

# Walk in Norfolk



A GUIDE TO WALKING  
TRAILS IN NORFOLK COUNTY

*We would like to thank all of our Gold sponsors.  
Your contribution helps keep the people in Norfolk County  
active and healthy!*



**CARRIER EMERGENCY**



*Dedication: This publication is dedicated to the  
memory of Jane Miller, Active Living Coordinator  
with the Norfolk County Community Services  
Department. Jane was a strong advocate for  
safe walking routes and trails. She passionately  
encouraged citizens of all ages to get active and  
was instrumental in developing and leading  
walking groups.*



## Mayor's Message

On behalf of the Council of the Corporation, and the people of Norfolk County, I extend an invitation and encourage everyone of all age groups to use our Walk in Norfolk Trail Guide.

This guide includes locations and information about our rural trails: Lynn Valley, Backus Woods, Hay Creek and the Waterford Heritage Trail; and urban walks of 3 km and 5 km that have been mapped out for Courtland, Langton, Delhi, Port Rowan, Simcoe, Waterford and Port Dover.

This project is a collaboration between Norfolk County Community Services Department, Health Action, the Haldimand-Norfolk Health Unit and a variety of local sponsors and these organizations are to be congratulated.

Get involved and have fun in Norfolk.



A stylized, handwritten signature in black ink that reads "D Travale".

Dennis Travale, Mayor of Norfolk County

## Health Action wants you to get active for life.

More and more people are discovering the joys of the great outdoors. By walking or cycling you are able to get some exercise at your own pace – no need for fancy equipment!

### There are many benefits to walking:

- Refreshes the mind, reduces fatigue.
- Reduces risk of diabetes, osteoporosis and heart disease.
- Strengthens bones.
- Trains heart, lungs and muscles to work more efficiently.
- Relieves stress and tension.



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

Health Action participates with over 30 individuals and organizations to coordinate activities and common messages to help Haldimand and Norfolk residents reduce their risk of chronic diseases such as heart disease, cancer, stroke and diabetes.

For more information about Health Action, please visit [www.healthaction.ca](http://www.healthaction.ca)

# Trail User's Code

- Walk with a friend.
- Hike only along marked routes. Do not take shortcuts.
- Do not climb fences or open gates.
- Respect the privacy of people living along the trail.
- Leave the flowers and plants for others to enjoy.
- Protect trees and shrubs. Do not strip off bark.
- Do not disturb wildlife or farm animals.
- Keep dogs on a leash, especially on or near farmland.
- Leave the trail cleaner than you found it. Carry out all litter.
- Let family and friends know your hiking plans.
- Remember: You use the trail at your own risk.
- Leave only your thanks and take only photographs.

## Legend



Trail Access



Parking



Rest Area



Picnic Area



Rural Trail (various colours)



Urban Trail (various colours)



Paved Road



Non-motorized vehicles



Water

3 km = Approximately 36 minutes

5 km = Approximately 60 minutes

# *Trails Are for Everyone!*

Trails are often overlooked as a place to take part in regular physical activity. They are close and affordable and can be used for a short walk or hike, a leisurely stroll, an educational trip or your daily commute to work or school. You can travel with a bicycle, wheelchair, stroller or on foot. No matter how they are used, trails are fun for everyone!

## **Family Time**

Parents are a child's most important role model. Behaviour will shape their habits for years to come. Introducing trails as a physical activity option to children offers a simple and fun alternative that could become a lifelong favourite, whether for a planned outing or a daily activity.

## **Play Time**

Trails can be a fun environment in which children learn and play. Playing "I Spy", finding items from A to Z or reading interpretive signs along the way are simple ways to interact and have fun.

## **Private Time**

Trails can be a place to relax away from the hustle and bustle of daily life. Listening to the leaves in the wind or the sounds of birds or frogs is another great way to unwind after a long day.

Adapted with permission from  
Northern Ontario Trails  
"Yours to Explore",  
OHIN 2007 booklet.



# Norfolk County



**That's all you need!**



Borrow a pedometer (step counter) from any Norfolk County Public Library and get on your way to 10,000 steps a day.

Every step counts  
towards better health!



# Norfolk Urban and Rural Trails

*Backus Woods  
Trail*

Trail  
1

*Delhi  
Urban Trail*

Trail  
7

*Brook  
Conservation  
Trail*

Trail  
2

*Langton  
Urban Trail*

Trail  
8

*Hay Creek  
Trail*

Trail  
3

*Port Dover  
Urban Trail*

Trail  
9

*Lynn Valley  
Trail*

Trail  
4

*Port Rowan  
Urban Trail*

Trail  
10

*Waterford  
Heritage Trail*

Trail  
5

*Simcoe  
Urban Trail*

Trail  
11

*Courtland  
Urban Trail*

Trail  
6

*Waterford  
Urban Trail*

Trail  
12

# Backus Woods

(Port Rowan)

Backus Woods is one of the best remaining examples of old-growth Carolinian forest in Canada. This 650-acre forest tract is home to an array of plants, birds and wildlife. The trail system is organized around a main linear trail that connects 3 main trails. Trail uses include hiking, running and biking. Trail conditions include a good natural base with some exposed tree roots and low-lying wet areas.

## Flood Plain Trail — — — — —

**Description:** This trail takes you from the Backus Heritage Conservation Area across the 3rd Concession and along the Dedrich Creek, connecting with the Sugar Bush Trail.

