

## Acknowledgements

### Trail Guide Production

This trail guide has been produced by:

County of Wellington  
Planning and Development Department  
74 Woolwich Street, Guelph, ON N1H 3T9  
519.837.2600 or 1.800.663.0750  
www.wellington.ca



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### Other Contributors

Contributions from trail organization volunteers, the Ignatius Jesuit Centre, Conservation Authorities, and the staff of Centre Wellington, Erin, Guelph/Eramosa, Mapleton, Minto, Puslinch and Wellington North to the contents of the guide are gratefully acknowledged. We also thank staff at the Wellington Archives, Karen Wagner and Elysia DeLaurentis, for their research on the history of the County forests.

### Ontario Trails Council

The Ontario Trails Council is a charity that promotes the development, preservation, management and use of recreational trails in Ontario. The section on trail etiquette and safety in this trail guide is courtesy of the Ontario Trail Council's website, which promotes the safe and responsible use of trails.  
([www.ontariotrails.on.ca](http://www.ontariotrails.on.ca))

### Mapping

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### Comments

If you have any edits or suggestions for how we might improve the guide in our next update, please contact the County of Wellington Planning and Development Department at 519.837.2600 x 2130.

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## Introduction

We hope that you enjoy the 4<sup>th</sup> edition of **Wellington Walks**, a guide to 200 kilometres of trails within Wellington County. With over 40 trails to choose from in Centre Wellington, Erin, Guelph/Eramosa, Mapleton, Minto, Puslinch and Wellington North, you are sure to find the right trail for you. Whether you are looking for a quiet nature walk, breathtaking river views, heritage treasures, or a village tour, these trails won't disappoint.

Wellington County is vast, covering an area of 2,570 square kilometres (992 square miles) and falling within the borders of six Conservation Authorities. Not surprisingly, there are many unique natural features to be found: the towering limestone cliffs, caves and glacial potholes of Rockwood and the 22 metre deep Elora gorge and scenic overlooks, to name a few. Put on some comfortable shoes and set off. You'll be glad you did.



## Do it for your health!

Scientific evidence shows that providing access to places for physical activity, such as trails, increases the level of physical activity in a community. Depending on conditions, trails can provide a wide variety of opportunities for being physically active.

- Walking, jogging, running, and hiking
- Rollerblading/in-line skating
- Wheelchair recreation
- Cycling
- Cross-country skiing and snowshoeing.<sup>1</sup>

Being active on a trail has positive impacts beyond increasing physical activity rates, it reduces:

- Stress
- Risk of cardiovascular disease
- Back, neck and shoulder complaints
- Reduces depression and anxiety disorders
- Reduces the risk of diabetes as well as obesity and cancer.<sup>2</sup>

Two in three (64%) of all Canadians live within a 30 minute walk (2.5 km) of a routine destination like work, leisure, shopping, friends/family or school. The data show that living within a thirty minute walk of a destination greatly increases the likelihood of participation.<sup>3</sup>

Trails with tree coverage or trees around them offer increased air quality, improved cognitive function, reduced ADD symptoms, an increase in balance and coordination activities for children, reductions in stress levels and much more.<sup>4</sup>

Trail use offers so many benefits to you and your family...so check out a local trail today! Your body will thank you.

---

<sup>1</sup> Guide to Community Preventive Services, CDC,  
<http://www.thecommunityguide.org/pa/environmental-policy/index.html>

<sup>2</sup> Parks & Other Green Environments: Essential Components of a Healthy Human Habitat", National Recreation & Parks Association, 2010.

<sup>3</sup> Summary Report, 1998 National Survey on Active Transportation, conducted by Environics International on behalf of Go for Green

<sup>4</sup> Trees Ontario, "A Healthy Dose of Green: A Prescription for a Healthy Population", 2011.

## Trail Organizations

The contribution of trail organizations and volunteers in the development and ongoing management of many of our trails deserves to be recognized. We thank them for their vision and commitment to making trails available in our communities. Please consider volunteering or donating to your local trail groups to support their important work.

**Elora Cataract Trailway Association** info@trailway.org  
www.trailway.org

**Grand Valley Trails Association** 519.576.6156  
www.gvta.on.ca

**Guelph Hiking Trail Club** hike@guelphhiking.com  
www.guelphhiking.com

**Hike Ontario** 905.277.4453  
www.hikeontario.com 1.800.894.7249

**Kissing Bridge Trailway** County of Wellington 519.837.2600  
www.kissingbridgetrailway.ca Region of Waterloo 519.575.4400

**Palmerston Trail Association** 519.343.3711

**Trans Canada Trail** 1.800.465.3636  
www.tctrail.ca

## Conservation Areas

**Grand River Conservation Authority** 519.621.2761  
1.866.900.4722  
Elora Gorge Conservation Area 519.846.9742  
Guelph Lake Conservation Area 519.824.5061  
Rockwood Conservation Area 519.856.9543  
www.grandriver.ca

**Halton Conservation Authority** 905.336.1158  
Mountsberg Conservation Area 905.854.2276  
www.conservationhalton.on.ca

## Municipal and Tourism Contacts

<b>County of Wellington</b>	519.837.2600
Administration Centre, 74 Woolwich Street, Guelph	1.800.663.0750
<a href="http://www.county.wellington.on.ca">www.county.wellington.on.ca</a>	
Guelph and Wellington County Tourism Services	519.837.1335
<a href="http://visitguelphwellington.ca">visitguelphwellington.ca</a>	1.800.334.4519
<b>Centre Wellington</b>	519.846.9691
1 MacDonald Square, Elora	
<a href="http://www.centrewellington.ca">www.centrewellington.ca</a>	
Elora Information Centre	519.846.9841
Fergus Information Centre	519.843.5140
<b>Erin</b>	519.855.4407
5684 Trafalgar Road, Hillsburgh	1.877.818.2888
<a href="http://www.erin.ca">www.erin.ca</a>	
The Hills of Headwaters	1.800.332.9744
<a href="http://www.thehillsofheadwaters.com">www.thehillsofheadwaters.com</a>	
<b>Guelph/Eramosa</b>	519.856.9596
8348 Wellington Road 124, Rockwood	1.800.267.1465
<a href="http://www.get.on.ca">www.get.on.ca</a>	
<b>Mapleton</b>	519.638.3313
7275 Sideroad 16, Drayton	1.800.385.7248
<a href="http://www.town.mapleton.on.ca">www.town.mapleton.on.ca</a>	
<b>Minto</b>	519.338.2511
5941 Highway 89, Harriston	
<a href="http://www.town.minto.on.ca">www.town.minto.on.ca</a>	
Minto Chamber of Commerce	519.327.9619
<b>Puslinch</b>	519.763.1226
7404 Wellington Road 34, Aberfoyle	
<a href="http://www.twp.puslinch.on.ca">www.twp.puslinch.on.ca</a>	
<b>Wellington North</b>	519.848.3620
7490 Sideroad 7 West, Kenilworth	1.866.848.3620
<a href="http://www.wellington-north.com">www.wellington-north.com</a>	
Mount Forest Chamber of Commerce	519.323.4480
<a href="http://www.mountforest.ca">www.mountforest.ca</a>	1.877.323.4480

## Hospitals

<b>Cambridge Memorial Hospital</b> 700 Coronation Boulevard, Cambridge	519.621.2330
<b>Georgetown Hospital</b> 1 Princess Anne Drive, Georgetown	905.873.0111
<b>Grand River Hospital KW</b> 835 King Street West, Kitchener	519.742.3611
<b>Groves Memorial Hospital</b> 235 Union Street East, Fergus	519.843.2010
<b>Guelph General Hospital</b> 115 Delhi Street, Guelph	519.822.5350
<b>Headwaters Orangeville</b> 100 Rolling Hills Drive, Orangeville	519.941.2410
<b>Louise Marshall Hospital</b> 630 Dublin Street, Mount Forest	519.323.2210
<b>Palmerston and District Hospital</b> 500 Whites Road, Palmerston	519.343-2030

## OPP Detachments

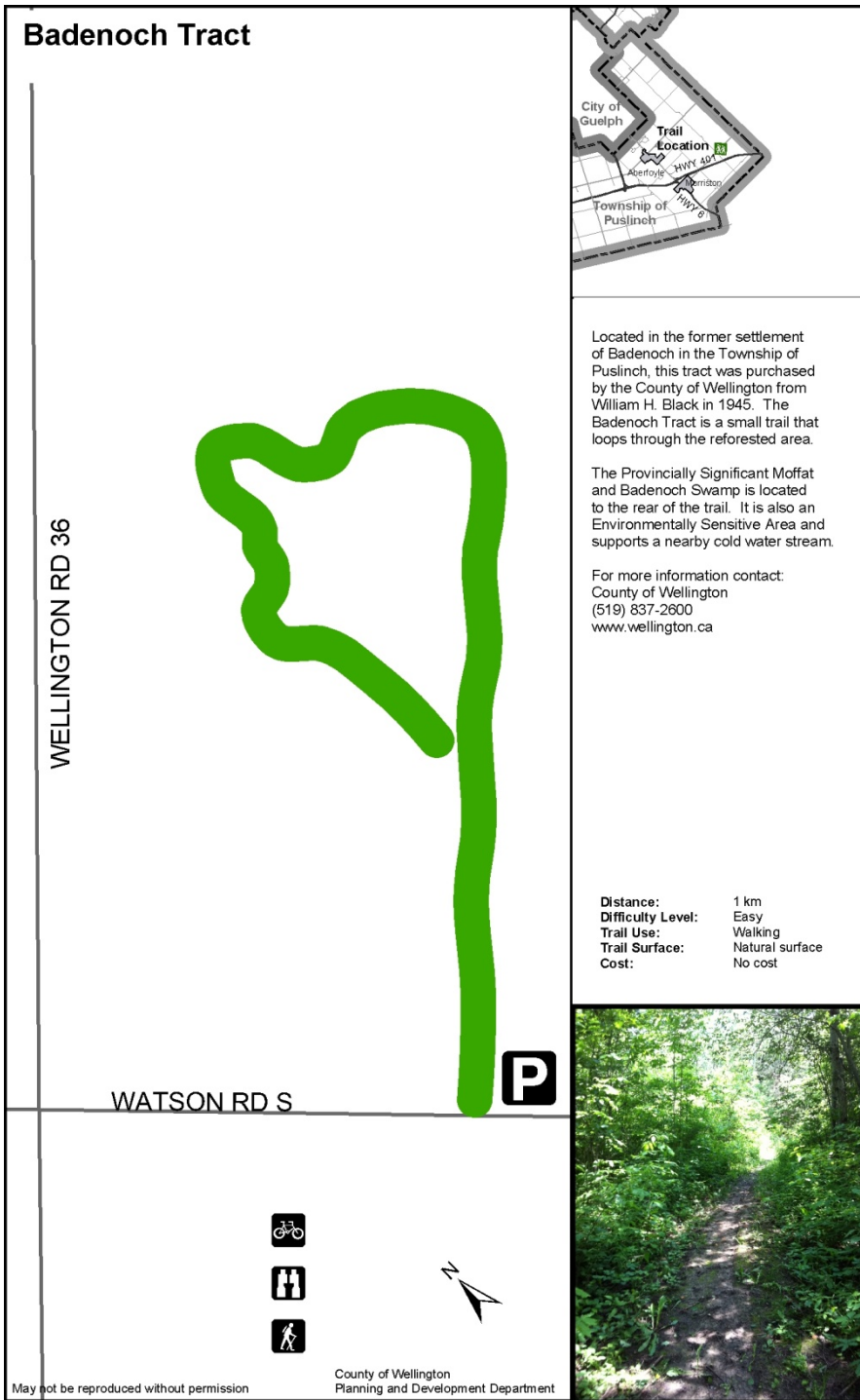
<b>Crisis Phone</b>	911
<b>Detachments Toll Free</b>	1.888.310.1122
<b>Centre Wellington</b> 470 Wellington Road 18, Fergus	519.846.5930
<b>Mount Forest Office</b> 630 Main Street North, Mount Forest	519.323.3130
<b>Palmerston Office</b> 250 Daly Street, Palmerston	519.343.5770
<b>Rockwood Office</b> 5145 Wellington Road 27, Rockwood	519.856.1506



**KEY MAP** – see “map of trails within Wellington County” linked on the Wellington County “Trail Mapping” webpage (web address below).

