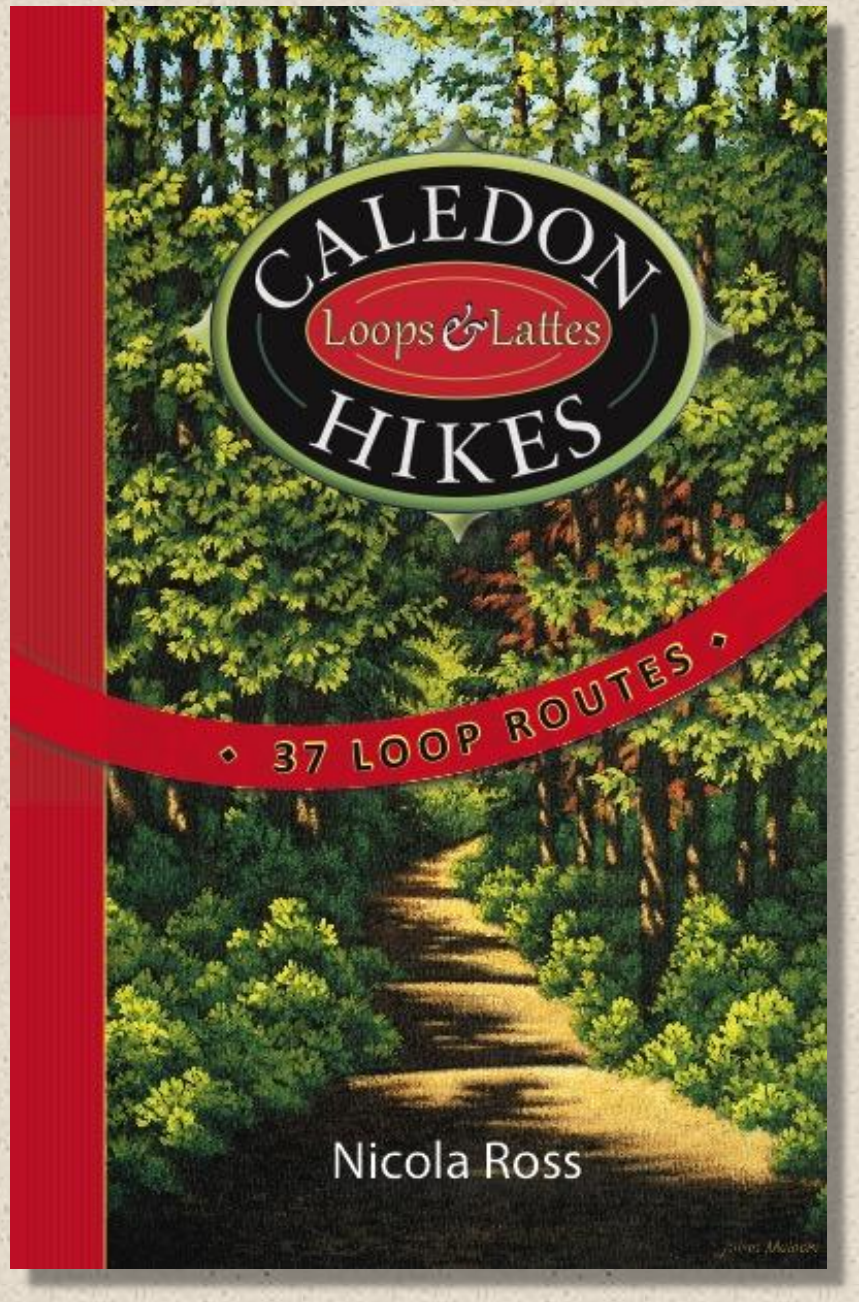
What's Not to Hike?

Launching Loops & Lattes

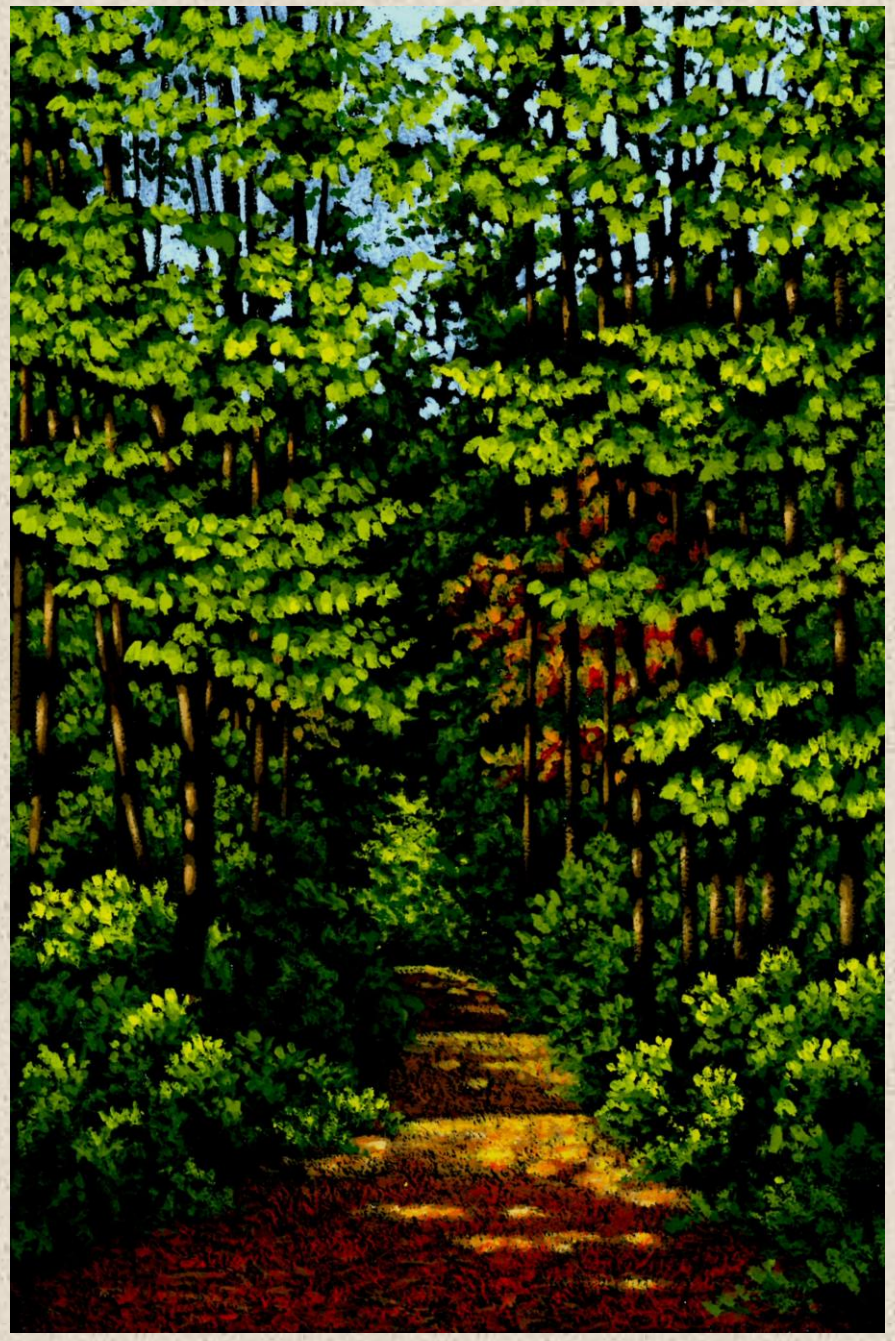
Extended Learning Opportunities
Erin, Ontario
October, 2026

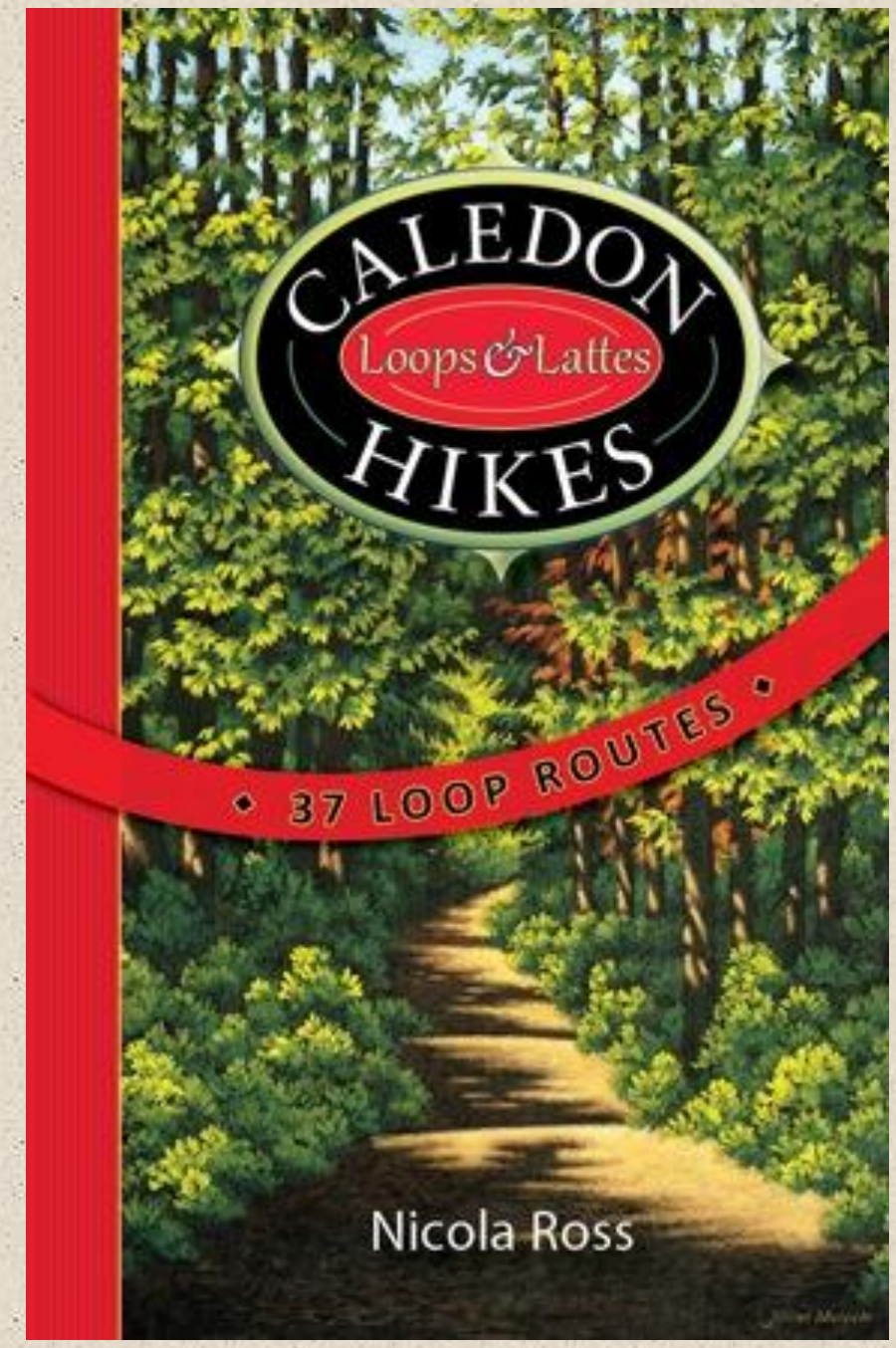


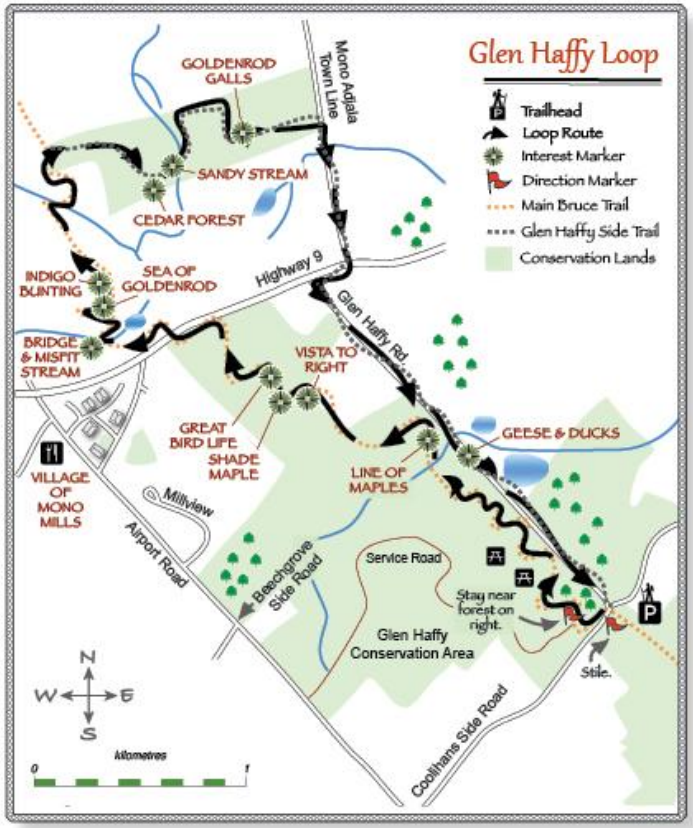


Caledon Hikes: Loops & Lattes 2015

It's a love story.




