



**GREAT** EST. 2018  
**WALKS**  
of **VAUGHAN**

**Walking Trail Guide**

[vaughan.ca/GreatWalks](http://vaughan.ca/GreatWalks)

# Explore where nature and neighbourhoods meet.

Walk, ride or roll through your community neighbourhoods, parks, trails and natural open spaces.

Get active through the Great Walks of Vaughan.

[vaughan.ca/GreatWalks](http://vaughan.ca/GreatWalks)

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## Things to remember while walking outdoors

Remember we are all pedestrians and everyone needs to take care on the road to ensure our safety.

### As a pedestrian, please remember to:

- Cross at marked crosswalks or traffic lights, not in the middle of the block or between parked cars
- Make sure drivers see you before you cross
- Cross when traffic has come to a complete stop
- Cross at the beginning of a green light, not once the “Don’t Walk” signal begins to flash or once the light has turned to yellow
- Never cross on a red light
- Watch for traffic turning at intersections, or entering and leaving driveways
- Wear bright or light-coloured clothing or reflective strips, when walking at dusk/night

## Trail Etiquette

- Please stay on designated trails. Be careful when approaching any traffic areas
- Be courteous to other trail users. Keep to the right
- Keep all pets on a leash and be sure to pick up after your pet
- Do not disturb any plants or wildlife
- Hold on to litter until you can dispose of it in a garbage bin
- Respect the privacy of neighbouring residents



## Benefits of Physical Activity

The health benefits of regular physical activity are hard to ignore. Everyone benefits from exercise, regardless of age or physical ability.

### Physical activity controls weight

Exercise can help prevent excess weight gain or help maintain weight loss. When you engage in physical activity, you burn calories. The more intense the activity, the more calories you burn.

### Physical activity combats health conditions and diseases

No matter what your current weight, being active boosts high-density lipoprotein (HDL), or “good,” cholesterol and decreases unhealthy triglycerides. This dual effect keeps your blood flowing smoothly, which decreases your risk of cardiovascular diseases.

Regular physical activity helps prevent or manage a wide range of health problems and concerns, including stroke, metabolic syndrome, type 2 diabetes, depression, different types of cancer, arthritis and falls.

### Physical activity improves mood

Physical activity stimulates various brain chemicals that may leave you feeling happier and more relaxed. You may also feel better about your appearance and yourself when you exercise regularly, which can boost your confidence and improve your self-esteem.

### Physical activity boosts energy

Regular physical activity can improve your muscle strength and boost your endurance. Exercise delivers oxygen and nutrients to your tissues and helps your cardiovascular system work more efficiently. And when your heart and lung health improves, you have more energy to tackle daily chores.

### Physical activity promotes better sleep

Regular physical activity can help you fall asleep faster and deepen your sleep. Just don't exercise too close to bedtime, or you may be too energized to fall asleep.

### Physical activity can be fun and social

Exercise and physical activity can be enjoyable. It gives you a chance to unwind, enjoy the outdoors or simply engage in activities that make you happy. Physical activity can also help you connect with family or friends in a fun social setting.

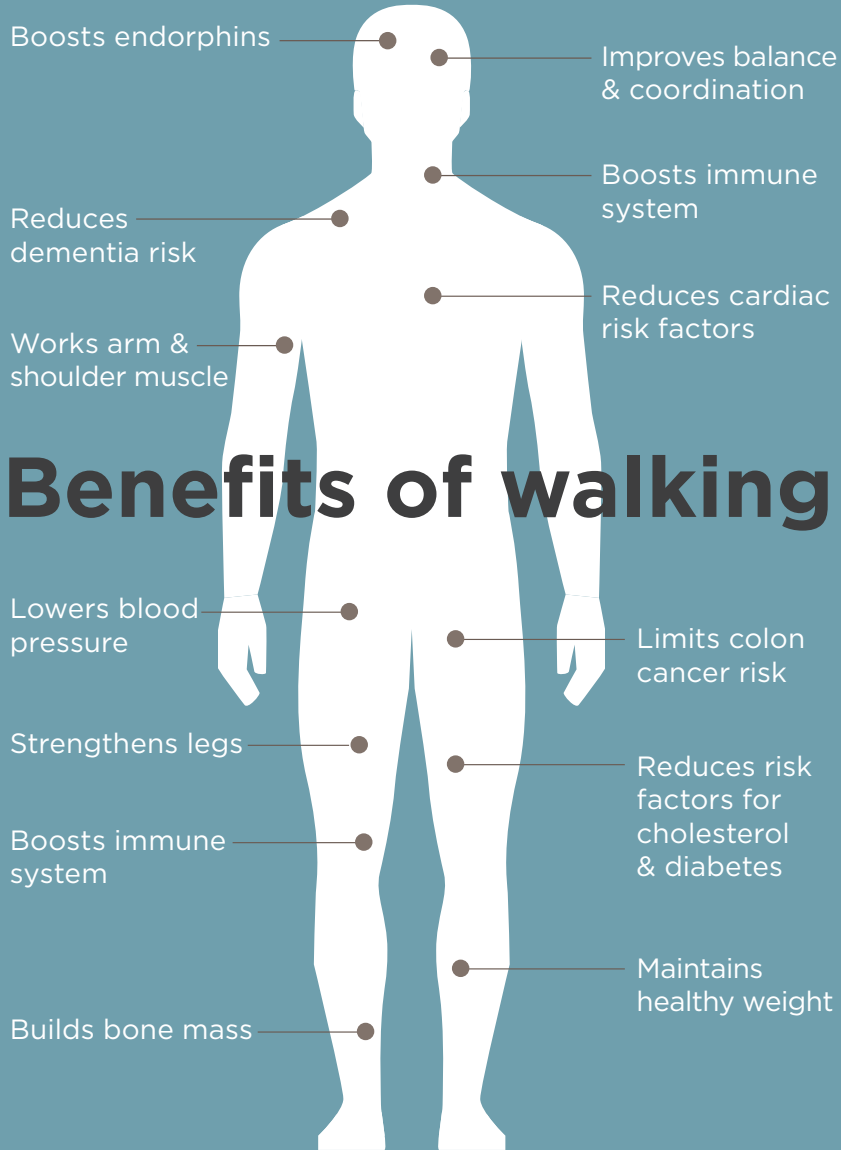
### Make physical activity a part of your daily routine

