



# MISSISSAUGA'S ULTIMATE HIKING GUIDE

Tips and tricks for navigating Mississauga's trails



Reconnect  
Mississauga



Photo of Marie Curtis Park from Now Toronto

## Welcome to Reconnect Mississauga!

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 Mississauga's hidden gems and family-friendly outdoor adventures. Best of all, this is just the beginning. At Reconnect Mississauga, we are dedicated to connecting you to exciting local events, nature, and your neighbours—at no cost to you!

Visit [reconnectmississauga.ca](https://reconnectmississauga.ca) to see the 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!*



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# Enhance Your Hiking Experience with Apps

How can you bring your experience 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 for hikes:



## 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. 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. A great way to support scientific data!



## Avenza

Trail administrators use the app to share important information like closure notices and maps, which you can download ahead of your hike so internet isn't required when you're on the trails.



**DID YOU KNOW: "Urban Sprawl" is a term that describes unrestricted housing and road development over large expanses of land. Sprawl is a major threat to farmland and biodiversity on trails and parks close to urban areas.**

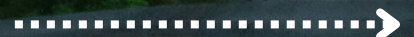
**STOP  
DESTRUCTIVE  
SPRAWL**

# My Trail Recommendations

Here are my 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: Credit Valley Conservation

## Rattray Marsh Conservation Area

-  **Address:** 660 Bexhill Rd, Mississauga, ON
-  **Trail Length:** 5.3km loop
-  **Parking:** Available at Jack Darling Memorial Park or Green Glade Senior Public School
-  **Bikes:** Yes, but only at Jack Darling Memorial Park
-  **Dogs:** Yes
-  **Features:** Boardwalk, birdwatching, rest areas, Lake Ontario, playground, natural wetlands, washrooms
-  **Open:** Year-round
-  **Cost:** Free

The last remaining lakefront marsh between Toronto and Burlington. This conservation area features a shale beach and pedestrian boardwalk along Mississauga's Lake Ontario shoreline and natural wetlands. Located right next to [Jack Darling Memorial Park](#), this is a great place for relaxing, walking, birdwatching, and seeing local wildlife, such as beavers, deer, and foxes.

## Sawmill Valley Trail









-  **Address:** 1695 Dundas St W, Mississauga, ON
-  **Trail Length:** 7.6km out-and-back
-  **Parking:** Free at Erindale Park; paid at U of T Mississauga
-  **Bikes:** Yes
-  **Dogs:** Yes
-  **Features:** Sawmill Creek, rest/picnic areas and washrooms at Erindale Park
-  **Open:** Year-round
-  **Cost:** Free



Photo: All Trails

Starting at [Erindale Park](#), this trail crosses the Credit River and follows Sawmill Creek all the way until Glen Erin Drive. The path is made up of paved trails, wooden boardwalks, and dirt trails. The area is very popular for birdwatching, mountain biking, and running. The trail does not have proper markers, so make sure you have access to a map to ensure you stay on course!

Britannia Farm is one of the last remaining large-scale agricultural landscapes in Mississauga! Unfortunately, Ontario loses over 300 acres of precious farmland every day and urban sprawl is one of the main causes.









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# My Trail Recommendations



Photo: All Trails

## David Culham Trail









-  **Address:** 1695 Dundas St W, Mississauga, ON
-  **Trail Length:** 18 km out-and-back
-  **Parking:** Free
-  **Bikes:** Yes
-  **Dogs:** Yes
-  **Features:** Credit River, rest/picnic areas, washrooms, fishing
-  **Open:** Year-round
-  **Cost:** Free

The David Culham Trail runs along the Credit River from [Erindale Park](#) for 17 km, passing through numerous other parks and conservation areas. It is a great trail for running, walking, biking, fishing, and relaxing along the river banks of the Credit River. An especially great stretch of the trail goes along the river from Erindale Park to [Riverwood Conservancy](#) (just north of Burnhamthorpe Rd.).



