

Mall Walking in Toronto

Walk into Health
One step at a time

Location	Date and Time	Cost	Details
Atrium on Bay 595 Bay St., Toronto (NW corner of Yonge & Dundas.) 416-595-1164	Monday – Friday 6 a.m. – 10 p.m. Saturday 8 a.m. – 12 p.m. Sunday 9 a.m. – 12 noon	Free	Mall is open for walking. No organized walking program.
Bridlewood Mall 2900 Warden Avenue (NW corner of Warden Ave. & Finch Ave. E.) 416-497-1550	Monday – Friday 8 a.m. – 10 p.m. Saturday 8 a.m. – 9:30 p.m. Sunday 10 a.m. – 12 noon	Free	Mall is open for walking. No organized walking program.
Cedarbrae Mall 3495 Lawrence Avenue East (NE corner of Markham Rd. & Lawrence Ave. E.) 416-431-3431	Monday – Friday 6:30 a.m. – 9:30 a.m. Saturday 6:30 a.m. – 9 a.m. Sunday 8 a.m. – 11:30a.m	Free	Mall is open for walking. No organized walking program.
Centerpoint Mall 6464 Yonge Street (SW corner of Yonge St. & Steeles Ave. W.) Centerpoint Walking Club 416-223-9560	Tuesday – Thursday 8 a.m. – 9:30 p.m.	\$10 one time fee	*Members receive a free “Walk Your Way” walking club t-shirt, 2 breakfast seminars and invitations to health workshops. Enter through the doors by the Pickle Barrel restaurant.
Chartwell Shopping Centre 2301 Brimley Road (Brimley Rd., north of Sheppard Ave. E.) 416-299-9590	Monday – Sunday Doors open at 8 a.m.	Free	Mall is open for walking. No organized walking program.
Cloverdale Mall 250 The East Mall (NE corner of Hwy. 427 & Dundas St. W.) Cloverdale Heart walkers 416-236-1669 ext. 223 Website: www.cloverdalemall.com click on “Customer Service”	Monday – Sunday Doors open at 7 a.m.	\$7 initial membership fee \$5 annual renewal fee	Register on 1st Monday of the month at Centre Court from 7:30 am – 9:30 am (enter at Mr. Souvlaki/Gino’s Pizza entrance). *Members receive a free gift upon registration, access into the centre before mall hours 7 days a week, and invitations to organized activities and social events.
East York Town Centre 45 Overlea Boulevard (SW corner of Overlea Blvd. & Thorncliffe Park Dr.) 416-421-9504	Monday – Saturday Doors open at 7 a.m.	Free	Mall is open for walking. No organized walking program.
Eglinton Square Shopping Centre 1 Eglinton Square (SE corner of Victoria Park Ave & Eglinton Ave. E) 416-757-3762	Monday – Saturday Doors open at 7 a.m. Sunday Doors open at 8 a.m.	Free	Mall is open for walking. No organized walking program.
Fairview Mall 1800 Sheppard Avenue East (NW corner of Sheppard Ave. & Hwy. 404) 416-491-0151	Monday – Sunday Doors open at 7 a.m.	\$7 fee a year for parking tag	Mall is open for walking. No organized walking program. If driving, access to mall is at the northern entrance off of Fairview Mall Drive.
Galleria Shopping Centre 1245 Dupont Street (SW corner of Dupont St. & Dufferin St.) Walk Fit 55+ Contact Davenport Perth Neighbourhood Centre Senior’s Services 416-656-8025 ext. 247	October – May Thursday 8:50 a.m. – 10 a.m.	Free	Seasonal mall walking program available for older adults with varying degrees of ability.

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Gerrard Square 1000 Gerrard Street East (NE corner of Gerrard St. E. & Pape Ave.) 416-461-0964	Monday – Saturday Doors open at 7 a.m. Sunday Doors open at 10 a.m.	Free	Mall is open for walking. No organized walking program.
Jane Finch Mall 1911 Finch Avenue West M3N 2V2 (SE corner of Jane St. & Finch Ave. W.) 416-635-5286	Monday – Friday Doors open at 8 a.m. Saturday & Sunday Doors open at 9:30 a.m.	Free	Mall is open for walking. No organized walking program.
Lawrence Square 700 Lawrence Avenue West (Lawrence Ave. W. & Allen Expressway) 416-256-0256	Monday – Saturday Doors open at 7 a.m. Sunday Doors open at 8 a.m.	Free	Mall is open for walking. No organized walking program.
Malvern Town Centre 31 Tapscott Road (NW corner of Tapscott Rd. & Neilson Rd.) 416-297-4786	Walking Program Monday-Saturday 7 a.m. – 10 a.m. Exercise Program Monday, Wednesday, Friday 8:30 – 9:00 a.m.	Free	T-shirts for sale and breakfast once a year. Each participant signs a waiver form. Forms are available at Administration, Monday – Friday 9 a.m. – 5 p.m.
North York Sheridan Mall 1700 Wilson Avenue (NW corner of Jane St. & Wilson Ave.) 416-249-7150	Monday – Friday 7 a.m. – 10 a.m. Saturday 7:30 a.m. – 9:30 a.m. Sunday 10 a.m. – 12 noon	Free	Mall is open for walking. No organized walking program.
Parkway Mall 85 Ellesmere Road (Ellesmere Rd., east of Victoria Park Ave.) 416-445-3108	Monday – Saturday Doors open at 6:00 a.m. Sunday Doors open at 8 a.m.	Free	Mall is open for walking. No organized walking program.
Scarborough Town Centre 300 Borough Drive (SW corner of McCowan & Hwy. 401) Walk - A - Mall Contact: Paul Goodwin 416-871-9313	Monday – Sunday 6 a.m. – 10 a.m.	\$10 a year membership fee	Mall access card provided. Designated parking area.
Sherway Gardens 25 The West Mall (NW corner of the QEW & Hwy. 427) Heart Walk 416-621-1071	Monday – Friday 6:00 a.m. – 9:00 a.m.	\$5 a year	Register at the Guest Services Desk. *Members receive seminars, newsletters, and invitations to yearly picnics. For more information, please see the Guest Services page at www.sherwaygardens.ca
Woodbine Centre 500 Rexdale Boulevard (NW corner of Hwy. 27 & Rexdale Blvd.) 416-674-5200	Monday – Sunday 7 a.m. – 9 a.m.	Free	Mall is open for walking. No organized walking program.
Yorkgate Mall 1 Yorkgate Boulevard (NW corner of Jane St. & Finch Ave. W.) 416-739-6968	Monday – Sunday Doors open at 8 a.m.	Free	Mall is open for walking. No organized walking program.

For up to date information on walking schedule, please contact mall directly.

This list has been produced as a convenience to inform the public about existing walking programs in the community. Individuals should use their own judgement and/or consult a physician to determine if it is appropriate to participate in any physical activity programs.

For more information on walking, visit www.toronto.ca/health/walkintohealth

June 2011