Why not take advantage of these benefits by walking more in your daily routine? Get out and explore your local neighbourhood, parks and trails – they all provide ideal places to walk throughout the day and in the evening.





Did you know doctors recommend 30 minutes of walking 5 days a week for optimal health?



\* Source: Harvard Medical School

## Stretch

Take 5 minutes to stretch before and after. These light movements will increase mobility and make walking easier on the body.

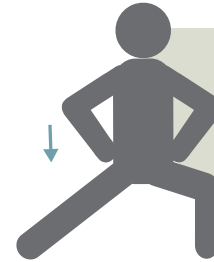
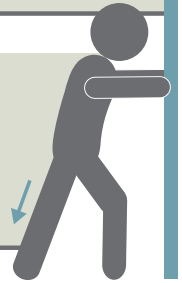


### Hamstring and ankle

Extend your left leg, left heel on floor. Flex the left foot and keep toes pointed up. Lean forward gently from your hips to feel a stretch in the back of your thigh. Repeat with right leg.

### Calf stretch

Stand up straight, lean against something. Put left leg behind you, keeping left heel on the floor. Bend right knee and lean forwards. You should feel the stretch in the calf of the left leg. Repeat with right leg.

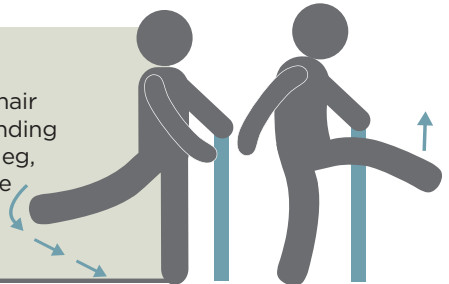


### Groin stretch

Stand with legs slightly wider than shoulder width apart. With right foot facing forward, point left foot to left 45 degrees then lunge in that direction without letting knee go past toes. Repeat move on right side.

### Leg swings

Stand up straight, holding on to a chair with your left hand for support. Standing to the side of the chair on your left leg, move your right leg to the front, side and back, tapping your toe at each point. Repeat with left leg.

