

Let's  
get active!



Try it, your way,  
everyday!

Take the step  
towards a longer,  
healthier life.



Take A  
*Hike!*

April 2004

Take A  
*Hike!*

A Guide To Walking,  
Cycling & Skiing Trails  
in Perth County

*4th Edition!*

Thank you to the organizations and groups that made this guide possible.

## Gold Sponsors



Thank you to the organizations and groups that made this guide possible.

## Silver Sponsors



## Bronze Sponsors



Downie  
Opti-Mrs.



# Walk, Cycle and Ski Beautiful Perth County

Welcome to Perth County. More than ever before, people are discovering the enjoyment of the outdoors for pleasure and improved health through walking, cycling, and skiing. Located in southwestern Ontario between London and Kitchener, this predominately rural region offers trail enthusiasts a variety of terrains from natural paths to paved routes. Come explore our trails!

This booklet is designed as a quick and easy guide to trails in existence as of winter 2004. The accompanying site maps and symbols, Perth County map, healthy living tips, and trail contacts will help you decide what trail to choose.

Take A  
*Hike!*

April 2004

## Acknowledgments

This trail guide was made possible by the following active members of the Perth Trails Committee: City of Stratford Cycling Advisory Committee, County of Perth Planning and Development Office, Festival City Cycling Club, Municipality of West Perth, Perth District Health Unit, Perth Stewardship Network, St. Marys Parks and Recreation, Stratford Community Services Department and Tourism Stratford.

Past founding members of the Perth Trails Committee include: The Avon Trail, Family YMCA of Stratford-Perth, North Perth Parks and Recreation, OPP, Stratford Police, Township of Perth East and the Upper Thames River Conservation Authority.

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## How To Use This Guide

Trails are listed in this guide by geographic area. The centre map on pages 20 and 21 provides a county-wide view. The table of contents helps you locate the specific trails you wish to explore. Each trail and its accompanying map are found on facing pages. Most maps are north/south facing. The terms and symbols below provide an easy reference guide for trail information. For detailed information not included in this guide, please contact the specific trail organizations listed on pages 37 - 39.

### Level of Difficulty:











Level 1 - easy, for family with young children

Level 2 - moderate, wear comfortable running shoes

Level 3 - some hills, natural path

Level 4 - hilly, for more experienced hikers

### Symbols:

-  Trail Use - Walking
-  Trail Use - Cycling
-  Trail Use - Skiing
-  Motorized vehicles allowed
-  Pets Allowed (on leash)
-  Wheelchair Accessible
-  Washrooms
-  Parking
-  Rest Area/Picnic Tables
-  Trail Surface

## Trail User's Code

**Hike only along marked routes. Do not take short cuts.**

**Do not climb fences. Do not open gates.**

**Respect the privacy of people living along the trail.**

**Leave flowers and plants for others to enjoy. Protect trees and shrubs. Do not strip off bark.**

**Do not disturb wildlife and farm animals.**

**Keep dogs on a leash, especially on or near farmland.**

**Leave the trail cleaner than you found it. Carry out all litter.**

**Camping or fires are not permitted.**

**Hikers are encouraged to ensure that family and friends know your hiking plans.**

**Remember: You use the trail at your own risk.**

**Leave only your thanks - take only photographs.**

# North Perth Trails

## Parklands and Railways

The Town of North Perth (Listowel) offers trail users a unique combination of trails through the core area, agricultural land, parks, and former railway rights of way.

The Rotary Walkway follows Memorial Park along the Maitland River, parklands, and core area.

The Kinsmen Trail follows along the former railway rights of way adjacent to rural areas, and connects to Memorial Park through residential areas.

A newly expanded trail provides a pleasurable year round experience along the former railway rights of way from the Kinsmen Trail south and the expanded trail to Atwood, as well as the new trail to Gowanstown.

**Distance**

- Rotary Walkway - 2 km - one way
- Kinsmen Trail - 2 km - one way
- Listowel to Atwood - 8 km - one way
- Listowel to Gowanstown - 4 km - one way

**Difficulty Level**

- Level 1- Rotary Walkway and Kinsmen Trail
- Level 2 - Listowel to Atwood

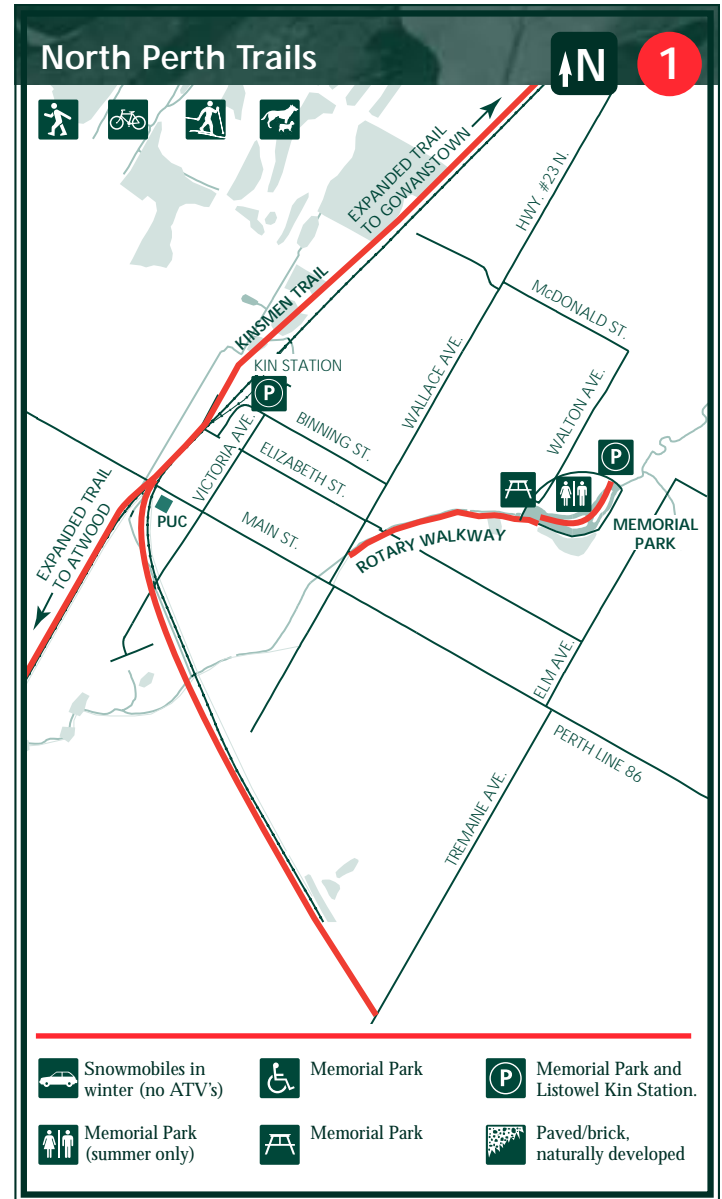
**Trail Hazards** None evident

**Cost for Using Trails** None



Choose your own speed and walk at a pace that suits you. Enjoy your walk!

