



# OAKVILLE'S ULTIMATE HIKING GUIDE



Reconnect  
Oakville



## Welcome to **Reconnect Oakville!**

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 Oakville's hidden gems and family-friendly outdoor adventures. Best of all, this is just the beginning. At Reconnect Oakville, we are dedicated to connecting you to exciting local events, nature, and your neighbours.

Visit [Reconnectoakville.ca](https://Reconnectoakville.ca) to see our interactive map of events happening in our city. Contact me to learn about the exciting events I am planning and for ways you can get involved in the Reconnect experience.

*Let the adventure begin!*



Sincerely,

**Chris**  
[Chris@ReconnectOakville.ca](mailto:Chris@ReconnectOakville.ca)

## Types of Trails in Oakville

In our beloved Oakville, there is truly a hiking trail for everyone, from serene forest paths to scenic waterfront routes. Some of our trails provide a mix of charming landscapes while offering the convenience of urban amenities. Others are interwoven with some breathtaking water bodies, my source of tranquility! In addition to Lake Ontario, nature has gifted us with several creeks that run through the veins of Oakville, such as Sixteen Mile, Bronte, and Morrison. The 200+ kilometers of Oakville trails promise a different experience each time! A casual walk, a historical tour, a vigorous hike, or a cycling adventure—you name it!

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 that 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 to 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!

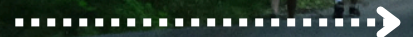


# Our Trail Recommendations

**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

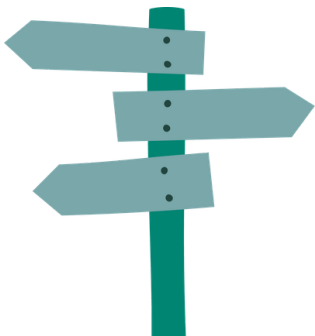
## Sixteen Mile Creek Trail



Photo: Visit Oakville

This is one of the most beloved trails in Oakville, as it is suitable for all levels of outdoor enthusiasts. The pathway meanders with the waters of Sixteen Mile Creek while taking you through the breathtaking forests. If you are looking for an escape from everyday life burdens, here's your haven!

-  **Address:** You can access from Dundas Street at Lions Valley Park
-  **Trail Length:** 6.5 km loop
-  **Difficulty:** Moderate
-  **Accessibility:** No
-  **Features:** Well-maintained paths with a mix of gentle slopes and more challenging sections. Great for hiking, walking, or cycling.
-  **Cost:** Free
-  **Bike:** Yes
-  **Parking:** Yes
-  **Transit:** Yes, Oakville GO 5 and 5A on the north end.