<http://www.wellington.ca/en/discover/trailmapping.asp>

## Badenoch Tract



WELLINGTON RD 36

WATSON RD S

**P**

City of Guelph  
Township of Puslinch  
Aberfoyle  
HWY 401  
Hwy 6


Trail Location




Located in the former settlement of Badenoch in the Township of Puslinch, this tract was purchased by the County of Wellington from William H. Black in 1945. The Badenoch Tract is a small trail that loops through the reforested area.

The Provincially Significant Moffat and Badenoch Swamp is located to the rear of the trail. It is also an Environmentally Sensitive Area and supports a nearby cold water stream.

For more information contact:  
County of Wellington  
(519) 837-2600  
[www.wellington.ca](http://www.wellington.ca)

Distance: 1 km  
Difficulty Level: Easy  
Trail Use: Walking  
Trail Surface: Natural surface  
Cost: No cost




  
  


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## Benham Tract


### 6155 Seventh Line




**P**

SEVENTH LINE



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The Benham Tract was purchased by the County of Wellington in 1952 from Malcom Wishart. The tract was named after the former reeve of Eramosa Township, Earnest Benham.

This tract is located on a rehabilitated gravel pit. The topography is rolling with several side trails. The terrain is challenging, but the scenery is well worth the effort.

The Provincially Significant Speed River wetland complex crosses through the eastern half of the property. A winter deer yard is also present. You can see the rehabilitated gravel pit from the parking lot.

For more information contact:  
 County of Wellington  
 (519) 837-2600  
[www.wellington.ca](http://www.wellington.ca)

Distance:	2 km
Difficulty Level:	Difficult
Trail Use:	Walking
Trail Surface:	Natural surface
Cost:	No cost



## Bissell Park Trail

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Located in scenic Elora, the Bissell Park trail is the perfect spot to stroll and enjoy a quiet view of the Grand River.

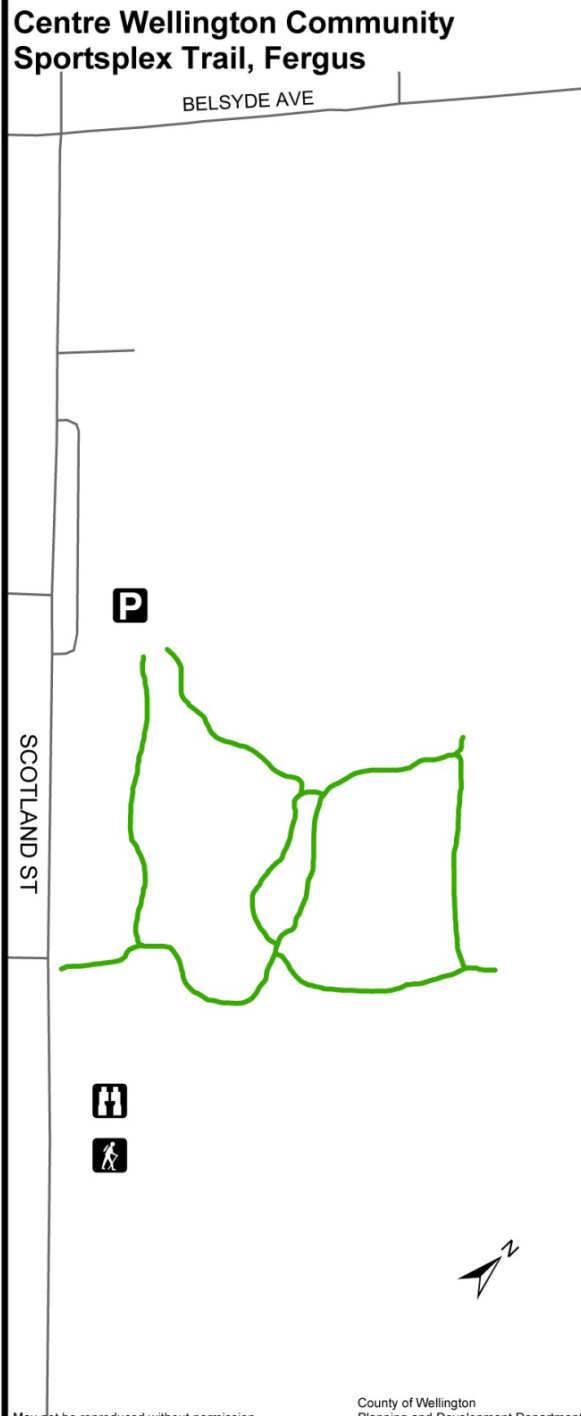
For more information contact:  
Township of Centre Wellington  
(519) 846-9691  
[www.centrewellington.ca](http://www.centrewellington.ca)

<b>Distance:</b>	0.95km
<b>Difficulty Level:</b>	Easy
<b>Trail Use:</b>	Walking
<b>Trail Surface:</b>	Natural surface/ gravel/boardwalk
<b>Cost:</b>	No cost



### Centre Wellington Community Sportsplex Trail, Fergus

BELSYDE AVE

SCOTLAND ST

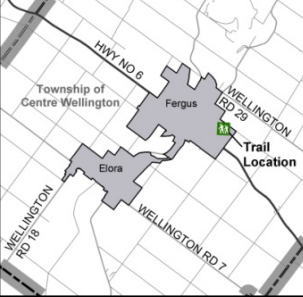


**P**



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HWY NO 6  
Township of Centre Wellington  
Fergus  
WELLINGTON RD 29  
WELLINGTON  
Elora  
WELLINGTON RD 7  
Trail Location

This trail is located behind the Centre Wellington Sports Complex in Fergus. The tree stand provides a sense of being further removed from an urban setting while you are minutes away from the comforts of home.

For more information contact:

Township of Centre Wellington  
(519) 846-9691  
[www.centrewellington.ca](http://www.centrewellington.ca)

Distance:	1km
Difficulty Level:	Easy
Trail Use:	Walking
Trail Surface:	Natural surface
Cost:	No cost



## Confederation Park Trail, Fergus

The Confederation Park trail is located in Fergus and runs along the Grand River. The main trail is flat and provides an easy walking course, while additional branches of the trail wind through shady cedars providing varied surroundings and trail surfaces.

For more information contact:  
 Township of Centre Wellington  
 (519) 846-9691  
[www.centrewellington.ca](http://www.centrewellington.ca)

Distance:	0.7km
Difficulty Level:	Easy
Trail Use:	Walking
Trail Surface:	Natural surface/ gravel
Cost:	No cost

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## Cumnock Tract

7749 Wellington Rd. 17

Trail Locations

Township of Centre Wellington

Fergus

Eton

Highway 6

Wellington Rd 17

HIGHWAY 6 **P**

WELLINGTON RD 17

BEATTY LINE

Distance:	0.5 km or 1.5 km
Difficulty Level:	Easy to difficult
Trail Use:	Walking
Trail Surface:	Natural surface
Cost:	No cost

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## Drayton Walking Trail

**MAIN ST**

**WELLINGTON ST**

**Conostogo R.**

**P**

**Trail Location**

WELLINGTON RD 8  
WELLINGTON RD 7  
WELLINGTON RD 11  
Moorefield  
Drayton  
Township of Mapleton

The Drayton Walking trail is a perfect spot to take in the beauty of the Conostogo River. You can either walk, run or bike along the river and stop at your leisure at the many benches lining the trail to enjoy the serenity of your surroundings.

For more information contact:  
Township of Mapleton  
(519) 638-3313  
[www.town.mapleton.on.ca](http://www.town.mapleton.on.ca)

<b>Distance:</b>	1 km
<b>Difficulty Level:</b>	Easy
<b>Trail Use:</b>	Walking
<b>Trail Surface:</b>	Natural surface/ Stone dust
<b>Cost:</b>	No cost

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## Elora Cataract Trailway

**DUFFERIN COUNTY**

**ERIN**

**HILLSBURGH**

**BELWOOD**

**FERGUS**

**ELORA**

TRAFALGAR RD

WELLINGTON RD 22

WELLINGTON RD 26

WELLINGTON RD 18

WELLINGTON RD 7

Belwood L.

**Trail Location**

The Elora Cataract Trailway was originally the route of the Credit Valley Railway. In 1883 it was leased to the Canadian Pacific Railway and operated until 1988, when it was abandoned. The railway right-of-way was acquired by the Grand River and Credit Valley Conservation Authorities in 1993. The trail is managed by the conservation authorities in cooperation with a community group, the Elora Cataract Trailway Association. The development of the trailway has been guided by the goal to create a greenway or linear park.

At approximately 47 km in length, the trailway stretches from Elora in the Township of Centre Wellington to the community of Cataract in Peel Region. Not only does the trailway offer recreational opportunities in the countryside, it also provides connections between a variety of communities in the county, including Elora, Fergus, Belwood, Orton, Hillsburgh and Erin.

For more information or to become a member contact:  
 Elora Cataract Trailway Association  
 e-mail: [info@trailway.org](mailto:info@trailway.org)  
 P.O. Box 13  
 Elora, ON NOB 1S0  
[www.trailway.org](http://www.trailway.org)

**Distance:** 47km  
**Difficulty Level:** Easy  
**Trail Use:** Walking, biking, cross country skiing, horse back riding (on permitted sections only), snowmobiling (on permitted sections only)

**Trail Surface:** Stone dust  
**Cost:** No cost

on permitted sections only  
on permitted sections only

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## Elora Gorge Conservation Area Trails

WELLINGTON RD 7

Grand R.

MIDDLEBROOK RD

WELLINGTON RD 21

P

Park  
Entrance

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Located west of Elora in the Township of Centre Wellington, the Elora Gorge Conservation Area offers a unique 22 metre deep gorge and numerous other natural features for visitors to enjoy. The Conservation Area also offers a wide range of recreational features such as swimming, tubing, kayaking, fishing, children's playgrounds and several kilometers of walking trails. In addition to the trails marked on this map, several trails branch off the main road.

Visit the park for a day, camp for a weekend or stay for the summer at one of the seasonal campsites.

