

**HCoA**

**Hamilton Council  
on Aging**

Let's **TAKE**  
a **WALK**

An Age-Friendly  
Guide to

**18** of Hamilton's  
**OUTDOOR  
RECREATIONAL  
TRAILS**



**AUTUMN 2014**

 **Ontario**

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and Recreation Communities Fund



**Contact Us:**

Hamilton Council on Aging (HCoA)  
St. Peter's Hospital, 88 Maplewood Ave.  
Hamilton, ON L8M 1W9  
905-777-3837 ext. 12238  
admin@coahamilton.ca  
www.coahamilton.ca

# About “Let’s Take a Walk”

“Let’s Take a Walk” is promoting the health benefits of walking and increasing opportunities for older adults to participate in outdoor recreational walking along trail systems in Hamilton. This program is funded by the Ontario Sport and Recreation Communities Fund and is taking place between September 2013 and March 2015.

Let’s Take a Walk: An Age-Friendly Guide to 18 of Hamilton’s Outdoor Recreational Trails contains unique information about featured trails including, ease of use, walkability, and key features of each trail. This guide contains original maps, pictures, and information about how to access trails, including using the HSR public transit system.

We encourage you to use this guide as a personal tool and to engage others in walking along some of Hamilton’s beautiful and accessible age-friendly trails: “Let’s Take a Walk!”

“Let’s Take a Walk” is a project of the Hamilton Council on Aging and collaboration of a multidisciplinary team of experts.

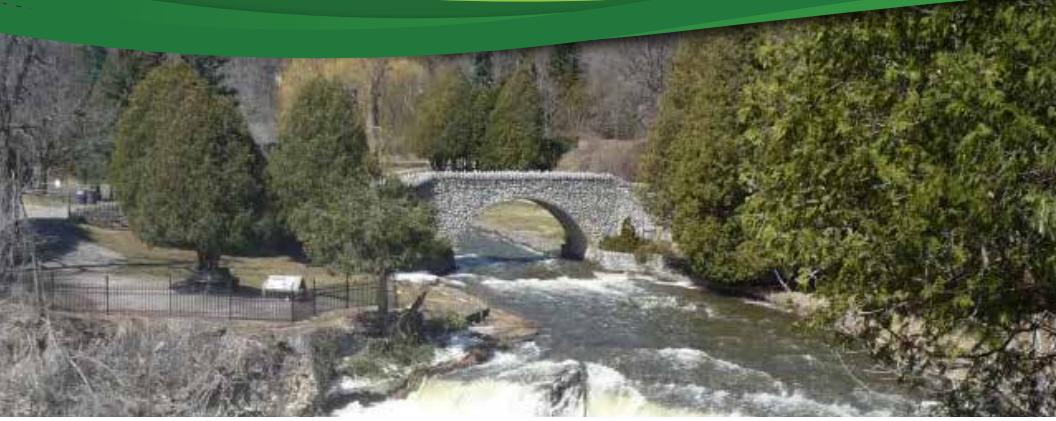
## Our Partners



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## Disclaimer

Users of this guide bear full responsibility for their own safety. This guide is not intended as a guide for children without adult guidance.

All routes should be evaluated by each person based on their level of experience, comfort level, existing road, trail, and weather conditions. The Hamilton Council on Aging (HCoA) and project partners: The City of Hamilton, Hamilton Conservation Authority, McMaster University, and Iroquoia Bruce Trail Club provide no warranties regarding the condition or safety of any depicted sites, trails, routes or other features shown in this guide and persons make use of all such facilities at their own risk.

Guide contents may be inaccurate in route location, features, details, scale, and assessments. Please note that the contents of this guide are for informational purposes only and are accurate to the best of our knowledge at the date of publication, November 2014.

Be prepared to stop, walk or turn around if you encounter conditions beyond your skill level or capability.

The Hamilton Council on Aging and the project partners shall not be held responsible for any damages and/or claims in any way related to the use of this guide for commercial, recreational or other purposes.

# Special Thanks

## Special thanks to Project Steering Committee Members:

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Jennifer Canning, Shelagh Kiely, Hamilton Council on Aging (HCoA)  
Kara Bunn, City of Hamilton, Parks and Cemeteries  
Don Curry, City of Hamilton, Public Health Services  
Bart Brosseau, City of Hamilton, Public Transportation  
Eleanor Morton, City of Hamilton, Seniors Recreation  
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Special credit should be given to Ryan Kelly for developing the original maps accompanying this guide. Contact: <http://www.rmdk.ca>, email.ryan.kelly@gmail.com

Thank you to The City of Hamilton and Hamilton Conservation Authority for sharing your resources and supplementing the information contained in this guide. Please note that information provided is current to the best of our knowledge at the date of publication, November 2014.

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# Accessing Hamilton's Outdoor Trail Systems

## Bruce Trail Conservancy

The Bruce Trail is Canada's oldest and longest marked footpath, providing the only continuous public access to the magnificent Niagara Escarpment, a UNESCO World Biosphere Reserve. Running along the Escarpment from Niagara to Tobermory, The Bruce Trail spans more than 890 km with over 400 km of associated side trails. The Bruce Trail Conservancy (BTC) is a charitable organization. Nine regional clubs are part of the BTC. Each Club is volunteer-run and is responsible for maintaining, stewarding and promoting a section of the Bruce Trail. In the Hamilton region, the Iroquoia Bruce Trail Club is responsible for approximately 120 km of trail from Grimsby to the Kelso Conservation Area. For more information, visit [www.iroquoia.on.ca](http://www.iroquoia.on.ca).

## City of Hamilton

Come Explore Hamilton's Trails! There are many wonderful trails in the City of Hamilton for both the serious hiker as well as for those who wish to enjoy a leisurely afternoon outside. Trails in the City of Hamilton strive to create accessible and enjoyable trail recreation experiences. Hamilton is fortunate to have a great variety of landscapes for trail users to enjoy, including the Niagara Escarpment, Lake Ontario Waterfront, Cootes Paradise and the Cootes to Escarpment EcoPark, wetlands, and over 100 waterfalls. For more information about trail systems in the City of Hamilton, visit [www.hamilton.ca](http://www.hamilton.ca).

## Hamilton Conservation Authority

Explore the many great trails the HCA has to offer. These pathways provide important links to natural areas, valley lands, the Niagara Escarpment, Lake Ontario, and neighbouring municipalities. They also offer some of the best opportunities for recreation and nature appreciation - key components in the campaign to secure a healthy, sustainable community for future generations. HCA owns more than 130 km of trails. Most are free to use, but some trails may have parking or walk in fees. User fees support trail maintenance and conservation projects to HCA lands." Please check [www.conservationhamilton.ca](http://www.conservationhamilton.ca) or call 905-525-2181 for more information about memberships and fees.

## Royal Botanical Gardens

Royal Botanical Gardens is located at the western tip of Lake Ontario. Four distinct formal gardens are contained with 1100 hectares of nature reserve, nestled into the slopes of the Niagara Escarpment World Biosphere Reserve. The ever changing seasons, blooms, and natural phenomenon make each visit a new experience. Explore and enjoy the many historical plant collections, the Mediterranean Greenhouse, and the 27 km of nature trails. Visit [www.rbg.ca](http://www.rbg.ca) for more information.

# Trail Etiquette

Please keep in mind some trail etiquette as you explore the natural beauty of the Hamilton area.

- Share the trails with other users.
- Allow room for passing on your left when walking in a group.
- Stay off private property.
- Please take out any packaging or other refuse that you bring in.
- Park in designated parking areas.
- Please keep dogs on leashes and clean up after your pets.
- Watch for vehicular traffic on trails that cross major roadways.
- Please stay on marked trail routes.
- Avoid disturbing local wildlife.
- Take nothing but photos, leave nothing but footprints.

(Source: Hamilton Conservation Authority, [www.waterfalls.hamilton.ca](http://www.waterfalls.hamilton.ca))

## Hiking Checklist

Quick list of things to consider bringing with you on your hike

- Plenty of Water
- Food (snack-lunch)
- Weather Protection
- Appropriate clothing
- Prescription Medication as needed (ex. insulin, epipen)
- Guide, Trail Map
- Mobile Phone
- Insect Repellent
- Emergency Whistle
- Camera
- Emergency contact information and (if applicable) list of medications

## Safety Tip

Always travel in groups or be sure to let somebody know before you go walking where you went and when you intend on returning.



# Using the Trail Guide: Legends and Glossary

## RATING: LEVEL OF DIFFICULTY

### Easy – Stroll

- Flat/gentle slope & cross slope, good to excellent surface

### Moderate– Walk

- Moderate slope & cross slope, good surface
- OR gentle slope and cross slope with poor to moderate surface

### Difficult – Hike

- Steep slope and cross slope
- OR variable slopes
- OR moderate slope with poor surface

NB: Based on this criteria, 8 trails in this guide are rated as EASY-STROLL, 4 as MODERATE-WALK, and 6 as DIFFICULT-HIKE.

## RATING: ACCESSIBILITY

### Fully Accessible – meets all 5 criteria

### Moderately Accessible – meets 3-4 criteria

- parking for disabled users and/or access by public transit
- good to excellent surface
- accessible washrooms
- benches with wheelchair access
- wheelchair ramps/accessible

NB: Please note that a point will be given where criteria is not applicable (ex. No need for wheelchair ramps- flat surface.)

In addition to looking at trail rating for accessibility, please pay attention to additional information provided in descriptions of individual trails.

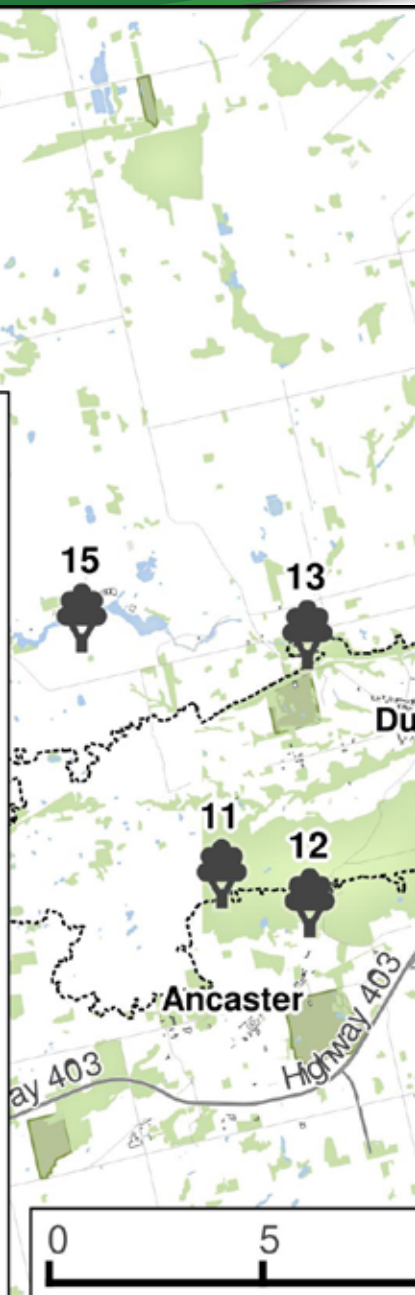
MAP LEGEND	
	Main Trail
	Bruce Trail
	Cycle Path
	Parking
	Bus Stop
	Restroom
	Information
	Escarpment
	Waterfall
	Picnic Area
	Viewpoint
	Beach
	Baseball
	Soccer
	Tennis
	Playground
	The Hermitage

# Master Trail Map



## Supported Trails

1. Gage Park
2. Victoria Park
3. Hamilton Beach Trail
4. Red Hill Valley Trail
5. Escarpment Rail Trail
6. Dofasco Trail
7. Waterfront Trail (Williams Pub)
8. Bayfront Park to Princess Point
9. Sam Lawrence Park
10. Chedoke Rail Trail
11. Dundas Valley CA
12. Ancaster Village Trail
13. Webster's to Tews Falls
14. Hamilton to Brantford Rail Trail
15. Christie Lake CA
16. Joe Sam's Leisure Park
17. Eramosa Karst







# #1 – Gage Park Path

City of Hamilton

- Location:** 1000 Main St. E, Hamilton  
(Gage Ave. S/Main St. E)
- Difficulty:** Stroll (easy)
- Accessibility:** Moderate
- Distance:** Approx. 1 km
- Time:** 45 min to 1 hour

