



BRAMPTON'S ULTIMATE HIKING GUIDE

Tips and tricks for navigating Brampton's trails



Reconnect
Brampton



Welcome to **Reconnect Brampton!**

We're thrilled to have you join our growing *Reconnect* community, where dynamic connections and experiences await. To express our gratitude, we've designed this exclusive hiking guide just for you! Discover Brampton's hidden gems and family-friendly outdoor adventures. Best of all, this is just the beginning.

At Reconnect Brampton, we are dedicated to connecting you to exciting local events, nature and your neighbours — **at no cost to you!**

Visit reconnectbrampton.ca to see our interactive map of events happening in our city. Contact me to learn about the exciting events I am planning for ways you can get involved in the Reconnect experience.

Let the adventure begin!



Halley Patel
Halley@ReconnectBrampton.ca



Types of Trails in Brampton

The City of Brampton has a large recreational trail system that connects parks and valleys and provides convenient pedestrian and cycling routes across Brampton. Types of trails include:

- **Multi-Use Paths:** These paths often wind through subdivisions, with both paved and unpaved sections. They are designed for pedestrians, in-line skaters, and cyclists.
- **Bike Lanes:** Dedicated portions of the road surface exclusively for bicycle use, ensuring bikers can safely share the paths with pedestrians.
- **Forested Trails:** Created in parks and conservation areas, these trails allow safe travel through forests and around bodies of water while protecting the surrounding wildlife.



Enhance Your Hiking Experience with Apps

How can you bring your experience in the outdoors to life and connect more to the plants and animals around you?

Here are my recommendations for some great apps I always have ready on the go:



Merlin Bird ID app

Hear a bird chirping or cawing and don't know who the sound belongs to? Pull out this app and record what you hear. The app will identify the birds around you and play sounds to learn about different communication patterns. It also offers a photo ID feature which scans your image and offers potential matches.



Geocache

Find hidden treasures along your walk by following clues in this app! You can also create a cache of your own to hide in your community. Most caches have a logbook that you can sign, and see who else found it before you. They can be large and hidden in logs, or 'micro' and disguised on park signs. Whichever you decide, geocaching is sure to add some adventurous fun to your next walk.



iNaturalist

Walking by a new plant or animal you haven't seen before? Upload a photo of it on this app, and you can contribute to citizen science by identifying it from a list of recommended species. Your observation will be confirmed by scientists and naturalists worldwide, and you are supporting scientific data!



All Trails

This app is great for finding new trails near you, wherever you are. If you find yourself already on a trail, you can measure the speed of your hike and track your route so you can safely make your way back to your starting point. This app features a collection of reviews, recommendations, and terrain details — there is always something new to explore!



Did you know that a mega highway development will harm species in Ontario? Learn more and prevent this from happening at StopHwy413.ca

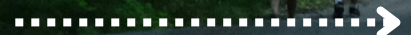
STOP  **HWY413.CA**

Our Trail Recommendations

Here are our top recommendations for trails to visit. Have you explored any of these before?

This guide was created with care by Environmental Defence Canada to help you explore and connect with nature. Hiking comes with inherent risks, so please assess your own abilities, prepare appropriately and make informed decisions on the trail. Environmental Defence Canada cannot be held liable for injuries, accidents or incidents that may occur while using this guide.

While we strive to provide accurate and current information, this guide may contain errors or omissions. Please also keep in mind that trail conditions can change due to weather, season and other factors, so always check local conditions before heading out.










My Trail Recommendations



Photo: All Trails

Eldorado Park and Conservation Area








-  **Address:** 8520 Creditview Rd
-  **Trail Length:** 1.6 km out-and-back trail
-  **Dog Friendly:** Yes
-  **Features:** Credit River, 5 picnic areas, 2 playgrounds, outdoor pool, fishing, washroom facilities
-  **Open:** Year-round
-  **Cost:** Free
-  **Bike:** No

You will find great places to fish, see birds, walk, picnic, and relax along the riverbanks of the Credit River. Eldorado is also home to the only outdoor public pool in Brampton open year-round. (See our tips on enjoying the outdoors in the winter!).