*move to the beat*



# Sawyer Preservation Woodlot

## A Forest Legacy

Created by Otis Sawyer, the 28 acre Sawyer Preservation Woodlot has two higher ground trails for all year round walking, and two lower trails which may be wet in the spring. Each trail has several side paths. In this forest ecosystem, people see how natural processes can work together to sustain a healthy forest that is actively managed. The formation of the Sawyer Preservation Woodlot Association has allowed this unique forest to be protected for the enjoyment of future generations.

An educational brochure, highlighting the 34 species of trees found along this trail allows hikers to conduct their own self-guided tour as they learn about the trees in this forest community.

<b>Distance</b>	2.4 km - main loop
<b>Difficulty Level</b>	Level 1
<b>Trail Hazards</b>	Poison ivy is present in the woodlot but not an obstruction on trails.
<b>Cost for Using Trails</b>	None



Be active on most, if not all days of the week.

*move to the beat*



# The Trails of Mitchell

## Environment, Architecture and History

The West Perth Thames Nature Trail (WPTNT) meanders along the Thames River from the north end of town along the millpond & comes up to Highway 8. Crossing at the lights, the trail resumes south of Parmalat, coming up & crossing over the railway tracks. It is wheelchair accessible to the tracks. From here it is a rough hiking trail following along the river, passing under the Frank St. bridge, leading into the woodlands & over to the developing wetlands. Features of the trail include wetlands, uplands, & aquatic areas.

The Lion's Loop Trail meanders along the west side of the millpond, passing the WPTNT "Aquatic Educational Station" & through the park where you can visit an animal farm and enjoy a picnic. Crossing the dam will lead you onto the West Perth Thames Nature Trail.

Trail brochure and maps for a self-guided tour of historic sites are available by visiting the Tourist Information Booth or the Municipality of West Perth Clerk's Office on St. David Street or visit our website at [www.westperth.com](http://www.westperth.com)

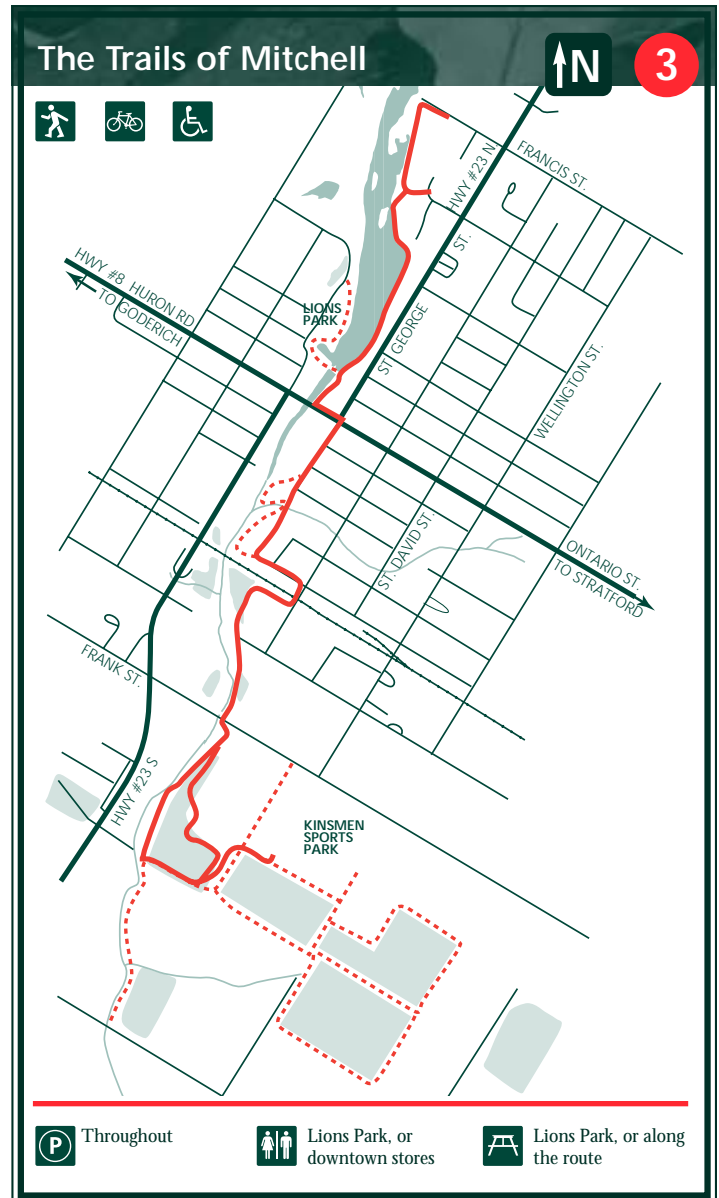
Experience the pleasant blend of history and nature's solitude in Mitchell.

- Distance -** WPTNT - 3.5 km - one way  
LION'S LOOP TRAIL - .8 km loop
- Difficulty level -** WPTNT - Francis St - Railway tracks - 1  
WPTNT - Railway tracks - Wetlands - 3  
LION'S LOOP - 1
- Trail Hazards -** WPTNT - Railway tracks - Wetlands  
- Some wet areas
- Cost for using trails -** None



Walk, bike or ski! Enjoy nature at its best.

*move to the beat*



# North Thames Walking Trail

## Mitchell to St. Marys

Heritage river hike along the Thames developed by our local Optimists. With cooperation of landowners, you are invited to enjoy and appreciate the pastoral and river views in the heart of some of the finest agricultural lands in our country.

By following the Trail User's Code you will be acting responsibly and respect the access that these private landowners have provided to you. Hikers are reminded; "the next time you are touched by the beauty of nature along this walking trail, thank a landowner".

<b>Distance</b>	Mitchell to Fullarton 7 km - one way Fullarton to St. Marys - to be developed
<b>Difficulty Level</b>	This trail varies in difficulty but is predominantly level 2
<b>Trail Hazards</b>	This is an undeveloped trail surface, which follows the natural landscape.
<b>Cost for Using Trails</b>	None



Enjoy healthy eating!  
Colour your plate with vegetables and fruit!

*move to the beat*

# North Thames Walking Trail



- Along side of Township Road
- Outhouse (all year)
- Natural undeveloped trail

# The Trails of St. Marys

## Limestone, Water and Railways

The Grand Trunk Trail and the Riverview Walkway in St. Marys are combining to become one of the most scenic trails in Southern Ontario.

