

## GETTING THERE AND BACK

You can reach the suggested starting points on public transit. Contact the TTC at 416-393-4636 or visit the TTC Web site [www.ttc.ca](http://www.ttc.ca). Wheel Trans information: 416-393-4111.



## FOR MORE INFORMATION

For information on Discovery Walks, including brochures, please call Access Toronto at 416-338-0338 or visit [www.toronto.ca/parks](http://www.toronto.ca/parks). For information on area history, inquire at the Humberwood and Albion branches of the Toronto Public Library.

For information on the Humber Arboretum, call 416-675-5009 or visit [www.humberarboretum.on.ca](http://www.humberarboretum.on.ca). For information on the Humberwood Centre, call 416-394-5700. For information on Toronto and Region Conservation, call 416-661-6600.

Discovery Walks is a program of self-guided walks that links city ravines, parks, gardens, beaches and neighbourhoods. Other Discovery Walks include: Central Ravines, Belt Line and Gardens; Don Valley Hills and Dales; Western Ravines and Beaches; Northern Ravines and Gardens; Eastern Ravine and Beaches; Garrison Creek; Humber River, Old Mill and Marshes; Uptown Toronto; Downtown Toronto; and Lambton House Hotel and Lower Humber River.

## WORKING IN PARTNERSHIP

The City of Toronto would like to thank the Canada Millennium Partnership Fund, the TD Friends of the Environment Foundation, Toronto and Region Conservation, Humber Arboretum, Humber Watershed Alliance, Toronto Field Naturalists, Humberwood Centre, Humber College Institute of Technology and Advanced Learning and Toronto Public Health, for their support.

Discovery Walks name and logo are official marks of the City of Toronto.

# DISCOVERY WALKS

# HUMBER ARBORETUM & WEST HUMBER RIVER VALLEY

*One In A Series of Self-Guided Walks*



Humber Arboretum

Photo courtesy Julie Eberley



HUMBER ARBORETUM

TORONTO AND REGION  
**Conservation**  
for The Living City

Member of Conservation Ontario

**TORONTO**  
Parks, Forestry & Recreation



## TAKE A WALK ON THE WILD SIDE.

*Discover the gardens, natural wetlands, woodlands and meadows of the West Humber River valley.*

### THE ROUTE

This Discovery Walk leads you on a loop through the West Humber River valley on a mixture of paved, hard-packed and grass trails. You can start at the Humber Arboretum (adjacent to Humber College) or at the Humberwood Centre. This delightful walk takes you through ornamental gardens, to an environmentally significant woodland and along the West Humber River, an area once travelled by First Nation peoples.

### 1 THE HUMBER ARBORETUM

Beautiful in all seasons, the 100 hectares (250 acres) belonging to the Humber Arboretum features a kaleidoscope of ornamental gardens and natural areas. You can find over 1,700 species of trees and flowering plants and an amazing diversity of wildlife. As a partnership of the City of Toronto, Toronto and Region Conservation and Humber College, the Arboretum makes a significant contribution to the greater Toronto community by providing environmental and horticultural programs for groups of all ages. The Centre for Urban Ecology, a centre for education and research in environmental sustainability, is being developed at the Arboretum. Call 416-675-5009 for details.

### 2 THE WEST HUMBER RIVER AND VALLEY LANDS

The paved path beside the West Humber River is part of the Toronto trail system that leads to the main Humber River Trail and to Lake Ontario (a distance of 20 kilometres). From the bridges

you get a wonderful view of the river. Imagine the floodwaters which were caused by Hurricane Hazel in 1954 and rose to 2.5 metres, the same height as the deck of the bridges. Look for beavers, turtles and herons. The valley meadows are home to deer, fox and rabbits as well as many songbirds that nest in the long grasses and hedgerows. Fall blooming wild goldenrods and asters thrive in the open valley.

Interesting stops along the way: the Toronto Professional Firefighters' Association 9/11 Memorial and a native plants biodiversity plot.

### 3 WOODLAND

The deciduous woodland is a pleasure to stroll through. It is one of the few remaining forests along the West Humber and is protected

as an Environmentally Significant Area (ESA). Two hundred years ago

much of the Toronto region was covered by forest just like this one. Mature native trees — hickory, maple, beech, ash, oak and cherry — provide homes for owls, woodpeckers, chickadees and other wildlife. Spring wildflowers, including trilliums, are fleeting beauties.

