

Trail blazing

Hiking near Scottsdale Farm

By Frances Walker

Today's walk is a short 3.5 km hike near Scottsdale Farm that could be extended into a much longer walk through the farm. To reach the starting point from Georgetown, travel west on Hwy. #7 to the top of the Escarpment where Trafalgar Road branches to

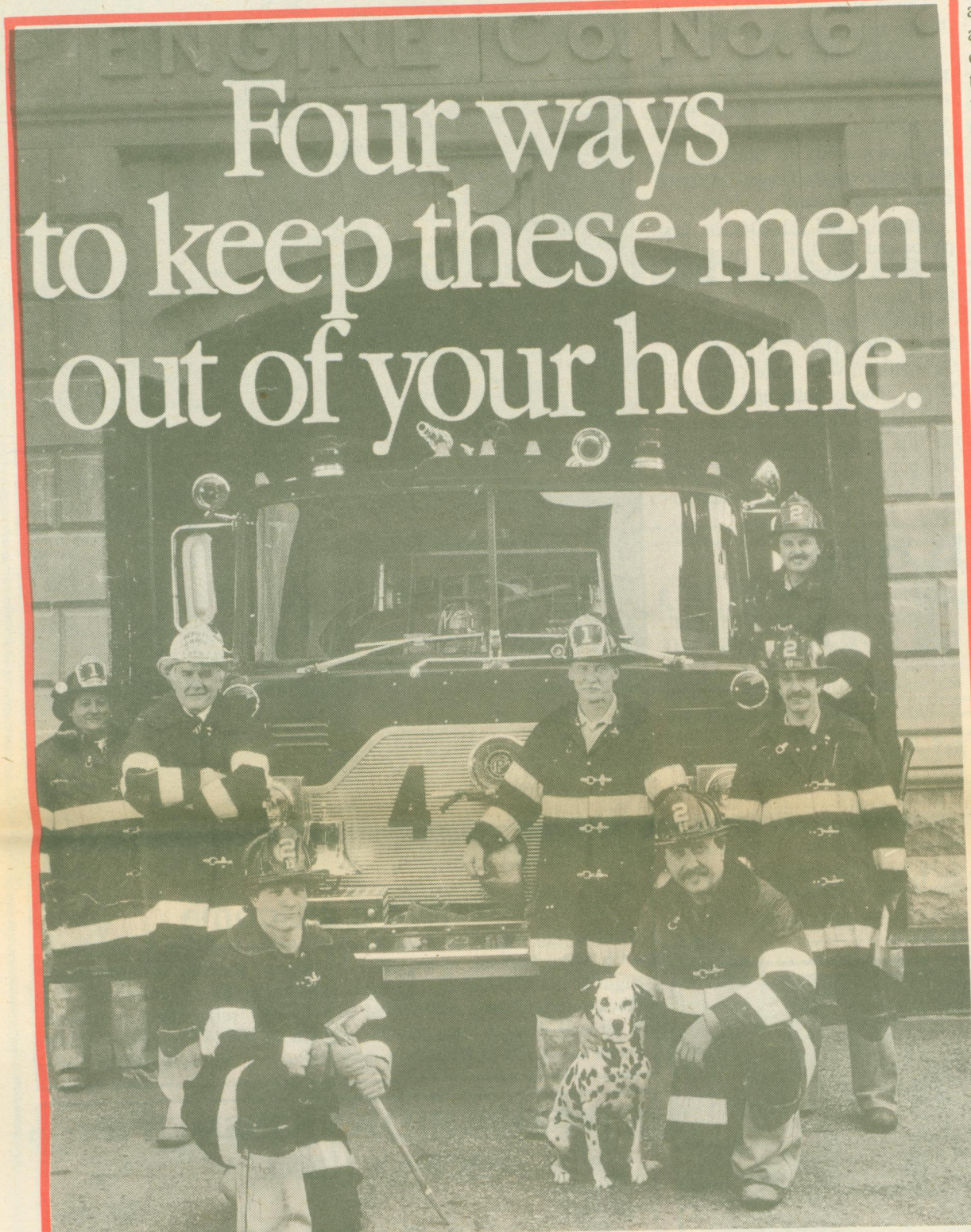
the right. If you are traveling from Acton, turn left at the top of the Escarpment onto Trafalgar Road. Travel north on Trafalgar about 1 km and turn right on #27 Side Road. After about 2 km #27 meets 8th Line and jogs to the left before continuing. Stay on #27 (which is now a dirt road) about .25 km. The

road goes down into a creek valley and you will notice a wide shoulder on the right, just before a bridge. Park here. Across the road is the end of the Bennett Heritage Side Trail. You will enter the field on your right, cross a style into woods, and follow the white blazes of the Bruce Trail.