The Grand Trunk Trail runs east and west between Thames Road and James Street North and then onto the Junction Station, across from the entrance to the Canadian Baseball Hall of Fame. The Sarnia Bridge, a rehabilitated railway bridge crossing the Thames River, provides a panoramic view of the town and river valley.

The Riverview Walkway extends from south of the tennis courts and famous swimming quarry at the south end of town, along the river to the downtown area.

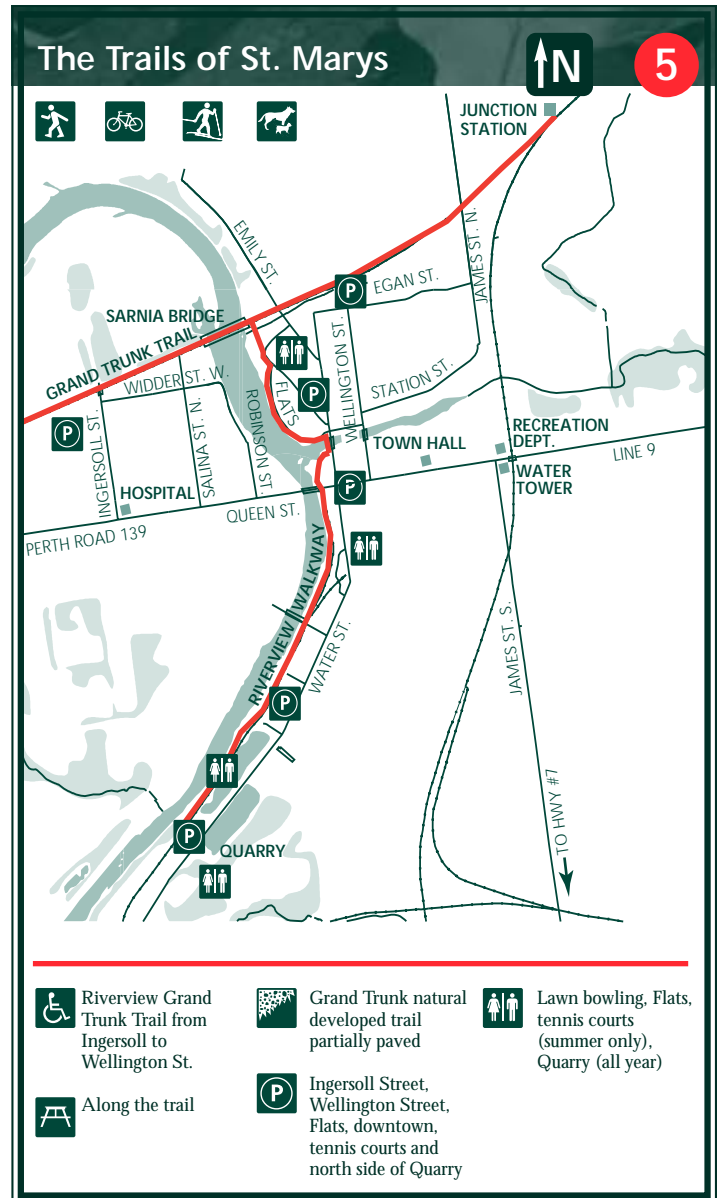
The two trails join at the Sarnia Bridge and then extends the trail to the Junction Station further east on the trail. The Grand Trunk Trail is almost completely paved and permanently lighted.

<b>Distance</b>	Grand Trunk Trail - 3.5 km - one way Riverview Walkway - 1.5 km - one way
<b>Difficulty Level</b>	Level 1
<b>Trail Hazards</b>	River bank, and the fenced Quarry
<b>Cost for Using Trails</b>	None



Keep kids hooked on life.  
Not hooked for life.

Supplying tobacco to anyone under 19 is against the law.



## Dr. R. S. Murray Forest (Wildwood)

### Woodland Trails

The 70 hectare forest was started in 1940, by Dr. R. S. Murray of Stratford with 80,000 seedlings. The land was transferred to the Upper Thames River Conservation Authority in 1956. The forest now has 16 kilometres of meandering well-marked trails available for excellent hiking and cross country skiing. The forest is within the Wildwood Conservation Area.

**Distance** 1 km, 3 km, 5 km, and 7 km trails - one way

**Difficulty level** Level 1 - 1 km (green) & 3 km (blue) - one way

Level 3 - 5 km (red) - one way

Level 4 - 7 km (orange) - one way

**Trail Hazards** Some wet areas, tree stumps, and roots

**Cost for Using Trail** Day passes can be purchased at the park entrance.

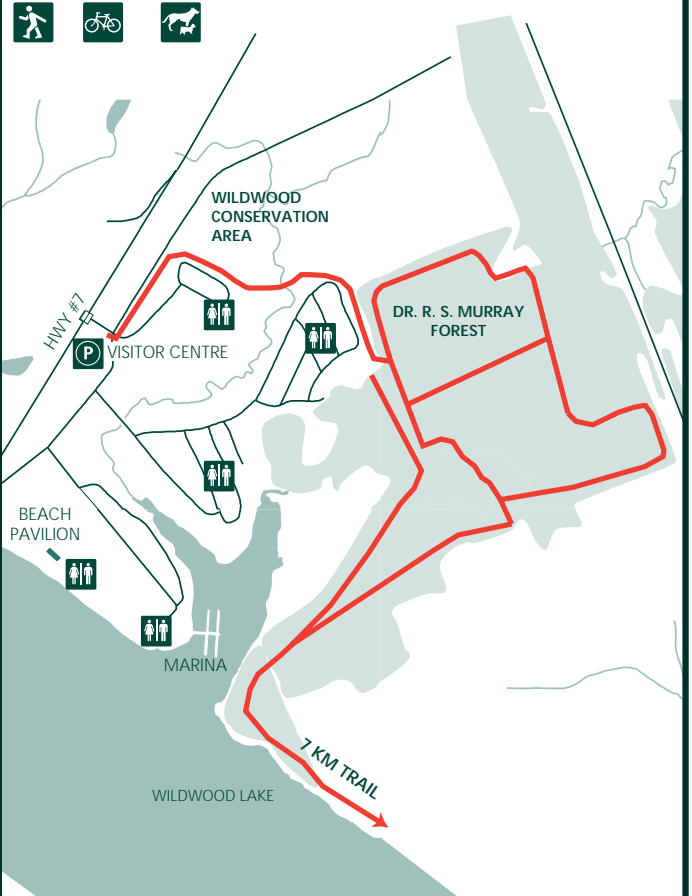
Free access to park campers.



Walk with a friend or your family –  
it's more fun!

*move to the beat*

## Dr. R. S. Murray Forest



- Groomed trails.
- Natural developed trail
- Trail entrance (May to Thanksgiving)  
Visitors parking lot (off season)
- Campground washrooms (May to Thanksgiving)
- Green Trail (trail conditions permitting)

# Bicycling Routes in Perth County

## Rural Routes

Five carefully chosen routes offer a cyclist paved roads, but not busy highways. A side trip on a gravel road along the way may be an interesting diversion.

