the Trans Canada Trail." – Magee Walker



Melba Seto, Adam Kochanek, Magee Walker and Cedric Schell

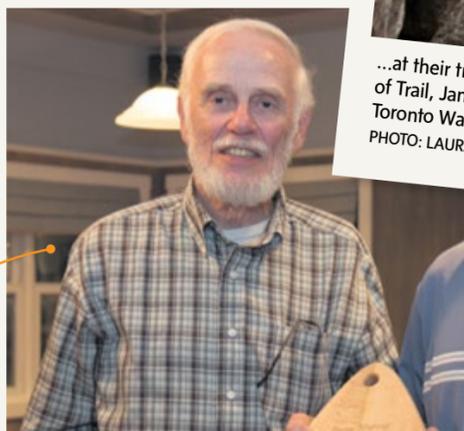
...at their training session with TCT's National Director of Trail, Jane Murphy, at Ashbridges Bay on the Toronto Waterfront Trail, part of the TCT. PHOTO: LAURA BOMBIER WWW.LAURABOMBIER.COM

### Doug Murray

**COMMUNITY:** Stratford, Prince Edward Island

**CONNECTION TO TCT:** Doug is a true Trail champion. As a director of Island Trails (TCT's provincial partner) for the past 21 years, Doug helped to set the wheels in motion for the Confederation Trail, a project he saw through to 100 per cent connection last year.

"One of the things I most value about the past 21 years has been working with local communities to develop sections of the Trail. Another is that I've had the opportunity to learn so much about the history of my province. The Confederation Trail is primarily built on the former bed of the P.E.I. railway, which first connected the island in 1875. So when I ride my bicycle in the countryside today, I feel a real connection with our ancestors, who would have travelled the very same route."



Doug Murray

...being presented with a maple cutting board engraved with the words: "Thank you for your many dedicated years as a Confederation Trail/Trans Canada Trail builder," during a celebration marking the full connection of P.E.I.'s portion of the Trans Canada Trail on September 12, 2014. PHOTO: LOUISE VESSEY



Marco Marder

...learns to canoe on the Bow River in Kananaskis, Alberta, before starting his journey. PHOTO: DARIN ZANDEE

### Marco Marder

**COMMUNITY:** Munich, Germany

**CONNECTION TO TCT:** Marco is a 27-year-old German student who embarked on an epic solo journey along a northern stretch of the Trans Canada Trail in 2014. Over 54 days, he paddled 2,700 kilometres from Fort McMurray, Alberta, along the Athabasca River, Slave River, Great Slave Lake and the Mackenzie River trails, all the way to Inuvik, Northwest Territories.

"I endured wind, rain, mosquitoes, deerflies and blackflies. I met bears, wolves, moose, caribou, beavers and eagles. I experienced the hospitality of northern people. I enjoyed the wilderness and the solitude, and feeling small and insignificant compared to these wide, beautiful and rough Canadian lands."

### Robert Buren

**COMMUNITY:** Oakville, Ontario

**CONNECTION TO TCT:** After breaking his spine in a mountain-biking accident in 2008, Robert Buren went on to become the first Canadian paraplegic to complete a full Ironman Triathlon. He regularly uses the TCT for long-distance training, as part of a group that rides to Niagara Falls and back. Several times a month, he uses the TCT's Waterfront Trail to zip in and out of Toronto to meet up with friends. Robert is also an avid mountain biker who is helping to redefine Trail accessibility and inclusion.

"Trails were an important part of my life before my accident. I loved hiking and camping – and every Sunday, I'd go mountain biking. When I broke my back, I was suddenly cut off from all that. Then, I got an off-road handcycle. That piece of equipment allows me to go back into the forest – it gives me access to my happy place."



Robert Buren

...cycling the TCT in Hamilton, Ontario. PHOTO: TOM OMOREAN



Harris Cox

...working on the Whitehorse Copper Trail, part of the TCT. PHOTO: WWW.ARCHBOULD.COM

### Harris Cox

**COMMUNITY:** Whitehorse, Yukon (born in Halifax, Nova Scotia)

**CONNECTION TO TCT:** As a volunteer with the Klondike Snowmobile Association, Harris tends roughly 200 kilometres of the TCT year-round, working six or seven hours a day, six days a week. In the winter, he packs the snow and grooms it for multiple uses, complete with a traditional cross-country ski track along the side. In the summer, he cuts fallen trees, repairs bridges and checks TCT's signs.

"I do what I do because I love the outdoors. I love the TCT and I love to work on the trails. It can get a little cold in winter, but I can't complain. I will groom until hell freezes over, then I'll groom there, too."