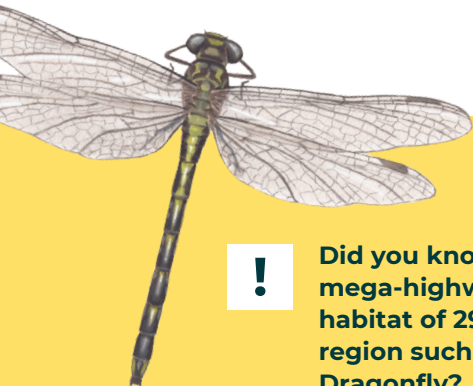


Photo: All Trails

Claireville Conservation Area

-  **Address:** 8180 Highway 50
-  **Trail Length:** 3-10 km loops
-  **Dog Friendly:** Yes
-  **Features:** canoeing, cross-country skiing, mountain biking, cycling, snowshoeing, horseback riding, geocaching, and bird watching
-  **Open:** Year-round
-  **Cost:** \$
-  **Bike:** Yes

A 540-hectare forested area that stretches from Peel Region to Toronto. View wetlands, valleys, forests, grasslands, and the Humber River. Claireville Conservation Area is also home to Indian Line Campground, Claireville Dam, Claireville Ranch, and McVean Farm.



Did you know that a proposed new mega-highway could destroy the habitat of 29 species at risk in the region such as the Rapids Clubtail Dragonfly?










My Trail Recommendations



Photo: Wikipedia

Heart Lake Conservation Area








-  **Address:** 10818 Heart Lake Road
-  **Trail Length:** 7.1 km loop
-  **Dog Friendly:** Yes
-  **Features:** Pool, treetop trekking, boardwalk, picnic benches, boat rentals, medicine wheel garden
-  **Open:** Year-round
-  **Cost:** \$
-  **Bike:** Yes

Zip across the lake on a zip line or gaze at the changing leaves in the canopies above. This park is popular for birding, boating, fishing, picnicking, and hiking. Workout stations can be found at waypoints throughout the trail.

