

The Woolwich Healthy Hikes Program

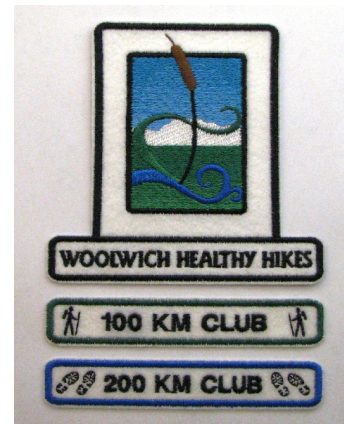
In the spring of 2015, the Woolwich Healthy Hikes program was established by the Woolwich Trails Group to encourage everyone to enjoy the benefits of walking and hiking while spending time on the beautiful trails and in the many lovely communities of Woolwich Township.

Whether it's a quick walk or an all-day trek, Woolwich Township has a trail for you! Earn a badge after completing 100, 200, or even more kilometres hiked within Woolwich Township.

Record your hiking/walking accomplishments in the log and follow these instructions to obtain your badge and distance bar(s).

How to obtain your Healthy Hikes Badge and Bar(s):

- Complete the personal information section of your log.
- Complete your log and keep a running total of kilometres hiked.
- At 100 kilometres hiked, sign your completed log and send it, along with a self-addressed, stamped envelope and a cheque for \$10 payable to the Woolwich Trails Group at the address below to receive your Badge and 100 km Club bar.
- At 200 kilometres, sign your completed log, and send it, along with a self-addressed, stamped envelope and a cheque for \$5 payable to the Woolwich Trails Group to the address below to receive your 200 km Club bar.



Woolwich Trails Group
c/o 1125 Northfield Drive East,
Conestogo, Ontario
N0B 1N0

Descriptions and Lengths for Woolwich Trails:

All Woolwich trails are Level 1, or Easy, and can be hiked at a 3 to 4 km/hr pace. The terrain on the majority of trails is flat and can be managed by most hikers. Walking on the indoor track at the Woolwich Memorial Centre (WMC), Elmira and estimated distances walked within Woolwich, even if not on a trail will be credited. See more information in the FAQ section.

Hikers are reminded to dress appropriately for the weather and to carry water, a snack, as well as a cell phone or whistle when hiking.

Avon Trail: 104 km total, 14.7 km linear trail in Woolwich from just southwest of Benjamin Road to Priddle Park in the village of Conestogo that follows streams, winds in and out of woodlands, skirts farm fields and sometimes follows roads.

Breslau Community Trails: 2 km Hopewell linear hard-packed granular trail around the Hopewell subdivision bordering woodlands and green spaces. 1.1 km Riverland looped hard-packed granular trail with views of the Grand River and woodlands.

Grand Valley Trail: 275 km total, 34 km linear trail in Woolwich following the river valley from Breslau, through Bloomingdale, Winterbourne, West Montrose, to the Woolwich/Centre-Wellington border. Combination of natural footpath, gravel shoulder, pavement and gravel road.

Health Valley Trail: 5.1 linear multi-surfaced trail follows the old Conestogo River Trail east from St. Jacobs. Mix of natural footpath, stone-dust and wood chips. Hiking boots are required in wet seasons. There are boardwalks in some wet areas.

Kissing Bridge Trailway: 45 km total, 16.5 linear trail in Woolwich that extends from the eastern township border at Weissenberg Road, through West Montrose and over the covered bridge paralleling

Line 86 to the northern edge of Elmira. This former rail corridor is completely finished with a hard-packed stone-dust surface.

Lions Lake Trail: 7 km loop is an easy, well-maintained single track earthen trail encircling the Woolwich Reservoir with some sections of double-track laneway and pavement.

Lions Ring Trail: 11 km loop around Elmira with a link to the Kissing Bridge Trailway at the north edge of town. Surfaced in hard-packed stone-dust, wood-chipped side trails as well as sidewalk and roadside sections.

Mill Race Trail: 1.5 km linear easy, level, stone-dust trail paralleling the mill race diversion of the Conestogo River, from the old Snider Mill in St. Jacobs to the dam at Three Bridges Rd.

Sandy Hills Pinery Trail: 1.7 km south loop and 1.1 km north loop/linear trail located north of Elmira in a pine plantation-type woodland. Easy, single track sand/gravel trail traversing a varied elevation. With few to no wet areas, hikers are cautioned about areas of loose, deep sand and uneven footing in spots.

Trans Canada Trail: 24,000 km planned, 17,000 km completed in total. 29 km linear varied surfaced trail in Woolwich; including pavement, stone-dust, natural footpath and some on-road sections.

Woolwich Memorial Centre(WMC), Elmira: Two lane indoor solid surface track with distance equivalents as follows: Inside Lane – 5.0 laps: 1 km Outside Lane – 4.5 laps: 1 km.

Frequently Asked Questions:

- How do I locate more detailed maps of the trails in Woolwich?

All trails with maps are nicely presented in the *Guidebook to Woolwich Trails*. See the list of guidebook purchase locations on-line at www.healthywoolwich.org.

- If I have a favourite Woolwich trail, do I have to hike on other trails to qualify for a badge?

No, you can log kilometres many times on one trail.

- Do I have to hike the entire length of a trail to qualify for my kilometres?

No. Be sure to log estimated portions of trails hiked within Woolwich Township.

- If I have more than one family member participating, can we accumulate kilometres on one log?

No, all are encouraged to keep and submit individual logs. Extra logs for family/friends can be printed on-line.

- Can I accumulate kilometres by walking/hiking other than on Woolwich trails?

Yes, we encourage walking and hiking anywhere in Woolwich, even if not on trail, and will credit same.

- Will kilometres covered by snow shoeing and cross country skiing count?

Yes, you can indicate this on your log if you wish.

- If I am physically challenged and need a wheelchair, will that count?

Yes. Simply indicate kilometres travelled in your log.

Check the news page for updates and a listing of successful Woolwich Healthy Hikers!!