Gage Park is a 30 hectare multi-use park . Gage Park began in 1919 and has been evolving ever since. It contains the Childrens Museum, Gage Park Fountain, formal perennial gardens, the Public Works Horticultural works yard, greenhouses, the tropical house, the Roselawn Lawn Bowling Club, the Rosedale Tennis Club, the Robinson Bandshell, rose gardens, baseball diamonds, play areas, spray pad, extensive walkway system, open green passive areas, and mature trees. (Source: City of Hamilton)

## USES OF TRAIL:

Walking, hiking, running, cycling, roller blading

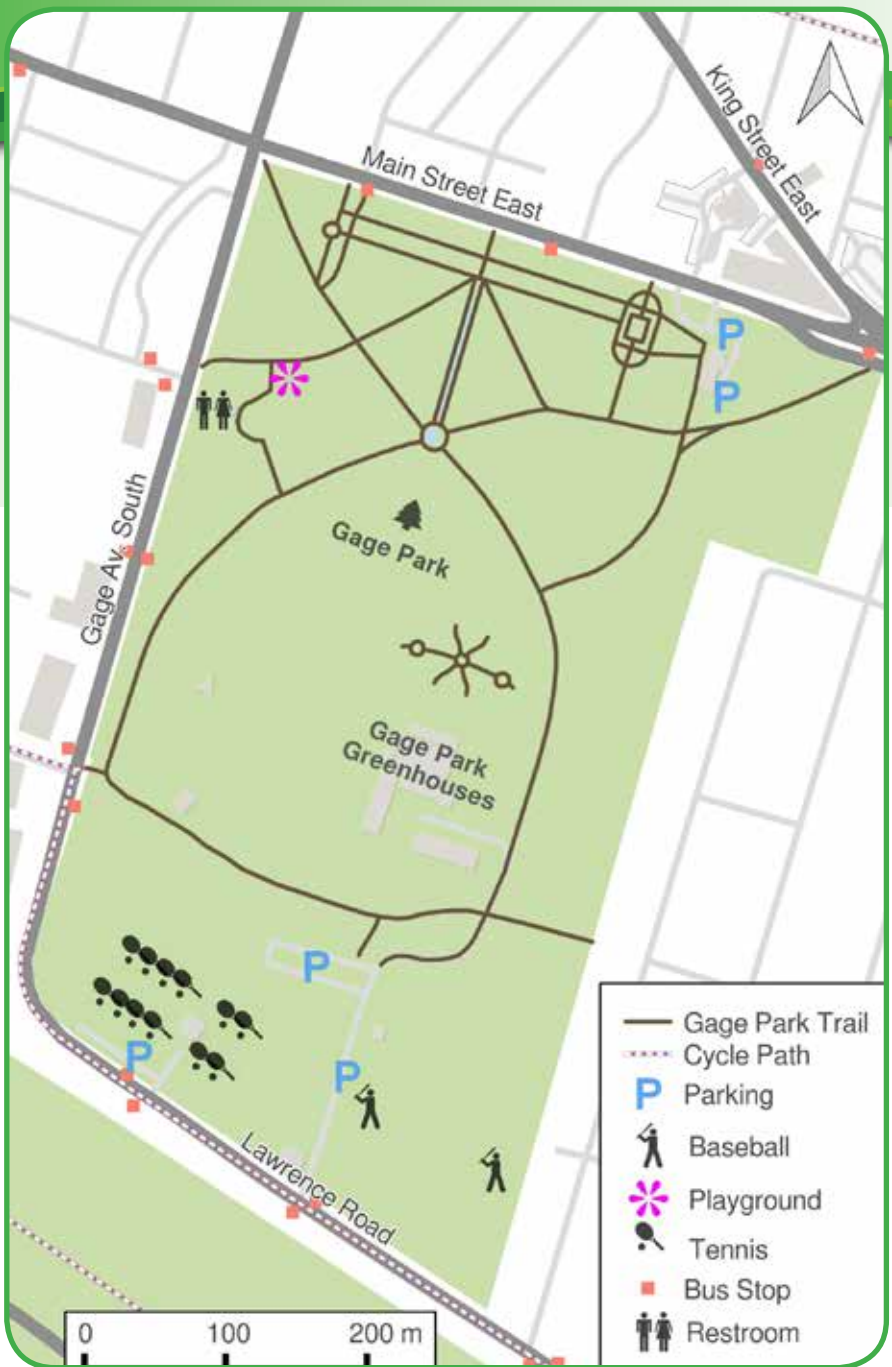
## POINTS OF INTEREST:

Rose garden, fountain, tropical greenhouse

## GOOD TO KNOW:

- This trail is maintained during winter months
- Night lighting
- There are telephones which would be accessible from wheelchairs

Surface Condition.....	Moderate – ..... crushed stone
Parking.....	Yes ..... Lot at Main St. E /Gage Ave. S
Accessible Rest Room .....	Yes
Benches .....	Yes
Benches with wheelchair access.....	No
Picnic Table.....	No
Picnic table with wheelchair access.....	No
Wheelchair ramps.....	No
Entrance Fee .....	No
Public Transit .....	Yes, Routes 1, 5, 10



**Suggested Route:** Enter trail at Gage Avenue South and walk one loop around the main oval.



## #2 – Victoria Park

City of Hamilton

<b>Location:</b>	<b>516 King Street West, Hamilton, ON (Locke St. N/ Strathcona Ave. N)</b>
<b>Difficulty:</b>	<b>Stroll (easy)</b>
<b>Accessibility:</b>	<b>Full</b>
<b>Distance:</b>	<b>Approx. 500 m</b>
<b>Time:</b>	<b>10 to 15 minutes</b>

Victoria Park is located in Ward 1 and is one of the oldest parks in the City of Hamilton. The Victoria Park Path surrounds a large sports park with a variety of activities, including outdoor exercise equipment, a playground, a large hardball diamond, swimming and wading pools, tennis and multi-purpose courts, and a fully accessible Community Garden. The park has historical significance as the former site of the Crystal Palace. (Source: City of Hamilton)

### USES OF TRAIL:

Walking, hiking, running,  
cycling, roller blading

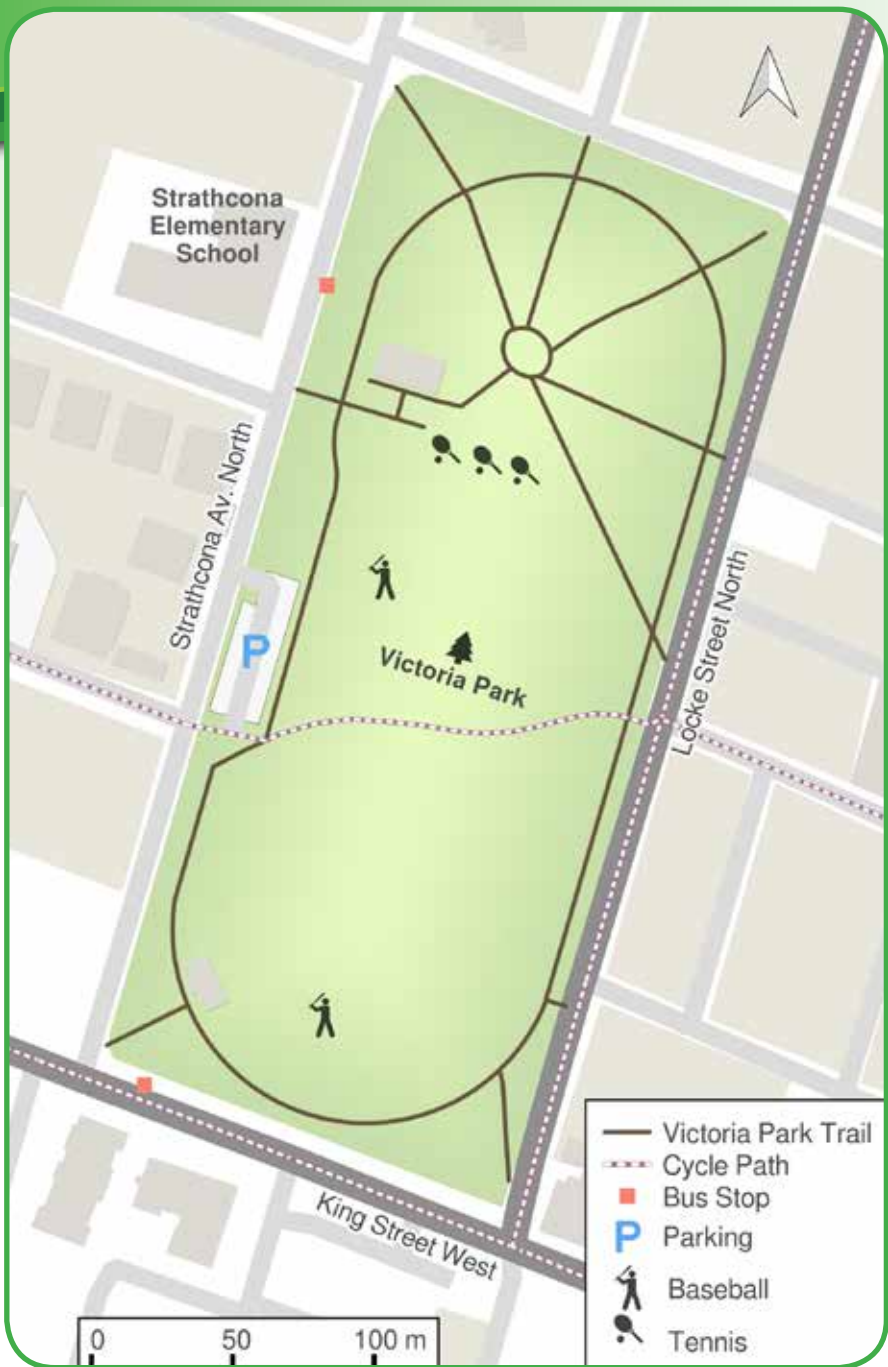
### POINTS OF INTEREST:

City views, landscape and  
water bodies

### GOOD TO KNOW:

- Trail maintained during winter months
- Night lighting
- Bicycle racks

Surface Condition.....	Good-Paved
# of Designated Parking Spots.....	3
Accessible Rest Room .....	Yes-seasonal
Benches .....	Yes
Benches with wheelchair Access .....	Yes
Picnic Table.....	Yes
Picnic table with wheelchair access....	Yes
Wheelchair ramps.....	Yes,
.....at official access points	
Entrance Fee .....	No
Access by Public Transit .....	
.....	Yes, Routes 1, 5, 10



**Suggested Route:** Enter the main path and walk the perimeter around Victoria Park.



# #3 – Hamilton Beach Trail

City of Hamilton

- Location:** Confederation Park,  
680 Van Wagners Beach Rd.
- Difficulty:** Stroll (easy)
- Accessibility:** Full
- Distance:** 4.3 kilometres
- Time:** Approx. 1 to 1.5 hours

Take a scenic stroll, bike ride or skate along the 4.3 kilometre Hamilton Beach Trail. This promenade connects to the Waterfront Trail that runs another 4.2 kms west to Burlington ship canal. Picturesque views of the shoreline and plenty of park space make this a perfect spot for any outing. (Source: Hamilton Conservation Authority)

## USES OF TRAIL

Walking, hiking, running, cycling, roller blading

## POINTS OF INTEREST

- Confederation Park-go-karts, batting cages, mini golf, and Wild Waterworks
- Restaurants: Hutch’s on the Beach, Lakeland Bistro
- Lakeland Centre, featuring a swimming pool, splash pad, volleyball & basketball courts, a concession and banquet hall.

