

ACTIVE ELGIN



Cycling & Hiking TRAIL MAP

ELGIN - ST. THOMAS

share the road know the rules



be aware of others

- CAR**
- Obey all traffic laws, signs and signals
 - Bicycles are vehicles under the Highway Traffic Act and should be respected
 - Be patient, slow down and give one metre clearance when passing bikes
 - Check for bicyclists before opening your car door
 - Always look for pedestrians and cyclists before turning
 - Be patient, older pedestrians may need more time to cross the road
 - Stay alert, slow down and be prepared for the unexpected
 - JUST DRIVE
- BIKE**
- Obey all traffic laws, signs and signals
 - Signal all turns
 - Ride one metre from the curb
 - Ride past parked cars as if all the car doors were open
 - Ride in a straight line on the right hand side of the road
 - Wear a helmet and bright clothing
 - Bikes are required to have a horn or bell, white light on the front and red reflectors or red light on the back
 - When cycling on trails, pedestrians have the right of way; please use bell/horn when passing
- PEDESTRIAN**
- Where there is no sidewalk, walk facing traffic
 - Cross at marked crosswalks or traffic lights, not in the middle of the block or between parked cars
 - Make sure drivers see you before you cross
 - Cross only when traffic has come to a complete stop
 - Watch for traffic turning at intersections or driveways
 - Wear bright clothing with reflective strips when walking in dusk or darkness
 - When walking on trails, keep right to allow others to pass

same road, same rules, same rights

Cycling Route Attractions

- Amish Country Tour** - 37 kms
Aylmer Wildlife Management Area (10594 Hacienda Rd.) & sights of farming and industry by members of the Amish community, including horse-drawn farming implements, furniture maker, farmgate markets, harness shop and lumber yard
- Aylmer-Port Burwell Tour** - 58 kms
Aylmer Museum, Wind Interpretive Centre (Brown Rd at Nova Scotia Ln), Port Burwell Marine Museum and Historic Lightship (18 Pitt St, Port Burwell) & HMCS Ojibwa Submarine Museum of Naval History (3 Pitt St, Port Burwell)
- Sparta Wine Tour** - 35 kms
Quaker Vin Estate Winery (45811 Fruit Ridge Ln), The Historic Village of Sparta, Bush Creek Winery (48995 Jamestown Line) & Gay Lea Dairy Heritage Museum (49075 Jamestown Ln)

HISTORIC CYCLING ROUTES

The following routes, difficulty notes and listed attractions are from Paul Baldwin's Cycle Historic Elgin.

- Thomas Talbot** - 30 kms (challenging; hills, some gravel)
Start/Finish: Southwold Earth Works (7930 Iona Rd, Fingal) - Registry Office Cairn (NW corner of Iona Rd 14 & Fingal Ln 16) - St. Stephen's Church/Cemetery (33105 Fingal Ln, Dutton/Dunwich) - Site of Talbot's Home (32109 Fingal Ln, Wallacetown) - Talbot Cairn (32109 Fingal Ln, Wallacetown) - St. Peter's Cemetery (29613 Lakeview Ln, Wallacetown) - St. Peter's Church (29596 Lakeview Ln, Wallacetown) - Sockas-Page House (29424 Lakeview Ln, Wallacetown) - John E. Pearce Park (29551 Lakeview Ln, Wallacetown)
- Sparta** - 33 kms (smooth ride; mostly paved, small hills)
Start/Finish: Port Stanley - Haigh's Zavitz House (45358 Sparta Ln, Central Elgin) - Quaker Cemetery (45870 Sparta Ln, Central Elgin) - Quaker Meeting House (6387 Quaker Rd, Central Elgin)
- Bayham** - Short Trip 12 kms (an easy ride); Long Trip 36 kms (challenging; paved but a number of hills)
Start/Finish: Port Burwell - Timpa Aqueduct (23 Pitt St, Port Burwell) - Grey Gables 888 (22 Erieas St, Port Burwell) - Marine Museum (118 Pitt St, Port Burwell) - HMCS Ojibwa Submarine Museum of Naval History (3 Pitt St, Port Burwell) - Port Burwell Provincial Park (9 Wilson Lane, Port Burwell)
- Western Elgin** - 36 kms (flat ride; three small hills, some gravel)
Start/Finish: West Lorne - Lorne (earlier name, S/E corner of Graham Rd & Pioneer Ln, West Lorne) - Bismark (earlier name, N/W corner of Graham Rd & Pioneer Ln, West Lorne) - West Elgin Nature Reserve (24514 Downie Ln, West Lorne) - Centreville/Old Rodney (Turnmill Rd & Downie Ln, Rodney) - Canadian Southern Railway (south end of Rodney, tracks now gone) - McKillop Homestead - 24810 Talbot Ln, Eagle
- Port Stanley** - 32 kms (a minor challenge; paved, some hills)
Start/Finish: Elm St & Wilson Ave, St. Thomas - Moses (124 William St, Port Stanley) - John Bismark House (16 Cornish St, Port Stanley) - Christ Church (183 Colbourne St, Port Stanley)
- Aylmer, Malahide & Port Bruce** - 39 kms (mild challenge; one big hill)
Start/Finish: Aylmer - Jamestown (47456 Rush Creek Ln, near Port Bruce at corner of Jamestown Ln) - Dunbogie Church Cemetery (49500 Calton Ln, Malahide)
- Our Amish Neighbours** - 34 kms (easy ride)
Start/Finish: Aylmer - Ontario Police College (10716 Hacienda Rd, Aylmer)