Visit [globeandmail2015.tctrail.ca](http://globeandmail2015.tctrail.ca)

"There is an unwritten understanding shared by Canadians – our vast, rugged and beautiful country binds us together with a responsibility to nurture this land for generations to come. The Trans Canada Trail is the thread to pull our country's hearts together from coast to coast to coast." **Bonnie Brooks**, Vice Chair, Hudson's Bay Company



## Nicole Gagné

**COMMUNITY:** St-Basile-de-Portneuf, Quebec

**CONNECTION TO TCT:** As volunteers with the *Club des randonneurs équestre de Portneuf*, Gagné and her husband, Pierre Fiset, help plan Trail development, clear paths and build new stretches of the Trail.

"I volunteer because it benefits everyone who uses the Trail in my community, including myself! It's really hard work, but it's worth it. There's nothing like being out on the Trail on your horse. I look forward to the day when we equestrians can go anywhere and everywhere – that's what we're all working for."



*Nicole Gagné*

...with Northern, one of her horses, on the Cavalier Trail (Sentier du Cavalier), part of the TCT. PHOTO: STEVEN LEMAY

## Mayor Bryan Matheson

**COMMUNITY:** Lumsden, Saskatchewan

**CONNECTION TO TCT:** Mayor Matheson is a TCT Champion and volunteer who is putting the Trail on the map in his community.

"I have a lot of pride in my community. The Trans Canada Trail connects us to our country and represents many recreational pursuits, including walking, hiking, biking and canoeing. Having the TCT running through our community makes it an even better place to live in and to visit."



*Mayor Bryan Matheson*

...on the Saw Whet Trail in Lumsden, Saskatchewan, part of the TCT. PHOTO: CLAIRE SANFORD

## Lawrence Redfern

**COMMUNITY:** Castlegar, British Columbia

**CONNECTION TO TCT:** Lawrence is a longtime director and past president of the Castlegar Friends of Parks and Trails Society.

"We've been trying to connect the Trail through our region for years. Now I know it will be connected in the next year or two, thanks to the support of the TCT. I am very excited to have Canada's national Trail running through our town. It will be the backbone of our regional trail system. Trails are part of the economic diversification all communities need, and they improve people's health – I see people from age two to 92 out enjoying the Trail. It's a win-win for all of us."



*Lawrence Redfern*

...on the Waldie Island Trail in Castlegar, British Columbia, part of the TCT. PHOTO: CLAIRE SANFORD

## Oskar Nowicki and Sarah McCauley

**COMMUNITY:** Brampton, Ontario; Oskar immigrated to Canada from Lodz, Poland, ten years ago

**CONNECTION TO TCT:** From May to September 2014, Oskar and Sarah left their life behind to hike from Inuvik, Northwest Territories, to Drumheller, Alberta, a distance of 3,650 kilometres – mostly along the Trans Canada Trail.

"Sometimes we just need a wake-up call: we need to go out there and explore ourselves and nature." –Oskar Nowicki



*Oskar Nowicki and Sarah McCauley*

...on the TCT near the village of Inglewood, Ontario.



*Jamie Warren*

...on Neil's Pond Walk, part of the TCT. PHOTO: CLAIRE SANFORD

## Jamie Warren

**COMMUNITY:** Paradise, Newfoundland and Labrador

**CONNECTION TO TCT:** President of the Newfoundland T'Railway Council.

"I like to see trails being developed as assets within communities. I volunteer because I like to give back to the community and I enjoy being part of something bigger than myself. I also volunteer because it is fun – probably the most important reason. Right now, we are looking at how we can celebrate the connection of the TCT nationally in 2017, and how we can keep the Trail vibrant and evolving for future generations."



*Joanie and Gary McGuffin*

Joanie assuming the position of 'Gouvernail' in a Voyageur Canoe, paddling down the French River between Lake Nipissing and Georgian Bay, Ontario. PHOTO: ©GARY MCGUFFIN / WWW.THEMCGUFFINS.CA

## Joanie and Gary McGuffin

**COMMUNITY:** Goulais River, Ontario

**CONNECTION TO TCT:** Joanie and Gary McGuffin are conservation photographers and explorers who have spent years paddling across northern Ontario and photographing its wild landscapes, fodder for their captivating series of photography books. As founding members of the Lake Superior Watershed Conservancy, they were instrumental in establishing the Lake Superior Water Trail section of the TCT.

"When Gary and I canoe or kayak on Lake Superior, we always feel as though we are paddling into history. This part of the TCT follows an ancient route through one of Canada's most scenic landscapes, with billion-year-old headlands, soaring cliffs, volcanic rock islands, red sandstone and sweeping sand beaches. It is the greatest expanse of fresh water on the planet, one of the great paddling places on earth – and it is part of the Trans Canada Trail."

## The O'Neill family

**COMMUNITY:** Pictou County, Nova Scotia

**CONNECTION TO TCT:** Sally and Mick O'Neill, along with their kids Ben and Joe, volunteer with Active Pictou County in Nova Scotia. Working as that organization's trail development co-ordinator, Sally is passionate about the benefits of the Trail for the community. Meanwhile, 13-year-old Ben is an energetic participant in Trail-building events, clearing brush, laying gravel and building benches.