## GOOD TO KNOW

- Trail maintained during winter months
- Night lighting
- Bicycle racks

Surface Condition.....	Good-Paved
Parking.....	Yes
# designated spots .....	3
Accessible Rest Room .....	Seasonal
Benches .....	Yes
Benches with wheelchair access.....	Yes
Picnic table .....	Yes
Picnic table with wheelchair access....	Yes
Wheelchair ramps.....	.....Yes, at official access points
Entrance Fee .....	No
Access by Public Transit .....	.....Limited Service, Route 56





**Suggested Route:** Enter the main path at Hutches and walk along the lakeshore to Dieppe Park.



# #4 – Red Hill Valley Recreational Trail

City of Hamilton

- Location:** Hamilton Mountain – Mud. St.  
100 Greenhill Avenue
- Difficulty:** Hike (Difficult)
- Accessibility:** Minimal
- Distance:** 10.5 kilometres
- Time:** Approximately 3 hours

Beginning at the top of the Niagara Escarpment (Mud Street, adjacent to Kings Forest Park), the Red Hill Valley Recreational Trail traverses the escarpment and runs northeast through the Red Hill Valley to its end at Brampton Street. The trail includes bridge crossings of the Red Hill Creek, entrances from streets and/or parking lots, and a 1.1 kilometre long barrier-free section (with a tar and chip surface) accessible from Greenhill Bowl through Kings Forest Golf Course. Most of the trail is not wheelchair accessible due to steep grades. (Source: Hamilton Conservation Authority)

### USES OF TRAIL

Walking, hiking, running, cycling, dog walking

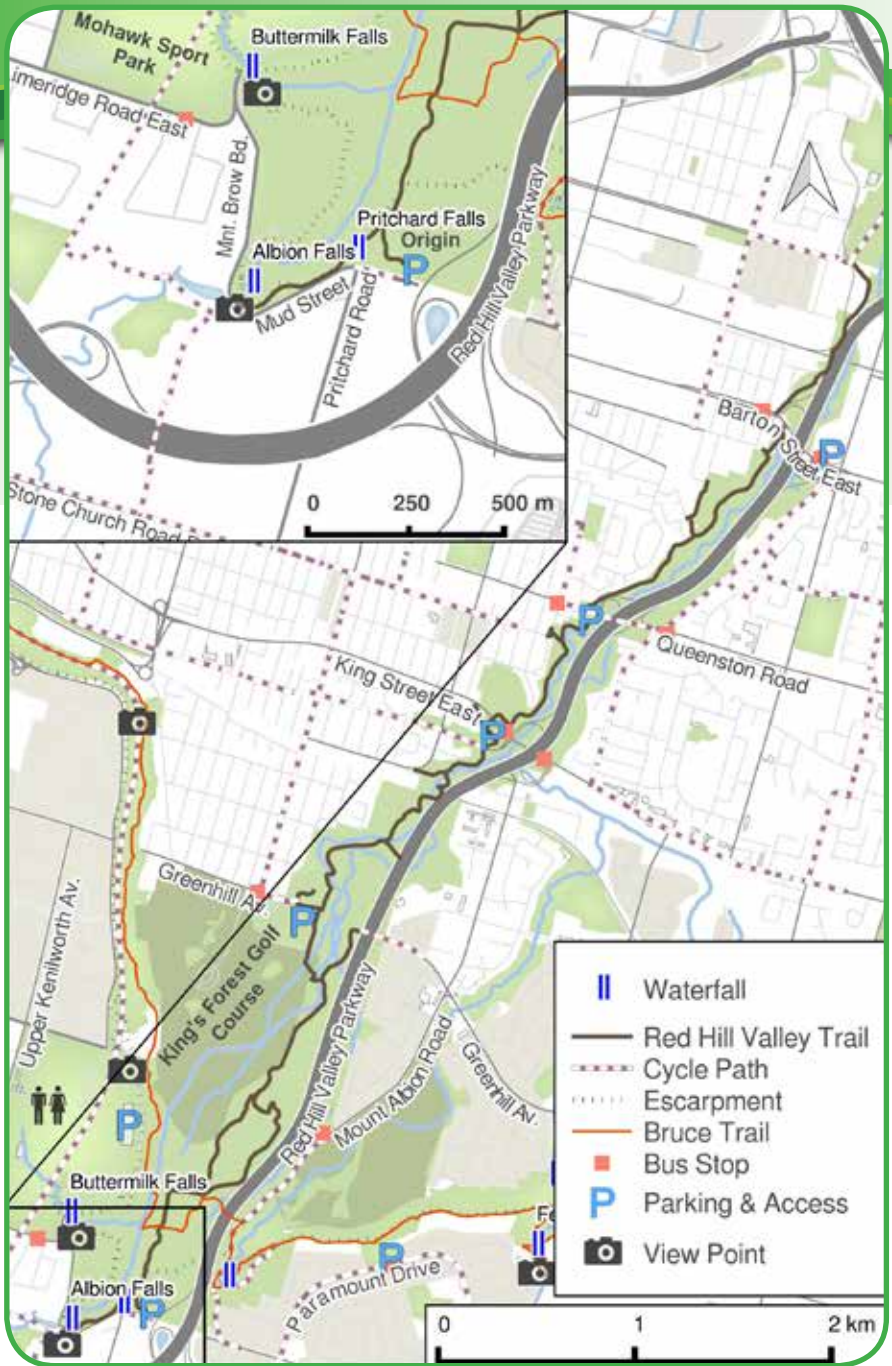
### POINTS OF INTEREST

- Albion Falls
- Prichard Falls
- Buttermilk Falls
- Mohawk Sports Park

### GOOD TO KNOW

- Trail not maintained during winter months
- No lighting, telephones

Surface Condition.....	Moderate hard packed gravel, steep slopes, uneven surface
Parking.....	Yes, at each end
# designated spots.....	0
Accessible Rest Room .....	No restroom
Benches with wheelchair access.....	..... No benches, armour stone seating
Picnic table .....	Yes
Picnic table with wheelchair access.....	No
Wheelchair ramps.....	No
Entrance Fee .....	No
Access by Public Transit .....	..... Yes, Routes 5, 41



**Suggested Route:** Enter at Hamilton Mountain, Mud Street to Green Hill (can access trail from both ends)



# #5 – Escarpment Rail Trail

City of Hamilton

- Location:** Hamilton Mountain – Mud. St.  
100 Greenhill Avenue
- Difficulty:** Stroll (Easy)
- Accessibility:** Moderate
- Distance:** 2.5 kilometres
- Time:** Approximately 1 hour

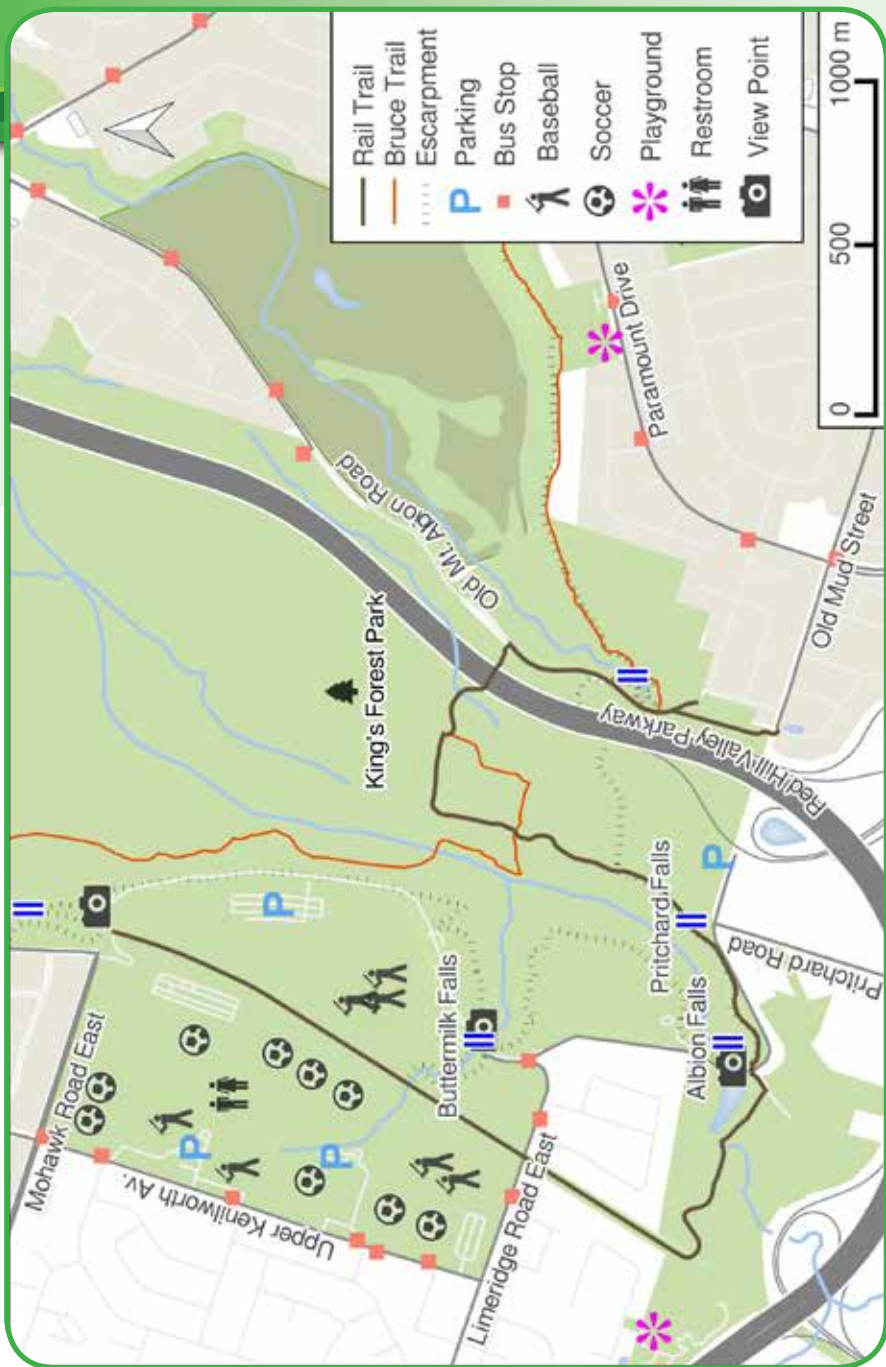
The Escarpment Rail Trail is a multi-use trail developed on an abandoned CN line. The trail extends from above the escarpment near Albion Falls, to the lower city. The Escarpment Rail Trail offers beautiful views of the lower city, the Niagara Escarpment, and the Hamilton Brick Works. (Source: City of Hamilton)

**USES OF TRAIL**  
Walking, hiking, running, cycling, roller-blading

- POINTS OF INTEREST**
- Bruce Trail,
  - Escarpment views
  - Buttermilk Falls
  - Albion Falls

- GOOD TO KNOW**
- Trail maintained during winter months
  - No telephones, emergency callboxes
  - No lighting

Surface Condition.....	Good- ..... flat to gentle slopes
Parking.....	Yes, 11-25 spots # designated spots..... 0
Accessible Rest Room .....	No restrooms
Benches .....	Yes
Benches with wheelchair access.....	No
Picnic table .....	Yes
Picnic table with wheelchair access.....	No
Wheelchair ramps.....	..... No accessible entrances
Entrance Fee .....	No
Access by Public Transit .....	..... Yes, Routes 11, 22, 43



**Suggested Route:** Enter at Hamilton Mountain, Mud Street to Green Hill (can access trail from both ends)



# #6 – Dofasco 2000 Trail

Hamilton Conservation Authority

- Location:** Upper Mount Albion Rd., Stoney Creek
- Difficulty:** Walk (Moderate)
- Accessibility:** Minimal
- Distance:** 4.5 kilometres
- Time:** Approximately 2 hours

The second Millennium project of the HCA, this trail links the 1812 Battlefield House Museum, Devil’s Punch Bowl Conservation Area, Vinemount South Swamp and Bruce Trail. It will eventually link with the Waterfront Trail at the Fifty Point Conservation Area and Marina on Lake Ontario. The trail features a boardwalk section traveling through the Vinemount South Swamp, giving users a unique view of this spectacular natural feature. The trail was developed in partnership with Dofasco Inc., the former City of Stoney Creek, the HCA and the Canada Millennium Partnership Program. (Source: Hamilton Conservation Authority)

### USES OF TRAIL

walking, hiking, running, cycling, four-wheeled vehicles, horseback riding

### POINTS OF INTEREST

- Bruce Trail
- Escarpment
- Waterfalls (Devils Punch Bowl)
- Activities: bird watching

### GOOD TO KNOW

- Trail not maintained during winter months
- No lighting
- No telephones, emergency call boxes