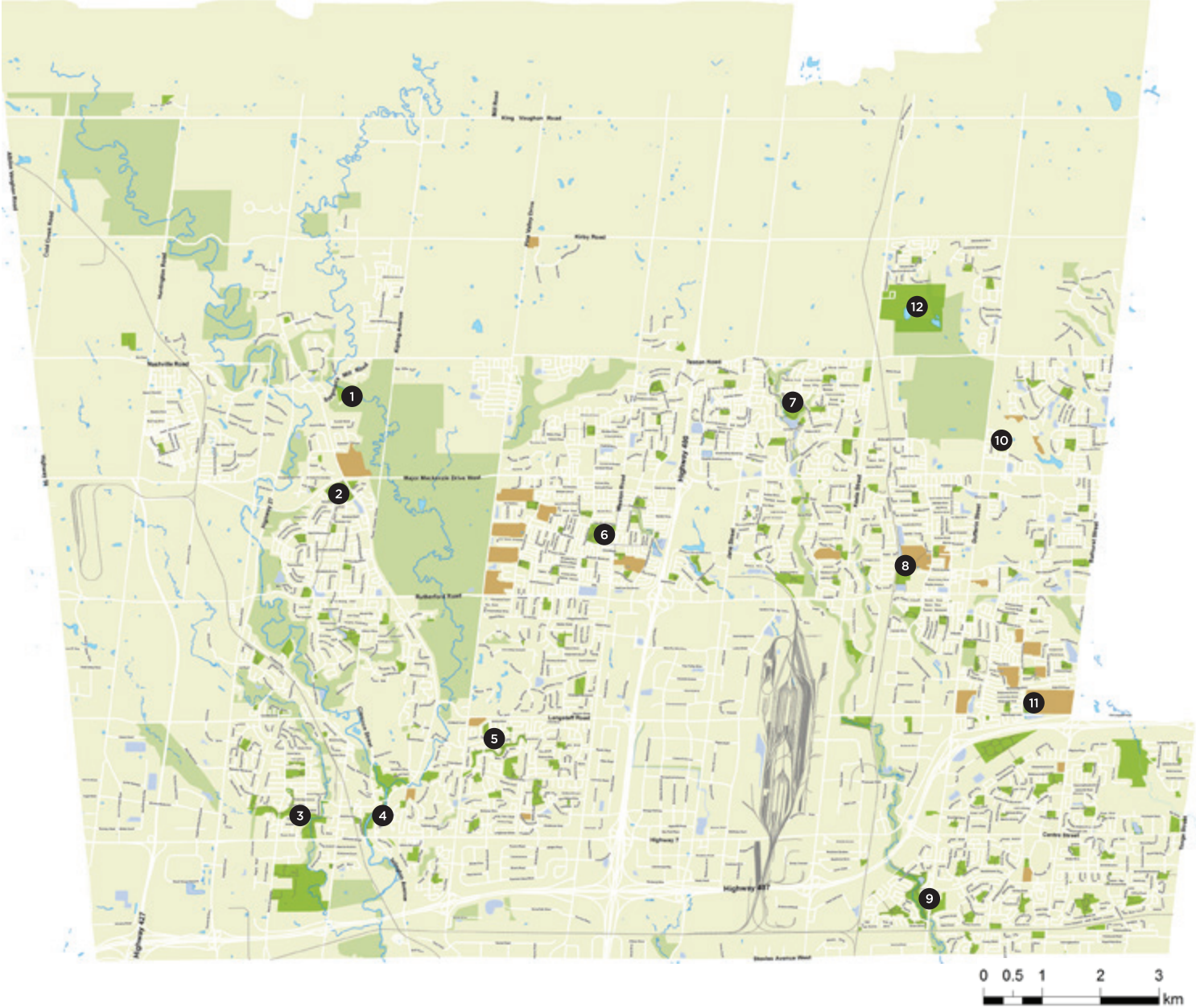


### Experiencing pain when walking?

If experiencing discomfort, pain or swelling in your feet and legs, please seek medical advice from your family doctor or physiotherapist.

# City of Vaughan

## Great Walks Map Legend



## Legend

- 1 William Granger Greenway
- 2 Sonoma Heights
- 3 Rainbow Creek
- 4 Riverwalk
- 5 Jersey Creek
- 6 Vellore
- 7 Mackenzie Glen
- 8 Peter Rupert
- 9 Marita Payne
- 10 Maple Nature Reserve
- 11 Sugarbush
- 12 North Maple Regional Park

- Trail
- Waterways
- Park
- Open Space
- Woodlot
- Storm Water Pond
- Waterbody

# William Granger Greenway

## Nature Walk

- Extends from **Bindertwine Park** to **Boyd Conservation Area**
- Side trail connects to McMichael Canadian Art Collection and historic Kleinburg mainstreet and shops
- Linear walk with some rugged terrain and steep inclinations
- Natural landscape features and unique flora and fauna
- Proximity to Kleinburg Library, Al Palladini Community Centre, Pierre Berton Library and **Kortright Centre** for washroom facilities and resting areas
- Parking and easy access to trail at **Bindertwine Park** (north) or **Boyd Conservation Area** (south)

**Distance:** 8.9 km

**Difficulty:** Moderate

### Nearby:

- McMichael Canadian Art Collection
- Al Palladini Community Centre & Pierre Berton library
- Kleinburg Library
- **Kortright Centre** and **Boyd Conservation Area**
- Rutherford Road parking lot at trail head


















# William Granger Greenway

Nature Walk



## Legend

-  Parking Lot
-  Access Point
-  Washroom
-  Public Building
-  Sports Field
-  Playground
-  Splash Pad
-  Picnic Area
-  Trail
-  Waterways
-  Park
-  Natural Open Space
-  Woodlot
-  Storm Water Pond
-  Waterbody



# Sonoma Heights

## Neighbourhood Walk

- Includes **Sonoma Greenway**
- Linear and loop walks in park and neighbourhood area
- Paved and lit, no inclination
- Sports fields, skate park, playground and splash pad
- Washroom facilities available
- Parking and easy access to trail at **Sonoma Heights District Park**. South access to the trail through **Napa Valley Park**, where street parking is available
- The trail is accessible in the area around **Sonoma Heights Park**. Accessible parking spots are available in the parking lot