For Additional Resources:

ACTIVE ELGIN
move • your way • today
www.activeelgin.ca

Elgin County Tourism
www.elgintourist.com

RAILWAY CITY TOURISM
www.railwaycitytourism.com

The Elgin Hiking Trail

The Elgin Hiking Trail Club established the Elgin Hiking Trail in 1975. The trail is now 41 kilometres long and links Port Stanley with the Thames Valley Trail at the northern boundary of Southwold Township. It starts at the beach, next to Mackie's Restaurant - look for the two "post people hikers". Many access points are available west of Hwy 4 on all cross roads south of St. Thomas (i.e. Southdale Line, John Wise Line, Fruit Ridge Line, Sparta Line).

Find out more at www.elginhikingtrailclub.org



This map has been developed as an aid to cyclists and walkers. The Elgin St. Thomas Health Unit o/a Elgin St. Thomas Public Health assumes no responsibility for the accuracy of this map or for the safe conditions of traffic, roads and facilities. Users are solely responsible for any risks encountered in the use or operation of facilities and for their own safety and for any loss, costs or expenses incurred by the Elgin St. Thomas Health Unit o/a Elgin St. Thomas Public Health as a result of user acts or omissions. Note: routes and facilities shown require different skill levels and are subject to change without notice.

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Legend

	Provincial Highways		Arboretum/Healing Garden		Multi-Purpose Pad
	Elgin County Roads		Arena		Outdoor Fitness Equipment
	Municipal Roads		Baseball Diamond		Outdoor Skating
	Elgin Hiking Trail		Basketball		Outdoor Swimming Pool
	Bike Routes		Batting Cage		Park
	Signed		Beach/Swimming		Pavilion
	The Great Trail		Bird Watching		Picnic Area
	Lake Erie Waterfront Trail		Boat Launch		Play Equipment/Swings
	Other Signed Routes		Camping		Public School
	Unsigned		Change Rooms		Senior's Centre
	Amish Country Tour Approximately 37 km		Community Centre		Skateboard Park
	Aylmer-Port Burwell Tour Approximately 58 km		Concession Stand		Ski Trail
	Sparta Wine Tour Approximately 35 km		Curling		Soccer Pitch
	Historic Cycle Route		Disc Golf		Splash Pad
			Dog Park		Tennis
			Fishing		Toboggan Hill
			Football		Trail
			Golf Course		Volleyball
			Horseshoes		Washroom
			Kayak/SUP Rentals		Wheelchair Accessible
			Lake		Wildlife Building
			Lifeguard		
			Monument		
			Police Station		
			Hospital		

TGT Pavilion, Jonas Park, St. Thomas

Our dream of a cross-country Trail is now a reality. Our bold goal, nearly 25 years in the making, has been achieved with the help of our partners, donors and all levels of government. The Great Trail now consists of more than 24,000 kilometres of multi-use trails, linking Canada and Canadians. Moving beyond 2017, Trans Canada Trail's mission will be to continue to enhance and improve the Trail by garnering support and continuing to nurture valuable relationships with Trail enthusiasts and partners across the country.