Surface Condition...Poor to very poor- flat

Parking.....Yes, 11-25 spots  
# designated spots.....0

Accessible Rest Room ..... No restrooms

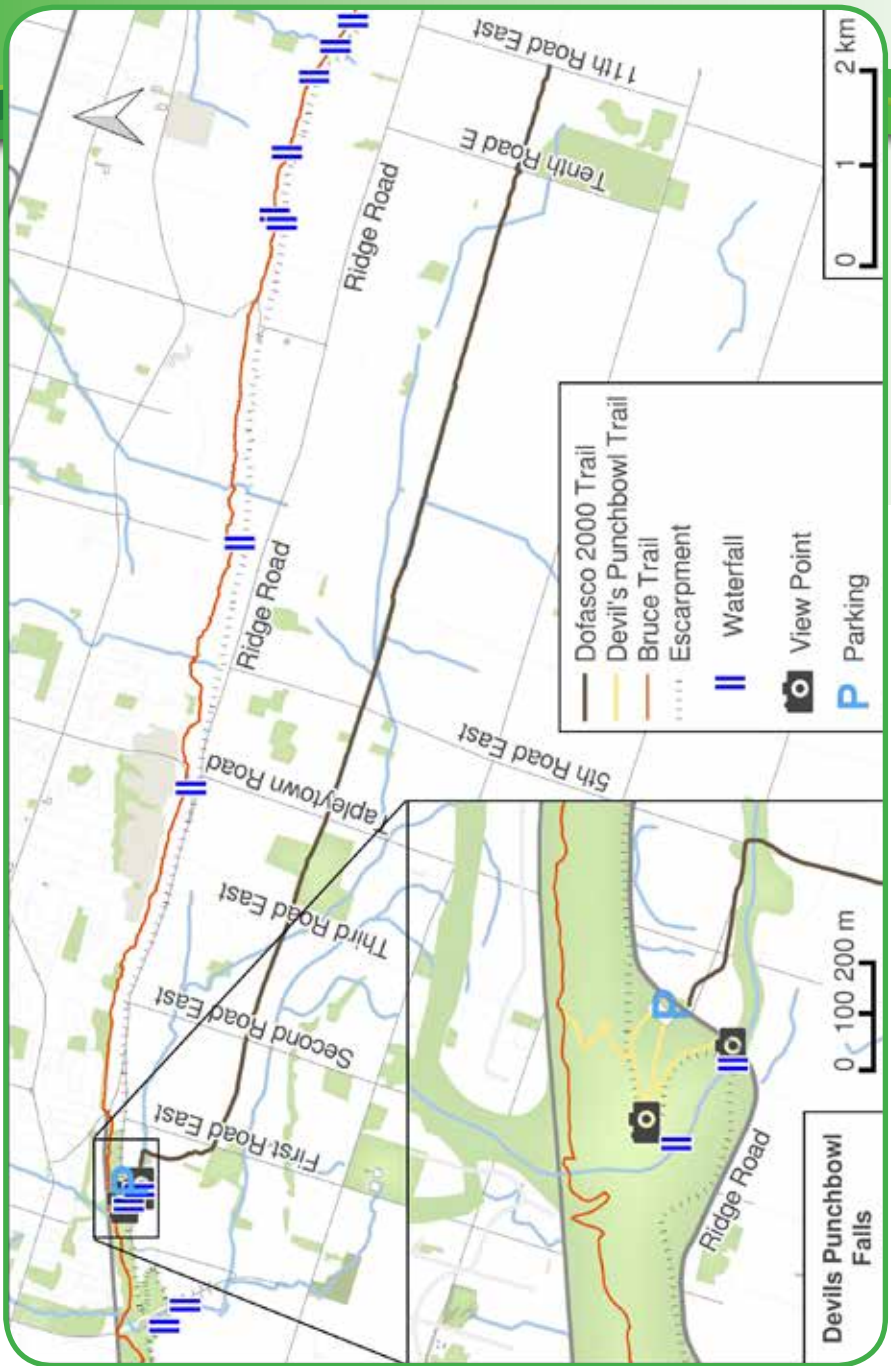
Benches ..... No  
Benches with wheelchair access..... No

Picnic table ..... No  
Picnic table with wheelchair access.... No

Wheelchair ramps..... No

Entrance Fee ..... Yes

Access by Public Transit ..... No



**Suggested Route:** Enter at Devil's Punch Bowl Conservation Area to Powerline Road



## #7 – Waterfront Trail (Williams), City of Hamilton

- Location:** 47 Discovery Drive, Hamilton  
**Difficulty:** Stroll (Easy)  
**Accessibility:** Full  
**Distance:** Approx. 1.5km.  
**Time:** Approx. 45 minutes

The City of Hamilton and its partners officially opened the Hamilton Harbour Waterfront Trail and fish and wildlife habitat enhancements on July 1, 2000. Special attention has been given to ensure universal accessibility, and to provide focal points to observe natural, historic, and cultural features. This trail project allowed residents and visitors alike to appreciate our past and look to the future as the City and its partners continue working on the principles of sustainability and enhancing our overall quality of life. (Source: City of Hamilton)

### USES OF TRAIL

walking, hiking, running,  
cycling, motorized vehicles,  
other

### POINTS OF INTEREST

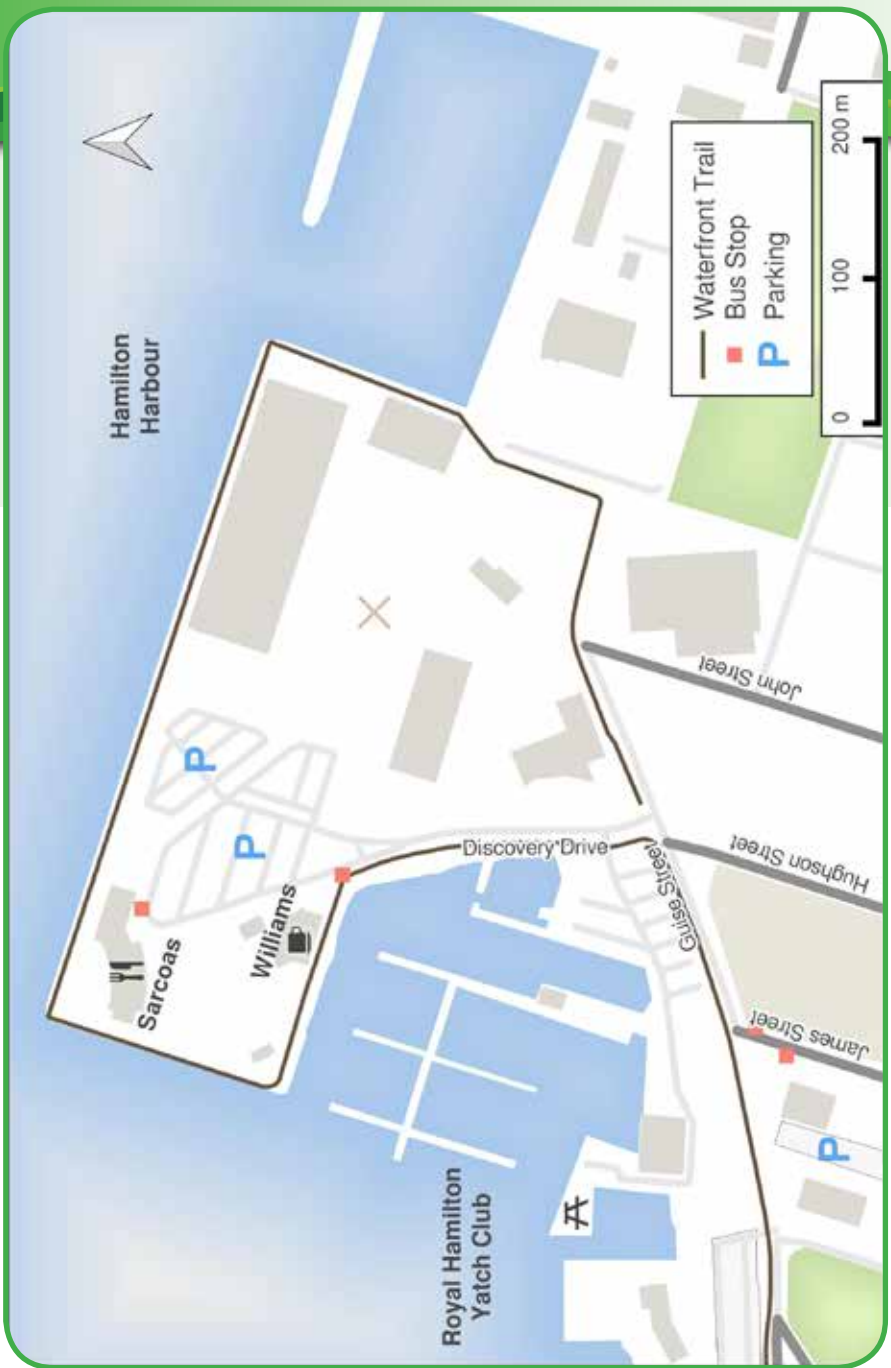
- Williams Cafe
- HMS Haida
- Hamilton Harbour Tours
- Activities: Rink (skating and roller rink including skate rental), Bike rentals

### GOOD TO KNOW

- Trail maintained during winter months
- Lighting

Surface Condition:.....	Excellent
Parking.....	Yes, +50 spots
# designated spots.....	3
Accessible Rest Room .....	Yes
Benches .....	Yes
Benches with wheelchair access.....	Yes
Picnic table .....	Yes
Picnic table with wheelchair access....	Yes
Wheelchair ramps.....	..... Some ramps off of trail to services
Entrance Fee .....	No
Access by Public Transit .	Yes, Routes 2, 4
.....Waterfront Shuttle (seasonal service)	





**Suggested Route:** Enter at Central Hamilton, Bayfront and start at William Coffee House. Complete loop around main trail.



## #8 – Bayfront Park

City of Hamilton

- Location:** 200 Harbour Front Drive  
(by Bay Street), Hamilton
- Difficulty:** Stroll (Easy)
- Accessibility:** Full
- Distance:** See suggested routes
- Time:** See suggested routes

Bayfront Park boasts a number of features perfectly suited to a waterfront setting, including an extensive asphalt pathway; a lower shoreline walk; naturalized areas of shrubs, trees, and wildflowers; a public boat launch; numerous benches and picnic tables; and a natural grass amphitheatre. The park's upper plateau, an expansive lawn area, makes it an ideal location for special events. It is linked to Pier 4 Park by Macassa Bay Walkway. (Source: City of Hamilton)

### USES OF TRAIL

Walking, hiking, running, cycling, roller blading, other

### POINTS OF INTEREST

- Hamilton Harbour
- Scenic view
- Princess Point

### GOOD TO KNOW

- Trail maintained during winter months
- Lighting
- Public telephone, wheelchair access
- Bicycle Rack

