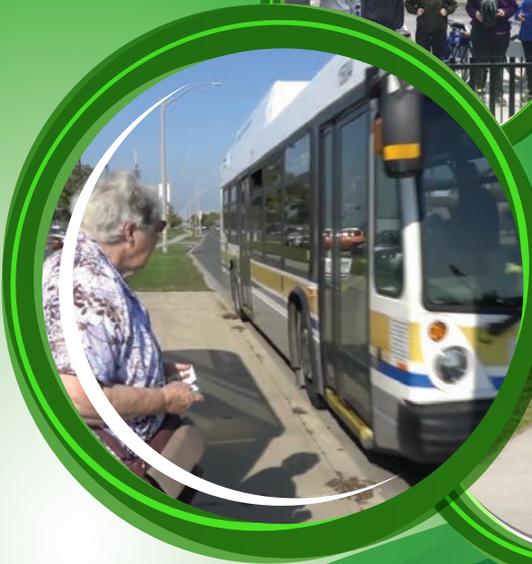


HCoA

Hamilton Council
on Aging

Let's Get Moving

An Age-Friendly
Guide to 18
of Hamilton's
**OUTDOOR
RECREATIONAL
TRAILS**



2021

Ontario 

Generously funded by the
Ontario Sport and Recreation
Communities Fund

Disclaimer

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

All routes should be evaluated by each person based on their level of experience, comfort level, and existing road, weather and trail conditions. HCoA and project partners provide no warranties regarding the conditions or safety of any depicted sites, trails, or other features shown in this guide. Persons make use of all such facilities at their own risk.

The contents of this guide are for informational purposes only and are accurate to the best of our knowledge as of March, 2019. Guide contents may be inaccurate in route location, features, details, scale and assessments.

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

HCoA 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.

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About “Let’s Get Moving”

“Let’s Get Moving” is promoting the health benefits of active transportation and increasing opportunities for older adults to participate in outdoor recreational walking and cycling along trail systems in Hamilton.

Let’s Get Moving: 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. The 2019 guide is an update to the 2014 edition: *Let’s Take a Walk*. The guide contains original maps, pictures, and information about how to access trails, including access to Hamilton’s public transit system (HSR) and Hamilton’s Social Bicycles (SOBI).

We encourage you to use this guide as a personal tool and to engage others in accessing some of Hamilton’s beautiful and age-friendly trails: **“Let’s GET MOVING!”**

Let’s Get Moving is a project of the Hamilton Council on Aging, in collaboration with a multidisciplinary team of experts.

Thank you to our Partners 2014 Designing Partners



IROQUOIA
Bruce Trail Club

About “Let’s Get Moving”

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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. 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, with nine volunteer-run regional clubs 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.

City of Hamilton

There are many wonderful trails in the City of Hamilton for both serious hikers and 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, over 100 waterfalls, and urban trails. Check out the City of Hamilton's new QR code stations to get a workout as you travel along recreational trails. For more information, visit 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 neighboring 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 to support trail maintenance and conservation projects to HCA lands. Visit www.conservationhamilton.ca or call **905-525-2181** for more information.

Accessing Hamilton's Outdoor Trail Systems

Hamilton Social Bicycles (SOBI)

Bike sharing is an innovative year--round transportation system that allows users to take one--way trips via publicly accessible bikes. The SoBi Hamilton fleet is made up of specially designed, heavy--duty bikes that are located at over 130 hubs across the city, including many along Hamilton's outdoor recreational trails. Bikes can be returned to a hub anywhere in the system, creating an efficient network with many possible connection points and combinations of departures and arrivals. Check out the maps in this guide for SOBI hub information. For more information contact SOBI Hamilton at www.hamilton.socialbicycles.com or **289.768.2453**.

Hamilton Street Railway

The HSR is Hamilton's local public transit service. HSR buses travel to many communities across Hamilton, Stoney Creek, Dundas, parts of Ancaster and Waterdown. You can use the HSR to visit many outdoor recreational trails. HSR buses are fully accessible. Every bus has two bike racks, so you can bring your bike along for the ride. Check out the maps in this guide for bus stop information. For more information about the HSR, call 905-527-4441 (customer service hours 7:30am – 8:00 pm, 7 days a week) or visit hamilton.ca/hsr. You can also plan your trip online using the HSR's mobile-friendly, online trip planner. Visit hamilton.ca/hsrnow to find your next bus and plan your trip.

Mountain Climber is now climbing more mountains.

Cyclists can take a ride on one of our buses up or down the escarpment for free. It's easy! Wait at one of the marked stops, secure your bike to the bike rack on the front of the bus and then hop on to enjoy the ride! Let the operator know that you're riding as a Mountain Climber and make sure to get off the bus at the first stop at the top or bottom of the escarpment.

Trail Etiquette

Trail Etiquette

Please keep in mind 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
- Respect neighbouring landowners: stay off private property and avoid excessive noise
- Please take out any packaging or other refuse that you bring in
- Park in designated parking areas
- Please keep dogs on leashes & clean up after your pets
- Watch for vehicular traffic on trails that cross major roadways
- No motorized vehicles are permitted on trails
- Please stay on marked trail routes
- Avoid disturbing local wildlife
- Take nothing but photos, leave nothing but footprints

(Source: Hamilton Conservation Authority)

Hiking Checklist

Quick list of things to consider bringing with you on outdoor trails

- Always wear a helmet if you are riding a bike
- Plenty of water
- Food (snack-lunch)
- Appropriate clothing
- Prescription medications as needed
- Guide or 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 or cycling where you are going and when you intend on returning.

Using the Trail Guide: Legends and Glossary

MAP LEGEND

	Suggested Route		Restroom
	Main Trail		Restaurant
	Bruce Trail		Picnic Area
	Escarpment		Historic Building
	Stairs		Information
	Cycle Route		Baseball
	Bike Share Hub		Basketball
	Car Parking		Playground
	Bus Stop		Soccer
	Waterfall		Tennis
	Vista Lookout		Hockey
	Grocery Store		Fishing

User Note: In addition to looking at trail rating for level of difficulty and accessibility, please pay attention to additional information provided in descriptions for each trail.

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

Based on this criteria:

- 9 trails in this guide are rated as EASY-STROLL,
- 5 as MODERATE-WALK
- 4 as DIFFICULT-HIKE.

RATING: ACCESSIBILITY

Fully Accessible meets all 5 criteria

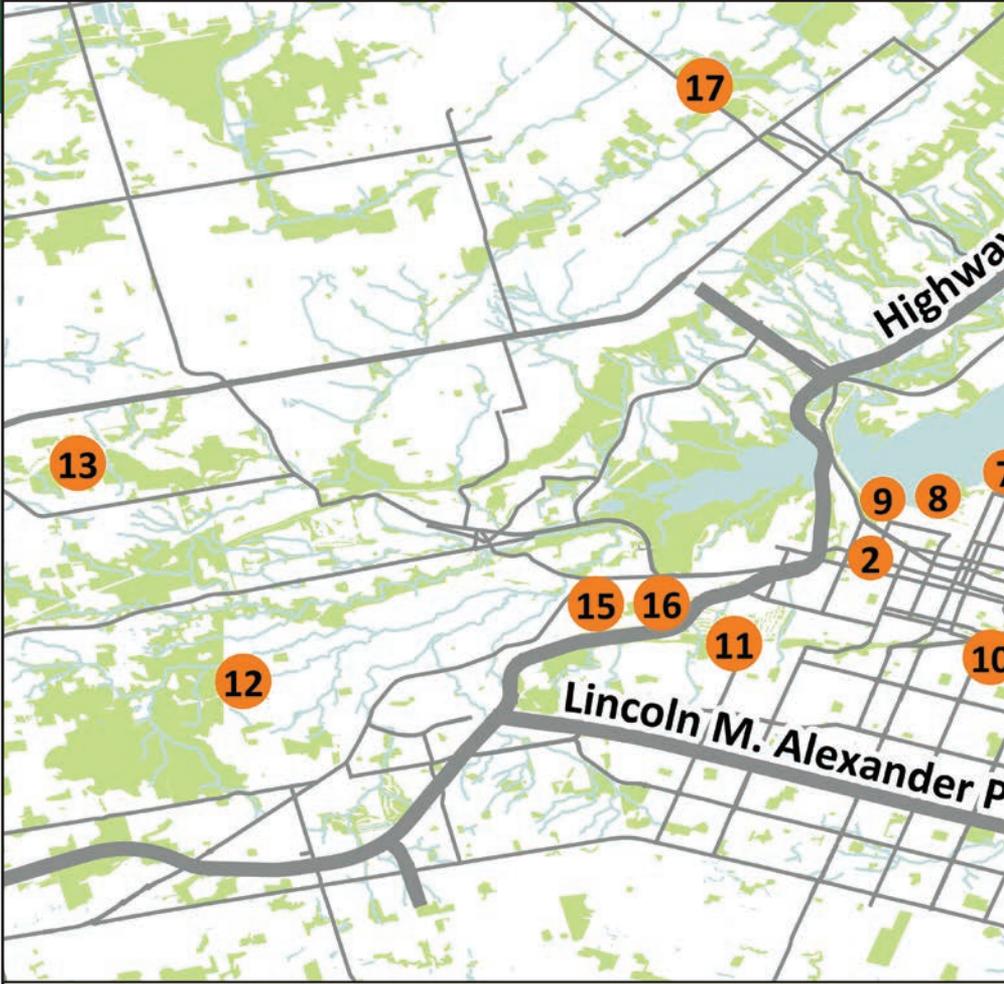
Moderately Accessible meets 3-4 of 5 criteria

