

May 26 **Attawandaron Trail** ▲
Jaycee Park
1830 Aldersbrook Rd
East of Aldersbrook Gate

June 2 **Meadowlily Woods** ▲
City Wide Sports Park
1610 Commissioners Rd E
East of Highbury Ave

June 9 **Gibbons Park**
Car park at the west end of
Victoria St

June 16 **Medway Valley** ▲
East end of
Gainsborough Rd
East of Wonderland Rd

June 23 **Thames Park**
15 Ridout St S

June 30 **Euston Park** ▲
***NEW* meeting spot**
Park on south side
of Centre Street
West of Wharnccliffe
West of 55 Centre St

▲ = 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 2018
Schedule***

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



Come Hike With Us!

Saturday Morning Walks Winter / Spring 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. Most of the trails are too rugged for strollers though. The walks marked with ▲ indicate that they can be **quite hilly**. 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. 6	Thames River South Branch Chelsea Green Park 1 Adelaide St S
Jan. 13	Thames River South Branch Park East End Behind Pottersburg Pollution Control Plant 1141 Hamilton Rd at Gore Rd
Jan. 20	Fox Hollow ▲ Jaycee Park 1830 Aldersbrook Rd East of Aldersbrook Gate
Jan. 27	Kiwanis Park Car park behind mall 1551 Dundas St E at First St
Feb. 3	Westminster Ponds ▲ Behind the Information Centre 696 Wellington Rd
Feb. 10	Springbank Park West 1205 Commissioners Rd W West end parking lot

▲ = Hilly trail

Feb. 17	Medway Creek ▲ Springett Lot car park off Western Road: turn west at stop light north of Brescia College entrance. (south of Huron College)
Feb. 24	Cavendish Trail West Lions Park 20 Granville St behind Kinsmen Arena
Mar. 3	Thames River North Branch North London Athletic Fields 1225 Adelaide St N at Kipps Lane First car park on right
Mar. 10	Harris Park Greenway Park 50 Greenside Ave First car park on right
Mar. 17	Highland Woods Basil Grover Park 555 Wharnclyffe Rd S
Mar. 24	Elsie Perrin Williams Estate ▲ 101 Windermere Rd West of Western Rd
Mar. 31	Sifton Bog Natural Area ▲ Hazelden Park on the west side of Hyde Park Rd north of Riverside Dr

▲ = Hilly trail

Apr. 7	The Coves Greenway Park 50 Greenside Ave First car park on right
Apr. 14	Springbank Park East Springbank Gardens 205 Wonderland Rd S Lower car park
Apr. 21	Reservoir Park ▲ 869 Commissioners Rd W
Apr. 28	Kains Woods ▲ Meet at corner of Kains Rd and Westdel Borne Park on north end of Westdel Borne (north of Oxford)
May. 5	Warbler Woods ▲ Car park off Commissioners Rd W (Warbler Woods Walk) South of Oxford St
May 12	Jesse Davidson Park Car park off Ensign Cres next to 262 Ensign Cres
May 19	Kilally Meadows East end of Windermere Rd East of Adelaide St

▲ = Hilly trail