**Access:** A small parking area is located off the 3rd Concession.

**Distance:** 3 km

**Points of interest:** Along this trail is the Dedrich Creek flood plain, bottomland meadows and forests of yellow birch and red maple.

## Sugar Bush Trail — — — — —

**Description:** This trail is a loop that takes you through one of the best examples of old growth beech-maple Carolinian forest in Ontario.

**Access:** A small parking area is located at the south end of the trail in the Charles Sauriol Carolinian Forest, off of Hwy #24.

**Distance:** 5 km loop

**Points of interest:** This trail includes a good variety of spring wildflowers, hemlock ravine and tulip trees. A short side trail leads to a wooded swamp containing 400 year old black gum trees.

## Wetlands Trail — — — — —

**Description:** This trail winds through a variety of landscapes in the northern portion of Backus Woods and links to the Sugar Bush Trail in the south tract.

**Access:** A small parking area is located at the north end of the trail off of Hwy #24.

**Distance:** 5.4 km

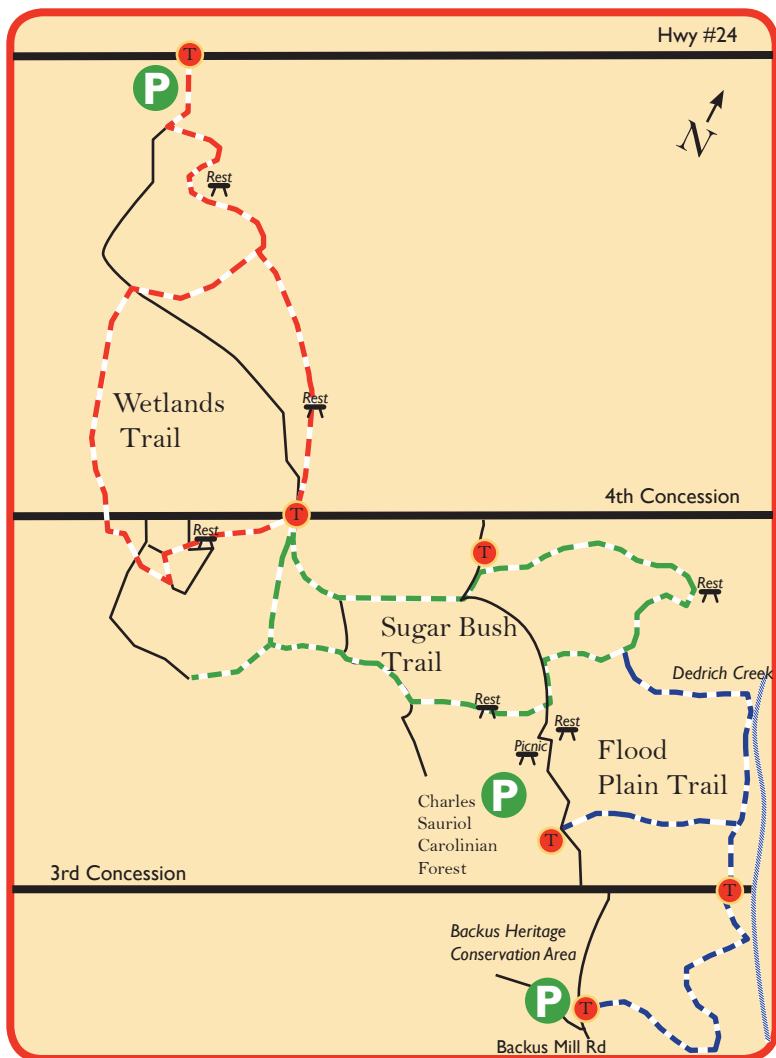
**Points of interest:** A sand road (4th Concession) divides the north and south tracts. The north tract includes seasonal wooded swamps, wooded thickets, marshy areas and ponds.



Choose comfortable shoes for walking. Shoes should be flexible with roomy toes, have non-slip soles and have good support at the heels.

1

Trail



Contact: Long Point Region Conservation Authority, [www.lprca.on.ca](http://www.lprca.on.ca)

# Brook Conservation Trails

## (Simcoe)

**Description:** The 30-acre Brook Conservation Area, located on the Lynn River in the southeast corner of Simcoe, provides opportunities for nature watching, fishing and hiking.

**Access:** The entrance is located at 35 Simson Ave. on Decou Rd. subdivision, off Hwy #24 south at White Horse Plaza.

**Distance:** 2.3 km ———

**Trail conditions:** This trail includes some hills and has a natural base with exposed tree roots. Be cautious when using the stairs and foot bridges; they can be slippery.