Not Accessible meets less than 2 criteria

Accessibility ratings are based on the following 5 criteria:

- Parking for disabled users and/or access by public transit
- Good to excellent surface
- Accessible washrooms
- Benches with wheelchair access
- Wheelchair ramps

Master Trail Map



- | | |
|------------------------------------|--------------------------------|
| 1. Gage Park Path | 10. Sam Lawrence Park |
| 2. Victoria Park Path | 11. Chedoke Rail Trail |
| 3. Hamilton Beach Trail | 12. Dundas Valley Conservatio |
| 4. Red Hill Valley Trail | 13. Christie Lake Conservatio |
| 5. Escarpment Trail | 14. Fifty Point Trail |
| 6. Dofasco Trail | 15. Hamilton to Brantford Rail |
| 7. Waterfront Trail | 16. Hamilton to Brantford Rail |
| 8. Bayfront Park to Princess Point | 17. Joe Sam's Leisure Park |
| 9. Bayfront Park Loop | 18. Eramosa Karst |



**LET'S
— GET —
MOVING**



HCoA

**Hamilton Council
on Aging**

*Educating.
Advocating.
Improving life
for older adults.*

Hamilton Council on Aging (HCoA)

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3.....	Hamilton Beach Trail.....	STROLL.....	5-6
4.....	Red Hill Valley Trail.....	HIKE.....	7-8
5.....	Escarpment Rail Trail.....	STROLL.....	9-10
6.....	Dofasco 2000 Trail.....	WALK.....	11-12
7.....	Waterfront Trail.....	STROLL.....	13-14
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#1 Gage Park Path

City of Hamilton



- Location:** 1000 Main St. E, Hamilton
(Gage Ave. S./Main St. E.)
- Difficulty:** Stroll (easy)
Moderate crushed stone surface
- Accessibility:** Moderate

Gage Park is a large, multi-purpose park with recreational opportunities, passive areas, and historical significance. It offers a variety of sports activities (baseball, tennis, shuffleboard, horseshoes, and lawn bowling), and has lots of open space, which makes it an excellent location for festivals. Gage Park has two playgrounds (one is wheelchair accessible), a bandshell, greenhouses, gardens, spray pad, wading pool and attractions including the Hamilton Children's Museum, Gage Park Fountain, and a cycling pump track (Source: City of Hamilton).

- ✓ Parking
- ✓ 3+ designated parking spots
- ✓ Rest Room
- ✓ Accessible Rest Room
- ✓ Benches
- ✓ Benches with wheelchair access
- ✓ Picnic table
- ✗ Picnic table with wheelchair access
- ✗ Wheelchair ramps
- ✓ Free Entrance
- ✓ Bus Routes 1, 5, 10

USES OF TRAIL:

walking, cycling, other

POINTS OF INTEREST:

rose garden, accessible playground, Hamilton Children's Museum, Gage Park Fountain, cycling pump track

GOOD TO KNOW:

- accessible restroom (seasonal)
- maintained during winter
- some lighting



-  Suggested Route
-  Gage Park Trail
-  Cycle Route
-  Bike Share Hub
-  Car Parking
-  Bus Stop
-  Restroom
-  Playground
-  Baseball
-  Tennis

#2 Victoria Park

City of Hamilton



Location: 516 King Street West
(Locke St. N./Strathcona Ave. N.)

Difficulty: Stroll (easy)
Good paved surface

Accessibility: Full

Victoria Park is a large sports park with a variety of activities, including a playground, a large hardball diamond, swimming and wading pools, tennis and multi-purpose courts, and a Community Garden. The park has historical significance as the former site of the Crystal Palace (Source: City of Hamilton).

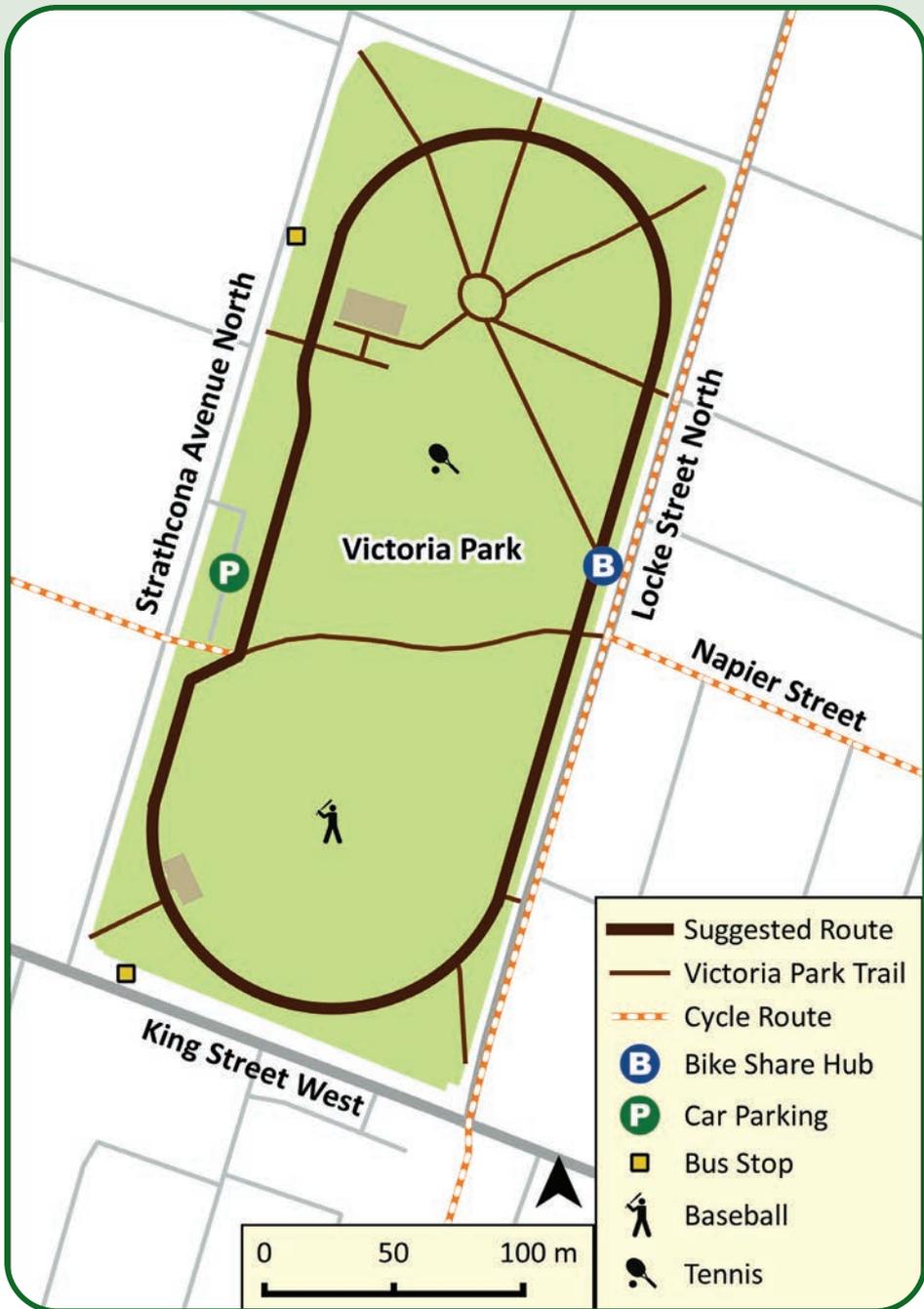
- ✓ Parking
- ✓ 3+ designated parking spots
- ✓ Rest Room
- ✓ Accessible Rest Room
- ✓ Benches
- ✓ Benches with wheelchair access
- ✓ Picnic table
- ✓ Picnic table with wheelchair access
- ✓ Wheelchair ramps at official access points
- ✓ Free Entrance
- ✓ Bus Routes 1, 5, 10

USES OF TRAIL:
walking, cycling, other

POINTS OF INTEREST:
city views, Victoria Park Seniors Club, QR Fitness Stations

GOOD TO KNOW:

- restrooms (clubhouse hours)
- maintained during winter
- lighting
- 55+ activities (visit www.hamilton.ca/seniors for details)



#3 Hamilton Beach Trail

Hamilton Conservation Authority



Location: Confederation Park
680 Van Wagners Beach Rd.

Difficulty: Stroll (easy)
Good paved surface

Accessibility: Full

Take a scenic stroll, bike ride or skate along the 4.3 kilometre paved Hamilton Beach Trail. This promenade connects to the Waterfront Trail that runs another 4.2 km 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).

