

Hamilton Walks through spring



May and June 2010

This spring, experience Hamilton on foot. Discover the many beautiful trails, walkways and sites this region has to offer while protecting the environment.

Walking . . .

- does not pollute the environment
- consumes few natural resources
- requires no special equipment
- offers health benefits to people of all ages
- provides opportunities for friendships to grow

(source: www.saferoutestoschool.ca)



Date: Sunday, June 6

Time: 10:00 am to 3:00 pm

Where: between Cannon & Burlington on James St. North.

What: opening the streets for walking, cycling and other forms of active transportation and recreation.

Come out and join some of the free physical activity opportunities and more.

Visit: www.openstreetshamilton.ca

More people out walking in Hamilton goes beyond individual health benefits
— it builds a healthy, active, vibrant, and safe community.

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

Walking Events

Saturday, May 1

- **Doors Open Hamilton** - 10:00 am to 4:00 pm, over 50 of Hamilton's landmark buildings open their doors to the public for free. www.doorsopenhamilton.ca 905.540-5086
- **Jane's Walk**
(1) East of the Castle at 10:00 am
(2) Westdale at 11:00 am <http://janeswalk.net/walks>
- **Spring Wild Flowers Walk** - North Shore (RBG) – Meet 9:30 am at Nature Centre www.rbg.ca/pages/publicprogram.html 905.527.1158 x270 [R, \$]

Sunday, May 2

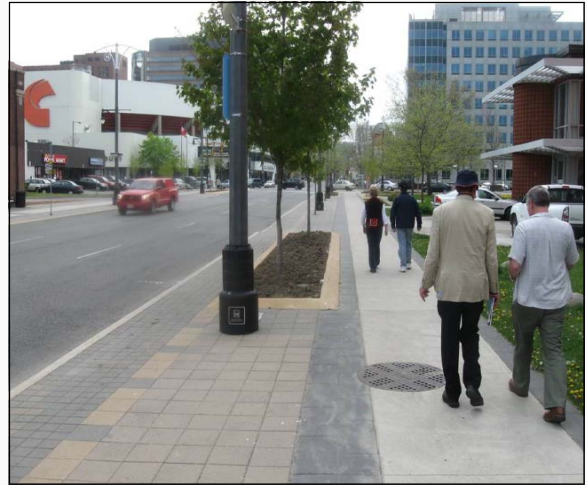
- **Doors Open Hamilton** – 10:00 am to 4:00 pm (see May 1)
- **Moving Mountains Walk, Run, Ride, Wheel** (Cancer Assistance Program) - Walk starts at 1:00 pm at Chedoke School, 500 Bendamere St. 905.383.9797 [R, C]
- **Steps for Life: Walking for Victims of Workplace Tragedy** - 5 km walk 10:00 am to 2:00 pm at the Lakeland Centre in Confederation Park www.stepsforlife.ca 1.888.567.9490 [R, C]
- **2010 Walk for Kids Help Phone** - 5 km walk starts at 11:00 am at Bayfront Park. www.bellwalkforkidshelpphone.ca walkforkidshelpphone@kidshelpphone.ca [R, C]
- **Spring Bird Walk** (RBG) - Meet 7:00 am at Cherry Hill Gate, Plains Road West. www.rbg.ca/pages/publicprogram.html 905.527.1158 x270 [R, \$]
- **Jane's Walk - West Harbour/Bay & Barton Neighbourhood** at 11:00 am. <http://janeswalk.net/walks>

Friday, May 7 (& June 7)

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



Courtesy of Hamilton Conservation Authority



Saturday, May 8

- **2010 Nature Walk for Our Environment** (HNC and friends) - 5 or 10 km walk from 8:00 am to noon at RBG Arboretum & Nature Centre. www.hamiltonnature.org [R, C]
- **Spring Wild Flowers Walk** - Rock Chapel (HNC) – Meet 9:30 am at Rock Chapel Nature Sanctuary parking lot. www.rbg.ca/pages/publicprogram.html 905.527.1158 x270 [R, \$]

Sunday, May 9

- **Early Spring Flowers walk** (HNC) - Meet at 1:30 pm at Cherry Hill Gate parking lot. www.hamiltonnature.org [M, \$]

Saturday, May 15

- **Spring Wild Flowers Walk** - Berry Tract (RBG) – Meet 9:30 am at corner of Pattersonn & Valley roads. www.rbg.ca/pages/publicprogram.html 905.527.1158 x270 [R, \$]
- **Downtown Hamilton Ghost Walk** - 8:00 pm at Mini Courtyard at the corner of King and John. Also on June 11. www.ghostwalks.com. [\$]
- **Tastes of Downtown Hamilton Restaurant Walking Tour** (Goodwill - The Amity Group) - 11:00 am to 4:00 pm [R, \$] www.goodwillonline.ca 905.526.84282 x311

Sunday, May 16

- **Walk of Hope** (Schizophrenia Society of Ontario) - Walk starts at 11:00 am at Gage Park, 22 Gage Ave. www.schizophrenia.on.ca/ 1-800-449-6367 x305 [R, C]
- **Sabrina's 7th Annual Walk for Smiles for Mac Kids** - Walk starts at 12:30 pm at Bayfront Park. www.sabrinawalkforsmiles.com [R, C]
- **RBG Geo-Quest** - 2:00 pm (see April 18)
- **Spring Bird Walk** (RBG) - Meet 7:00 am (see May 2)