"Why would I bike on a sidewalk when I could be exploring in the woods? Plus, it makes me proud to show my friends what I built. Trenton Park is the best!" –Ben

"We have energetic young people doing good work and trying to build a strong future for Nova Scotia, including working on the TCT in our community. It's amazing to be a part of such a grand thing." –Sally



*The O'Neill family*

...out for a walk on the Founders Trail, in Trenton Steeltown Park, part of the TCT. PHOTO: CHRISTINE WHELAN, WONKYEYE PHOTOGRAPHY

## TRANS CANADA TRAIL



“The Trail is a national treasure for all Canadians. It provides an easy, healthy way to discover our landscape and heritage. Trail-building also fosters important societal values like volunteerism, collaboration and respect for our environment.” **Laureen Harper**, TCT Honorary Campaign Chair

## LEADERS

## Nation builders

TCT welcomes six new members to the *Chapter 150* Campaign

Canada's history was forged by trailblazers: aboriginal peoples, pioneering settlers and modern-day nation builders; people of the same vision and character as the proud Canadians who support the Trans Canada Trail today.

One of Canada's most enduring and respected family businesses, James Richardson & Sons, Limited, made the inaugural \$1-million gift to the TCT *Chapter 150* Campaign in 2011.

Since that time, influential leaders of Canadian business and philanthropy have taken up the challenge with their unique and generous contributions to the campaign.

This year, the TCT's *Chapter 150* Campaign welcomed six new mem-

bers who have each committed a minimum of \$500,000 to fund Trail projects in local communities. With their generous support, the Trail has now reached 80 per cent connection nationwide.

Now, as we work towards achieving

the Campaign's goal by 2017, we invite all trailblazing Canadians to come together and help connect the Trail in time for Canada's 150th anniversary.

**The time is now: Join the TCT *Chapter 150* Campaign.**

For more information on the *Chapter 150* Campaign, please visit the TCT website, at: [TCTrail.ca/Chapter150](http://TCTrail.ca/Chapter150)

## David Bissett

I've always been a fan of the Trans Canada Trail and want to help get it connected. I try to fund projects that have a significant effect in a relatively short time. The most important thing to me today is giving back to the community and making a difference.



My wife and I do a lot of cycling in Alberta, and we've been going on tours with a group of friends for years. Cycling

allows you to see the landscape up close, in a way you can't experience by car. I think more people would get out there and gain a greater appreciation of our natural areas if there were signposted routes.

I'm proud to be a Canadian, and I can't think of a better way to celebrate our 150th birthday than cycling the Trans Canada Trail – right here in southern Alberta, or on TCT routes right across the country. We have a beautiful countryside – one that should be appreciated.

## Inter Pipeline Ltd.

Christian P. Bayle  
President and CEO

Inter Pipeline is pleased to help bridge the final gap in Edmonton's Strathcona County Trail, located in the Sherwood Park area.



This section of the Trail will link Sherwood Park to the existing Trail network within the City of Edmonton.

It is ideally located to serve as an active commuting route for local residents, including many of our own employees – Sherwood Park is the home of Inter Pipeline's largest operational control centre, with more than 100 employees and their families living in the area.

Community members of all ages will also be able to walk, cycle or cross-country ski on the Trail from Streambank Avenue to the Strathcona Science Provincial Park, a natural environment along the North Saskatchewan River.

Inter Pipeline is proud to be a part of the Trail project, as it is a great example of how industry, government and community can work together to create a national legacy.

## Ontario Trillium Foundation

Andrea Cohen Barrack, CEO

As an agency of the Government of Ontario, the Ontario Trillium Foundation has offices all across the province. In between meetings, I've used the Trail on many occasions. It's a great way to explore a community – the Trail takes you past the river where people fish, and to the sports field where kids play soccer – it gives



you the inside view of the life of a community.

As a proud Canadian organization, we want to do something concrete to create a legacy around 2017. When we celebrate our 150th anniversary as a country, having a Trail that stretches to all three of our coasts will be a tangible way of honouring Canada as a united nation.

This year, we partnered with the TD Bank Group to fund three Trail sections in northern Ontario. It's a good combination. When private and public sectors collaborate, we can deepen the impact we have in Canadian communities.

## RBC

Dave McKay  
President and Chief Executive Officer

As Canada's largest bank, with offices and branches from coast to coast, we are proud to support the Trans Canada Trail and its efforts to connect all Canadians, providing us and our many visitors the opportunity to explore this vast country.



RBC has a long-standing commitment to environmental sustainability, and in 2007 we launched the RBC Blue Water Project – a 10-year investment of \$50-million to protect global fresh water. With this in mind, we are particularly proud that TCT will be directing our support to fund water trails in British Columbia, Saskatchewan and Nova Scotia.

