



TAKE A HIKE! CHALLENGE

Get outside and enjoy the great outdoors!
Try a new trail each week in September.

Preservation Park Loop

Take a walk through the forest and keep your eyes open for deer!



Starkey Hill Trail

Explore forested slopes and past wetlands on the 4km loop trail.



Laura Baily Memorial Trail

Check out Hadati Creek and the wetlands in the Grange Hill East neighbourhood.



The Arboretum

There are over 9km of trails to explore right here on the Guelph Campus!



Speed River Trail

Enjoy the sounds by the river as you stroll through Riverside Park.



Eramosa River Trail

Start at York Road Park and follow the North side of the river.



Guelph Lake Trail

Access the trail off Victoria Road North and walk towards Guelph Lake.

Share which trails you explored by Oct. 1st, 2019 for your chance to win a prize!



University of Guelph

**Wellness
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Learn more: uoguelph.ca/wellnessatwork