**Distance:** 2.6 km

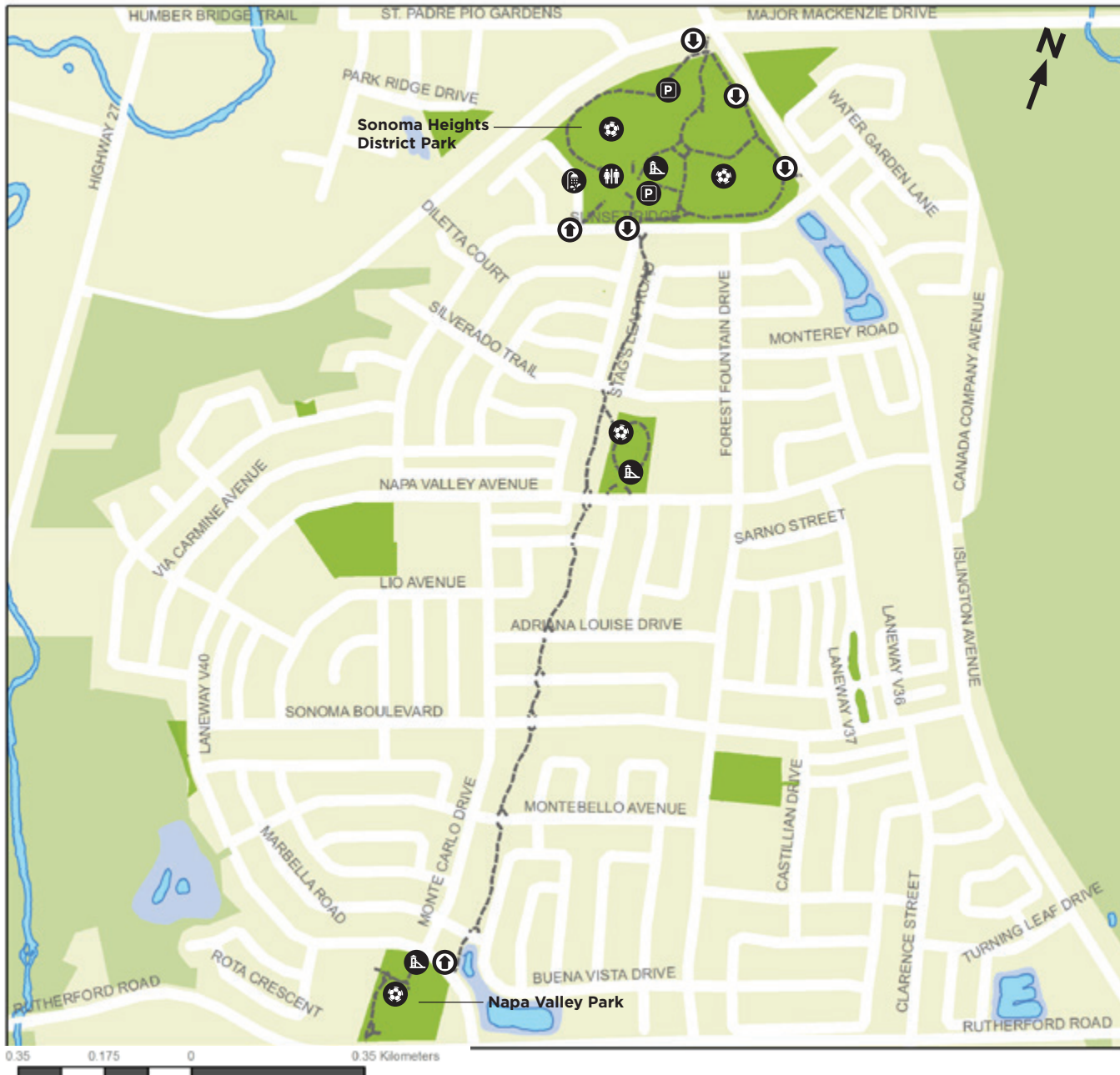
**Difficulty:** Easy

**Nearby:** Sonoma Heights District Park



# Sonoma Heights

## Neighbourhood Walk



### Legend

- Parking Lot
- Access Point
- Washroom
- Public Building
- Sports Field
- Playground
- Splash Pad
- Picnic Area
- Trail
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# Rainbow Creek

## Neighbourhood Walk

- Includes **Mapes Park** and **Rainbow Creek Park**
- Linear walk along a neighbourhood area
- Playgrounds, sports fields and picnic areas
- Paved and lit; some areas with moderate to steep inclination
- Proximity to Father Ermanno Bulfon Community Centre for washroom and resting areas
- Parking and access to trail available off Highway 7. Street parking available at **Mapes Park** and Woodbridge Avenue
- Sloped walkways into the valley from **Mapes Park**, Arran Crescent and Albany Drive

**Distance:** 2.2 km

**Difficulty:** Easy

**Nearby:** Father Ermanno Bulfon Community Centre



# Rainbow Creek

## Neighbourhood Walk



0.25 0.125 0 0.25 Kilometers

### Legend

- Parking Lot
- Access Point
- Washroom
- Public Building
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# Riverwalk

## Neighbourhood Walk

- Loop walk along the Humber River and **Nort Johnson Park**
- Paved and lit, having some areas with moderate inclination
- Proximity to Woodbridge Library, Woodbridge Pool & Memorial Arena and Woodbridge Avenue historic core and shopping area
- Includes picnic areas and sports fields and seasonal Woodbridge Farmer's Market
- Parking is accessible to trail at Woodbridge Pool & Memorial Arena
- Stairs access exits to the trail off Islington Avenue and Highway 7 (this location is not accessible)