www.thegreattrail.ca

Cycling Safety

Cycling and the Law

The Ontario Highway Traffic Act (H.T.A.) defines a bicycle as a vehicle. As cyclists you have the same rights and responsibilities to obey traffic laws as drivers. Here are some of the fines that apply specifically to cyclists under the H.T.A.:

- Improper lighting: \$110** – Your bike must have a white front light and a red rear light or reflector if you ride between 1/2 hour before sunset and 1/2 hour after sunrise.
- No helmet: \$80** – Every cyclist under the age of 18 must wear an approved bicycle helmet. Parents or guardians shall not knowingly permit cyclists under sixteen to ride without a helmet.
- No bell or horn: \$110** – A bike must have a bell or horn in good working order.
- Cycling in a crosswalk: \$110** – You must walk your bike when crossing at a crosswalk.
- Not stopping for traffic signals and signs: \$110-\$325** – You must stop for red lights and stop signs and comply with all other signs.
- Dooring cyclists: \$365** – Drivers are responsible for checking to ensure there are no cyclists prior to opening their door.
- 1-metre passing: \$110 and 2 demerit points** – Drivers are required to leave a one-metre distance where possible when passing cyclists.

Signaling



TIP: Communities across Ontario have different rules about young children riding on sidewalks while they learn to ride. Contact your local municipality for information about cycling by-laws.

Cycling on Sidewalks

Many communities have by-laws limiting or prohibiting the use of bicycles on sidewalks. However, most communities do allow children to cycle on the sidewalk when they are learning to ride. Please contact your local municipality to find out more about cycling bylaws and how they pertain to cycling on sidewalks.

Riding on the sidewalk does not eliminate the risk of a car and bike collision. Cycling on the sidewalk is a contributing factor in 30 per cent of car and bike collisions. Collisions occur when cyclists ride off the sidewalk into the roadway or when motorists are exiting a laneway or driveway.

What to teach young cyclists about cycling on the sidewalk:

- Always wear a helmet.
- Always yield to pedestrians. Get off and walk your bike or put your foot down.
- Ride slowly.
- Always walk your bike through a crosswalk or crossover (fines apply if not followed).
- Use a bell or horn to let pedestrians know that you are there.
- Make eye contact with drivers. Assume that drivers don't see you.
- Look for cars in driveways, laneways and at intersections and be prepared to stop.
- Expect pedestrians to exit from stores.
- Parents should not ride on the sidewalk with their children. Instead, parents should ride on the roadway beside their child. This gives the child an opportunity to observe the parent practising safe cycling skills and demonstrating the proper hand signals.

Correct Helmet Fitting

Just remember 2-4-1:

- Two** fingers above your eyebrows to the bottom of your helmet.
- Four** fingers to make a "V" shape around the bottom of your ears.
- One** finger under the strap beneath your chin.



Dalewood Conservation Area



BeCAUSE safety gear only works when worn correctly, secure it every time. Injuries are predictable and preventable. For helmet fitting information, call the Injury Prevention Program: 519-631-9900