# My Trail Recommendations

## Half Moon Valley Trail

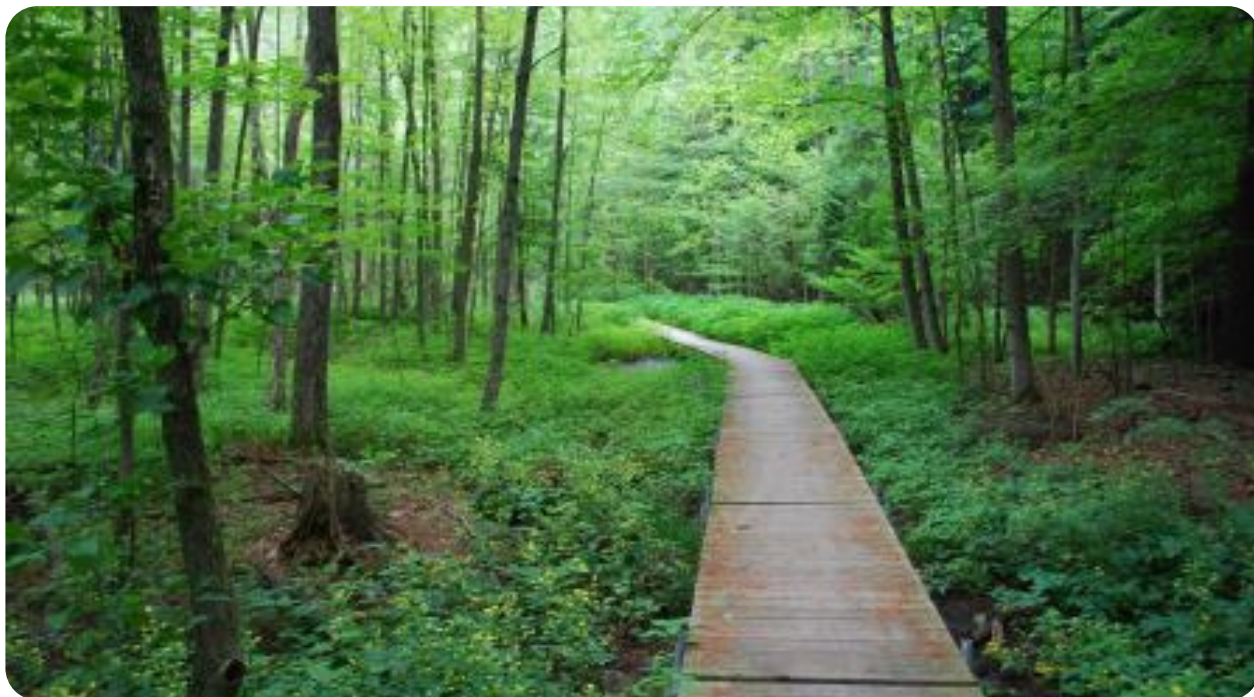



Photo: [Friends of Bronte Creek Park](#)


Another favourite for a relaxing retreat! This trail provides a soothing soundtrack thanks to the babbling creek. You'll enjoy this hidden gem when you explore the picturesque forest views and the scenic beauty of the Valley floor. The trail is close to the camping and picnic area of the park. If you are a fan of bird watching, here's your perfect setting! You might encounter hawks, merlin, kestrels, eagles, and several species of owls.


 **Address:** Bronte Creek Provincial Park. You can access from parking [lot E](#), located in the day-use area (open year-round).

 **Trail Length:** 2 km


 **Difficulty:** Moderate

 **Accessibility:** No

 **Cost:** Yes, the cost of a daily use permit can be found [here](#).

 **Features:** Mix of gravel and boardwalk paths with some staircases on its steep sections.

 **Bike:** No

 **Parking:** Yes, cost is included in the day-use permit. Obtain your daily vehicle permit up to 5 days in advance.

 **Transit:** No



**Did you know?** It is good practice to check the water quality of a body of water before deciding to swim. On some days, it might be best to avoid the water due to increased pollution levels. With climate change bringing more severe weather patterns, pollution runoff from urban areas is increasing. Staying informed and taking precautions can help ensure a safe and enjoyable experience!












# My Trail Recommendations

## Nipigon Trail



Photo: Ontario Hiking

Are you looking for a quiet afternoon stroll or a moment of reflection in nature? This delightful trail is for you. This trail is suitable for all ages and is well-maintained, with lush foliage that is particularly dense on the south end.

-  **Address:** You can access it from two points: on Upper Middle Road East or on Glenashton Drive.
-  **Trail Length:** 2.5 km out-and-back trail.
-  **Difficulty:** Easy
-  **Accessibility:** Yes
-  **Features:** Long bridge, great for running during summer.
-  **Cost:** No
-  **Bike:** Yes
-  **Parking:** No
-  **Transit:** 19 Uptown Core is the closest




# My Trail Recommendations

## Cross Town Trail - A heritage trail




Photo: [Glenn Moore on All Trails](#)


Are you up for a challenge? Want to explore all of Oakville at once? This is the trail for you. This trail does require some navigating; you'll sometimes need to cross roads or take alternate paths to navigate creeks and rejoin the main trail. Nonetheless, this trail highlights Oakville's vibrant cultural heritage and varied landscapes.

 **Address:** Several access points. The trail starts at [Liptay Ave.](#) and ends at [Rockingham Dr.](#)

 **Trail Length:** About 12 km

 **Difficulty:** Moderate

 **Accessibility:** Only on the linear paths (see description below); it is 4 m width asphalt.

 **Features:** Along the “natural” gas pipeline, it features information about the area dating back to 9000 BC.

 **Cost:** No

 **Bike:** Yes

 **Parking:** The parking [lot](#) of Neyagawa Park is the closest.

 **Transit:** Oakville Go 19 is the closest to Neyagawa Park side.



**Did you know? Natural gas is fossil fuel in disguise. It is primarily made up of methane—a greenhouse gas 28 times more powerful than carbon dioxide! I was shocked when I first learned that “Natural” gas is not so natural. It is responsible for 30% of the rise in global temperature AND puts our health at risk.**



# My Trail Recommendations










## Morrison Valley Trails

Trails are along Morrison Creek from both sides.