Surface Condition:..... Excellent- Paved

Parking..... Yes , Princess Point, Bayfront # designated spots ..... 3+

Accessible Rest Room .....Yes, portable

Benches ..... Yes

Benches with wheelchair access..... Yes

Picnic table ..... Yes

Picnic table with wheelchair access.... Yes

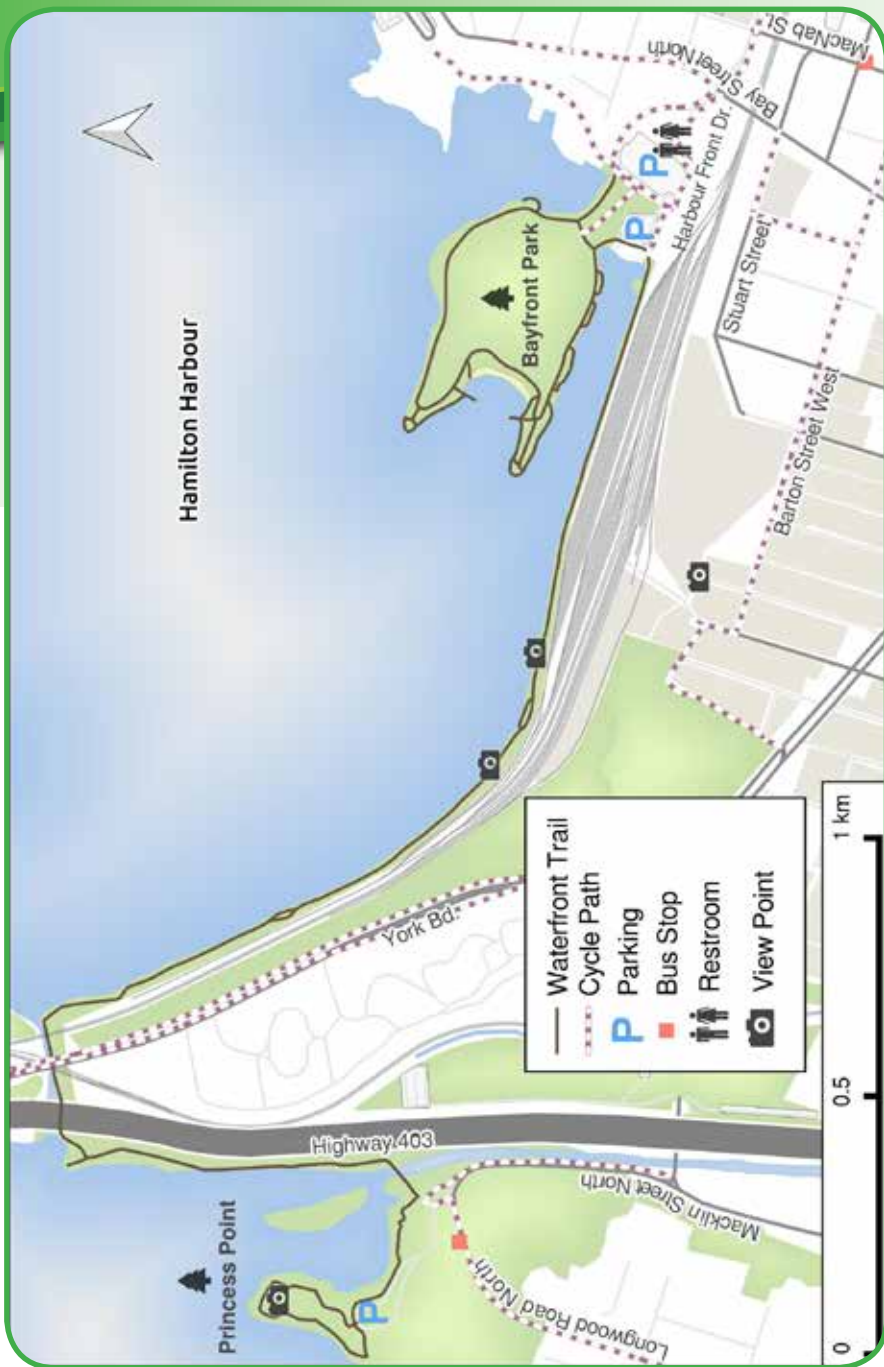
Wheelchair ramps.....

.....No, not necessary for access

Entrance Fee .....No

Access by

Public Transit ..... Yes, Routes 2, 4, 6



**Suggested Route:** A: Bayfront Park to Princess Point: Enter at Central Hamilton. Walk along trail from Bayfront Park to Princess Point (Approx. 2.5k, 1 hour) B: Bayfront Park Loop: Enter at Bayfront Park. Walk a loop around the main path. (Approx. 1km, ½ hour)



# #9 – Sam Lawrence Park

City of Hamilton

- Location:** 255 Concession St., Hamilton
- Difficulty:** Walk (Moderate)
- Accessibility:** Minimal
- Distance:** Approx. 1 km.
- Time:** Approx. ½ hour

Sam Lawrence Park, situated on the Mountain brow at the top of the Jolley Cut, is one of the jewels in Hamilton’s park system. Its features include a rock garden with perennial flowers, ornamental benches and lighting, walkways (most of which are accessible), wildflowers and prairie grasses, and an extensive system of interpretive signs. The park also offers spectacular, panoramic views of the lower city and the harbour. (Source: City of Hamilton)

**USES OF TRAIL**  
 Walking, hiking, running,  
 roller blading, other

**POINTS OF INTEREST**

- Rock garden
- City Views

**GOOD TO KNOW**

- 4 sets of stairs, some with handrails
- Official access points on trail are not wheelchair accessible
- Lighting
- No telephone or emergency call boxes

Surface Condition:..... Good  
 .....Paved with moderate slope

Parking..... Yes, 26–50 spots  
 # designated spots..... 0

Accessible Rest Room ..... No restroom

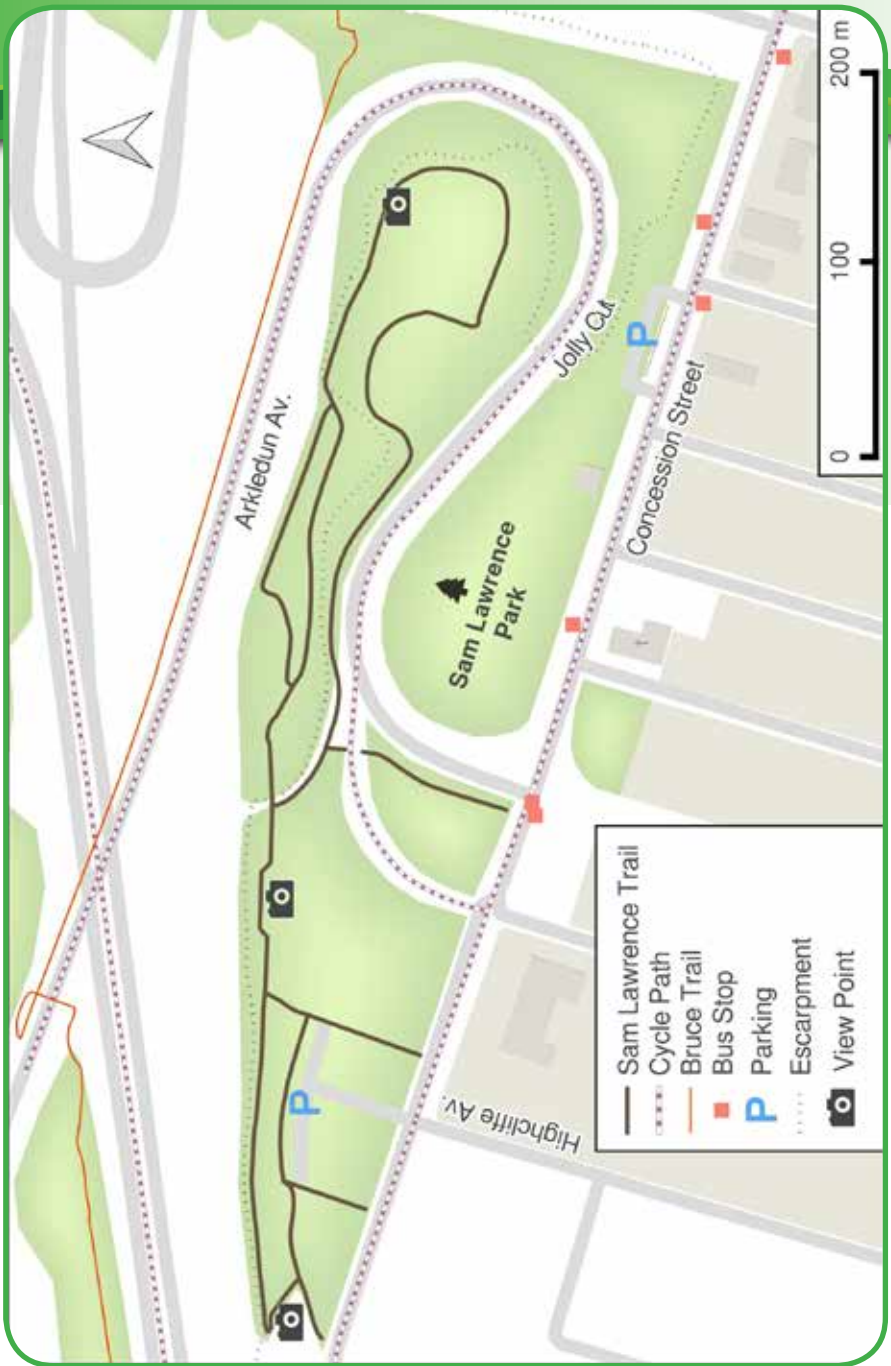
Benches..... Yes  
 Benches with wheelchair access..... No

Picnic Table..... No  
 Picnic table with wheelchair access..... No

Wheelchair ramps..... No

Entrance Fee ..... No

Access by Public Transit .....  
 ..... Yes, Routes 23, 25, 26



**Suggested Route:** Enter at Mountain Brow near Upper Wellington Street. Walk circular loop around path.



## #10 – Chedoke Radial Recreational Trail, Hamilton Conservation Authority, Bruce Trail

- Location:** Scenic Drive at Upper Paradise, Hamilton
- Difficulty:** Hike (Difficult)
- Accessibility:** Minimal
- Distance:** Approx. 3.5 km.
- Time:** Approx. 1 hr. 45min.

The Chedoke Radial Recreational Trail is a pedestrian and bicycle pathway developed on the former right of way of the Brantford and Hamilton Electric Railway. This trail showcases the beauty of the Niagara Escarpment. It is considered accessible for those in wheelchairs or those pushing strollers, however the variation in slope (2 to 5%) may present some difficulties. (Source: City of Hamilton)

### USES OF TRAIL

Walking, hiking, running, biking, other

### POINTS OF INTEREST

- City Views/landscapes
- Waterfalls
- Chedoke Stairs, 200 step staircase with handrail, including bike trough

### GOOD TO KNOW

- Scenic Drive and Upper Paradise is a four-way stop
- Trail not maintained during winter months
- No lighting, telephone or emergency call boxes
- Drinking fountain at the bottom of Chedoke Stairs
- Bike Racks

Surface Condition:..... Moderate varied surface: paved, loose, gravel, grass

Parking..... Yes, 11-25 spots

Designated spots ..... Yes, at Golf Course

Accessible Rest Room ..... No restrooms

Benches ..... Yes

Benches with wheelchair access ..... No

Picnic table ..... No

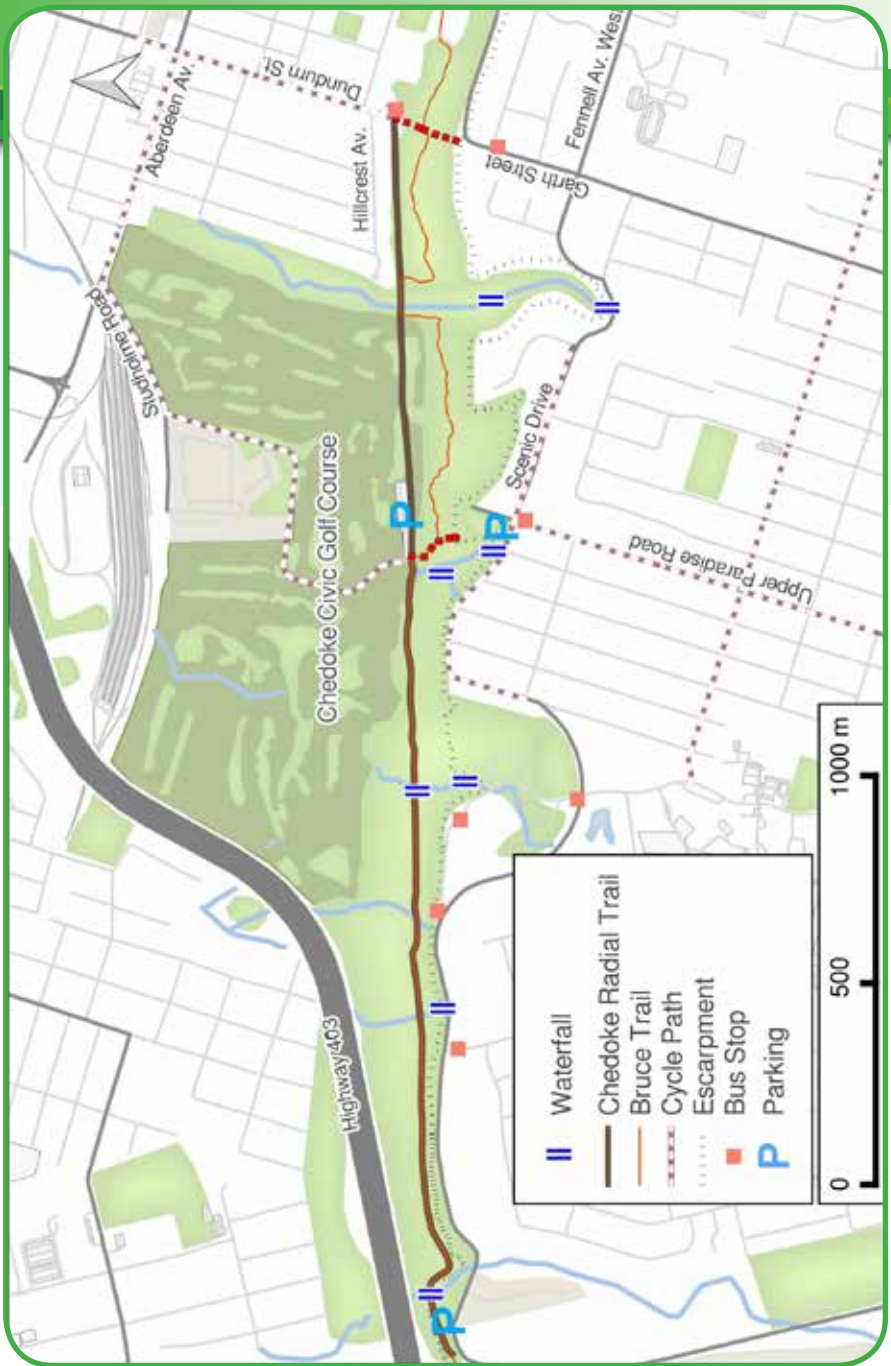
Picnic table with wheelchair access .... No

Wheelchair ramps..... No

Entrance Fee ..... No

Access by

Public Transit ..... Yes, Routes 7, 33, 34



**Suggested Route:** Enter at Paradise Road. Walk down the stairs and follow the trail west, up the escarpment, and walk back along Scenic Drive to Paradise Road.