For more information contact:  
 Grand River Conservation Authority  
 (519) 846-9742  
[www.grandriver.ca](http://www.grandriver.ca)

Distance:	3 km
Difficulty Level:	Easy
Trail Use:	Walking, biking
Trail Surface:	Natural surface/ stone dust/ pavement
Cost:	Park admission fees

## Erin Village Walking Trails

This series of walking trails in Erin village provides a glimpse into the history of this pretty town. If you take a turn down Millwood Road, proceed to Woolen Mill Lane to view the Woolen Mill ruin and historical interpretive signage on the Trail. You will find examples of some of Erin's early industries including Mundell's Planing Mill, McMillan's Grist Mill, and the Woolen Mill Ruin. Take a stroll down Heritage Trail (Main Street) and enjoy a variety of well-maintained heritage storefronts and historic stately old homes.

Take March Street or Church Street to discover the 'Height-of-Land' and 'Stanley Park' segments of the trails. These areas are both perfect diversions to enjoy the natural beauty nearby while visiting the local shops.

These trails are well marked in both directions. Some of the trails cross private property. Please respect the rights of the landowners.

- Mundell's Planing Mill
- - - - McMillan's Grist Mill
- Mill Ruins

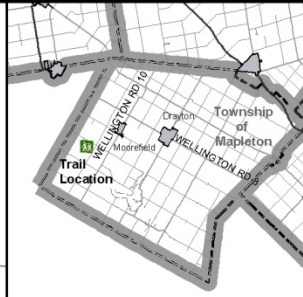
<b>Distance:</b>	5 km
<b>Difficulty Level:</b>	Easy
<b>Trail Use:</b>	Walking
<b>Trail Surface:</b>	Natural surface/ gravel/concrete
<b>Cost:</b>	No cost

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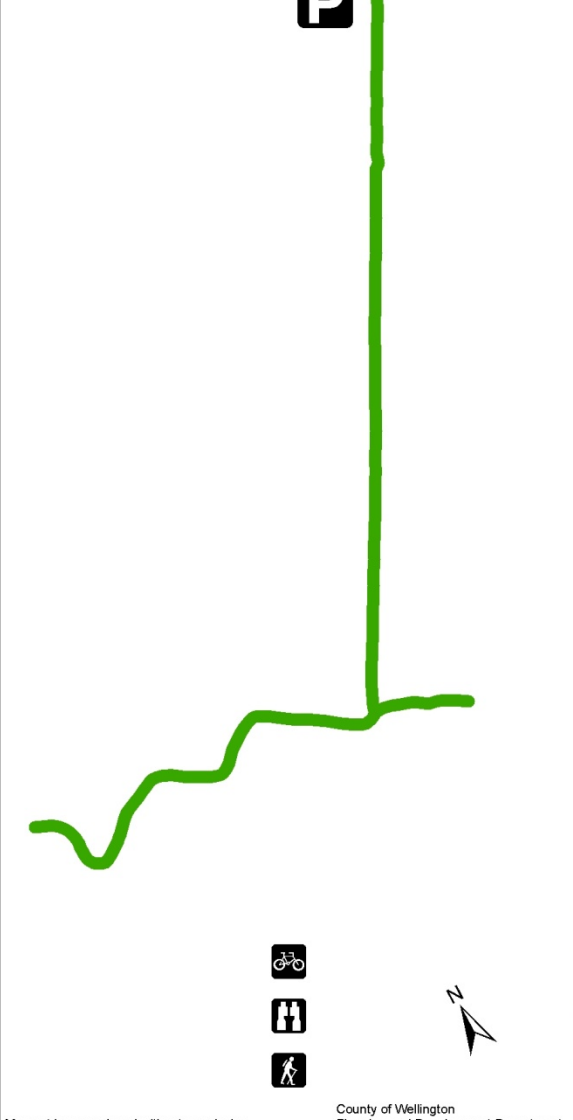
### Fleming Tract




#### 8530 Concession 6




CONC 6

**P**





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The Fleming Tract was acquired by the County of Wellington from Vernon H. Fleming and his wife M. Irene Fleming in 1973.

Further back, the trail gets interesting, first crossing over a municipal drain and then the old farmstead. You will see a fine example of cement drinking troughs amidst the ruins. From there go west to the end of the trail where the plantations change to a hardwood bush, overlooking an active gravel pit.

For more information contact:  
County of Wellington  
(519) 837-2600  
[www.wellington.ca](http://www.wellington.ca)

Distance:	2 km
Difficulty Level:	Easy
Trail Use:	Walking
Trail Surface:	Natural surface
Cost:	No cost



## Grand Valley Trail: Aboyne Trail

The Grand Valley Trail was initiated in 1972 and currently extends 275 kilometers from Rock Point Provincial Park on Lake Erie to Alton in Dufferin County generally following the Grand River Valley. The Trail is referred to as a "marked footpath" and therefore is different from groomed trails such as the Kissing Bridge and Elora Cataract Trailways. Wellington County is in what is known as the Pinnacle Section of the trail. As of early 2009, the Grand Valley Trail Association (GVTA) had over 30 km of blazed trail in the County.

The Aboyne Trail (named after the historic community in which it is located) is a loop trail in a County woodlot. Where the trail generally follows the bank of the river, it is part of a wider Elora to Fergus re-route of the Grand Valley Trail. Take a walk through this beautiful woodlot and take a moment to appreciate the ancient trees and views of the Grand River.

To find out more about the GVTA or to become a member contact:

The Grand Valley Trails Association  
 P.O. Box 40068  
 Waterloo, ON N2J 4V1  
[www.gvta.on.ca](http://www.gvta.on.ca)

For more information contact:

County of Wellington  
 (519) 837-2600  
[www.county.wellington.on.ca](http://www.county.wellington.on.ca)

Distance:	1 km
Difficulty Level:	Easy
Trail Use:	Walking
Trail Surface:	Natural surface
Cost:	No cost

■ ■ ■ Cycling permitted in this section only

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## Guelph Lake Conservation Area Trails

Located north of Guelph in the Township of Guelph/Eramosa, the Guelph Lake Conservation Area offers a wide range of recreational activities such as camping, canoeing, non-motorized boating, windsurfing, swimming and fishing. There are also two beaches and picnic shelters. While these facilities are accessed by a series of internal Conservation Area roads, the Grand River Conservation Authority (GRCA) also offers a series of hiking trails in a wooded area on the west side of Conservation Road, opposite Gate 4 to the park.

For more information contact:

Grand River Conservation Authority  
(519) 621-2761

Guelph Lake Conservation Area  
7743 Conservation Drive  
Guelph ON  
(519) 824-5061  
[www.grandriver.ca](http://www.grandriver.ca)

<b>Distance:</b>	3.5km
<b>Difficulty Level:</b>	Easy
<b>Trail Use:</b>	Walking
<b>Trail Surface:</b>	Natural surface/ gravel
<b>Cost:</b>	GRCA Park Fee

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## Harriston Greenway Trail

The Harriston Greenway trail, provides users with a nice way to travel through Harriston. Some sections of the trail are located on the outskirts of town and provide a secluded setting to walk through. While other sections through the town provide the perfect opportunity to stop at the many downtown shops.

For more information contact:

Town of Minto  
 (519) 338-2511  
[www.town.minto.on.ca](http://www.town.minto.on.ca)

<b>Distance:</b>	4 km
<b>Difficulty Level:</b>	Easy with some moderate sections
<b>Trail Use:</b>	Walking
<b>Trail Surface:</b>	Natural surface/ stone dust
<b>Cost:</b>	No cost

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### Ignatius Jesuit Centre of Guelph: Chardin Trail & Daffodil Path

Loyola House Workshop

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Township of Centre Wellington  
Township of Guelph Eramosa  
City of Guelph

WELLINGTON RD 29  
WELLINGTON RD 38  
WELLINGTON RD 51  
HWY NO 7

Trail Location

The Ignatius Jesuit Centre is a 240 hectare (590 acre) land holding on both sides of Highway 6 in the Township of Guelph/ Eramosa just outside of Guelph. The formal grounds and meditational spaces offered at the Centre also include a labyrinth and stations of the Cosmos. The certified-organic farming on the property features cropping, apple orchards and Ignatius Farm Community Shared Agriculture. The property also includes the Loyola House Retreat and Conference Centre and the Orchard Park Office Centre.

Located on the west side of Highway 6, the Chardin Trail and Daffodil Path is one of four intricate trail systems maintained by the Centre. The trail is named after Pierre de Charden, S.J. As Fr. Charden is known as one of the first Jesuits to write about ecological issues, the trail suitably showcases part of the Marden Creek South Wetland Complex. The Daffodil Path is a section of the trail dedicated to the memory of Jane Buse, who was a member of the Ignatius Farm Community. Find out more about the Chardin Trail and Daffodil Path at [www.ignatiusguelph.ca/land/land\\_trails.html](http://www.ignatiusguelph.ca/land/land_trails.html).

**P** Additional Comments:  
Silence is integral to the retreat experience for guests at Loyola House; please be mindful of retreatants when using the Centre's trails. Dogs must be on leash and no bicycles are permitted on the trails. Tours are available.

The Ignatius Jesuit Centre is proud to work in conjunction with the County of Wellington's Green Legacy program to restore retired farmland through replantation projects using trees grown at the Green Legacy tree nursery.

For more information contact:  
Land Manager (519) 924-1250 x238  
[landmanager@ignatiusguelph.ca](mailto:landmanager@ignatiusguelph.ca)  
[www.ignatiusguelph.ca](http://www.ignatiusguelph.ca)

Distance:	3 km
Difficulty Level:	Moderate
Trail Use:	Walking
Trail Surface:	Natural Surface
Cost:	No cost

County of Wellington  
Planning and Development Department



### Ignatius Jesuit Centre of Guelph: Fr. John Holzer Trail Villa by the Speed Trail

VICTORIA ROAD

SPEED RIVER

CROSS CREEK BLVD

HIGHWAY NO. 6

MAIN ENTRANCE

P

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County of Wellington  
Planning and Development Department

Township of Centre Wellington

Township of Guelph Eramosa

WELLINGTON RD 20

WELLINGTON RD 51

WELLINGTON RD 38

HWY NO 6

City of Guelph

Trail Location

The Ignatius Jesuit Centre is a 240 hectare (590 acre) land holding on both sides of Highway 6 in the Township of Guelph/ Eramosa just outside of Guelph. On the east side of Highway 6, in addition to protecting the lands along the Speed River, the Centre has plans for an Old Growth Forest Project.