After about 1.5 km of walking you will cross 8th Line. In winter this section of the line is not maintained. Continue along the trail along a fairly broad track. Very shortly you will see a style with blue blazes on your left. This is the Great Esker side trail, which will be the subject of a future walk. Continue on the main trail, and watch for a right turn as you climb a hill. As you turn, you will see another blue blaze, which is the other end of the Great Esker side trail. You are now entering an area with a lot of flower-potting, which is the term for the deeply eroded rocks that are found in many places on the Escarpment. After about .5 km you will come out onto #27 Side Road. Cross the road and continue on a very new section of trail. You will cross two bridges. As you cross the second bridge, look to your right and you will see a style that gives access to 8th Line. If you still have lots of energy at this point, you might wish to extend your walk. You would continue to

follow the white blazes and enter the Scottsdale Farm property (this was the subject of walk #1). After about 2 km you will hear the traffic on Trafalgar Road. Watch for a blue blaze on your right and pick up the Bennett Heritage Side Trail. Follow this trail through the farm, across 8th Line, and finally over the style to #27 Side Road where your car is parked. This extension would add another 5.5 km your walk. To complete the shorter walk, turn sharply right after crossing the bridge, and climb the style onto 8th Line. Cross the road, walk a few yards to the intersection with #27 Side Road and turn left onto #27. A walk of about .25 km will return you to your car.

It takes about 10-15 minutes to get to the access point from Georgetown and about 15-20 minutes from Acton. Please remember that when walking in winter it is always important to be properly dressed. If you are not an experienced hiker, don't plan too long or difficult a hike.



Four ways to keep these men out of your home.

- 1) Don't leave cooking unattended.
- 2) Wear close fitting sleeves when you cook
- 3) Keep flammable objects clear of the stove.
- 4) Heat cooking oils slowly.



A HALTON HILLS THIS WEEK
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Activity Line

Burning off unwanted fat

By Laurie Burns

Every person dissatisfied with body size and shape would love to discover the magic pill or diet that would burn fat at an accelerated rate. But, as far as I know, there is not a pill now and probably never will be that can match the weight control benefits of aerobic exercise.

Aerobic training transforms a sedentary, fat-conserving body into a fat-burning body. But to optimize weight loss, you should select an activity that burns more fat, not just calories. While all exercise burns calories, not every activity maximizes a person's fat-burning potential.

Although "fat burning" seems simple, achieving it requires your body's energy systems working efficiently.

Three factors affect a person's fat-burning potential during exercise: intensity, duration and aerobic fitness level. By utilizing each of these factors, you will be able to burn more fat in a single bout of exercise — as well as over a lifetime.

Intensity - When the intensity is low to moderate, the exercise is more aerobic and fat is used to provide energy. Intense exercise, which is more anaerobic (without oxygen supplied to the muscles) is used to provide energy. Intense exercise, which is more anaerobic, uses less fat. This difference is due to the way the working muscles process energy for movement. Low to moderate intensity generally means exercising at about 60 percent of your maximum heart rate.

Over the course of time, aerobic exercise of low to moderate intensity trains the body to burn fat instead of sugar. This sugar-sparing effect (the sugar is "saved") results in greater endurance, which in turn allows you to burn more fat and calories in a single workout.

Fat can only be burned during aerobic exercise, while sugar can be utilized during both aerobic exercise, and anaerobic exercise. As you burn more fat, less energy comes from sugar. Anaerobic workouts burn sugar, Not Fat.

Exercise Myth: Many people feel that the harder you work out the less fat you will be. Exercise professionals know that this is not necessarily true. More intense workouts does not mean you will burn more fat!!



**Georgetown Soccer Club
SPRING GENERAL MEETING**

WED., FEB. 17, 1993 7:30 PM
ALCOTT ARENA (UPSTAIRS)

- Presentation of 1993 Budget
- 1993 Season plans
- Suggestions from the public welcome

**ALL THOSE INTERESTED IN YOUTH
SOCCER ARE URGED TO ATTEND**