

GETTING THERE AND BACK

You can reach the suggested start and end point on public transit by taking the BLOOR/DANFORTH subway to High Park Station.



Grenadier Pond, High Park

Photo by Gera Dillon

FOR MORE INFO

For more information on Discovery Walks, including brochures, please call Parks and Recreation Information at (416) 392-1111. For more information on area history, inquire at the High Park, Parkdale, Runnymede or Swansea Memorial Branches of the Toronto Public Library.

Discovery Walks is a program of self-guided walks that links City ravines, parks, gardens, beaches and neighbourhoods. Other Discovery Walks include: Central Ravines, Belt Line and Gardens; Eastern Ravine and Beaches; Don Valley Hills and Dales; Northern Ravines and Gardens; and Garrison Creek.

WORKING IN PARTNERSHIP

The City of Toronto would like to thank the Toronto Public Library, Toronto District School Board, Toronto Field Naturalists, Toronto Transit Commission, Heritage Toronto, Royal Ontario Museum, Toronto Public Health and the Community History Project for their support.

Discovery Walks name and logo are official marks of the City of Toronto.

DISCOVERY WALKS

WESTERN RAVINES & BEACHES

One In A Series of Self-Guided Walks



Western Beaches and Boardwalk

Photo by Gera Dillon



Follow scenic footpaths and a beach boardwalk. Experience natural ponds and marshes, oak woodlands and lakeshore parks.

THE ROUTE

Although you can begin this walking tour at any point along the route, a good start and end point is the High Park subway station (see top of map). After leaving the station, the route leads you into High Park. Afterwards, you can wander along the Western Beaches Boardwalk, visit the Sunnyside Bathing Pavilion, and the Humber Bike/Pedestrian Bridge. Finally, you can explore Rennie Park Ravine and the Swansea neighbourhood, before returning to High Park and the subway station.

1 HIGH PARK

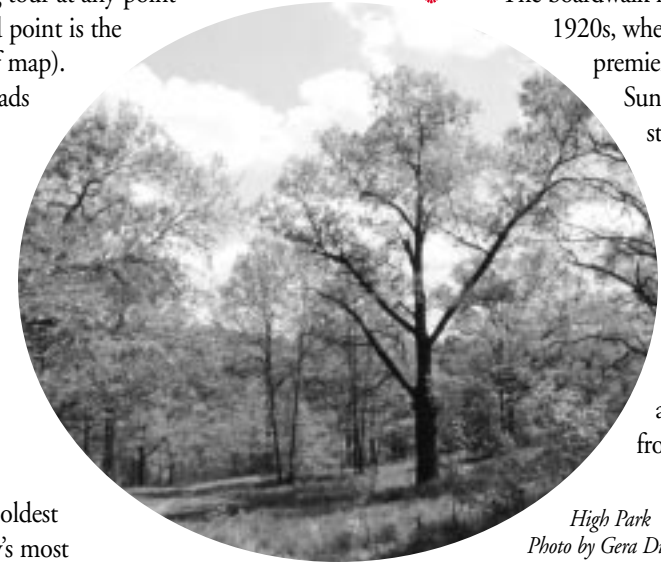
Explore High Park, one of Toronto's oldest and largest parks and one of the City's most significant natural areas. The park has a wide variety of wildlife and vegetation, including Carolinian and mixed forests and oak savannah. This is also the site of the annual hawk fall migration watch, which attracts enthusiasts from all over North America.

2 GRENADIER POND

Visit Toronto's largest pond, Grenadier Pond, a popular fishing and skating destination. Fish species present include pike, bass, carp and pumpkin seed. Fishing is promoted on a catch and release basis and in accordance with provincial Ministry of Natural Resources regulations. Over 3,000 years ago, First People hunted waterfowl and collected wild rice from the pond. Nearby street names such as Indian Trail, Indian Road and Indian Grove reflect First People's history of the area. Farther west on this walk, you will also discover Catfish Pond (also known as West Pond) and its spring-fed marsh.

3 WESTERN BEACHES AND BOARDWALK

Toronto's newest boardwalk follows the Lake Ontario shoreline. Experience the ever-changing lake from soothing surf to pounding breakers. From this beach boardwalk, you can walk in either direction and explore the Lake Ontario Waterfront Trail System. The boardwalk recalls the early 1920s, when Toronto's premier amusement park, Sunnyside Beach, stood along this shoreline. The Roman-style Sunnyside Bathing Pavilion, opened in 1922, is a remaining architectural gem from this earlier era.



High Park
Photo by Gera Dillon

4 HUMBER RIVER BIKE/PEDESTRIAN BRIDGE

This award-winning bridge incorporates design elements that reflect the spirituality of First Peoples. These people once used the Humber River and the Toronto Carrying-Place Trail as a trading route between Lake Simcoe and Lake Ontario. Look for the following symbolic design elements incorporated into the bridge: thunder-birds, turtles, snakes, timeless faces and river.

Enjoy this Discovery Walk at different times of the year. You'll be surprised how it changes from season to season.

THE HIKER'S CODE

- Stay on the trails
- Do not disturb wildlife
- Keep dogs on a leash
- Be cautious when crossing roads
- Leave flowers and plants for others to enjoy
- Wear suitable clothing
- Walk with someone — it's safer and more fun
- Be aware of other trail users.