- ✓ Parking
- ✓ 3 designated parking spots
- ✓ Rest Room
- ✓ Accessible Rest Room
- ✓ Benches
- ✓ Benches with wheelchair access
- ✓ Picnic table
- ✓ Picnic table with wheelchair access
- ✓ Wheelchair ramps
- ✓ Free Entrance
- ✓ Limited Bus Routes 11, 56

USES OF TRAIL:

walking, cycling, other

POINTS OF INTEREST:

Confederation Park (go-karts, batting cages, mini golf), Wild Waterworks, Hutch's, Lakeland Bistro

GOOD TO KNOW:

- maintained during winter
- lighting
- bicycle racks
- seasonal restroom



#4 Red Hill Valley Recreational Trail

Hamilton Conservation Authority



- Location:** 100 Greenhill Ave.
Hamilton (Mud St.)
- Difficulty:** Hike (difficult), moderate surface,
packed gravel, steep slopes, uneven surface
- Accessibility:** Minimal Accessibility

This seven-kilometre trail connects to both the Waterfront Trail in Confederation Park and the Bruce Trail. It passes through lovely escarpment lands and beautiful natural areas (Source: Hamilton Conservation Authority).

- ✓ Parking
- ✗ Designated parking
- ✗ Rest Room
- ✗ Accessible Rest Room
- ✗ Benches
- ✗ Benches with wheelchair access
- ✓ Picnic table
- ✗ Picnic table with wheelchair access
- ✗ Wheelchair ramps
- ✓ Free Entrance
- ✓ Bus Routes 4, 11, 21

USES OF TRAIL:

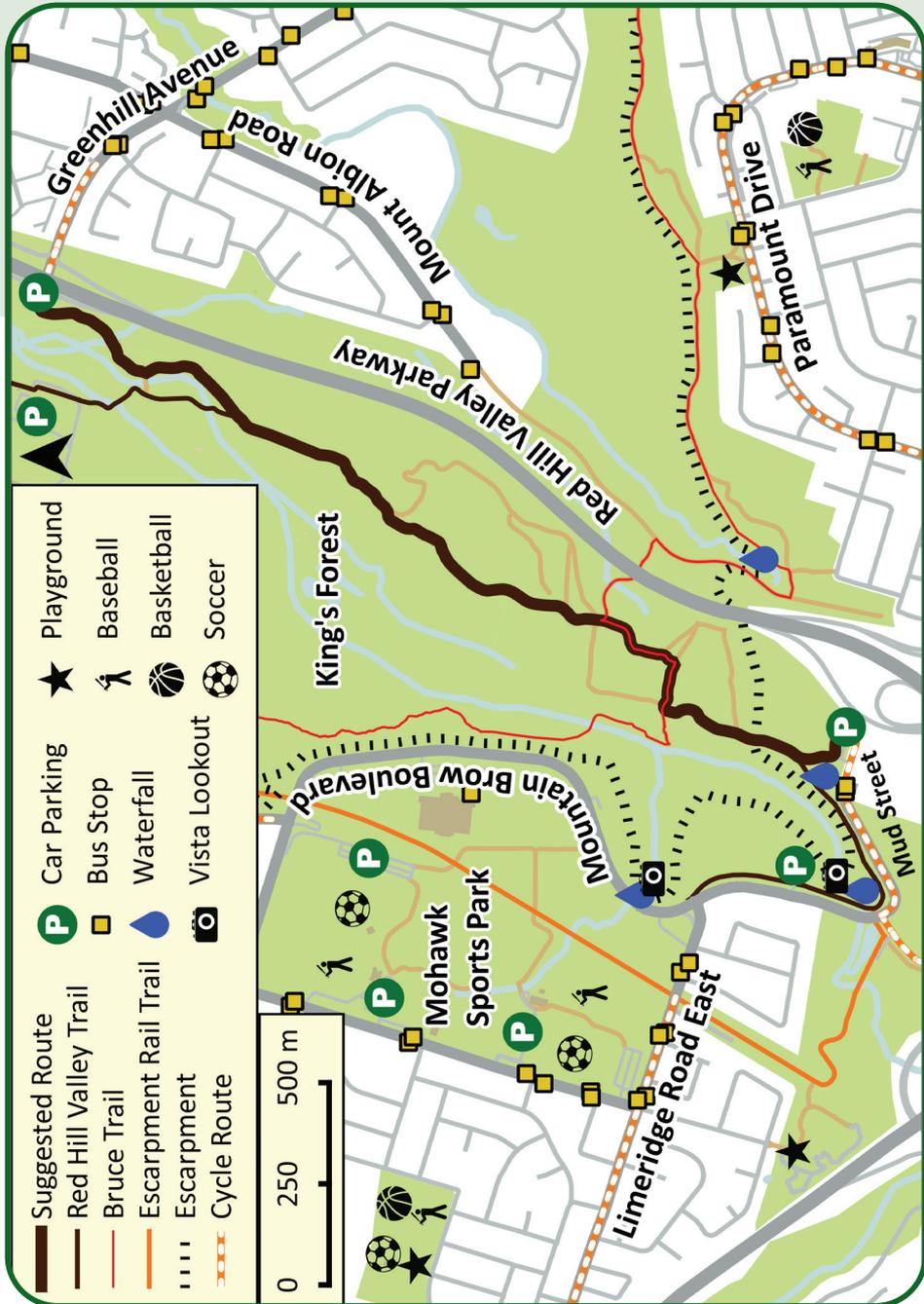
walking, cycling, other

POINTS OF INTEREST:

waterfalls (Albion, Prichard, Buttermilk), Mohawk Sports Park

GOOD TO KNOW:

- seasonal restrooms (Mohawk Sports Park)
- not maintained during winter
- no intersection with road
- armour stone seating



#5 Escarpment Rail Trail

City of Hamilton



- Location:** Upper Mount Albion Rd.
Stoney Creek
- Difficulty:** Stroll (easy)
Good surface with flat to gentle slopes
- Accessibility:** Minimal

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).

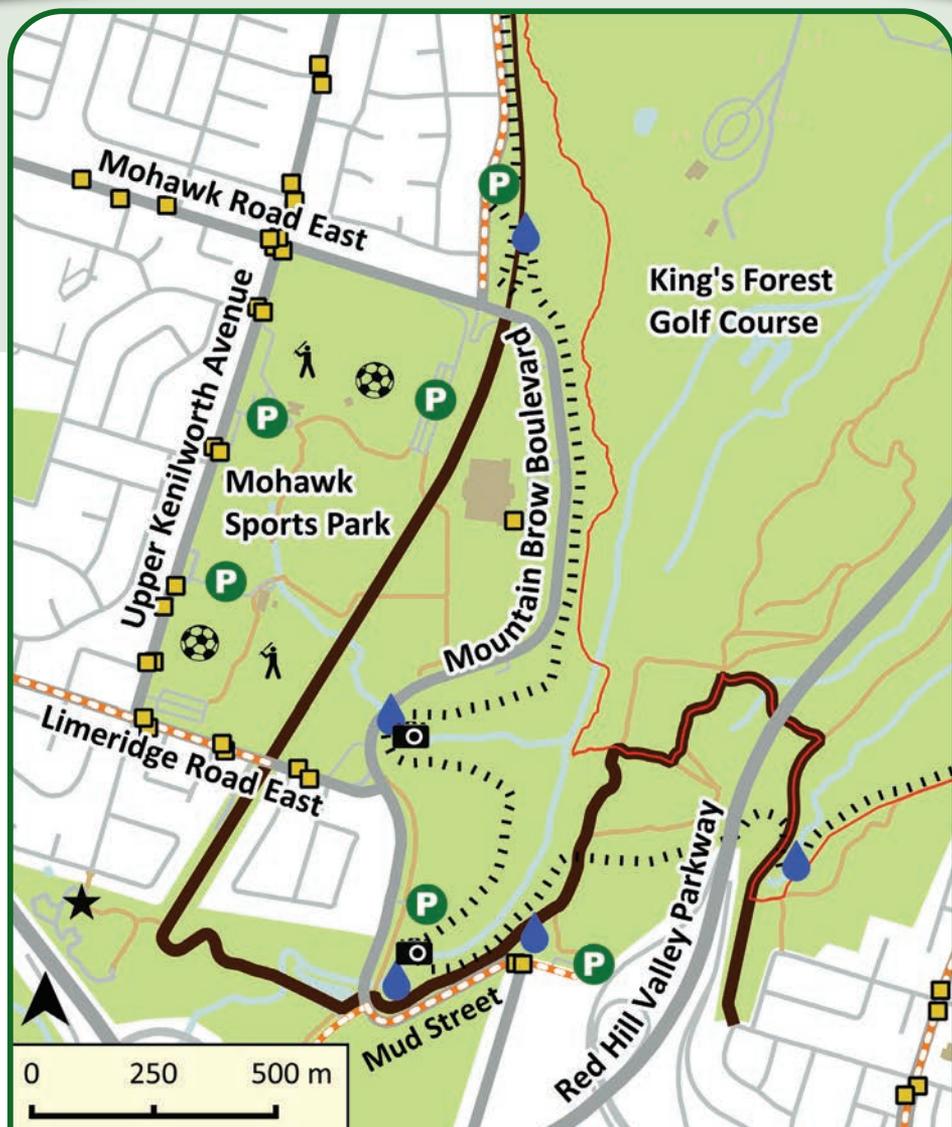
- ✓ Parking for 11 to 25 cars
- ✗ Designated parking
- ✗ Rest Room
- ✗ Accessible Rest Room
- ✓ Benches
- ✗ Benches with wheelchair access
- ✓ Picnic table
- ✗ Picnic table with wheelchair access
- ✗ Wheelchair ramps
- ✓ Free Entrance
- ✓ Bus Routes 11, 21, 42