All three waterways will provide paddlers access to some of the most beautiful scenery in the world and to many aboriginal communities, helping to deepen our awareness of Canada's proud history, culture and heritage. We are proud to contribute to the TCT, and look forward to witnessing its full connection in 2017.

## Scotiabank

Brian Porter  
President and Chief Executive Officer

For much of my career, I have had the good fortune to travel around the

world. Though many foreign destinations offer spectacular views and unique experiences, I can honestly say that there is no place on earth quite like Canada.

In addition to the diversity of our people and inclusiveness of our society, the first thing that comes to mind, when considering what makes Canada so unique, is the land itself. From the Coast Mountains in British Columbia to the salmon rivers in Labrador, our landscape is part of who we are as Canadians and is key to understanding what we are as a nation.



Canada's history, from the voyagers to the Canadian Pacific Railway, is marked by individuals dedicated to uniting us from coast to coast to coast. Scotiabank is proud to support the Trans Canada Trail, which will soon make history by connecting us once again.

## TD Bank Group

Clint Davis  
VP, Aboriginal Affairs

The TD Bank Group is a proud supporter of the Trans Canada Trail, an inspiring gift that allows us to connect with Canada's natural beauty and with one another across the country.



TD is committed to making a positive difference in Canadian communities. Together with the TCT, one of the ways that we're contributing to the Trail's economic vitality and sustainable growth is through a new Grants for Aboriginal Trail Tourism program in northern Ontario. Our aim is to inspire creative and innovative thinking to develop the trail user experience and tourism initiatives benefiting aboriginal communities.

On behalf of all of my colleagues at TD, thank you to the volunteers who have worked so hard to develop the Trail as a national legacy – and a sustainable gift – for future generations. I look forward to celebrating with the rest of the country, on a Trail that connects Canadians from coast to coast to coast in 2017.

## TRAIL SUPPORTERS

The following current and former TCT Board members have each contributed more than \$100,000 to the Trans Canada Trail.

- David Aisenstat
- Anthony and Helen Graham
- Paul LaBarge
- Pierre Lassonde
- Ross Mitchell
- Andrew and Valerie Pringle
- Hartley T. Richardson/  
The Richardson Foundation
- Bill Shurniak
- Tracy and Bruce, Fraser, Elliott and Adair Simpson
- Bill and Wendy Volk Family Foundation
- David and Anne Ward

The Trans Canada Trail is grateful to the following Leadership Donors who have made gifts of \$10,000 or more to the Trail since July 1, 2011.

- Evelyn Anne and Bob Ballard
- The Barrett Family Foundation
- Bell Canada
- Claudine and Stephen Bronfman Family Foundation
- Canadian Western Bank
- G. Raymond Chang\* and Family
- Barron Cowan
- Michael B. Cruickshank
- The Dattels Family Foundation
- Fondation Écho/Echo Foundation
- The Linda Frum and Howard Sokolowski Charitable Foundation
- Grayross Foundation
- Cecil and Susan Hawkins
- Hudson's Bay Company
- IAMGOLD Corporation
- Ivey Foundation
- Richard and Donna Ivey
- Jacma Foundation
- KEEN Canada
- Haig Kelly
- Sonia and Arthur Labatt
- Estate of Charlotte Lavigne
- Estate of Pauline Hilda Longstaff
- The McBurney Family Foundation
- Margaret McCain
- The J.W. McConnell Family Foundation
- Diane McCurdy
- John and Nancy McFadyen
- The McLean Foundation
- Jim Meekison and Carolyn Keystone
- The Catherine and Maxwell Meighen Foundation
- Janet and Gordon Nixon
- Gail and David O'Brien
- P. & L. Odette Charitable Foundation
- Brian and Megan Porter
- Priority Printing Ltd.
- Raleigh Canada
- John Risley
- Roots Canada Ltd.
- Saskatchewan Indian Gaming Authority Inc.
- Joan Snyder
- Maureen and Wayne Squibb
- Steve and Sally Stavro Family Foundation
- Kurt and Marianne Strobele
- Kate Subak
- Estate of Alan Taylor
- TransAlta (in-kind)
- Jim and Sandi Trelliving
- The George and Helen Vari Foundation
- The WB Family Foundation
- R. Howard Webster Foundation
- And all our generous donors who have chosen to remain anonymous

\*In memory of G. Raymond Chang – on July 27, 2014, the Trans Canada Trail lost a valued leader and true friend. Ray is greatly missed.

## CHAPTER 150 MEMBERS

The TCT recognizes the following 27 individuals and corporations as members of the *Chapter 150* leadership circle, an ever-expanding group of benefactors determined to achieve the bold vision of fully connecting the Trans Canada Trail by 2017. By committing a minimum of \$500,000 to fund Trail projects in local communities, these modern-day nation builders are helping to complete the TCT for all Canadians.