Route #1 passes through Stratford, St. Marys and Avonton. Route #2 follows a Stratford, Bimini, Avonton route. Route #3 travels from Stratford, through Wartburg, to Shakespeare. Route #4 passes through Stratford to Tavistock and Bimini, Route #5 follows a Stratford to Monkton to Rostock route.

All five routes loop back to Stratford. A folder describing the routes in more detail is available from Tourism Stratford.

<b>Distance</b>	Route #1 - 61.6 km - loop
	Route #2 - 33.3 km - loop
	Route #3 - 55.3 km - loop
	Route #4 - 40 km - loop
	Route #5 - 71.9 km - loop

**Difficulty Level** Level 3

**Trail Hazards** Some highway crossing necessary.

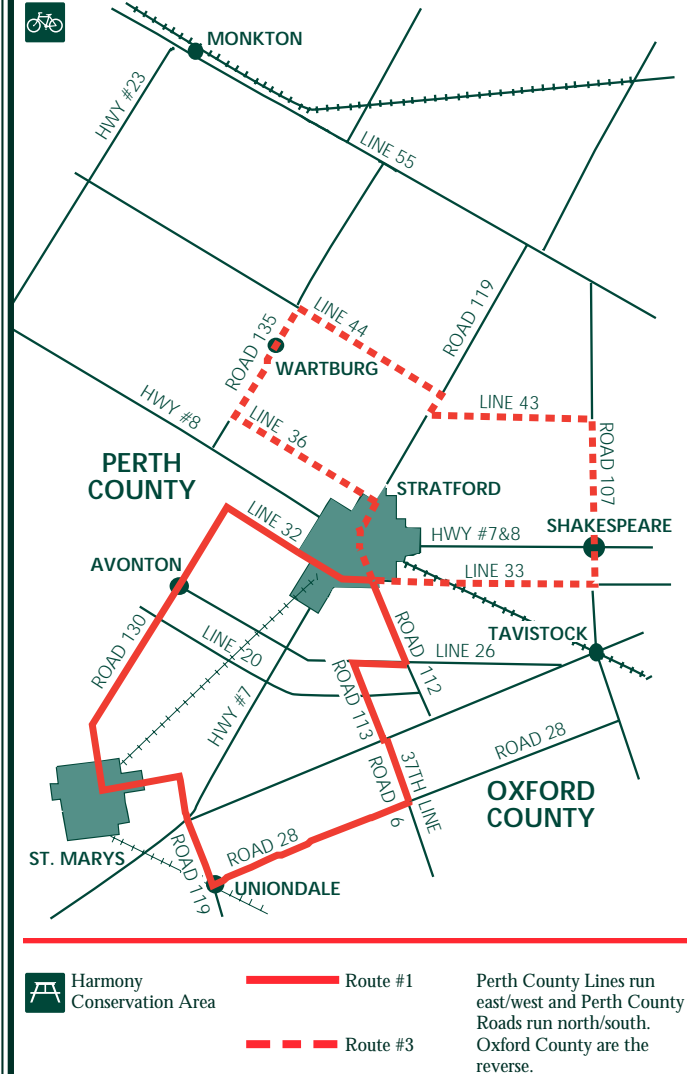
**Cost for Using Trail** None



**Second-hand smoke in any amount is harmful to your health.**

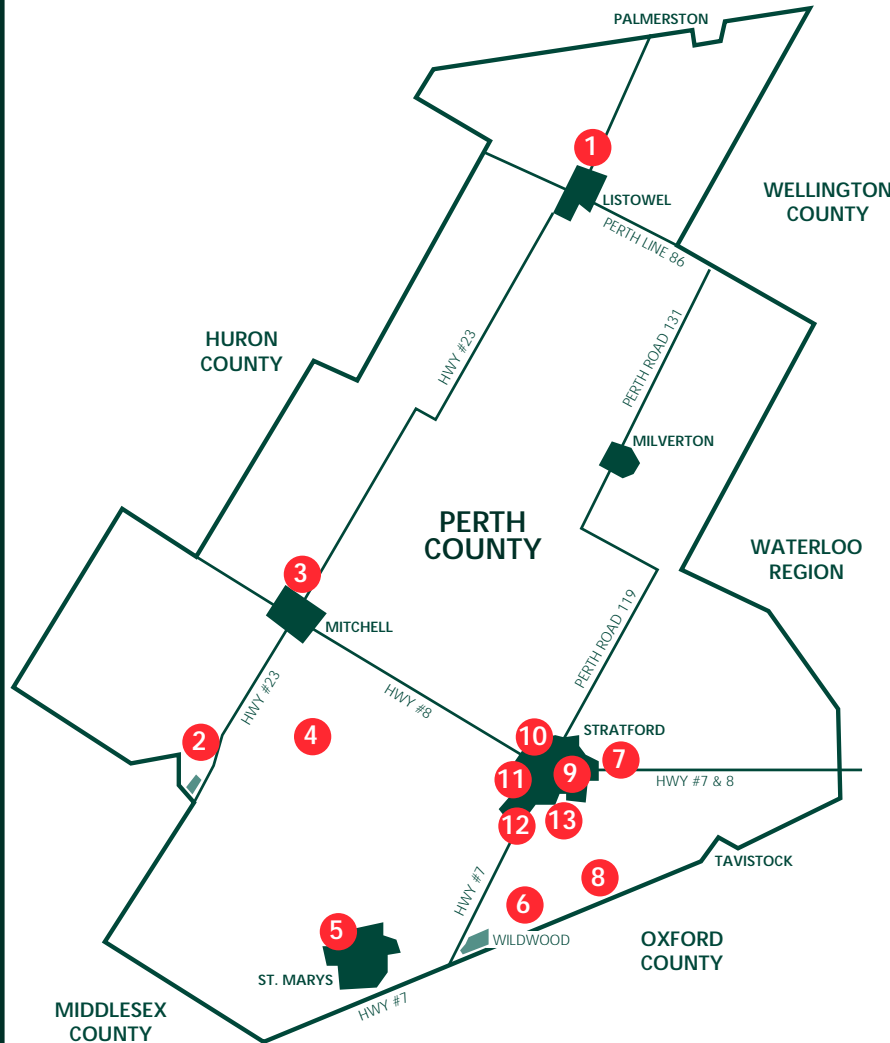
*move to the beat*

# Bicycling Routes #1 and #3



Routes #2, #4 and #5 on page 22.