CALEDON
Loops & Lattes
HIKES
• 37 LOOP ROUTES •
Nicola Ross



"Walking is a man's best medicine."

HIPPOCRATES

Glen Haffy Loop

OVERVIEW

This loop doesn't have any particular view or objective. It's the journey rather than the destination that's important. You pass through forests ranging from deep dark cedar bush where Little Red Riding Hood must have met the wolf, to lovely open maple woods to reforested areas. There are meadows and streams and vistas as well as fabulous bird life. I saw an indigo bunting, which is always a treat, magnificent maples, basswood, elms, yellow birch, locust, white birch, larch, red, white and Scotch pines, hemlock and more. I also saw lots of Monarch butterflies enjoying milkweed, and huge fields of goldenrod. In the forest, there were the remains of trilliums and jack-in-the-pulpit. You even pass a farm where they raise ducks and geese, some of them curiously exotic.

There is a tonne to see on this trail as it goes over hill and dale, much of it through the Glen Haffy Conservation Area, which is owned by Toronto and Region Conservation Authority, and named after the Haffy family who once owned this piece of land. A "glen" is a long narrow valley. Hence, Glen Haffy.

17

Nicola's
Insider Info

LENGTH
10.7 kilometres

LEVEL OF DIFFICULTY
Moderate

LENGTH OF TIME
2.5 to 3.5 hours

NUMBER OF STEPS
14,829

kCAL BURNED 481

HIGHLIGHTS
Variety, birds, butterflies, exotic ducks and geese

PLACES TO EAT/DRINK
There are no restaurants en route. Market Hill Café in Mono Mills

