



## Walking & Outdoor Clubs

**The Halton Outdoor Club** ..... 905-634-2012  
 or ..... 1-877-877-4550  
[www.haltonoutdoorclub.com](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://www.halton.ca)

**Health Department**

Promoting and Protecting Health.  
Preventing Disease. Providing EMS.