USES OF TRAIL:
walking, cycling, other

POINTS OF INTEREST:
Bruce Trail, escarpment, waterfalls (Buttermilk, Albion)

GOOD TO KNOW:

- maintained during winter
- lighting at street intersections
- seasonal restrooms (Mohawk Sports Park)



- | | | |
|--|---|--|
|  Suggested Route |  Car Parking |  Playground |
|  Escarpment Rail Trail |  Bus Stop |  Baseball |
|  Bruce Trail |  Waterfall |  Soccer |
|  Escarpment |  Vista Lookout | |
|  Cycle Route | | |

#6 Dofasco 2000 Trail

Hamilton Conservation Authority



- Location:** Ridge Road, Stoney Creek
- Difficulty:** Walk (moderate)
Poor to very poor flat surface
- Accessibility:** Minimal

The Dofasco 2000 Trail is an 11.5 kilometre multi-use trail on Hamilton's East Mountain. The trail links the Devil's Punch Bowl Conservation Area, 87-Acres Park, the Bruce Trail and Battlefield House Museum and Park. It passes through the beautiful rural countryside of Stoney Creek, with a boardwalk section through the Vinemount South Swamp. This trail was built in partnership with the Hamilton Conservation Foundation, Dofasco Inc., the Millennium Bureau of Canada and the City of Hamilton (Source: Hamilton Conservation Authority).

- ✓ Parking for 11 to 25 cars
- ✗ Designated parking
- ✗ Rest Room
- ✗ Accessible Rest Room
- ✗ Benches
- ✗ Benches with wheelchair access
- ✗ Picnic table
- ✗ Picnic table with wheelchair access
- ✗ Wheelchair ramps
- 💲 Entrance Fee or HCA pass
- ✗ Public transit access

USES OF TRAIL:

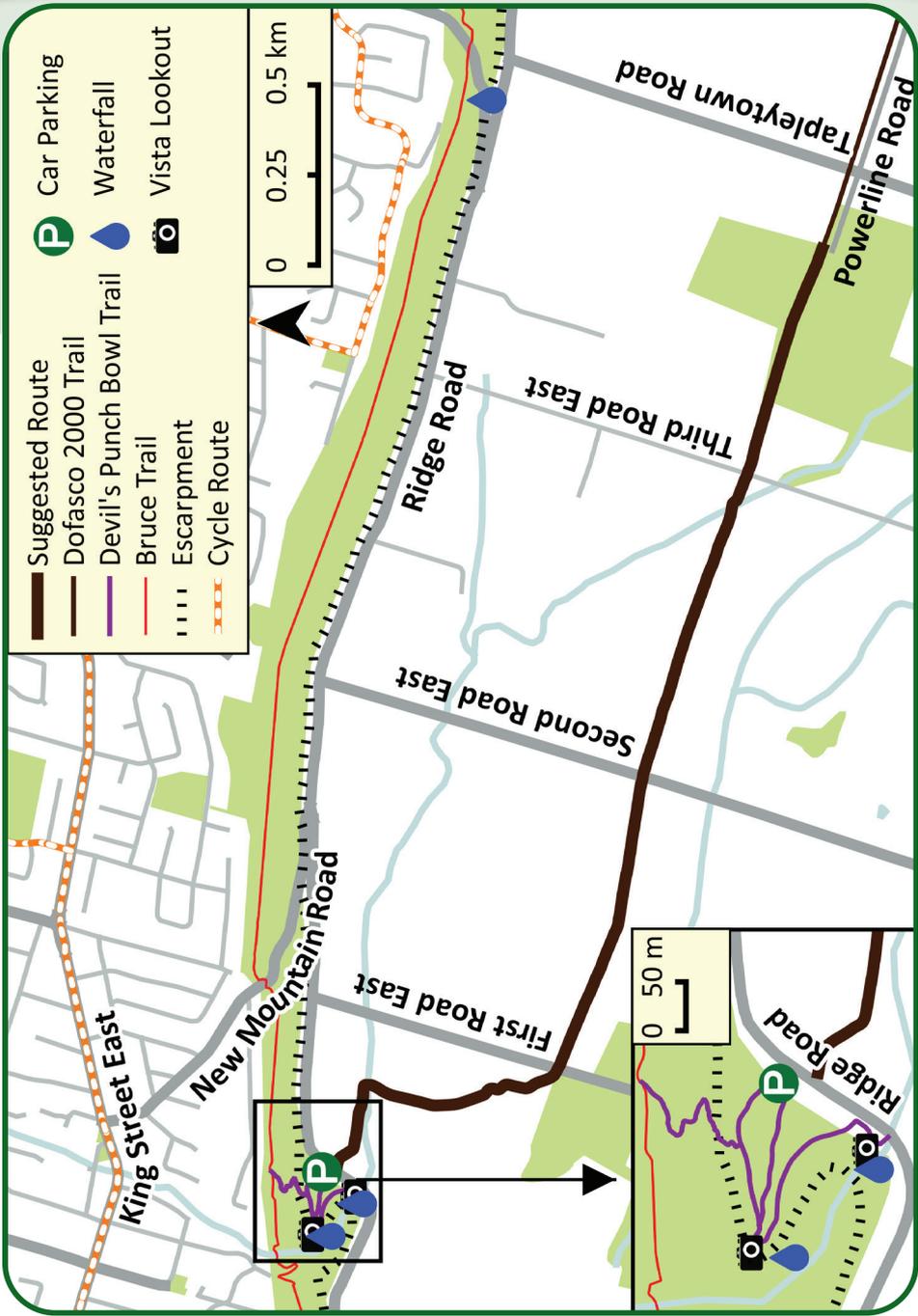
walking, cycling, other

POINTS OF INTEREST:

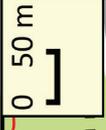
Bruce Trail, escarpment, waterfalls (Devils Punch Bowl)

GOOD TO KNOW:

- not maintained during winter
- no restrooms
- no lighting
- entrance fee



- Suggested Route
- Dofasco 2000 Trail
- Devil's Punch Bowl Trail
- Bruce Trail
- Escarpment
- Cycle Route
- Car Parking
- Waterfall
- Vista Lookout



#7 Waterfront Trail

City of Hamilton



Location: 47 Discovery Drive,
Hamilton

Difficulty: Stroll (easy)
Excellent paved surface

Accessibility: Full

Explore the beauty and character of the Hamilton Waterfront in Hamilton's north end. The City of Hamilton and its partners officially opened the Hamilton Harbour Waterfront Trail in 2000, with special attention to ensure universal accessibility, and to provide focal points to observe natural, historic and cultural features (Source: City of Hamilton).

- ✓ Parking for 50+ cars
- ✓ 3+ designated parking spots
- ✓ Rest Room
- ✓ Accessible Rest Room
- ✓ Benches
- ✓ Benches with wheelchair access
- ✓ Picnic table
- ✓ Picnic table with wheelchair access
- ✓ Some wheelchair ramps off trails to services
- ✓ Free Entrance
- ✓ Bus Routes 4, 20, Waterfront Shuttle (seasonal)

USES OF TRAIL:

walking, cycling, other

POINTS OF INTEREST:

Williams Café, HMS Haida, Hamilton Harbour Tours

GOOD TO KNOW:

- seasonal bike and ice skate rentals
- maintained during winter
- accessible restrooms (Williams Cafe)



#8 Bayfront Park to Princess Point

City of Hamilton



- Location:** 200 Harbour Front Dr.
Hamilton
- Difficulty:** Walk (moderate)
Excellent paved surface
- Accessibility:** Full

Enjoy a scenic walk or bike ride from Bayfront Park to Princess Point. Take in several features perfectly suited to a waterfront setting, including an extensive asphalt pathway, a lower shoreline walk, naturalized areas of shrubs-trees and wildflowers, and a natural grass Amphitheatre (Source: City of Hamilton).

- ✓ Parking for 11 to 25 cars
- ✓ 3+ designated parking spots
- ✓ Rest Room
- ✓ Accessible Rest Room
- ✓ Benches
- ✗ Benches with wheelchair access
- ✓ Picnic table
- ✗ Picnic table with wheelchair access
- ✗ Wheelchair ramps
- ✓ Free Entrance
- ✓ Bus Routes 2, 4, 6

USES OF TRAIL:

walking, cycling, other

POINTS OF INTEREST:

naturalized areas
(trees, wildflowers, wildlife),
Princess Point

GOOD TO KNOW:

- maintained during winter
- lighting



#9 Bayfront Park Loop

City of Hamilton



Location: 200 Harbour Front Dr.
Hamilton

Difficulty: Stroll (easy)
Excellent paved surface

Accessibility: Full

Bayfront Park boasts several features including a multi-use asphalt pathway, 1.5km in length by 6m wide. The path connects with the nearby Pier 4 Park by the Macassa Bay Walkway, and the Hamilton Harbour Waterfront Trail. The expansive lawn area of the park's upper plateau makes it an ideal location for special events. (Source: City of Hamilton).