ENTRANCE FEE
n/a

GPS
TRAIL MARKER
Loop 17

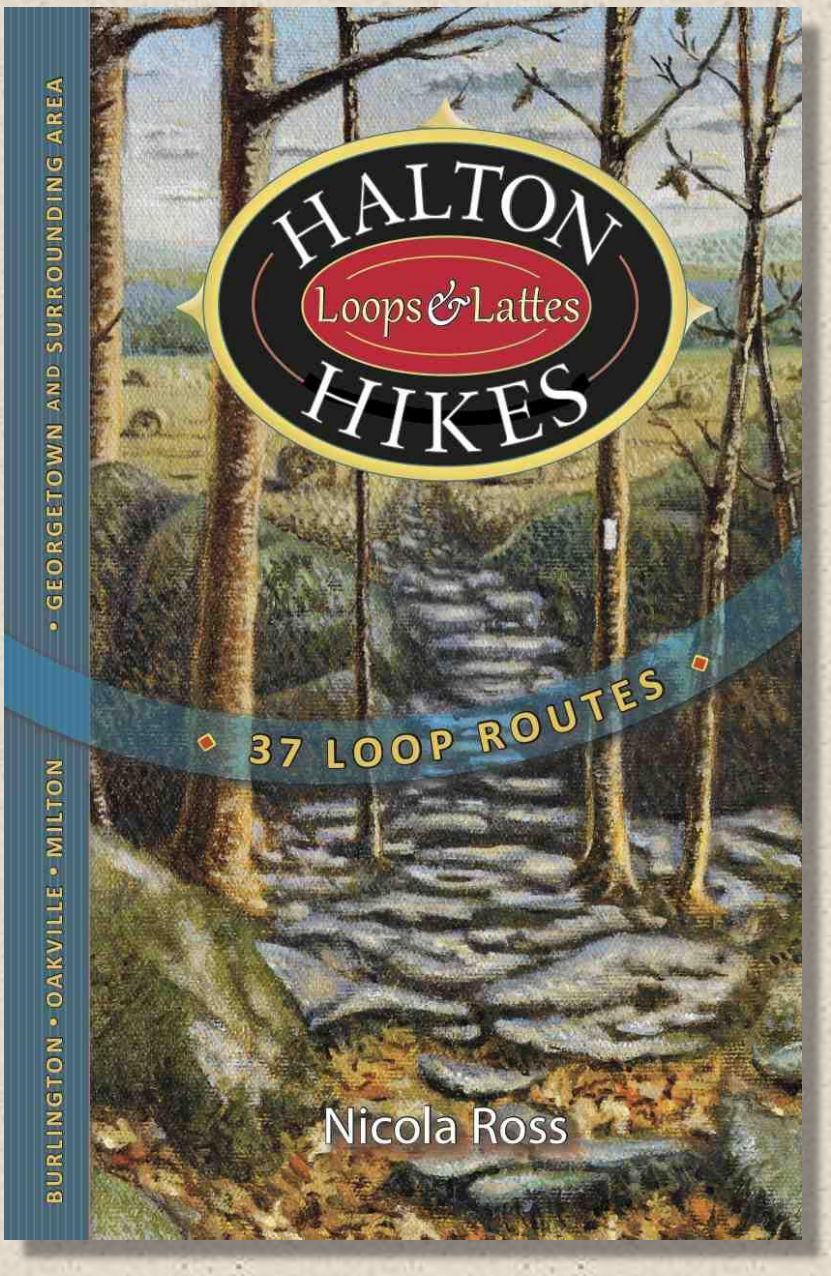






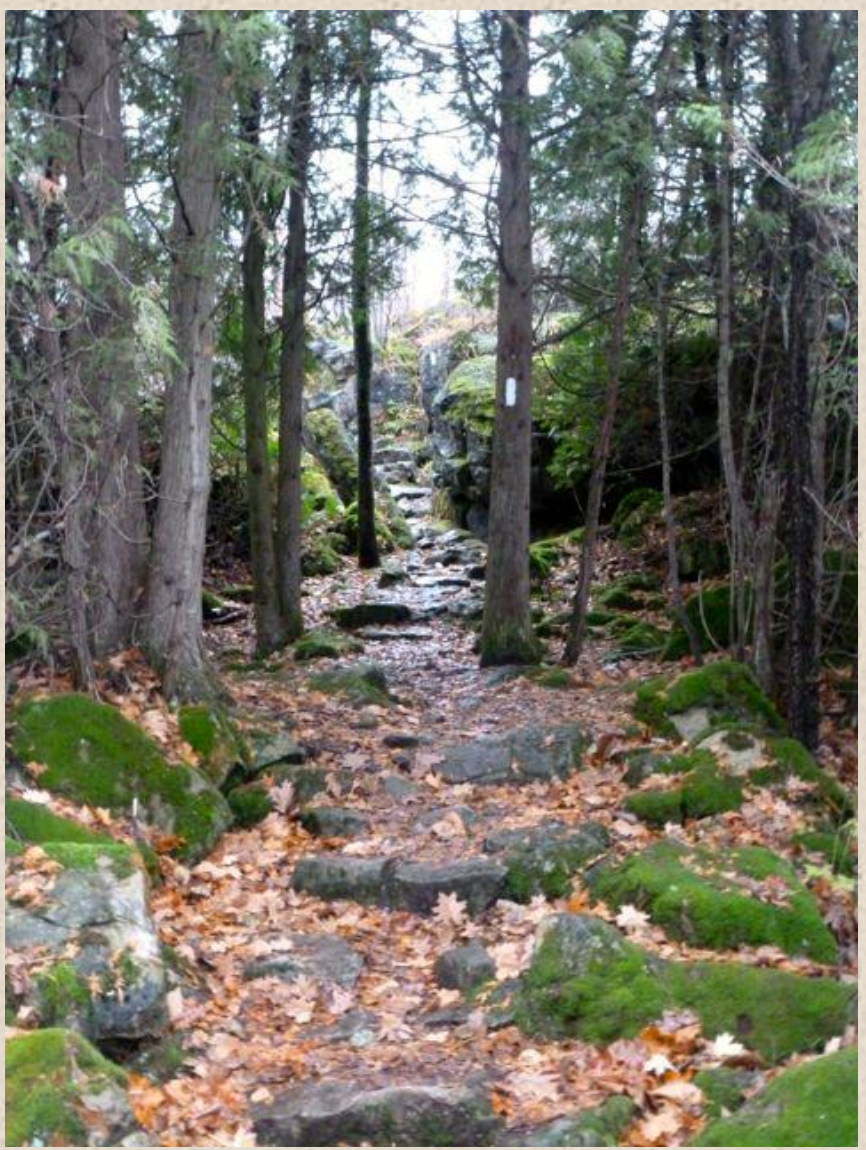


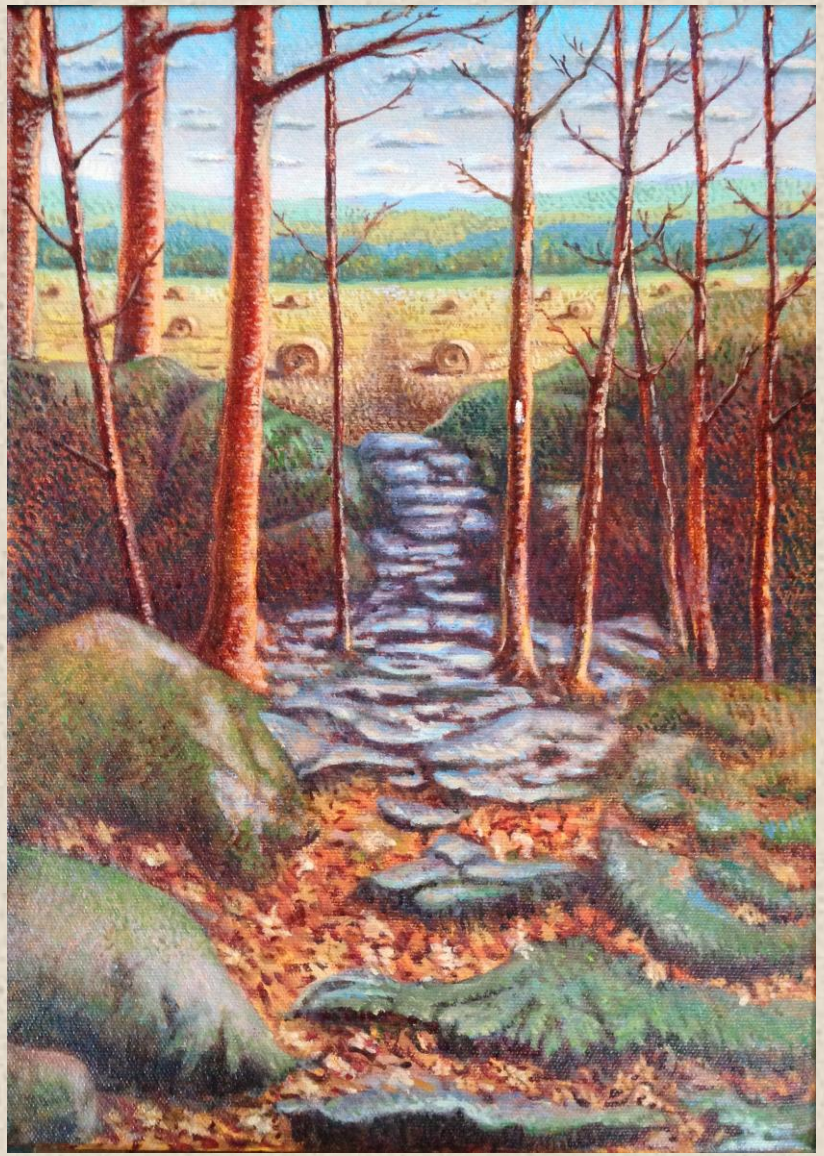


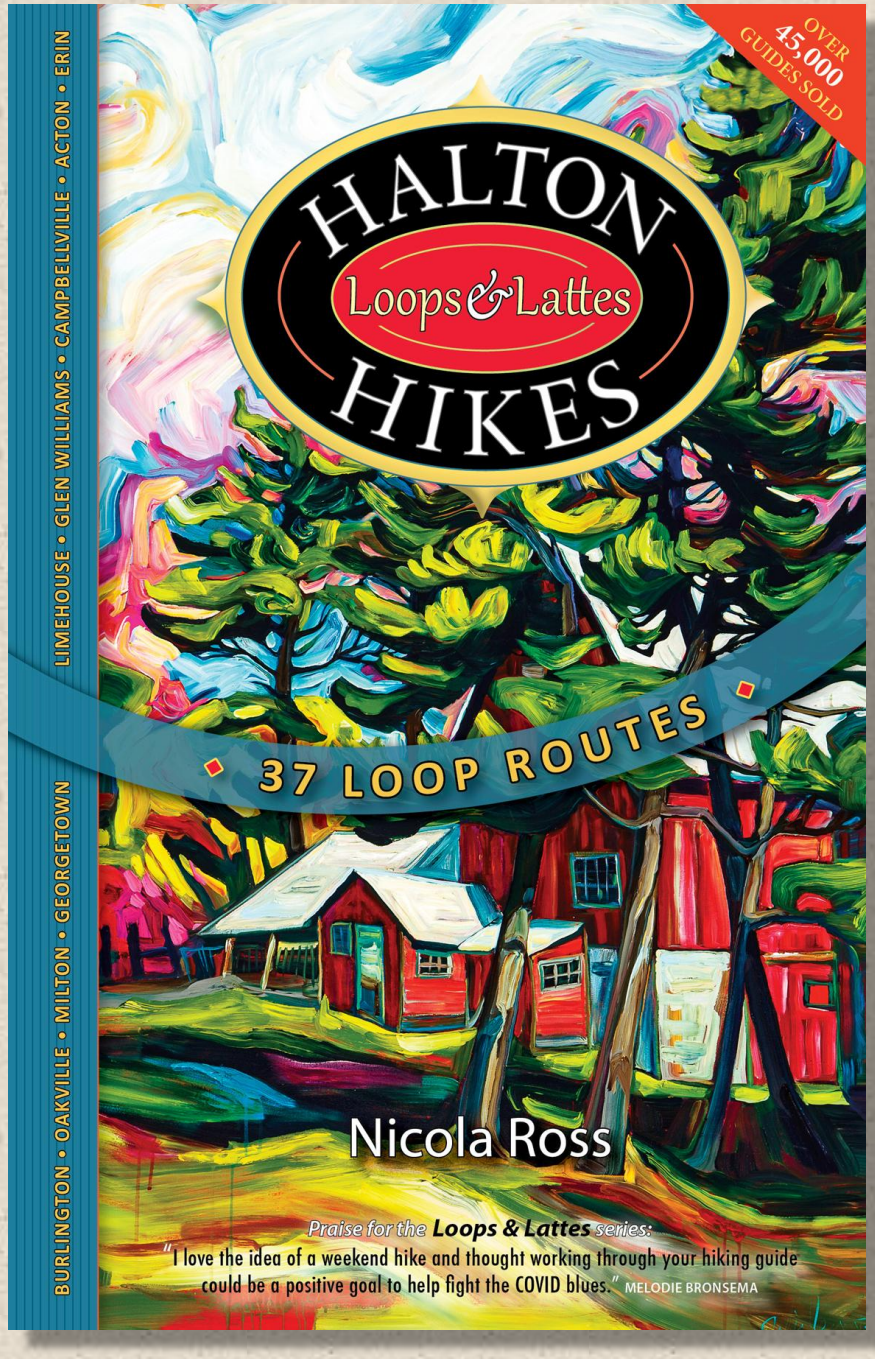


Halton Hikes: Loops & Lattes 2016

It's an unknown.






OVER 45,000 GUIDES SOLD
HALTON HIKES
Loops & Lattes
37 LOOP ROUTES
BURLINGTON • OAKVILLE • MILTON • GEORGETOWN
LIMEHOUSE • GLEN WILLIAMS • CAMPBELLVILLE • ACTON • ERIN
Nicola Ross
Praise for the Loops & Lattes series:
"I love the idea of a weekend hike and thought working through your hiking guide could be a positive goal to help fight the COVID blues." MELODIE BRONSEMA

