

Ontario hiker Doug Sloan walks 40,000km - setting a new record for Bruce

Trail end-to-ends

Toronto, July 18, 2015 – Ontario hiker Doug Sloan has set a new record by completing the entire 890km Bruce Trail not once but 50 times. He completed his first end-to-end back in September 1992 and celebrated by taking out a lifetime membership with the Bruce Trail Conservancy. Today sees him complete a hiking journey of some 40,000km, which is the equivalent of circumnavigating the globe on foot.

Doug started his journey in April 1992, by resolving to complete the nine 25th Anniversary hikes offered by the Bruce Trail Association (now Bruce Trail Conservancy), doing one per week, in expectation of earning a badge for completing all of them. However, an ice-storm prevented him from completing the third 25km hike of the series so he turned his attention to the Niagara, Blue Mountain and Sydenham Club end-to-ends instead. His first Bruce Trail end-to-end was completed that Labour Day but it would be another two years before he would complete his second one.

Hiking the entire Bruce Trail - 50 times over!

“When I first joined the Bruce Trail Conservancy I had little thought of completing end-to-ends so the thought of doing it 50 times over was never my goal. Hiking for me is a pleasurable and often exhilarating activity. The people I have met on the Trail over the years shared my love for nature and the outdoors and I made new friends and saw new places every week. I soon decided that this was an activity that I wanted to continue doing as long as I was able to walk,” Doug explains.

Getting stronger with each outing and wanting to challenge himself with longer, harder and faster hikes, Doug began doing all of the Club end-to-ends and entering into the often competitive spirit that went along with them. Finishing the length of the entire main Bruce Trail

– the now 890km continuous footpath from Niagara to Tobermory - became incidental to seeing how hard he could push himself and Doug was soon completing hikes that were up to 82km and 90km long.

Doug's 'double-double'

In May 2005, Doug came back from spending nine weeks hiking in New Zealand to read that two trail runners were planning to run the entire Bruce Trail in 15 days that coming September. This spurred Doug to see how fast he could do the Trail in continuous hiking and he finished a double traverse in 31 days whilst recovering from a car-door-slam injury to one shin. He rested eight days and then did a second double traverse in 29 days. This he describes as his “double-double,” adding four end-to-ends to defend the credibility of hikers versus trail runners.

Doug soon found himself passing the record of 37 Bruce Trail end-to-ends set by his mentor and role model Nick Ebner before he died.

“I then started to ask myself how many I would finish before quitting. I still did not have a specified goal but 50 end-to-ends seemed like a good place to stop recording my efforts and consider myself retired. The Bruce Trail is infinitely varied and I doubt that I will ever quit hiking it until they tie me into a wheelchair.” Doug adds.

Doug is a committed Bruce Trail Conservancy member, hike leader, trail captain, and regular donor, and an all-round inspiration as a Bruce Trail hiker.

About The Bruce Trail Conservancy

The Bruce Trail Conservancy is a charitable organization committed to establishing a conservation corridor containing a public footpath along the Niagara Escarpment, in order to protect its natural ecosystems and to promote environmentally responsible public access to this UNESCO World Biosphere Reserve.

The Conservancy is made up of nine member clubs, each responsible for maintaining a section of the trail from 50km to about 170km long.

[www.brucetrail.org](http://www.brucetrail.org)

What is an end-to-end?

An end-to-end is the completion of the entire main Bruce Trail (currently some 890km) on foot.

It can be done in continuous hiking or over several years depending on how an individual would like to approach it.

To learn more visit: [www.brucetrail.org/pages/end-to-ends](http://www.brucetrail.org/pages/end-to-ends)

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