

# Saturday Morning Walks

## Summer / Fall 2018 Schedule

Brought to you by  
**Thames Valley Trail Association**



**Come Hike With Us!**

**Walks begin at 9 am  
Please arrive 15 minutes early  
to sign in**

For more information see the  
Thames Valley Trail Association (TVTA)  
web-site

[www.tvta.ca](http://www.tvta.ca)

or contact the TVTA  
Saturday Morning Walk Volunteer  
John Clark at (519) 641-0442

Look for the TVTA on Facebook and  
Twitter



For more details of meeting places see  
maps on  
[www.tvta.ca](http://www.tvta.ca)

▲ = Hilly trail

Nov. 24 **Springbank Park West**  
1205 Commissioners Rd W  
West end parking lot

Dec. 1 **Euston Park** ▲  
**\*NEW\* meeting spot**  
Park in the lot at  
Southcrest pool  
10 Hazelwood Ave.

Dec. 8 **Gibbons Park**  
Car park at the west end of  
Victoria St

Dec. 15 **Medway Valley** ▲  
East end of  
Gainsborough Rd  
East of Wonderland Rd

Dec. 22 **Sifton Bog Natural Area** ▲  
Hazelden Park  
on the west side of  
Hyde Park Rd  
north of Riverside Dr

Dec. 29 **Thames River  
North Branch**  
North London Athletic Fields  
1225 Adelaide St N  
at Kipps Lane  
First car park on right

▲ = Hilly trail

## Saturday Morning Walks Summer / Fall 2018 Schedule

Each walk will begin at 9:00 a.m. from the meeting place listed and will take approximately **one hour**. All walks are free. Come on out and enjoy walking the beautiful trails and parks within the City of London.

Families with children are welcome. Please note that most of the trails are too rugged for strollers, though. Trails marked with a ▲ indicate they are **quite hilly**. Wear good boots as there may be mud, roots or rocks. Please leave dogs at home. For more information call John Clark at (519) 641-0442.

Walking can be an enjoyable way to add some physical activity to your day.

Benefits of walking include:

- Better health
- Weight control
- Feeling more energetic
- Stronger muscles and bones
- Improved fitness
- Relaxation and reduced stress
- Improved posture and balance
- Improved sleep
- Discovering local trails

Walking is a natural way to stay active and best of all – it feels great! If you have not been active recently talk to your doctor before starting a new physical activity program.

Jul. 7 **Kains Woods ▲**  
Meet at corner of Kains Rd  
and Westdel Bourne  
Park on north end of Westdel  
Bourne (north of Oxford)

Jul. 14 **Cavendish Trail**  
West Lions Park  
20 Granville St  
behind Kinsmen Arena

Jul. 21 **Westminster Ponds ▲**  
Behind the Information Centre  
696 Wellington Rd

Jul. 28 **Fox Hollow ▲**  
Jaycee Park  
1830 Aldersbrook Rd  
East of Aldersbrook Gate

Aug. 4 **The Coves**  
Greenway Park  
50 Greenside Ave  
First car park on right

Aug. 11 **Kiwanis Park**  
Car park behind mall  
1551 Dundas St E  
at First St

Aug. 18 **Kilally Meadows**  
East end of Windermere Rd  
East of Adelaide St

▲ = Hilly trail

Aug. 25 **Thames River  
South Branch**  
Chelsea Green Park  
1 Adelaide St S

Sep. 1 **Thames River  
South Branch Park East  
End ▲**  
Behind Pottersburg Pollution  
Control Plant  
1141 Hamilton Rd  
at Gore Rd

Sep. 8 **Elsie Perrin  
Williams Estate ▲**  
101 Windermere Rd  
West of Western Rd

Sep. 15 **Warbler Woods ▲**  
Car park on  
Commissioners Rd W, Byron  
South of Oxford St

Sep. 22 **Springbank Park East**  
Springbank Gardens  
205 Wonderland Rd S  
Lower car park

Sep. 29 **Highland Woods**  
Basil Grover Park  
555 Wharncliffe Rd S

Oct. 6 **Attawandaron Trail ▲**  
Jaycee Park  
1830 Aldersbrook Rd  
East of Aldersbrook Gate

▲ = Hilly trail

Oct. 13 **Talbot Village Wetland**  
Meet in the SW corner of the  
parking lot at Colonel Talbot  
and Southdale  
3030 Colonel Talbot

Oct. 20 **Medway Creek ▲**  
Springett Lot car park  
from Western Road:  
*going north* - turn west/left at first  
stop light past Brescia College  
entrance.  
*going south* - turn west/right at stop  
light immediately past  
Huron College.

Oct. 27 **Meadowlily Woods ▲**  
City Wide Sports Park  
1610 Commissioners Rd E  
East of Highbury Ave

Nov. 3 **Harris Park**  
Greenway Park  
50 Greenside Ave  
First car park on right

Nov. 10 **Thames Park**  
15 Ridout St S

Nov. 17 **Reservoir Park ▲**  
869 Commissioners Rd W

▲ = Hilly trail