**Trail uses:** Hiking, running.

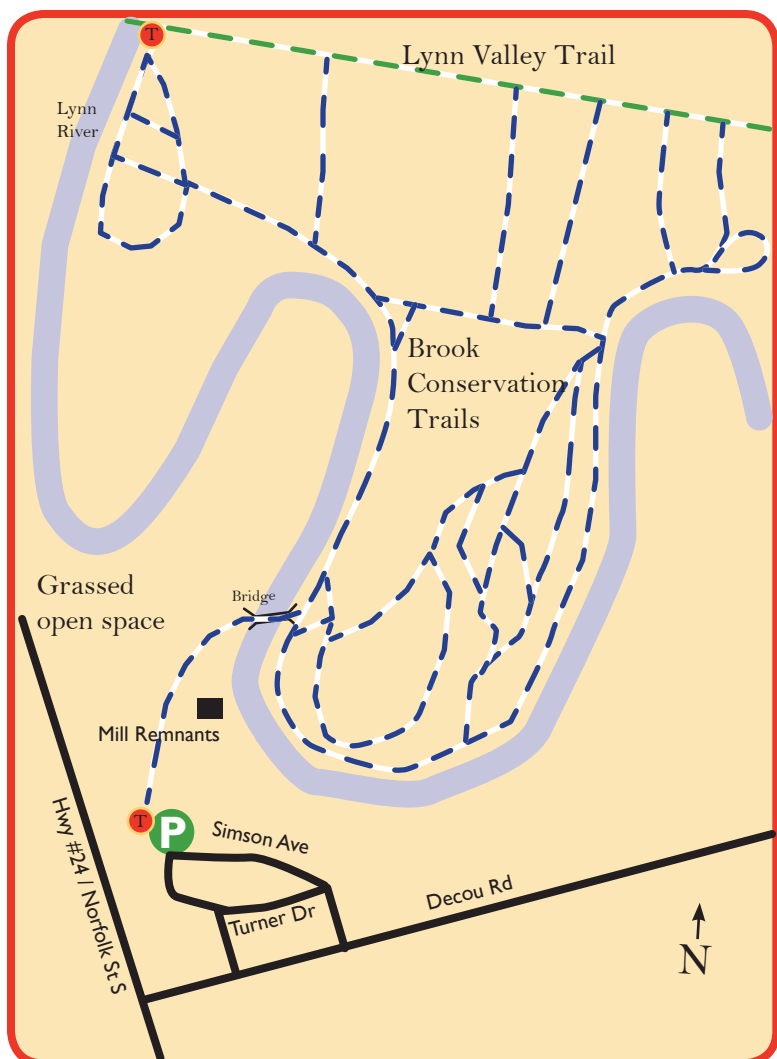
**Points of interest:** The Brook family operated a shoddy mill, that created fabric woven of yarn from the shredded fibre of previously worn or used material. Today you can find remains of a building containing the mill shaft at the entrance to the nature trails. The trail provides access to the Lynn River for fishing and links to the Lynn Valley Trail.



Walking is the best medicine.

~ Hippocrates

Trail  
2



Contact: Long Point Region Conservation Authority, [www.lprca.on.ca](http://www.lprca.on.ca)

# Hay Creek Trail

## (Port Ryerse)

**Description:** The trail loops through wooded areas and past the Hay Creek reservoir providing opportunity for bird watching and viewing a variety of plants. There are signs that describe some of the trees. The trail dips beside the Hay Creek Reservoir and hikers can cross a foot bridge into the conservation area.

**Access:** The entrance is located on Port Ryerse Rd. off Radical Rd. There are two small parking lots on Port Ryerse Rd.; one located at the start of trail and the other at the conservation area entrance.

**Distance:** 2 km — — — —

**Trail conditions:** This trail has natural packed earth surfaces and exposed tree roots. There are sections that become narrow. Be cautious of steep, slippery areas.

**Trail uses:** Hiking, running.

**Points of interest:** This trail offers some Carolinian species and a view of the Hay Creek Reservoir.



It's impossible not to walk – it's simply the greatest pleasure.  
~ John Hillaby



# *Lynn Valley Trail*

## *(Simcoe to Port Dover)*

**Description:** This is perhaps one of the best known trails in the county and work continues to extend the trail. It currently connects Simcoe to Port Dover. This former rail line was established along the pioneer river trail in 1873 and abandoned in 1988 when the Lynn Valley Trail Association was formed. Since 1992, many positive changes have taken place such as the addition of benches, picnic tables, fencing and signage.

**Access:** There is parking access at Memorial Park on Owen St. in Simcoe; however, you can access this trail from several points: Norfolk St., Decou Rd., Ireland Rd., Blueline Rd., Prospect St. and Lions Park in Port Dover.

**Distance:** 10 km starting at Victoria St. in Simcoe and ending at Silver Lake's Memorial Fountain in Port Dover. — — — —

**Trail conditions:** This trail is flat and covered with fine gravel. You will have to cross some major roads and there are bridges along the trail.