2021

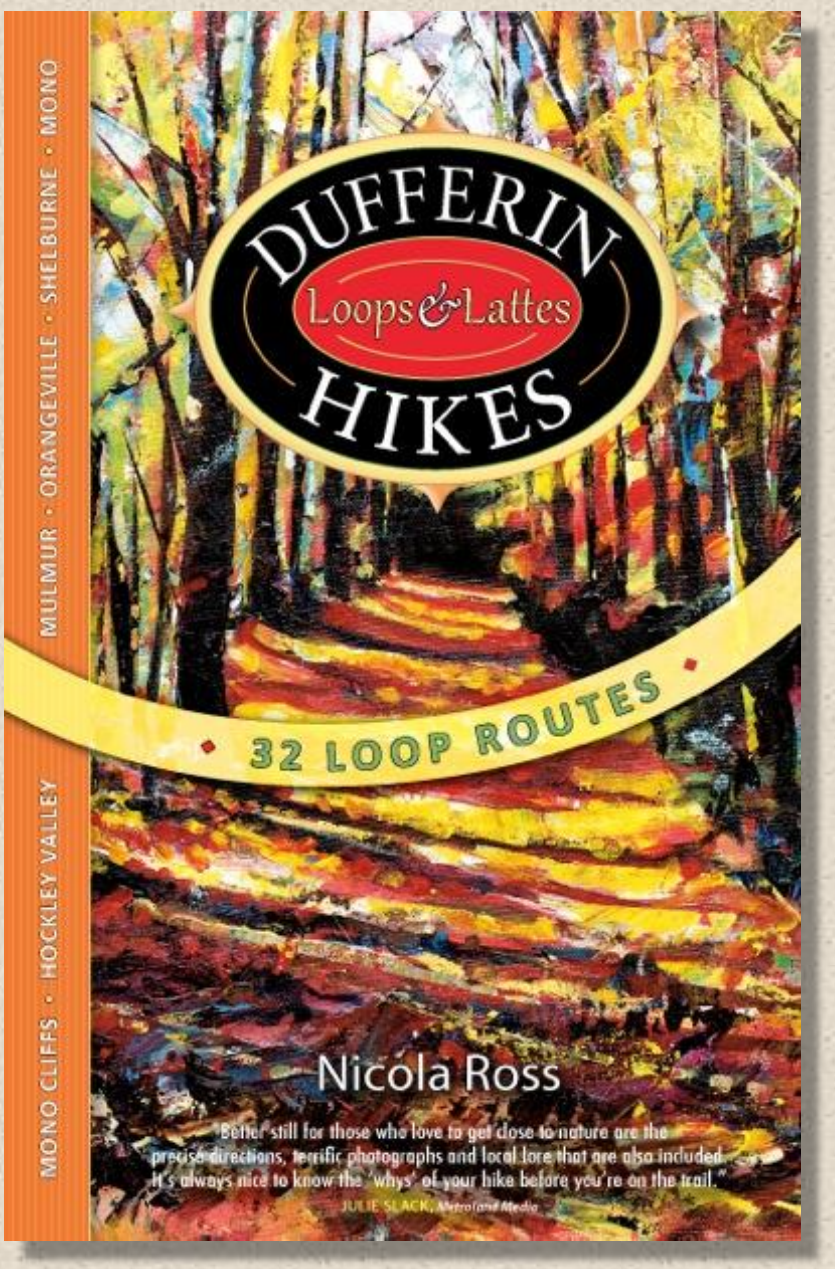

TRIBECA
COFFEE CO. | EST. 2016
homebody
174
OPEN
TRIBECA





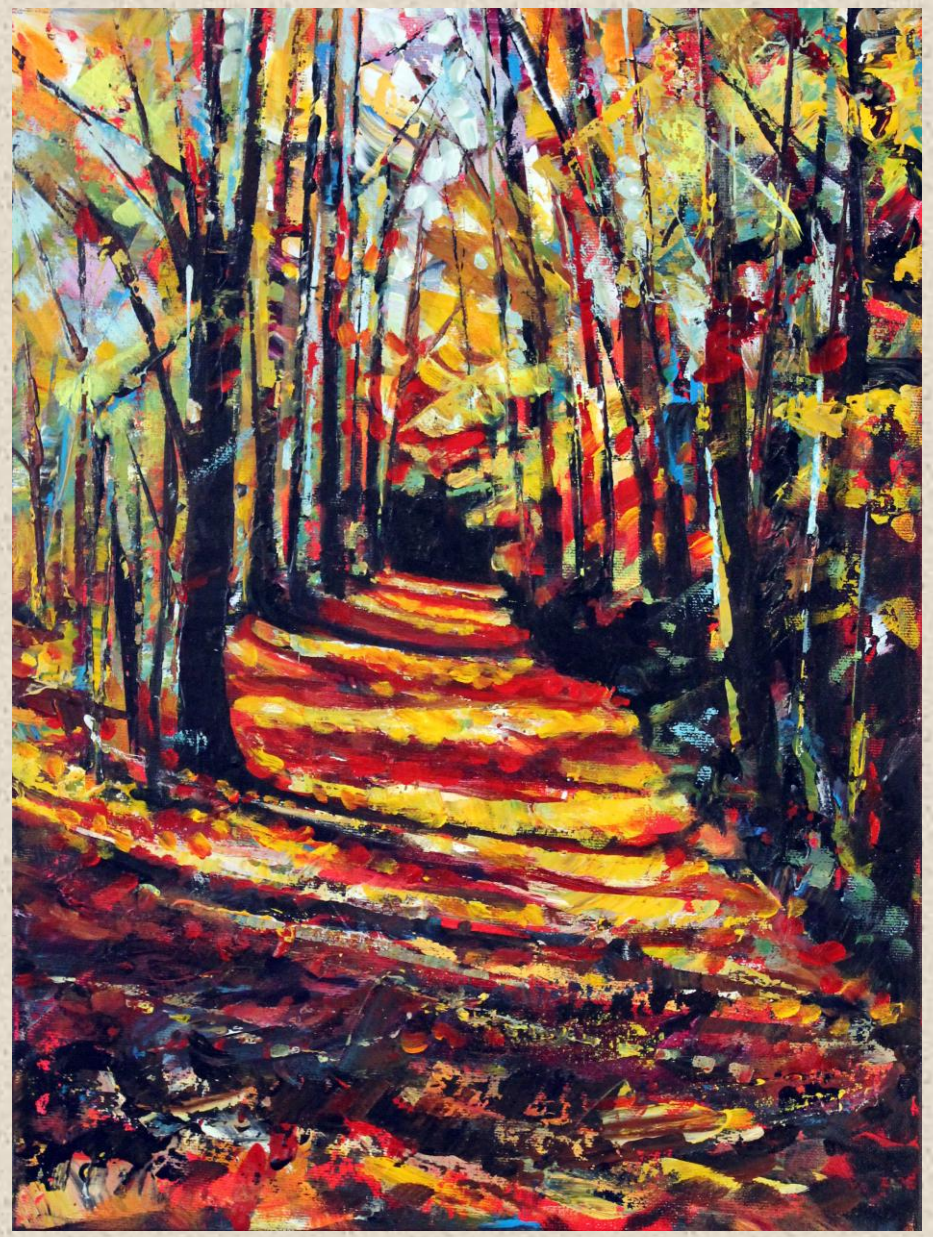


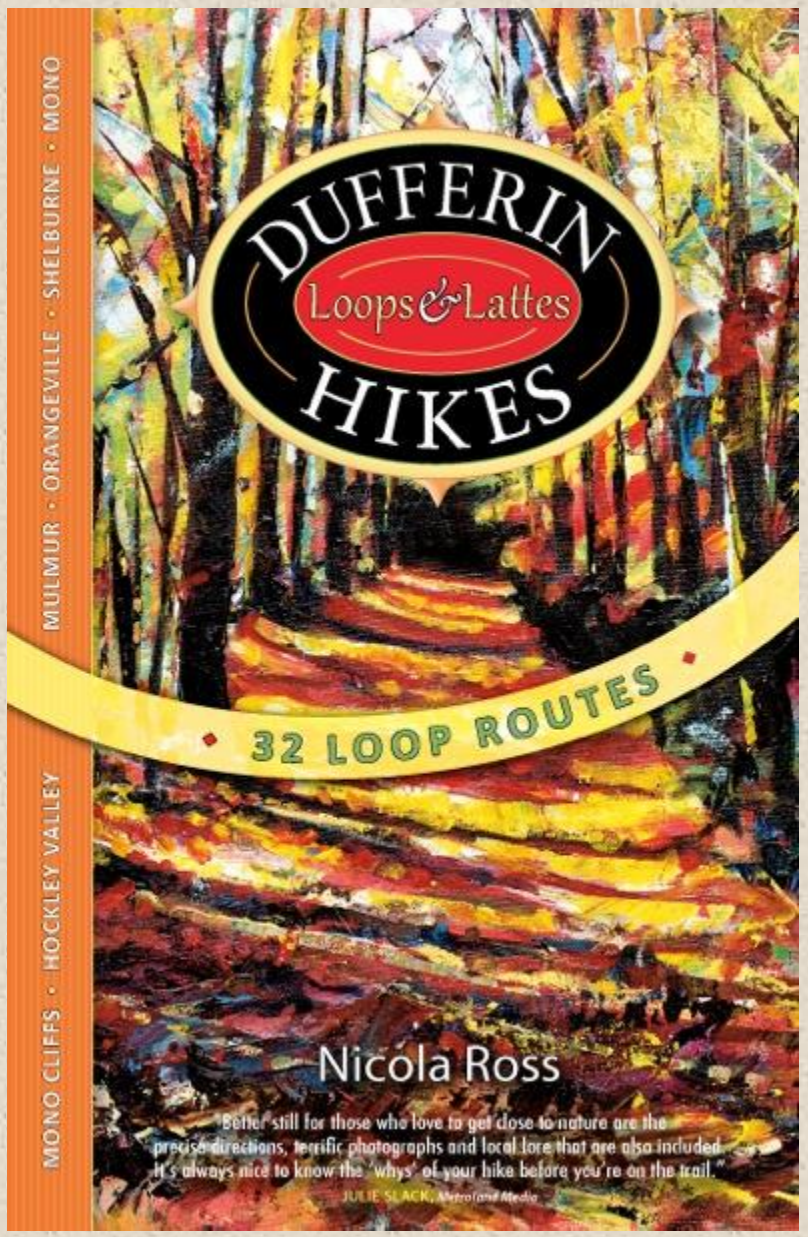




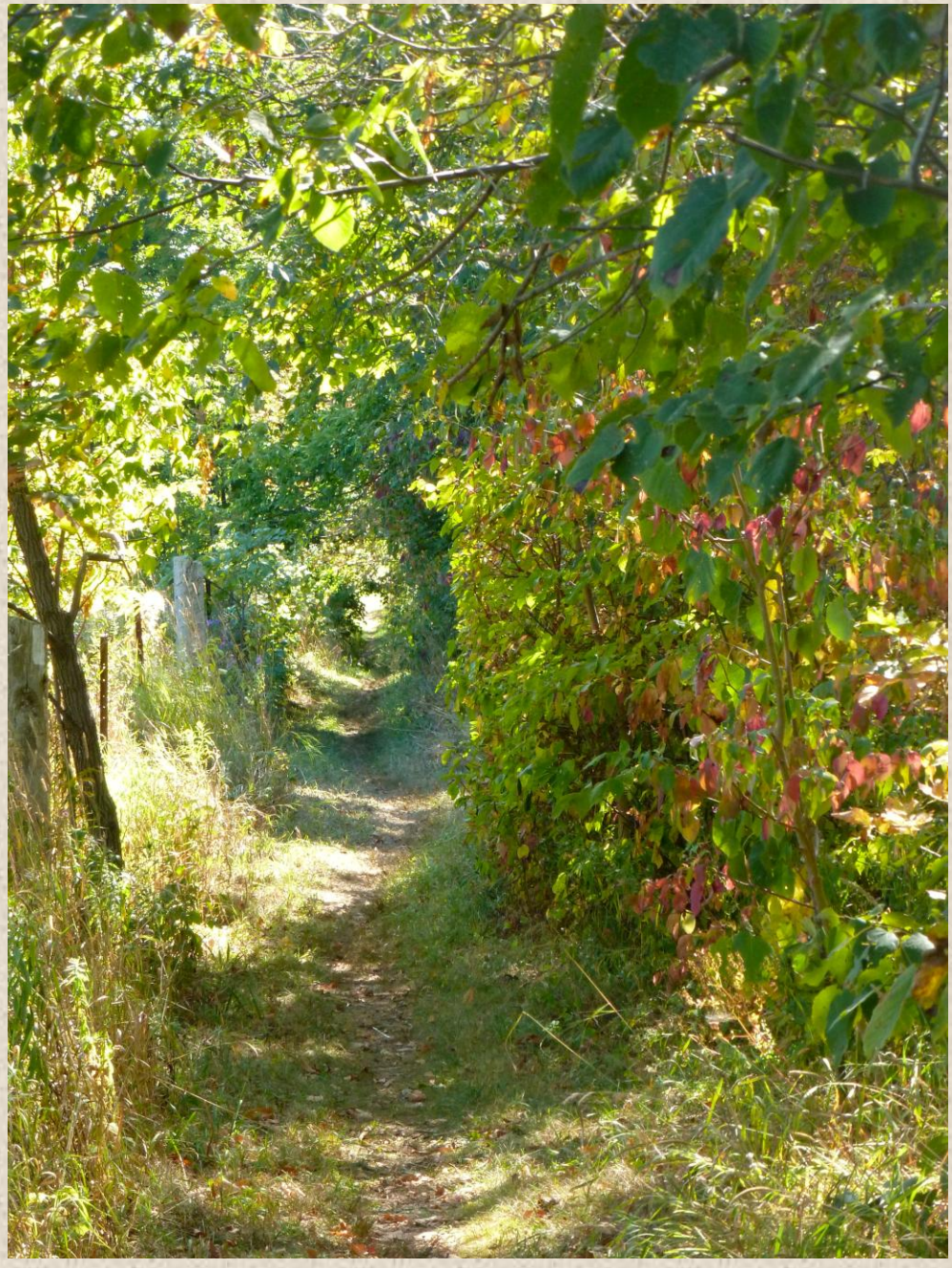
Dufferin Hikes: Loops & Lattes 2017

It's the wilderness.




DUFFERIN
Loops & Lattes
HIKES
MONO CLIFFS • HOCKLEY VALLEY
MULMUR • ORANGEVILLE • SHELBURNE • MONO
32 LOOP ROUTES
Nicola Ross
"Better still for those who love to get close to nature are the precise directions, terrific photographs and local lore that are also included. It's always nice to know the 'whys' of your hike before you're on the trail."
JULIE SLACK, Metroland Media