**Distance:** 1.7 km

**Difficulty:** Easy

**Nearby:**

- Woodbridge Pool & Memorial Arena
- Woodbridge Library
- Woodbridge historic core and shops
- Seasonal Farmer's Market



# Riverwalk

## Neighbourhood Walk



### Legend

- Parking Lot
- Access Point
- Washroom
- Public Building
- Sports Field
- Playground
- Splash Pad
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# Jersey Creek

## Neighbourhood Walk

- Includes **Jersey Creek Park, Chancellor Park** and **Giovanni Caboto Park**
- Paved and lit, enjoyable linear walk along a neighbourhood area
- Playgrounds, splash pad, sports fields and picnic areas
- Unique dinosaur-themed sandbox and outdoor fitness equipment
- Proximity to Chancellor Community Centre and Ansley Grove Library for washroom and resting areas
- Parking and access to trail available at Chancellor Community Centre and **Giovanni Caboto Park**

**Distance:** 2.6 km

**Difficulty:** Easy

**Nearby:** Chancellor Community Centre and Ansley Grove Library


















# Jersey Creek

## Neighbourhood Walk



### Legend

-  Parking Lot
-  Access Point
-  Washroom
-  Public Building
-  Sports Field
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-  Waterbody



# Vellore

## Neighbourhood Walk

- Looped walk with both nature and neighbourhood walking experiences
- Some paved and lit areas
- Scenic areas around the **Wildberry and Sunview ponds** and the Vellore Woodlot
- Playgrounds, sports fields, splash pads and picnic areas
- Includes **Vellore Hall Park**, Vellore Hall and School heritage site
- Proximity to Vellore Village Community Centre and Library for washroom and resting areas
- Parking and easy access to trail at both Vellore Village Community Centre and **Vellore Hall Park**
- The walk is partially accessible in the area around Vellore Village Community Centre and Library; accessible parking is available in the centre's parking lot

**Distance:** 4.7 km

**Difficulty:** Easy

**Nearby:**

- Vellore Village Community Centre and Library
- **Vellore Hall Park**


















# Vellore

## Neighbourhood Walk



### Legend

-  Parking Lot
-  Access Point
-  Washroom
-  Public Building
-  Sports Field
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-  Waterbody

# Mackenzie Glen

## Neighbourhood Walk

- Part of the northern portion of the **Bartley Smith Greenway**
- Paved and lit
- Linear and loop walks in park and neighbourhood area
- Scenic areas around **Cunningham Pond** and **Maple Lions Park**
- Playgrounds, splash pad, sports fields and picnic areas
- Interpretive signage on area's history

- Parking and access to trail at **Mackenzie Glen District Park**
- The trail is accessible in the area around **Mackenzie Glen District Park**
- Accessible parking spots are available in the parking lot