- David Aisenstat, President & CEO, The Keg Steakhouse + Bar
- Nancy Baron, Trustee, The W. Garfield Weston Foundation
- The Ross Beaty Family
- David Bissett
- Brookfield Partners Foundation, Tim Price and Jack Cockwell
- CIBC
- CN
- Esri Canada Limited (in-kind)
- The Globe and Mail (in-kind)
- Government of Ontario
- Inter Pipeline Ltd.
- Pierre Lassonde
- Loblaw Companies Limited
- Jon and Nancy Love
- Rob and Cheryl McEwen
- Ontario Trillium Foundation
- PotashCorp
- Power Corporation of Canada
- Robert A. Quartermain, Chairman and CEO, Pretivm
- RBC Foundation
- The Richardson Foundation
- Scotiabank
- Shaw Media (in-kind)
- Sudbury Integrated Nickel Operations, A Glencore Company
- TD Bank Group
- Teck Resources Limited
- TransCanada Corporation



Visit [globeandmail2015.tctrail.ca](http://globeandmail2015.tctrail.ca)

"As a child, hiking was one of the ways my family spent time together. I have fond memories of walking various sections with my parents and siblings and absorbing the natural world around us. Today, I continue to explore and enjoy the beauty of the Trans Canada Trail." **Karen Kain**, Artistic Director, The National Ballet of Canada



PHOTO: ALEKSANDAR ANTONJEVIC

COMMUNITIES

# TCT Government Champions

The Trans Canada Trail is proud to have strong governmental support at the municipal, provincial/territorial and federal levels. The following premiers, lieutenant governors, territorial commissioners, ministers, mayors and Reeves have already signed on as TCT Champions; we invite all leaders along the route of the TCT to join us as we stride together towards the Trail's connection in 2017.



**BRITISH COLUMBIA**

- Lieutenant Governor **Judith Guichon**
- Mayor **Derek Corrigan**, Burnaby
- Mayor **Ross Forrest**, Lake Cowichan
- Mayor **Jack Froese**, Langley Township
- Mayor **Lisa Helps**, Victoria
- Mayor **Mike Martin**, Trail
- Mayor **Don McCormick**, Kimberley
- Mayor **Kathy Moore**, Rossland
- Mayor **Darrell Mussatto**, North Vancouver
- Mayor **Gregor Robertson**, Vancouver
- Mayor **Nancy Wilhelm-Morden**, Whistler
- Regional District of East Kootenay Board

**ALBERTA**

- Lieutenant Governor **Lois Mitchell**
- Mayor **Don Iveson**, Edmonton
- Mayor **Gale Katchur**, Fort Saskatchewan
- Mayor **Greg Kruschke**, Leduc
- Mayor **Naheed Nenshi**, Calgary

**SASKATCHEWAN**

- Lieutenant Governor **Vaughn Solomon Schofield**
- Mayor **Donald J. Atchison**, Saskatoon
- Mayor **Michael Fougere**, Regina
- Mayor **Deb Higgins**, Moose Jaw
- Mayor **Derek Mahon**, Battleford
- Mayor **Bryan Matheson**, Lumsden
- Mayor **Ron Osika**, Fort Qu'Appelle

**MANITOBA**

- Lieutenant Governor **Janice C. Filmon**
- Premier **Greg Selinger**
- Mayor **Brian Bowman**, Winnipeg
- Mayor **Bev Dubé**, Powerview-Pine Falls
- Mayor **Shelley Hart**, East St. Paul
- Mayor **Ken Wiebe**, Morden

**ONTARIO**

- Lieutenant Governor **Elizabeth Dowdeswell**
- Premier **Kathleen Wynne**
- Mayor **Allan Ails**, Erin
- Mayor **Daryl Bennett**, Peterborough
- Mayor **Brian Bigger**, Sudbury
- Mayor **Dennis Brown**, Atikokan
- Mayor **Rob Burton**, Oakville
- Mayor **Dave Canfield**, Kenora
- Mayor **Bonnie Crombie**, Mississauga
- Lord Mayor **Pat Darte**, Niagara-on-the-Lake
- Mayor **Tom Deline**, Centre Hastings
- Mayor **Jim Diodati**, Niagara Falls
- Mayor **Rick Dumas**, Marathon
- Mayor **Paul Ens**, Bayham
- Mayor **Chris Friel**, Brantford
- Mayor **Cam Guthrie**, Guelph
- Mayor **Keith Hobbs**, Thunder Bay
- Mayor **Dave Jaworsky**, Waterloo
- Reeve **Richard Kidd**, Beckwith
- Mayor **Gordon Krantz**, Milton
- Mayor **Andy Letham**, Kawartha Lakes
- Mayor **Terry Low**, Asphodel-Norwood
- Mayor **David Marr**, Central Elgin
- Mayor **Al McDonald**, North Bay
- Mayor **Gerri Lynn O'Connor**, Uxbridge
- Mayor **Steve Parish**, Ajax
- Mayor **John Paterson**, Leamington
- Mayor **Christian Provenzano**, Sault Ste. Marie
- Mayor **Wayne Redekop**, Fort Erie
- Mayor **Dave Ryan**, Pickering