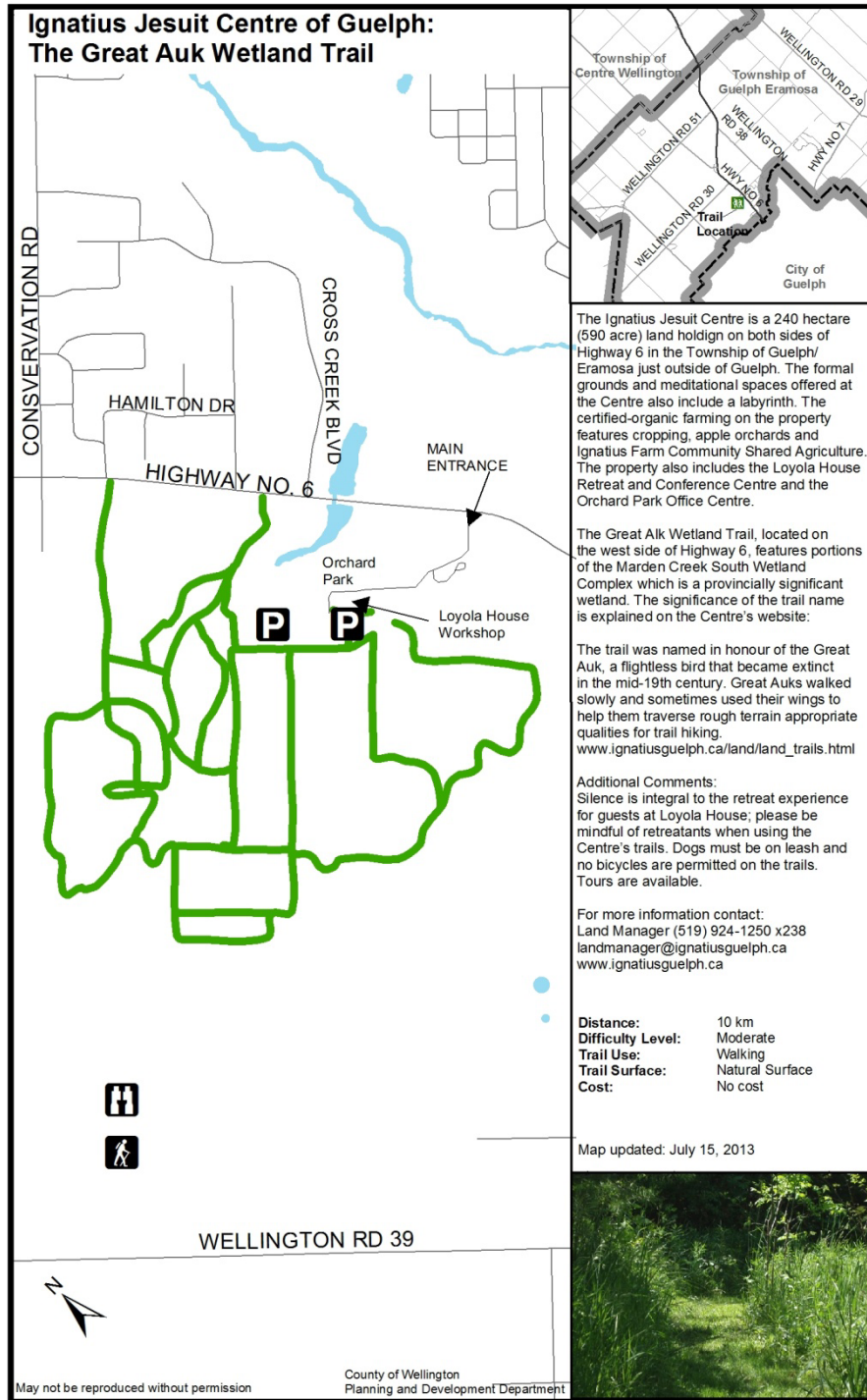
These two trails follow the river and eventually connect to Victoria Road. The John Holzer, S.J. trail recognizes the important early contributions of Fr. Holzer, who was appointed pastor of the Church of our Lady Parish in Guelph in 1852. The Villa by the Speed Trail is named after the ruins of a former Villa found near a dam on the property. This trail completes the connection to Victoria Road following along the banks of the river.

**Additional Comments:**  
Silence is integral to the retreat experience for guests at Loyola House; please be mindful of retreatants when using the Centre's trails. Dogs must be on leash and no bicycles are permitted on the trails. Tours are available.

For more information contact:  
Land Manager (519) 924-1250 x238  
landmanager@ignatiusguelph.ca  
www.ignatiusguelph.ca

<b>Distance:</b>	4 km
<b>Difficulty Level:</b>	Moderate
<b>Trail Use:</b>	Walking
<b>Trail Surface:</b>	Natural Surface
<b>Cost:</b>	No cost

Map updated: July 15, 2013



## Indian Trail

WELLINGTON RD. 44

INDIAN TRL

The Indian Trail is maintained by the Township of Guelph/Eramosa through a land use agreement with a private land owner. To ensure continued use of this trail please respect the land and crops of the private land owners adjacent to the trail by remaining on the designated path. The community's co-operation in litter pickup, reporting of maintenance issues and obeying posted rules will ensure successful renewal of this land use agreement.

**WARNING:** This is an active agricultural area, the use of pesticides and large farm machinery is permitted without public notice.

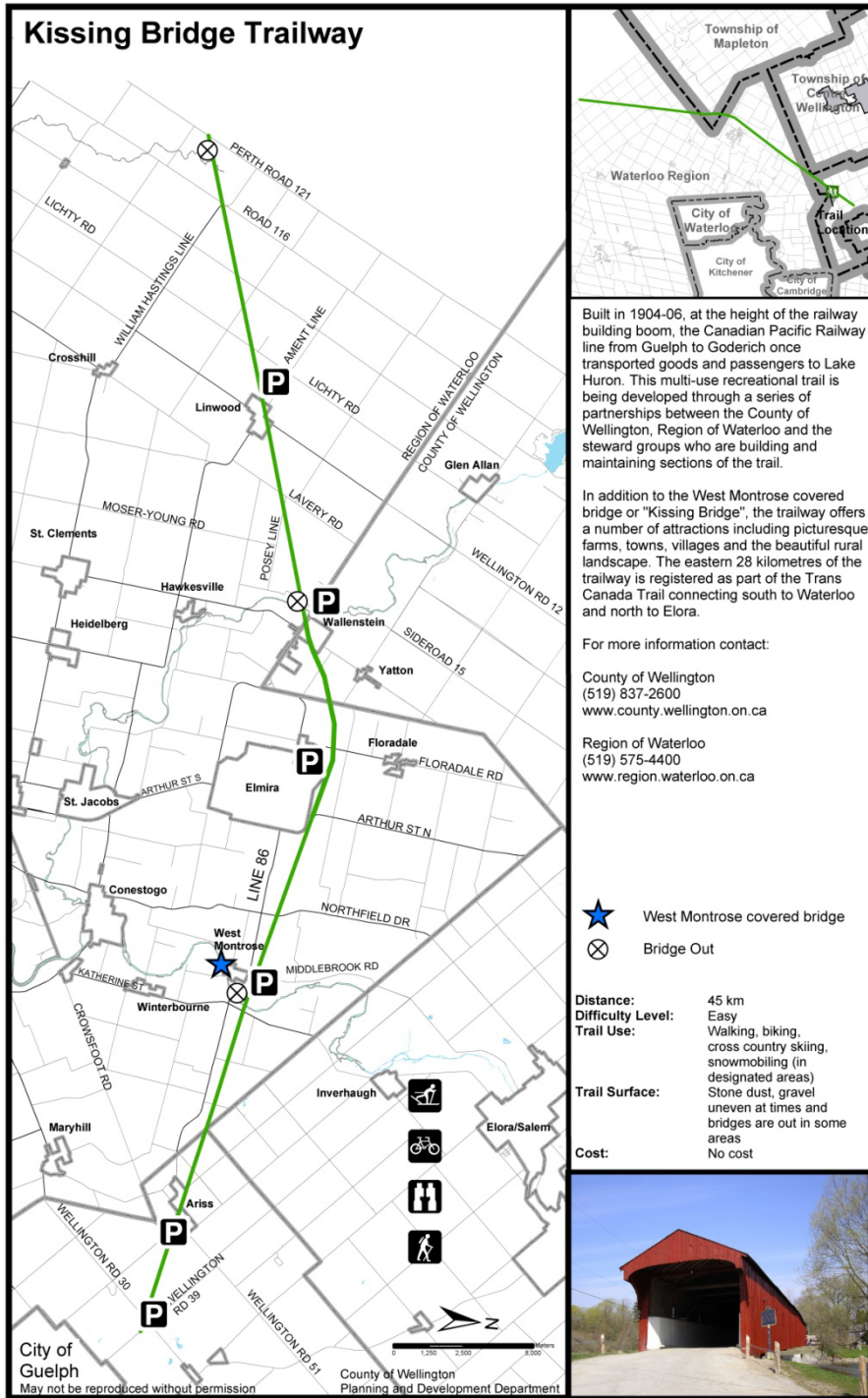
For more information contact:

Township of Guelph/Eramosa  
(519) 856-9596  
[www.get.on.ca](http://www.get.on.ca)

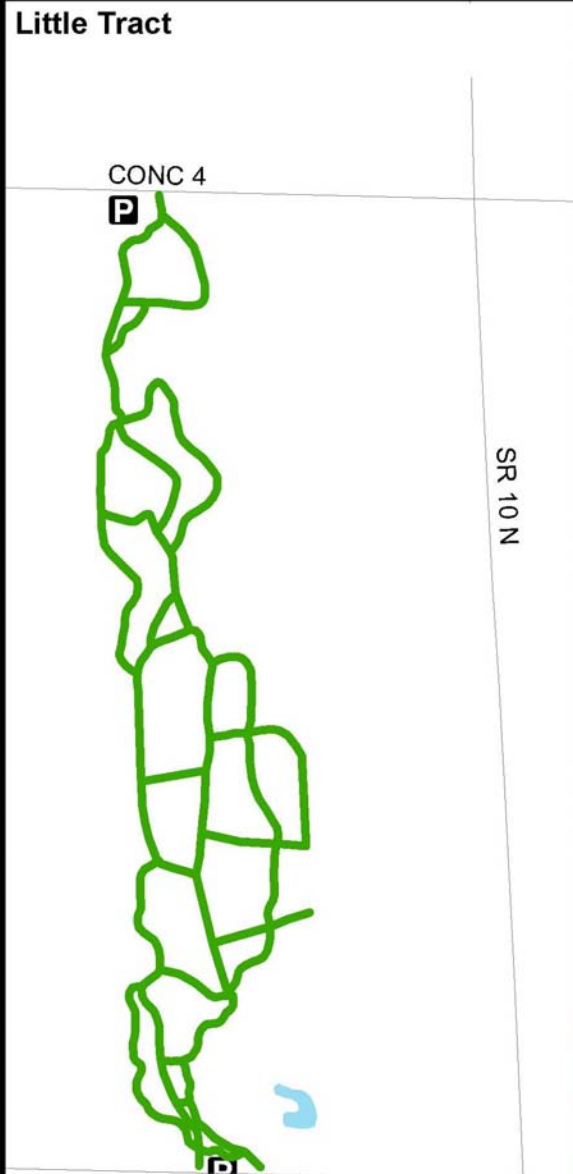
<b>Distance:</b>	1 km
<b>Difficulty Level:</b>	Easy
<b>Trail Use:</b>	Walking/Skiing
<b>Trail Surface:</b>	Natural Surface
<b>Cost:</b>	Free

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County of Wellington  
Planning and Development Department




## Little Tract

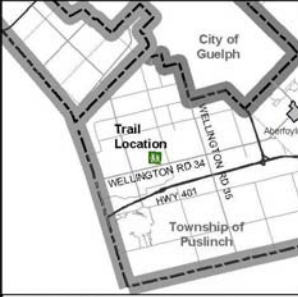


WELLINGTON RD 34



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City of Guelph  
Township of Puslinch  
WELLINGTON RD 34  
HWY 401  
SR 10 N


The Little Tract was donated to the County by John Robert Little, in 1946, to be reforested and dedicated to the memory of the first settlers and pioneers of the area.

