



Kenilworth Stairs

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



Bay Street North

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 905.525.2181 [\$/event or M, \$]
- **Royal Botanical Gardens** (RBG) 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
 - ◆ International Car Free Day - Wed., Sept. 22
 - ◆ Planning a Trip
 - ◆ Walk and Bike to Work Initiatives
- **The Hamilton Waterfront Trust** www.hamiltonwaterfront.com
- **Transportation for Liveable Communities (TLC)**
<http://tlchamilton.blogspot.com>



Hamilton Walks through the fall

Sept. 10 to Nov. 28, 2010

Dundas Valley Photo by John Overmeyer, courtesy of HCA

This fall, enjoy the beautiful fall colours on foot along Hamilton's trails, parks, walkways, and sites.

Walking . . .

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

(source: www.saferoutestoschool.ca)

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



Sunday, Sept. 26, 2010

10:00 am to 3:00 pm

James St. North from York Blvd. to Guise St.

The streets will be open 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



June 6, 2010 Open Street Event

www.facebook.com/photo_search.php?oid=110002339023443&view=all

Legend

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

Last update: Sept. 1, 2010

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

Friday, Sept. 10 (Oct. 8 & Nov. 12)

- **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/

Saturday, Sept. 11

- **Superwalk for Parkinson's** - 1.5 or 3.0 km walk starts at 11:00 am at St. Peter's Hospital, 88 Maplewood Ave. 905.529.8883. www.superwalk.com/press_about_walk.php [R, C]
- **Scotiabank AIDS Walk for Life** (The AIDS Network) - Walk starts at 10:00 am at Christ's Church Cathedral. 905.528.0854 x228 www.aidsnetwork.ca
- **Hamilton Cemetery Tour "Disasters Tour"** - Meet at 11:00 am at Hamilton Cemetery gate house, 777 York Blvd. 905.544.9559 www.hamiltonhistory.ca

Saturday, Sept. 18

- **The Terry Fox Run** - Walk, bike, rollerblade or wheel event from 9:00 am to 12:00 pm at Garth Valley Village (Garth St and Abbotsford Trail) 1.888.836.9786 <http://www.terryfoxrun.org/> [R, C]
- **The Great Canadian Shoreline Clean-Up in Cootes Paradise** 10:00 am to 12:00 pm at Princess Point. 905.527.7111 www.hamiltonharbour.ca/events.htm [R]

Sunday, Sept. 19

- **Walk for Heart - Hamilton** (Heart after the 9:00 am registration at Bayfront Park 905.574.4105 www.fitforheart.ca [R, C]
- **Give the Gift of the Walk - Hamilton** (The Kidney Foundation of Canada) - Walk starts at 10:00 am at the Lakeland Centre, 180 Van Wagner's Beach Rd. 905.278.3003 x 4968 www.kidney.on.ca [R, C]
- **RBG - Geo-Quest** (Royal Botanical Garden [RBG] program) - 2:00 pm at Nature Centre. A great family event. 905.527.1158 x270 www.rbg.ca/pages/educational_activities.html [R, \$]
- **The Terry Fox Run** - Walk, bike, rollerblade or wheel event (1) 9:00 am to 12:00 pm at Gage Park (near flag pole at south end) and (2) 1:00 pm at McMaster University David Bradley Athletic CTR 1.888.836.9786 <http://www.terryfoxrun.org/> [R, C]



Hamilton Harbour Waterfront Trail



King Street West

Wednesday, Sept. 22

- **International Car Free Day** (Smart Commute Hamilton) Try taking public transit, cycling, walking or running to work or to do errands.
 - 1) Bike and Walk to Work 6:00 to 9:30 am Hamilton Downtown Go Station (36 Hunter St. E.)
 - 2) Totally Transit - All day (if wearing an orange wristband) Visit www.smartcommute.ca/hamilton for more information

Saturday, Sept. 25

- **Supercrawl** - 1:00 pm to 11:00 pm at James St. N from York Blvd. to Barton St. Street closed to traffic and open to live music and art installations and displays. <http://www.supercrawl.ca/news/>
- **Hamilton Cemetery Tour "Hamilton 1st Tour"** - (see Sept. 11)