Springwater Conservation Area

Let's Get Active - One Step At a Time

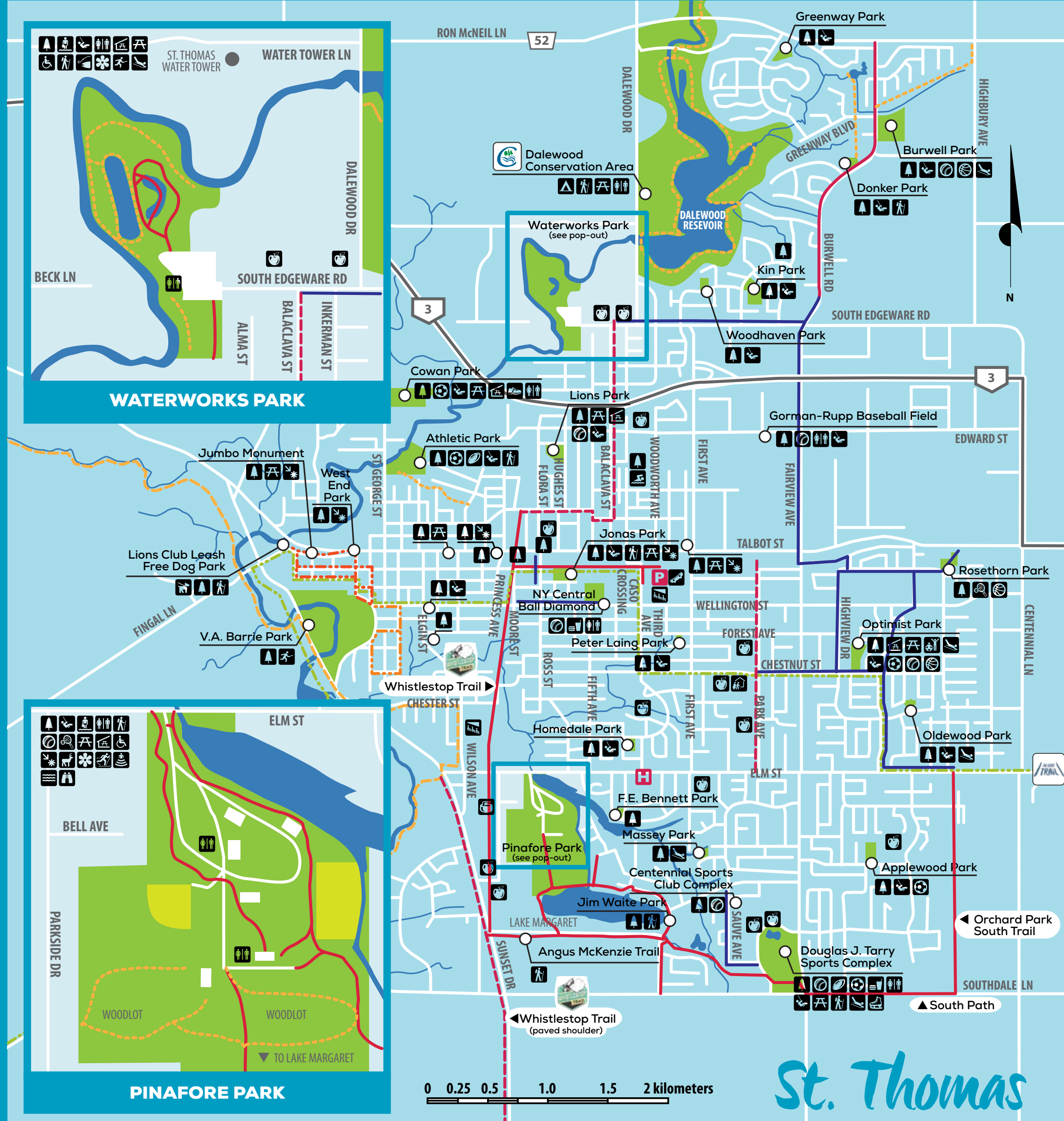
Need a little motivation to get you moving more? Wear a pedometer (step counter) and track your steps! Pedometers are easy to use, lightweight, and portable. There are approximately 1,300 steps per km for a person with an average stride length of 76cm.

- 4,000 steps equals about 3 km
- 6,500 steps equals about 5 km
- 10,400 steps equals about 8 km

Adults should aim for 10,000 steps a day. Set your goal and reach it!



Yarmouth Natural Heritage Area



Springwater Conservation Area



Whistlestop Trail, St. Thomas

Heritage Homes Walking Routes

For descriptions of the locations on the tour and a downloadable map, please visit www.railwaycitytourism.com.

Courthouse Area Heritage Homes Walking Route

- 9 Wellington St - Two-Style Italianate Home, 1878
- 13 Wellington St - Gothic House 1881
- 72 Metcalfe St - Two-Story Gothic House, 1875
- 73 Metcalfe St - Italianate House 1874
- 77 Metcalfe St - Georgian Neo-Classical House, 1850
- 91 Metcalfe St - Griffin-Dingman House, 1871
- 95 Metcalfe St - Coyne House, 1858
- 105 Metcalfe St - Italianate Home, 1872
- 2 Prince Albert St - Queen Anne Style Home, 1892
- 25 Margaret St - Two-Story Frame Gothic, 1876
- 20 Margaret St - Two-Story Georgian Frame Home, 1871
- 96 Metcalfe St - Harding-Ball House, 1872
- 92 Metcalfe St - Two-Story Gothic Frame House, 1875
- 13 Margaret St - Handford House, 1878
- 3 Drake St - Georgian Home, 1876
- 5 Wellington St - Two-Story Italianate Home, 1878
- 97 Stanley St - St. Thomas Smith House, 1932