Sunday, May 30

- **Purina Walk for Dog Guides** (Friends of LFC Hamilton) - Walk starts at 11:00 am at Bayfront Park. www.purinawalkfordogguides.com 905.842.2891 [R, C]

Legend

\$ - fee

C - charity walk

R - registration required

M - membership required

Friday, June 4

- **The Dr. Bob Kemp Hospice Moonlit Memory Walk** (Bayshore Home Health) - Walk starts at 8:15 pm at Lakeland Centre/Pavillon, Van Wagner's Beach. 905.387.2448 ext. 2448 www.moonlitmemorywalk.ca

Saturday, June 5

- **Eramosa Karst Conservation Area** (Hamilton Conservation Authority) - Hikes at 10:30 am and 1:00 pm. www.conservationhamilton.ca 905-525-2181
- **Walk in the Park** (Scleroderma Society of Ontario) - Walk starts at 11:00 am at T.B. McQuesten Park. www.sclerodermaontario.ca [R, C]

Sunday, June 6

- **Open Streets Hamilton** - 10:00 am to 3:00 pm streets will be open between Cannon & Burlington Streets on James St. North. www.openstreetshamilton.ca

Saturday, June 12

- **The Grand Durand Garden Tour 2010** (Durand Neighbourhood Association) - 10:00 am to 4:00 pm. www.durandna.com 905-527-6820 [R, \$]

Sunday, June 13

- **Heel 'n' Wheel-a-Thon** (Crohn's & Colitis Foundation of Canada) - Walk at Bayfront Park. www.heelnwheelathon.ca/EN/index.html 1.800.387.1479 x236 [R, C]

June 14, 15, 16 & 17

- **Hamilton 4 Day Evening Walk** (Dutch Tradition) - 5, 10 or 15 km walks start at 5:30 pm on **June 14, 15, 16, & 17** at RBG Arboretum, 20 Old Guelph Road. www.4dew.com 905.389.5824 [R, \$]

Sunday, June 27

- **2010 Secret Garden Tour** (Carnegie Gallery) - 10:00 am to 4:00 pm. <http://www.carnegiegallery.org/events.html> 905.627.4265 [R, \$]



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 10:00 am to noon) meets in the ASAC parking lot at 622 Alberton Rd. S., Alberton, ON. weather permitting 905.648.3466 www.asacseniors.ca
- **Halton Outdoor Club - Wednesday Night Walk for Health and Fun** (Wed., 7:00 pm, 1.5 hrs., at a fast pace) meets at Mohawk West and Upper Paradise. 905.634.2012 www.haltonoutdoorclub.com [M, \$]
- **Hamilton Naturalists' Club - Wed. Evening Walks** (6:00 or 6:30 pm) start April 28. www.hamiltonnature.org
- **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
- **Nordic Walking Classes/Groups** - 4 weeks
(1) Wed., 5:45 pm at Dundas Driving Park
(2) Sun., 9:00 am at Williams Coffee at Hamilton Waterfront Trail. 905.627.9133 nordicstride@bell.net <http://nordicstride.ca/> [R, \$]
- **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
- **RBG - Get Back to Nature** walks (every Sunday) at 2:00 pm - Walks at different locations. 905.527.1158 x270 www.rbg.ca
- **Runner's Den - Walking Clinics**
(1) Tues. & Thurs. evening at 6:00 pm at 1000 Upper Gage 905.387.7866 www.runnersden.com [R, \$]
(2) Tues. & Thurs. evening at 6:00 pm and Mon., Wed. & Fri. 9:00 am at 860 King St. W. 905.523.7866. www.runnersden.com [R, \$]
(3) Mon. & Wed. at 6:00 pm and Sat. at 9:00 am at 254 Dundas St. E., Waterdown 905.690.4004 www.rdownwaterdown.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.
- **Steps to Health Walking Group** (Good Shepherd H.O.M.E.S. Program) - 10 weeks 905.528.3655 www.goodshepherdcentres.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 http://www.doitwell.ca/downloads/West_Walkers_Jan_to_May_2010.pdf

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.



Walking Resources

Explore Hamilton Trails

<http://www.hamilton.ca/CityDepartments/PublicWorks/Parks/PublicTrails/>
For a *Bikeways, Trails and Parks Map*, call 905.546.2489 or visit, www.hamilton.ca/cycling

Hiking Hamilton Waterfalls - 10 exciting self-guided walks

www.waterfalls.hamilton.ca 905-648-4427

Walk Score™ - Calculates the walkability of an address.

www.walkscore.com

Walkthere mapping tool - Walk to local destinations within 2 km of your home. or work. 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



Hikes, Walks 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
- **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, \$]
- **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, \$]
- **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]
- **Canada Walks** www.canadawalks.ca/
- **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
 - ◆ Commuter Challenge week — May 30 to June 5
 - ◆ Clean Air Commute Week — June 14 to June 18
- **The Hamilton Waterfront Trust** www.hamiltonwaterfront.com
- **Transportation for Liveable Communities (TLC)** <http://tlchamilton.blogspot.com>