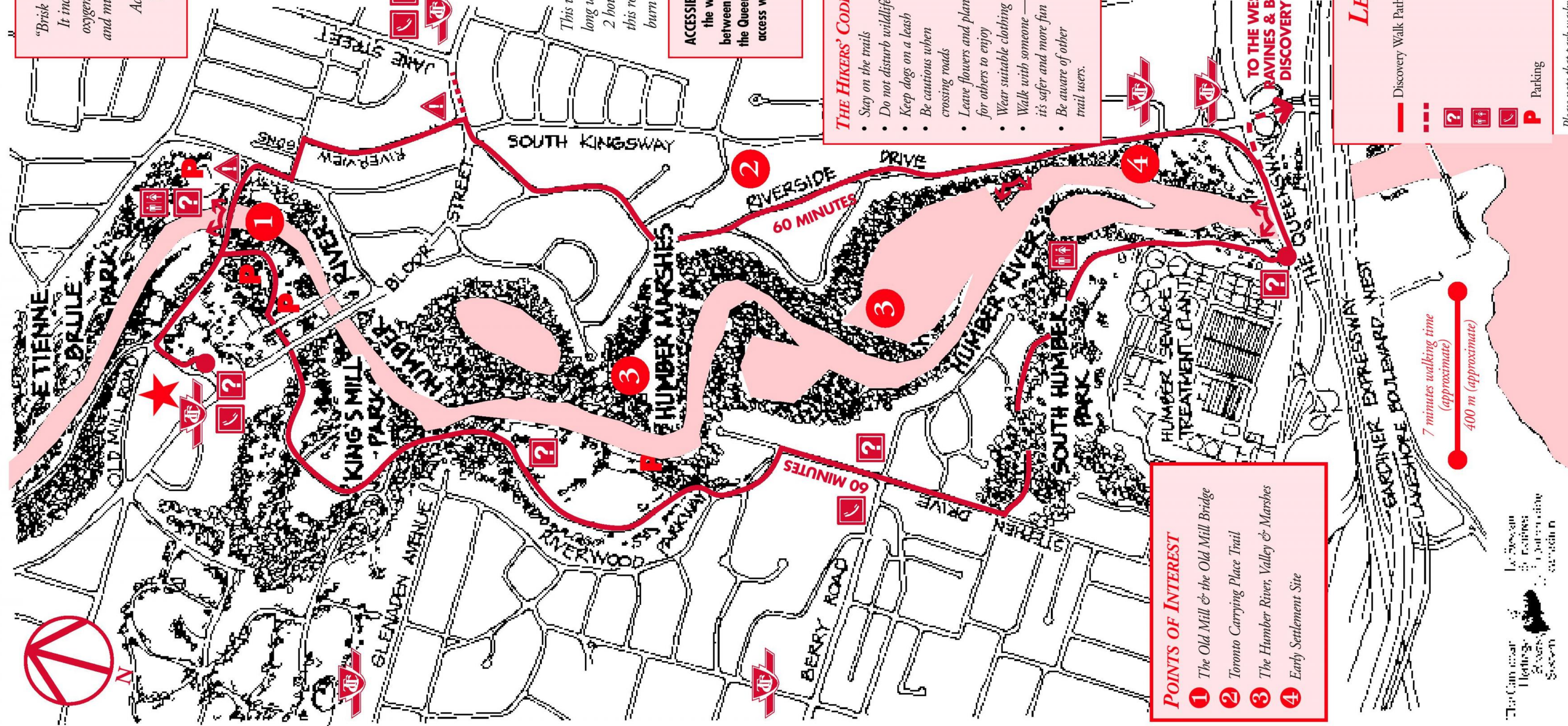




"Brisk walking is an aerobic activity. It increases the body's demand for oxygen and trains your heart, lungs and muscles to work more efficiently."

Active Living Canada and
Toronto Public Health



This walk is approximately 7.3km long with a walking time of about 2 hours (minimum). If you walk this route at a brisk pace, you will burn approximately 450 calories.

ACCESSIBILITY: The section of the trail on the west side of the Humber River, between the Old Mill Subway Station and the Queensway, has a combination of level access with some moderate slopes and a hard-paved surface.

- THE HIKERS' CODE**

 - Stay on the trails
 - Do not disturb wildlife
 - Keep dogs on a leash
 - Be cautious when crossing roads
 - Leave flowers and plants for others to enjoy
 - Wear suitable clothing
 - Walk with someone — it's safer and more fun
 - Be aware of other trail users.
- REMEMBER**

 - All walks involve stairs and/or slopes
 - Walking surfaces vary and can include hard pavement, woodchips, grass, limestone fines, sand and/or bare earth
 - Steps and paths are not lighted and not cleared of ice and snow
 - Use at your own risk

- POINTS OF INTEREST**
- 1 The Old Mill & the Old Mill Bridge
 - 2 Toronto Carrying Place Trail
 - 3 The Humber River, Valley & Marshes
 - 4 Early Settlement Site

- LEGEND**
- Discovery Walk Path
 - ▲ Caution when crossing
 - ↗ Views
 - Public Transit
 - ★ Suggested starting and/or ending points
 - P Parking

The City of Toronto
Department of Recreation & Culture
Toronto Public Health

Please note that park washrooms are open from May to October.