

WALKING AND HIKING...

a great way to explore the city and its parks, trails, waterfront and natural areas.

Tips for Exploring Toronto on Foot

- Walk with others
- Wear a broad-brimmed hat, comfortable footwear and clothing
- Carry a light fanny pack/backpack with identification and a drink
- Be aware of your surroundings
- Cross streets safely at traffic lights and crosswalks
- Use caution on all routes, as recreational trails may be slippery or obstructed
- Be courteous to others. Keep to the right.
- Respect our environment and keep Toronto beautiful
- Follow sun safety recommendations

Walking and Hiking is Good for Your Health!

You are never too young or too old to go for a walk. Walking is good for you as it:

- Refreshes the mind and increases energy
- Is a natural movement
- Is a terrific stress and tension reliever
- Provides time for sharing and socializing
- Lowers blood fats, blood pressure and improves digestion
- Strengthens bones, helping to prevent or control osteoporosis
- Helps you to reach and maintain a healthy weight
- Trains your heart, lungs and muscles to work better
- Is available just outside your door

WALKING RESOURCES

Many community associations and walking groups produce detailed walking maps as well as offer guided walks. We encourage you to seek out these additional resources to continue exploring Toronto's parks, trails, waterfront and natural areas.

Toronto Discovery Walks are a series of 11 self-guided tours of areas of interest throughout the city (see map legend). Discovery Walks brochures are available at civic centres, can be downloaded at www.toronto.ca/parks or by calling Parks, General Inquiry Line at 416-392-1111.

The Intohealth Partnership has created a series of free walking guides, called "LET'S WALK". Visit www.intohealth.ca to view these guides or receive other information on being physically active in the city.

The Walk into Health Pedometer Lending Program is available at select Toronto Public Library branches. A pedometer is a small tool that counts your steps and can encourage you to walk and explore more. Visit www.toronto.ca/health/walkintohealth

Hike Ontario provides access to all hiking trail clubs in Ontario as well as local walking information. Visit www.hikeontario.com

High Park Community Advisory Council offers monthly Sunday walking tours of the park. Visit www.highpark.org or call 416-392-1748.

Walk the Don is a series of self-guided interpretive walks within the Don River watershed. View trail guides and maps at www.trca.on.ca/walkthedon

Toronto Bruce Trail Club operates an extensive hiking program offering over 300 hikes annually. Visit www.torontobruceclub.org or call 416-763-9061.

Toronto Field Naturalists conducts organized walks year round. Visit www.torontofieldnaturalists.org or call 416-593-2656.

The Safari Walking Group, for people who are blind or low vision, walk weekly during spring, summer and early fall. Contact safariwalk@sympatico.ca

Heritage Toronto conducts free guided neighbourhood walking tours. Visit www.heritagetoronto.org or call 416-943-3886.

Lake Ontario Waterfront Trail stretches across the city's waterfront. For a listing of events and to obtain maps, visit www.waterfronttrail.org or call 416-943-8080.

LEAF is an organization that offers guided Toronto Tree Tours through neighbourhoods. Visit www.leaftoronto.org or call 416-413-9244.

The Rouge Valley Naturalists conducts guided nature walks and theme hikes year-round. Visit www.rougevalleynaturalists.com or call 416-282-8265.

The Outing Club of East York offers year-round walking and hiking both inside and outside Toronto. Visit www.outingclubofeastyork.org or contact info@ocey.org

BEYOND WALKING

Learn a skill, swing a racquet, kick a ball, ride a bike, take a swim, go camping or tee off. These are just a few of many activities available to you right here in Toronto!

Power of Movement, by providing program and activity listings across the city, supports and encourages all residents to increase their physical activity and to make healthy choices.



To find out more about our recreation programs, pick up a Toronto FUN Guide at your local community centre, call Access Toronto at 416-338-0338 or visit www.toronto.ca/parks

EXPLORE THE OUTDOORS THE HEALTHY WAY

Sun Safety Recommendations

While outdoors, be sun safe! Visit www.toronto.ca/health/sun

- Limit time in the sun between 11:00 a.m. and 4:00 p.m.
- Look for shaded areas to do outdoor activities.
- Wear a hat with a wide brim or with a flap to cover the back of the neck.
- Wear clothing to protect as much skin as possible.
- Put on UV protective sunglasses.
- Use a sunscreen with SPF 15 or higher and UVA & UVB protection.



