



Get Walking in Burlington!

Burlington seniors' Centre

- 905-335-7888
- Urban Poling
- Burlington Seniors' Centre
- From September 15th-November 17th
- Every Tuesday 9-10 a.m.
- Membership required, + additional fee of \$30
- Poles provided

Burlington Parks & Recreation

- 905-335-7725
- www.burlington.ca
- Walk along Burlington's 23 km Waterfront Trail
- The "Multi-use Pathway & Bikeway Guide" shows on and off-road trails
- No charge

Burlington Mall

- 905-632-4777
- Join the Burlington Mall Heart and Soles Club
- Monday to Friday between 7 a.m. and 9 a.m.
- Win awards for distance
- Register at Food Court, Monday to Friday near Mr. Sub during walking hours
- For all ages, free

Mapleview Mall

- 905-681-2900
- Join the Mapleview Milers Club
- Monday to Friday 8 a.m. to 10 a.m.
- Registration begins September in the Food Court area
- No charge

Tourism Burlington

- 905-634-5594
- www.tourismburlington.com
- "A Walking Tour of Burlington Downtown" contains a map and details regarding the historic properties along the route
- Other trail maps are available
- No charge

Bruce Trail Association

- 905-529-6821 or 1-800-665-4453
- www.brucetrail.org
- 780 km of trails from Niagara to Tobermory
- Membership fee - \$50.00 per household per year
- Guidebook available online

Royal Botanical Gardens

- 905-527-1158
- www.rbg.ca
- 30 km of walking trails and family activities
- There are 3 trail guides (\$2 each or 3 for \$5) available for purchase at the Nature Centre or Gardens' Shop

Running Room

- 905-637-2932
- www.runningroom.com
- Offers walking clinics – prices vary
- Walk/Run Club practice Wed. 6:30 pm & Sun. 8:30 am
- No charge, drop in

Active Halton connecting providers, engaging and inspiring Halton residents to get active.

www.activehalton.ca

