



Walking & Outdoor Clubs

The Halton Outdoor Club 905-634-2012
 or 1-877-877-4550
www.haltonoutdoorclub.com

- Offers a hiking program which includes local area hikes and evening work-out walks
- Membership fee varies by type i.e., student, single, or family

Walking & Hiking Trails

Conservation Halton 905-336-1158
www.conservationhalton.on.ca

- Publishes a newsletter of activities and events
- Trail maps available for various trails in the Region

Crawford Lake 905-854-0234
 Hilton Falls..... 905-854-0262
 Kelso 905-878-5011
 Rattlesnake Point 905-854-0262
 Mount Nemo 905-854-0262

Bronte Creek Provincial Park..... 905-827-6911
www.ontarioparks.com/english/bron-hiking.html

- Walking trails and family activities

Bruce Trail Association 905-529-6821
 or 1-800-665-4453
www.brucetrail.org

- 885 km of trails from Niagara to Tobermory
- Membership fee - \$50.00 per household per year
- Guidebook available online

Royal Botanical Gardens..... 905-527-1158
www.rbg.ca

- 30 km of walking trails and family activities
- There are three trail guides (\$2 each or three for \$5) available for purchase at the Nature Centre or Gardens' Shop

Burlington Parks and Recreation 905-335-7738
www.burlington.ca

- Walk along Burlington's 23 km Waterfront Trail
- The Green Map "Transit, Trails & Tourism" includes Burlington's transit routes, tourist destinations, pathways and cycling routes. Printed copies are available at the downtown bus terminal, Burlington GO station, City Hall and Tourism Burlington

Oakville Culture and Recreation..... 905-845-6601, x3076
www.oakville.ca

- Walk along Oakville's 150+ km of trails
- "Cycle, Walk Oakville Map" includes multi-use trails and parks and is available free of charge at all community centres and libraries.

Milton Parks & Trails..... 905-878-7252
www.movemoremilton.ca

- The "Take to the Trails" brochure includes residential area and rural maps, featuring off-road trails, boulevard trails and suggested cycling routes. It is available at most Town facilities or online.

Town of Halton Hills Recreation & Parks
 905-873-2601 ext. 2261
www.haltonhills.ca

- Hike over 30 km of the Bruce Trail and connecting side trails
- Enjoy walking the trails of conservation areas
- Discover trails within the communities of Acton and Georgetown
- The Halton Hills Trails Map offers detailed descriptions of all local trails and is available online.

Mall Walks

Georgetown Mall Walk - No charge 905-873-8109

www.georgetownmarketplace.com

- Mon., Wed. & Fri. 8:00-9:00 a.m.

Milton Mall Walk - No charge..... 905-878-3900

- Mon.- Sat. 7:00-9:30 a.m. and Sun. 10:00 a.m. - noon

Oakville Place Mall Walk - No charge..... 905-842-2140

www.oakvilleplace.com

- Mon.- Fri. 7:00-10:00 a.m., Sat. 7:00-9:30 a.m., and Sun. 9:00-11:00 a.m.
- Register Tue. or Thu. 7:30-9:00 a.m. with a mall walker volunteer of the Sneaker Set Walking Club

Burlington Mall Walk - No charge..... 905-632-4777

www.burlingtonmall.com/mallwalkers.php

- Mon.- Fri. 7:00-10:00 a.m.
- Register at food court during walking hours – the sign in/out binder is located at guest services

Mapleview Mall Walk - No charge 905-681-2900

www.mapleviewcentre.com

- Mon.- Fri. 7:30-10:00 a.m.
- September to May 31
- Enter at Food Court lower level west side (QEW) centre entrance
- Register at Guest Services

Walking Tours

Tourism Burlington 905-634-5594

www.tourismburlington.com

- “A Walking Tour of Burlington Downtown” contains a map and details regarding the historic properties along the route
- Other trail maps are available – No charge

Oakville Historical Society..... 905-844-2695

www.oakvillehistory.org

- Walking tours of the Oakville Historical district
- Sunday afternoons during summer/early fall months
- Reservations requested
- Fees vary by type i.e., adult, child.

Walking Resources

Walking: the Activity of a Lifetime

- A booklet that includes tips on setting realistic goals, safety, motivating yourself to keep going using a pedometer, and stretches to do before and after you walk.

Count Your Steps to Better Health

www.halton.ca/countyoursteps

- Borrow a pedometer today from your local library in Burlington, Halton Hills, Milton and Oakville.

Please be aware that this is not an exhaustive list. There may be other organizations and companies that offer walking opportunities in your area.

To learn more about physical activity and to get the Canadian Physical Activity Guidelines, call the Halton Region Health Department toll free at 1-866-442-5866 or visit www.halton.ca/PA.



For more information, please contact

Halton Region

Dial 311 or 905-825-6000

Toll free 1-866-4HALTON (1-866-442-5866)

TTY 905-827-9833

www.halton.ca

Health Department

Promoting and Protecting Health.
Preventing Disease. Providing EMS.