

Nov. 26 **Kiwanis Park,**
south west corner of
Dundas and First Streets

Dec. 3 **Kilally Meadows,**
east end of Windermere Rd.
east of Adelaide St.

Dec. 10 **Medway Creek,**
north west corner of
Springett car park, UWO
off Western Rd. ▲

Dec. 17 **Sifton Bog,**
north west corner of
Super Store car park
Oxford St., west of
Hyde Park Rd. ▲

Dec. 24 **No walk today.**

Dec. 31 **Springbank Park West,**
West end parking lot
off Commissioners Rd.



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

▲ = Hilly trail

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

www.thamesvalleytrail.org

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



Saturday Morning Walks

Summer / Fall 2011 Schedule

Brought to you by
Thames Valley Trail Association



For information on active living see
www.inmotion4life.ca

Saturday Morning Walks Summer / Fall 2011 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	Warbler Woods, Warbler Woods car park Commissioners Rd. Byron ▲	Aug. 20	Greenway Park, Greenside Ave. first car park on the right	Oct. 8	Meadowlily Woods, sports fields on north side of Commissioners Rd. east of Highbury Ave. ▲
July 9	Springbank Park East, Springbank Gardens Wonderland Rd. lower car park	Aug. 27	Attawandaron Trail, Jaycee Park car park Aldersbrook Rd. east of Aldersbrook Gate ▲	Oct. 15	Thames River North Branch, North London Sports Field Kipps Lane, west of Adelaide St.
July 16	Medway Creek, north west corner of Springett car park, UWO off Western Rd. ▲	Sept. 3	Gibbons Park, car park at west end of Victoria St.	Oct. 22	Thames River South Branch, Chelsea Green Park west side of Adelaide St. ▲
July 23	Kilally Meadows, east end of Windermere Rd. east of Adelaide St.	Sept. 10	Warbler Woods, Warbler Woods car park Commissioners Rd. Byron ▲	Oct. 29	Harris Park, behind the Kiwanis Seniors Community Centre 78 Riverside Dr.
July 30	Westminster Ponds, behind the Information Centre, Wellington Rd. ▲	Sept. 17	Springbank Park West, west end parking lot, off Commissioners Rd.	Nov. 5	Gibbons Park, car park at the west end of Victoria St.
Aug. 6	Harris Park, behind the Kiwanis Seniors Community Centre 78 Riverside Dr.	Sept. 24	Sifton Bog, north west corner of Super Store parking lot Oxford St., west of Hyde Park Rd. ▲	Nov. 12	Euston Park, south end of Phyllis St. off Emery St. west of Wharncliffe Rd. ▲
Aug. 13	Meadowlily Woods, sports fields on north side of Commissioners Rd. east of Highbury Ave. ▲	Oct. 1	Greenway Park, Greenside Ave. first car park on the right	Nov. 19	Springbank Park East, Springbank Gardens Wonderland Rd. lower car park