Photo: All Trails

## Cawthra Park

-  **Address:** 1399 Cawthra Rd, Mississauga, ON
-  **Trail Length:** 1.8km loop
-  **Parking:** Free
-  **Bike:** Yes
-  **Dog Friendly:** Yes
-  **Features:** Mature trees, lawn bowling, soccer field, Cawthra Estate, washrooms
-  **Open:** Year-round
-  **Cost:** Free

This 1.8km loop goes through a natural wooded park and is generally considered an easy route that is great for walking and running. Cawthra park is home to towering mature trees, as well as Cawthra Estate, Port Credit Lawn Bowling Club, and the Carmen Corbasson Community Centre.



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











# My Trail Recommendations



Photo: The Riverwood Conservancy

## Riverwood Conservancy









-  **Address:** 4300 Riverwood Park Ln, Mississauga, ON
-  **Trail Length:** 4.3km of loop trails
-  **Parking:** Free
-  **Bike:** Yes
-  **Dog Friendly:** Yes
-  **Features:** Multiple trails, Credit River, pond, gardens, sensory path, bird feeders, Chappell House, MacEwan House, Visual Arts Mississauga
-  **Open:** Year-round
-  **Cost:** Free

The most ecologically diverse community in the Credit Valley watershed, Riverwood Conservancy is home to more than 475 animal and plant species. In this park, you can walk on scenic woodland trails, relax in lush gardens, birdwatch, or visit an art exhibit. The trails are popular for biking, walking, and hiking. With beautiful views of the Credit River, the trails take you through different habitats, such as forest, meadows, and wetlands. Part of the David Culham Trail also runs through this area.



Photo: All Trails

## Etobicoke Creek Trail: Marie Curtis Park to QEW

-  **Address:** 2 Forty Second St, Etobicoke, ON
-  **Trail Length:** 5.8km out-and-back
-  **Parking:** Free
-  **Bike:** Yes
-  **Dog Friendly:** Yes
-  **Features:** Etobicoke Creek, Lake Ontario, parks, washrooms, fishing, biking, rapids and small waterfalls, wheelchair accessible
-  **Open:** Year-round
-  **Cost:** Free

Starting at Marie Curtis Park on the shores of Lake Ontario, this 5.8km portion of the Etobicoke Creek Trail takes hikers along Etobicoke Creek, which is the boundary between Mississauga and Toronto. The path is almost completely paved and is a great area for birding, fishing, and mountain biking!



Mississauga is home to many wildlife species that depend on our forests and wetlands for survival. Urban sprawl threatens many of these plants and animals.









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SPRAWL**

# My Trail Recommendations



Photo: All Trails

## Etobicoke Creek Trail: Fleetwood Park to Dixie Road









-  **Address:** 2000 Burnhamthorpe Rd E, Mississauga, ON
-  **Trail Length:** 10 km out-and-back
-  **Parking:** Free at Fleetwood Park
-  **Bike:** Yes
-  **Dog Friendly:** Yes
-  **Features:** Etobicoke Creek, Lake Ontario, parks, washrooms and picnic areas at Fleetwood Park, and on-trail and mountain biking
-  **Open:** Year-round
-  **Cost:** Free

Starting at [Fleetwood Park](#), this 10km trail follows Etobicoke Creek north to Dixie Road. This mostly paved trail is very popular for birding, hiking, and biking. Alongside beautiful natural scenery, meadows and wildlife, the northern part of the trail also takes you near Pearson International Airport.



Photo: All Trails

## Meadowvale Conservation Area

-  **Address:** 1081 Old Derry Rd, Mississauga, ON
-  **Trail Length:** 3.7km out-and-back
-  **Parking:** Free
-  **Bike:** Yes
-  **Dog Friendly:** Yes
-  **Features:** Credit River, picnic areas, biking, washrooms
-  **Open:** Year-round
-  **Cost:** Free

[Meadowvale Conservation Area](#) consists of a 3.7km out-and-back trail that is part of the David Culham Trail. The trail crosses a footbridge over the Credit River, takes you through lush greenery, and passes by the headquarters of the Credit Valley Conservation Authority. This is a great area for hiking, running, biking, and walking through wooded areas and along scenic riverbanks.