Air Quality Health Index

The Air Quality Health Index (AQHI) measures air quality on a scale from 1 to 10 and tells you when it's best to be active outdoors. The higher the reading, the greater the health risk and the need to take precautions when active outdoors. For more information, visit www.airhealth.ca



HELP DOUBLE TORONTO'S TREE CANOPY AND GROW THE URBAN FOREST

More than three million trees live in our parks, ravines and along our streets. Trees provide a natural habitat for birds and wildlife, protect soils from erosion, provide shade, generate oxygen, and absorb harmful pollutants.

Toronto Urban Forestry works to protect and grow our urban forest as a natural legacy for future generations. For information about programs and services, visit www.toronto.ca/trees or call 416-338-TREE (8733).

You can help grow Toronto's urban forest. Join us at the annual city-wide Trees Across Toronto (TAT) events. Information on this event and other volunteering, sponsorship and donation opportunities is available at www.toronto.ca/parks/tat

Also, visit www.toronto.ca/greentoronto or call 416-392-LEAF (5323). Tax-deductible donations can be made through the Toronto Parks & Trees Foundation at www.torontoparksandtreesfoundation.org



WELCOME

This map, prepared by Toronto Parks, Forestry and Recreation, helps hikers and leisure walkers to navigate through the many parks and recreational trails that help make Toronto "A City within a Park". It is available **free of charge** at local Civic Centres.

The map of the city has been divided into east and west, with Yonge Street as the dividing line. There is sufficient overlap on both sides of the map should your route cross the centre of the city.

While every effort has been made to ensure the accuracy of information, users of this map bear full responsibility for their own safety and well-being, as well as for the results of their own negligence. For some ideas about safety, see the "Tips for Exploring Toronto on Foot" section of this map.

Most recreational trails indicated on this map have hard surfaces, signage and are maintained seasonally. Hard surfaces include asphalt, concrete, compacted gravel and wood boardwalks. Most paths are multi-use and are shared by pedestrians, cyclists, in-line skaters and others. Many other existing recreational trails, not noted on the map, have soft surfaces that include wood chip, loose gravel, limestone and dirt.

Some park washrooms operate only in warm seasons while others operate year round. Winter as well as physically accessible washrooms are indicated with special icons in the map legend.

Winter walking requires extra planning and safety precautions as most trails are not cleared of snow or ice; **use at your own risk**.

We hope you find this map to be a useful and helpful resource as you explore Toronto on foot—there's a lot of ground to cover!

WHERE TO PUT YOUR BEST FOOT FORWARD

Toronto has one of the most diverse trail systems in the world. With more than 200 kilometres of off-road recreational trails, 90 of which are paved and an additional 8200 kilometres of sidewalks, there is much to explore and no better way to do it than on foot.

Toronto has six major watersheds, plus the Lake Ontario waterfront, each featuring recreational trails that may travel through woodland, meadow and wetland habitat. You can see extraordinary wildlife, magnificent trees, gorgeous wildflowers and spectacular views of the natural and urban landscape.

Toronto boasts close to 1,500 named parks and more than 7,300 hectares of greenspace under the stewardship of Parks, Forestry and Recreation. Larger parks such as Centennial Park, High Park and Toronto Islands Park have an extensive network of recreational trails. Other parks including the Toronto Music Garden and L'Amoreaux Park have shorter paths for less demanding walks or strolls.

In the winter, you can walk through the Allan Gardens or Centennial Park Conservatories and experience nature from the inside. Take the time to smell the flowers at the snow, fall, winter and spring flower shows.

Please direct any comments or questions about this map to parks@toronto.ca

This map has been produced by Toronto Parks, Forestry and Recreation, in partnership with Toronto Public Health. - Designed by: City of Toronto, City Planning, Urban Design, Graphics and Visualisation. - 2008/2009

Exploring Toronto's Parks & Trails

