

Nov. 19 **Thames River South Branch**  
Chelsea Green Park  
1 Adelaide St S

Nov. 26 **Warbler Woods** ▲  
Car park on  
Commissioners Rd W, Byron  
South of Oxford St

Dec. 3 **White Oaks Park**  
East end of Conway Dr  
East of Ernest Ave

Dec. 10 **Sifton Bog** ▲  
Northwest corner  
Superstore parking lot  
Oxford St  
west of Hyde Park Rd

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

Dec. 24 **Westminster Ponds** ▲  
Park behind Parkwood  
Hospital – while heading east  
on Commissioners Rd, turn  
right into hospital. Turn left in  
front of hospital then right at  
next T intersection. Follow  
road back to parking lot on left

Dec. 31 **The Coves**  
Greenway Park  
50 Greenside Ave  
First car park on right



▲ = 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 2016**  
**Schedule**

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



**Come Hike With Us!**

## Saturday Morning Walks Summer / Fall 2016 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.

July 2	<b>Cavendish Trail</b> West Lions Park 20 Granville St behind Kinsmen Arena	Aug. 20	<b>Medway Valley</b> ▲ East end of Gainsborough Rd East of Wonderland Rd	Oct. 8	<b>Thames River North Branch</b> North London Athletic Fields 1225 Adelaide St N at Kipps Lane First car park on right
July 9	<b>Westminster Ponds</b> ▲ Behind the Information Centre 696 Wellington Rd	Aug. 27	<b>Springbank Park West</b> 1205 Commissioners Rd W West end parking lot	Oct. 15	<b>Medway Creek</b> ▲ 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.
July 16	<b>Gibbons Park</b> Car park at the west end of Victoria St	Sep. 3	<b>Sifton Bog Natural Area</b> ▲ Hazelden Park on the west side of Hyde Park Rd north of Riverside Dr	Oct. 22	<b>Harris Park</b> Greenway Park 50 Greenside Ave First car park on right
July 23	<b>Elsie Perrin Williams Estate</b> ▲ 101 Windermere Rd West of Western Rd	Sep. 10	<b>Kilally Meadows</b> East end of Windermere Rd East of Adelaide St	Oct. 29	<b>Attawandaron Trail</b> ▲ Jaycee Park 1830 Aldersbrook Rd East of Aldersbrook Gate
July 30	<b>Thames River South Branch Park East End</b> Behind Pottersburg Pollution Control Plant 1141 Hamilton Rd at Gore Rd	Sep. 17	<b>Meadowlily Woods</b> ▲ City Wide Sports Park 1610 Commissioners Rd E East of Highbury Ave	Nov. 5	<b>Springbank Park East</b> Springbank Gardens 205 Wonderland Rd S Lower car park
Aug. 6	<b>Fox Hollow</b> ▲ Jaycee Park 1830 Aldersbrook Rd East of Aldersbrook Gate	Sep. 24	<b>Highland Woods</b> Basil Grover Park 555 Wharnccliffe Rd S	Nov. 12	<b>Euston Park</b> ▲ From Wharnccliffe Road: West on Emery St South on Phyllis Watch for “No Parking” signs
Aug. 13	<b>Kiwanis Park</b> Car park behind mall 1551 Dundas St E at First St	Oct. 1	<b>Reservoir Park</b> ▲ 869 Commissioners Rd W		