# #11 – Dundas Valley Main Loop, Hamilton Conservation Authority, Bruce Trail

- Location:** 650 Governors Rd, Dundas
- Difficulty:** Hike (Difficult)
- Accessibility:** Minimal
- Distance:** Approx. 3.5 km.
- Time:** Approx. 1.75 hr.

The Dundas Valley is one of southern Ontario’s most spectacular natural treasures. Highlights of the 1200 acre conservation area include lush Carolinian forests, colorful meadows, cold-water streams, stunning geographical formations, and an array of rare plants, birds and wildlife. The 40-kilometre trail system developed and maintained by the HCA and the world Bruce Trail provides access to almost every part of the Dundas Valley. The Main Loop Trail is one of three major trails in the Dundas Valley and has several secondary trails branching from it. (Source: Hamilton Conservation Authority)

## USES OF TRAIL

Walking, hiking, running, biking, roller blading, dog walking, cross country skiing

## POINTS OF INTEREST

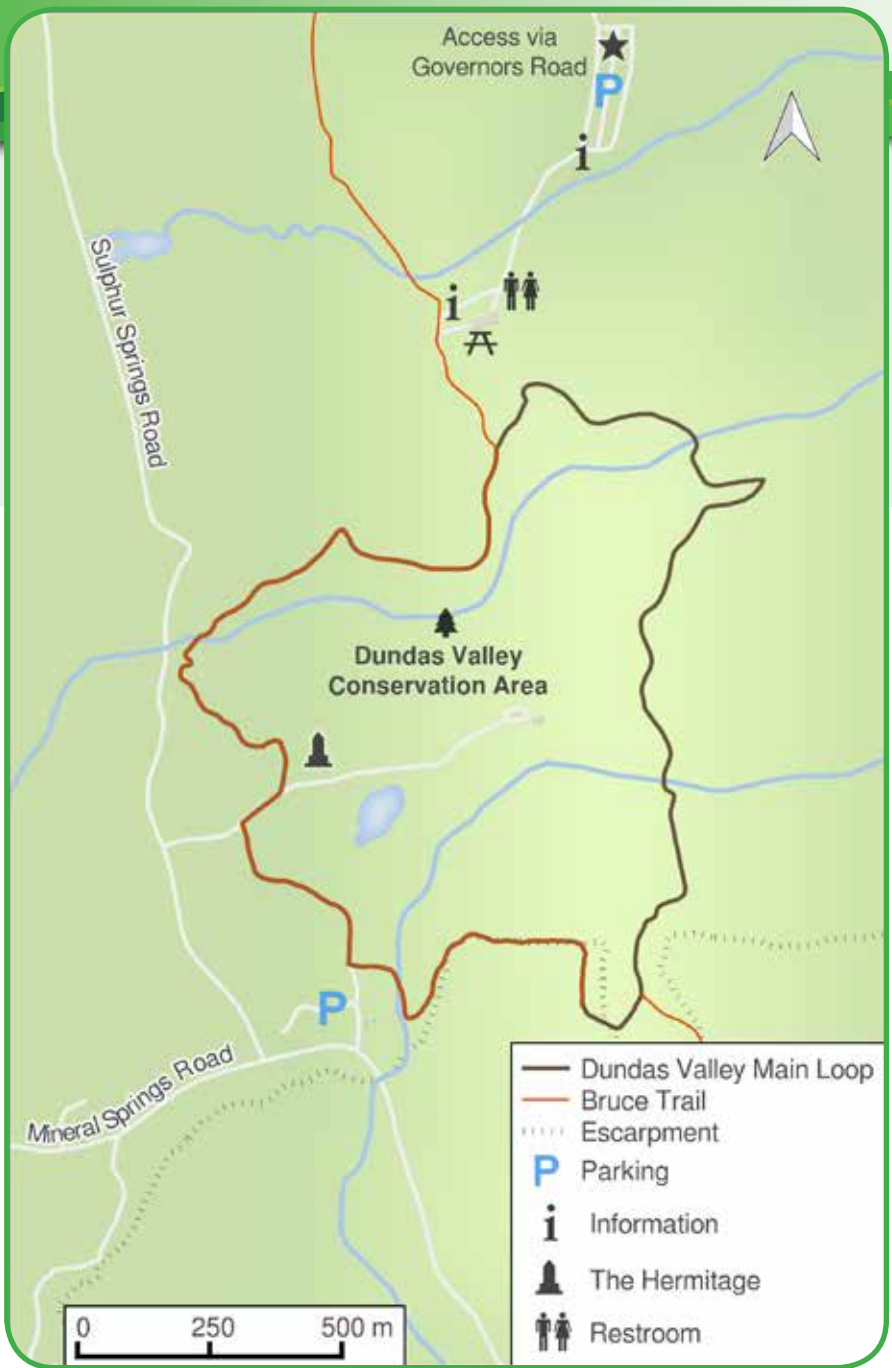
- Bruce Trail
- Trails Centre (replica: Victorian Train Station)
- The Hermitage
- Sulphur Springs

## GOOD TO KNOW

- Short segment of the trail follows a private driveway
- Trail not maintained during winter months
- No lighting, telephone or emergency call boxes

Surface Condition:.....	Good
.....	Gravel, steep slopes
Parking.....	Yes, 11-25 spots
# designated spots.....	0
Rest Room .....	Yes
Accessible Rest Room .....	No
Benches .....	Yes
Benches with wheelchair access.....	No
Picnic table .....	Yes
Picnic table with wheelchair access.....	No
Wheelchair ramps.....	No
Entrance Fee .....	Yes
Access by Public Transit .....	No





**Suggested Route:**

Enter at Dundas Valley Trails Centre. Loop Main Trail.



# #12 – Ancaster Village Waterfall Trail

Hamilton Conservation Authority, Bruce Trail

- Location:** 548 Old Dundas Road, Ancaster
- Difficulty:** Hike (Difficult)
- Accessibility:** Minimal
- Distance:** Approx. 3.4 km.
- Time:** Approx. 1.75 hr.

Sherman Falls is a 17 metre high ribbon waterfall that is visible year round. Named after the Sherman family, former landowner and 1912 founder of the Dominion Foundry and Steel Company (DOFASCO). Travel on to Tiffany Falls. the lookout below Tiffany Falls in a scenic and peaceful setting. Wilson Mill was one of four flour mills operating on Ancaster Creek around 1863 until it was transformed into a beautiful restaurant with meeting rooms. (Source: Hamilton Conservation Authority)

### USES OF TRAIL

Walking, hiking, running, biking, dog walking

### POINTS OF INTEREST

- Ancaster Mill Restaurant
- Canterbury Hills
- Waterfalls (Mill Falls, Lower Mill Falls, Sherman Falls, Canterbury Falls, Little Canterbury Falls)

### GOOD TO KNOW

- Near Sherman and Tiffany Falls, the trail crosses busy roads. Please use caution.
- 10-20 steps without handrails on path
- Trail not maintained during winter months.
- No lighting, telephone or emergency call boxes
- Bicycle racks

Surface Condition:..... Poor  
 .....Varied grades of slope-cross-slope

Parking..... No official parking  
 # designated spots.....0

Accessible Rest Room ..... No restrooms

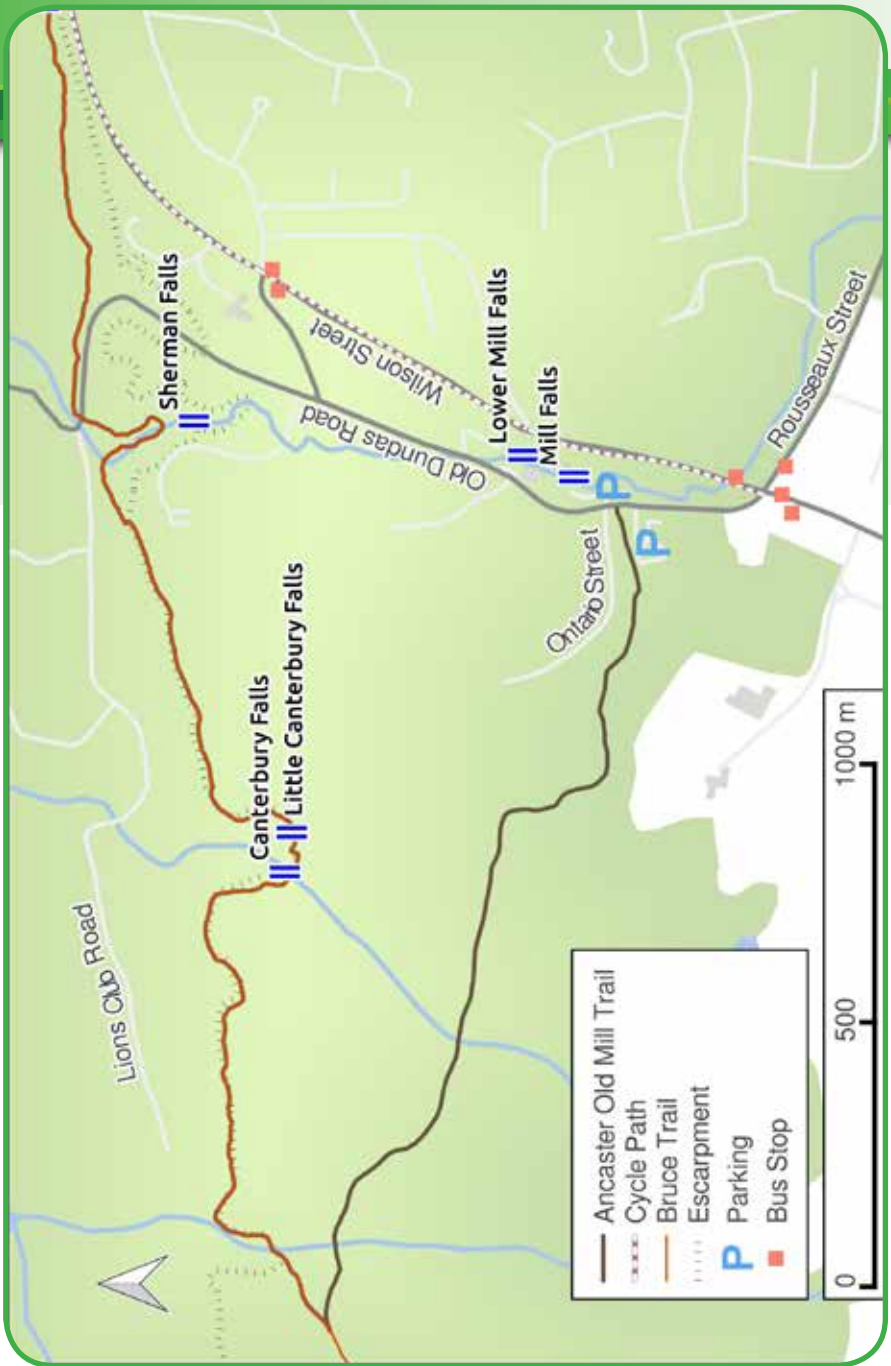
Benches ..... Yes  
 Benches with wheelchair access.....No

Picnic table .....No  
 Picnic table with wheelchair access.....No

Wheelchair ramps.....No

Entrance Fee .....No

Access by Public Transit .....  
 ..... Yes, close to Route 5



**Suggested Route:**

Enter the Ancaster Trail at the Ancaster Mill. Loop path.