**QUEBEC**

- Mayor **Hugh Scott**, Lac-Tremblant-Nord

**NEW BRUNSWICK**

- Lieutenant Governor **Jocelyne Roy-Vienneau**
- Premier **Brian Gallant**
- Former Lieutenant Governor **Graydon Nicholas**
- Mayor **George LeBlanc**, Moncton
- Mayor **Brad Woodside**, Fredericton

**NOVA SCOTIA**

- Lieutenant Governor **J.J. Grant**
- Minister **Zach Churchill**
- Mayor **Joe Hawes**, Pictou
- Mayor **W.R. (Bill) Mills**, Truro
- Mayor **Mike Savage**, Halifax
- Mayor **Trish Stewart**, Oxford

**PRINCE EDWARD ISLAND**

- Lieutenant Governor **H. Frank Lewis**
- Premier **H. Wade MacLauchlan**
- Mayor **Rowan Caseley**, Kensington
- Mayor **Richard Collins**, Montague

**NEWFOUNDLAND AND LABRADOR**

- Lieutenant Governor **Frank F. Fagan**
- Mayor **Dan Bobbett**, Paradise
- Mayor **Al Hawkins**, Grand Falls-Windsor
- Mayor **Ken McDonald**, Conception Bay South
- Mayor **Lloyd Mushrow**, Channel-Port aux Basques
- Mayor **Dennis O'Keefe**, St. John's

**YUKON**

- Territorial Commissioner **Doug Phillips**
- Mayor **Dan Curtis**, Whitehorse
- Mayor **Wayne Potoroka**, Dawson City

**NORTHWEST TERRITORIES**

- Territorial Commissioner **George L. Tuccaro**
- Mayor **Mark Heyck**, Yellowknife
- Mayor **Gregor H. McGregor**, Norman Wells

**NUNAVUT**

- Mayor **Mary Wilman**, Iqaluit
- Mayor **Maliktoo Lyta**, Kimmirut



The CIBC Hamilton Pan Am Soccer Stadium where **Jim Paterson** (Pan Am Legacy Trails co-ordinator for Trans Canada Trail Ontario), **Jane Murphy** (TCT's national director of Trail) and **Michael Goodyear** (Trail development manager, Eastern Canada) pose with the TCT banner. TOM OMOREAN

LEGACY

## Game on!

The TCT will connect sports fans to venues for the Pan Am/Parapan Am Games

**H**urdlers pushing the limits of human capability, sprint canoeists paddling for gold as if their lives depended on it, and the best soccer teams in North, South and Central America leaving it all on the field. All this excitement and much more is coming to Ontario this summer.

This July and August, Ontario will welcome over 10,000 athletes and officials for the TORONTO 2015 Pan/Parapan Am Games, the largest mul-

tisport games in our country's history. At the Pan Am Games from July 10 to 26, some of the best athletes in the Americas will show us their skills. And, at the Parapan Am Games from August 7 to 15, para-athletes from 28 countries will be competing in 15 sports – and vying for a spot at the Rio 2016 Paralympic Games.

Thanks to the \$3.5-million Pan Am and Parapan Am Trails initiative launched by the Government of Ontario

in 2013, sporting spectators will be able to access many Pan Am/Parapan Am Games venues using Canada's national Trail. "Extending our trails system and connecting more communities is a great way for the excitement of the Games to live on well beyond 2015," said Ontario Premier Kathleen Wynne.

This provincial funding will help create a continuous 2,000-kilometre trail system in Ontario, one that will link to four major Pan Am/Parapan Am Games

venues. A portion of this investment will help bridge over 250 kilometres of gaps in Ontario's portion of the TCT, thereby connecting communities from Ottawa to Windsor and Fort Erie to Huntsville. "The Trans Canada Trail is absolutely thrilled to receive this support," said Deborah Apps, TCT's president & CEO, "which is bringing us a great deal closer to realizing our goal of developing a national recreational Trail."

There will be many opportunities for spectators to use the TCT as a healthy, active mode of transportation during the Games. In Palgrave, for example, the TCT's Caledon Trailway leads directly past the OLG Caledon Pan Am Equestrian Park. Caledon's own equestrians, many of whom ride on their local section of the TCT, will be watching the competition closely.

The CIBC Pan Am/Parapan Am Athletes' Village, where these exceptional competitors will eat, sleep and train during the Games, is also located on the Trans Canada Trail – indeed, the TCT's Waterfront Trail section runs directly by both the athletes' village and the CIBC Pan Am Park, which is a cluster of five competition venues and an open-air site that will feature free live performances from artists across Canada and the Americas.