It is one of the most significant and diverse natural areas in the County, with parts being Provincially Significant wetlands and the entire site within the Oil Well Bog/Little Tract Environmentally Sensitive Area (ESA). A number of the plants and animals found within the tract are considered to be rare.

In addition to being an extensive trail system, the Little Tract is also home to the County of Wellington's Green Legacy tree nursery.

For more information contact:  
County of Wellington  
(519) 837-2600  
[www.wellington.ca](http://www.wellington.ca)

Distance:	up to 8 km
Difficulty Level:	Easy to moderate
Trail Use:	Walking
Trail Surface:	Natural surface
Cost:	No cost



## Marden Park Walking Trails

At 27 hectares (68 acres) in area, Marden Park has something for everyone. Located at 7376 Wellington Road 30 in the Township of Guelph/Eramosa (2 kilometres west of Highway 6), this park is a secluded country escape minutes from the city.

Features include:

- Sports fields;
- Natural areas to explore;
- Picnic shelters;
- Ball diamonds;
- A beach area;
- Trout stream;
- Community centre; and
- County library branch.

Marden Park is an ideal location for a variety of sporting activities, picnics, fishing, hiking and even outdoor weddings.

For more information contact:

Township of Guelph/Eramosa  
(519) 856-9596  
[www.get.on.ca](http://www.get.on.ca)

Distance:	2.5 km
Difficulty Level:	Easy
Trail Use:	Walking
Trail Surface:	Natural Surface
Cost:	Free

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Planning and Development Department

### McNamara Tract

8646 Wellington Rd. 16

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Planning and Development Department

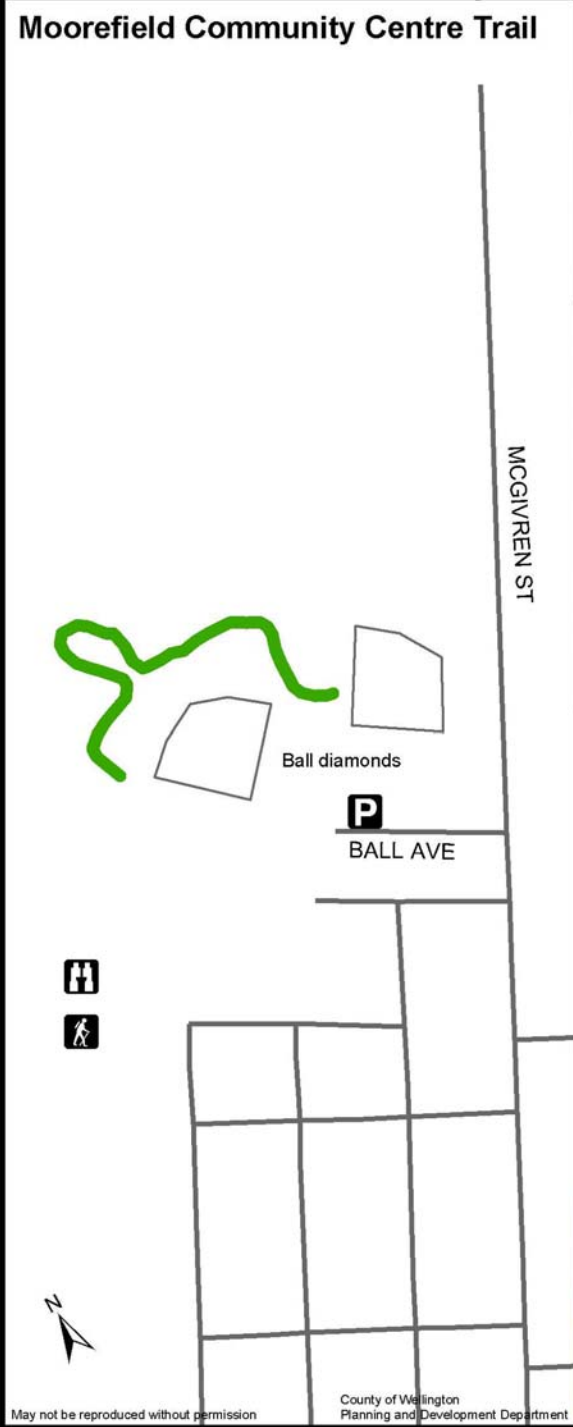
The McNamara Tract was acquired by the County of Wellington in 1947. This trail traverses over a rustic landscape. The start of the trail runs westward along the edge of a farm field before turning north into the treed area.

The trail crosses over white pine plantations, hardwood bush and along the edge of a wetland.

For more information contact:  
County of Wellington  
(519) 837-2600  
[www.wellington.ca](http://www.wellington.ca)

Distance:	1.5 km
Difficulty Level:	Moderate
Trail Use:	Walking
Trail Surface:	Natural surface
Cost:	No cost

## Moorefield Community Centre Trail



The main map shows a green trail route starting near Ball Ave and McGivren St, winding through a wooded area. It also shows the layout of Ball diamonds, a parking area (P), and a grid of streets including Ball Ave and McGivren St. Icons for a restroom and a person walking are present. A north arrow is located in the bottom left corner.


Ball diamonds

BALL AVE

MCGIVREN ST

County of Wellington  
Planning and Development Department

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The inset map shows the trail location within the Township of Mapleton, bounded by Wellington Rd 2, Wellington Rd 8, Wellington Rd 10, and Drayton. A green dot marks the trail location near Moorefield.

Trail Location

Moorefield

Wellington Rd 2

Wellington Rd 8

Wellington Rd 10

Drayton

Township of Mapleton

Wellington Rd 10


Wellington Rd 10

Located in Moorefield next to the ball diamonds, the Moorefield Community Centre trail is a lovely spot for a walk. While the trail may be short in distance, the terrain is varied as the trail winds through a forested area behind the ball diamonds.

For more information contact:

Township of Mapleton  
(519) 638-3313  
[www.town.mapleton.on.ca](http://www.town.mapleton.on.ca)

Distance:	0.5 km
Difficulty Level:	Easy
Trail Use:	Walking
Trail Surface:	Natural surface
Cost:	No cost



A photograph showing a dirt path winding through a dense forest of tall, thin trees.



## The Mountsberg Conservation Area: Lakeshore Lookout Trail

The Mountsberg Conservation Area is a natural environment park that is protected and managed by Conservation Halton. The park spans across Wellington County and Halton Region. Of the several kilometers of trails within the park, the Lakeshore Lookout trail is located in Wellington County. The Lakeshore Lookout trail follows the shoreline of the Mountsberg Reservoir.

For more information please contact:

Mountsberg Wildlife Centre  
2259 Milborough Line  
Campbelleville ON L0P 1B0  
Phone: 905-854-2276  
Email: [mtsberg@hrca.on.ca](mailto:mtsberg@hrca.on.ca)

Parking is available via the Park Entrance off Milborough Line in Campbelleville (Region of Halton).

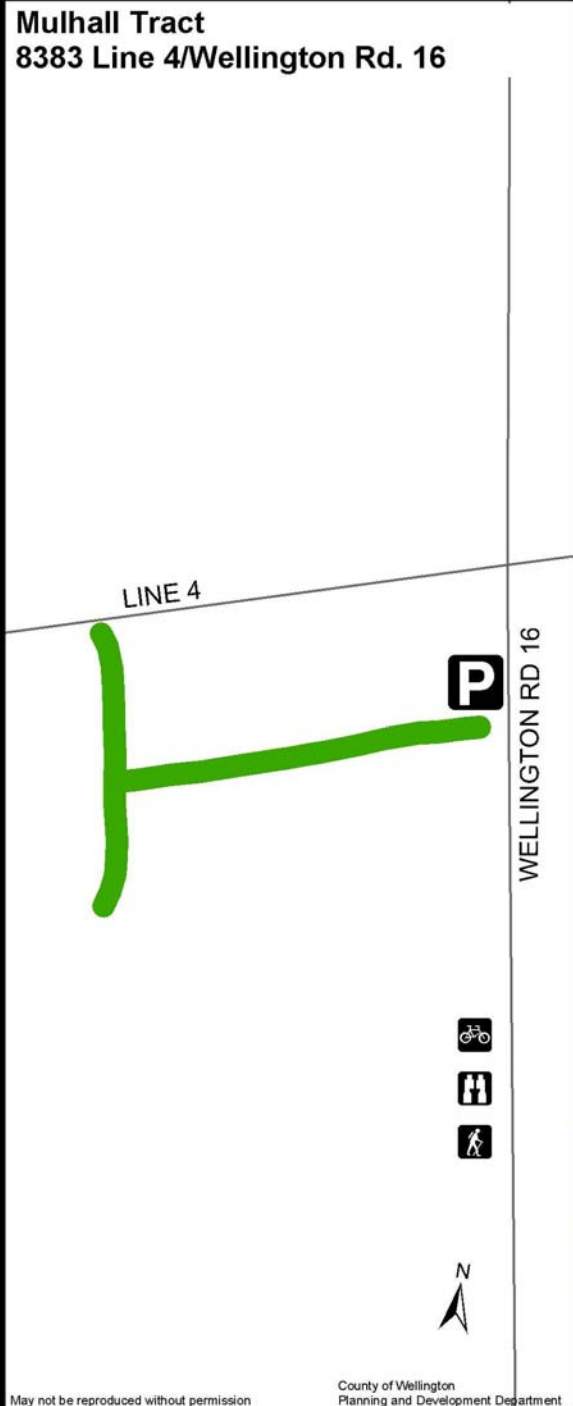
Distance:	5 km
Difficulty Level:	Moderate
Trail Use:	Walking
Trail Surface:	Natural Surface
Cost:	Park Admission

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Planning and Development Department

### Mulhall Tract



### 8383 Line 4/Wellington Rd. 16




LINE 4

WELLINGTON RD 16

**P**






The Mulhall Tract was purchased by the County of Wellington in 1951 from Thomas and Mary Mulhall.

The conifer plantations were established in the late 1950's. The trail is not groomed. The tract is home to several different species of mammals including White Tailed deer.