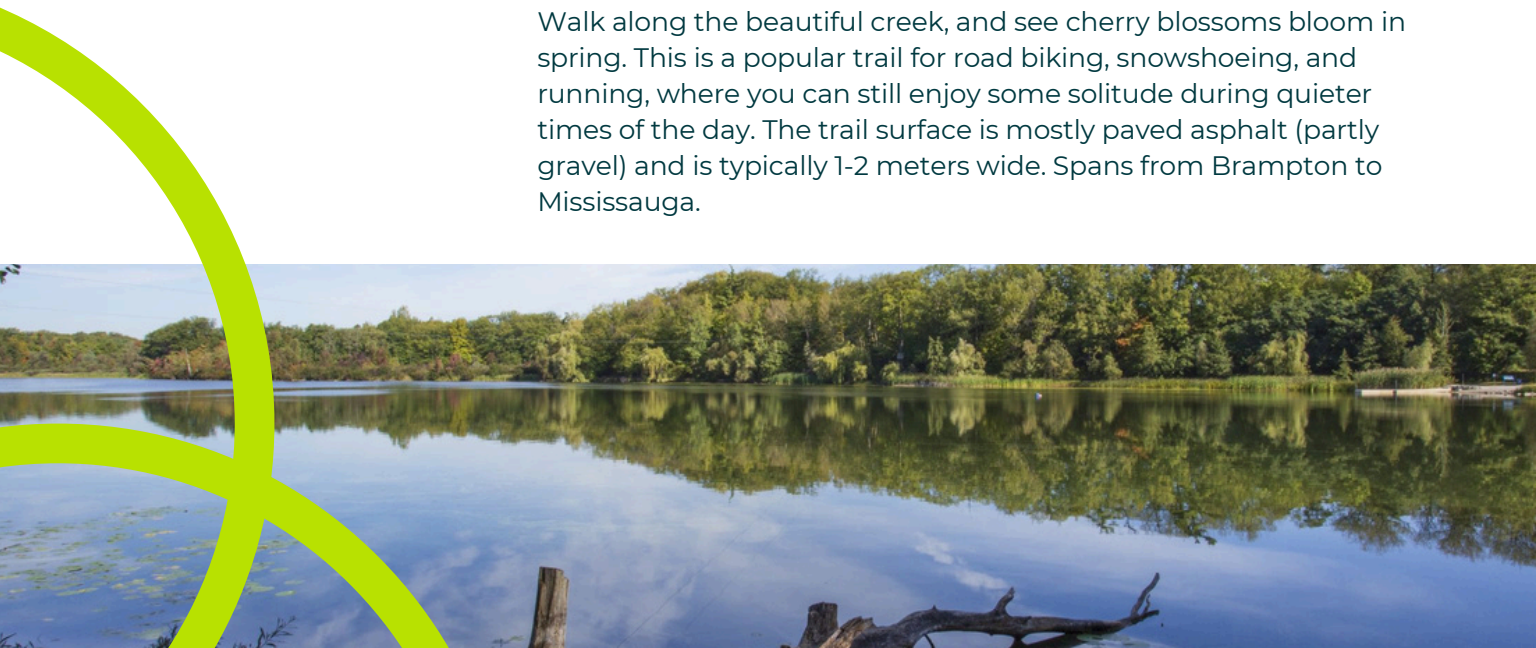


Photo: Ontario bike trails

Etobicoke Creek Recreational Trail

-  **Address:** Runs between Brampton to Mississauga, with multiple access points including Loafer's Lake Recreation Centre
-  **Trail Length:** 34.5 km linear trail
-  **Dog Friendly:** Yes
-  **Features:** Connects to multiple parks and recreation centers along the way, including Loafers Lake Park, Centennial Park, Joyce Archdekin Park, Brampton Sports Park
-  **Open:** Year-round
-  **Cost:** Free
-  **Bike:** Yes

Walk along the beautiful creek, and see cherry blossoms bloom in spring. This is a popular trail for road biking, snowshoeing, and running, where you can still enjoy some solitude during quieter times of the day. The trail surface is mostly paved asphalt (partly gravel) and is typically 1-2 meters wide. Spans from Brampton to Mississauga.









My Trail Recommendations



Photo: Andrea Bryan, All Trails

Don Doan Recreational Trail








-  **Address:** Runs between Chinguacousy Wellness Centre and Brampton Civic Hospital, multiple access points
-  **Trail Length:** 11-km out-and-back trail
-  **Dog Friendly:** Yes
- Features:** beach, boat rentals
-  **Open:** Year-round
-  **Cost:** Free
-  **Bike:** Yes

Formerly known as Professor's Lake Recreational Trail, this path is great for making memories in nature! While it is predominantly a suburban trail that takes you through the east side of Bramalea neighbourhoods, wayfinding signs will navigate you north to Brampton's popular beach and public swimming area: Professor's Lake.



Photo: Ontario's Conservation Areas

Fletcher's Creek Recreational Trail

-  **Address:** Runs between Wanless Dr and Hwy 407, multiple access points
-  **Trail Length:** 7.9km
-  **Dog Friendly:** Yes
-  **Features:** Various parks including Fred Kline Park, Chris Gibson Recreation Centre, Flower City Community Campus, South Fletcher's Sportsplex
-  **Open:** Year-round
-  **Cost:** Free
-  **Bike:** Yes

Follow the gravel paths that wind through subdivisions to small bridges over stormwater collection ponds, where beavers and muskrats are occasionally spotted! A great place to see birds, bike, jog, or dive into nature photography. The trail runs north to south through the west side of Brampton.



Highway 413's proposed route will cut through hundreds of waterways, causing damage to many critical watersheds in Peel Region, including the Etobicoke Creek and the Credit River.










My Trail Recommendations



Photo: Doors Open Ontario

Chinguacousy Recreational Trail

-  **Address:** Runs between Victoria Park in Bramalea to Dixie Road and Countryside Drive, multiple access points
-  **Trail Length:** 9 km
-  **Dog Friendly:** Yes
-  **Features:** Various parks including Chinguacousy Park
-  **Open:** Year-round
-  **Cost:** Free
-  **Bike:** Yes

The Chinguacousy Recreational Trail winds through several Brampton neighbourhoods like Springdale and Bramalea. While travelling this recreational trail, you will visit a stretch of suburbs, green spaces, and local attractions like Chinguacousy Park, where you can find a Ski, Snowboard, and Tube Hill.

