

GETTING THERE AND BACK

You can reach the suggested starting points on public transit. Contact the TTC at (416) 393-4636 or visit the TTC Web site www.ttc.ca. Wheel Trans information: (416) 393-4111.



FOR MORE INFORMATION

For information on Discovery Walks, including brochures, please call Access Toronto at (416) 338-0338 or visit www.toronto.ca/parks. For information on area history, inquire at the Humberwood and Albion branches of the Toronto Public Library.

For information on the Humber Arboretum, call (416) 675-5009 or visit www.humberarboretum.on.ca. For information on the Humberwood Centre, call (416) 394-5700. For information on Toronto and Region Conservation, call (416) 661-6600.

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 and Beaches; Garrison Creek; Humber River, Old Mill and Marshes; Uptown Toronto; Downtown Toronto; and Lambton House Hotel and Lower Humber River.

WORKING IN PARTNERSHIP

The City of Toronto would like to thank the Canada Millennium Partnership Fund, the TD Friends of the Environment Foundation, Toronto and Region Conservation, Humber Arboretum, Humber Watershed Alliance, Toronto Field Naturalists, Humberwood Centre, Humber College Institute of Technology and Advanced Learning and Toronto Public Health, for their support.



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

DISCOVERY WALKS

HUMBER ARBORETUM & WEST HUMBER RIVER VALLEY

One In A Series of Self-Guided Walks



Member of Conservation Ontario



TAKE A WALK ON THE WILD SIDE.
Discover the gardens, natural wetlands, woodland and meadows of the West Humber River valley.

THE ROUTE

This Discovery Walk leads you on a loop through the West Humber River valley on a mixture of paved, hard-packed and grass trails. You can start at the Humber Arboretum (adjacent to Humber College) or at the Humberwood Centre. This delightful walk takes you through ornamental gardens, to an environmentally significant woodland and along the West Humber River, an area once travelled by First Nation peoples.

1 THE HUMBER ARBORETUM

Beautiful in all seasons, the 100 hectares (250 acres) belonging to the Humber Arboretum features a kaleidoscope of ornamental gardens integrated with ponds and wild areas. You can find over 1,700 species of trees and flowering plants and an amazing diversity of wildlife. Take time to enjoy the spectacular displays such as the *Garden of the Rising Moon*. The Arboretum provides a range of environmental and horticultural programs for groups of all ages and makes a significant contribution to the Greater Toronto community. The Centre for Urban Ecology, a centre for education and research in environmental sustainability, is being developed at the Arboretum. You are welcome to visit the centre when the doors are open or by appointment. Call (416) 675-5009 for details.

2 THE WEST HUMBER RIVER AND VALLEY LANDS

The paved path beside the West Humber River is part of the Toronto Trail. It may be followed to the main Humber River and to Lake Ontario (a distance of

20 kilometres). From the bridges you get a wonderful view of the river. Imagine the floodwaters which were caused by Hurricane Hazel in 1954 and rose to 2.5 metres above the pedestrian trail. Look for beavers, turtles and herons. The valley meadows are home to deer, fox and rabbits as well as many songbirds that nest in the long grasses and hedgerows. Fall blooming wild goldenrods and asters thrive in the open valley.

Interesting stops along the way: the Toronto Professional Firefighters' Association 911 Memorial, Highway 27 bridge art, native plants biodiversity plot.

3 WOODLAND

The deciduous woodland is a pleasure to stroll through. It is one of the few remaining forests along the West Humber and is protected as an ESA, an environmentally significant area.