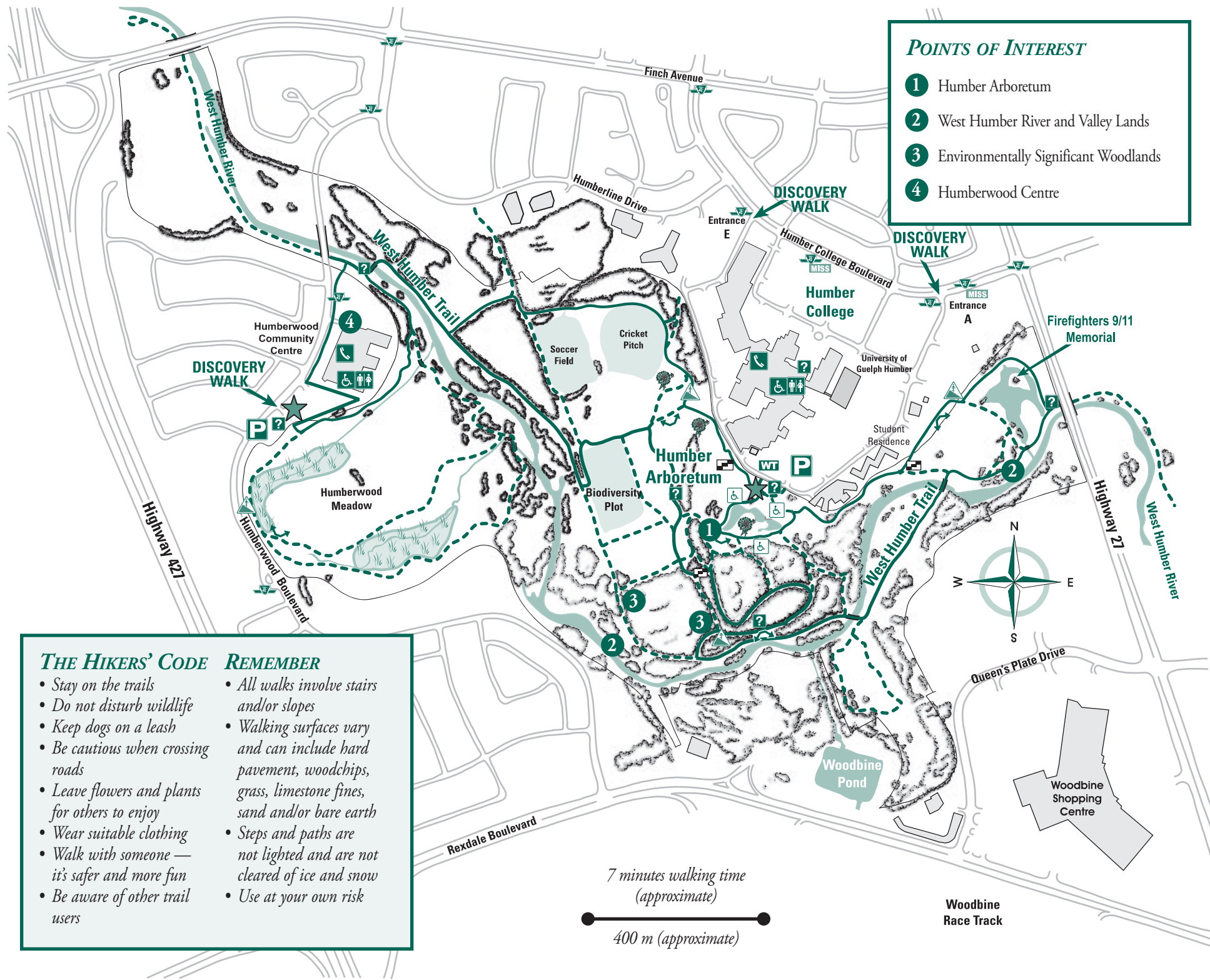
Migratory birds stop to rest and feed in the spring and fall.

### 4 HUMBERWOOD CENTRE

The Humberwood Centre provides the community with two schools, a library, a daycare and a recreation centre — all under one roof! Stop in to see the Great Hall and visit the library. View the vibrant artwork, created by young people living in the area, depicting areas of the West Humber valley. See how the award-winning Humberwood facility has been designed to help control flooding by using techniques like porous pavement and naturalized landscaping.

*Above photo: Great Horn Owl  
Photography © Toronto and Region Conservation*





- ### POINTS OF INTEREST
- 1 Humber Arboretum
  - 2 West Humber River and Valley Lands
  - 3 Environmentally Significant Woodlands
  - 4 Humberwood Centre

### TRAIL ACCESS INFORMATION

The section of the trail through the Humber Arboretum gardens (tableland) has level access with some moderate slopes and a combination of hard-packed and paved surfaces. The Humberwood Centre is accessible. This walk is approximately six kilometres long with a walking time of two hours minimum (short cut loop an option). If you walk this route at a brisk pace, you will burn approximately 450 calories.

*"Walking can decrease your risk of heart disease. It is good preventive medicine for both the mind and body."*

Active Living Canada and Toronto Public Health

- ### THE HIKERS' CODE REMEMBER
- Stay on the trails
  - Do not disturb wildlife
  - Keep dogs on a leash
  - Be cautious when crossing roads
  - Leave flowers and plants for others to enjoy
  - Wear suitable clothing
  - Walk with someone — it's safer and more fun
  - Be aware of other trail users
- All walks involve stairs and/or slopes
  - Walking surfaces vary and can include hard pavement, woodchips, grass, limestone fines, sand and/or bare earth
  - Steps and paths are not lighted and are not cleared of ice and snow
  - Use at your own risk

- ### LEGEND
- |   |                               |      |                     |
|---|-------------------------------|------|---------------------|
| ★ | Suggested Start and End Point | ~    | West Humber River   |
| ? | Information Signs             | ~    | Wetland Area        |
| ▲ | Steep Incline                 | □    | Building            |
| ▬ | Stairs                        | ☎    | Pay Phone           |
| ♿ | Wheel Chair Accessible        | ♿    | Public Washrooms    |
| 🌿 | Garden                        | P    | Public Parking      |
| ↔ | View                          | 🚇    | Toronto Transit     |
| → | Discovery Walk Route          | MISS | Mississauga Transit |
| ↔ | Side/Connecting Trails        | WT   | Wheel Transit       |
| — | Road                          |      |                     |