Photo: Izabela Goclik on All trails

This beautiful escape offers scenic views of the woodlands and Morrison Creek. You'll enjoy its rich biodiversity with your friends and family. Great for both casual walks and more adventurous hikes.

-  **Address:** One end has two entrances: one on [Trafalgar Road](#) on the north side and one on [White Oaks Blvd](#), both ends have nearby parking areas.
-  **Trail Length:** Approximately 4.3 km on each side of the creek
-  **Difficulty:** Easy
-  **Accessibility:** Not entirely, some challenging slopes, up to 6%, mainly crushed limestone or asphalt. The width is between 1.2 to 3 meters.
-  **Features:** Mixed of paved and natural paths. Great for birding and enjoying wildlife and wildflowers.
-  **Cost:** No
-  **Bike:** Yes
-  **Parking:** Yes
-  **Transit:** Yes, several Oakville Go buses: 5, 5A, 24, and 1 are the closest on the north end

# My Trail Recommendations

## Fourteen Mile Creek Trail

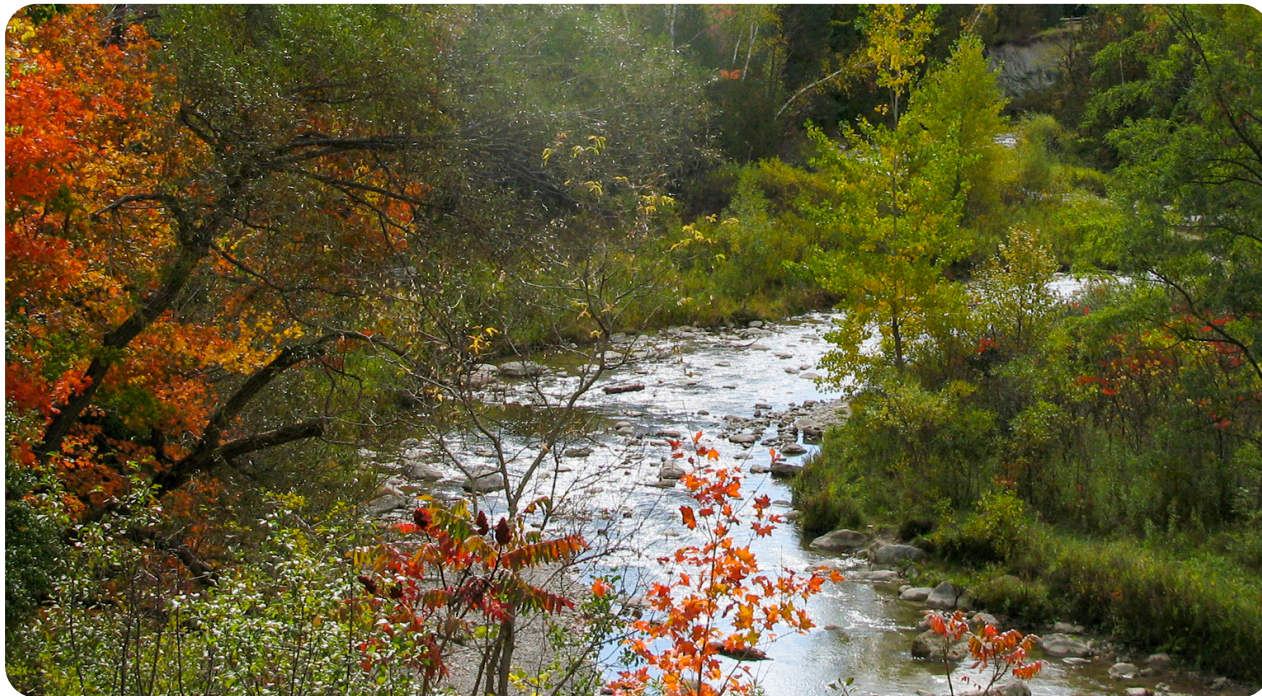











Photo: Greenbelt

This trail offers diverse features for people who enjoy a greater variety of scenery. You'll experience some woodlands, open spaces, and wetlands! The trail is in two sections, separated by the Upper Middle Road west. It is not recommended for strollers and could be challenging for some children. Pack your snacks, let's enjoy this gem and unwind!