- ✓ Parking for 26 to 50 cars
- ✓ 3+ designated parking spots
- ✓ Rest Room
- ✓ Accessible Rest Room
- ✓ Benches
- ✓ Benches with wheelchair access
- ✓ Picnic table
- ✓ Picnic table with wheelchair access
- ✗ Wheelchair ramps
- ✓ Free Entrance
- ✓ Bus Routes 2, 4, 6

USES OF TRAIL:

walking, cycling, other

POINTS OF INTEREST:

exercise and play areas, including a court and playgrounds

GOOD TO KNOW:

- maintained during winter
- lighting
- portable accessible restroom



#10 Sam Lawrence Park

City of Hamilton



Location: 255 Concession St.
Hamilton

Difficulty: Walk (moderate)
Good paved surface with moderate slope

Accessibility: Minimal

Sam Lawrence Park is one of the jewels in Hamilton's park system. Situated at the top of the Jolley Cut on the Mountain Brow, it features a rock garden with perennial flowers, ornamental benches and lighting, accessible walkways, wildflowers, and prairie grasses. The park also offers spectacular, panoramic views of the lower city and the harbour. (Source: City of Hamilton).

- ✓ Parking for 26 to 50 cars
- ✗ Designated parking
- ✗ Rest Room
- ✗ Accessible Rest Room
- ✓ Benches
- ✗ Benches with wheelchair access
- ✗ Picnic table
- ✗ Picnic table with wheelchair access
- ✗ Wheelchair ramps
- ✓ Free Entrance
- ✓ Bus Routes
22, 23, 24, 25, 26

USES OF TRAIL:

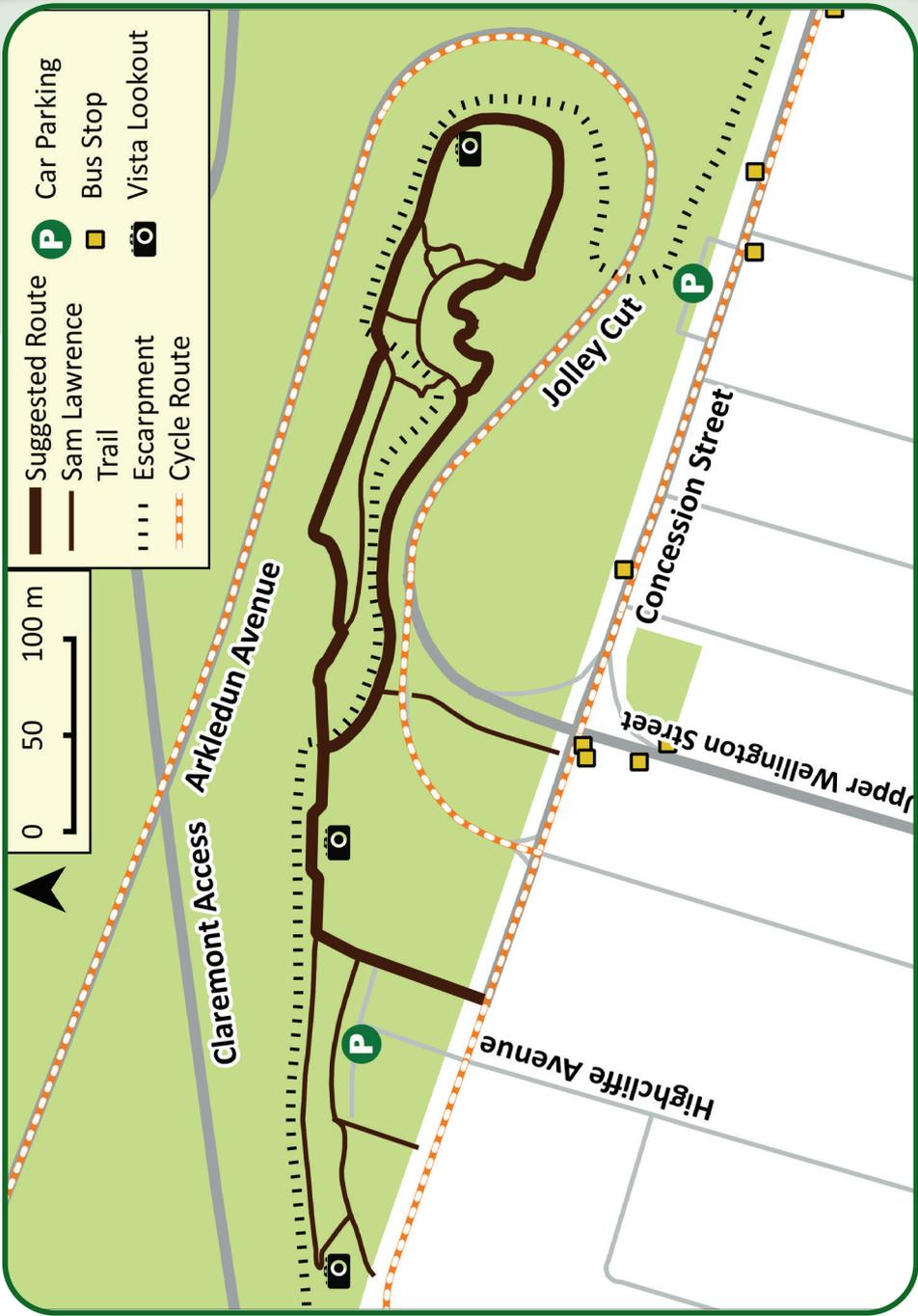
walking, cycling, other

POINTS OF INTEREST:

exercise and play areas, rock garden, escarpment, city views

GOOD TO KNOW:

- 4 sets of stairs (some with handrails)
- official access points not wheelchair accessible
- some lighting



#11 Chedoke Radial Recreational Trail

Hamilton Conservation Authority,
Bruce Trail



Location: 563 Aberdeen Ave. OR
Upper Paradise Rd./Scenic Dr., Hamilton

Difficulty: Hike (difficult), moderate varied surface:
paved, loose gravel, grass

Accessibility: Moderate

The Chedoke Radial Recreational Trail is a pedestrian and bicycle pathway that displays the beauty of the Niagara Escarpment. Beginning at Hillcrest Ave., the trail runs southwest, crossing the Chedoke Golf Course and traversing the escarpment to Scenic Drive. This trail is accessible for those in wheelchairs or those pushing strollers; however, the variation in slope may present some difficulties (Source: City of Hamilton).

- ✓ Parking for 11 to 25 cars
- ✓ 3+ designated parking spots at Golf Course
- ✓ Rest Room
- ✓ Accessible Rest Room
- ✓ Benches
- ✗ Benches with wheelchair access
- ✗ Picnic table
- ✗ Picnic table with wheelchair access
- ✗ Wheelchair ramps
- ✓ Free Entrance
- ✓ Bus Routes 33, 34

USES OF TRAIL:

walking, cycling, other

POINTS OF INTEREST:

waterfalls, Chedoke stairs & golf course, Bruce Trail

GOOD TO KNOW:

- not maintained during winter
- lighting on stairs
- drinking fountain (bottom of stairs)
- seasonal restroom (Clubhouse)



	Suggested Route		Bike Share Hub
	Chedoke Radial Trail		Car Parking
	Bruce Trail		Bus Stop
	Stairs		Waterfall
	Escarpment		Restroom
	Hamilton to Brantford Rail Trail		
	Cycle Route		

#12 Dundas Valley Main Loop

Hamilton Conservation Authority,
Bruce Trail



- Location:** 650 Governors Rd, Dundas
- Difficulty:** Hike (difficult)
Good surface: gravel, sleep stopes
- Accessibility:** Minimal

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 Main Loop Trail is one of three major trails in the Dundas Valley and has several secondary trails branching from it. Connections to the Bruce Trail provide access to almost every part of the Dundas Valley (Source: Hamilton Conservation Authority).

