

Nov. 23 **Warbler Woods** ▲  
Small car park at  
1560 Commissioners Rd W  
just south of Oxford St.  
Overflow street parking on  
Chestnut Hill

Nov. 30 **Euston Park** ▲  
**\*NEW\* meeting spot**  
Park in the lot at  
Southcrest pool  
10 Hazelwood Ave.

Dec. 7 **Meadowlily Woods** ▲  
City Wide Sports Park  
1510 Commissioners Rd E  
East of Highbury Ave

Dec. 14 **Harris Park**  
Greenway Park  
50 Greenside Ave  
First car park on right

Dec. 21 **Thames Park**  
15 Ridout St S

Dec. 28 **Sifton Bog Natural Area** ▲  
Hazelden Park  
400 Hyde Park Rd  
on the west side of  
Hyde Park Rd  
north of Riverside Dr

▲ = Hilly trail



Please note that some of the  
addresses listed are approximate  
where an exact address is not  
available for a meeting spot.

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

For more information see the  
Thames Valley Trail Association (TVTA)  
website [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



# Saturday Morning Walks

**Summer / Fall 2019  
Schedule**

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



**Come Hike With Us!**

## Saturday Morning Walks Summer / Fall 2019 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 but please note that most of the trails are too rugged for strollers.

Dress appropriately for the weather and wear good boots as there may be mud, roots or rocks. The walks marked with ▲ indicate that they can be **quite hilly**.

Please leave dogs at home.

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. 6 **Medway Creek ▲**  
Springett Lot upper car park  
off 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.  
Just south of 1349 Western Road.

Jul. 13 **Highland Woods**  
Basil Grover Park  
555 Wharncliffe Rd S

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

Jul. 27 **Gibbons Park**  
Car park at the west end of  
Victoria St next to 29 Victoria St

Aug. 3 **Attawandaron Trail ▲**  
Jaycee Park  
1830 Aldersbrook Rd  
East of Aldersbrook Gate

Aug. 10 **Westminster Ponds ▲**  
behind Parkwood Institute –  
turn south at lights off  
Commissioners Rd, on to  
Western Counties Rd. Follow  
road back to parking lot on left  
Near 894 Western Counties Rd

▲ = Hilly trail

Aug. 17 **Springbank Park West**  
1205 Commissioners Rd W  
West end parking lot

Aug. 24 **Thames River  
North Branch**  
North London Athletic Fields  
1225 Adelaide St N  
First car park on right

Aug. 31 **Thames River  
South Branch Park East  
End ▲**  
Behind Pottersburg Pollution  
Control Plant  
1141 Hamilton Rd  
at Gore Rd

Sep. 7 **Talbot Village Wetland**  
Meet in the SW corner of the  
parking lot at Colonel Talbot  
and Southdale  
3030 Colonel Talbot

Sep. 14 **Meadowlily Woods ▲**  
City Wide Sports Park  
1510 Commissioners Rd E  
East of Highbury Ave

Sep. 21 **Kilally Meadows**  
815 Windermere Rd  
East end of Windermere Rd  
East of Adelaide St

Sep. 28 **Medway Valley ▲**  
505 Gainsborough Rd  
East end of  
Gainsborough Rd  
East of Wonderland Rd

▲ = Hilly trail

Oct. 5 **Kains Woods ▲**  
904 Westdel Bourne  
Meet at corner of Kains Rd and  
Westdel Bourne  
Park on north end of Westdel  
Bourne

Oct. 12 **Kiwanis Park**  
Car park behind mall  
1551 Dundas St E  
at First St

Oct. 19 **Elsie Perrin  
Williams Estate ▲**  
101 Windermere Rd  
West of Western Rd

Oct. 26 **The Coves**  
Greenway Park  
50 Greenside Ave  
First car park on right

Nov. 2 **Springbank Park East**  
Springbank Gardens  
205 Wonderland Rd S  
Lower car park

Nov. 9 **Thames River  
South Branch**  
Chelsea Green Park  
1 Adelaide St S

Nov. 16 **Reservoir Park ▲**  
869 Commissioners Rd W

▲ = Hilly trail