**Trail uses:** Walking, running, biking and nature loving.

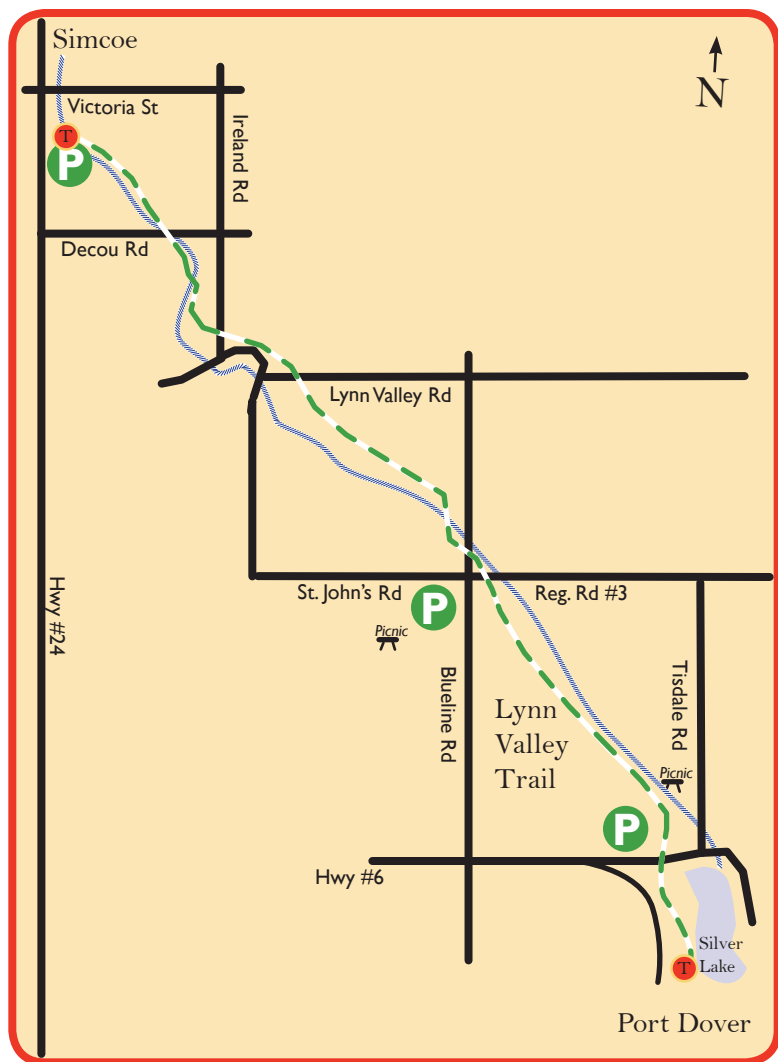
**Points of interest:** This trail includes four trestle bridges, historic trail links to native and pioneer travel. You will also find Carolinian flora and fauna along the trail.



Choose your own speed and walk at a pace that suits you.  
Enjoy your walk!

4

Trail



Contact: Lynn Valley Trail Association, [www.kwic.com/~lynntrail/](http://www.kwic.com/~lynntrail/)

# Waterford Heritage Trail

## (Waterford to Simcoe)

**Description:** The Waterford Heritage Trail, which runs from Waterford to Simcoe, is part of the Heritage Rail Line. Back in history, people would flag down the train to go to work, visit neighbours, shop in Simcoe or Port Dover. There are future development plans of connecting this trail to the Lynn Valley Trail.

**Access:** The best parking access for this trail is in Bloomsburg; however, you can access this trail from several other points. Use caution when accessing the trail from the other concession roads as parking is limited.

**Distance:** 6.2 km from Thompson Rd., Waterford to the 13th Concession on the outskirts of Simcoe. — — — — —

**Trail conditions:** This trail includes gravel and sandy soil section with some rough areas.

**Trail uses:** Hiking, biking, running and nature loving.

**Points of interest:** This trail offers a variety of trees and agriculture.



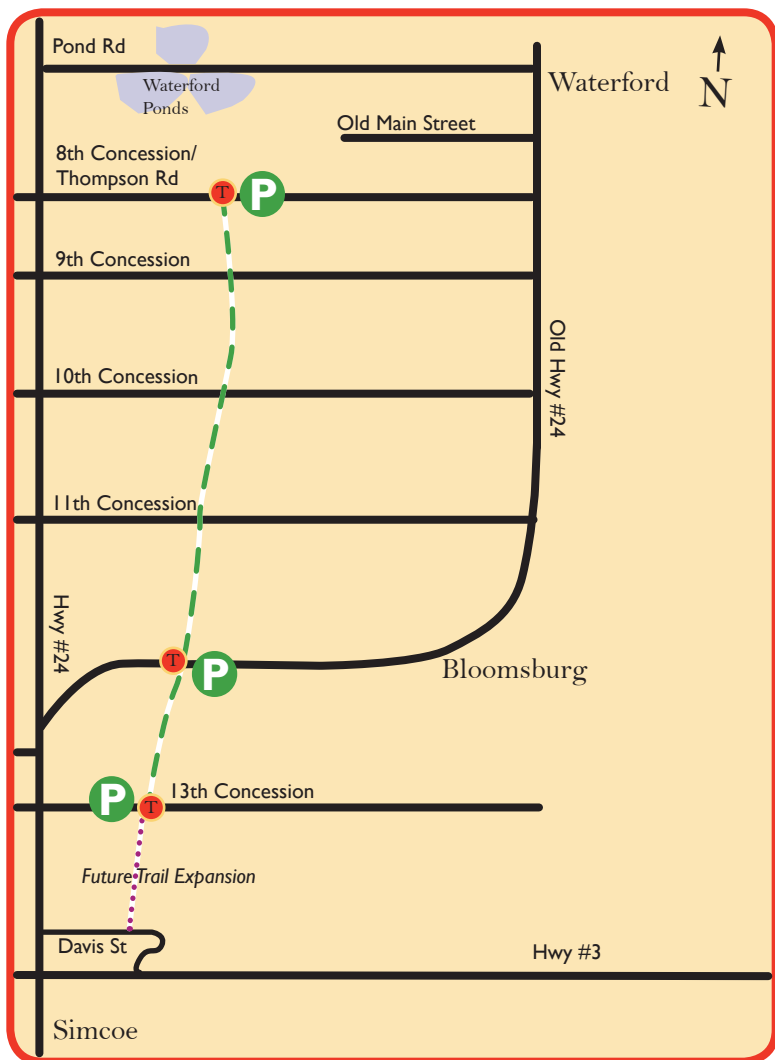


Of all exercises walking is the best.

~ Thomas Jefferson

5

Trail



# Courtland Urban Trail

**Description:** Located on Hwy #3 between Delhi and Tillsonburg. Come have a leisurely walk and discover the back streets of Courtland.

