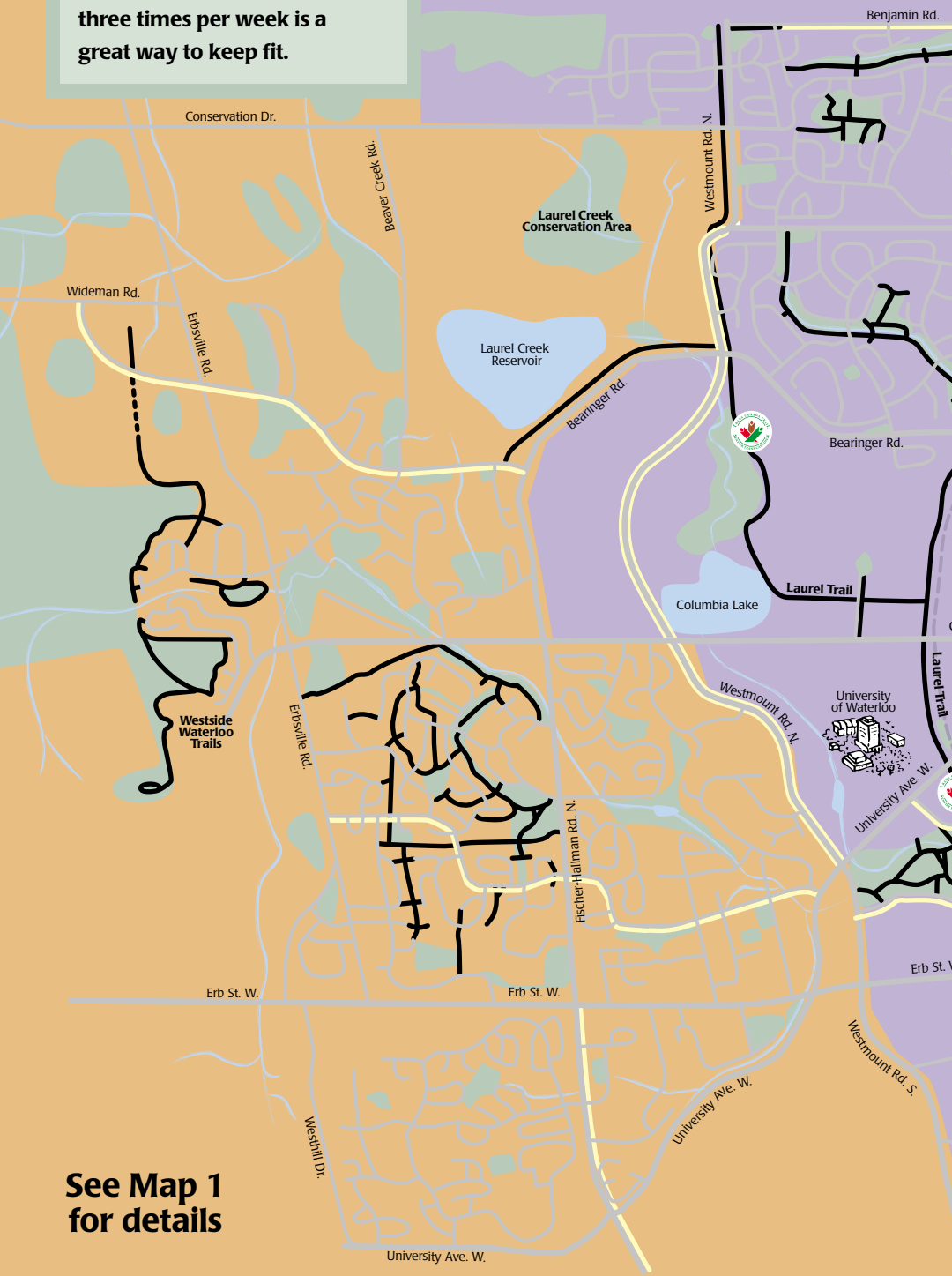
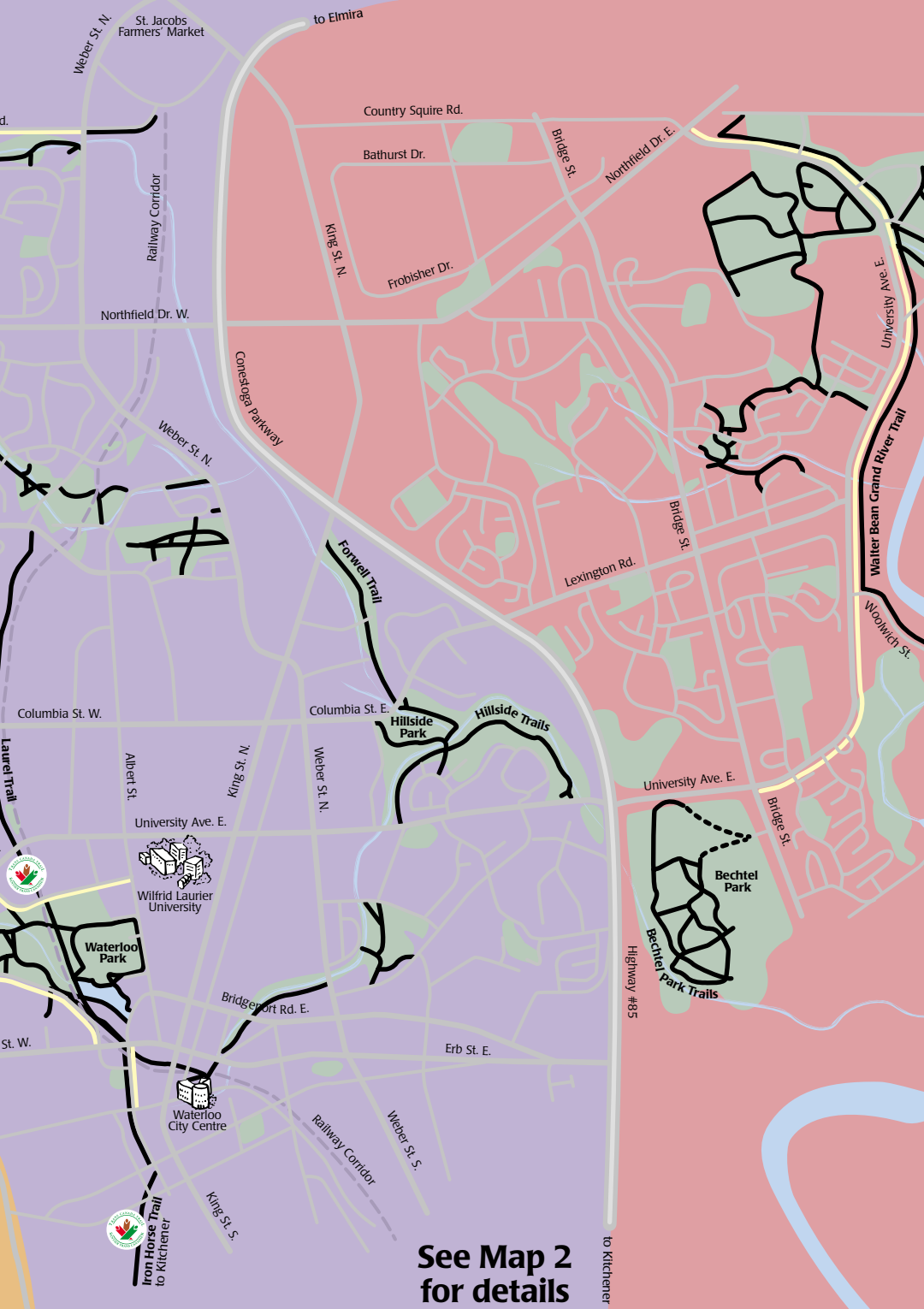