**Distance:** 3.2 km

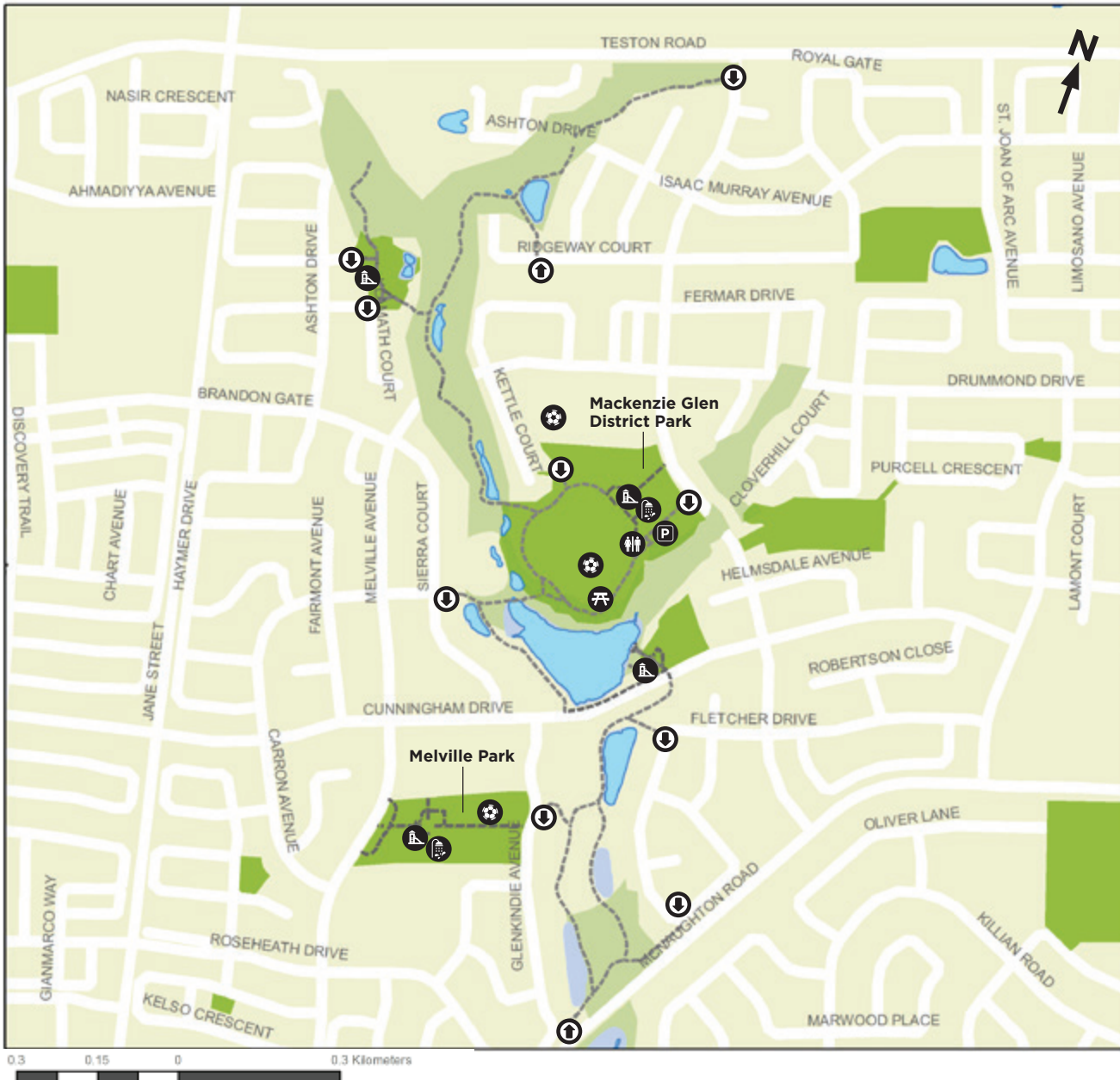
**Difficulty:** Easy

**Nearby:** Mackenzie Glen District Park and Maple Community Centre


















# Mackenzie Glen

## Neighbourhood Walk



### Legend

-  Parking Lot
-  Access Point
-  Washroom
-  Public Building
-  Sports Field
-  Playground
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-  Waterbody

# Peter Rupert

## Neighbourhood Walk



- Includes **Golden Forest Pond, Cook Woodlot, and Pheasant Hollow Park**
- Linear walk with some paved areas, no inclination
- Playgrounds, picnic areas and sports fields in **Pheasant Hollow Park**
- Scenic landscapes and birdwatching near pond
- Long cycling path running next to the woodlots
- Street parking and access to trail available along Peter Rupert Avenue or at Lauderdale Drive

**Distance:** 2.8 km

**Difficulty:** Easy

**Nearby:** Pheasant Hollow Park and dedicated bike lane



# Peter Rupert

## Neighbourhood Walk



### Legend

- Parking Lot
- Access Point
- Washroom
- Public Building
- Sports Field
- Playground
- Splash Pad
- Picnic Area
- Trail
- Waterways
- Park
- Natural Open Space
- Woodlot
- Storm Water Pond
- Waterbody

# Marita Payne

## Neighbourhood Walk



- Part of the Bartley Smith Greenway
- Includes **Marita Payne Park & Glen Shields Park**
- Paved and lit
- Linear and loop walks in park and neighbourhood area
- Playgrounds, sports fields and picnic areas
- Proximity to Dufferin Clark Community Centre and Library for washroom and resting areas
- Parking and easy access to trail available at Dufferin Clark Community Centre and Library
- Wheelchair accessible

**Distance:** 2.5 km

**Difficulty:** Easy

**Nearby:** Dufferin Clark Community Centre and Library



# Marita Payne

## Neighbourhood Walk



### Legend

- Parking Lot
- Access Point
- Washroom
- Public Building
- Sports Field
- Playground
- Splash Pad
- Picnic Area
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- Park
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# Maple Nature Reserve

## Nature Walk

- Immersive 35 hectare nature experience and unique flora and fauna
- Looped circuit walk with some rugged terrain and steep inclinations
- Connections to nearby neighbourhoods with parks and sports fields
- Washroom facilities available
- Parking and easy access to trail off Dufferin Street (south) or off Teston Road (north)
- Access points at Dufferin Street, Teston Road, William Bowes Boulevard and Lady Fenytrose Avenue