**Distance:** 3 km  or 5 km 

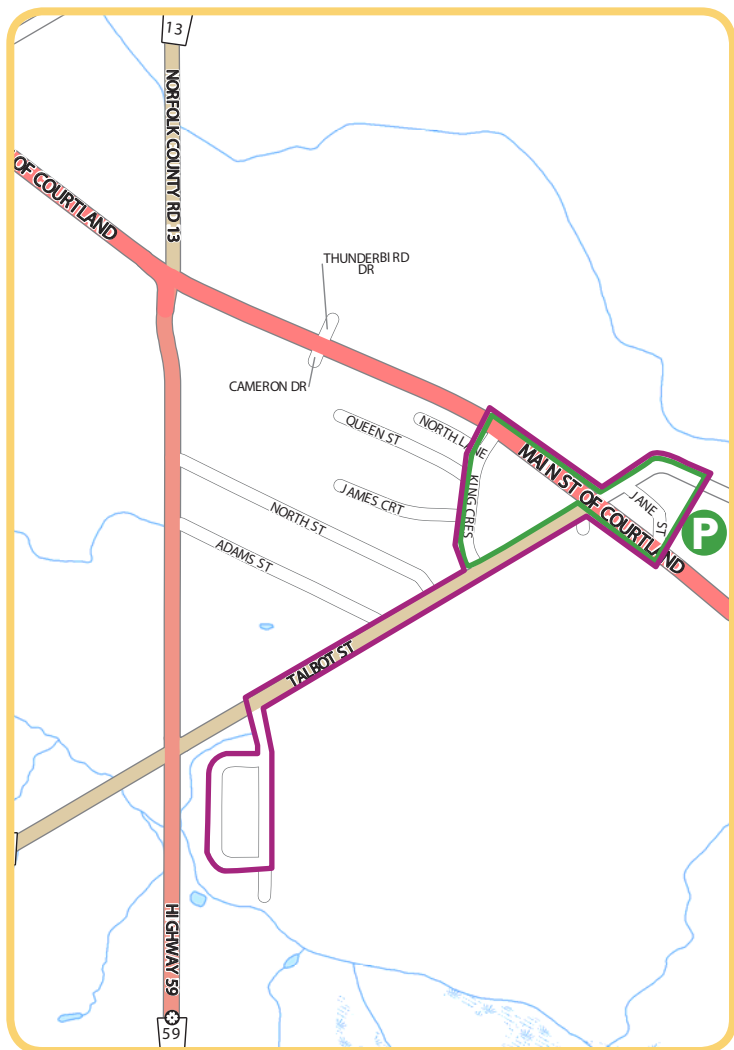
**Trail conditions:** Sidewalks exist only on main streets. Take caution when walking along or crossing busy streets. Both routes are relatively flat.

**Points of interest:** Stopping at the local bakery is a must when passing through Courtland. There are also antique shops along the route.



When walking alone, tell someone your route and expected time of return.

Urban  
6



# Delhi Urban Trail

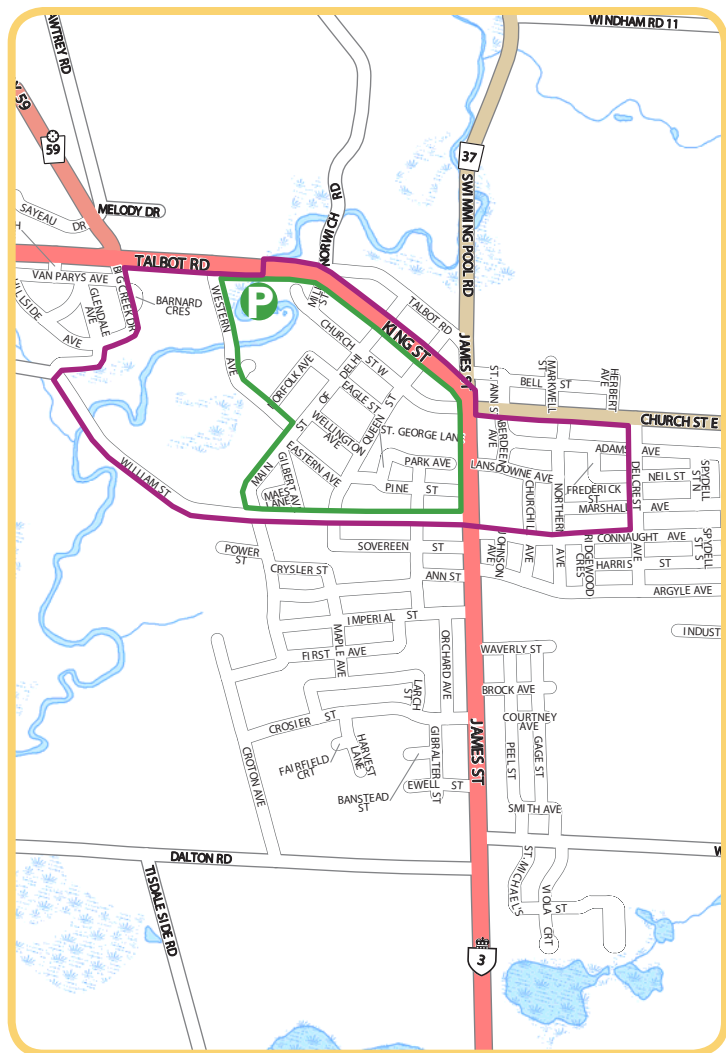
**Description:** Delhi is located on Hwy #3 between Simcoe and Tillsonburg. Delhi is the multicultural hub of Norfolk County and the home of the Delhi Tobacco Museum and Heritage Centre.