-  **Address:** One end starts at [Colonel William Pkwy](#), and the other end starts at [Langtry Park](#). But the trail has many different points of access.
-  **Trail Length:** Approximately 5 km
-  **Difficulty:** Moderate
-  **Accessibility:** No
-  **Features:** Deciduous trees, which are especially colourful in fall.
-  **Cost:** No
-  **Bike:** Yes
-  **Parking:** Yes, on Langtry Park
-  **Transit:** Yes, several Oakville Go on Langtry park: 28, 3, and 3A



# My Trail Recommendations

## McCraney Creek Trail

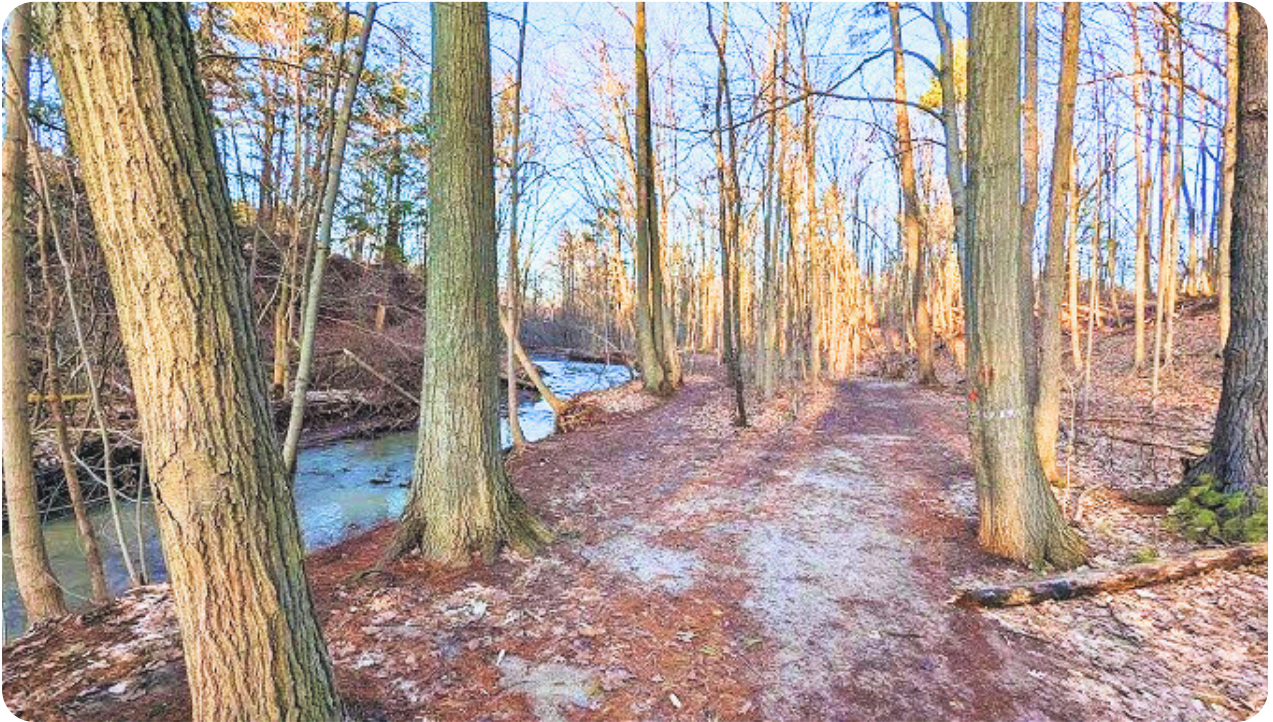











Photo: Ontario Walking tours

How cool it is to meander in the woods without leaving the city?! Here's yet another delightful Creek trail with diverse flora and fauna. Whether you want to cycle, jog, or just go for a walk, this trail is a go to spot. Enjoy!

-  **Address:** Starting from Dundas St W., diagonally crossing Third Line, Upper Middle Rd W, and ending around Pilgrims Way north of the QEW. The trails have many access points along the way.
-  **Trail Length:** Approximately 7 km.
-  **Difficulty:** Moderate
-  **Accessibility:** No
-  **Features:** Mix of paved and natural paths. More canopy is found on the south end of the trail.
-  **Cost:** No
-  **Bike:** Yes
-  **Parking:** Yes
-  **Transit:** Yes, Oakville Go 5 and 5A at Dundas. Oakville Go 18 at Pilgrims Way.



