

May 27 **White Oaks Park**
East end of Conway Dr
East of Ernest Ave

June 3 **Warbler Woods** ▲
Car park on
Commissioners Rd W, Byron
South of Oxford St

June 10 **Medway Valley** ▲
East end of
Gainsborough Rd
East of Wonderland Rd

June 17 **Gibbons Park**
Car park at the west end of
Victoria St

June 24 **Meadowlily Woods** ▲
City Wide Sports Park
1610 Commissioners Rd E
East of Highbury Ave



For more details of meeting places see
maps on
www.tvta.ca

▲ = Hilly trail

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

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

**Winter / Spring 2017
Schedule**

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



Come Hike With Us!

Saturday Morning Walks Winter / Spring 2017 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. Trails marked with ▲ indicate they are **quite hilly** thus too rugged for strollers. Wear good boots as there may be mud, roots or rocks. Please leave dogs at home. For more information call John Clark (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.

Jan. 7	Thames River South Branch Chelsea Green Park 1 Adelaide St S	Feb. 18	Medway Creek ▲ Springett Lot car park from Western Road: <i>going north</i> - turn west/left at first stop light past Brescia College entrance. <i>going south</i> - turn west/right at stop light immediately past Huron College.	Apr. 8	Elsie Perrin Williams Estate ▲ 101 Windermere Rd West of Western Rd
Jan. 14	Thames River South Branch Park East End Behind Pottersburg Pollution Control Plant 1141 Hamilton Rd at Gore Rd	Feb. 25	Kilally Meadows East end of Windermere Rd East of Adelaide St	Apr. 15	Sifton Bog Natural Area ▲ Hazelden Park on the west side of Hyde Park Rd north of Riverside Dr
Jan. 21	Cavendish Trail West Lions Park 20 Granville St behind Kinsmen Arena	Mar. 4	Highland Woods Basil Grover Park 555 Wharnccliffe Rd S	Apr. 22	Reservoir Park ▲ 869 Commissioners Rd W
Jan. 28	Fox Hollow ▲ Jaycee Park 1830 Aldersbrook Rd East of Aldersbrook Gate	Mar. 11	Thames River North Branch North London Athletic Fields 1225 Adelaide St N at Kipps Lane First car park on right	Apr. 29	Attawandaron Trail ▲ Jaycee Park 1830 Aldersbrook Rd East of Aldersbrook Gate
Feb. 4	Kiwanis Park Car park behind mall 1551 Dundas St E at First St	Mar. 18	Harris Park Greenway Park 50 Greenside Ave First car park on right	May 6	Springbank Park East Springbank Gardens 205 Wonderland Rd S Lower car park
Feb. 11	Springbank Park West 1205 Commissioners Rd W West end parking lot	Mar. 25	Westminster Ponds ▲ Behind the Information Centre 696 Wellington Rd	May 13	Euston Park ▲ From Wharnccliffe Road: West on Emery St South on Phyllis St
		Apr. 1	Thames Park 15 Ridout St S	May 20	The Coves Greenway Park 50 Greenside Ave First car park on right