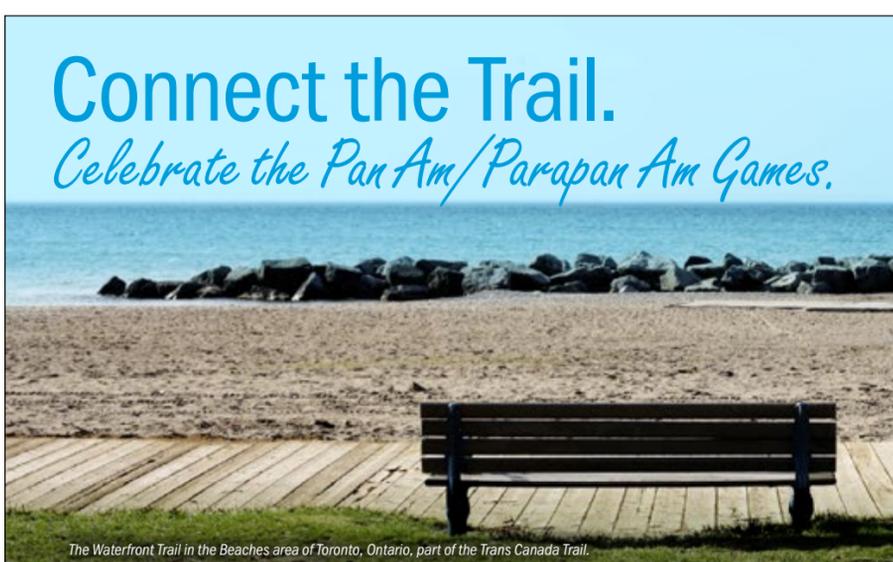
The TCT's 80-kilometre Waterfront Trail begins in Toronto's Beaches neighbourhood and hugs the shores of Lake Ontario past Lake Shore Boulevard West. Sixteen kilometres of this Trail section have been resurfaced for

smoother road-cycling, race-walking and marathon-running during the games.

On the western side of the harbour, there will be open-water swimming, waterskiing and wakeboarding competitions at the Ontario Place West Channel venue, while on the eastern edge, spectators can watch a wide range of sailing and windsurfing events at the Sugar Beach venue, just steps away from the trailhead of TCT's brand-new Pan Am Path.

The aptly named Pan Am Path is one of many TCT sections that have been developed thanks to Pan Am and Parapan Am Trails funding. Another new Trail section will link the City of Hamilton's existing section of the TCT to the new CIBC Hamilton Pan Am Soccer Stadium, where Canada will face off against Brazil, Mexico and other top teams in men's and women's soccer. A lane of traffic has been removed to make space for a two-lane bike path along Cannon Street, leading to the new Games venue. Post-Games, this stadium will become known as Tim Horton's Field, home to the Hamilton Tiger-Cats CFL football team.

Like the stadium itself, the TCT bike path leading directly to the facility will become a lasting legacy of the Games, benefiting the people of Hamilton for years to come. In fact, this may be the ultimate legacy of the Pan Am/Parapan Am Games: a fully connected TCT network leading to recreational facilities for the communities of southern Ontario.



The Waterfront Trail in the Beaches area of Toronto, Ontario, part of the Trans Canada Trail.