## A Guide To The Trails Of Perth County

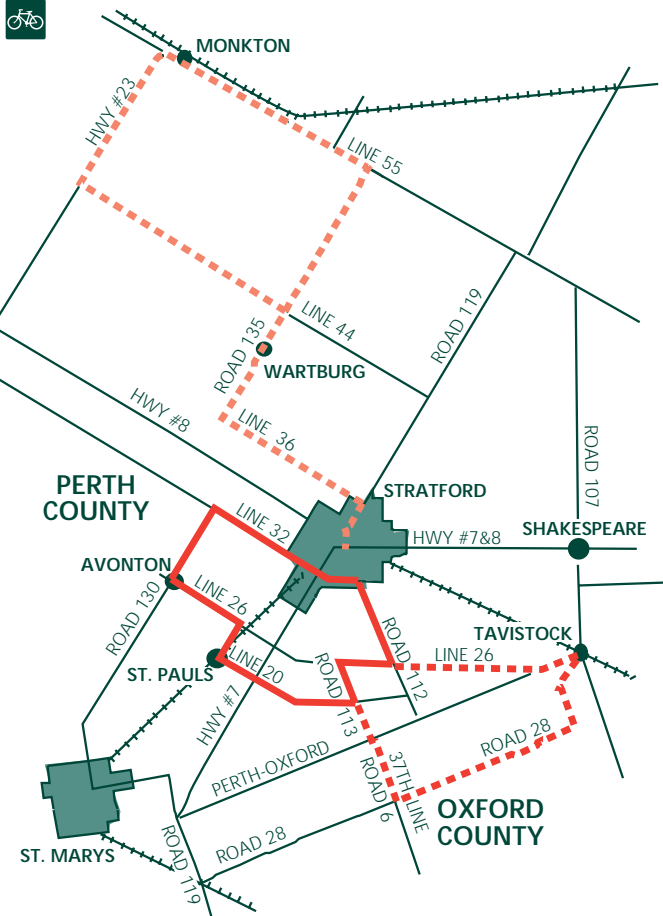


- 1 North Perth Trails (Listowel)
- 2 Sawyer Preservation Woodlot
- 3 The Trails of Mitchell
- 4 North Thames Walking Trail
- 5 The Trails of St. Marys
- 6 Dr. R. S. Murray Forest (Wildwood)
- 7 Bicycle Routes of Perth County (start)
- 8 The Avon Trail
- 9 City of Stratford Bicycle Routes
- 10 Horticultural Society Tour (Stratford)
- 11 Stratford Strolls
- 12 T.J. Dolan Trail (Stratford)
- 13 YMCA Jogging Routes (Stratford)

Take A  
*Hike!*



## Bicycling Routes #2, #4 and #5



Harmony  
Conservation Area

Route #2

Route #4

Route #5

Routes #1 and #3 on page 19.

## The Avon Trail

The Avon Trail is a 105 km hiking trail linking the Thames Valley Trail in St. Marys with the Grand Valley Trail in Conestogo. The trail meanders along streams, winds in and out of woodlands, skirts farm fields, and sometimes follows back roads. The terrain varies from flat and easy, to hilly and challenging. The Avon Trail is open to all persons willing to abide by the Trail User's Code.

The Avon Trail organization conducts hikes, co-ordinates development and maintenance of the trail and publishes a guidebook. Members receive newsletters and schedules of hikes and activities.

*Memberships and/or guidebooks with trail descriptions and maps are available to be purchased for a nominal fee, by contacting the Avon Trail. They are also available at Tourism Stratford.*



**Choose comfortable shoes for walking.  
Shoes should be flexible with roomy toes, have  
non-slip soles and have good support at the heels.**

*move to the beat*

## City of Stratford Bicycle Routes

Stratford's bicycle routes are on bicycle-friendly streets, avoiding heavily travelled streets. Routes chosen offer a safe, enjoyable alternative to the busy main streets even though bike lanes are not available. The city has been divided into three sections to map out effective routing options.

### The Downtown Core and Lake Victoria Area

Explore the Victorian heritage of downtown Stratford. View the majestic City Hall, newly renovated Avon Theatre and attractive store fronts in the shopping district. A bicycle and foot path circles Lake Victoria in the heart of Stratford's park system. Follow the river over the dam, next to the Shakespearean Gardens and through a quiet residential area. Return to your starting point by way of the Perth County Court House and the Public Library.

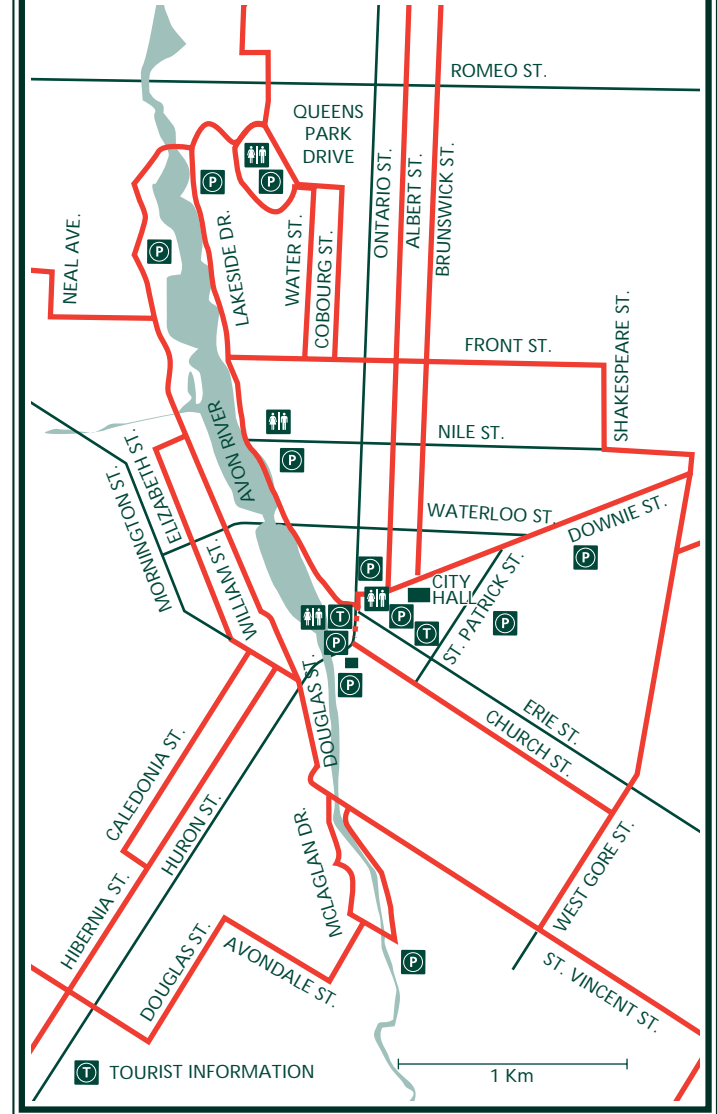
### Tips for Safe Cycling

When cycling,  
wear a comfortable and well fitted helmet.