Did you know that a mega highway development will harm species in Ontario? Learn more and prevent this from happening at [StopHwy413.ca](http://StopHwy413.ca)



# My Trail Recommendations



Photo: All Trails

## Lake Aquitaine Trail

- Address:** 2750 Aquitaine Ave, Mississauga, ON
- Trail Length:** 1.6km loop
- Parking:** Free at Meadowvale Community Centre
- Bike:** Yes
- Dog Friendly:** Yes
- Features:** Lake Aquitaine, playground, picnic areas, Meadowvale Community Centre, basketball courts, soccer field, splash pad, outdoor fitness circuit, fishing dock, disc golf, wheelchair accessible
- Open:** Year-round
- Cost:** Free

This family-friendly, accessible, and fully paved 1.6km trail takes you around [Lake Aquitaine](#) and is great for walks and runs in a natural setting. The park also offers picnic areas, benches with views of the lake, and additional recreational spaces, such as a splash pad!



Photo: All Trails

## Mississauga Waterfront Trail - Port Credit to Promenade Park

- Address:** 800 Lakefront Promenade, Mississauga, ON
- Trail Length:** 11.1km out-and-back
- Parking:** Free at Promenade Park
- Bike:** Yes
- Dog Friendly:** Yes
- Features:** Lake Ontario, Port Credit Light House, picnic areas and benches, washrooms, beaches, parks, beach volleyball, wheelchair accessible
- Open:** Year-round
- Cost:** Free

This 11km trail is part of the Mississauga section of the Waterfront Trail, which passes through 22 parks along Lake Ontario and is popular for biking and walking. The most scenic part of the trail is at Promenade Park, where you will find stunning views of the lake, as well as picnic areas, beach volleyball courts, docks, and a playground.



**WHAT IS A WATERSHED? A watershed is the entire area of land that drains rainfall and snowmelt into rivers and lakes.**

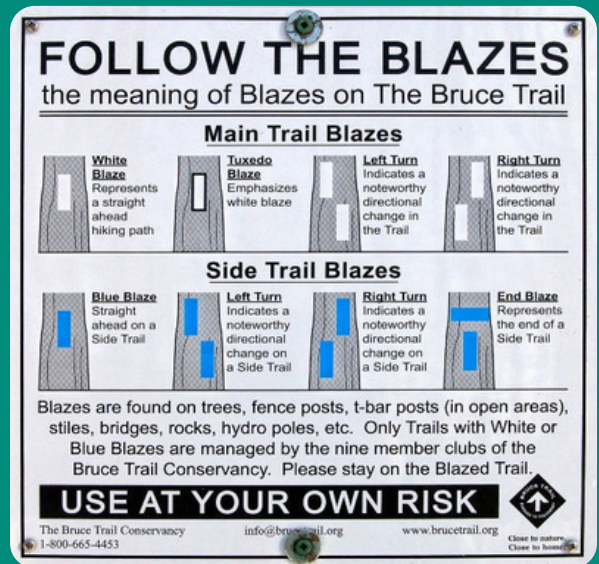
**The Credit River Watershed includes parts of the Niagara Escarpment, Oak Ridges Moraine, and the Greenbelt.**

# 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.
- **Keep your dog(s) out of trouble:** Clean up after your dog and always keep them on a leash. In sensitive areas, dogs are a bigger threat to conservation efforts than people are.
- **Leave what you find behind:** Do not pick plants, disturb wildlife, or remove rocks or 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. Use designated waste disposal facilities or carry a trash bag to pack out your garbage.
- **Observe park signage:** Trail signs provide important information, including directions, distances, and points of interest.



# 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, you can't miss the incredible changing colours of the tree canopy.

## 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 Ontario 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!

<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 warmer conditions, choose lightweight and breathable fabrics to stay cool. In colder weather, wear layers to trap and retain body heat. Also, make sure you're not so toasty that you sweat a lot—this can make you even colder in the long run!
- 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 levels throughout the hike.
- Check the 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 make your way back home.

## Until Next Time

Mississauga is full of hidden gems, which I can't wait to uncover and share with you!

To see what I've found, check out our website and newsletter at [ReconnectMississauga.ca](https://ReconnectMississauga.ca).

If you enjoyed this guide, you can send a photo of your trail experience and we might feature it in our next newsletter.

*See you on the trails!*

