

Select a Route:

- Starting at Kinsman Park - John St. to Brookfield to Cowan, Cowan to John, John St. back to Kinsman Park.
Total Distance: 1 km
- Starting at Medical Centre - Lock St. to Queen St., Queen St., Queen to Main St., Main to George St., George to Lock St., Lock to the Medical Centre.
Total Distance: 2.4 km
- Starting at Lion's Park - Lock St. to George St., George to Cross St., Cross to John St., John to Lock St., Lock to Lion's Park.
Total Distance: 2.8 km
- Starting at Wingfield Park - Church St., to South Cayuga St., South Cayuga to West St., West St. to Alder St., Alder to John St., John to Main, Main St. back to Wingfield Park.
Total Distance: 2.8 km
- Starting at Lion's Park - Lock St. to George St., George to Cross St., Cross to John St., John to Main St., Main to George St., George to Lock St., Lock to Lion's Park.
Total Distance: 3 km
- Starting at Lion's Park - Lock St. to Queen St., right on Queen St. to Main St., right on Main to George, George to Lock St., Lock to Lion's Park.
Total Distance: 3 km
- Starting at Grace Reformed Church - South Cayuga St. to Maple St., Maple to Alder St., right on Alder to West St., West St. to South Cayuga St.
Total Distance: 3.1 km
- Starting at Fairview School - Fairview Ave. to Cedar St., Cedar to Main St., Main to John St., John to Fairview, Fairview Ave. back to the school.
Total Distance: 3.2 km
- Starting at Ambulance Base (across from former Wabasso) - Forest St. to John St., John to Jarrett Place; Jarret Place to Concession St., Concession to Tamarac St., Tamarac to Forest St., Forest to Ambulance Base.
Total Distance: 3.4 km
- Starting at Video/Variety Store - Pine St. to Main St., Main to Cedar St., Cedar to Concession St., Concession St. back to the store.
Total Distance: 3.5 km

Walking Information:

Walking is one of the easiest and most enjoyable forms of exercise. All you need is a good pair of shoes, comfortable clothing, and desire.

There are many benefits of walking:

- Refreshes the mind, reduces fatigue and increases energy.
- Reduces risk of heart disease, diabetes, osteoporosis.
- Strengthens bones.
- Trains heart, lungs and muscles to work more efficiently.
- Lowers blood pressure and cholesterol.
- Relieves stress and tension.
- Improves digestion and elimination.
- Improves mood and gives you a break!

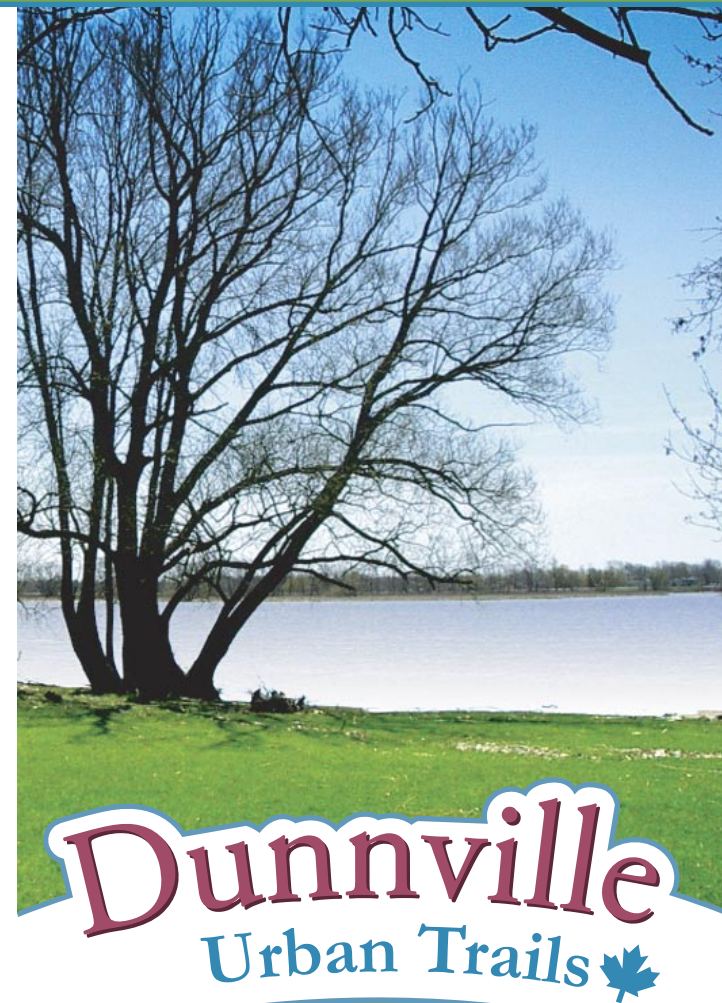
If you're new to walking, start off with slow, short sessions and build your way up gradually. If you have any health concerns or medical conditions, be sure to check with your doctor for advice before you begin a routine.

The routes contained on this map range in distance between 1.0km to 3.4km... great routes to start off with. You can stop at anytime and slowly work your way up to longer distances.



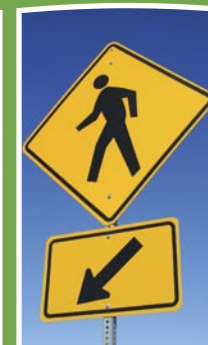
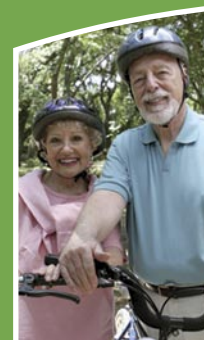
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Dunnville Urban Trails

Short Routes



Dunnville Urban Trails



LEGEND

= Park Area