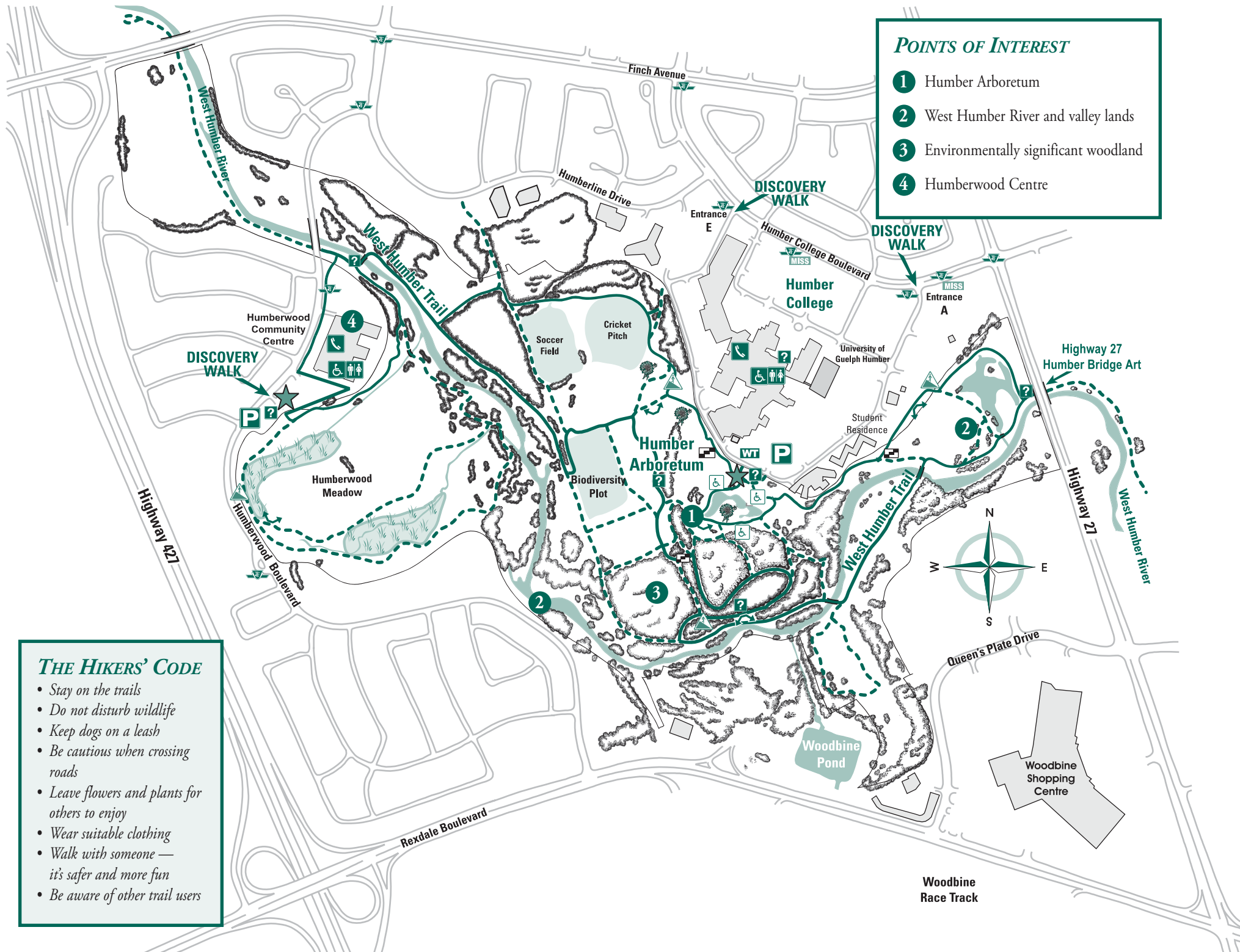
Two hundred years ago much of the Toronto region was covered by forest just like this one. Mature native trees — hickory, maple, beech, ash, oak and cherry — provide a variety of homes for owls, woodpeckers, chickadees and other wildlife. In the spring wildflowers, including trilliums, are fleeting beauties.

Migratory birds stop to rest and feed in the spring and fall.

4 HUMBERWOOD CENTRE

The Humberwood Centre provides the community with two schools, a library, a daycare and a recreation centre — all under one roof! Stop in to see the Great Hall, visit the library and view the vibrant 'graffiti-style' artwork, created by young people living in the area, depicting areas of the West Humber valley. See how the award-winning Humberwood facility has been designed to help control flooding by using techniques like porous pavement and naturalized landscaping.





- ### POINTS OF INTEREST
- 1 Humber Arboretum
 - 2 West Humber River and valley lands
 - 3 Environmentally significant woodland
 - 4 Humberwood Centre

TRAIL ACCESS INFORMATION

The section of the trail through the Humber Arboretum gardens (tableland) has level access with some moderate slopes and a combination of hard-packed and paved surfaces. The Humberwood Centre is accessible. This walk is approximately 10 kilometres long with a walking time of 2.5 hours minimum (short cut loop an option). If you walk this route at a brisk pace, you will burn approximately 620 calories.

"Walking can decrease your risk for heart disease. It is good preventive medicine for both the mind and body."
 Active Living Canada and Toronto Public Health



Canada Millennium Partnership Program

Canadian Heritage Rivers System



Le Réseau des rivières du patrimoine canadien

- ### 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

LEGEND

★ Suggested Start and End point	🌿 West Humber River
❓ Information Signs	🌿 Wetland Area
⚠ Steep Incline	🏠 Building
🪜 Stairs	☎ Pay Phone
♿ Wheel Chair Accessible	🚻 Public Washrooms
🌿 Garden	🅑🅓 Public Parking
👁 View	🚇 Toronto Transit
👉 Discovery Walk Route	🅓 MISS Mississauga Transit
👉 Side/Connecting Trails	♿ WT Wheel Transit
🛣 Road	📏 Distance Indicator 7 Minutes - 400 Metres