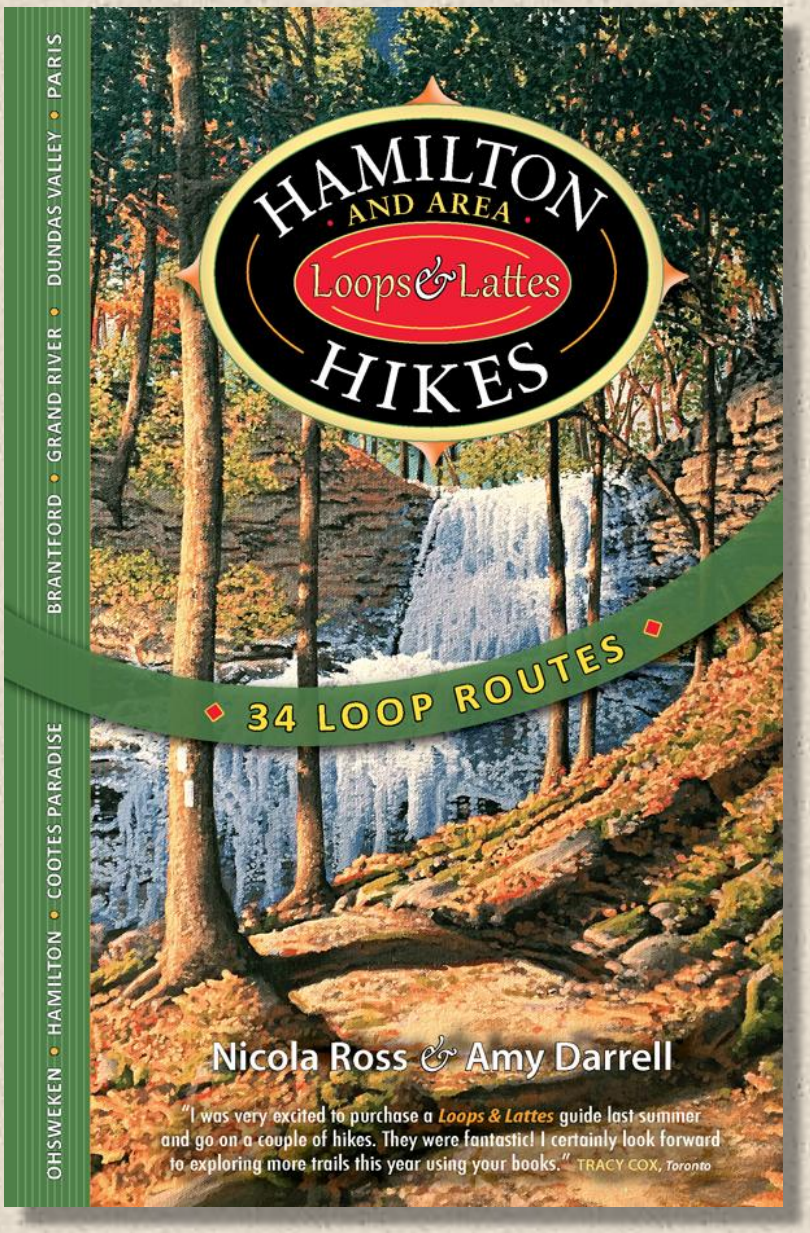












Hamilton and Area Hikes: Loops & Lattes 2018

Waterfall Mania & Paris



OHSWEKEN • HAMILTON • COOTES PARADISE • BRANTFORD • GRAND RIVER • DUNDAS VALLEY • PARIS

HAMILTON AND AREA HIKES

Loops & Lattes

34 LOOP ROUTES

Nicola Ross & Amy Darrell

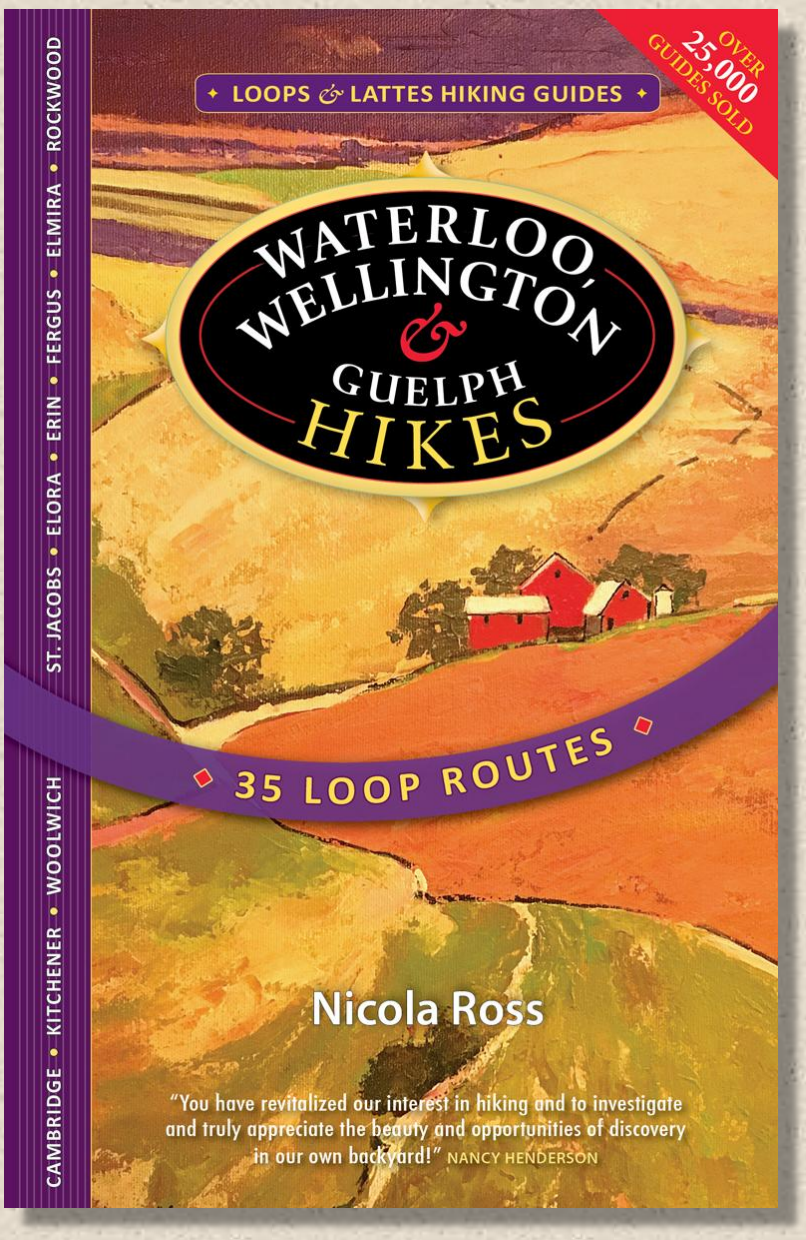
"I was very excited to purchase a *Loops & Lattes* guide last summer and go on a couple of hikes. They were fantastic! I certainly look forward to exploring more trails this year using your books." TRACY COX, *Toronto*









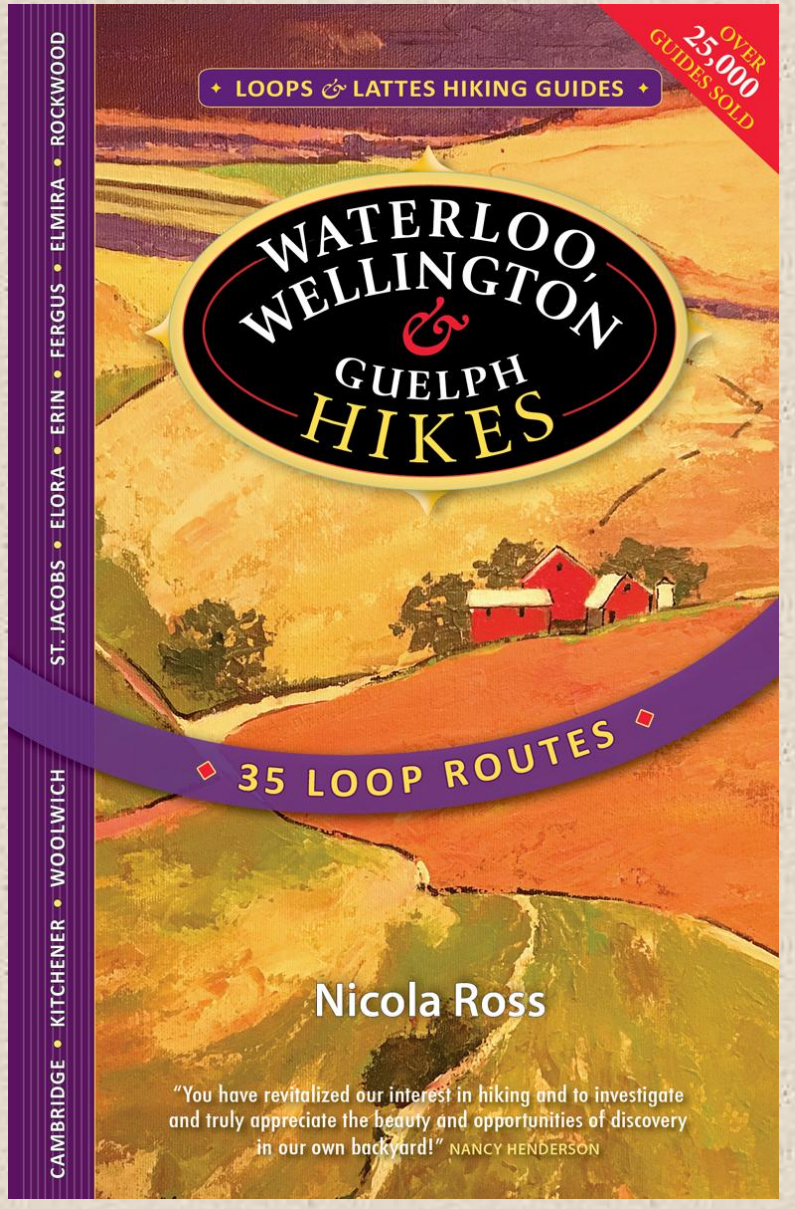


Waterloo, Wellington & Guelph Hikes: Loops & Lattes

2019

It's the Culture & the Après Hiking.

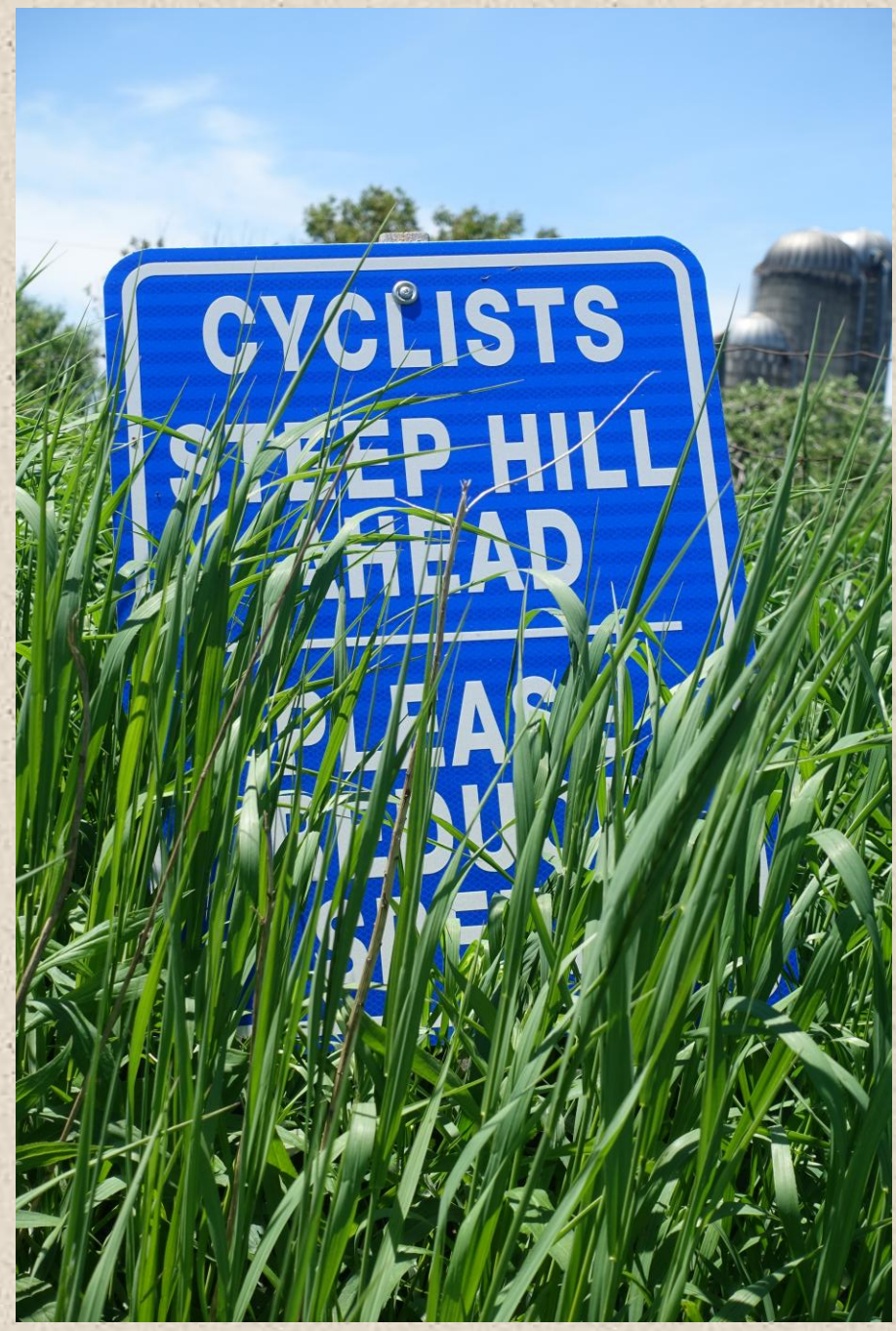



LOOPS & LATTES HIKING GUIDES
OVER 25,000 GUIDES SOLD
WATERLOO, WELLINGTON & GUELPH HIKES
CAMBRIDGE • KITCHENER • WOOLWICH • ST. JACOBS • ELORA • ERIN • FERGUS • ELMIRA • ROCKWOOD
35 LOOP ROUTES
Nicola Ross
"You have revitalized our interest in hiking and to investigate and truly appreciate the beauty and opportunities of discovery in our own backyard!" NANCY HENDERSON