- ✓ Parking
- ✗ Designated parking
- ✗ Rest Room
- ✗ Accessible Rest Room
- ✓ Benches
- ✗ Benches with wheelchair access
- ✓ Picnic table
- ✗ Picnic table with wheelchair access
- ✗ Wheelchair ramps
- 💰 Entrance Fee
- ✗ Public transit access

USES OF TRAIL:

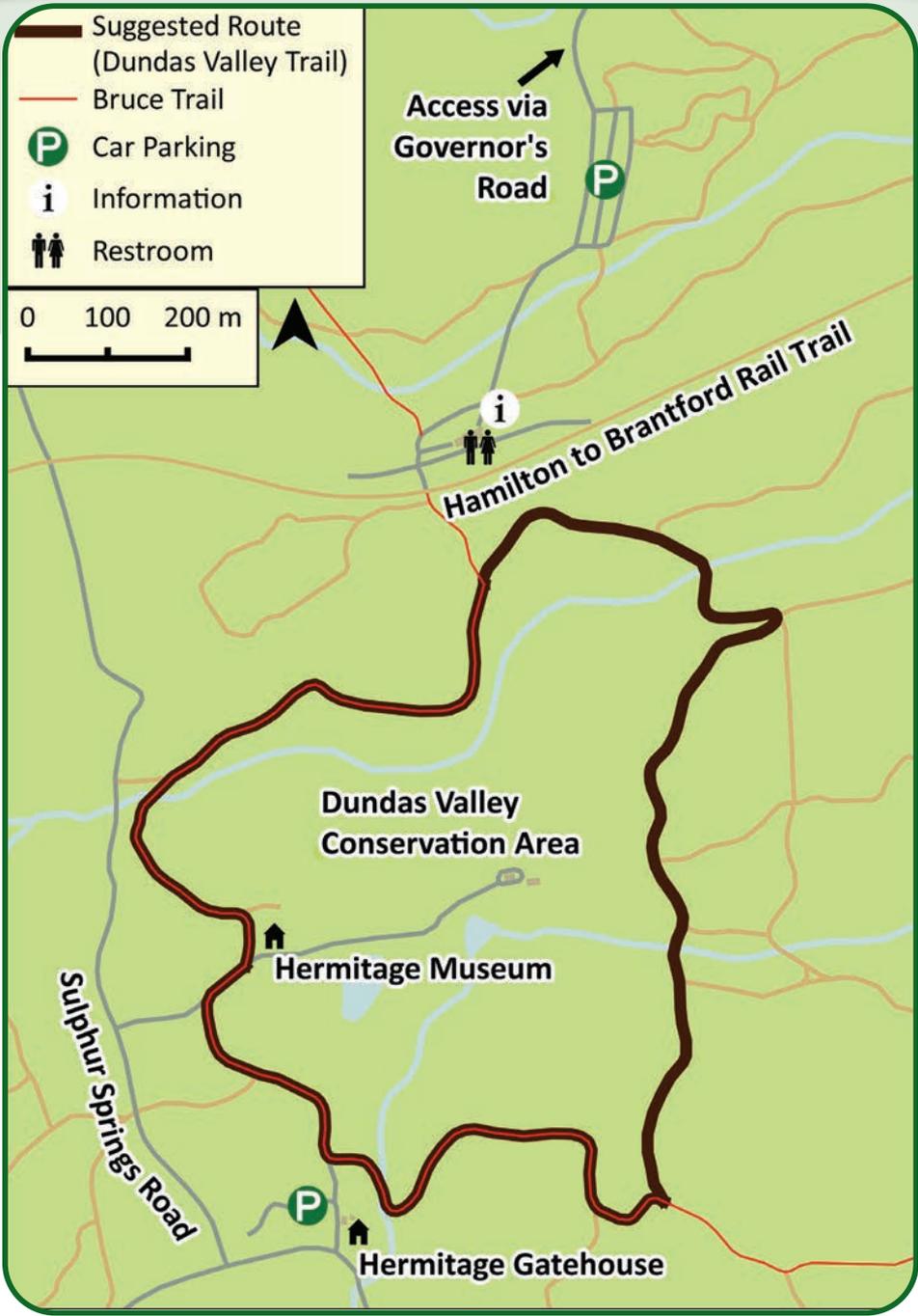
walking, cycling, other

POINTS OF INTEREST:

Trails Centre, Hermitage, Sulphur Springs, Bruce Trail, Rail Trail

GOOD TO KNOW:

- section follows private driveway
- not maintained during winter
- restroom at Trails Centre (limited hours)



#13 Christie Lake

Hamilton Conservation Authority



Location: 1000 Highway 5 W.
Dundas

Difficulty: Hike (difficult), Moderate surface,
hard dirt, grass, slope ranging from flat to steep

Accessibility: Minimal

Christie Lake Conservation Area is one of the most beautiful lake settings on the Niagara Escarpment. Explore trails that wind for 10 kilometres through peaceful meadows and towering pine forests. You will see a wide range of wildlife that make their home in this 336-hectare conservation area. Trails are accessible by foot, bicycle, snowshoes or cross-country skis, weather permitting. Visit area campgrounds, beaches and special events throughout the year (Source: Hamilton Conservation Authority).

- ✓ Parking for 50+ cars
- ✓ 3+ designated parking spots
- ✓ Rest Room
- ✓ Accessible Rest Room
- ✓ Benches
- ✗ Benches with wheelchair access
- ✓ Picnic table
- ✗ Picnic table with wheelchair access
- ✗ Wheelchair ramps
- 💰 Entrance Fee or HCA pass
- ✗ Public transit access

USES OF TRAIL:

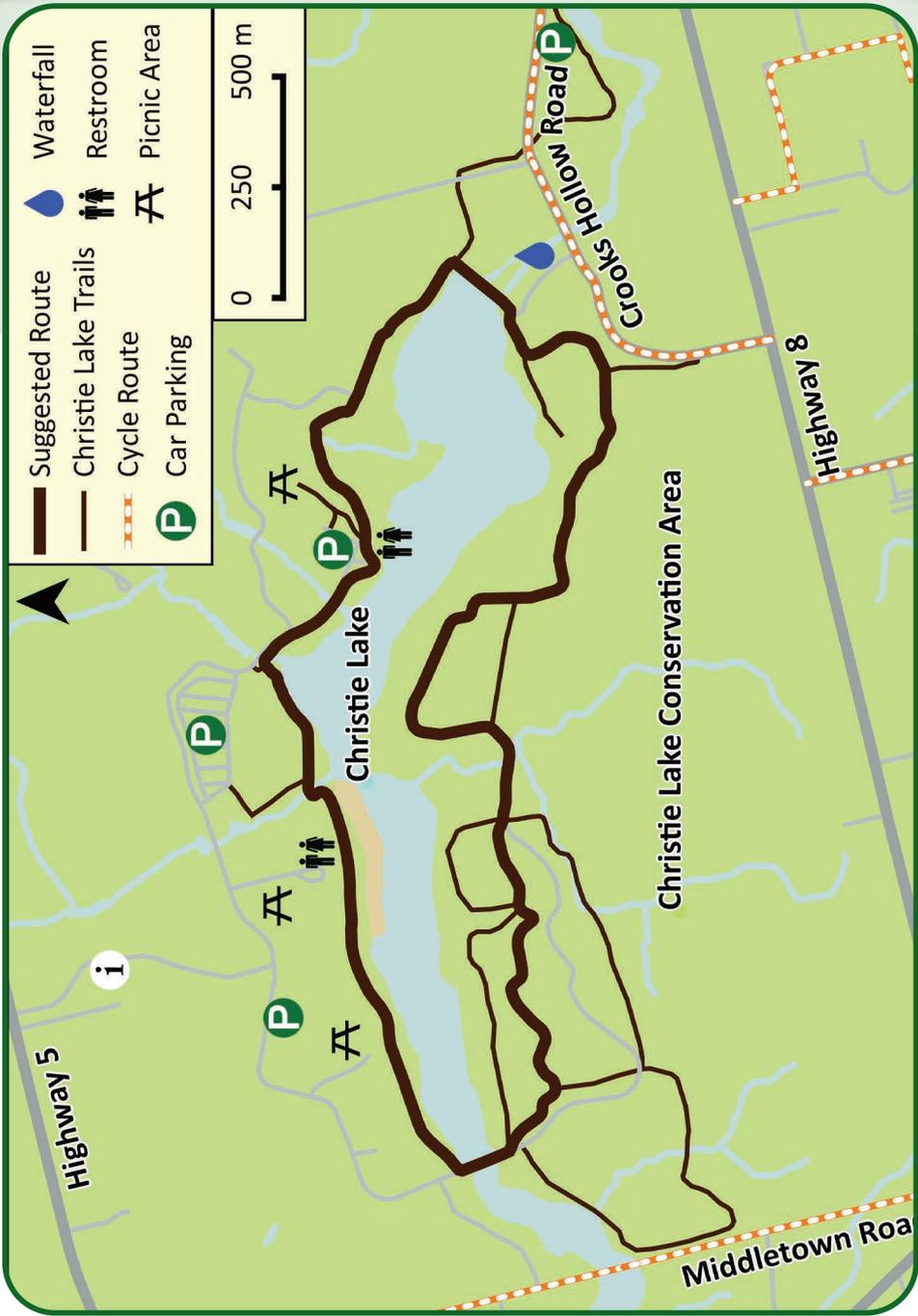
walking, cycling, other

POINTS OF INTEREST:

campgrounds, beach (swimming, volleyball, exercise equipment), picnic areas

GOOD TO KNOW:

- steep slope
- limited signage
- not maintained during winter
- no lighting
- entrance fee



#14 Fifty Point

Hamilton Conservation Authority



Location: 1479 Baseline Road
Winona

Difficulty: Stroll (easy)
Moderate to good surface, dirt, gravel, stones

Accessibility: Full

Fifty Point Conservation Area is a magnificent 80-hectare park on Lake Ontario. It is the place to be for a family swim, camping or picnic. In 2017, a 3.5km accessible trail and bridge was officially opened at Fifty Point, made possible by donations to the Hamilton Conservation Foundation from ArcelorMittal Dofasco, the Canada 150 Community Infrastructure Fund, and the Helderleigh Foundation (Source: Hamilton Conservation Authority).