## DID YOU KNOW?

Walking for 30 to 45 minutes,  
three times per week is a  
great way to keep fit.



See Map 1  
for details



See Map 2  
for details

to Kitchener

Walking is one of Canada's most popular recreational activities and there are a host of benefits that come with every step.

Thirty to sixty minutes of walking a day is one way to meet Canada's recommended amount of physical activity.



Walking trails mean less pollution and more protection for our natural areas.

They enhance property values and increase social interaction in our neighbourhoods. They can even help reduce health care costs since the more we walk, the fitter we become.

Leave the car at home and use the map to find a way to your daily destinations. Breathe some fresh air on the way to and from work or school. Enjoy the community as you run errands. Meet friends as you go shopping.

Get out and enjoy the over 120 kilometres of trails in Waterloo!

## LEGEND

-  Community Trails
-  Bikeways
-  Trail Link not Designated
-  Community Parks
-  Map 1 includes Westside Waterloo Trails and the Laurel Creek Conservation Area
-  Map 2 includes the Trans Canada Trail, Laurel Trail, Iron Horse Trail, Hillside and Forwell Trails
-  Map 3 includes RIM Park Trails, the Walter Bean Grand River Trail and Bechtel Trails

map not to scale

**For bus route information, contact Grand River Transit at (519) 585-7555.**