

Weekly Walks

- **Ancaster Seniors Achievement Centre (ASAC) - Walking Club** (Mon. to Fri., 8:00 - 9:00 am) meets and walks in Walmart 905.648.3466 www.asacseniors.ca
- **ASAC - Hiking Club** (Wed. at 9:30 am) meets in the ASAC parking lot at 622 Alberton Rd. S., Alberton, On. 905.648.3466 www.asacseniors.ca
- **Halton Outdoor Club - Wednesday Night Walk for Health and Fun** (Wed., 7:00 pm) meets at Mohawk West and Upper Paradise. 905.634.2012 www.haltonoutdoorclub.com [M, \$]
- **Lime Ridge Mall Walking Group** (Mon. to Fri. 7:00 - 10:00 am, Sat., 7:00 - 9:30 am, Sun., 9:00 - 11:00 am) 905.387.4455
- **Ontario Early Years Centres - Hamilton Mountain Walking Group** (Mon., 10:00 - 11:00 am) walks at Limeridge Mall. Meet at the OEYC in Limeridge Mall. 905.385.3020 www.ontarioearlyyears.ca
- **Runner's Den - Walking Clinics** (Weekday mornings & evenings and Sat. morning) at 1000 Upper Gage 905.387.7866 www.walkinghamilton4health.piczo.com; or (Tues. & Thurs. at 6:15 pm and Sat. at 9:15 am) at 254 Dundas St. E, Waterdown 905.690.4004 www.rdwaterdown.com [R, \$]
- **Runner's Room - informal walking group** meets (Wed., 6:00 pm and Sun., 8:30 am) at 1457 Main St. W. 905.528.7444 www.runningroom.com
- **South West Walking Group** (Tues., 10:00 am) walks in Aberdeen/Dundurn area. Meets at 330 Dundurn St. 905.546.2424 x2244.
- **Urban Poling Walking Classes (Nordic Walking)** - 8-week clinics (1) Wed., mornings in Waterdown. Starts Sept. 23. (2) Sat. at 8:30 am at Spencer Smith Park in Burlington. Starts on Sept. 26. 905.690.6631 annrose@cogeco.ca [R, \$]
- **Walk-a-Block** (Mon. to Fri. except Wed., 12:00 - 1:00 pm) at Dundas Lions Memorial Community gym. 905.546.2260 [R, small \$]
- **West Walkers** (Thurs., 9:00 - 10:00 am) walk the trails in the region (central & west end). 905.546.2424 x2244. Schedule www.doitwell.ca/downloads/West_Walkers_Schedule_Sept._to_Dec._2009.pdf

Walks, Hikes and Trails

- **Bruce Trail Association** - Iroquoia Club holds dozens of walks and hikes every week of varied lengths and difficulty: midweek and weekends, day and evening, both on and off the Bruce Trail & the Niagara Escarpment. www.iroquoia.on.ca 905.529.6821
- **Hamilton Conservation Authority** is the area's largest environmental management agency, and is dedicated to the conservation and enjoyment of watershed lands and water resources. Trail information - www.conservationhamilton.ca 905.525.21781 [\$ / event or M, \$]
- **Halton Outdoor Club** is dedicated to promote year-round outdoor activities. The club organizes evening walks and weekend hikes www.haltonoutdoorclub.com 905.634.2012 [M, \$]
- **Royal Botanical Gardens** offers programs for the naturalist and free nature walks on the trails: South Shore, North Shore, Escarpment & Hendrie Valley trails. www.rbg.ca 905.527.1158.

Other Organizations

- **Bay Area Restoration Council (BARC)** www.hamiltonharbour.ca [M]
- **Dundas Walks** <http://dundaswalks.blogspot.com>
- **Environment Hamilton** www.environmenthamilton.org
- **Hamilton Naturalists' Club** www.hamiltonnature.org
- **Hamilton-Wentworth Green Venture** www.greenventure.ca
- **Healthy Living Hamilton** www.doitwell.ca
- **Smart Commute Hamilton** www.smartcommute.ca/hamilton
- **The Hamilton Waterfront Trust** www.hamiltonwaterfront.com
- **Transportation for Liveable Communities (TLC) Hamilton** <http://tlchamilton.blogspot.com>

Hamilton Walks

Fall Walking Calendar



Dundas Valley Photo by John Overmeyer, courtesy of HCA

Enjoy the beautiful fall colours on foot along Hamilton's trails and walkways.

For the most up-to-date calendar, walking resources and related links, visit www.doitwell.ca (click on Hamilton Walks) or call 905.546.2424 x2244

More people out walking in Hamilton goes beyond individual health benefits — it builds a strong community.

Walking Events

Legend

\$ - fee

C - charity walk

R - registration required

M - membership required

For most people, walking is a very safe physical activity. Start slowly and gradually build-up how far, fast or often you walk.

If you have any health concerns, speak with your health care professional.