- ✓ Parking for 50+ cars
- ✓ 3+ designated parking spots
- ✓ Rest Room
- ✓ Accessible Rest Room
- ✓ Benches
- ✓ Benches with wheelchair access
- ✓ Picnic table
- ✓ Picnic table with wheelchair access
- ✓ Wheelchair ramps
- 💰 Entrance Fee or HCA pass
- ✗ Public transit access

USES OF TRAIL:

walking, cycling, other

POINTS OF INTEREST:

beach, campgrounds, bird watching, picnic grounds, restaurant, ball hockey rink

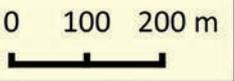
GOOD TO KNOW:

- open 7am to sundown, year-round
- accessible fishing (seasonal)
- entrance fee

- | | |
|---|---|
|  Suggested Route (50 Point Trail) |  Restroom |
|  Car Parking |  Picnic Area |
|  Information |  Ball Hockey |
|  The Landing Restaurant |  Fishing |



Lake Ontario



#15 Hamilton to Brantford Rail Trail (West)

Hamilton Conservation Authority



Location: 1642 Main St. W., Hamilton
(Main St. W. Plaza)

Difficulty: Walk (moderate)
Moderate to good surface, gravel stones

Accessibility: Moderate

The Hamilton to Brantford Rail Trail is Ontario's first entirely off-road, interurban hiking and biking trail. Completed in 1996, the 32 km Hamilton to Brantford Rail Trail represents the 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 Conservation Authority owns and maintains the trail from Hamilton to Jerseyville, which runs through the scenic Dundas Valley Conservation Area (Source: Hamilton Conservation Authority).

- ✓ Parking for 50+ cars
- ✓ 3+ designated parking spots
- ✗ Rest Room
- ✗ Accessible Rest Room
- ✓ Benches
- ✓ Benches with wheelchair access
- ✓ Picnic tables at parks along route
- ✗ Picnic table with wheelchair access
- ✗ Wheelchair ramps
- ✓ Free entrance
- ✓ Bus Routes 1, 5, 20

USES OF TRAIL:

walking, cycling, other

POINTS OF INTEREST:

University Plaza,
Sanctuary Park,
Little John Park (tennis courts),
Trails Centre

GOOD TO KNOW:

- distance marked
- maintained during winter
- gradual incline westward
- some lighting



	Suggested Route		Car Parking
	Hamilton to Brantford		Bus Stop
	Rail Trail		Grocery Store
	Bruce Trail		Soccer
	Escarpment		Tennis
	Cycle Route		Bike Share Hub

#16 Hamilton to Brantford Rail Trail (East)

Hamilton Conservation Authority



Location: 1579 Main St. W., Hamilton
(Fortinos Parking)

Difficulty: Stroll (easy)
Good to excellent surface, gravel and paved

Accessibility: Moderate

The Hamilton to Brantford Rail Trail (Main St. W. to Ewen Road) was the most recent to convert from the Hamilton & Buffalo Railway into a multi-use interurban recreation trail. This trail includes the City of Hamilton's new QR Fitness Stations. Users are encouraged to use their smartphones to scan codes on signs and watch instructional videos for a full workout. Printed signs demonstrating exercises, with modifications for various fitness levels are posted along the trail.

- ✓ Parking for 50+ cars
- ✓ 3+ designated parking spots
- ✓ Rest Room
- ✓ Accessible Rest Room
- ✓ Benches
- ✓ Benches with wheelchair access
- ✗ Picnic tables
- ✗ Picnic table with wheelchair access
- ✗ Wheelchair ramps
- ✓ Free entrance
- ✓ Bus Routes 1A, 5, 10

USES OF TRAIL:

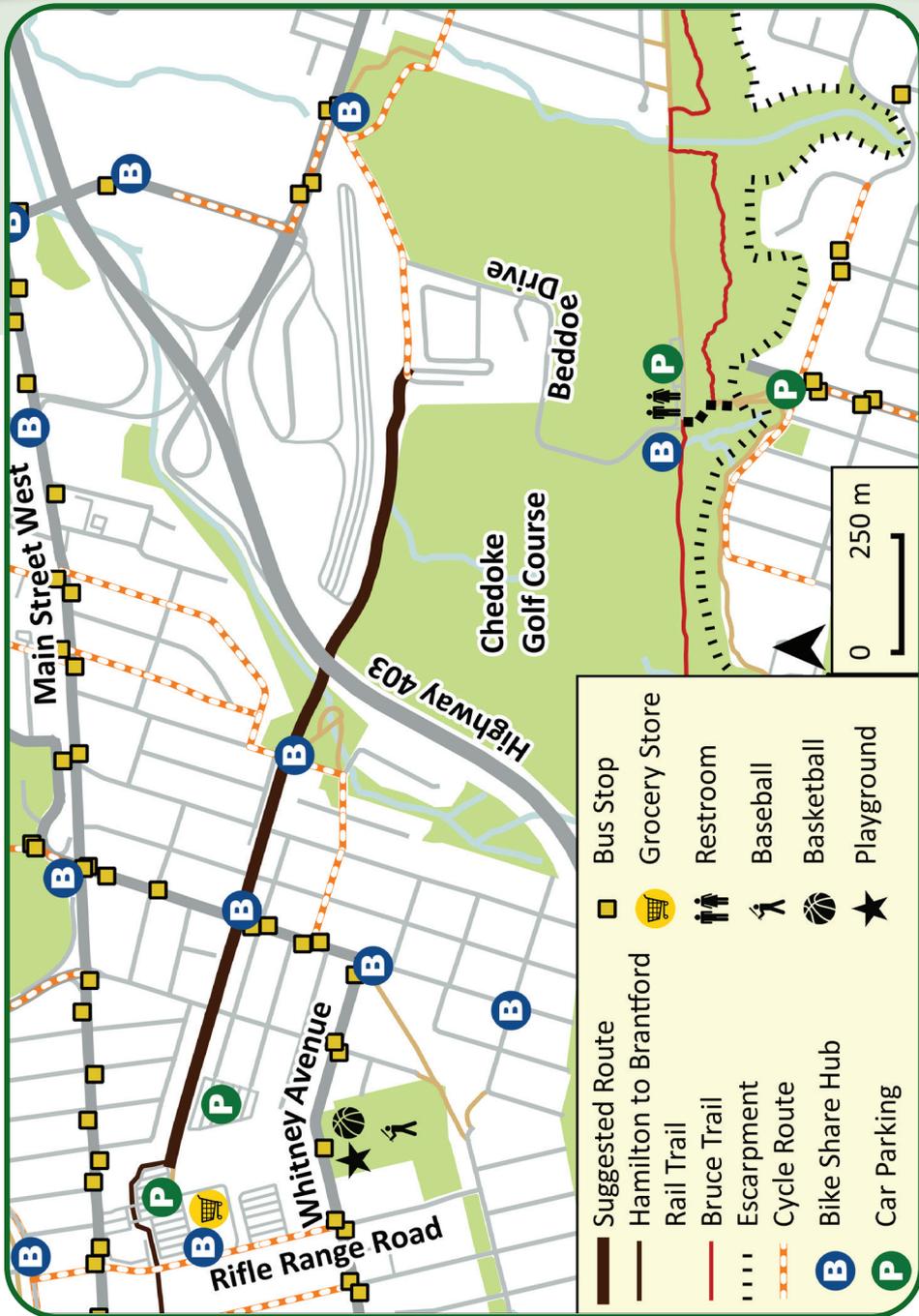
walking, cycling, other

POINTS OF INTEREST:

QR fitness stations, old CN Rail Station, Chedoke Golf Course

GOOD TO KNOW:

- accessible restrooms (Fortinos, Main St. W.)
- maintained during winter
- some lighting



	Suggested Route		Bus Stop
	Hamilton to Brantford		Grocery Store
	Rail Trail		Restroom
	Bruce Trail		Baseball
	Escarpment		Basketball
	Cycle Route		Playground
	Bike Share Hub		
	Car Parking		

#17 Joe Sam's Leisure Park

City of Hamilton



- Location:** 752 Centre Rd.
Waterdown
- Difficulty:** Stroll (easy)
Excellent paved surface
- Accessibility:** Moderate

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. Parking is available (Source: City of Hamilton).