Avoid reckless riding. Ride in control and safely.

*move to the beat*

## The Downtown Core & Lake Victoria Area



## City of Stratford Bicycle Routes

### Biking the East City Section

This section is routed through industrial parkland and the shopping mall area. Tree lined streets welcome you as you travel north of Ontario Street through a residential neighbourhood overlooking the Avon River and the Stratford Golf and Country Club.

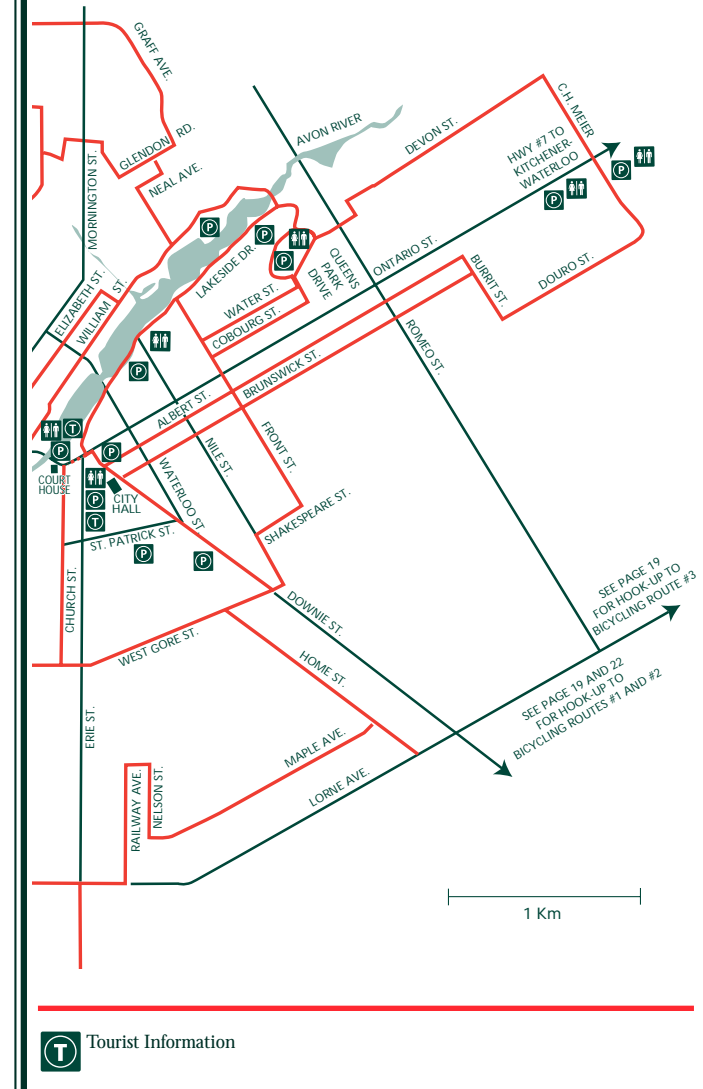
### Tips for Safe Cycling

**When cycling – see and be seen.**  
Use reflectors, luminous tape, lights  
and bright clothing.

**Think ahead – anticipate hazards.**

*move to the beat*

## Biking the East City Section





# Horticultural Tour

## Gardens and More!

This tour includes parks and flower beds, planted and maintained by the Stratford & District Horticultural Society. The tour also passes through, or by, the (1) Stratford Festival Theatre Gardens, (2) Confederation Park, (3) Millennium Park, (4) Meadowrue Corner Nature Gardens, (5) the Arboretum, and (6) the Shakespearean Gardens. There are many resting places en route to sit and enjoy the surrounding beauty as the trail meanders by Lake Victoria and the Avon River.

**Distance** 6.5 km - loop

**Difficulty Level** Level 1

**Trail Hazards** None evident


**Cost for Using Trail** None

**Map** Turn the accompanying map sideways for north/south







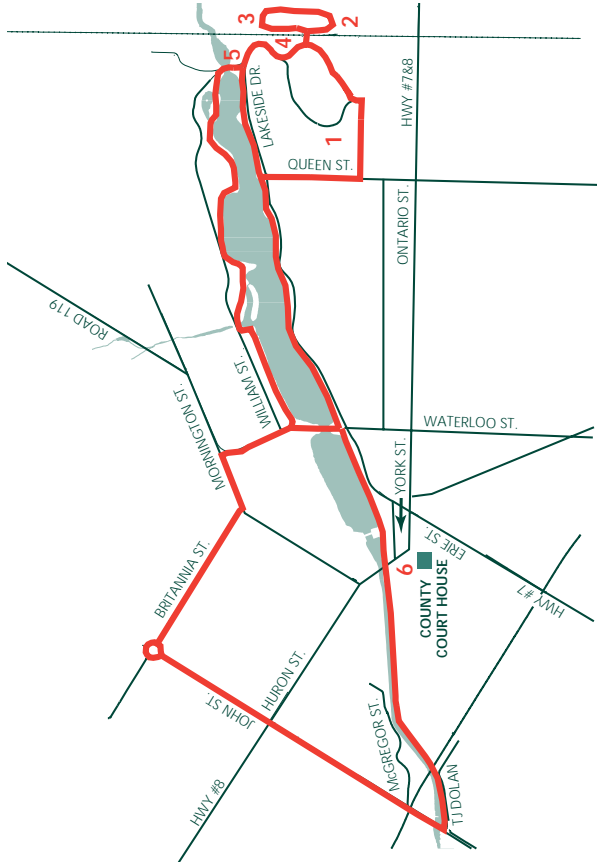
Make healthy lifestyle choices and reduce your risk of heart disease, stroke, diabetes and cancer.


*move to the beat*



10


## Horticultural Tour











 Some section accessible

 Throughout

 Throughout

 Paved/brick  
 Natural developed

 Upper Queen's Park (summer/fall only)  
William Allman Memorial Arena (all year)

# Stratford Strolls

## Experience the History

Discover the history of Stratford, which was officially surveyed between 1828 and 1829. Enjoy one, two or all three of the self-guided tours which pass by many historical sites. Guided tours start from the Tourism Stratford Information Centre on York St. 9:30 am Monday through Saturday weather permitting, during July and August and Saturdays in May, June and September. Detailed brochures are available at the Visitors' Information Centre and at 47 Downie Street.

**Distance** Festival Walk - approx. 2 hrs  
 Neighbourhood Walk - approx. 2 - 2½ hrs  
 Core of the City Walk - approx. 45 min.