# #13 – Websters to Tews Falls

Hamilton Conservation Authority, Bruce Trail

- Location:** 99 Fallsview Rd, Dundas
- Difficulty:** Hike (Difficult)
- Accessibility:** Minimal
- Distance:** 2.5 km.
- Time:** 1.25 hr.

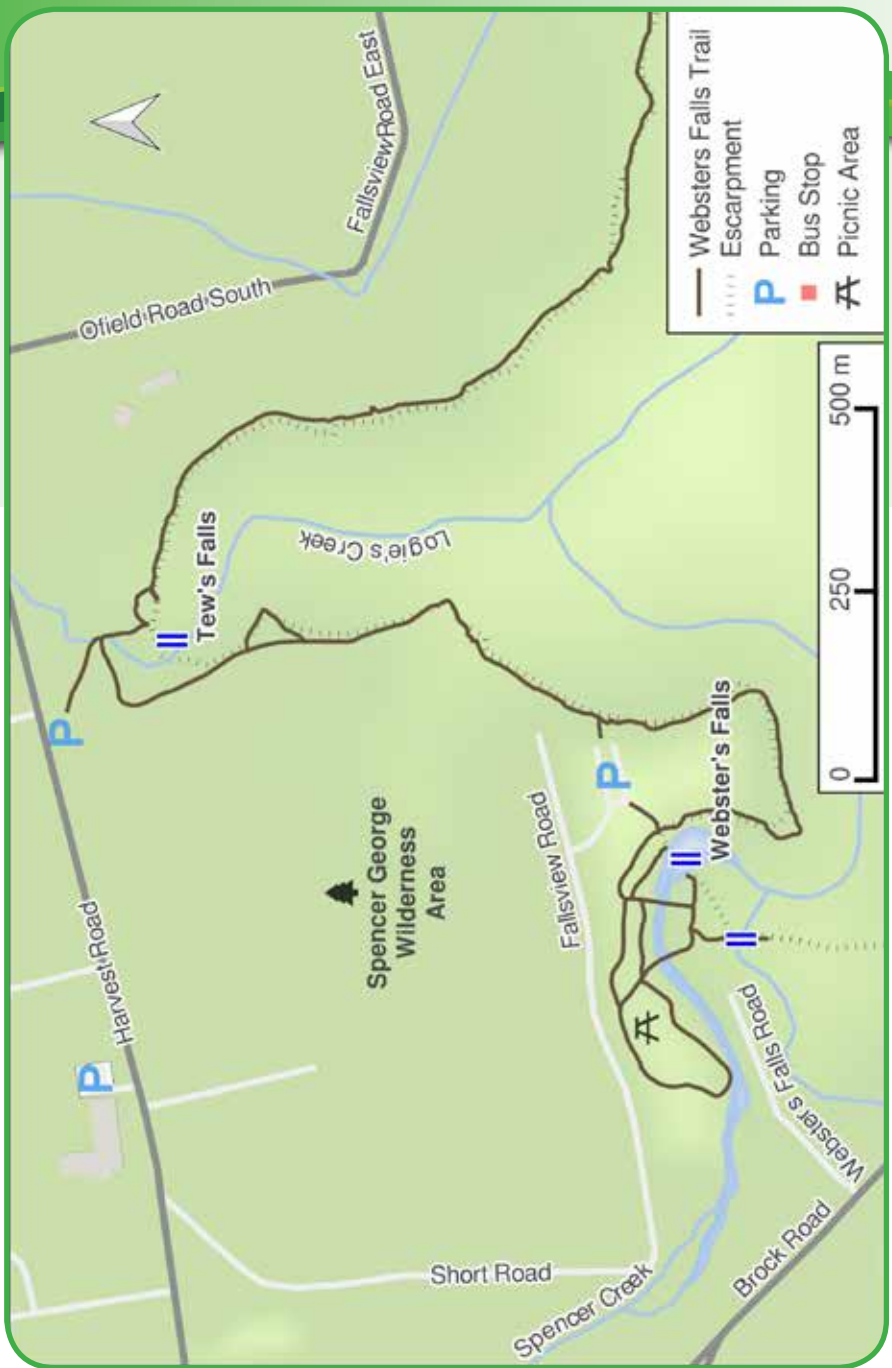
From the escarpment brow, noted for its panoramas, to the forested depths of the gorge below, the Spencer Gorge/Webster’s Falls Conservation Area exhibits the physical features which have made the Niagara Escarpment one of Ontario’s most spectacular geological formations. This significant natural area contains two beautiful waterfalls: Webster’s and Tews Falls. Webster’s is a magnificent tiered waterfall and Tews, which towers at 41 metres, is only a few metres shorter than Niagara Falls.. A nature trail allows access to the Dundas Peak, which provides stunning views of Dundas and Hamilton. Other pathways passing through the park include the Bruce Trail, and a side-trail to historic Crook’s Hollow Conservation Area. (Source: Hamilton Conservation Authority)

**USES OF TRAIL**  
 Walking, hiking, running, biking, dog walking

- POINTS OF INTEREST**
- Spencer Gorge Wilderness Area
  - Waterfalls (Websters Falls, Tews Falls)

- GOOD TO KNOW**
- Steep set of 20+ stairs with handrails
  - Trail not maintained during winter months
  - No lighting, telephone or emergency call boxes

- Surface Condition:..... Poor to Moderate, ..... range in slope from flat to steep
- Parking..... Yes, 26-50 cars # designated spots..... 3
- Accessible Rest Room ..... No restrooms ..... but portable toilets (not accessible)
- Benches ..... Yes
- Benches with wheelchair access..... No
- Picnic table ..... Yes
- Picnic table with wheelchair access.... No
- Wheelchair ramps..... No
- Entrance Fee ..... Yes, \$10 per car
- Access by Public Transit ..... No



**Suggested Route:**

Begin at Fallsview Road and walk along the Webster's Falls Trail to Tews Falls



# #14 – Hamilton to Brantford Rail Trail, Hamilton Conservation Authority

- Location:** 1642 Main St. W. Hamilton, 27 Sanctuary Dr., Dundas
- Difficulty:** Walk (Moderate)
- Accessibility:** Moderate
- Distance:** Approx 2.5 km.
- Time:** Approx. 45 min.

Completed in 1996, the 32 km Hamilton to Brantford Rail Trail represents the third and final portion of an 80 km route of the abandoned Toronto, Hamilton & Buffalo Railway that was converted into a multi-use interurban recreation trail. The Hamilton to Brantford Rail-Trail is Ontario's first entirely off-road, interurban hiking and biking trail. The Hamilton Region Conservation Authority owns and maintains the trail from Hamilton to Jerseyville, which runs through the scenic Dundas Valley Conservation Area. (Source: Hamilton Conservation Authority)

### USES OF TRAIL

Walking, hiking, running, cycling

### POINTS OF INTEREST

- University Plaza
- Sanctuary Park,
- Dundas Valley Trails Centre Train Station, 2km. following end point

### GOOD TO KNOW

- Trail maintained during winter months
- Kilometres are marked on trail
- Stretch of trail follows a gradual incline westward.
- No lighting

Surface Condition:..... Moderate to good  
..... -gravel stones

Parking... Yes, University Plaza Customers  
Designated spots .....  
..... Yes, University Plaza Customers

Accessible Rest Room ..... No restrooms

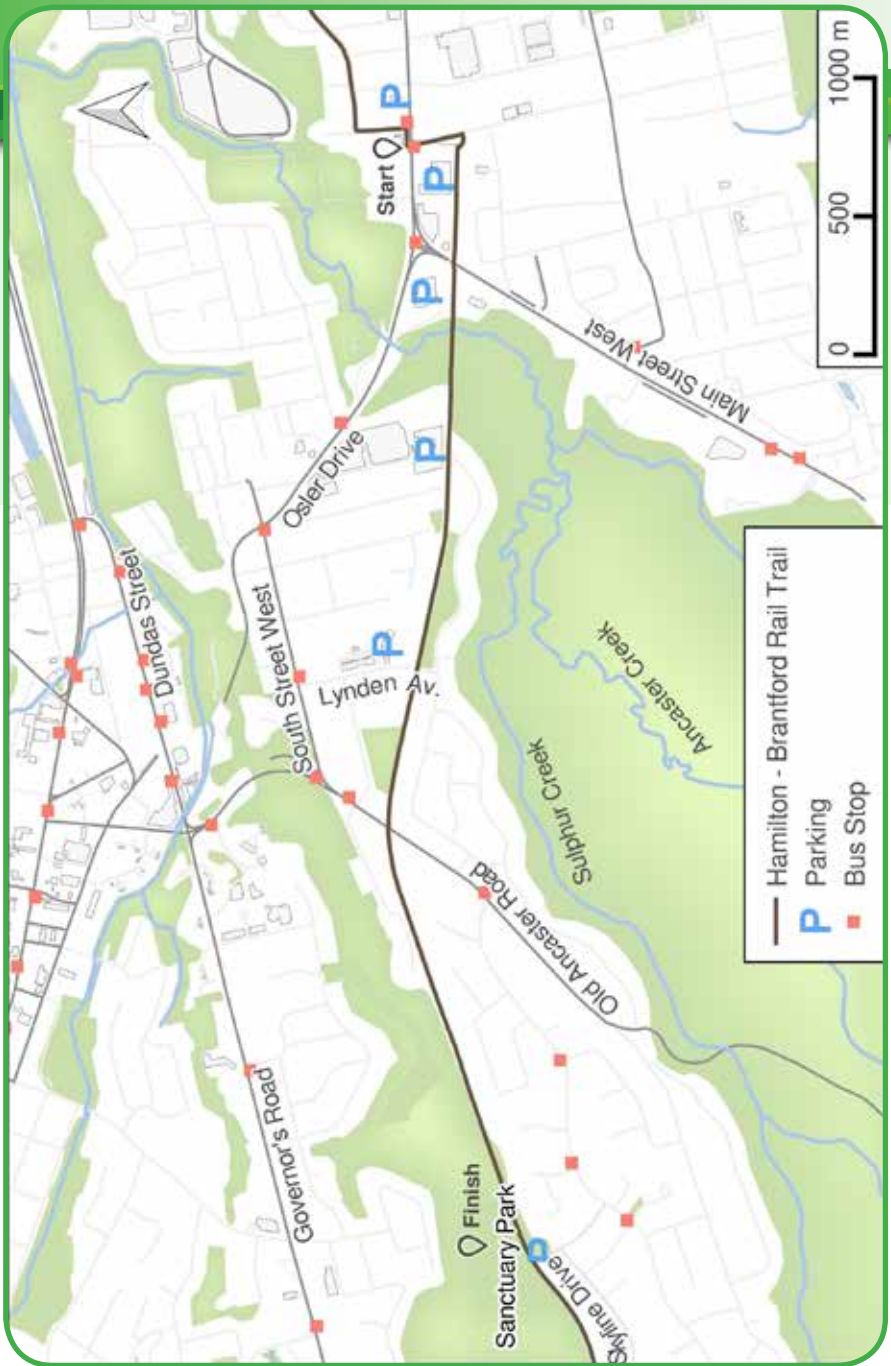
Benches ..... Yes, some  
Benches, with wheelchair access..... No

Picnic Table ..... Yes at parks along route  
Wheelchair access ..... No

Wheelchair ramps..... Not applicable

Entrance Fee ..... No

Access by Public Transit .....  
..... Yes at some points- Routes 1, 5, 10



**Suggested Route:** Enter the trail behind the Main west Mall (Main/Main). Walk westward along the trail to Sanctuary park. Note: Begin walk at University Plaza to avoid a steep hill for an easier walk.



# #15 – Christie Lake Conservation Area, Hamilton Conservation Authority

- Location:** 1000 Highway 5 W, Dundas
- Difficulty:** Hike (Difficult)
- Accessibility:** Minimal
- Distance:** Approx. 5 km.
- Time:** Approx. 2.5 hrs.