Church Area Heritage Homes Walking Route

- 30 Talbot St - The Elgin Military Museum, 1852
- 32 Talbot St - Elijah Duncombe House, 1848
- 76 Talbot St - John McKay-Mulligan House, 1842
- 86 Talbot St - Murdoch McKenzie House, 1842
- 94 Talbot St - Regency Cottage, 1863
- 44 Centre St - Two-Story Italianate Home, 1878
- 66 Centre St - Queen Anne Home, 1895
- 35 William St - Colonial, 1860
- 39 William St - Richard Traverser House, 1855
- 50 William St - Gothic Home, 1861
- 55 Stanley St - Regency Cottage, 1876
- 48 Stanley St - Bella Vista, 1871
- 59 Walnut St - Edward Ermatinger House, 1853
- 1 St. Anne's Place - Georgian Cottage, 1855
- 4 St. Anne's Place - Regency Cottage, 1830
- 7 Church St - Italianate Home, 1858
- 20 Walnut St - Board and Batten Clad Cottage, 1860
- 10 Centre St - Regency Home, 1834
- 55 Walnut St - Old St. Thomas Church, 1824
- 31 Stanley St - Home Built of Railway Paving Blocks, 1920s
- 56 William St - Unusual Queen Anne House, 1873

Historic Cycle Routes

The following route, difficulty note and listed attractions are from Paul Baldwin's Cycle Historic Elgin.

St. Thomas on Track - 24 kms (easy, but requires extra care)
 Start/Finish: Railway City Tourism Office (605 Talbot St., St. Thomas) • Jumbo (Old Talbot St., St. Thomas) • Site of Wabash Station (Hawatha St & Meda St., St. Thomas) • South Western Tractor Underpass (SE of Wellington Rd on Crescent Ave.) • Site of C&O Roundhouse (NW corner of Wilson Ave & Elm St) • Pinafore Park (95 Elm St) • UPS C&O (NE corner of Wilson Ave & Elm St) • Site of NCR Shops (225 Wellington St., now Elgin Railway Museum) • CPR - Rail crossing just east of 1073 Talbot St. • Hobbs - north end of St. Catherine St., St. Thomas - Jumbo Market (100 Woodworth Ave., St. Thomas) • C&O Station - Canada Southern Railway Station (750 Talbot St., St. Thomas)

Contact Information

EMERGENCY 9-1-1

AYLMER POLICE
519-773-3144
www.aylmerpolice.com

ONTARIO PROVINCIAL POLICE
1-888-310-1122 • www.opp.ca

ST. THOMAS POLICE SERVICES
519-631-1364 • www.stps.on.ca

ELGIN HIKING TRAIL CLUB
519-633-3064
www.elginhikingtrailclub.org

ELGIN STEWARDSHIP COUNCIL
519-773-4739
www.naturalaylmer.org

ELGIN ST. THOMAS PUBLIC HEALTH
519-631-9900
www.elginhealth.on.ca

ST. THOMAS PARKS & RECREATION
519-633-7112 • www.stthomas.ca

CATFISH CREEK CONSERVATION AUTHORITY
519-773-9037
www.catfishcreek.ca

KETTLE CREEK CONSERVATION AUTHORITY
519-631-1270
www.kettlecreekconservation.on.ca

LOWER THAMES VALLEY CONSERVATION AUTHORITY
519-354-7310
www.lowerthames-conservation.on.ca