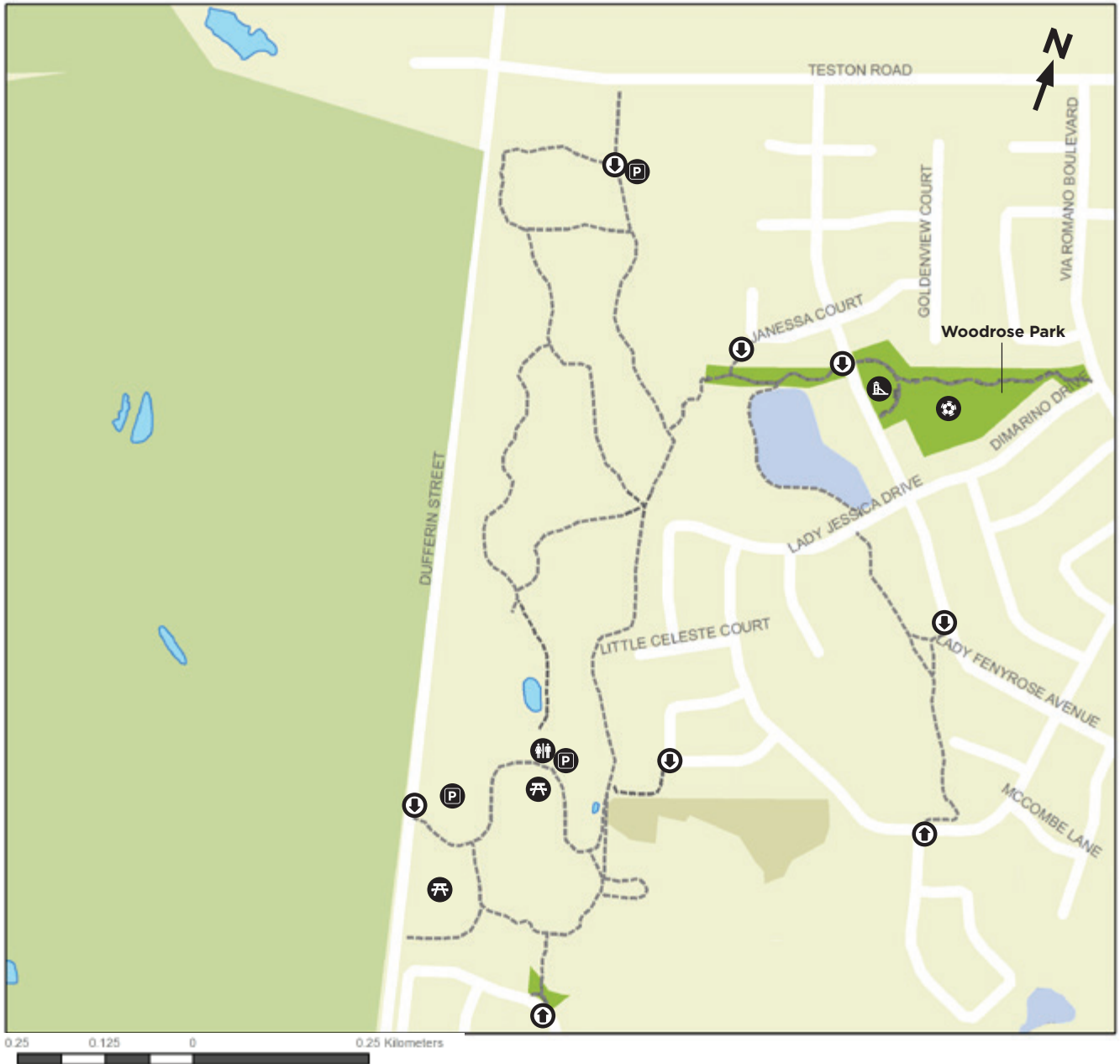
**Distance:** 3.2 km

**Difficulty:** Easy to Moderate


















# Maple Nature Reserve

## Nature Walk



### Legend

-  Parking Lot
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# Sugarbush

## Nature Walk

- Natural setting inside woodlot
  - Looped circuit walk with mostly flat terrain
  - Playground and community gardens
  - Unpaved and unlit
  - Washroom facilities and resting areas available
  - Historic Baker House and woodlot on site
- Ample parking and access to trail at **Sugarbush Heritage Park's** entrance, off of Thornhill Woods Drive

**Distance:** 2.4 km

**Difficulty:** Easy

**Nearby:** North Thornhill Community Centre and Concord/Thornhill Regional Park



# Sugarbush

## Nature Walk



### Legend

- Parking Lot
- Access Point
- Washroom
- Public Building
- Sports Field
- Playground
- Splash Pad
- Picnic Area
- Trail
- Waterways
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- Natural Open Space
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- Waterbody

# North Maple Regional Park

## Nature Walk

- Situated in the 200 acres **North Maple Regional Park** (Phase 1 of a larger 900 acres site)
- Located east off of Keele Street between Teston Road and Kirby Road
- Surrounded by the natural setting of the Oak Ridges Moraine and Don River
- Trail is accessible and has a granular surface with some slopes greater than 5% inclination
- Amenities at the site include parking and temporary washrooms. Washroom, changeroom and concessions building to be completed in spring 2019