# My Trail Recommendations

## Waterfront Heritage trails



Photo: Great [Lakes waterfront trail](#)

Another favourite! This heritage trail system provides information about the area's history at many stations. You'll enjoy the breathtaking views of the waterfront, two vibrant harbours, museums, gardens, wooded areas, meadows, and beautiful architecture and homes. I love visiting this trail with my friends and family to spend quality time together and unwind!

- Address:** At Bronte Heritage Waterfront Park: 2340 Ontario St, Oakville, ON L6L 6P7, at Coronation Park: 1426 Lakeshore Rd W, Oakville, ON L6L 1G2, and at Tannery Park: 5 Walker St, Oakville, ON L6K 3R7
- Trail Length:** 13 km in total. The trail system is not connected through the locations.



**Difficulty:** Easy



**Accessibility:** Yes



**Features:** Washrooms, showers, and change rooms.



**Cost:** Free



**Bike:** Yes, on roads and paths



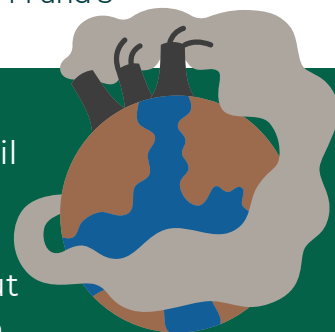
**Parking:** Yes



**Transit:** Closest is for Bronte Heritage Waterfront Park: Oakville Go 14 and 3



**Interesting Fact** from the Heritage Trail information kiosk. Two oil refineries were decommissioned in Oakville in the last 40 years—what a success for Oakville and its public health! The oil and gas industry is not only the highest contributor to climate change, but also releases byproducts, like sulfur dioxide, that affect our health.










# My Trail Recommendations

## Joshua Creek Trail



Photo: Blipfoto by KevinV

You'll enjoy the tranquility this creek trail offers. Sometimes to be able to reconnect, we need to disconnect. Enjoy the lush greenery on this path and breathe in the fresh air!

-  **Address:** You can access it from [Devon Rd](#) at Maple Grove Arena, or from [Armiger Ln.](#)
-  **Trail Length:** 5.8 km out-and-back trail
-  **Difficulty:** Easy
-  **Accessibility:** Fairly accessible (crushed limestone) 1.2 - 2 m wide.
-  **Features:** Birding, running, walking, kid-friendly, partially paved. It doesn't receive a lot of maintenance during winter, which makes it a bit icy sometimes.
-  **Cost:** No
-  **Bike:** Yes
-  **Parking:** Yes, at Maple Grove Village parking lot near the trailhead.
-  **Transit:** Yes. Oakville Go T1



# My Trail Recommendations

## Indian ridge trail



Photo: Izabela Goclik on All Trails

Are you eager to find time to listen to a podcast that just dropped a new episode? This straight trail is a perfect place to get in your steps in, enjoy nature, and listen to your favourite show. This trail links all of Glen Abbey's trail system on the southern part, allowing you to wander around and have a fun new adventure each time. Enjoy! And don't forget to share that podcast link; I would love to listen.


 **Address:** Starts at [Third Lane](#), and ends at [North Service road](#).

 **Trail Length:** 6 km out-and-back.

 **Difficulty:** Easy

 **Accessibility:** Yes

 **Cost:** No

 **Features:** Snowshoeing, cross-country skiing, walking, and hiking, etc.

 **Bike:** Yes

 **Parking:** Yes, several nearby plazas on both ends.

 **Transit:** Yes, Oakville Go 28, 18, 3, and 3A.



**Did you know?** Floods are becoming more frequent and severe due to the increase in average temperatures and rainfalls.

Unfortunately, things will only get worse if the province continues to pave over [wetlands](#) and the floodplains of lakes and creeks. Repairing a basement after flooding can cost \$40,000 on average, which is generally not covered by insurance. Make sure to check [Halton Region's guide](#) on how to prevent & recover from flooding.



# My Trail Recommendations










## Shoreline Woods Loop Trail - Iroquois Shoreline Park



Photo: Hiking the GTA

With a dense and mature forest, this trail pulls you out of urban life and surrounds you with beauty and peace. You'll be lost in place and time if you allow it. Immerse yourself in this experience and enjoy the wilderness.



