

Saturday Morning Walks Winter / Spring 2012 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. 25	Medway Creek ▲ North west corner Springett Lot car park Brescia College entrance 1285 Western Rd	Apr. 7	Gibbons Park Car park at the west end of Victoria St
Jan. 14	Thames River South Branch Park East End Behind Pottersburg Pollution Control Plant 1141 Hamilton Rd at Gore Rd	Mar. 3	Greenway Park 50 Greenside Ave First car park on right	Apr. 14	Euston Park ▲ From Wharncliffe Rd West on Emery St South on Phyllis St
Jan. 21	Westminster Ponds ▲ Behind the Information Centre 696 Wellington Rd	Mar. 10	Fox Hollow ▲ Jaycee Park 1830 Aldersbrook Rd East of Aldersbrook Gate	Apr. 21	Springbank Park West 1205 Commissioners Rd W West end parking lot
Jan. 28	Harris Park Behind the Kiwanis Seniors Community Centre 78 Riverside Dr	Mar. 17	Thames River North Branch North London Athletic Fields 1225 Adelaide St N at Kipps Lane First car park on right	Apr. 28	Sifton Bog ▲ North west corner Superstore parking lot, Oxford St west of Hyde Park Rd
Feb. 4	Gibbons Park Car park at the west end of Victoria St	Mar. 24	Kiwanis Park Car park behind mall 1551 Dundas St E at First St	May 5	Thames River North Branch North London Athletic Fields 1225 Adelaide St N at Kipps Lane First car park on right
Feb. 11	Euston Park ▲ From Wharncliffe Rd West on Emery St South on Phyllis St	Mar. 31	Warbler Woods ▲ Car park on Commissioners Rd W, Byron East of Oxford St	May 12	Highland Woods Basil Grover Park 555 Wharncliffe Rd S
Feb. 18	Springbank Park East Springbank Gardens 205 Wonderland Rd S Lower car park			May 19	Greenway Park 50 Greenside Ave First car park on right

Saturday Morning Walks

Winter / Spring 2012 Schedule

Brought to you by
Thames Valley Trail Association



For information on active living see
www.inmotion4life.ca

For more information see the
Thames Valley Trail Association (TVTA)
web-site
(click on the *Activities* section)

www.tvta.ca

or contact the TVTA
Saturday Morning Walk Volunteer
John Clark at (519) 641-0442



For more details of meeting places see
maps on
www.inmotion4life.ca

▲ = Hilly trail

- May 26 **Kilally Meadows**
East end of Windermere Rd
East of Adelaide St

- June 2 **Thames River
South Branch Park East End**
Behind Pottersburg Pollution
Control Plant
1141 Hamilton Rd
at Gore Rd

- June 9 **Meadowlily Woods ▲**
City Wide Sports Park
1610 Commissioners Rd E
East of Highbury Ave

- June 16 **Thames River
South Branch ▲**
Chelsea Green Park
1 Adelaide St S

- June 23 **Reservoir Park**
869 Commissioners Rd W
Second car park

- June 30 **Warbler Woods ▲**
Car park on
Commissioners Rd W, Byron
East of Oxford St