6




CYCLISTS
STEEP HILL


© Anne Crowe





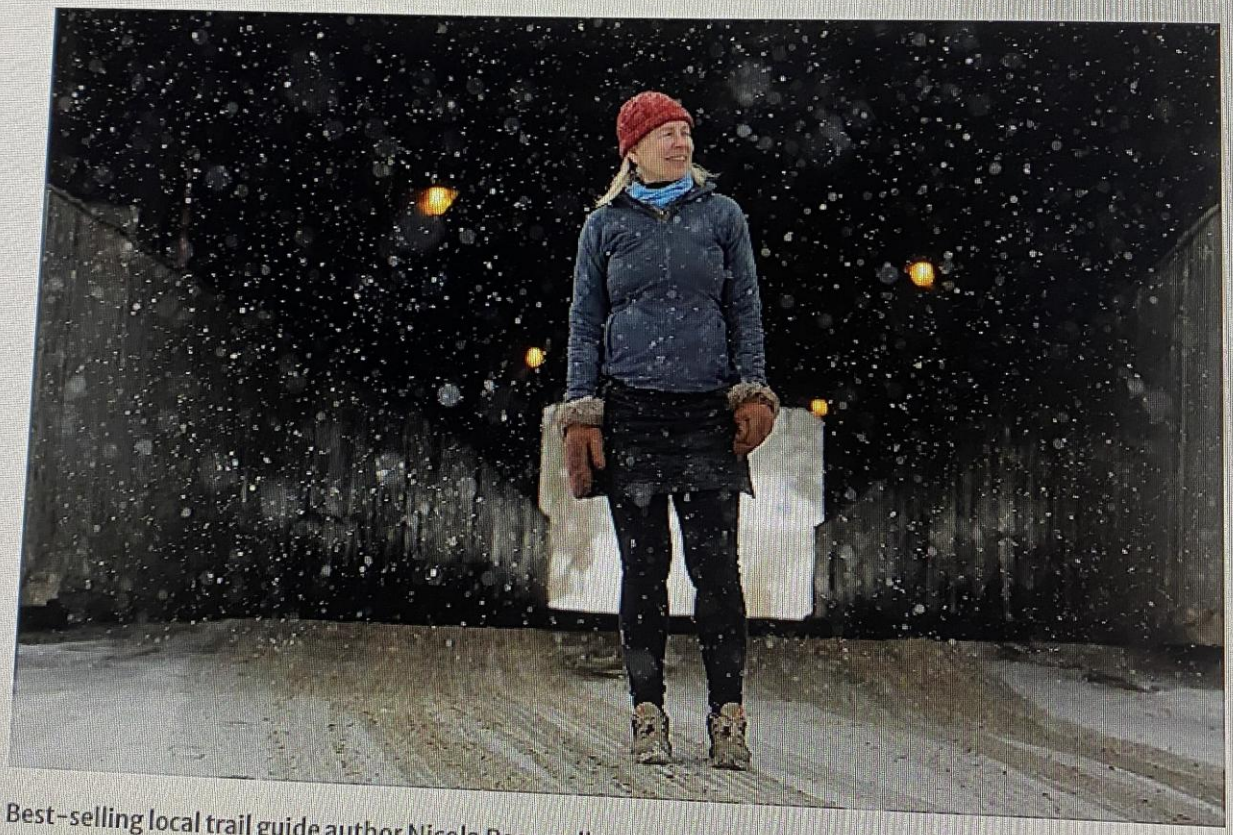

WERNER

WATERLOO REGION

Local hiking guide beats 'Harry Potter' to become indie bestseller

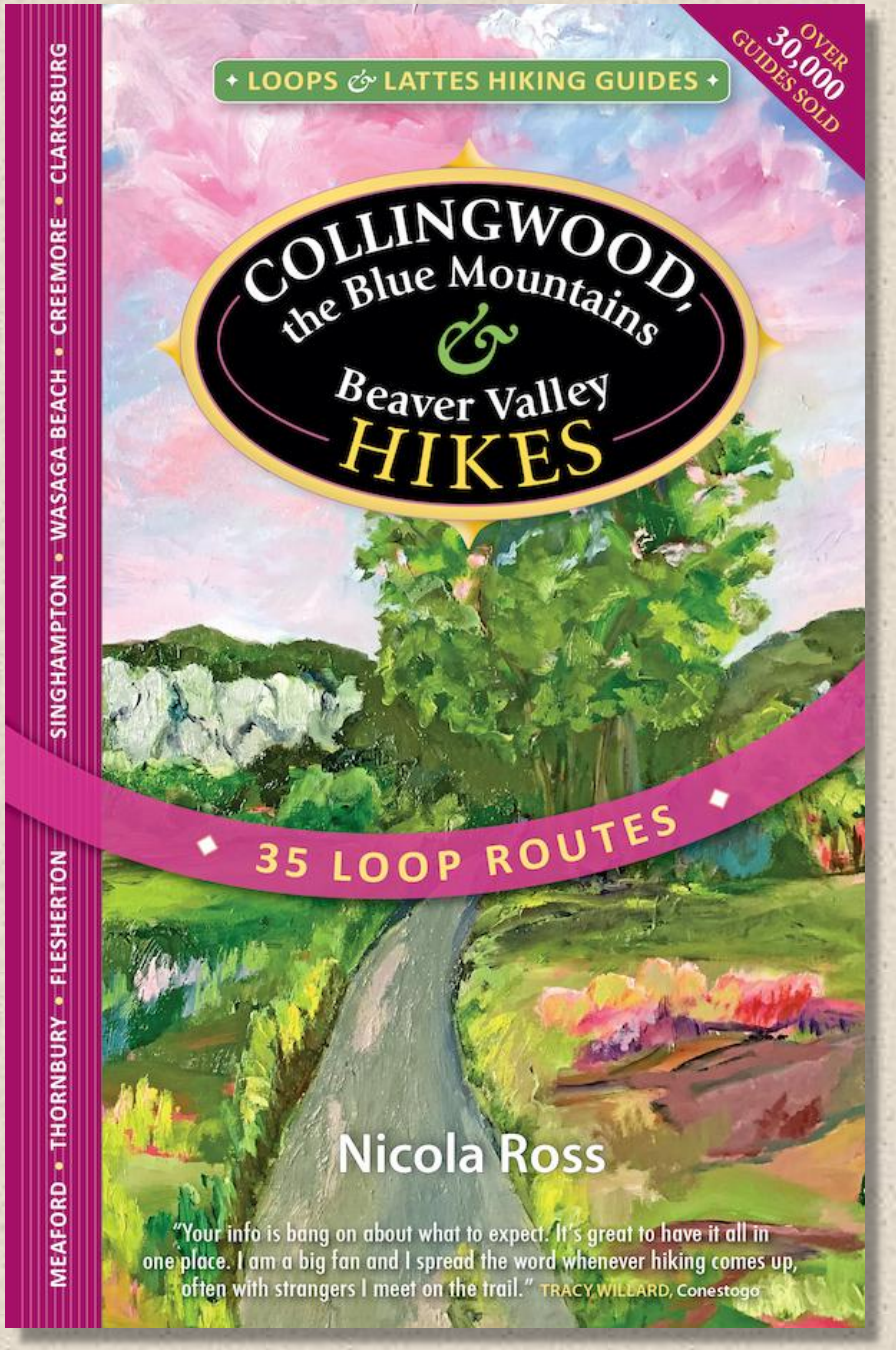
'This kind of bottom up doesn't happen anymore' — Grassroots guide has sold more copies at Words Worth than 'Fifty Shades of Grey,' 'The Girl with the Dragon Tattoo, 'The Hunger Games,' and more, to become store's all-time top seller

Jan. 29, 2022 | 4 min read



Best-selling local trail guide author Nicola Ross walks near the West Montrose bridge, Thursday.

Mathew McCarthy

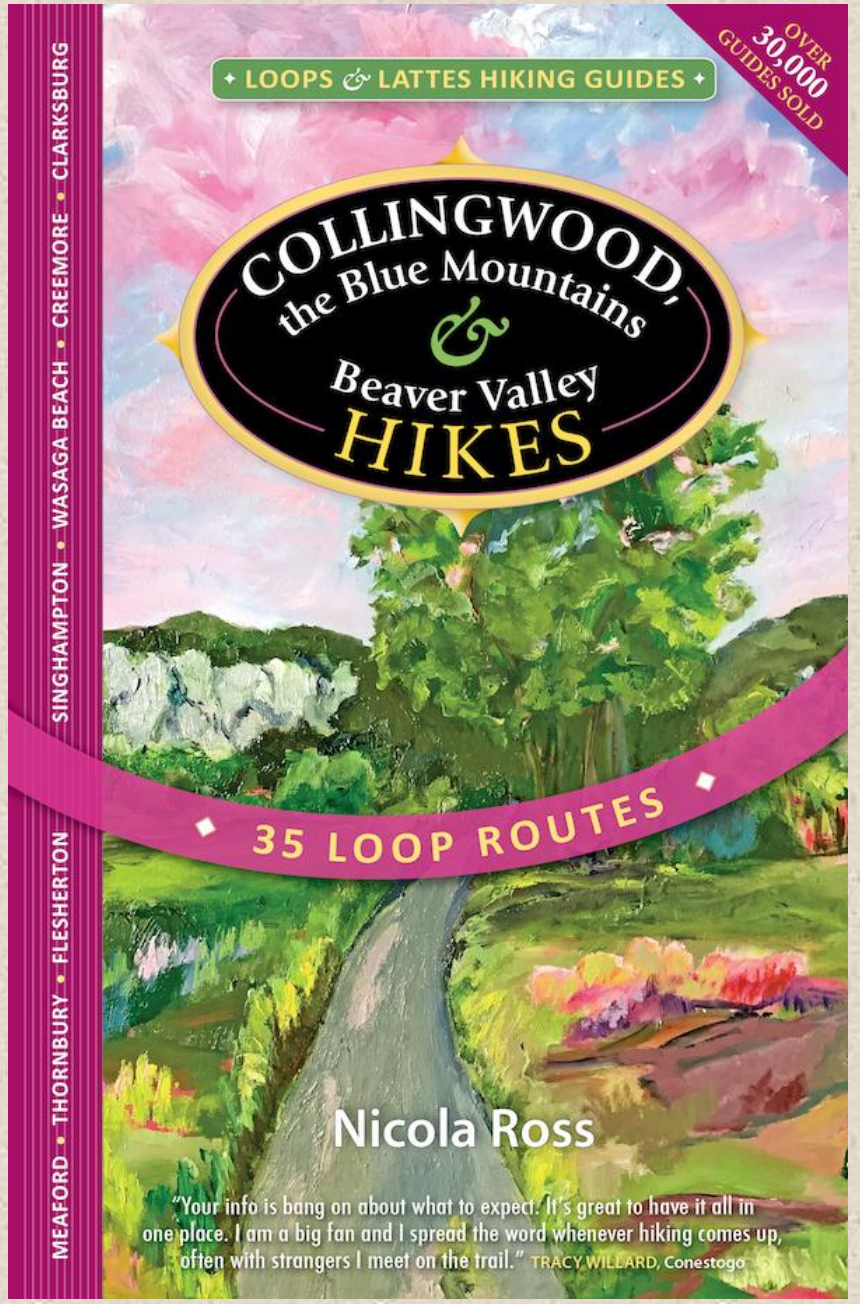


Collingwood, the Blue Mountains & Beaver Valley Hikes: Loops & Lattes

2020

The Pandemic.




LOOPS & LATTES HIKING GUIDES
OVER 30,000 GUIDES SOLD
COLLINGWOOD, the Blue Mountains & Beaver Valley HIKES
MEAFORD • THORNBURY • FLESHERTON
SINGHAMPTON • WASAGA BEACH • CREEMORE • CLARKSBURG
35 LOOP ROUTES
Nicola Ross
"Your info is bang on about what to expect. It's great to have it all in one place. I am a big fan and I spread the word whenever hiking comes up, often with strangers I meet on the trail." TRACY WILLARD, Conestogo


