

Please Select a Route:

- Starting at Tim Hortons - Broad St. to George St., George to Alder St., right on Alder to Niagara St., Niagara to Broad, Broad St. to Tim Hortons.
Total Distance: 3.8 km
- Starting at Donut Diner - Broad St. to George St., George to Lock St., Lock to Queen St., Queen to Niagara St., Niagara to Donut Diner.
Total Distance: 3.9 km
- Starting at Lion's Park - Lock St. to Queen St., Queen to Niagara St., Niagara to Alder St., Alder to George St., George to Lock, Lock St. back to the park.
Total Distance: 4.8 km
- Starting at Hospital - John St. to Jarrett Place, Jarrett to Concession St., Concession to Tamarac St., right on Tamarac to Main St., right on Main to John, John St. to Hospital.
Total Distance: 4.8 km
- Starting at Wingfield Park - Main St. to George St., George to Cross St., Cross to John St., John to Jarrett Place, Jarrett Place to Concession St., Concession to Cedar St., Cedar to Main St. and back to Wingfield Park.
Total Distance: 5 km

Walking Information:

Although walking is a safe low-impact exercise proper warm up and cool down will help you improve your performance and reduce risk of injury.

The body is like a finely tuned machine which needs to be warmed up to work at full efficiency. The best way to warm up is to walk slowly (your normal walking pace) for five minutes before stepping up to a brisker pace. A warm-up gradually increases your heart rate, breathing rate, circulation and temperature, getting your muscles and joints ready for action. Warming up is good for your brain too!

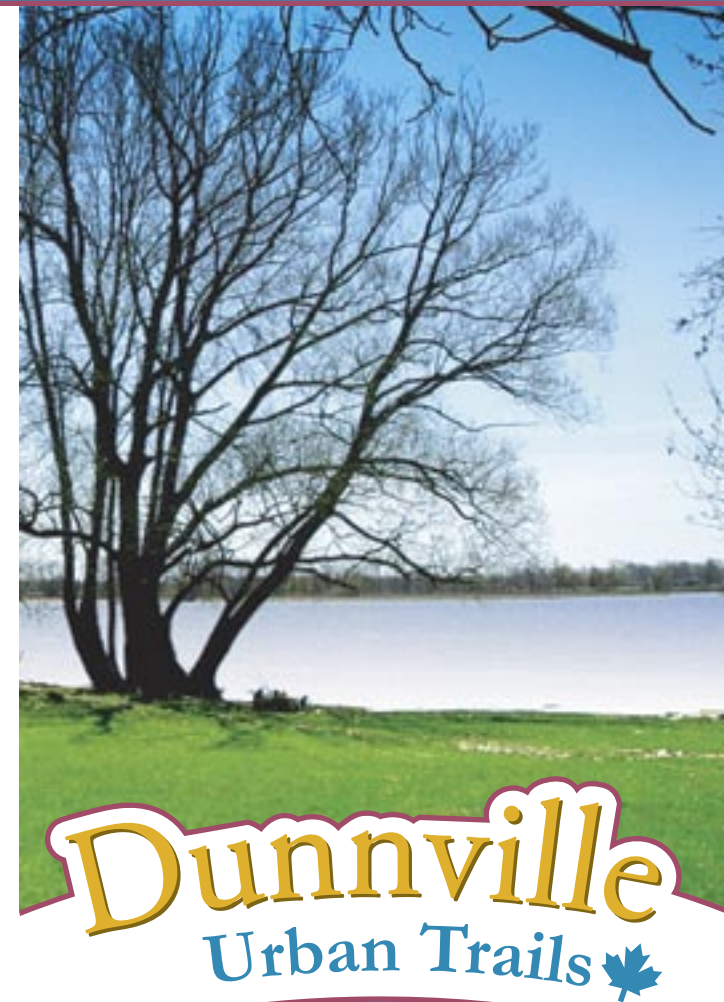
A good cool down looks like your warm up. Gradually reduce your pace over five minutes allowing your heart rate and blood pressure to return to normal. A proper cool-down helps you avoid muscle soreness and stiffness.

(Excerpt from Walking.org)



Brought to you by Haldimand Health and Wellness
www.dhhf.ca

This map is sponsored by Health Action
www.healthaction.ca



Medium Routes



Dunnville Urban Trails



LEGEND

= Park Area

