



“Brisk walking is an aerobic activity. It increases the body’s demand for oxygen and trains your heart, lungs and muscles to work more efficiently.”

Active Living Canada and
Toronto Public Health



This walk is approximately 7.3km long with a walking time of about 2 hours (minimum). If you walk this route at a brisk pace, you will burn approximately 450 calories.

ACCESSIBILITY: The section of the trail on the west side of the Humber River, between the Old Mill Subway Station and the Queensway, has a combination of level access with some moderate slopes and a hard-paved surface.

THE HIKERS’ CODE

- Stay on the trails
- Do not disturb wildlife
- Keep dogs on a leash
- Be cautious when crossing roads
- Leave flowers and plants for others to enjoy
- Wear suitable clothing
- Walk with someone — it’s safer and more fun
- Be aware of other trail users.

REMEMBER

- All walks involve stairs and/or slopes
- Walking surfaces vary and can include hard pavement, woodchips, grass, limestone fines, sand and/or bare earth
- Steps and paths are not lighted and not cleared of ice and snow
- Use at your own risk

POINTS OF INTEREST

- 1 The Old Mill & the Old Mill Bridge
- 2 Toronto Carrying Place Trail
- 3 The Humber River, Valley & Marshes
- 4 Early Settlement Site

LEGEND

- Discovery Walk Path
- - - Caution when crossing
- ? Views
- ⬆️ Public Transit
- P Parking
- ★ Suggested starting and/or ending points

7 minutes walking time (approximate)
400 m (approximate)

The City of Toronto
The City of Mississauga
The City of Brampton
The City of Oakville
The City of Burlington
The City of Hamilton
The City of London
The City of Windsor
The City of St. Catharines
The City of Niagara Falls
The City of Welland
The City of Brantford
The City of Kitchener
The City of Waterloo
The City of Cambridge
The City of Guelph
The City of Brant
The City of Haldimand
The City of York
The City of Peel
The City of Halton
The City of Simcoe
The City of Huron
The City of Perth
The City of Elgin
The City of Middlesex
The City of Kent
The City of Oxford
The City of West Middlesex
The City of East Middlesex
The City of North York
The City of Scarborough
The City of Markham
The City of Richmond Hill
The City of Vaughan
The City of York Region
The City of Halton Region
The City of Peel Region
The City of York Region
The City of Halton Region
The City of Peel Region
The City of York Region

Please note that park washrooms are open from May to October.