

## GETTING THERE AND BACK

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



The Humber River

Photo by Jerry Belan

## 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 Jane-Dundas, Runnymede or Annette 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; Don Valley Hills and Dales; Western Ravines and Beaches; Northern Ravines and Gardens; Eastern Ravine & Beaches; and Garrison Creek.

Uptown and Downtown Discovery Walks are planned to open in Spring 2000.

## WORKING IN PARTNERSHIP

The City of Toronto would like to thank the Toronto Public Library, Toronto Field Naturalists, Toronto Transit Commission, Heritage Toronto, Toronto Public Health, Toronto and Region Conservation Authority and the Lower Humber/Black Creek Subwatersheds Committee for their support.

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

# DISCOVERY WALKS

# HUMBER RIVER, OLD MILL & MARSHES

One In A Series of Self-Guided Walks



Old Mill Bridge

Photo by Jerry Belan



Follow the path of an ancient First Peoples. Discover panoramic views, river marshes and the ruins of an old mill.

## THE ROUTE

This Discovery Walk leads you on a loop through the Humber River Valley from approximately Bloor Street south to Lake Ontario. Although you can begin this Discovery Walk at any point along the route, a good starting point is the Old Mill Subway Station (see top left corner of map). From the subway station, the route leads you past the historic Old Mill and Old Mill Bridge. Afterwards, you'll visit riverside parklands, charming neighbourhoods, the Humber River and its marshes.

### 1 THE OLD MILL & THE OLD MILL BRIDGE

Mills have existed at this site since 1793 when King's Mill, Toronto's first industrial building, supplied wood for the construction of Fort York (1793) and early Toronto. Today, you will pass by the ruins of the "Old Mill", the third mill on that site. A bridge has stood over the Humber River at this location since 1837. The present arched stone bridge was built in 1916. Both the mill and the bridge are historically significant and have been designated under the Ontario Heritage Act.

### 2 TORONTO CARRYING PLACE TRAIL

Riverside Drive, on the high east bank of the river, traces the path of the ancient Toronto Carrying Place Trail. This trail was used by First Nations people for millennia as a trade route between Lake Ontario and the Upper Great Lakes to the north.

Large oak trees, remnants from the time of the Carrying Place, still stand along the drive. One hundred and fifty of these trees were inventoried and municipally proclaimed as the "Tuhbenahneequay Ancient Grove". They were named after the daughter of a chief of the Mississaugas of the New Credit First Nations.

### 3 THE HUMBER RIVER, VALLEY & MARSHES

The Humber River watershed is the largest in Toronto.

It is a significant corridor for migratory song birds and monarch butterflies. More than 60 species of fish live in the river including such sport fish as trout, pike and salmon.



The Humber River

Spring and fall, fish migration may be observed from the Old Mill Bridge (see 1 above). During winter, impressive ice jams often occur at this same location.

The Humber Marshes are one of the few remaining river mouth marshes in Toronto. These extensive marshes provide a breeding habitat for ducks, turtles and fish. Humber River's significance is being recognized by its designation in 1999 as a Canadian Heritage River.

### 4 EARLY SETTLEMENT SITE

A sand dune marks the approximate location of the original Lake Ontario shoreline, prior to land filling. Near here was the site of a French trading fort (1749) and a French merchant's cabin (1790).



“Brisk walking is an aerobic activity. It increases the body’s demand for oxygen and trains your heart, lungs and muscles to work more efficiently.”

Active Living Canada and Toronto Public Health



This walk is approximately 7.3km long with a walking time of about 2 hours (minimum). If you walk this route at a brisk pace, you will burn approximately 450 calories.

**ACCESSIBILITY:** The section of the trail on the west side of the Humber River, between the Old Mill Subway Station and the Queensway, has a combination of level access with some moderate slopes and a hard-paved surface.

- THE HIKERS’ 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, limestone fines, sand and/or bare earth
  - Steps and paths are not lighted and not cleared of ice and snow
  - Use at your own risk

- POINTS OF INTEREST**
- 1 The Old Mill & the Old Mill Bridge
  - 2 Toronto Carrying Place Trail
  - 3 The Humber River, Valley & Marshes
  - 4 Early Settlement Site

7 minutes walking time (approximate)

400 m (approximate)

- LEGEND**
- Discovery Walk Path
  - Connecting/Side Trails
  - Information Sign
  - Public Washroom
  - Telephone
  - Parking
  - Caution when crossing
  - Views
  - Public Transit
  - Suggested starting and/or ending points

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