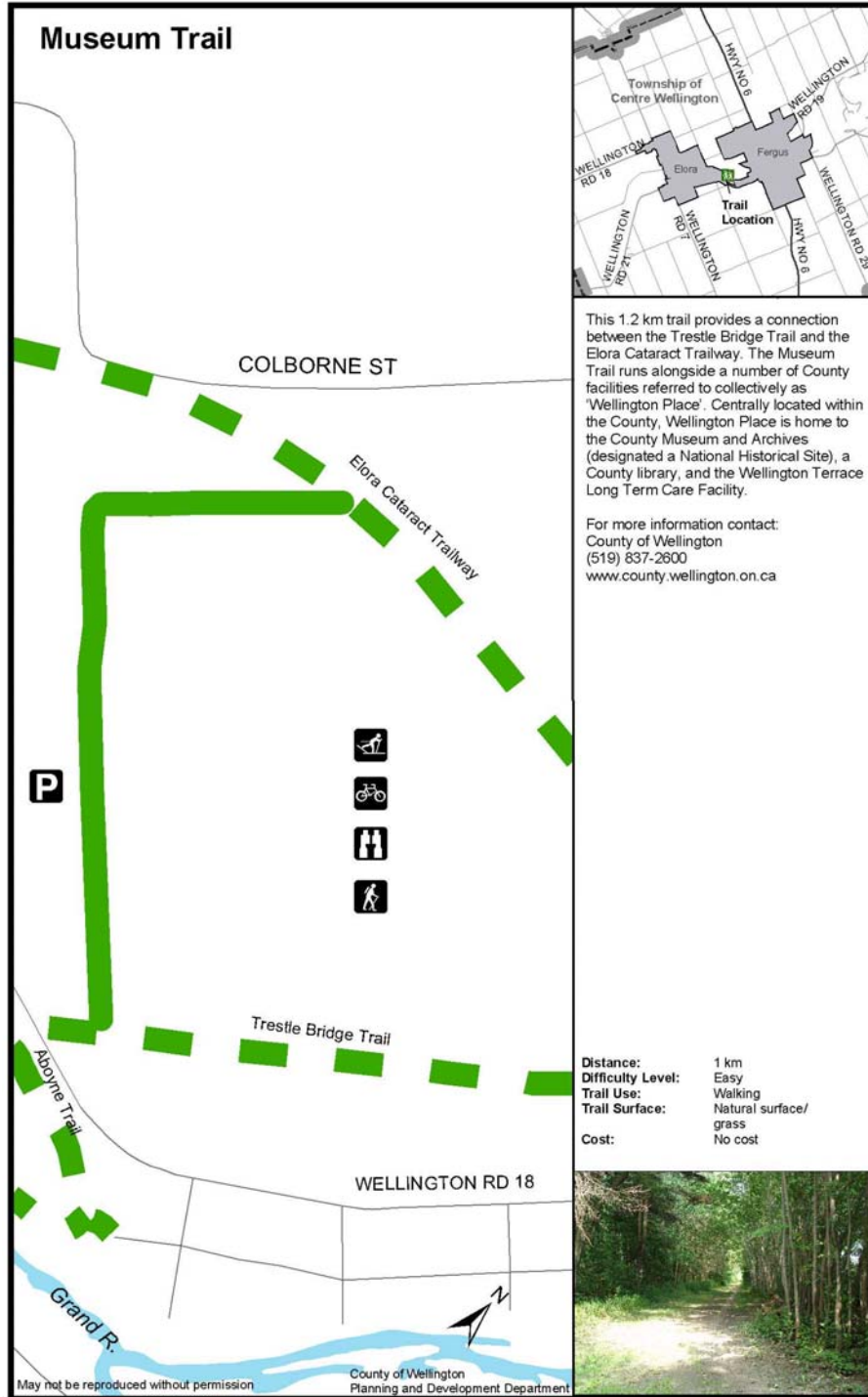
For more information contact:  
County of Wellington  
(519) 837-2600  
[www.wellington.ca](http://www.wellington.ca)

Distance:	1.5 km
Difficulty Level:	Moderate
Trail Use:	Walking
Trail Surface:	Natural surface
Cost:	No cost



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### Peacock Tract 5196 Trafalgar Rd.

The Peacock Tract was purchased by the County of Wellington in 1946 from Anna Gray. The former Peacock School was located here and is the source of the tract name.

The trail winds through second growth forest and rolling terrain. Remains of the foundations of former structures are visible along the trail.

There is a nice upland forest stand around the loop at the trail's end. The forest is part of "Brisbane Woods" an Environmentally Sensitive Area (ESA) and a Regional Area of Natural and Scientific Interest (ANSI).

For more information contact:  
County of Wellington  
(519) 837-2600  
[www.wellington.ca](http://www.wellington.ca)

Distance:	2 km
Difficulty Level:	Moderate
Trail Use:	Walking
Trail Surface:	Natural surface
Cost:	No cost

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Planning and Development Department

## Radial Line Trail: Smith Side Trail

**WATSON RD**

**P**

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Planning and Development Department

The Radial Line Trail is one of three regional trails established and maintained by the Guelph Hiking Trail Club. This trail starts on the east side of the City of Guelph following an abandoned railway line to connect to the Bruce Trail near Limehouse. To learn more about this trail, including the history of the Guelph Radial Line Railway, pick up a copy of the Guelph Hiking Trail Club Handbook.

This map highlights one of the related side trails, named the Smith Side Trail. This 4 kilometre loop trail is marked with blue blazes. The trail starts in Puslinch at Watson Road at an opening to the right of a large gate. Described in the Hiking Club's handbook as a "very pleasant hike", in addition to following the abandoned railway bed, you'll find a lookout over the Eramosa Valley, and the chance to hike through reforested areas and open meadows.

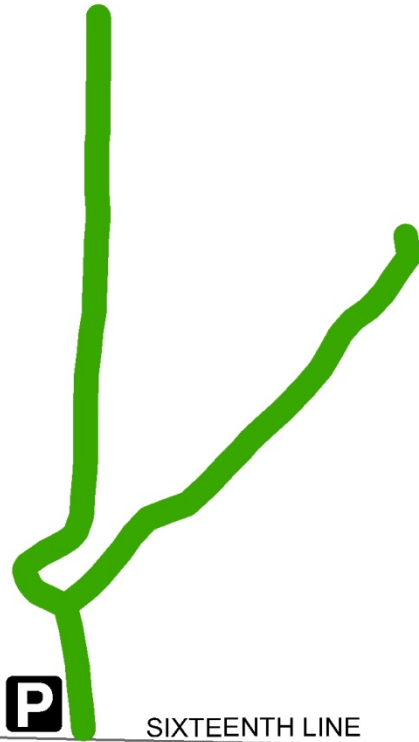
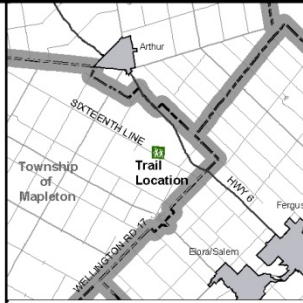
For more information or to become a member of the Guelph Hiking Trail Club please contact:

Guelph Hiking Trail Club  
Box 1 Guelph, ON N1H 6J6  
[www.guelphhiking.com](http://www.guelphhiking.com)

<b>Distance:</b>	3km
<b>Difficulty Level:</b>	Moderate
<b>Trail Use:</b>	Walking
<b>Trail Surface:</b>	Natural surface
<b>Cost:</b>	No cost

# Ritch Tract

## 7297 Sixteenth Line



SIXTEENTH LINE

The Ritch Tract was acquired by the County of Wellington from Robert Ritch, County Warden, in 1942.

The Ritch Tract area is an Environmentally Sensitive Area. A side trail to the left will take you out of the forest to a municipal drain. If you follow it to the right, it will take you to extensive wetlands and some beaver ponds.

For more information contact:  
County of Wellington  
(519) 837-2600  
[www.wellington.ca](http://www.wellington.ca)

Distance: 2 km  
Difficulty Level: Easy  
Trail Use: Walking  
Trail Surface: Natural surface  
Cost: No cost



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## Riverside Walking Trail

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Planning and Development Department

The Riverside Walking trail is located in Drayton and runs along the Conestogo River. It provides the perfect location to stroll and enjoy the tranquility of the river.

For more information contact:

Township of Mapleton  
(519) 638-3313  
[www.town.mapleton.on.ca](http://www.town.mapleton.on.ca)

<b>Distance:</b>	0.5 km
<b>Difficulty Level:</b>	Easy
<b>Trail Use:</b>	Walking
<b>Trail Surface:</b>	Natural surface
<b>Cost:</b>	No cost

## Rockwood Conservation Area Trail

County of Wellington  
Planning and Development Department

This park, located along the Eramosa River in Rockwood, offers a range of recreational activities that one would expect at a Conservation Area (e.g. camping, canoeing/kayaking, swimming and picnicking). What sets this park apart are the natural features which you will find, including glacial potholes, glacial bluffs, and caves. The conservation area has over 200 ancient potholes, some of which can be viewed along the Pothole Trail. There is also a trail leading to a network of 12 caves and other trails featuring natural areas in the park.

The ruins of a woolen mill (circa 1867) which were restored by the Grand River Conservation Authority (GRCA) are also a popular destination for park visitors. Read more about the history of the mill and all that the park has to offer at [www.grandriver.ca](http://www.grandriver.ca).

For more information contact:  
 Grand River Conservation Authority  
 (519) 621-2761  
[www.grandriver.ca](http://www.grandriver.ca)

Rockwood Conservation Area  
 161 Fall Street  
 Rockwood ON N0B 2K0  
 (519) 856-9543

**Distance:** 3km  
**Difficulty Level:** Easy  
**Trail Use:** Walking, biking, cross country skiing  
**Trail Surface:** Natural surface, pavement  
**Cost:** GRCA park fee

Map updated: July 15, 2013

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## Rockwood Ridge Trail

County of Wellington  
Planning and Development Department

The Rockwood Ridge residential community is an example of one of the first developments in Wellington County to promote "new urbanism" design principles. New urbanism is an urban design movement which, among other things, promotes walkable neighbourhoods that contain a range of housing types. Situated on the east side of Rockwood in the Township of Guelph/Eramosa, these trails are well-integrated with the stormwater management ponds, parks, open space and other natural features of the site.

In 2009, an arbour and stone wall were installed at the trailhead. Funded by the Township of Guelph/Eramosa, the structure was hand-crafted by Doug E. Bell, a Guelph-based wood and stoneworker. The wood used to construct the arbour came from the Jolliffe family farmstead, which was located at the top of the hill on Jolliffe Avenue. The house was constructed circa 1870. When it was removed in 2008, the hand-hewn timbers were salvaged by Seaton Group, developer of the Rockwood Ridge community.

The stones used are also local. Some are from the foundation of the farmstead and others were collected from the fields during the home-building phase of the subdivision. The stones have been carefully shaped and laid using centuries-old techniques. Some of the rocks were hand-carved with images that represent the natural heritage of the region.

For more information contact:  
Township of Guelph/Eramosa  
(519) 856-9596  
[www.get.on.ca](http://www.get.on.ca)

**Distance:** 2 km  
**Difficulty Level:** Easy  
**Trail Use:** Walking, biking, cross country skiing  
**Trail Surface:** Stone dust  
**Cost:** No cost

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## Saugeen Valley Trail

The Saugeen Valley Trail runs along the Saugeen River in Mount Forest. The trail system connects three parks in Mount Forest: Angus Smith, Campbell deVore and Murphy. There are a variety of landscapes to enjoy along the way, from reforested areas near Campbell deVore Park to the wetlands project at Murphy's Park. The trail has some rugged sections, but your efforts will be rewarded with amazing views of the river.

