

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

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