**Distance:** 3 km  or 5 km 

**Trail conditions:** There are some streets that do not have sidewalks. Take caution when walking along or crossing busy streets. There are hills on Old Mill Rd., William St., Western Ave., and Talbot Rd.

**Points of interest:** These trails include Quance Dam Park, town shops and a war memorial.





# Langton Urban Trail

**Description:** Langton is the home of five-time Canadian Dart Champion Bob Sinnaeve. This small town has many public facilities including an arena, ball park and community centre.

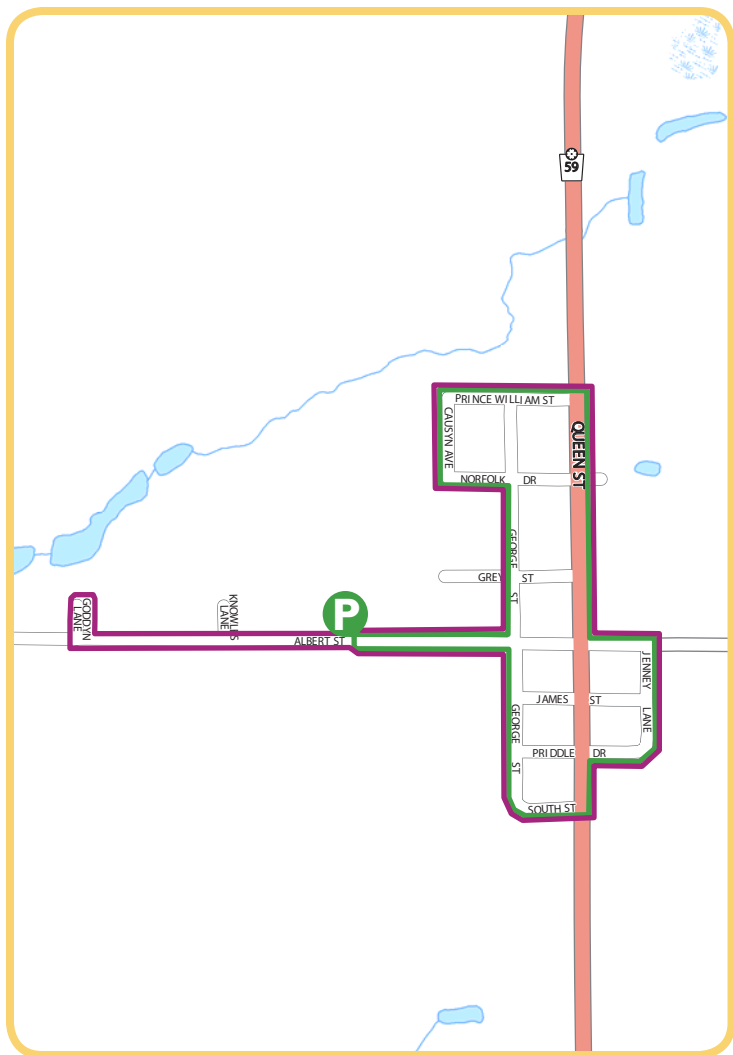
**Distance:** 3 km  or 5 km 

**Trail conditions:** The sidewalks exist only on the main street. Take caution when walking along or crossing busy streets. Both routes are relatively flat.

**Points of interest:** This trail offers the scenery of a true, small, rural town.



Today I have grown taller walking with the trees.  
~ Karle Wilson Baker



# Port Dover Urban Trail

**Description:** Both trails start and end at Powell Park (Park St. or Market St.), and take you on a scenic tour down to Lake Erie, the pier, the beach and around town.

**Distance:** 3 km  or 5 km 

**Trail conditions:** Some streets do not have sidewalks. Take caution when crossing busy streets. The 3 km route has a steep hill on St. George St. and another hill coming down Bridge St. The 5 km route has a hill going up Prospect St. and coming down Silver Lake Dr.

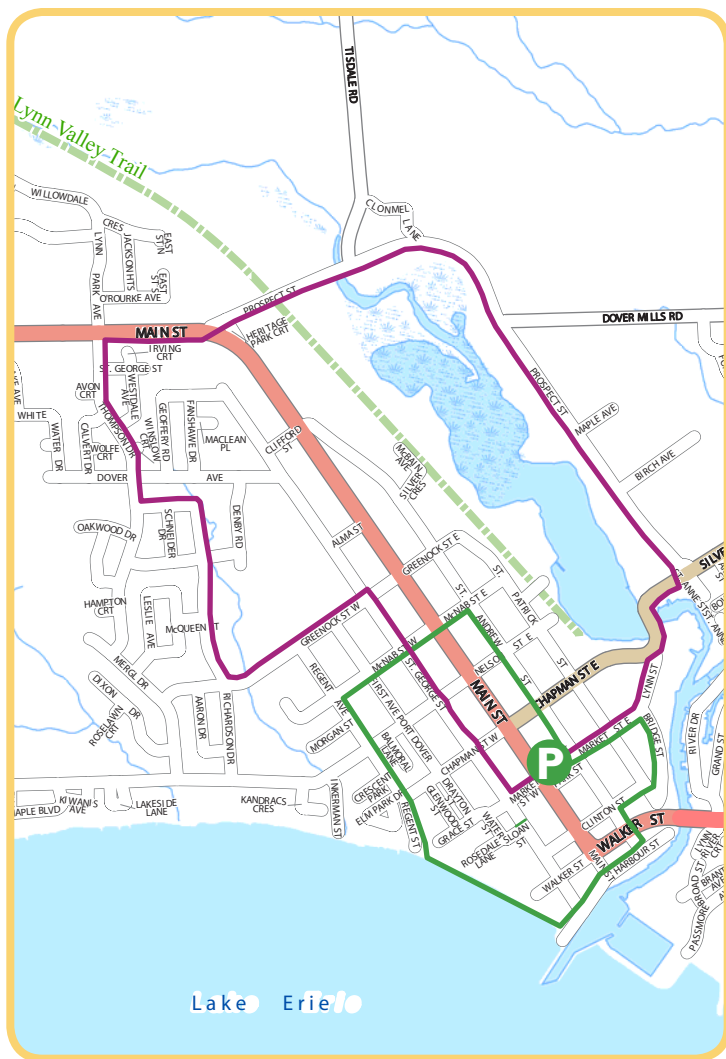
**Points of interest:** These trails include Port Dover Harbour Museum, the pier, Lighthouse Festival Theatre and shops.





