



## A Hiker's Haven

What's the difference between a walk and a hike? We like to think it has something to do with the purpose of the journey. Hiking in Hamilton Halton Brant means discovering sights and sounds along the way that make people stop and realize how lucky we are to live so close to some of Canada's most magnificent landscapes.

Try some of these trails:

- The Bruce Trail
- City of Waterfalls
- Limehouse Conservation Area
- Royal Botanical Gardens
- Limehouse Kilns
- Greenbelt Walks
- Country Heritage Park

### Conservation Halton

- Crawford Lake Conservation Area
- Kelso Conservation Area
- Hilton Falls Conservation Area
- Mount Nemo Conservation Area
- Rattlesnake Point Conservation Area
- Mountsberg Conservation Area

### Hamilton Conservation Authority

- Spencer Gorge/ Webster's Falls Conservation Area
- Eramosa Karst Conservation Area
- Christie Lake Conservation Area
- Dundas Valley Conservation Area
- Valens Lake Conservation Area

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## Trip Ideas

### Bruce Trail Waterfall Walks

Experience waterfalls, scenic vistas, Carolinian forests and the natural beauty of the Niagara Escarpment on a two-day or five-day Bruce Trail Waterfall Walk. Led by an experienced guide, hikers will see a total of 19 stunning waterfalls on the 25-kilometre, two-day hike and 28 waterfalls on the 45-kilometre, five-day hike. Off the trails, guests can enjoy outstanding local cuisine and overnight accommodations in the area's best hotels. Trip dates for 2015 are available at [www.ourtruenature.ca](http://www.ourtruenature.ca).

### Hike Hamilton's Waterfalls

Hamilton's captivating collection of over 100 waterfalls offers hikers endless options for day hikes that put these stunners front and centre.

The Webster's Falls Walk is an 8-kilometre hike that takes about three hours to complete. Highlights of the journey include a 22-metre curtain waterfall, an historic family burial site and a cobblestone bridge crossing Spencer Creek.

The Scenic Iroquoia Walk is a 3.7-kilometre hike that will take just over an hour to complete. Along this route, hikers will pass seven waterfalls, including Scenic Falls, a 20-metre ribbon cascade and Princess Falls, which is particularly magical in the winter when it freezes.

The Great Smokey Hollow Walk is a 10.2-kilometre hike that takes about three and a half hours to complete. The waterfalls showcased on this route are Great Falls, a terraced, ribbon falls that is 10 metres high and 5 metres wide and Upper Cascade Falls.

The Felker's Falls and East Mountain Waterfall Walk is a 4-kilometre walk that takes about one hour to complete. Hikers will experience Felker's Falls, a 22-metre ribbon waterfall, from above and below as well as Glendale Falls, and Buttermilk Falls.

### Cootes Paradise

Nestled between Lake Ontario and the Niagara Escarpment, Royal Botanical Gardens' Cootes Paradise offers nature lovers access to a 320-hectare river-mouth marsh, glacial plateaus, 16 creeks and 25 kilometres of shoreline through its 18-kilometre trail system. The Marsh Boardwalk provides access to the Spencer Creek Delta, one of the largest creek deltas on Lake Ontario.

Look closely and discover some new residents that have created quite a stir with local birdwatchers: the first bald eagles to hatch on the Canadian shoreline of Lake Ontario in over 50 years! Paddlers will want to make use of the canoe launch located at Princess Point.

### Family Fun with Little Ones

Boasting one of the best cliff-edge ecosystems in the province, Mount Nemo also offers jaw-dropping views. On a clear day it's easy to spot the CN Tower. The park's trails, which run along the Bruce Trail, offer interesting sites like thousand-year-old crevice caves, ancient cedars and wild turkey vultures gliding across the sky.

While in the Halton area, kids and kids-at-heart will enjoy a visit to Mountsberg Conservation Area's Raptor Centre. The Centre is currently home to 15 different species of native birds of prey, including eagles, hawks, owls, vultures and falcons. Birds of Prey shows are held daily in the summer and on weekends and holidays the rest of the year. For an additional fee, private 45-minute Raptor Encounters can be arranged.

Head to the Brant area for a trip to Apps' Mill Nature Centre. The centre's naturalists host great family programming with an environmental, outdoor focus, including Owl Prowls, Frog Frolics and Bug Hunts.

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## **Grand River Nature Trail**

In Brant at Six Nations Tourism, the 2-kilometre Six Nations of the Grand River Nature Trail in Ohsweken is a great option for young hikers. The trail takes hikers on a journey through one of Ontario's last remaining Carolinian forests. Interpretative signs along the route help create an appreciation for the largest single block of Carolinian woodland in Canada.

While at Chiefswood, pick up a copy of their Natural Heritage Scavenger Hunt for an interactive and fun way to learn more about the site's restored tall grass prairie and the great variety of animal and plant life in the area.

For great savings on outdoor adventures in Hamilton Halton Brant, please visit our Special Offers page at [www.ourtruenature.ca/offers](http://www.ourtruenature.ca/offers). For a step-by-step approach to planning the perfect outdoor escape for families, new explorers and avid adventurers, download our Nature Unexpected magazine at [www.ourtruenature.ca/magazine](http://www.ourtruenature.ca/magazine).

## **The Spencer Adventure**

This self-guided tour takes hikers on an amazing walk through the Niagara Escarpment, one of Canada's most significant Historical areas.

Follow the trail from the Dundas Peak along the magnificent Spencer Gorge, cut out by glacial meltwaters more than 10,000 years ago. Arrive at Tew's Falls, Hamilton's tallest waterfall, and follow the gorge to Webster's Falls. Hiker's are rewarded with panoramic vistas and lookouts from within the Carolinian Forest.

Stay beside Spencer Creek and follow the trail through Greensville Optimist Park and the ruins of the Clark's Blanket Factory. The Spencer Adventure continues on along the Greensville Optimist Trail to the Crooks' Hollow Historical Trail. Stop at the ruins of mills and dams and experience the newly-restored Crooks' Hollow like it was before humans arrived on the scene: a meandering coldwater stream with varied habitat for all sorts of wildlife.

Be sure to stop at the Darnley Mill and see the remains of a dam from the early 1800s, then walk up the trail to a 20th century dam, the Christie Dam. On arrival at Christie Lake, take advantage of all it has to offer and end the day with a wildlife walk at the Christie Lake Wildlife Management Area.

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