© Anne Crowe

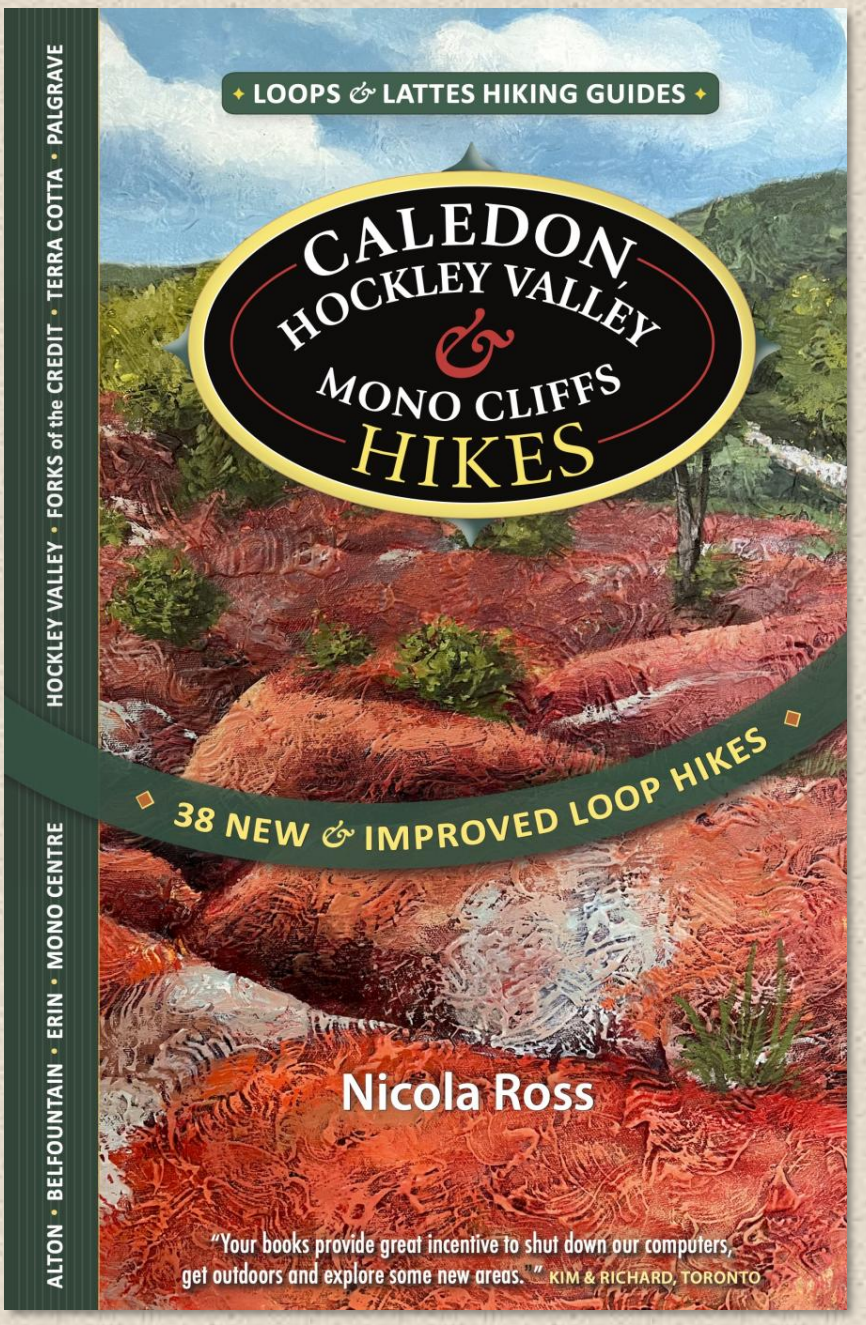





CF-GUP



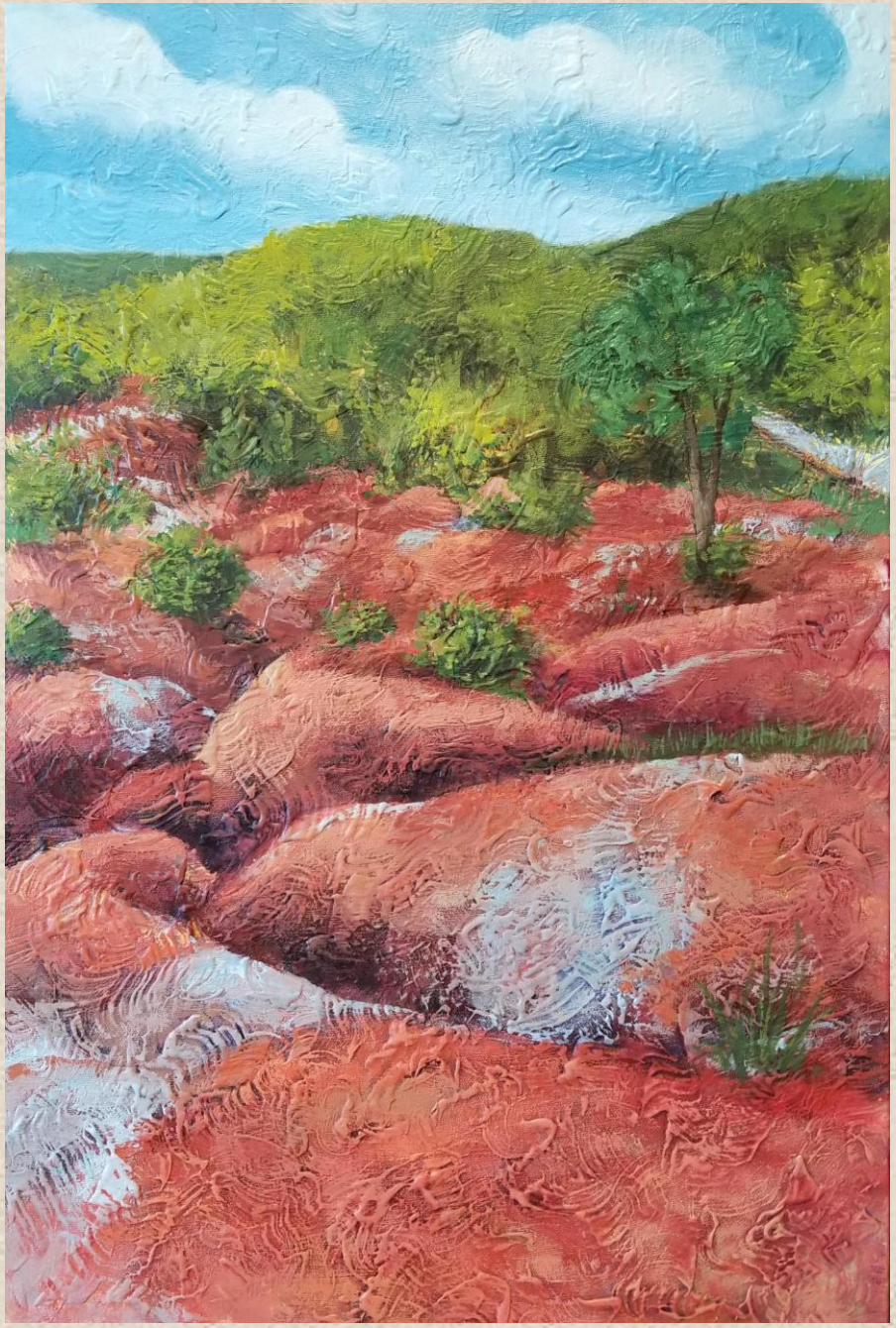




Caledon, Hockley Valley & Mono Cliffs Hikes: Loops & Lattes

2024

It's about staying current.



LOOPS & LATTES HIKING GUIDES

CALEDON, HOCKLEY VALLEY & MONO CLIFFS HIKES

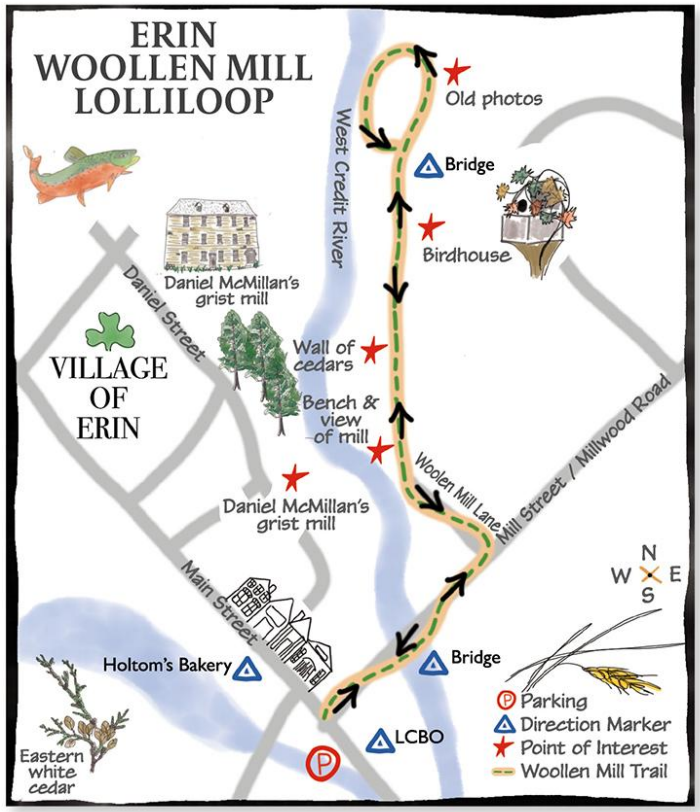
HOCKLEY VALLEY • FORKS of the CREDIT • TERRA COTTA • PALGRAVE

ALTON • BELFOUNTAIN • ERIN • MONO CENTRE

38 NEW & IMPROVED LOOP HIKES

Nicola Ross

"Your books provide great incentive to shut down our computers, get outdoors and explore some new areas." KIM & RICHARD, TORONTO



"I love Brussel sprouts," says Alex Strachan. He hesitates to admit it, but perhaps he loves the deep-fried Brussel sprouts at Erin's Busholme Inn the best!

Erin Woollen Mill LolliLoop

OVERVIEW

This park is so small and insignificant that Credit Valley Conservation, which owns and manages it, doesn't list it on its website. Which got me thinking: *Does Credit Valley Conservation still own this park?* So, I called and asked. The receptionist put me in touch with a young man. But he didn't know. He'd never heard of the Erin Woollen Mill Park. Which made me more certain that including a hike that is less than a kilometre long and has a total ascent of less than 100 metres was a good idea given its secretive nature!

Tucked within the village of Erin, this little loop isn't in Caledon, nor the Hockley Valley, nor Mono Cliffs Park, but I'm taking the liberty to include it because it's precious and because I love Holtom's Bakery, the Bistro DuPain and Brussel sprouts at the Busholme. But more than those eateries, I love the before-and-after photos that appear on plaques in Woollen Mill Park. So, if you are up for a short walk (you can extend it by parking on Erin's Main Street and walking from there to the trailhead) followed by some culinary delights, then give his little gem a go.

11

Insider Info

LENGTH 1.3 kilometres

LEVEL OF DIFFICULTY
Easy

LENGTH OF TIME
< 1 hour

ELEVATION GAIN
< 100 metres

% ON ROAD 43%

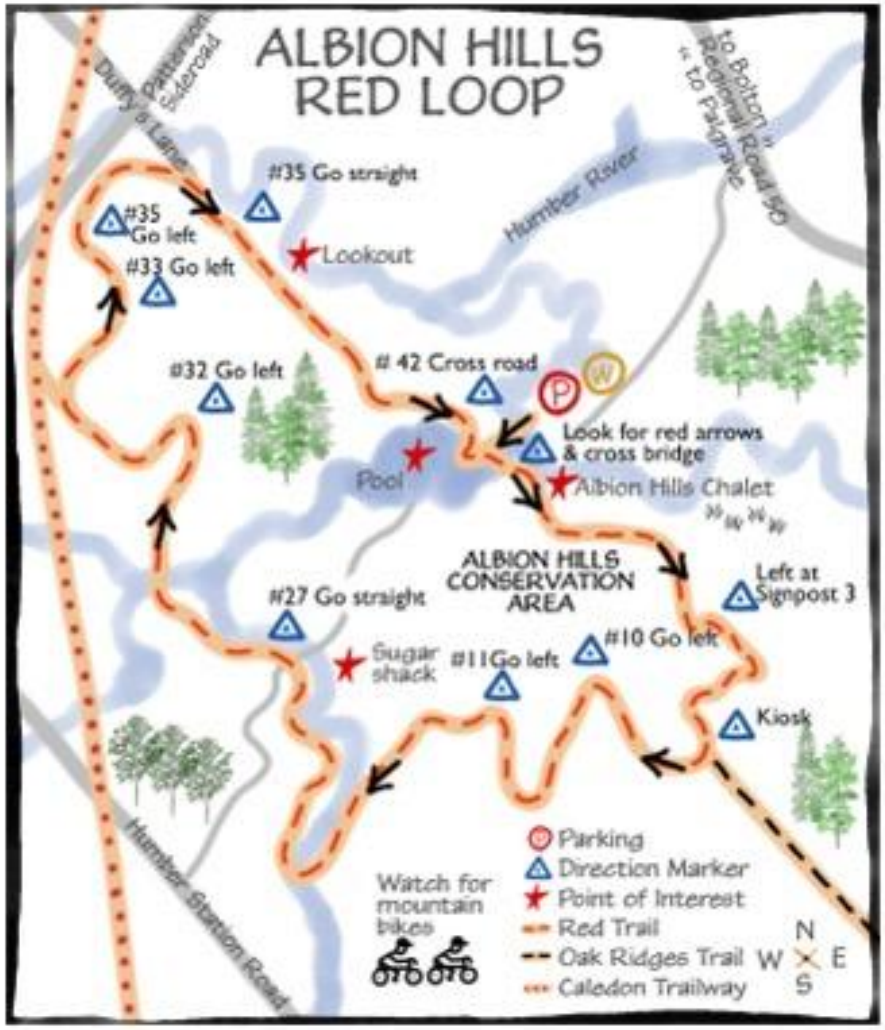
HIGHLIGHTS
Historical plaques, photo comparisons of then and now, West Credit River