Sunday, Sept. 26

- **Open Streets Hamilton** - 10:00 am to 3:00 pm streets will be open on James St. North from York Blvd. to Guise St. www.openstreetshamilton.ca (check programs)
- **Ruby's Slipper Men's Walk** (Interval House Hamilton) - 1 km walk starts at 1:00 pm at Waterdown District High School, 215 Parkside Drive, Waterdown. 289-895-8580 www.fwrc.ca
- **Hamilton Cemetery Tour "Hamilton 1st Tour"** (see Sept. 11)

Saturday, Oct. 2

- **Dundas Studio Tour** - Self-guided tour of artists' studios from 11:00 am to 5:00 pm. 905.627.8632 www.dundasstudiotour.ca

Sunday, Oct. 3

- **The Rail Trail Stroll/Walk/Run/Cycle** (Cancer Assistance Program) - 3 to 7 km walk starts at 1:00 pm at Mohawk Sports Complex (Mohawk Rd. 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]
- **Dundas Studio Tour** - Self-guided tour of artists' studios (see Oct. 2)

Saturday, Oct. 9

- **Hamilton Cemetery Tour "Past Mayors Tour"** (see Sept. 11)

Saturday, Oct. 16

- **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. Hosted by Hamilton Lions Club. 905.578.0682 www.childrenswish.ca [R, C]

Sunday, Oct. 17

- **RBG - Geo-Quest** (RBG program) - 2:00 pm (see Sept. 19)

Saturday, Oct. 23

- **Hamilton Cemetery Tour "Masonic Tour"** (see Sept. 11)

Sunday, 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

Saturday, Nov. 6

- **Hamilton Cemetery Tour "Veterans Tours"** (see Sept. 11)

Saturday, Nov. 13

- **Hamilton Cemetery Tour "Veterans Tours"** (see Sept. 11)

Weekly Walks

- **Ancaster Seniors Achievement Centre (ASAC) - Walking Club** (Mon. to Fri., 8:00 am - 9:00 am) meets and walks in Walmart 905.648.3466 www.asacseniors.ca
- **ASAC - Nordic Walking** at the ASAC at 622 Alberton Rd. S., Alberton, ON. Dates and times to be determined. 905.648.3466 www.asacseniors.ca [R, \$]
- **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 starting Sept. 8. 905.634.2012 www.haltonoutdoorclub.com [M, \$]
- **Lime Ridge Mall Walking Group** (Mon. to Fri. 7:00 am - 10:00 am, Sat., 7:00 am - 9:30 am, & Sun., 9:00 am - 11:00 am) 905.387.4455

Weekly Walks

- **Nordic Walking Classes/Groups** - advanced registration required. Classes start beginning of September
 - (1) Mon., 8:45 am at Williams Coffee at Hamilton Waterfront
 - (2) Wed., 9:00 am "50-Plus" Nordic Walkers in Waterdown
 - (3) Wed., 5:30 pm at Dundas Driving Park and various locations
 - (4) Thurs., 5:30 pm Nordic Walking for Total Fitness
 - (5) Sun., 8:45 am at Williams Coffee at Hamilton Waterfront 905.627.9133 nordicstride@bell.net <http://nordicstride.ca/> [R, \$]
- **RBG - Get Back to Nature** walks (every Sunday) at 2:00 pm to 3:30 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 and Sat. at 8:00 am at 131 Upper Centennial Parkway, Stoney Creek Starts Sept. 7. 905.662.7866 www.runnersden.com [R, \$]
 - (2) Mon. & Wed. at 6:00 pm and Sat. at 9:00 am at 254 Dundas St. E., Waterdown. 905.690.4004 www.rwaterdown.com [R, \$]
- **Running Room - informal walking group** meets (Wed., 6:00 pm and Sun., 8:30 am) at 1457 Main St. W. Walking Clinic starts Oct. 16 at 9:30 am 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., Tues., Thurs., & Fri., noon - 1:00 pm) at Dundas Lions Memorial Community gym, 10 Market St. S., Dundas. Starts Sept. 21 905.546.2260 [R, small \$]
- **West Walkers** (Thurs., 9:00 am - 10:00 am) walk trails in the region (central & west end). 905.546.2424 x2244. Schedule http://www.doitwell.ca/downloads/West_Walkers_Fall_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.