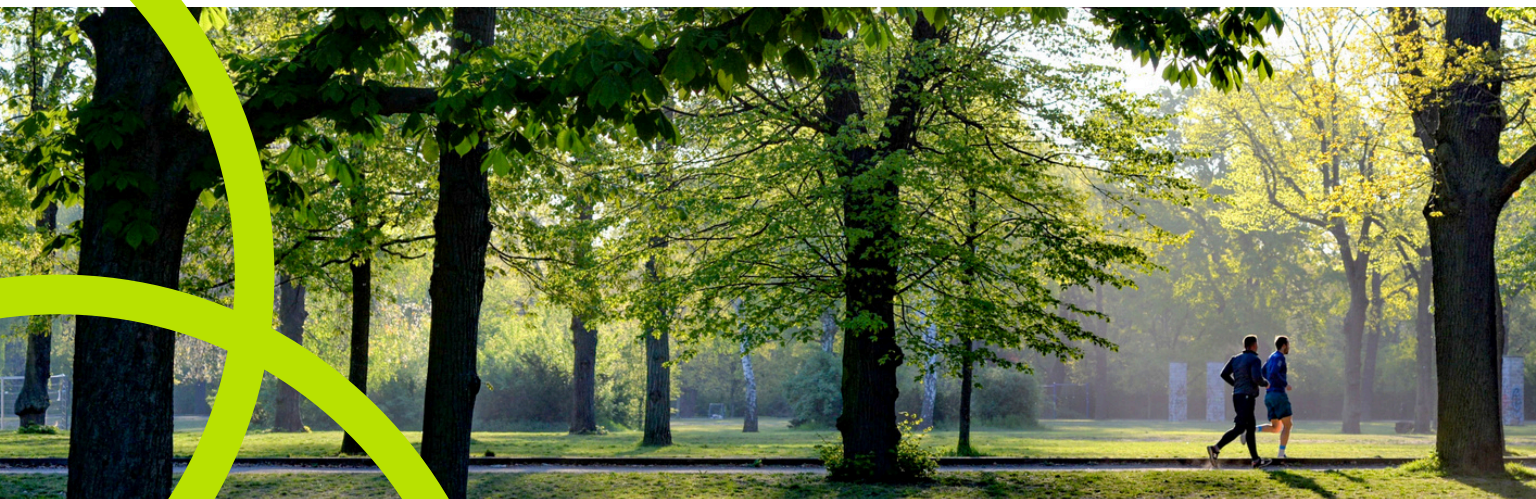


Photo: Ontario's Parks

Esker Lake Recreational Trail

-  **Address:** Runs between Nuffield Park and Carleton Park, multiple access points
-  **Trail Length:** 9 km
-  **Dog Friendly:** Yes
-  **Features:** Norton Place Park
-  **Open:** Year-round
-  **Cost:** Free
-  **Bike:** Yes

Taking you into some of the city's most treasured parks, green spaces and conservation areas, the Esker Lake Recreational Trail showcases nature's best. Plan a couple of hours or make a full day of it.



Hiking Etiquette

Did you know that there are 'unspoken' rules to follow when hiking in nature? Following them ensures that you are respecting nature and other guests.

Here are my top tips:

- **Follow the trailblazes:** You may have noticed white or blue rectangles painted on tree trunks. These are important markers that will guide you to stay on the trail!
- **Respect wildlife:** Avoid disturbing wildlife. Observe from a distance and do not feed animals. Sticking to designated paths helps protect plants and ecosystems.
- **Leave what you find behind:** Do not pick plants, disturb wildlife, or remove rocks or historical artifacts. Leave natural and cultural features as you found them for others to enjoy.
- **Dispose of waste properly:** Pack out all trash, litter, and leftover food. Do not leave anything behind. Use designated waste disposal facilities or carry a trash bag to pack out your garbage.
- **Observe park signage:** Trail signs provide important information about the route, including directions, distances, and points of interest.



Explore in the Winter

Winter doesn't mean that we need to hide from the outdoors! It doesn't mean we need expensive sports gear either. There are plenty of ways that we can connect with the outdoors during this time:

- **Birding:** With the leaves gone on the trees, the birds that live in our community are much easier to spot! Use Merlin Bird ID or other apps to identify their calls or appearance.
- **Tracking:** See who shares your habitat! When there is snow on the ground, it is a great chance to discover who shares our backyard or trails with us. When we are inside, we wouldn't know whether a mole or owl crossed our path just moments before, but thanks to winter, we can!