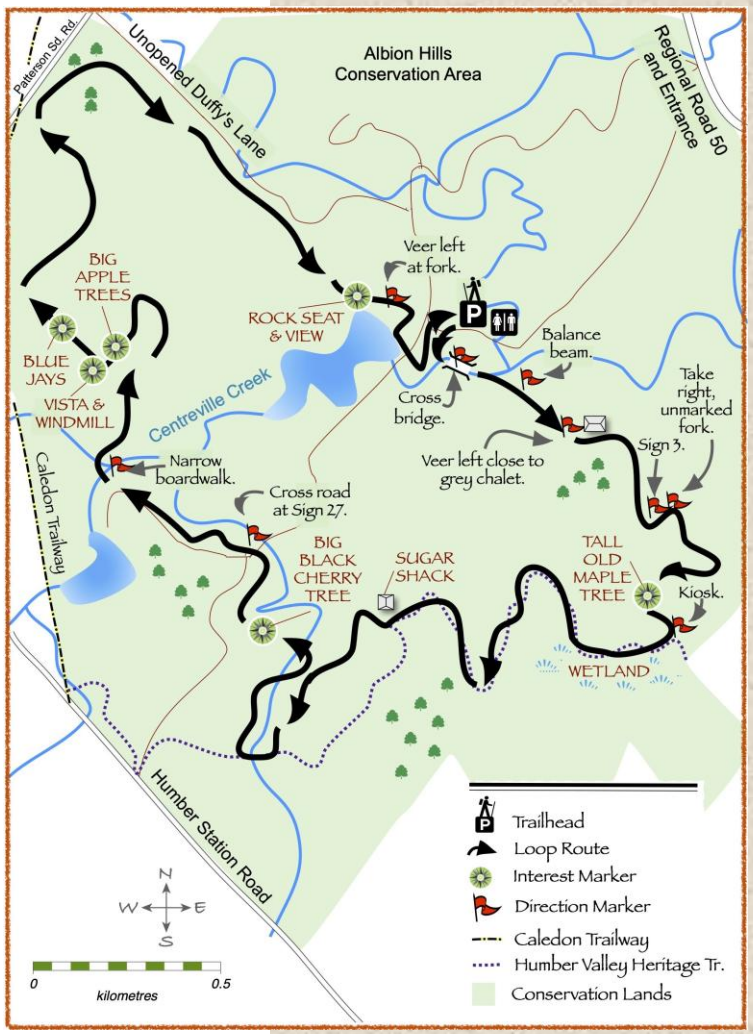
PLACES TO EAT/DRINK
In Erin: So many choices! Ice cream at Bailey's Ice Cream, the deep-fried Brussel sprouts on the deck at The Busholme, brownies at Holtom's Bakery or a grilled cheese at the Tin Roof Café. Then there are the raisin pinwheels at the Bistro DuPain. Another great option is the GoodLot Farmstead Brewing Co. on Shaw's Creek Road. Check for when they are open, but their beer garden is a delight with great food and beer.

ENTRANCE FEE n/a

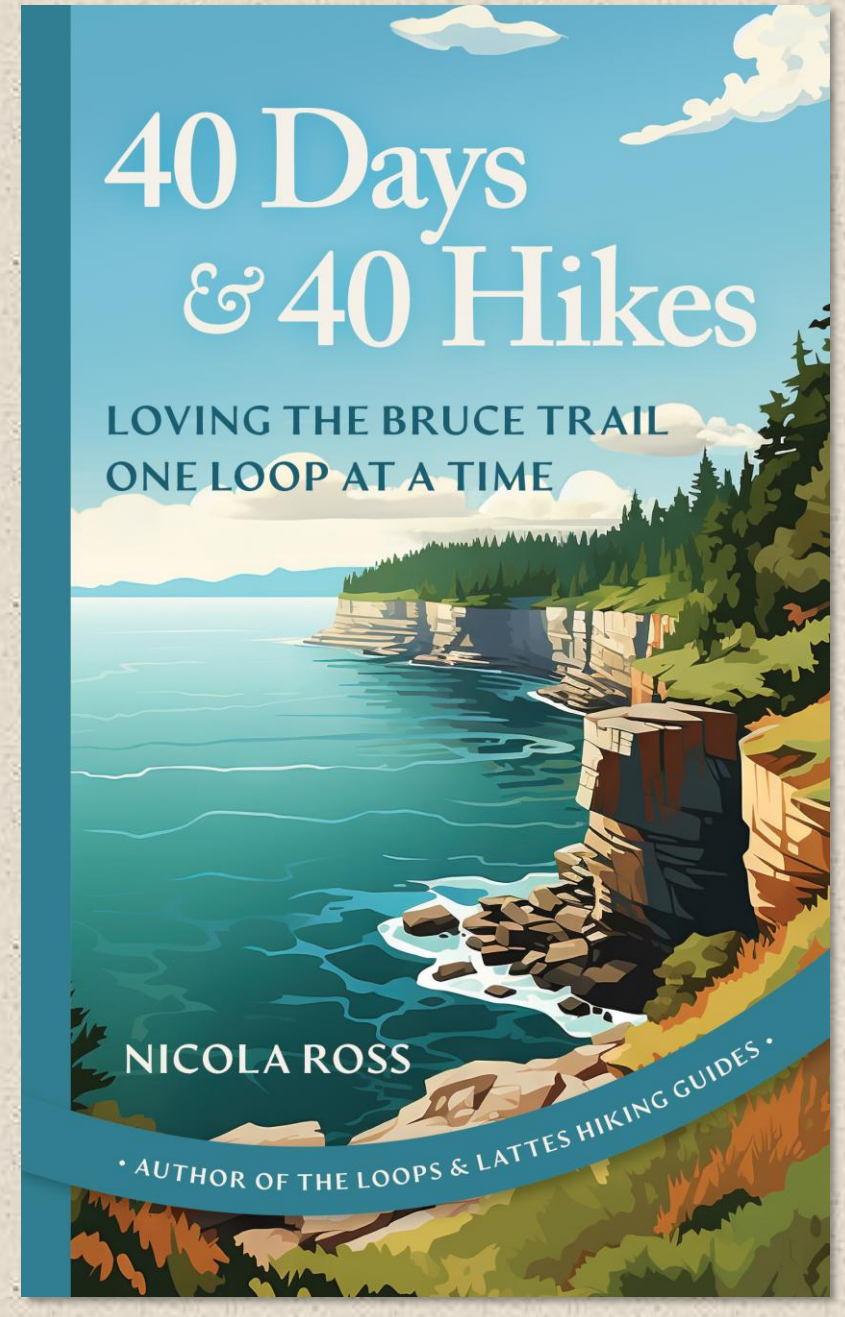
TRAILHEAD
N43° 46.114' W80° 03.703' / corner of Main Street & Mill Street (Millwood Road)

BRUCE TRAIL MAP n/a


ALBION HILLS
RED LOOP
Duffy's Lane
Patterson Sideroad
Humber River
to Bolton
Regional Road 50
to Palgrave
#35 Go straight
#35
Go left
#33 Go left
Lookout
#32 Go left
42 Cross road
Look for red arrows
& cross bridge
Pool
Albion Hills Chalet
ALBION HILLS
CONSERVATION
AREA
Left at
Signpost 3
#27 Go straight
Sugar
shack
#11Go left
#10 Go left
Kiosk
Humber Station Road
Watch for
mountain
bikes
Parking
Direction Marker
Point of Interest
Red Trail
Oak Ridges Trail
Caledon Trailway
N
W
E
S


Albion Hills
Conservation Area
Patterson Sd. Rd.
Unopened Duffy's Lane
Regional Road 50
and Entrance
Veer left
at fork.
BIG
APPLE
TREES
ROCK SEAT
& VIEW
Balance
beam.
BLUE
JAYS
VISTA &
WINDMILL
Centreville Creek
Cross
bridge.
Take
right,
unmarked
fork.
Sign 3.
Narrow
boardwalk.
Veer left close to
grey chalet.
Caledon Trailway
Cross road
at Sign 27.
BIG
BLACK
CHERRY
TREE
SUGAR
SHACK
TALL
OLD
MAPLE
TREE
Kiosk.
WETLAND
Humber Station Road
N
W
E
S
0
0.5
kilometres
Trailhead
Loop Route
Interest Marker
Direction Marker
Caledon Trailway
Humber Valley Heritage Tr.
Conservation Lands


Baby Grinch
Rose-breasted grosbeak
(Pheucticus ludovicianus)


40 Days
& 40 Hikes
LOVING THE BRUCE TRAIL
ONE LOOP AT A TIME
NICOLA ROSS
• AUTHOR OF THE LOOPS & LATTES HIKING GUIDES •







EAST COAST TRAIL

In 2024, the ECT comprised 270km of coastal paths and 66km of "Community Walks." The latter link the coastal paths, usually passing through small fishing villages. I avoided most community walks, as well the first 3 difficult hikes.

CONTENTS

	Km
About the ECT	
How I Did It	
ECT Paths	
Biscan Cove Path (+ return)	11.4
Stiles Cove Path	10.8
Pouch Cove	n/a
Father Troys Trail*	
Silver Mine Head Path*	12.9
Sugarloaf Path	8.8
St. John's	n/a
Deadmans Bay Path	10.5
Cape Spear Path	15.4
Motion Path	13.8
Spout Path	22.5
Mickeleens Path	9.2
Beaches Path	7.1
Tinkers Cove Path	11.0
La Manche Village Path	7.9
Flamber Head Path	14.2
Brigus Head Path	6.4
Cape Broyle Head Path	20.1
Caplin Bay Path	5.6
Spurwink Island Path	21.4
Bear Cove Point Path	11.9
Island Meadow Path	10.0
Accommodations & Transportation	
Resources	
About the Author	
ECT Restaurants & Inns	
Total	230.9
Average	12.2

*Two combined hikes

2025

The East Coast Trail



An Illustrated Field Journal

NICOLA ROSS



Stage 6 / August 27, 2023
Innerfragant to Mallnitz

22.1km / 8h 12min
▲1473m / ▼985m



It was a long one, but I was helped out by 4 German men. First by Dieter and his friends who escorted me up a very steep section. Then handsome Martin who I walked with from a high point down to Bimmelbaver where my trio of escorts joined us for lunch. So civilized!



I tried kasnudeln, not to be confused with knodel, which are like dumplings. Kasnudeln is more like an empanada and is unique to Carinthia. Beautiful and yummy.

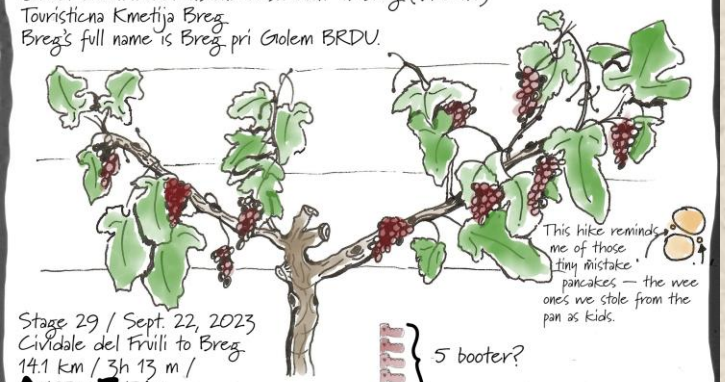
I was proud that I took the transport from Flattach back to Innerfragant + walked the 8k from where I'd left Olav + Katja. Funny that my German escorts took the bus to Innerfragant where they had stayed to Flattach.

A long slog in parts, but otherwise a lovely route. Though a lot of cutting across steep slopes.

My hotel, see my sketch, was beautiful but a bit dull and a long way from Mallnitz, which is a busy ski town.

11

Great accommodations and restaurant in Breg (Slovenia)
Touristicna Kmetija Breg
Breg's full name is Breg pri Golem BRDU.



This hike reminds me of those "tiny mistake" pancakes — the wee ones we stole from the pan as kids.

Stage 29 / Sept. 22, 2023
Cividale del Friuli to Breg
14.1 km / 3h 13 m /
▲193m ▼136m

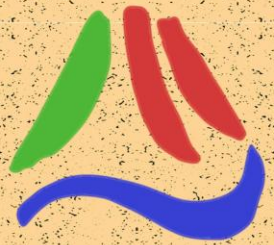
5 booter?

Now for something different! Not only am I down on flat(er) land, but the route today was only 14km. A walk in the park. I wasn't bushed when I arrived in Breg — heck I hadn't broken a sweat. Had this route not had so many miles along paved roads — mind you they were tiny roads with no traffic —

42

I would have awarded it 5 boots. The grapes were abundant beyond belief; I saw palm trees and passionfriut. When I wanted to stop for a break what was right there but an old outdoor bar with stools. The cypress trees have appeared too. Rows of grapes, vineyards & cypress. At the end, I left Italy for Slovenia.

Hiking the Alpe Adria Trail



Austria / Slovenia / Italy

Nicola Ross