**Difficulty Level** Level 1

**Trail Hazards** None evident

**Cost for Using Trail** None  
 (\$1.00 cost of Stratford Strolls Guide)

 A Neighbourhood Walk

 The Core of the City

 Festival Walk

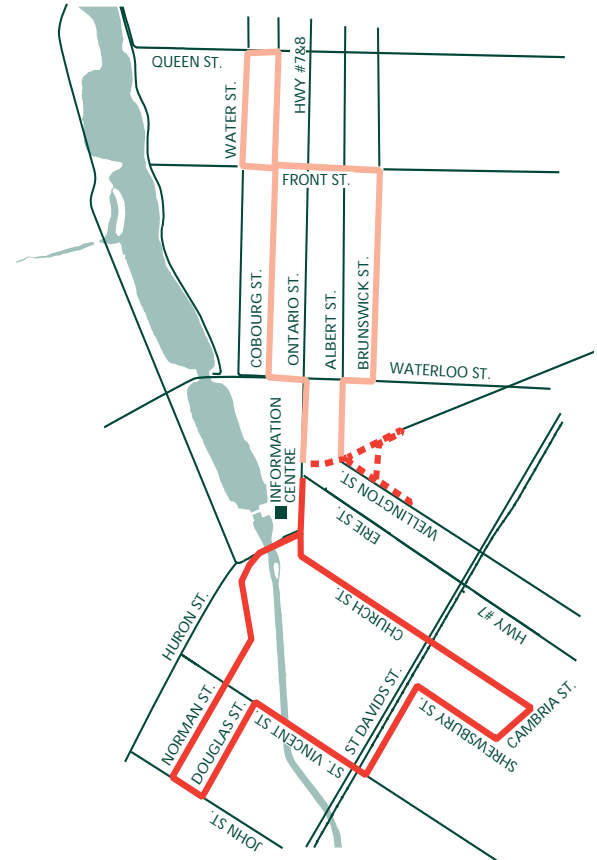
**Map** Turn the accompanying map sideways for north/south.



**Avoid foods high in saturated and trans fats. Instead, use healthy fats like olive oil or canola oil.**

*move to the beat* 

# Stratford Strolls



-  Core City and Festival Walk
-  Throughout
-  Upper Queen's Park (summer/fall only)  
William Allman Memorial Arena, City Hall (all year)
-  River and parks
-  Paved/brick
-  Natural developed

## T.J. Dolan Trail

### Delightful Meanderings

This trail is part of the remarkable park system that surrounds the Festival Theatre and the Avon River. The T.J. Dolan Natural Area offers well-marked trails meandering beside the river under a canopy of pine and maple trees. A delight for nature lovers, the trail consists of a north and south river trail loop with several side trails.

**Distance** River Trail North - 3.1 km - return  
River Trail South - 4.4 km - return  
- Blue 0.95 km  
- Red 0.90 km  
- Yellow 0.35 km

**Difficulty Level** Level 2

**Trail hazards** Tree stumps, some uneven terrain.

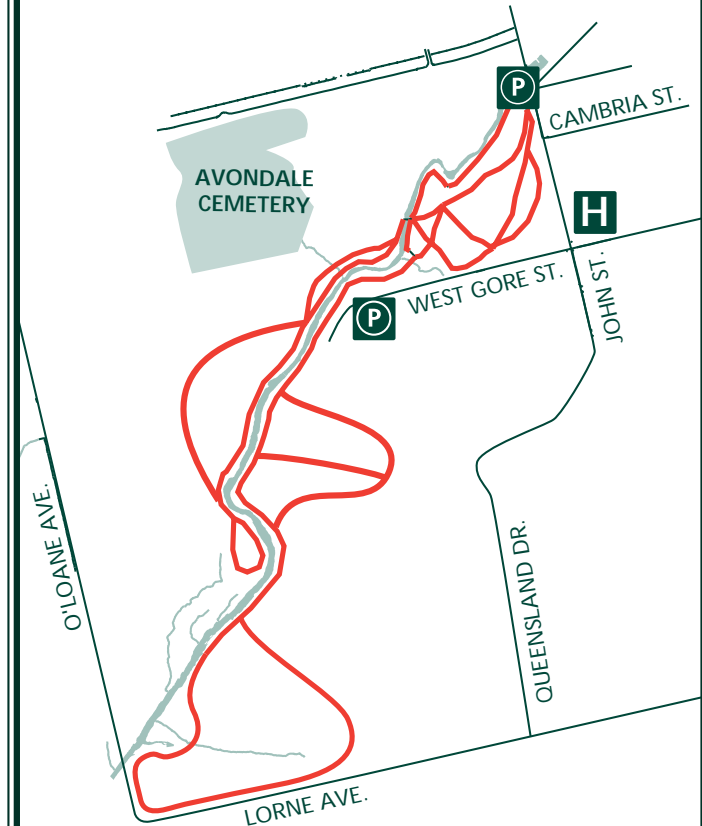
**Cost for Using Trail** None



Ask a smoker to take it outside!  
You and your family are worth it.

*move to the beat*

## T.J. Dolan Trail



**P** John Street entrance, and end of West Gore Street  
**A** Benches located on trails  
**N** Natural developed and undeveloped

## Running/Jogging/Walking

### Good Sights At Any Pace

These routes begin at the YMCA and pass many scenic gardens and buildings as they wind around the Avon River. The routes can tie into the T.J. Dolan Trail system to add variety to the run or walk.

Route maps and descriptions are available at the Family YMCA of Stratford-Perth at 204 Downie Street, Stratford, Ontario (519) 271-0480.

**Distance** Vary from 3.0 to 7.5 km

**Difficulty Level** Level 1

**Trail Hazards** None Evident

**Cost for Using Trails** None



Put your heart into it! *It feels great!*

*move to the beat* 

## Trail Contacts

For additional guide books and detailed information please contact:

### North Perth Trails

North Perth Parks and Recreation Department  
P.O. Box 41 Listowel ON N4W 3H2  
Phone: (519) 291-5604 Fax: (519) 291-3135

### Trails of Mitchell

Municipality of West Perth Clerk's Office  
P.O. Box 609, 169 David St. Mitchell ON N0K 1N0  
Phone: (519) 348-8429 Fax: (519) 348-8935  
Email: [bbelfour@westperth.com](mailto:bbelfour@westperth.com)

### Sawyer Preservation Woodlot Association

Harold & Aileen Burgin  
R.R. #1 St. Marys ON N4X 1C4  
Phone: (519) 229-6671  
Email: [aburgin@quadro.net](mailto:aburgin@quadro.net)

### Trails of St. Marys

St. Marys Recreation/Tourism Department  
5 James St. N.  
P.O. Box 218 St. Marys ON N4X 1B1  
Phone: (519) 284-4763 Fax: (519) 284-1483  
Email: [smrec@execulink.com](mailto:smrec@execulink.com)