Vary your walking route, the setting you walk in, or your walking partner to add variety and interest.

Urban  
9



# Port Rowan Urban Trail

**Description:** This is a great walk around Port Rowan where you can do some shopping on your way! If you get adventurous, head down to the pier.

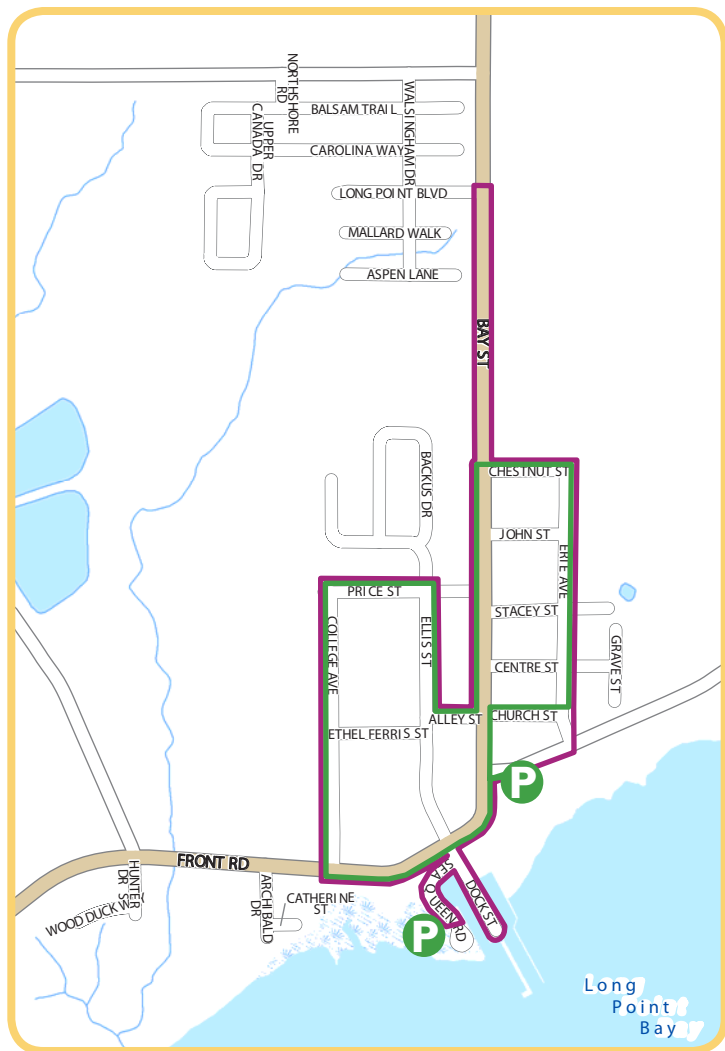
**Distance:** 3 km  or 5 km 

**Trail conditions:** Some streets do not have sidewalks. Take caution when crossing busy streets. There is a short, steep hill at the bottom of Bay St.

**Points of interest:** This trail offers a fantastic view of Long Point Bay and the Long Point Biosphere.






Make healthy lifestyle choices and reduce your risk of heart disease, stroke, diabetes and cancer.



# *Simcoe Urban Trail*


**Description:** Simcoe is Norfolk County's largest urban area and home to a lush park system, many heritage sites, restaurants and shops.


**Distance:** 3 km  or 5 km  or 5 km 

**Trail conditions:** Sidewalks exist on all routes except on Elm St. All routes are relatively flat except for one hill on Argyle St. and another on the west side of the cemetery. Take caution when crossing busy streets.