October

Thursday, Oct. 1

- **Historical Tour with Jerry Johansen**, author of "Concession Street: In Context" (Concession Walks - Environment Hamilton) - 7:00 pm at the flagpole in Sam Lawrence Park on Concession Street. www.environmenthamilton.org

Saturday, Oct. 3

- **Dundas Studio Tour** - Self-guided tour of artists' studios from 11:00 am to 5:00 pm. 905.627.8632 www.dundasstudiotour.ca
- **17th Annual Mahatma Gandhi Peace Festival & Peace Walk** - Festival starts at 10:00 am. Walk starts at noon from McMaster University Downtown Centre, 50 Main St. East www.humanities.mcmaster.ca/gandhi/
- **Hamilton Cemetery Tour "Past Mayors Tour"** - Meet at 11:00 am at Hamilton Cemetery gate house, 777 York Blvd. 905.544.9559 www.hamiltonhistory.ca



Last update: Sept. 28, 2009

October

Sunday, Oct. 4

- **The Rail Trail Stroll/Walk/Run** (Cancer Assistance Program) - 2 to 12 km walk starts at 1:00 pm at Mohawk Sports Complex (Mohawk East Entrance). 905.383.9797 www.cancerassist.ca [R, C]
- **CIBC Run for the Cure** (Canadian Breast Cancer Foundation - Hamilton/Burlington) - Walk/run starts at 10:30 am at Central Park, New St. & Teen Tour Way, Burlington. 905.336.5357 www.cibcrunfortheure.com [R, C]
- **Downtown Core and Gore Park** (ArchitectureHamilton) - 2:00 pm at the statue of Queen Victoria at the corner of King & James St. www.architecturehamilton.com
- **Dundas Studio Tour** - Self-guided tour of artists' studios (see Oct. 3)

Friday, Oct. 9

- **James North Art Crawl** - Self-guided tour starts at 7:00 pm on James St. North from King William to Murray St. www.jamestreetnorth.ca/blog/

Saturday, Oct. 17

- **Wishmaker Parade - Walk for Wishes** (The Children's Wish Foundation) - Walk/parade starts at 11:00 am at Stoney Creek Lions Fruitland Community Centre, 14 Sherwood Park Rd. 905.578.0682 www.childrenswish.ca [R, C]
- **Hamilton Cemetery Tour "The Power of Hamilton Tour"** (see Oct. 3)
- **Great Lakes Pyrate Lore & Harbour Walks** - Starts at 7:00 pm at Williams Coffee and Pub, 47 Discovery Dr. <http://pyratesimage.com> [R, \$]

Sunday, Oct. 18

- **The Mountain Brow and Auchmar/Claremont Park tour** (ArchitectureHamilton) - 2:00 pm at the northwest corner of Fennel and West 5th Ave. www.architecturehamilton.com

Saturday, Oct. 24

- **Hamilton 350 Climate Action Day** - Workshops and presentations at 1:00 pm starting at Gore Park. Mass walk at 3:00 pm from Gore Park to Federal Building at York and Bay Streets. www.hamilton350.com
- **Fall Colours Hike** (Hamilton Naturalists' Club - HNC) - 9:30 am at the parking lot by Tews Falls off Harvest Rd. www.hamiltonnature.org [M, \$]

October & November

Thurs., Nov. 1

- **Annual Bird Count (HNC)** - www.hamiltonnature.org

Saturday, Nov. 7

- **Looking for Late Wild Flowers (HNC)** - 1:30 pm at larger parking lot at Princess Point www.hamiltonnature.org
- **Hamilton Cemetery Tour "Veterans Tours"** (see Oct. 3)

Friday, Nov. 13

- **James North Art Crawl** (see Oct. 9)

Saturday, Nov. 14

- **Hamilton Cemetery Tour "Veterans Tours"** (see Oct. 3)

Walking Resources and Tools

- **Explore Hamilton Trails** - www.myhamilton.ca/myhamilton/ArtsSportsAndRecreation/outdoor/Trails.htm For a *Bikeways, Trails and Parks Map*, call 905.546.2489
- **Walkthere mapping tool** - Walk to local destinations within 2 km of your home. Visit, www.environmenthamilton.org/walkthere or call 905.549.0900
- **Websites for walking initiatives and resources** - www.doitwell.ca/downloads/HamiltonWalksWebsites.pdf
- **Websites for walkability initiatives, tools and resources** - www.doitwell.ca/downloads/Websites_for_Walkability_Resources_and_Tools.pdf

Dates to Celebrate Walking

- **Wed., Oct. 7 IWalk day** (Active and Safe Routes to School) - www.saferoutestoschool.ca 1.877.533.4098 or www.iwalktoschool.org
- **Thurs., Nov. 5 - Public meeting on making Hamilton more walkable** - 7:00 to 9:00 pm at The Waterfront Banquet and Conference Centre, 555 Bay St. N. More details will be made available at www.doitwell.ca (click on Hamilton Walks).