



Below are the waymarked routes and the approximate time it would take to complete each one based on the average speed people walk at; 2.5 miles or 4km per hour.

Walking at a pace that you can hold a conversation, but are slightly out of breath, helps you burn approx 110 calories per 30 minutes of walking.

ROUTE	Distance in KM	Distance in Miles	Time
Accessible route 	560 m	0.35miles	9 mins
Parkland Trail 	1.481 km	0.93 miles	25 mins
Valley Trail 	1.508km	0.92 miles	25 mins
Other Routes 			
Steps 			
Steep path 			

Walking one mile uses the same energy (in terms of number of calories burned) as jogging one mile.

Walking two miles per day can reduce the risk of coronary heart disease, breast cancer, colon cancer, diabetes and stroke.

It is recommended that people work toward taking 30 minutes of moderate intensity exercise a day, five times a week.