Let's get active!

Try it, your way, everyday!

Take the step towards a longer, healthier life.

Healthy Living
...it feels great!

Take A Hike!

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

4th Edition!

April 2004
Thank you to the organizations and groups that made this guide possible.

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West Perth Energy & Environment Committee
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.
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

Healthy Living

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.

Distance 2.4 km - main loop

Difficulty Level Level 1

Trail Hazards Poison ivy is present in the woodlot but not an obstruction on trails.

Cost for Using Trails None

Healthy Living

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

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
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”.

Distance

Mitchell to Fullarton 7 km - one way
Fullarton to St. Marys - to be developed

Difficulty Level

This trail varies in difficulty but is predominantly level 2

Trail Hazards

This is an undeveloped trail surface, which follows the natural landscape.

Cost for Using Trails

None

Healthy Living

Enjoy healthy eating!
Colour your plate with vegetables and fruit!
move to the beat
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.

Distance
- Grand Trunk Trail - 3.5 km - one way
- Riverview Walkway - 1.5 km - one way

Difficulty Level
- Level 1

Trail Hazards
- River bank, and the fenced Quarry

Cost for Using Trails
- None

Healthy Living
Keep kids hooked on life. Not hooked for life.
Supplying tobacco to anyone under 19 is against the law.
move to the beat?

The Trails of St. Marys

Riverview Grand Trunk Trail from Ingersoll to Wellington St.
Grand Trunk natural developed trail partially paved
Ingersoll Street, Wellington Street, Flats, downtown, tennis courts and north side of Quarry
Lawn bowling, Flats, tennis courts (summer only), Quarry (all year)
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.

Healthy Living
Walk with a friend or your family - it’s more fun!
move to the beat

Dr. R. S. Murray Forest Map

- 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.

Distance

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

Healthy Living

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

*Healthy Living*

*It feels great!*

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.
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.
City of Stratford Bicycle Routes

Biking the West City Section
A restful ride awaits you on the T.J. Dolan Trail. Travel along many off-road trails through woodlands and meadows along the lower reach of the Avon River. Enjoy the tranquillity of the quiet memorial roads of the Stratford Cemetery.

Tips for Safe Cycling

Keep your bicycle in good working condition.
Respect pedestrians who have the right of way.
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) Meadow rue 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

Healthy Living

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

move to the beat
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)

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A Neighbourhood Walk

The Core of the City

Festival Walk

**Map**

Turn the accompanying map sideways for north/south.

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**Healthy Living**

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

**move to the beat**
**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

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**Healthy Living**

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

Healthy Living

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

Sawyer Preservation Woodlot Association
Harold & Aileen Burgin
R.R. #1 St. Marys ON N4X 1C4
Phone: (519) 229-6671
Email: 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

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
Website: www.thamesriver.on.ca
Trail Contacts

Trails of Stratford
Tourism Stratford
47 Downie St. Stratford ON N 5 A 1 W 7
Phone: (519) 271-5140 or 1-800-561-SWAN Fax: (519) 273-1818
Website: www.city.stratford.on.ca

City of Stratford Bicycle Routes
Stratford Community Services Department
P.O. Box 874, 27 Morenz Dr. Stratford ON N 5 A 6 W 3
Phone: (519) 271-0250 ext. 287 Fax: (519) 273-6492

Bicycle Routes of Perth County
Tourism Stratford
47 Downie St. Stratford ON N 5 A 1 W 7
Phone: (519) 271-5140 or 1-800-561-SWAN Fax: (519) 273-1818

The Avon Trail
P.O. Box 21148 Stratford ON N 5 A 7 V 4
Phone: (519) 271-8730 - Tim Donavon
Phone: (519) 271-6199 - Sandra Coulthard
Website: www.avontrail.ca

Healthy Living Perth
653 West Gore Street Stratford ON N 5 A 1 L 4
Phone: (519) 271-7633 or 1-877-271-7348 ext 278
Fax: (519) 271-8243
Email: price@pdhu.on.ca

County of Perth Planning Office
County Court House 1 Huron St. Stratford ON N 5 A 5 S 4
Phone: (519) 271-0531 Fax: (519) 273-5967
Email: inquiries@countyofperth.on.ca

Perth District Health Unit
653 West Gore St. Stratford ON N 5 A 1 L 4
Phone: (519) 271-7600 or 1-877-271-7348 Fax: (519) 271-8243
Email: pdhu@pdhu.on.ca
Website: www.pdhu.on.ca

North Thames Trail
Tom Miller, Chair
North Thames Walking Trail - Steering Committee
R.R. #1 Mitchell, ON N 0 K 1 N 0
Phone: (519) 229-6429
Email: milrbarn@quadro.net

Perth Stewardship Network
c/o Ken Maronets
P.O. Box 819 100 Don St. Clinton, ON N 0 M 1 L 0
Phone: (519) 482-3589
Email: 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 N 5 A 2 B 1
Phone: (519) 272-0964
Email: 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 N 4 X 1 C 5
Phone: (519) 284-2931 ext 425
Email: infoline@thamesriver.on.ca
Website: www.thamesriver.on.ca