

Please Select a Route:

- Starting at Video/Variety Store - Concession St. to Tamarac St., Tamarac to Cleary Ave., Cleary to Cedar St., Cedar to Victoria Ave., Victoria to Tamarac, Tamarac to Kneider Ave, Kneider to Cedar, Cedar to Gardiner Ave., Gardiner to Tamarac, Tamarac to Fairview Ave., Fairview to Cedar, Cedar to Park Ave., Park to Tamarac, Tamarac to Forest St., Forest to Pine St., Pine to Concession St., Concession back to the store.

Total Distance: 5.1 km

- Starting at Fairview School - Fairview Ave. to Cedar St., Cedar to Forest St., Forest to Tamarac St., Tamarac to Main St., Main to George St., George to Alder St., Alder to West St., West to South Cayuga St., South Cayuga to John St., John to Fairview, Fairview Ave. back to the school.

Total Distance: 5.2 km

- Starting at Food Basics - Main St. to George St., George to Cross St., Cross to John St., John to Jarrett Place, Jarrett to Concession St., Concession to Tamarac St., Tamarac to Main St., Main back to Food Basics.

Total Distance: 5.7 km

- Starting at Municipal Building - Cedar St. to Concession St., Concession to Jarrett Place, Jarrett to John St., John to Cross St., Cross to Robinson Rd., Robinson to Main St., Main to Cedar, Cedar St. back to Municipal Building.

Total Distance: 6.3 km

- Starting at Hospital - John St. to Jarrett Place, Jarrett to Concession St., Concession to Logan Rd., Logan to Highway #3, Highway #3 (Broad St.) to Hospital.

Total Distance: 7.7 km

Walking Information:

Staying Motivated

Good news! Smart, realistic goals can be easy to achieve and lead to long-term success. This success will help keep you motivated to continue. If you find yourself lacking that motivation just remember all the reasons why you started in the first place! Try some of these techniques to get back on track. Start today!

- Keep a daily log of your activities; schedule them into your daily routine.
- Vary your walking route.
- Think about how good you feel after your walk.
- Keep a pair of walking shoes in your car, just in case an opportunity to walk arises.
- Be flexible - life doesn't always go as planned.
- Get your family involved.

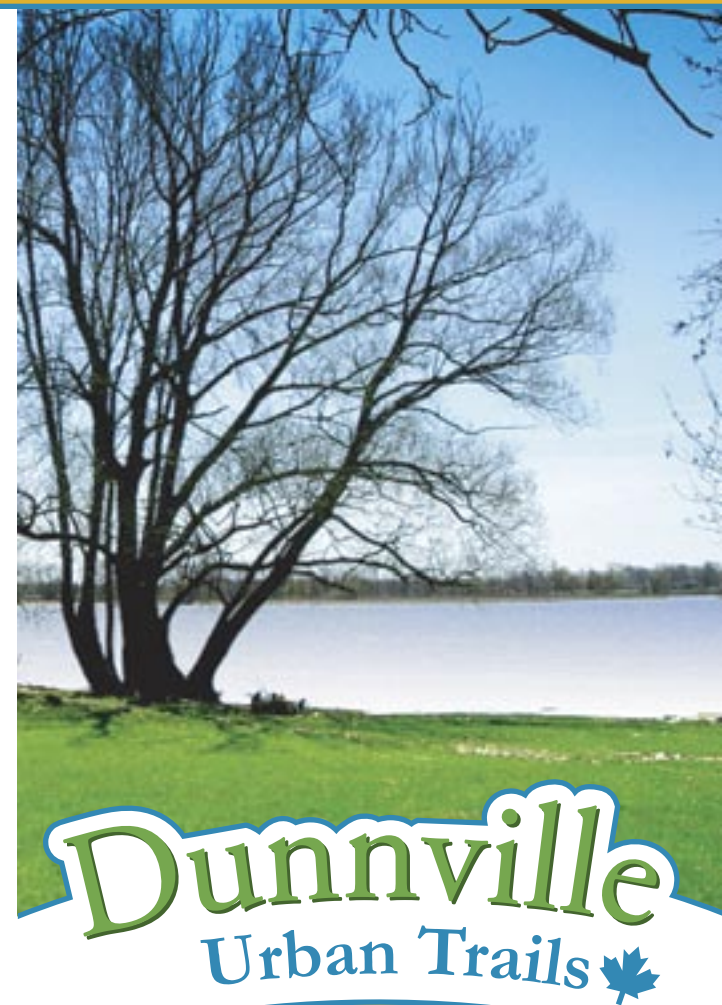
There is no set formula for success, so you'll have to experiment to find what works for you. Believe in yourself; you can do it!

