

## 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](http://www.hamilton.ca/cycling)

Hiking Hamilton Waterfalls - 10 exciting self-guided walks  
[www.waterfalls.hamilton.ca](http://www.waterfalls.hamilton.ca) 905-648-4427

Walk Score™ - Calculates the walkability of an address.  
[www.walkscore.com](http://www.walkscore.com)

Walkthere mapping tool - Walk to local destinations within 2 km of your home. or work. Visit, [www.environmenthamilton.org/walkthere](http://www.environmenthamilton.org/walkthere) or call 905.549.0900

Websites for walking initiatives and resources -  
[www.doitwell.ca/downloads/HamiltonWalksWebsites.pdf](http://www.doitwell.ca/downloads/HamiltonWalksWebsites.pdf)

Websites for walkability initiatives, tools and resources -  
[www.doitwell.ca/downloads/Websites\\_for\\_Walkability\\_Resources\\_and\\_Tools.pdf](http://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](http://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](http://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](http://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](http://www.rbg.ca) 905.527.1158.

## Other Organizations

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



May to June 2010

**T**his 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](http://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](http://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](http://www.doitwell.ca)  
(click on Hamilton Walks) or call 905.546.2424 x2244

Legend  
\$ - fee   C - charity walk   R - registration required   M - membership required

Last updated: April 26, 2010

## 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](http://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://janewalk.net/walks>
- **Spring Wild Flowers Walk** - North Shore (RBG) – Meet 9:30 am at Nature Centre [www.rbg.ca/pages/publicprogram.html](http://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](http://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](http://www.bellwalkforkidshelpphone.ca) [walkforkidshelpphone@kidshelpphone.ca](mailto: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](http://www.rbg.ca/pages/publicprogram.html) 905.527.1158 x270 [R, \$]
- **Jane's Walk - West Harbour/Bay & Barton Neighbourhood** at 11:00 am. <http://janewalk.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/](http://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](http://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](http://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](http://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](http://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](http://www.ghostwalks.com). [S]
- **Tastes of Downtown Hamilton Restaurant Walking Tour** (Goodwill - The Amity Group) - 11:00 am to 4:00 pm [R, \$] [www.goodwillonline.ca](http://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/](http://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](http://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](http://www.purinawalkfordogguides.com) 905.842.2891 [R, C]

### 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](http://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](http://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](http://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](http://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](http://www.durandna.com) 905-527-6820 [R, \$]

### Sunday, June 13

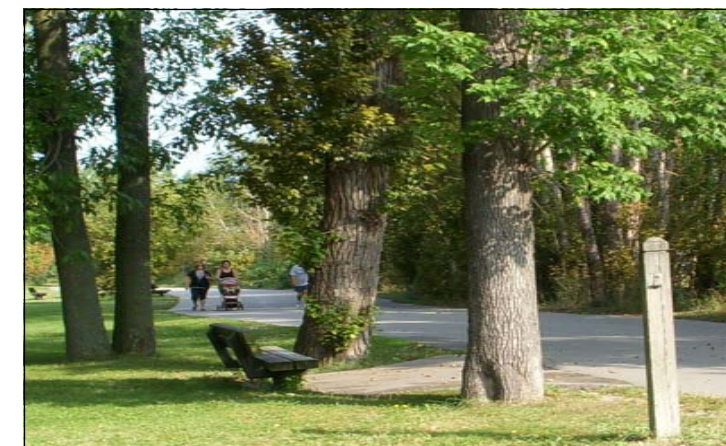
- **Heel 'n' Wheel-a-Thon** (Crohn's & Colitis Foundation of Canada) - Walk at Bayfront Park. [www.heelnwheelathon.ca/EN/index.html](http://www.heelnwheelathon.ca/EN/index.html) 1.800.387.1479 x236 [R, C]

### 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](http://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 [S]



## 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](http://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](http://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](http://www.haltonoutdoorclub.com) [M, \$]
- **Hamilton Naturalists' Club - Wed. Evening Walks** (6:00 or 6:30 pm) start April 28. [www.hamiltonnature.org](http://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](mailto: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](http://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](http://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](http://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](http://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.rdown.com](http://www.rdown.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](http://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](http://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](http://www.doitwell.ca/downloads/West_Walkers_Jan_to_May_2010.pdf)

### Legend

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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.