**Points of interest:**

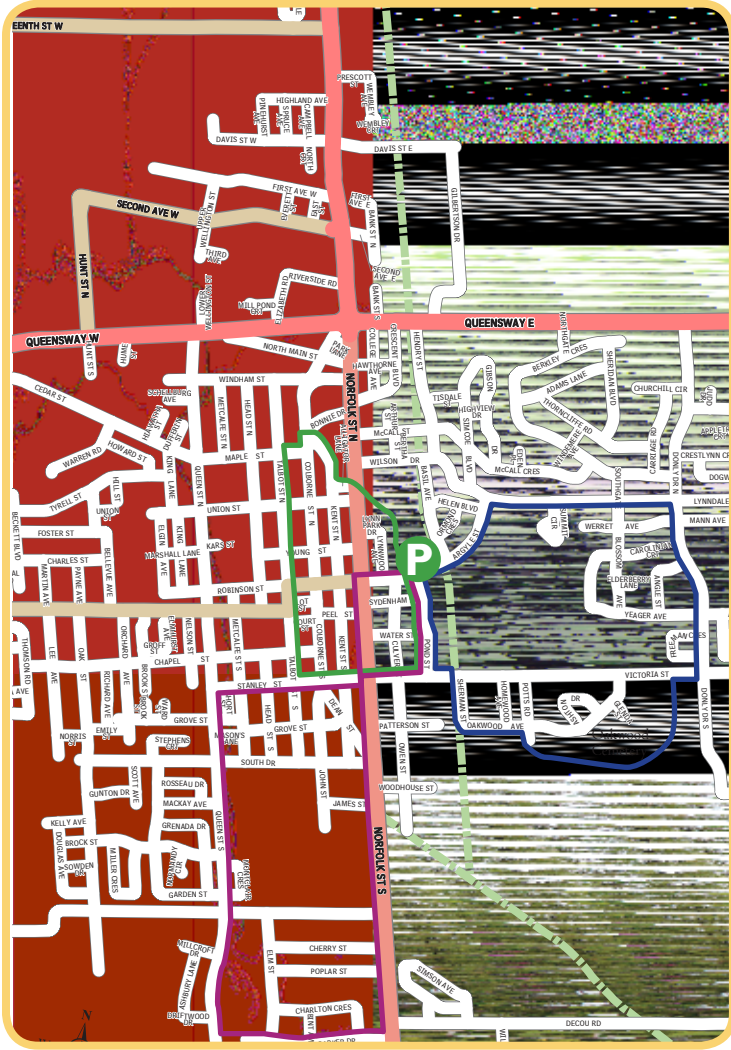
3 km  This trail offers beautiful homes, Simcoe Little Theatre, the public library and the town hall. Stop at the park for a rest on a bench or lunch on a picnic table.

5 km  This trail offers shops and restaurants in downtown core. Along the route is the Eva Brook Donly Museum, beautiful old homes, Norfolk County Fairgrounds, Whitehorse Plaza and the Lynn Valley Trail access.

5 km  This trail winds through residential neighbourhoods and the Oakwood Cemetery.



I have two doctors, my left leg and my right.  
~ GM Trevelyan



# Waterford Urban Trail

**Description:** Waterford is a picturesque community with tree-lined streets and stately heritage homes.

**Distance:** 3 km  or 5 km 

**Trail conditions:** There are some streets that do not have sidewalks. Take caution when crossing busy streets. There is a hill on St. James St. and Main St.

**Points of interest:** These trails include a picnic area on the north end of James St., churches, Old Town Hall, restaurants, downtown shops and a large antique warehouse.



Walk with a friend for pleasure and safety.



# 20 Trail Activities for Kids

**Here are some ideas for fun and educational trail games for your family. Discover something new along with your children.**



1. Identify types of trees or leaves.
2. Identify flowers along the trail.
3. Listen to all the different bird sounds and try to identify them.
4. In the winter, try to identify animal tracks.
5. Have a picnic or snack.
6. Look for bugs.
7. Take a bird book to help identify birds.
8. Stop along a bridge and spot the fish.
9. Sing songs.
10. Take a friend along.
11. Take time to stop and listen along the way.
12. Play "Follow the Leader".
13. Have a scavenger hunt.
14. Take a camera and let your children take pictures.
15. Identify plants to avoid, such as poison ivy and poison oak.
16. Count the number of animals, birds or flowers you see.
17. See who can be first to spot a flower of a certain colour.
18. Look for the alphabet: Find the shape of letters in nature.
19. Play "I Spy".
20. Identify types of clouds.



# *Tell Us What You Think*

## *Walk In Norfolk Trail Guide Survey*

We want to hear from you. We need your help in determining the effectiveness of this Trail Guide. Please take a few minutes to fill in this survey and return it to the Haldimand-Norfolk Health Unit.

1. How many trails did you try?

(Please check one.)

☐ Did not use any trails

☐ 1 to 2 trails

☐ 3 to 5 trails

2. How many urban trails did you try?

(Please check one.)

☐ Did not use any urban routes

☐ 1 to 3 urban routes

☐ 4 to 7 urban routes

3. Where did you get your trail guide?

(Please check one.)

☐ Haldimand-Norfolk Health Unit

☐ Norfolk County Recreation Centre

☐ Public Library

☐ Information Centre

☐ Website

☐ Other \_\_\_\_\_

↓  
over

4. (Please check one.)

	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
The guide was easy to use.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
The instructions were clear.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
The tips were helpful.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
The county map was helpful.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
The urban trail maps were easy to follow.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
The rural trail maps were easy to follow.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
The trail descriptions were clear.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
You would recommend this guide to a friend.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

5. Please provide any additional comments

---

---

---

---

---

---

---

---

---

---

*Thank you for your comments.  
Please mail or drop off your survey.*

Haldimand-Norfolk Health Unit  
12 Gilbertson Drive  
Simcoe ON N3Y 4L1  
Fax: 519-426-9974

*We would like to thank all of our silver sponsors.  
Your contribution helps keep the people in Norfolk County  
active and healthy!*



**vallee**

Consulting Engineers,  
Architects & Planners



**Imperial Oil**



Imperial Oil, Nanticoke Refinery wishes users of  
the Norfolk County trails a safe journey.



Long Point Region Conservation Authority



Ontario Trails Council  
Conseil des sentiers de l'Ontario



