

Please Select a Route:

- Starting at Foodland – Head west on Talbot St. – Right at Ottawa St. – Left at Echo St. – Left at Munsee St. – Left at Kerr St. – Left at Winnett St. – Right at Talbot St. and end at Foodland.

Distance: 1.4 km

- Starting at J.L. Mitchener Public School – Left onto Joseph St. – Left at Thorburn St. – Right at Hudson Dr. – Right at Powell Ln. – Continue onto Abbot Ln. then turn right at Commodore Rd. – Right at Country Club Rd. – Left at Commodore Rd. – Right at Abbot Ln. – Left at Joseph St. and end at J.L. Mitchener.

Distance: 1.5 km

- Starting at Bob Baigent Memorial Park (riverside pavilion) – Head north on Ouse St. – Cross Highway 3 and continue on Ouse St. – Right at Mohawk St. – Right at Cayuga St. – Cross Highway 3 and continue on Cayuga St. – Right at Baird St. – Right at Ouse St. and end at Bob Baigent Memorial Park.

Distance: 1.8 km

- Starting at J.L. Mitchener Public School – Head north on Munsee St. – Left at Talbot St. (Highway 3) – Left at Cayuga St. (traffic lights) – Veer left onto Seneca St. – Follow Seneca St. to the end and make a slight left at Cayuga St. – Left at Joseph St. and end at J.L. Mitchener.

Distance: 2.9 km

Benefits of a walkable community

Building and supporting a community that supports walking is good for people, the environment and the economy.

Health

People who walk lower their risk of obesity, diabetes and heart disease. Walkable communities provide greater opportunities for people to walk and be active in their neighbourhood.

Environment

When we walk instead of driving short distances we help keep the air and water clean.

Traffic and Congestion

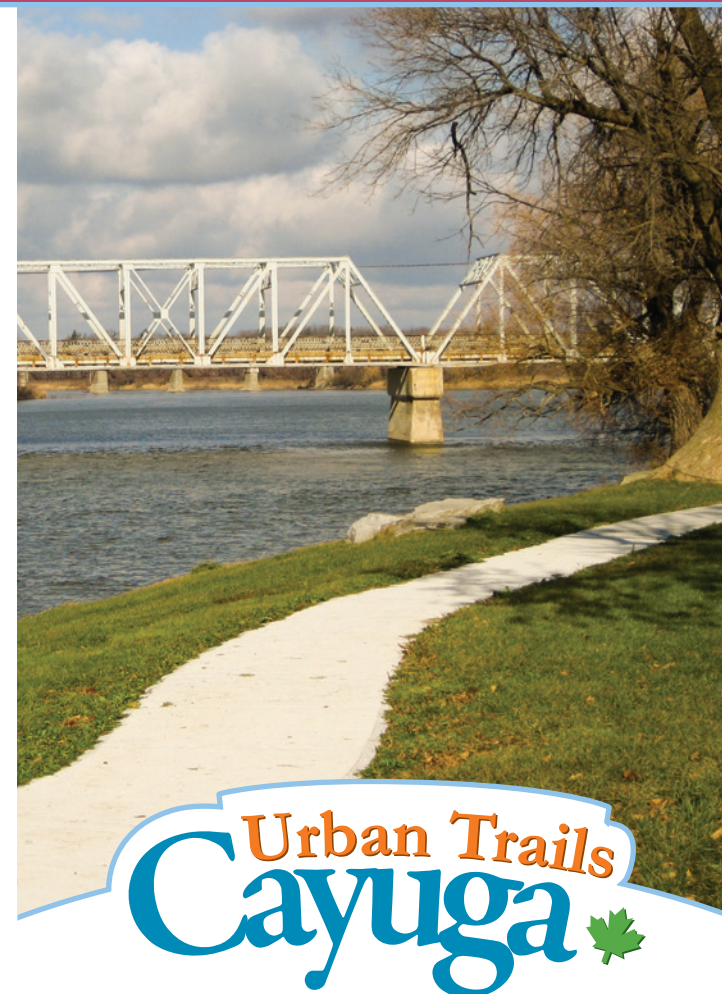
When more people walk, there is less traffic. This means driving is safer and roads cost less to maintain.

Community

When people walk, they feel more a part of their community. They feel connected to the places where they live, work and play and more aware of the environment. When people are out walking and cycling, the streets are safer.

Economy

As people stay healthy, health care costs less. When communities are well-designed and compact, more people can get to the employment, education and social services they need.



Urban Trails
Cayuga

Health Action is funded by the Ministry of Health Promotion and supported by the Haldimand-Norfolk Health Unit. Health Action partners with 30 individuals and organizations, and promotes integration, communication and supportive environments that encourage people in our communities to live healthy lives.



www.healthaction.ca



The logo for Urban Trails Cayuga. The words "Urban Trails" are in a smaller, orange, sans-serif font. Below them, the word "Cayuga" is in a large, blue, cursive script font. To the right of "Cayuga" is a small green maple leaf icon.