**Distance:** 5 km

**Difficulty:** Easy to Moderate

**Nearby:** Peak Point Park



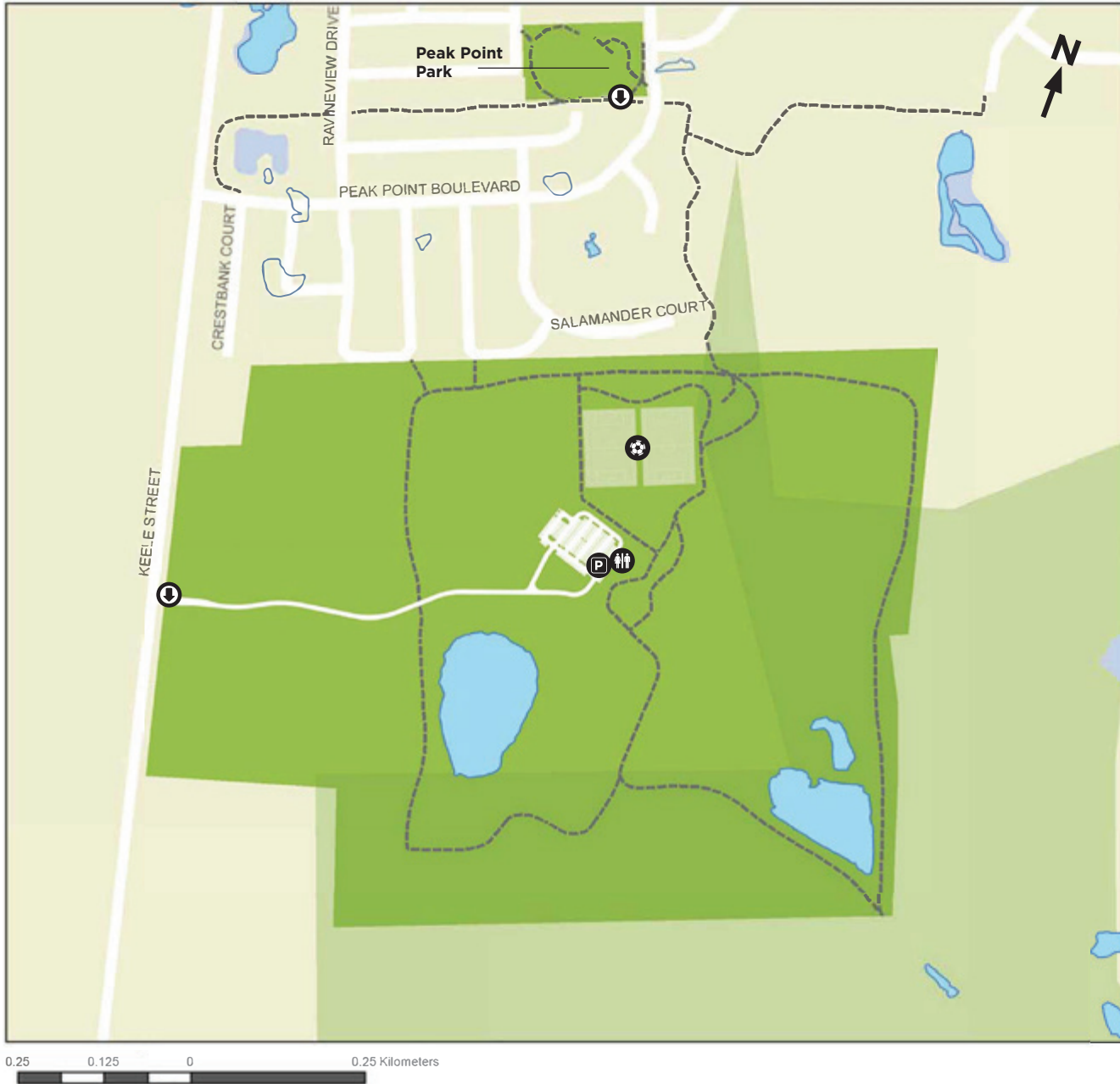
# North Maple Regional Park

Nature Walk



# North Maple Regional Park

## Nature Walk



### Legend

- Parking Lot
- Access Point
- Washroom
- Public Building
- Sports Field
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**Great Walks of Vaughan was developed by the City of Vaughan, Recreation Services, and funded in part by the Government of Ontario.**

**Recreation Services acknowledges the assistance provided by the following City of Vaughan departments and neighbouring community organizations:**

**York Region**  
[york.ca/trails](http://york.ca/trails)

**Toronto and Region Conservation Authority**  
[trca.ca](http://trca.ca)

**City of Vaughan Parks Development Department**  
[vaughan.ca/trails](http://vaughan.ca/trails)

**City of Vaughan Infrastructure Planning and Corporate Asset Management**  
[vaughan.ca/cycling](http://vaughan.ca/cycling)

**City of Vaughan Policy Planning and Environmental Sustainability Department**  
[vaughan.ca/cityhall/environmental\\_sustainability](http://vaughan.ca/cityhall/environmental_sustainability)

**Vaughan Community Health Centre**  
[vaughanchc.com](http://vaughanchc.com)

## **Let us know where you like to walk!**

Do you know of any other walks you'd recommend?

Email us at [RecreationServices@vaughan.ca](mailto:RecreationServices@vaughan.ca) with some of the Great Walks you know in Vaughan

### **Disclaimer**

Users of the Great Walks of Vaughan maps and trails are fully responsible for their own safety. Please ensure you take steps to guarantee your safety while enjoying the great outdoors. Always remember to call 911 in case of emergency.

Although every attempt has been made to ensure the maps' accuracy, the City of Vaughan makes no warranties concerning the accuracy, or completeness of the Great Walks of Vaughan maps.

All routes should be evaluated individually based on their respective level of difficulty, traffic safety, surface type, weather conditions and time of day, whether temporary or permanent. The City of Vaughan is not responsible for any unforeseeable or unreasonable acts or offences committed by trail users or third parties, which may cause a hazard or injury.





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