-  **Address:** [Iroquois Shoreline Park](#)
-  **Trail Length:** 3 km
-  **Difficulty:** Easy
-  **Accessibility:** No
-  **Features:** Natural landscapes and some boardwalks. Great for bird watching and hiking.
-  **Cost:** No
-  **Bike:** Yes
-  **Parking:** [Yes](#)
-  **Transit:** Yes, Oakville Go 120.

# 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 different coloured rectangles painted on tree trunks. These are important markers that will guide you to stay on the trail!
- **Observe park signage:** Trail signs provide important information about the route, including directions, distances, and points of interest.



- **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.



# 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 them based on 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. In the summer, we might not know whether a mole or owl crossed our path just moments before, but in the winter they often leave behind identifiable tracks in the snow.

## WINTER WILDLIFE

### Who's been visiting your neighbourhood?

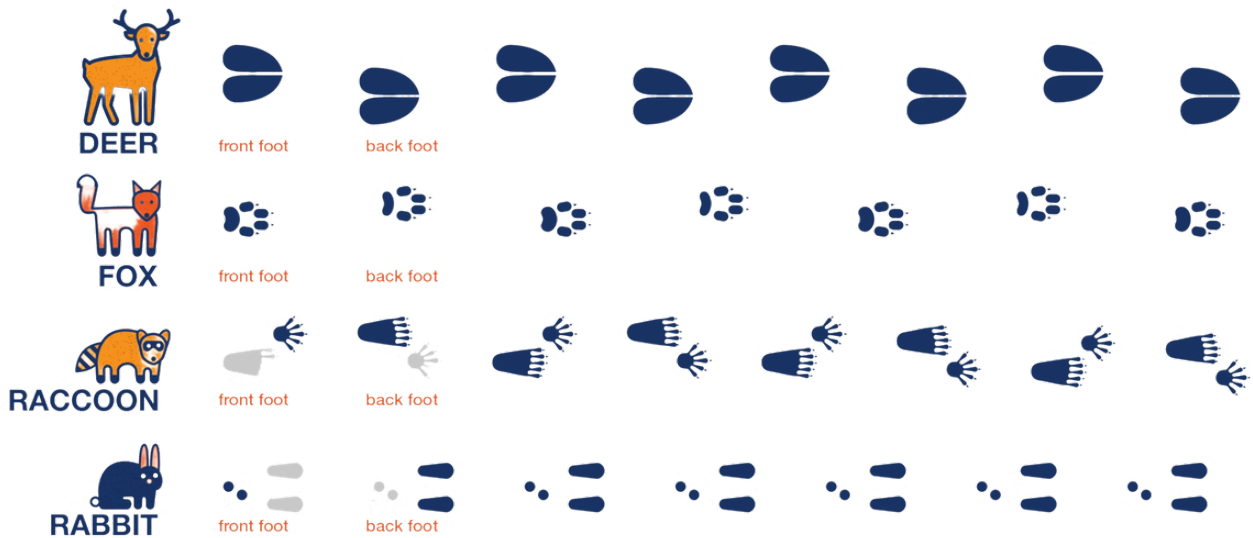


Photo credit: Ontario Ministry of Natural Resources and Forestry

## Explore in the Winter Cont'd

- **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 prepare 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 can also add a special dimension to your hiking experience in different seasons.



### 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 and Amphibian Activity: Warmer temperatures in spring may encourage reptiles and amphibians, 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, so 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.

### Winter

- Snow provides an excellent canvas for wildlife tracks. Look for signs 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 Oakville all winter long. Take some binoculars and see what species you can find.



**Did you know** that climate change is making Ontario winters much warmer and wetter? Unfortunately, this is good news for ticks who thrive in these conditions. Be sure to do a “tick check” with your friends and family after you’ve enjoyed the great outdoors!



# Hiking Bingo

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

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



## 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, 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 non-toxic sunscreen, a hat, and long sleeves helps prevent sunburns and long-term skin damage.
- Stay hydrated—carry a reusable water bottle or a water bladder.
- Bring snacks to sustain your energy levels throughout the hike.
- 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 make your way back home.
- Stay safe. Let someone know where you've gone and when you expect to be back home.
- Have fun!

## Until Next Time

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

*See you on the trails!*