- ✓ Parking for 50+ cars
- ✗ Designated parking
- ✓ Rest Room
- ✗ Accessible Rest Room
- ✓ Benches
- ✗ Benches with wheelchair access
- ✗ Picnic tables
- ✗ Picnic table with wheelchair access
- ✗ Wheelchair ramps
- ✓ Free entrance
- ✗ Public transit access

USES OF TRAIL:

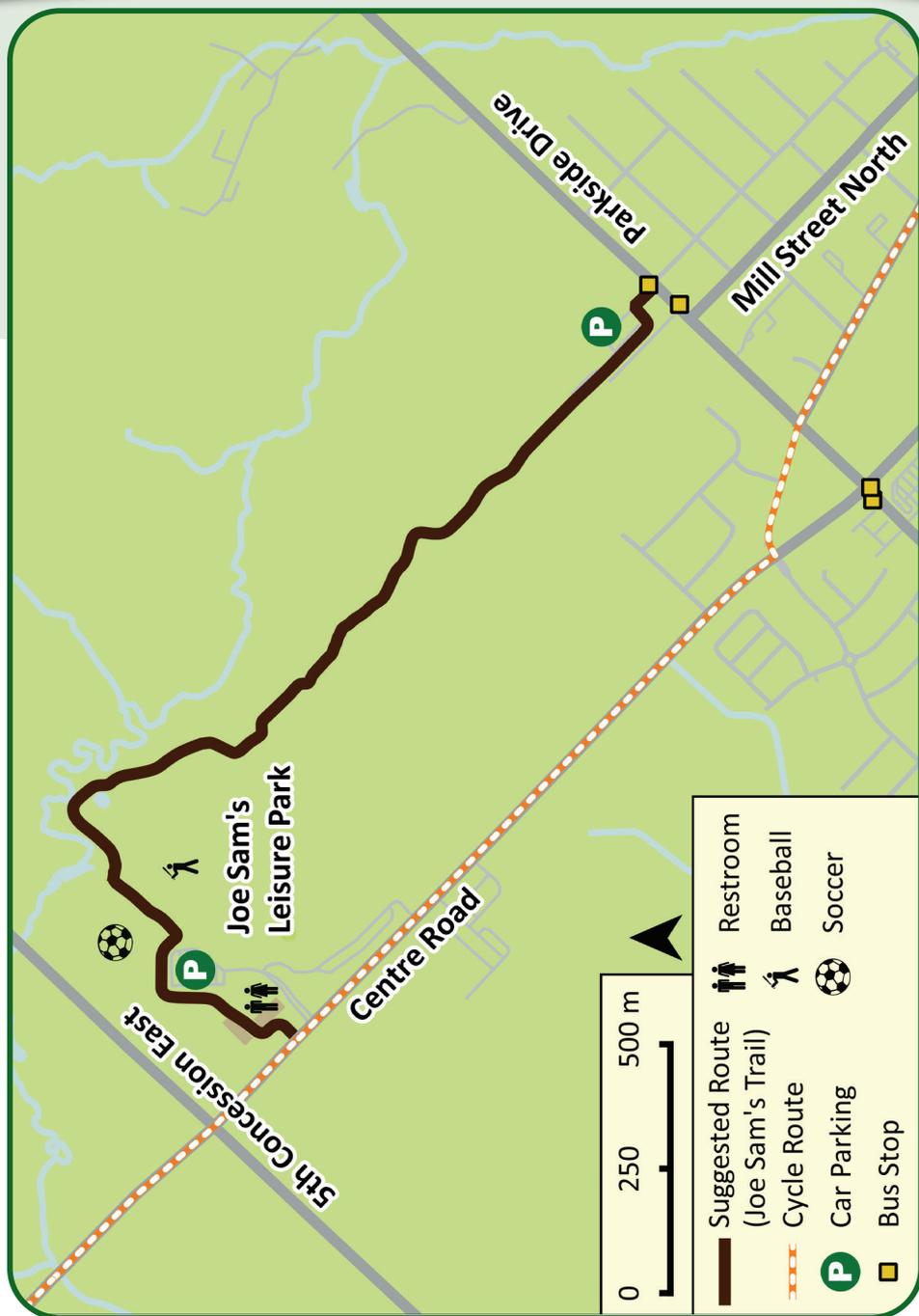
walking, cycling, other

POINTS OF INTEREST:

exercise equipment, playground, ball fields, track, cycling path, commercial food service (seasonal)

GOOD TO KNOW:

- steep slope near parking lot
- not maintained during winter
- no lighting



#18 Eramosa Karst

Hamilton Conservation Authority



- Location:** Upper Mount Albion/
Highland Rd. W., Stoney Creek
- Difficulty:** Walk (moderate)
Poor to moderate surface, dirt and gravel
- Accessibility:** Moderate

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. 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).

- ✓ Parking for 26 to 50 cars
- ✓ 3 designated parking spots
- ✓ Rest Room
- ✓ Accessible Rest Room
- ✓ Benches
- ✓ Benches with wheelchair access
- ✓ Picnic tables
- ✓ Picnic table with wheelchair access
- ✗ Wheelchair ramps
- ✓ Free entrance
- ✓ Nearby bus routes
11, 21, 43, 44

USES OF TRAIL:

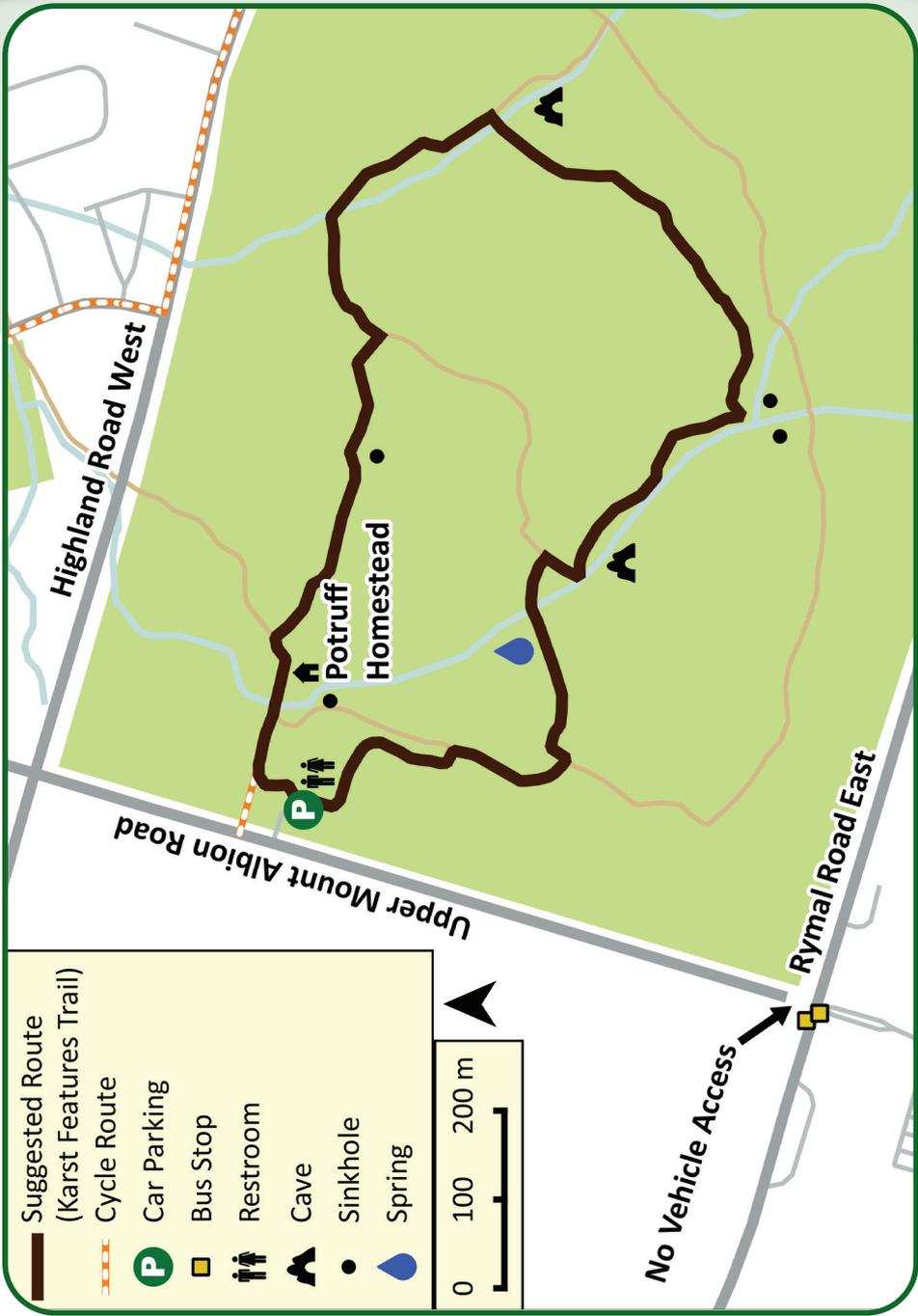
walking, cycling, other

POINTS OF INTEREST:

overlooking farm ruins,
natural view of karsts (cave
formations), wildlife

GOOD TO KNOW:

- not suitable for walkers,
wheelchairs
- not maintained
during winter
- no lighting



- Suggested Route (Karst Features Trail)
- Cycle Route
- Car Parking
- Bus Stop
- Restroom
- Cave
- Sinkhole
- Spring



No Vehicle Access