(www.walkingconnection.com)



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www.dhhf.ca

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www.healthaction.ca



Long Routes

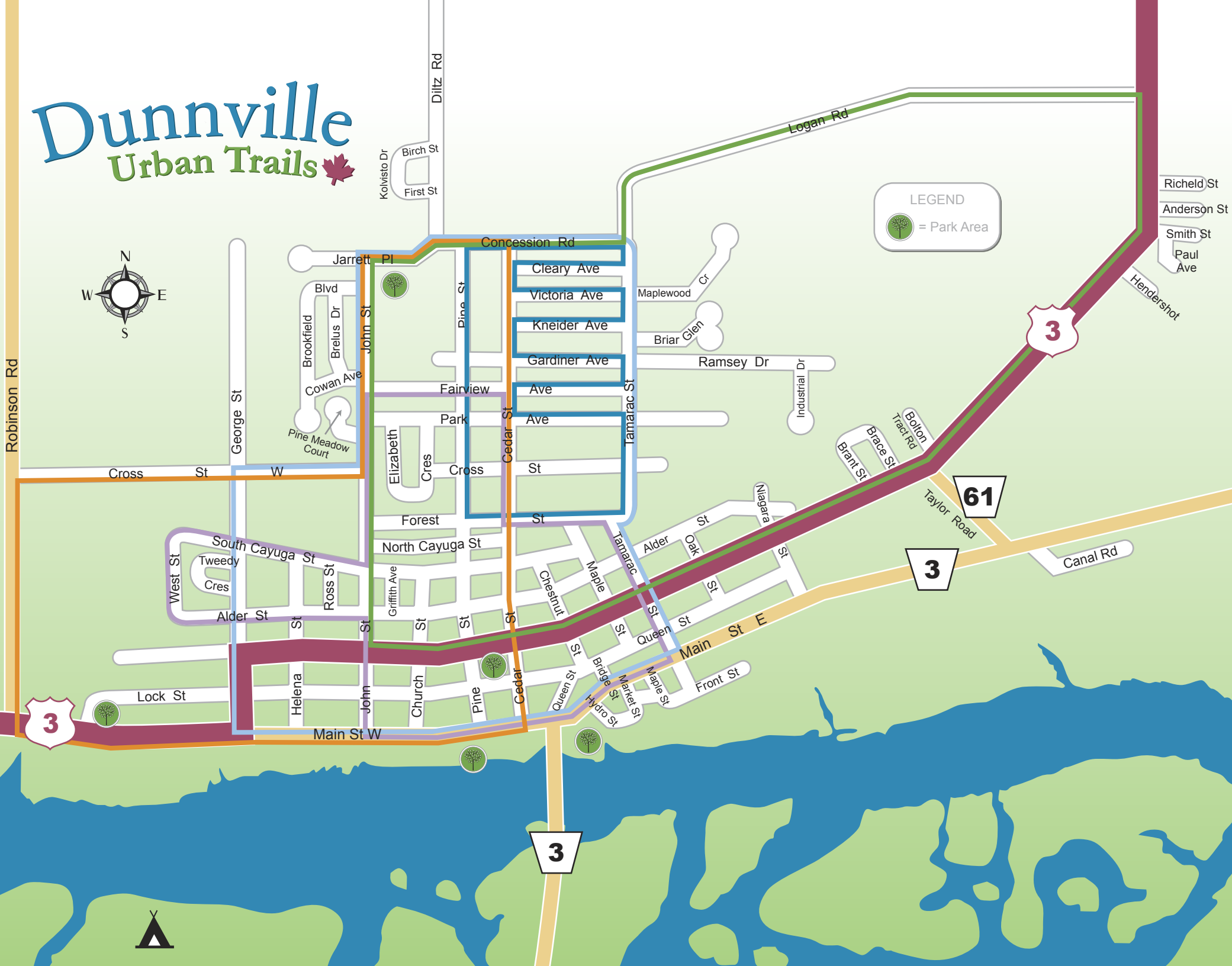


Dunnville Urban Trails



LEGEND

= Park Area



Roberson Rd

3

3

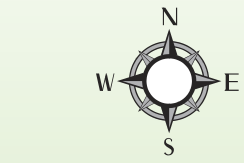
3

61

3

Hendershot

Richeld St
Anderson St
Smith St
Paul Ave



LEGEND

= Park Area

Roberson Rd

3

3

3

61

3

Hendershot

Richeld St
Anderson St
Smith St
Paul Ave