**Getting There and Back**
You can reach the suggested start and/or end-point by taking the BLOOR/DANFORTH subway to Old Mill Station or by taking the Lambton bus from High Park Station or Kipling Station.

**For More Info**
For more information on Discovery Walks, including brochures, please call Access Toronto at 416-338-0338. For more information on area history, inquire at the Jane-Dundas, Runnymede or Annette Branches of the Toronto Public Library.

**Discover an early Victorian hotel and stagecoach stop. Pass the site of a former First Nations village. Enjoy nature in the lower Humber River valley.**

**The Route**
This Discovery Walk leads you on a loop through the lower Humber River valley between Dundas Street and Bloor Street. Although you can begin this walking tour at any place along the route, a good starting point is the restored Lambton House (originally the Lambton House Hotel) on Old Dundas Street. From Lambton House, walk clockwise through historic neighbourhoods to Etienne Brûlé Park. From there, you can walk up either side of the river back to the starting point.

**Lambton Mills and the Lambton House Hotel**
Lambton Mills was established in 1807 when William Cooper purchased land and built saw, grist and woollen mills on both sides of the river close to Old Dundas Street.

By the 1850s, Lambton Mills was a thriving community. W. P. Howland, who was a Father of Confederation, owned, with his brothers, all the Cooper enterprises and had built the Lambton House Hotel on the east side of the river. This hotel was a social centre for the area and a stagecoach stop along the Dundas Highway. It has now been restored and was designated a National Historic Site in 1997.

**Teiaiagon and Baby Point**
The plateau at the top of the shale and limestone cliff was home to First Peoples for thousands of years. Humbercrest Boulevard traces the path of the ancient Carrying Place Trail that existed along the eastern side of the plateau. During the late 1600s, a fortified Iroquois village, called Teiaiagon, was located there.

In 1720, the French established a fort on the plateau to trade in furs with the First Nations. In 1820, the Honourable Jacques Baby acquired 200 acres of land on the east bank of the Humber River including this plateau. Since then, the area has become known as Baby Point.

**The Humber, a Canadian Heritage River**
The Humber, the largest river system in the Toronto region, was designated a Canadian Heritage River in 1999. A plaque commemorating this event is located in Brûlé Park. The ancient Toronto Carrying Place Trail follows the high ground east of the river. The river valley is a natural corridor for birds and other wildlife. Look for signs of beaver activity along the river. Also, watch for the many wildflowers blooming in the valley from spring to fall.

More than 25 fish species inhabit this part of the river. These include pike, bass, perch, trout and salmon. In the fall, look for salmon leaping over the notched weirs as they swim upstream to spawn.

**The Fisher Mill and Hurricane Hazel**
Thomas Fisher built a gristmill here in the 1830s. You can still see traces of the ruins among the trees bordering the picnic area.

Hurricane Hazel struck southern Ontario on October 15, 1954 sending a wall of water 7 metres high down this river valley. Look for a nearby plaque honouring five volunteer firemen who drowned in a rescue attempt during the flood.

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Inoquois Village of Teiaiagon ©Royal Ontario Museum

Lambton House Hotel (circa 1860) ©Heritage York

Humber River at Baby Point © Rosemary Hasner/TRCA

Lambton House Hotel (circa 1860) ©Heritage York
“Walking is an aerobic activity that can improve your fitness, health and mental well-being.”
Active Living Canada and Toronto Public Health

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, woodchip, grass, limestone, dirt, sand and/or bare earth
- Steps and paths are not lighted and are not cleared of ice and snow
- Use at your own risk

This walk is approximately 5 km long with a continuous walking time of about 1.5 hours (minimum). If you walk this route at a brisk pace, you will burn approximately 300 calories!

Points of Interest
1. Lambton House Hotel
2. Triniagon and Baby Point
3. The Humber, a Canadian Heritage River
4. The Fisher Mill and Hurricane Hazel

Legend
- Discovery Walk Paths
- Side Path/Connecting Trail
- Information Sign
- Historical Plaque
- Parking
- Telephone
- Views
- Stairs
- Washrooms
- Public Transit
- Suggested start and/or end point

7 minutes walking time
(approximate)
400 m (approximate)