ONTARIO PARKS
519-874-4691
www.ontarioparks.com

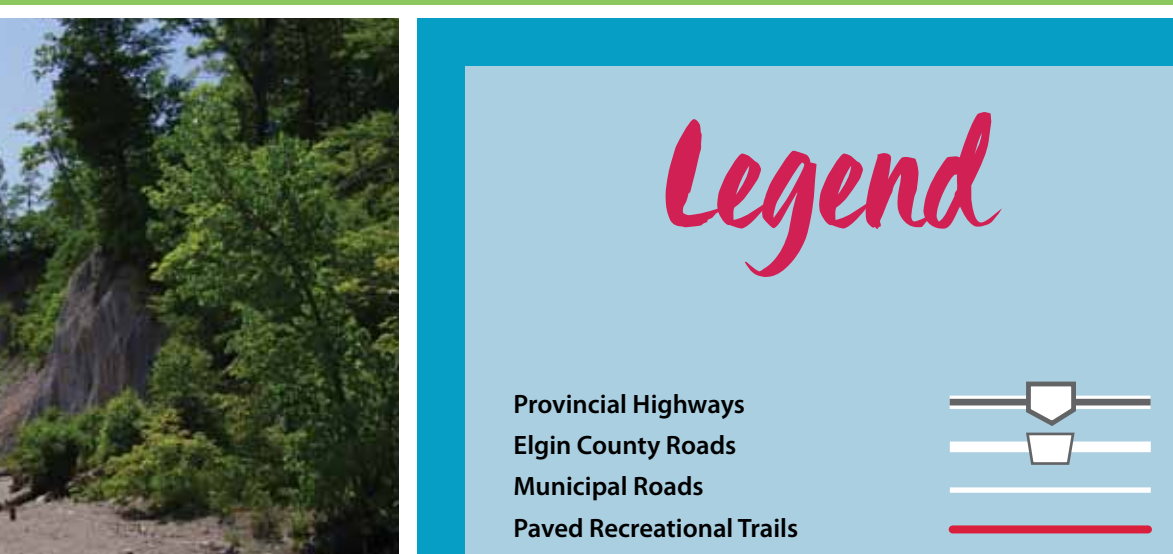
ELGIN COUNTY TOURISM
1-877-60 ELGIN
www.elgintourist.com

ST. THOMAS TOURISM
519-631-1680 x4132
www.railwaycitytourism.com



Hiking Trail Users Guide

- Keep to the trail and be respectful of others.
- Obey posted signs.
- Respect private property.
- Respect wildlife; do not disturb.
- Do not remove or damage flowers, plants or trees.
- No littering.
- No camping except by permit in designated camping areas.
- No bicycling unless the area has been designated for it.
- No motorized vehicles and no fires.
- Access to land is generally limited to the hours between dawn and dusk. Please call the organization for more information.
- A fee, permit, donation or membership may be required to use some trails. Please call the organization for more information.



Take Action On Active Transportation

To improve your health, help the environment, and save money consider replacing your short car trips with cycling or walking.

Did You Know?

- Approximately 50% of car trips are less than 5 km
- Each Canadian makes an average of 2,000 car trips of less than 3 km a year
- For distances up to 5 km, cycling is recognized as the fastest of all modes from door to door
- 5% of Elgin County residents either walk or cycle as their mode of transportation to work

Sources: Environment Canada, Statistics Canada



Belmont Skate Park

ACTIVE TRANSPORTATION

Search for Citizens 4 Active Transportation on Facebook

Legend

- Provincial Highways
- Elgin County Roads
- Municipal Roads
- Paved Recreational Trails
- Unpaved Recreational Trails
- Elgin Hiking Trail
- Bike Routes
- Signed
- The Great Trail
- Lake Erie Waterfront Trail
- Bike Lanes
- Other Signed Routes
- Walking Routes
- Courthouse Area Heritage Homes
- Church Area Heritage Homes
- Arboretum/Healing Garden
- Arena
- Bandshell
- Baseball Diamond
- Basketball
- Batting Cage
- Beach/Swimming
- Bird Watching
- Boat Launch
- Camping
- Change Rooms
- Community Centre
- Concession Stand
- Curling
- Disc Golf
- Dog Park
- Fishing
- Football
- Golf Course
- Horseshoes
- Kayak/SUP Rentals
- Lake
- Lifeguard
- Monument
- Multi-Purpose Pad
- Outdoor Fitness Equipment
- Outdoor Skating
- Outdoor Swimming Pool
- Park
- Pavilion
- Picnic Area
- Play Equipment/Swings
- Public School
- Senior's Centre
- Skateboard Park
- Ski Trail
- Soccer Pitch
- Splash Pad
- Tennis
- Toboggan Hill
- Trail
- Volleyball
- Washroom
- Wheelchair Accessible
- Wildlife Building
- Police Station
- Hospital