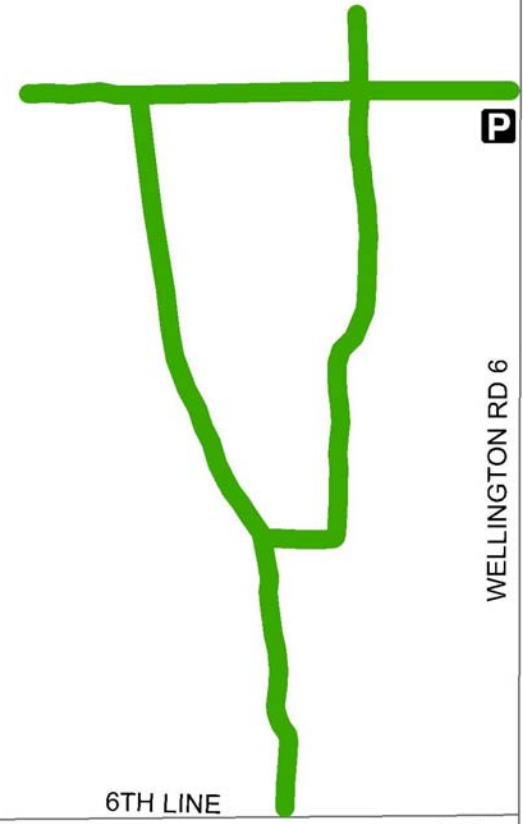
For more information contact:  
 Township of Wellington North  
 (519) 848-3620  
[www.wellington-north.com](http://www.wellington-north.com)

<b>Distance:</b>	2-5 km
<b>Difficulty Level:</b>	Moderate
<b>Trail Use:</b>	Walking, biking, cross country skiing
<b>Trail Surface:</b>	Natural surface
<b>Cost:</b>	No cost

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### Smale Tract




6774 6th Line, however, main entrance and parking lot is on Wellington Rd 6




**P**

WELLINGTON RD 6

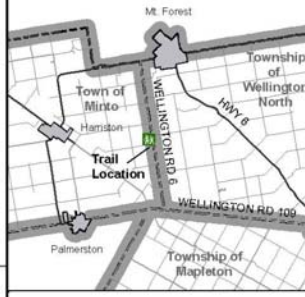
6TH LINE



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Planning and Development Department




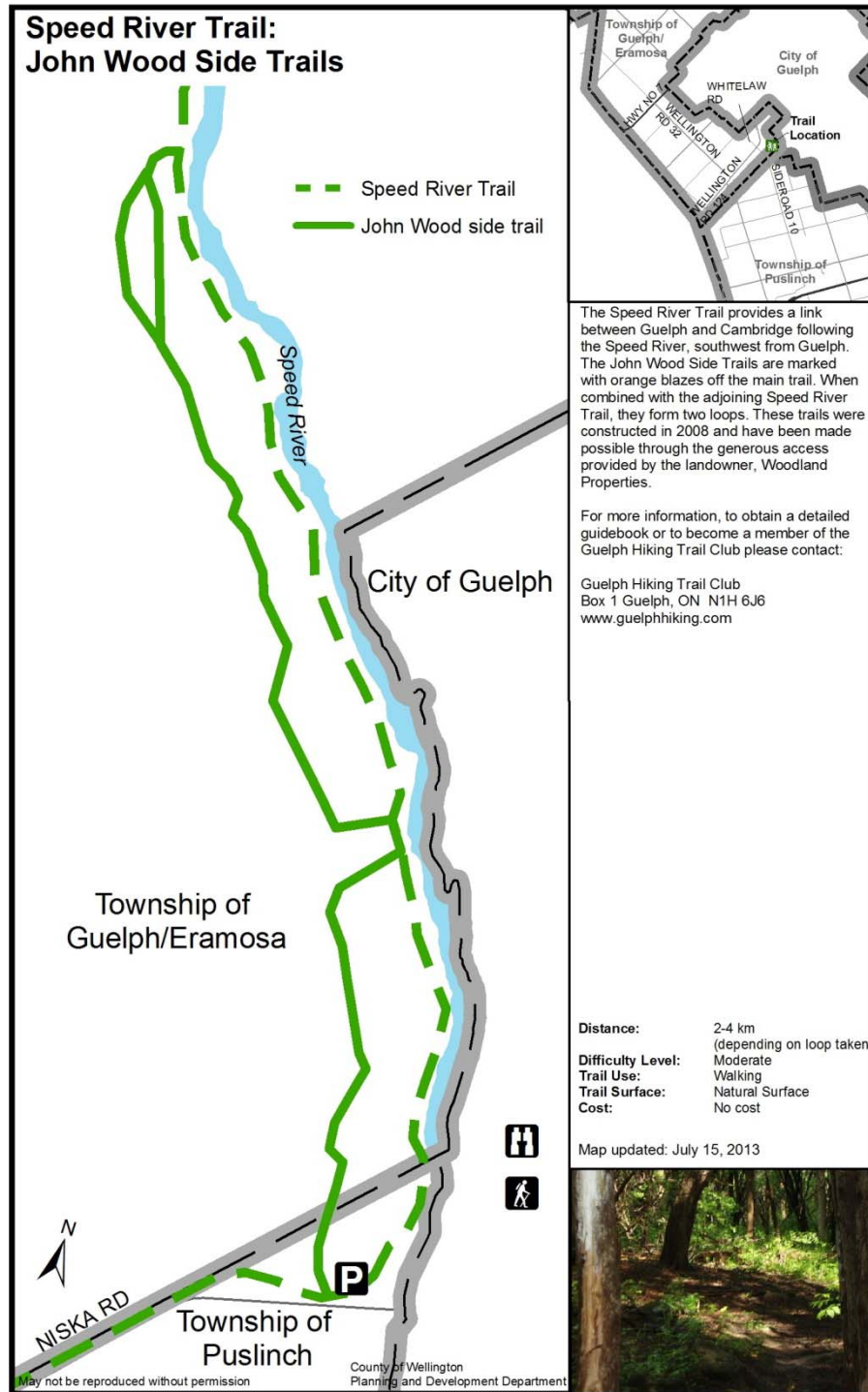
The County of Wellington received this tract from Frederick E. Smale in 1959. Reforestation began on the property in 1941 and the results of the plantings are evident today.

You can loop back to the parking lot via the 6th Line and Wellington Rd 6 and combine rural agricultural views with your forest walk.

For more information contact:  
County of Wellington  
(519) 837-2600  
[www.wellington.ca](http://www.wellington.ca)

Distance:	1.5 km
Difficulty Level:	Easy
Trail Use:	Walking
Trail Surface:	Natural surface
Cost:	No cost





**Speed River Trail:**  
**A) Puslinch Sideroad 10 N to Wellington Rd 124**  
**B) Wellington Rd 32 S to Townline/Blackbridge/Roszell Rd**

WHITELAW RD  
 NISKA RD  
 WELLINGTON RD 124  
 TOWNSHIP OF GUELPH/ERAMOSA  
 TOWNSHIP OF PUSLINCH  
 P  
 A  
 SIDEROAD 10 (CLOSED)  
 WELLINGTON RD 32 NORTH  
 P  
 LAIRD RD  
 FORESTELL RD  
 WELLINGTON RD 32 SOUTH  
 Roszell Rd  
 CONC 4  
 SPEED RIVER  
 B  
 Roszell Rd  
 P  
 BLACKBRIDGE RD  
 TOWNLINE RD

Trail closed at landowner request for hunting, Labour Day to January 20 (Rd 124 to SR10N)

The Speed River Trail has been made possible through the generosity of private landowners who have granted the Guelph Hiking Trail Club permission to establish the trail in 1973 and for their members and the public to use it. The trail as a whole provides a link between Guelph and Cambridge following the Speed River, southwest from Guelph, south west from Guelph. This map highlights two areas of the trail following the river, mainly in the Township of Puslinch. The trail is marked by single orange blazes.

For more information, to obtain a detailed guidebook or to become a member of the Guelph Hiking Trail Club please contact:

Guelph Hiking Trail Club  
 Box 1 Guelph, ON N1H 6J6  
[www.guelphhiking.com](http://www.guelphhiking.com)

**Distances:** A) 4 km  
 B) 5 km  
**Difficulty Level:** Moderate  
**Trail Use:** Walking  
**Trail Surface:** Natural Surface  
**Cost:** No cost

Map updated: July 15, 2013

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## Starkey Hill Trail

WELLINGTON RD 37

HUME RD

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City of Guelph  
Township of Puslinch  
Wellington  
Aberlyle  
Morrison  
Hwy No 38  
Hwy No 34  
Hwy No 401

Trail Location

Originally built by the Guelph Hiking Trail Club, the Starkey Hill Trail is off Arkell Road (Wellington Road 37) east of the hamlet of Arkell in Puslinch. This trail is named after the Starkey family, who were one of the early settlers and community leaders in the Township.

As this property includes the highest point in Puslinch, the trail also offers a more challenging hike with the reward of spectacular view of the surrounding countryside. This trail has also been included in the "Trails take Flight" brochure as one of 20 favourite birding trails in the Grand River watershed.

For more information contact:  
Grand River Conservation Authority  
(519) 621-2761  
[www.grandriver.ca](http://www.grandriver.ca)

Distance:	4km
Difficulty Level:	Moderate
Trail Use:	Walking
Trail Surface:	Natural surface
Cost:	No cost

County of Wellington  
 Planning and Development Department

## Templin Garden Trail

Grand River

ST ANDREW ST

FIRST LINE

DAVID ST

TOWER ST

County of Wellington  
Planning and Development Department

Township of Centre Wellington  
Trail Location  
Elora  
Fergus

Tucked behind the busy downtown street is one of Fergus' best treasures. Templin Gardens was built by John C. Templin as a gift for his wife, an avid gardener. In addition to the many flowers, the gardens today contain a fishpond, a rock garden and steps leading to a balcony overlooking the Grand River.

For more information contact:  
Township of Centre Wellington  
(519) 846-9691  
[www.centrewellington.ca](http://www.centrewellington.ca)

Distance:	0.5 km
Difficulty Level:	Easy
Trail Use:	Walking
Trail Surface:	Natural surface/ cobblestone
Cost:	No cost

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## Trestle Bridge Trail

**BEATTY LN**  
**WELLINGTON RD 18**  
**Grand R.**  
**GILKISON ST**  
**FIRST LINE**

Elora Cataract Trailway  
 Museum Trail  
 Aboyne Trail  
 Bissell Park Trail

Distance: 3.5 km  
 Difficulty Level: Easy  
 Trail Use: Walking, biking, cross country, skiing  
 Trail Surface: Stone dust  
 Cost: No cost

For more information contact:  
 County of Wellington  
 (519) 837-2600  
[www.county.wellington.on.ca](http://www.county.wellington.on.ca)

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## Victoria Park Trail

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Providing a spectacular view of gorges created by the Grand and Irvine Rivers, the Victoria Park trail is the ideal place to take in these views. The trail has a look out spot known as 'Lovers Leap' as well as stairs to access the river bed.

For more information contact:

Township of Centre Wellington  
(519) 846-9691  
[www.centrewellington.ca](http://www.centrewellington.ca)

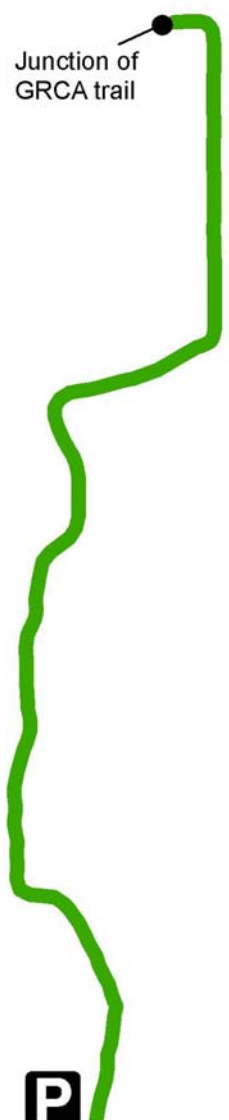
<b>Distance:</b>	0.5 km
<b>Difficulty Level:</b>	Easy
<b>Trail Use:</b>	Walking
<b>Trail Surface:</b>	Natural surface
<b>Cost:</b>	No cost

Map updated: July 15, 2013

County of Wellington  
Planning and Development Department

## Victory Tract

9238 Wellington Rd. 14




Junction of GRCA trail

SR 5

WELLINGTON RD 14

P



Mt. Forest

Township of Wellington North

Township of Njableton

WELLINGTON RD 14

WELLINGTON RD 500

Arthur

Trail Location


Located in Wellington North, the Victory Tract is adjacent to a tract owned by the GRCA. The well groomed trails between the two tracts join to create a 3 km long trail. This site is well used in the winter for cross country skiing as well as hiking in the summer.