### Dr. R. S. Murray Forest

Upper Thames River Conservation Authority  
Wildwood Conservation Area  
3995 Line 9 R.R. #2 St. Marys ON N4X 1C5  
Phone: (519) 284-2931 ext 425 Fax: (519) 284-4711  
Email: [infoline@thamesriver.on.ca](mailto:infoline@thamesriver.on.ca)  
Website: [www.thamesriver.on.ca](http://www.thamesriver.on.ca)

## Trail Contacts

### Trails of Stratford

Tourism Stratford  
47 Downie St. Stratford ON N5A 1W7  
Phone: (519) 271-5140 or 1-800-561-SWAN Fax: (519) 273-1818  
Website: [www.city.stratford.on.ca](http://www.city.stratford.on.ca)

### City of Stratford Bicycle Routes

**Stratford Community Services Department**  
P.O. Box 874, 27 Morenz Dr. Stratford ON N5A 6W3  
Phone: (519) 271-0250 ext. 287 Fax: (519) 273-6492

### Bicycle Routes of Perth County

Tourism Stratford  
47 Downie St. Stratford ON N5A 1W7  
Phone: (519) 271-5140 or 1-800-561-SWAN Fax: (519) 273-1818

### The Avon Trail

P.O. Box 21148 Stratford ON N5A 7V4  
Phone: (519) 271-8730 - Tim Donavon  
Phone: (519) 271-6199 - Sandra Coulthard  
Website: [www.avontrail.ca](http://www.avontrail.ca)

### Healthy Living Perth

653 West Gore Street Stratford ON N5A 1L4  
Phone: (519) 271-7633 or 1-877-271-7348 ext 278  
Fax: (519) 271-8243  
Email: [price@pdhu.on.ca](mailto:price@pdhu.on.ca)

### County of Perth Planning Office

County Court House 1 Huron St. Stratford ON N5A 5S4  
Phone: (519) 271-0531 Fax: (519) 273-5967  
Email: [inquiries@countyofperth.on.ca](mailto:inquiries@countyofperth.on.ca)

## Trail Contacts

### Perth District Health Unit

653 West Gore St. Stratford ON N5A 1L4  
Phone: (519) 271-7600 or 1-877-271-7348 Fax: (519) 271-8243  
Email: [pdhu@pdhu.on.ca](mailto:pdhu@pdhu.on.ca)  
Website: [www.pdhu.on.ca](http://www.pdhu.on.ca)

### North Thames Trail

Tom Miller, Chair  
North Thames Walking Trail - Steering Committee  
R.R. #1 Mitchell, ON N0K 1N0  
Phone: (519) 229-6429  
Email: [milrbarn@quadro.net](mailto:milrbarn@quadro.net)

### Perth Stewardship Network

c/o Ken Maronets  
P.O. Box 819 100 Don St. Clinton, ON N0M 1L0  
Phone: (519) 482-3589  
Email: [ken.maronets@mnr.gov.on.ca](mailto:ken.maronets@mnr.gov.on.ca)

**For cycling routes from 15 to 45 km please contact:**

### Pacemakers Cycling Club

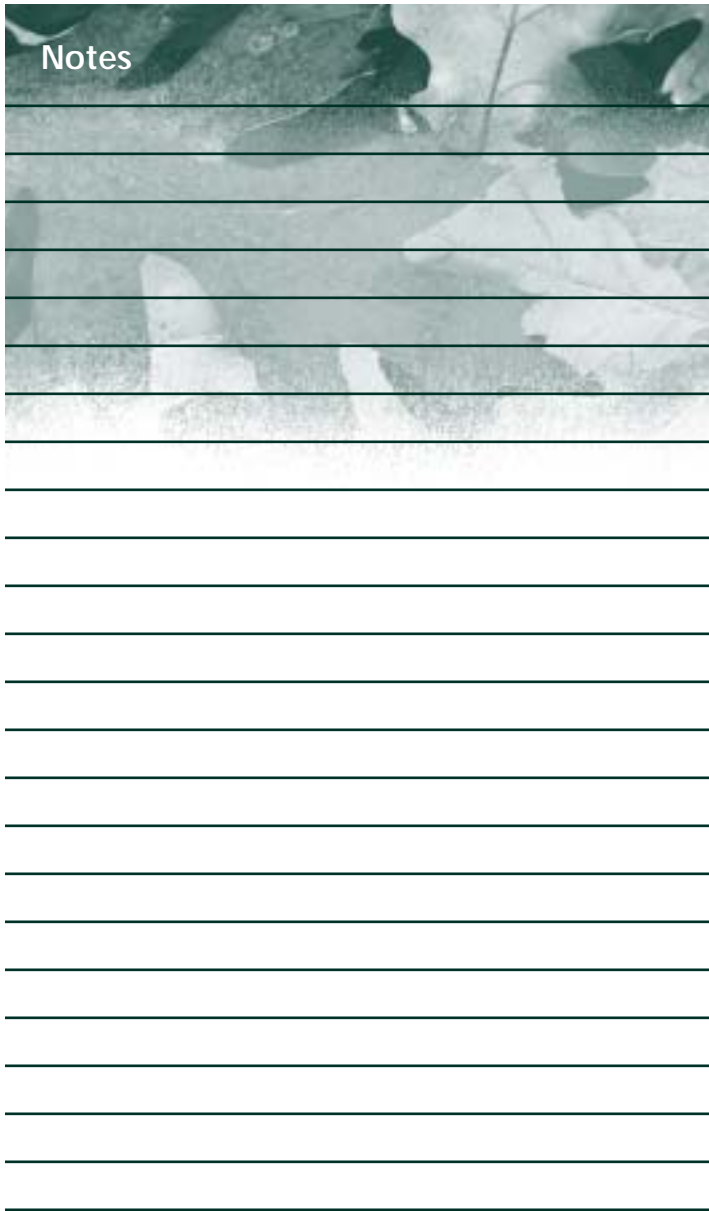
c/o Ian Watson  
8 Strachan St. Stratford ON N5A 2B1  
Phone: (519) 272-0964  
Email: [sweet.william@sympatico.ca](mailto:sweet.william@sympatico.ca)

**For cross-country skiing information please contact:**

### Upper Thames River Conservation Authority

Wildwood Conservation Area  
3995 Line 9 R.R. #2 St. Marys ON N4X 1C5  
Phone: (519) 284-2931 ext 425  
Email: [infoline@thamesriver.on.ca](mailto:infoline@thamesriver.on.ca)  
Website: [www.thamesriver.on.ca](http://www.thamesriver.on.ca)

Notes

A vertical rectangular area with a background image of leaves and a series of horizontal lines for writing. The background image shows various shades of green and brown leaves, some with prominent veins. The word "Notes" is written in white at the top left. Below the word, there are 20 horizontal black lines spaced evenly down the page, providing a space for handwritten notes.