

Nov. 18 **Euston Park** ▲  
**\*NEW\* meeting spot**  
Park on south side  
of Centre Street  
West of Wharnccliffe  
West of 55 Centre St

Nov. 25 **Thames Park**  
15 Ridout St S

Dec. 2 **Medway Valley** ▲  
East end of  
Gainsborough Rd  
East of Wonderland Rd

Dec. 9 **Springbank Park West**  
1205 Commissioners Rd W  
West end parking lot

Dec. 16 **Sifton Bog Natural Area** ▲  
Hazelden Park  
on the west side of  
Hyde Park Rd  
north of Riverside Dr

Dec. 23 **Thames River  
North Branch**  
North London Athletic Fields  
1225 Adelaide St N  
at Kipps Lane  
First car park on right

Dec. 30 **Kilally Meadows**  
East end of Windermere Rd  
East of Adelaide St



For more details of meeting places see  
maps on  
[www.tvta.ca](http://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](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 2017  
Schedule**

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



**Come Hike With Us!**

## Saturday Morning Walks Summer / Fall 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. 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. 1	<b>Cavendish Trail</b> West Lions Park 20 Granville St behind Kinsmen Arena	Aug. 12	<b>Kiwanis Park</b> Car park behind mall 1551 Dundas St E at First St	Sep. 30	<b>Medway Creek ▲</b> 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.
Jul. 8	<b>Westminster Ponds ▲</b> Behind the Information Centre 696 Wellington Rd	Aug. 19	<b>Elsie Perrin Williams Estate ▲</b> 101 Windermere Rd West of Western Rd	Aug. 26	<b>Kilally Meadows</b> East end of Windermere Rd East of Adelaide St
Jul. 15	<b>Gibbons Park</b> Car park at the west end of Victoria St	Sep. 2	<b>Thames River South Branch</b> Chelsea Green Park 1 Adelaide St S	Oct. 7	<b>Highland Woods</b> Basil Grover Park 555 Wharnccliffe Rd S
Jul. 22	<b>Fox Hollow ▲</b> Jaycee Park 1830 Aldersbrook Rd East of Aldersbrook Gate	Sep. 9	<b>Warbler Woods ▲</b> Car park on Commissioners Rd W, Byron South of Oxford St	Oct. 14	<b>Meadowlily Woods ▲</b> City Wide Sports Park 1610 Commissioners Rd E East of Highbury Ave
Jul. 29	<b>The Coves</b> Greenway Park 50 Greenside Ave First car park on right	Sep. 16	<b>Springbank Park East</b> Springbank Gardens 205 Wonderland Rd S Lower car park	Oct. 21	<b>Harris Park</b> Greenway Park 50 Greenside Ave First car park on right
Aug. 5	<b>Thames River South Branch Park East End ▲</b> Behind Pottersburg Pollution Control Plant 1141 Hamilton Rd at Gore Rd	Sep. 23	<b>Attawandaron Trail ▲</b> Jaycee Park 1830 Aldersbrook Rd East of Aldersbrook Gate	Oct. 28	<b>Reservoir Park ▲</b> 869 Commissioners Rd W
				Nov. 4	<b>Gibbons Park</b> Car park at the west end of Victoria St
				Nov. 11	<b>White Oaks Park</b> East end of Conway Dr East of Ernest Ave