Victory Tract was purchased by the County of Wellington in 1945 from Arthur Lennox who served in World War I and as reeve of West Luther in 1949.

It is bisected by the Provincially Significant Clare Creek wetland. Several significant species have been found and the forest serves as a winter deer yard.

For more information contact:  
 County of Wellington  
 (519) 837-2600  
[www.wellington.ca](http://www.wellington.ca)

Distance:	1.5 km
Difficulty Level:	Easy
Trail Use:	Walking
Trail Surface:	Natural surface
Cost:	No cost





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Planning and Development Department

### Wallace Cumming Park Trail

FOURTEENTH LINE

SIMPSON ST

RAGLAN ST

PEEL ST E

County of Wellington  
Planning and Development Department

Township of Mapleton

Alma

Township of Centre Wellington

WELLINGTON RD 7

WELLINGTON RD 8

HWY 404

Trail Location

Etter Salem

The Wallace Cumming Park trail is located in Alma. The trail was constructed through the efforts of the Alma Optimists and is the ideal location for walking or biking.

For more information contact:

Township of Mapleton  
(519) 638-3313  
[www.town.mapleton.on.ca](http://www.town.mapleton.on.ca)

**Distance:** 1.5 km  
**Difficulty Level:** Easy  
**Trail Use:** Walking or biking  
**Trail Surface:** Stone dust  
**Cost:** No cost

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## White's Junction Trail

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Planning and Development Department

White's Junction Trail follows a former CN railway line that runs from Palmerston to the south of Harriston in the Town of Minto. The development of this trail is due to the dedication of local residents who formed the Palmerston Trail Association (PTA), an incorporated non-profit organization.

The trail corridor as it exists today begins at Inkerman Street to the north of Main Street. Once a short section south to Main Street is completed, a direct and visible connection to the downtown area will be provided. In addition to nearby shopping opportunities, Lions Park and the Palmerston Railway Heritage Museum Station are within walking distance.

Just beyond Palmerston heading into the rural area, the trail divides at the Junction providing a loop back into Palmerston. Lands in the area are predominantly used for field crops, interspersed with woodlots, bush and wetlands. While you are enjoying the trail, you may notice two original trestle bridges and reproduction railway signs installed on trees along the trail.

For more information contact:

Palmerston Trail Association  
PO Box 117  
Palmerston, ON N0G 2P0  
(519) 343-3711

**Distance:** 7km

**Difficulty Level:** Easy

**Trail Use:** Walking, biking, cross county skiing

**Trail Surface:** Cinder// Natural surface

**Cost:** No cost

## Trail Etiquette and Safety

The Ontario Trails Council is a charity that promotes the development, preservation, management and use of recreational trails in Ontario. This section on trail etiquette and safety is courtesy of the Ontario Trail Council's website, which promotes the safe and responsible use of trails (source: [www.ontariotrails.on.ca](http://www.ontariotrails.on.ca)).

### Hiking the Trail Dos and Don'ts

- Research the regulations and special concerns for the area you are planning to hike. Hike only along marked routes, especially on farmland.
- For your safety and to protect soil from erosion do not take shortcuts.
- Please do not climb fences; use the stiles.
- Pets are best left at home. If you do bring them, keep them on a leash and away from water sources. Please clean up after them.
- Respect the sounds of nature. Avoid loud voices and noise such as mobile phones and radios.

### Hiking Courtesies

- Respect the privacy of people living along the trails.
- Keep dogs on a leash.
- Be courteous to other hikers – share the trail.
- Walk, ride or cycle in single file in the middle of the trail, even when it is wet or muddy.
- Stay to the right of trail and pass on the left.
- If a person is climbing up a hill they have the right of way if you are climbing down.
- Bike riders yield to both hikers and horseback riders, hikers yield to horseback riders.
- Visit trails in small groups; split larger parties into smaller groups.
- Unless you are passing someone on a trail, try to maintain a distance between yourself and other hikers.

### Minimal Impact Approach

- Leave flowers, wood, rocks and plants behind in their rightful place for others to enjoy.
- Avoid tree damage. Do not break branches or strip bark off trees.
- Leave the trails cleaner than you found them. Carry out all litter.
- Fires are not permitted along trails.

- Do not build structures, fire rings, furniture or dig trenches.
- Schedule your hiking to avoid high times of use. Aim to lessen the impact of human activity on one area.
- Remember that although trails are for public use, it is our responsibility to preserve this resource for all to enjoy.

### **Ecosystem Healthy Manners**

- Garbage disposal is an important issue on trails. Pack out all garbage.
- Do not assume all waste is biodegradable. For example, orange peels do not decompose easily.
- If you stop for a picnic, leave your spot cleaner than you found it.
- Take only pictures and fond memories with you. Leave only a footprint on the path you have respected.

### **Bike Smarts**

- Respect the terrain and ride within your ability. Check the difficulty rating on your trail map and know your limits.
- Respect the environment – stick to the trail and don't carve short cuts. Local trail builders do an outstanding job of maintaining trails and preventing erosion, so do your part by staying on track.
- Respect other users – slow down or stop when passing horses, hikers or runners. Simple put – share the trail.
- Remember a patch kit.

### **Common Sense Safety**

- Be aware of weather conditions and reports.
- Be alert of dangers such as poisonous plants, wildlife and falling debris.
- Be careful near cliff edges and fast moving water.
- Wear a helmet when cycling or trail riding.
- In winter wear sunglasses, as snowblindness can be very painful and debilitating.
- When in doubt of trail conditions – turn around and head back the way you came slowly and calmly.
- Watch for wildlife on roadways, especially at night.

### **Getting Lost**

- Research the regulations and special concerns for the area you are planning to hike.

- Be aware of sunset and how many hours you have before you are hiking in the dark. Don't get caught in the dark.
- Always hike with a partner if possible, if you must hike solo, inform others of your route in advance.
- Remain in one place if you become lost or separated from your group.
- Find an open place and wait for rescue. Don't go wandering around.
- Don't separate from each other if you don't have a clue where you are.
- If you lose the blaze markings when hiking on a marked trail, retrace your steps until you see the blaze, then search more diligently for the next blaze until you do find the correct route of the trail.

### **Near Water**

- Practise safety around water. Wear a Personal Floatation Device (pfd) if appropriate.
- Supervise children at all times.

### **Food, Water and You**

- Do not push yourself too hard. Hiking is a great way to stay in shape, but can become dangerous if you ignore the warning signs of fatigue.
- Know your physical capabilities. Don't attempt difficult trails unless you have the strength and experience.
- Pack ample supplies: plenty of water, lightweight snacks for energy, sunscreen, a compass, a pocketknife, a hat, a map, insect repellent, and a first aid kit.
- Do not drink water from natural sources such as lake, rivers or ponds.
- Break in your hiking boots or shoes before you go on a hike. This will help minimize discomfort typically found in new footgear.
- Layer your clothing to control temperature. Always bring rain gear.

### **Look, Don't Touch**

- Leaves of three, let them be! While on trails, be sure to avoid poisonous plants such as Poison Ivy and Poison Oak.
- Do not feed or try to pet or play with wild animals.

- If you come across animals that are clearly sick or injured do not move them, but contact a wildlife officer, the SPCA or the OPP.
- Leave everything as you found it.
- If you must carry away a memento of your visit, make sure its only a photograph.
- Report vandalism to the group responsible for trail maintenance.

### **Hunting Season Safety**

- Hunting occurs year round for some game, but most seasons are in the fall. Most significant for hikers is the shotgun season for deer, which is 6 days starting first Monday in November, and, most years, also 6 days starting first Monday in December, too. Staying out of rural woods those weeks is advisable.
- Be heard. You can whistle or sing a tune to alert hunters you are in the area and stay on the trail, do not wander off into dense woods.
- For additional detail on Ontario's hunting contact the Natural Resources Information Centre 1.800.667.1940.
- Visit the Ministry of Natural Resources web site for more information.

### **Wildlife at a Distance**

- Observe wildlife from a distance. Do not follow or approach wild animals.
- Never feed wildlife. Feeding animals in the wild damages their health and alters natural behaviours.
- Avoid wild animals when they are: mating, nesting, rearing young or seeking food in the winter.
- Protect yourself, your family and pets from rabies.

### **Hiking with Baby and Young Children**

- A baby is old enough to go out on trails when it can hold its head up without difficulty, usually six to nine months old.
- For longer trails, you will need a sturdy backpack designed for carrying a child. Look for one that transfers most of the child's weight to your hips and ample padding in the straps and belts.
- Hike slowly and with caution when a baby is on board. Kids move unpredictably and may throw you off balance at critical moments.
- A seated child has a lower centre of gravity; it is almost impossible to achieve ideal weight distribution for a small child.



- Practise carrying your child in a backpack around home or in town before heading out to a trail to hike.
- Provide children with plenty of bite sized snacks to prevent crankiness.
- Bring spare diapers and a re-sealable plastic bag to take them home. Do not bury disposable diapers.
- Apply sunscreen to children, dress them in bright colours, speak to older children about the importance of stopping and staying on a trail if they become lost.
- Remember children have shorter attention spans and smaller legs. Plan a shorter hike with plenty of breaks.

### Handy Hiker Tips

- Zip lock bags are very handy for removing rubbish.
- When hiking groups of 3 or 4 are ideal. If someone is hurt, then there is someone to stay behind and one to go get help. But only separate from the group if you know your way and are on a trail you know well.
- If stopping to let horse riders pass, stand on the downhill, as it is less threatening to the horse. If you stand uphill, the animal might think you are another animal waiting to pounce and get spooked.
- Take a signalling whistle as part of your hiking survival kit. It will make a lot more noise than yelling when you're lost in the middle of a forest.

### What to put in your backpack when out on trails

- One or two litres of water in easy-to-carry, leak proof bottles.
- Depending on the length of the trail, pack meals or snacks. Snacks should provide energy so chocolate bars, granola bars, nut mixes, and fruit are good choices.
- You never know when a spare pair of socks might come in handy if you get wet from the rain or tend to sweat heavily.
- A hat and a pair of gloves are wise and small enough to pack in cool weather. A rain poncho in case of rain.
- First aid kit with a whistle, sunscreen, hat, sunglasses, insect repellent, trail map, compass, and fully charged cell phone.
- A few plastic bags to carry out garbage and waste.



Alternate formats available upon request.



# Wellington Walks



Your guide to over 40 trails in Wellington County