Welcome to Christie Lake Conservation Area, one of the most beautiful lake settings on the Niagara Escarpment. While visiting, explore the trails that wind for 10 kilometres through peaceful meadows and towering pine forests - you'll be sure to see a wide range of wildlife that make their home in this 336-hectare conservation area. Trails are accessible by foot, snowshoes or cross-country skis, weather permitting. (Source: Hamilton Conservation Authority)

**USES OF TRAIL**  
 Walking, hiking, running, biking, dog walking, horseback riding, snowshoeing, cross-country skiing, other

- POINTS OF INTEREST**
- Campgrounds
  - Beach for swimming, beach volleyball, exercise equipment
  - Space-equipment rental for cross-country skiing, disc golf, fishing/boats
  - Christie Antique Show

- GOOD TO KNOW**
- Steep cross-slope
  - Limited signage on trail
  - Trail not maintained during winter months
  - No lighting, telephone or emergency call boxes

- Surface Condition:..... Moderate  
 ..... hard dirt, grass,  
 ..... slope ranging from flat to steep
- Parking.....Yes, 50+ cars  
 # designated spots..... 3+
- Accessible Rest Room .....Yes, seasonal
- Benches..... Yes  
 Benches with wheelchair access..... No
- Picnic table ..... Yes  
 Picnic table with wheelchair access.... No
- Wheelchair ramps.....No
- Entrance Fee ..... Yes
- Access by Public Transit .....No





**Suggested Route:**

Complete loop around the Christie Lake Trail.



# #16 –Joe Sam Leisure Park

Waterdown Wetlands Trail,  
City of Hamilton

- Location:** 752 Centre Rd., Waterdown
- Difficulty:** Stroll (Easy)
- Accessibility:** Moderate
- Distance:** Approx 1.5 km.
- Time:** Approx. 45 min.

Joe Sams Leisure Park is a large, lovely park with many open areas for recreational activities. The hardball and soccer fields are popular with leagues, and there are many walkways for those on foot. The Waterdown North Wetland Trails run through part of this park. The Wetland Trails begin in the park, and continue through farm fields up to Parkside Drive in Waterdown (Source: City of Hamilton)

## USES OF TRAIL

Walking, hiking, running, biking, dog walking, roller blading

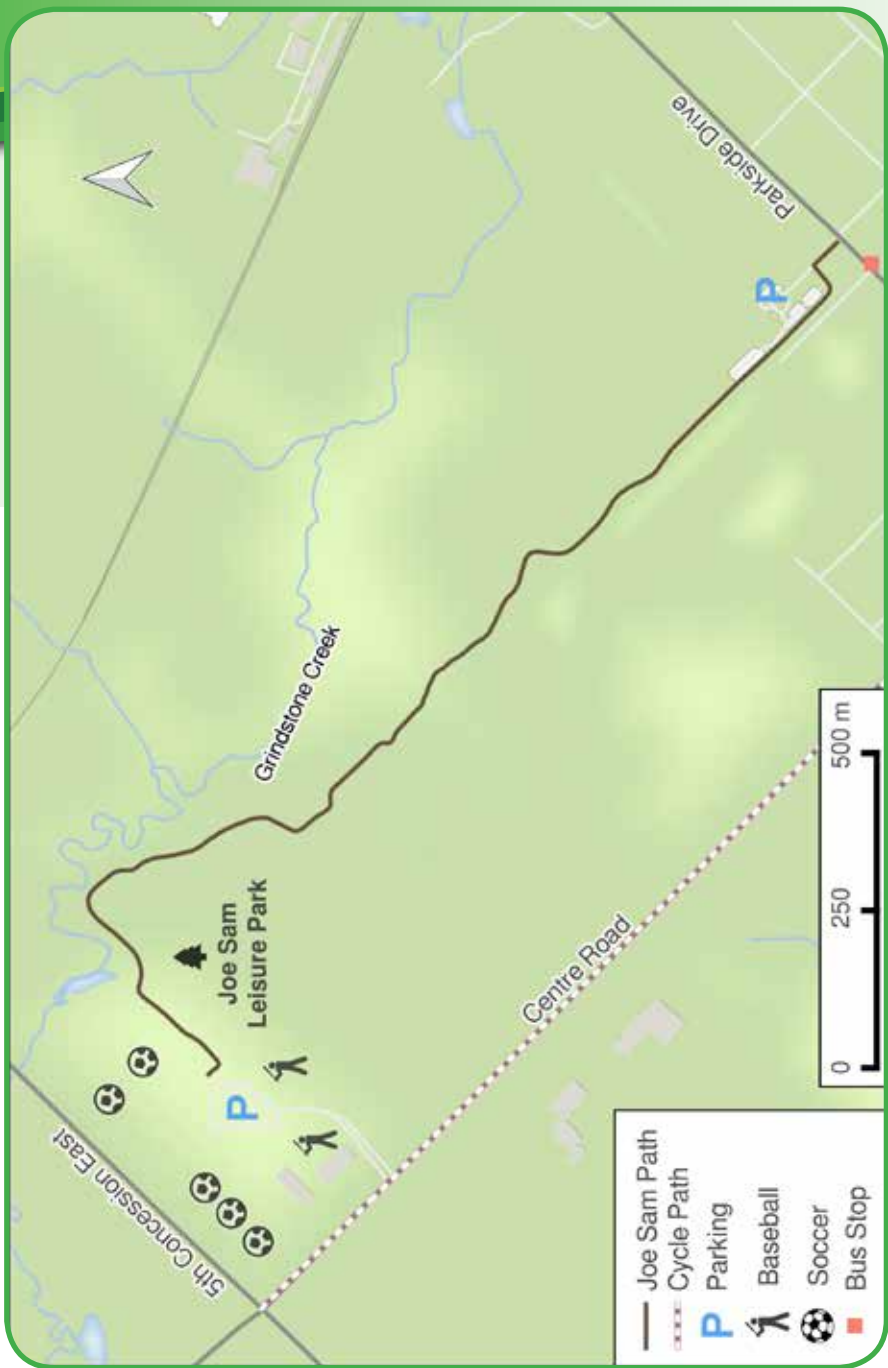
## POINTS OF INTEREST

- Exercise and/or play areas  
- exercise equipment, playground, ball fields, track
- Bicycle path
- food service ( seasonal)

## GOOD TO KNOW

- Steep slope near parking lot entrance
- Trail not maintained during winter months
- No lighting, telephone or emergency call boxes

Surface Condition:.....	Excellent, paved surface
Parking.....	Yes, 50+ cars
# designated spots.....	0
Rest Room .....	Yes
Accessible Rest Room .....	No
Benches .....	Yes
Benches with wheelchair access.....	No
Picnic table .....	No
Picnic table with wheelchair access.....	No
Wheelchair ramps.....	No
Entrance Fee .....	No
Access by Public Transit .....	No



**Suggested Route:**

Enter from parkside Drive. Walk Joe Sam Path to end and back.



# #17 –Eramosa Karst

Hamilton Conservation Authority

- Location:** Upper Mt. Albion/Highland Rd West, Stoney Creek
- Difficulty:** Walk (Moderate)
- Accessibility:** Moderate
- Distance:** Approx 3 km.
- Time:** Approx. 1.5 hrs

The Eramosa Karst is the Hamilton Conservation Authority’s newest conservation area. Filled with underground caves and streams, meadows and forests, this is one of the watershed’s unique natural gems. Eramosa Karst is located in the south western section of Stoney Creek area of Hamilton. A perfect location for hiking, nature appreciation, and education, Eramosa Karst is a one-of-a-kind property in Hamilton’s natural inventory. (Source: Hamilton Conservation Authority)

### USES OF TRAIL

Walking, hiking, running, walking, hiking, running, biking, dog walking, roller blading

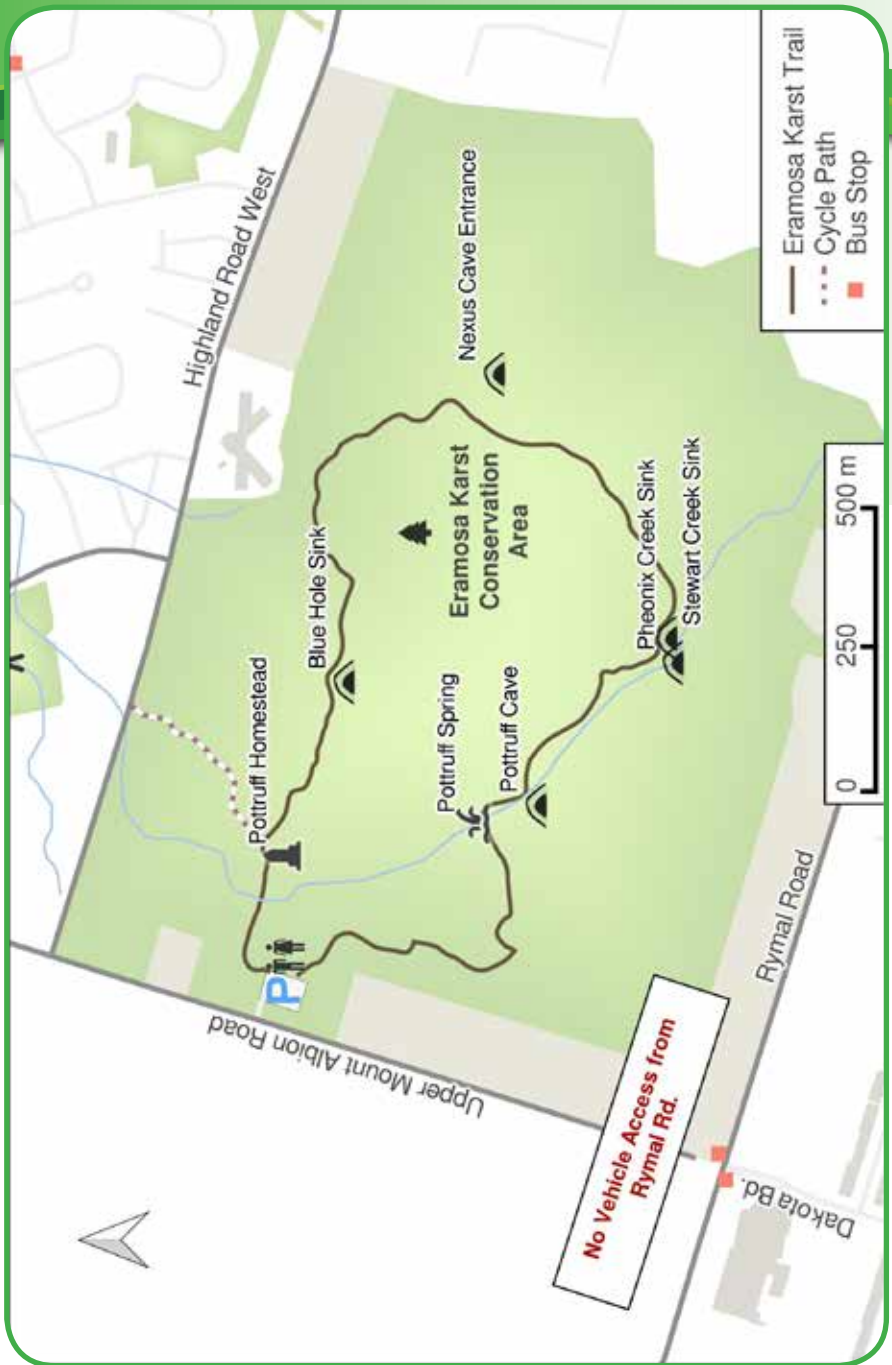
### POINTS OF INTEREST

- Overlook of farm ruins
- Natural view of karsts (cave formations)

### GOOD TO KNOW

- Not suitable surface for users of walkers, wheelchairs
- Trail not maintained during winter months, no lighting, telephone
- Emergency call system at parking station
- Bicycle racks

- Surface Condition:..... Poor to Moderate, .....dirt-gravel surface
- Parking..... Yes, 26-50 cars # designated spots..... 3
- Rest Room .....Yes
- Accessible Rest Room .....Yes
- Benches .....Yes
- Benches with wheelchair access.....Yes
- Picnic table .....Yes
- Picnic table with wheelchair access.....Yes
- Wheelchair ramps..... No
- Entrance Fee ..... Yes, Paid Parking or HCA Pass
- Access by Public Transit ..... Yes, Route 11 (close)



**Suggested Route:** Enter from Mount Albion Road parking lot – Loop Orange trail to Yellow trail.

**Please Note:** Upper Mount Albion Road is closed at Rymal Road. You can still access Upper Mount Albion and the Eramosa Karst from Highland Road.

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