REMEMBER

- All walks involve stairs and/or slopes
- Walking surfaces vary and can include hard pavement, woodchips, grass, limestones, fines, sand and/or bare earth
- Steps and paths are not lighted and not cleared of ice and snow
- Use at your own risk

"Walking refreshes the mind, reduces fatigue and increases energy."
Active Living Canada and Toronto Public Health

ACCESSIBILITY: The 1.5km (approximate) beach boardwalk section of this walk has level access, a hard-paved surface and accessible park washrooms.

LEGEND

- Discovery Walk Path
- - - Connecting/Side Trails
- ? Information Signs
- ☎ Washrooms
- ☎ Telephone
- ⬆ Stairs
- ⚠ Steep Incline/Decline
- 🌸 Flower Garden
- ⚠ Caution when crossing
- 👁 Views
- 📖 Public Library
- 🚶 Public Transit
- 📍 Suggested starting and/or ending points

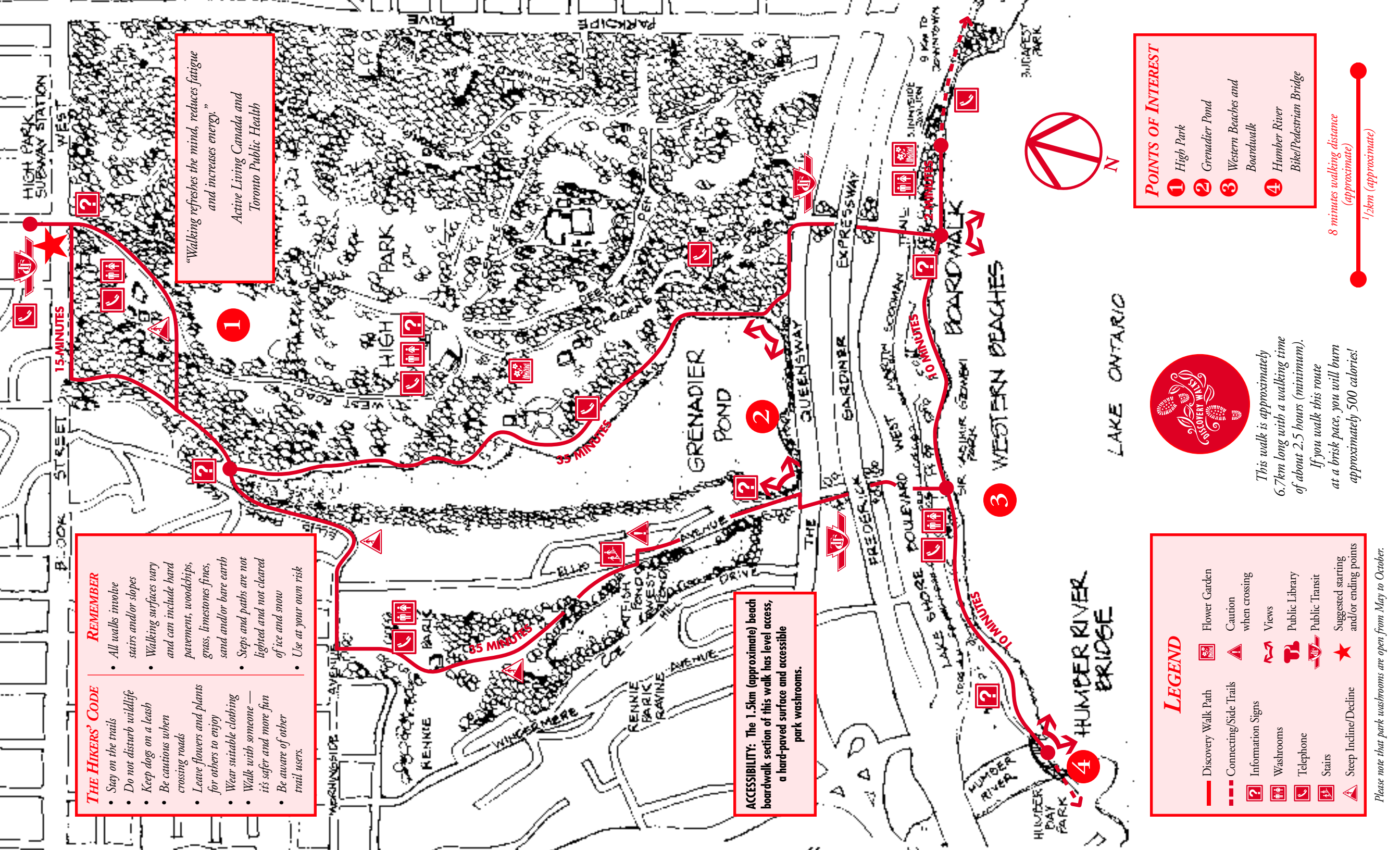


*This walk is approximately 6.7km long with a walking time of about 2.5 hours (minimum).
If you walk this route at a brisk pace, you will burn approximately 500 calories!*

POINTS OF INTEREST

- 1 High Park
- 2 Grenadier Pond
- 3 Western Beaches and Boardwalk
- 4 Humber River Bike/Pedestrian Bridge

8 minutes walking distance (approximate)
1/2km (approximate)



Please note that park washrooms are open from May to October.