# Connect the Trail.

*Celebrate the Pan Am/Parapan Am Games.*



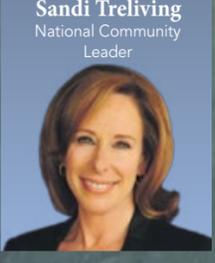
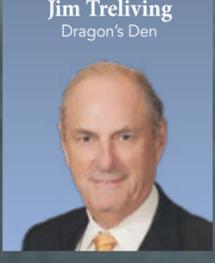
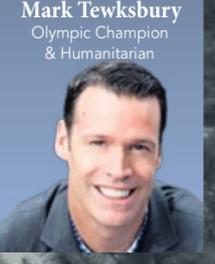
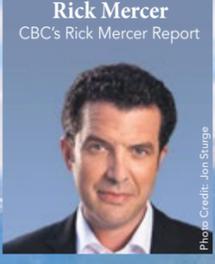
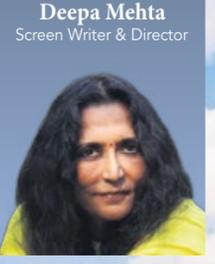
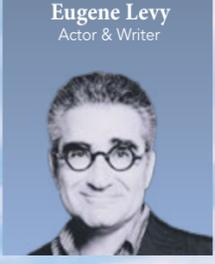
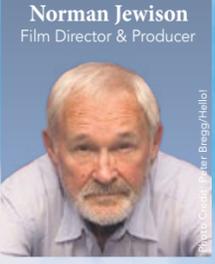
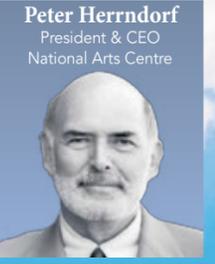
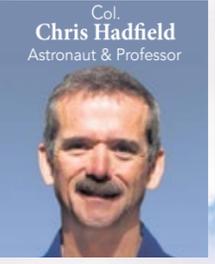
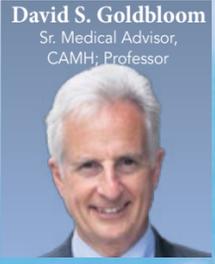
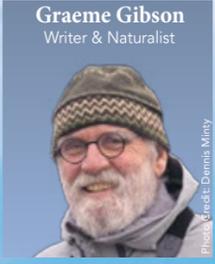
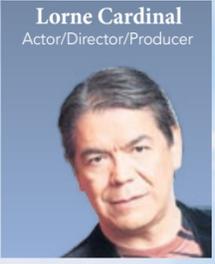
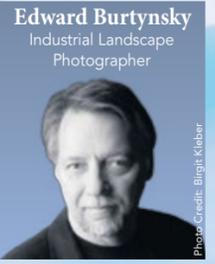
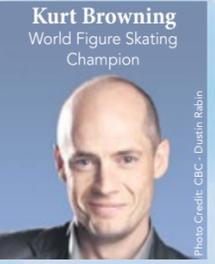
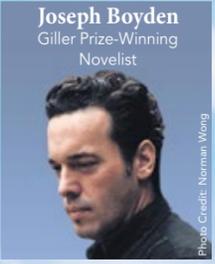
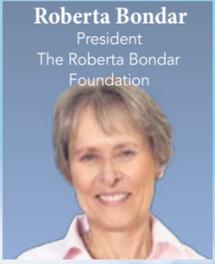
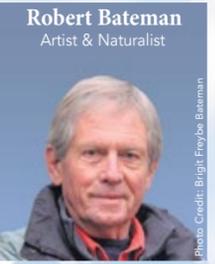
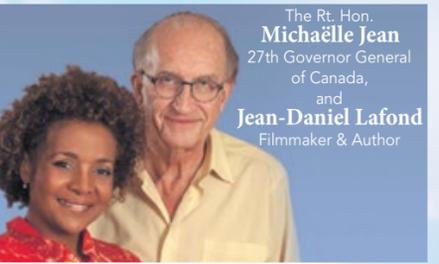
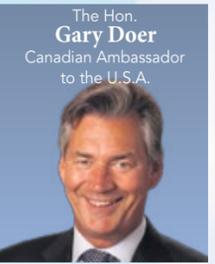
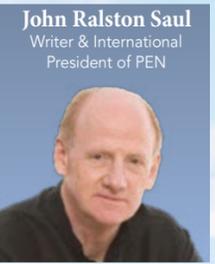
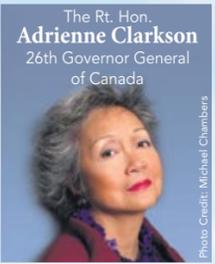
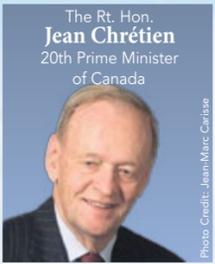
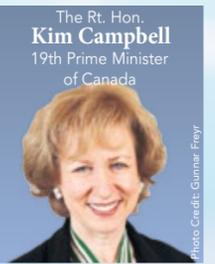
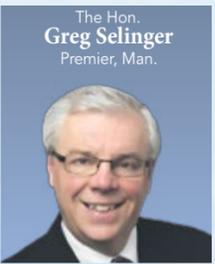
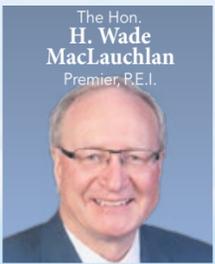
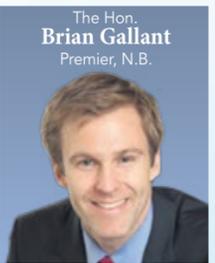
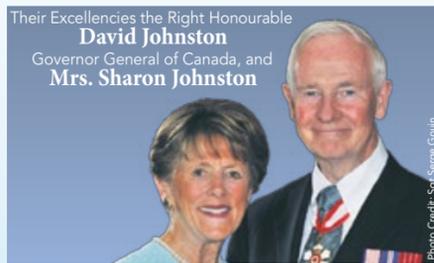
Thank you to the Government of Ontario for its \$3.5 million investment into a continuous 2,000-kilometre trail system in Ontario as a legacy of the Pan Am/Parapan Am Games.

This legacy will include 250 kilometres of new Trans Canada Trail, bringing us one step closer to connecting the Trail from coast to coast in time for Canada's 150th birthday in 2017.

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Photo: Proposed Trail in Wardner, B.C.