WINTER WILDLIFE

Who's been visiting your neighbourhood?

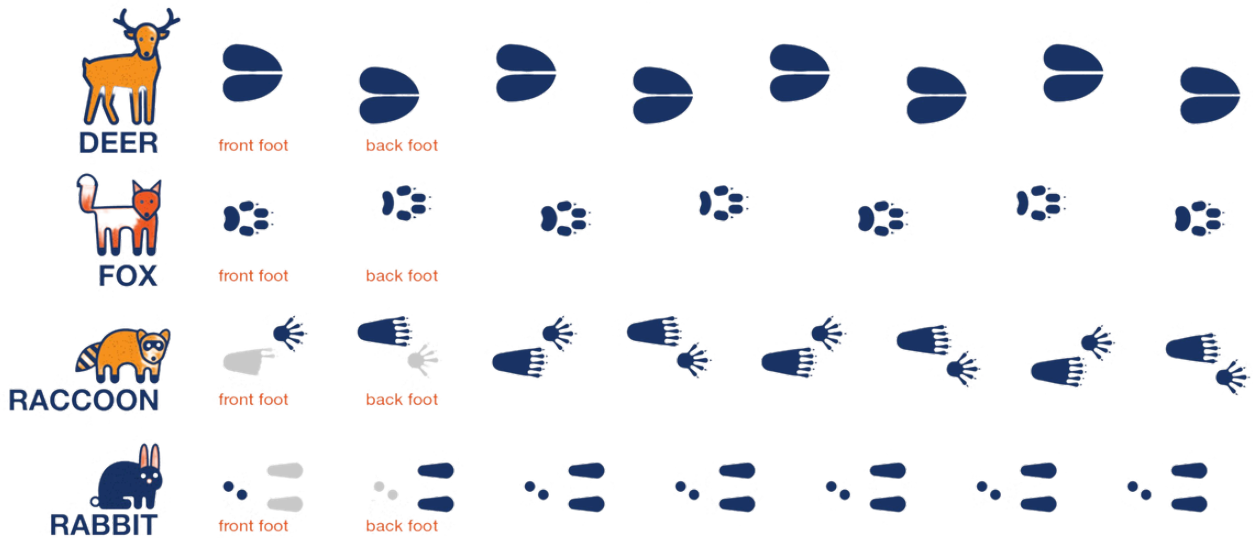


Photo credit: Ontario Ministry of Natural Resources and Forestry



- **Winter Art:** There are fun ways to make art in the snow and ice. Whether it's a snowman, igloo, or snow angel, you can elevate your experience by adding spray paint!

Steps:

- Fill spray bottles with water and just a dash of alcohol to prevent freezing
- Add drops of food colouring or create your colours with vegetables like beets
- Take your spray bottles outside and begin spraying in the snow



Photo credit: <https://www.thebestideasforkids.com/snow-paint/>

- **Dress well:** We need to show up in our best for Mother Nature —and by that, we mean: layer up! Many people cut their fun outdoor experiences short when they are underdressed for the cold. If possible, investing in quality winter gear can protect you from wind and freezing temperatures, but having many warm layers covering your feet, hands, and face, works just as well. Winter boots are a must. Ensure your face is moisturized with a thick lotion to protect skin from the wind too!

What are the Animals Up To?

Hiking throughout the year allows you to witness and appreciate the changing seasons, from the vibrant colours of fall foliage to the quiet beauty of snow-covered landscapes.

Observing wildlife activity can also add a special dimension to your hiking experience in different seasons.

(Note: Safe and friendly wildlife interactions are done from far away. Please do not touch or feed any animals, as it puts their ability to survive in the wild at risk.)

Spring

- Many bird species migrate during spring. Look for flocks of birds travelling to their breeding grounds.
- Spring is a time when many animals, such as birds and mammals, engage in nesting behaviours. Keep an eye out for nests in trees and on the ground.
- Reptile Activity: Warmer temperatures in spring may encourage reptiles like snakes and salamanders to become more active.

Summer

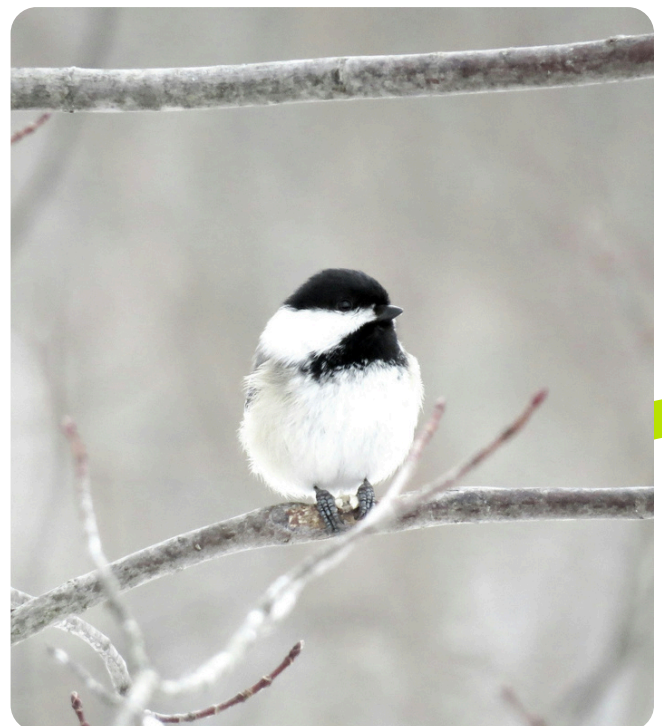
- Many bird species are actively vocalizing to attract mates or establish territories—listen to their songs!
- Summer is peak insect season. You may see butterflies, bees, and other pollinators, as well as spiders and other incredible insects.
- Some mammals give birth in summer, and you may come across some young animals.

Fall

- Prime time to view bird migrations as they head south for the winter.
- Many animals start preparing for winter by foraging and storing food. For example, squirrels may be actively collecting and burying nuts.
- Of course, the incredible changing colours of the tree canopy foliage

Winter

- Snow provides an excellent canvas for tracking wildlife. Look for tracks of animals like deer, rabbits, foxes, mice, and birds.
- Some mammals, such as certain rodents, change their fur color in winter to blend in with the snowy surroundings—can you spot them?
- Many birds choose to stay right here in Brampton, all winter long. Take some binoculars and have a look!



Hiking Bingo

Transform your hike into an engaging scavenger hunt, making every trail more exciting!

SQUIRREL 	BIRD HOUSE 	GUST OF WIND 	POLLINATOR 	DOG WALKER 
MAPLE LEAF 	BIRDS NEST 	ANIMAL BURROW 	TRAIL MARKER 	PINE CONE 
CONIFEROUS TREE 	MUSHROOMS 	FREE SPACE	FLOCK OF BIRDS 	OAK LEAF 
ACORN 	BIRD HOUSE 	THE SUN 	HOLE IN TREE 	BERRIES 
ANIMAL TRACKS 	Y-SHAPED TWIG 	BIRD CALL 	RABBIT 	BIG ROCK 



Before You Go... Here are My Quick Tips

- In colder weather, wear layers to trap and retain body heat, while in warmer conditions, choose lightweight and breathable fabrics to stay cool.
- In conditions of low visibility, wearing bright or reflective clothing enhances your visibility to others, reducing the risk of accidents.
- Hiking boots help prevent slips and give great ankle support on rugged terrain.
- Protect yourself from UV rays all year round. Wearing sunscreen, a hat, and long sleeves helps prevent sunburns and long-term skin damage.
- Stay hydrated — take a reusable water bottle or a water bladder.
- Bring snacks to sustain your energy level throughout the hike.
- Check trail status: Some trails may be closed or have limited accessibility in winter. Check with local authorities or park services for trail conditions.
- Always check the time of sunset so you can plan when you should stop hiking and plan your route back home.

Until Next Time

Connect with me, Halley Patel, for more things to do in Brampton. Send a photo of your trail experience or snow art — I'd love to see it, and it just might be featured in our next newsletter!

See you on the trails!

