

## GETTING THERE AND BACK

You can reach the suggested starting point on public transit, by taking the 64 MAIN bus south from Main Street Station on the BLOOR/DANFORTH subway and get off at Kingston Road. The 501 QUEEN streetcar east from Queen Station on the YONGE subway also provides service into the area including the suggested tour end point.



Gardener's House, Kew Gardens

Photo by Gena Dillon

## FOR MORE INFO

For more information on Discovery Walks, including brochures, please call Parks and Recreation Information at (416) 392-1111. For more information on area history, inquire at the Beaches Branch of the Toronto Public Library.

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; and Garrison Creek.

## WORKING IN PARTNERSHIP

The City of Toronto would like to thank the Toronto Public Library, Toronto District School Board, Toronto Field Naturalists, Toronto Transit Commission, Heritage Toronto, Royal Ontario Museum, Toronto Public Health and the Community History Project for their support.

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

# DISCOVERY WALKS

# EASTERN RAVINE & BEACHES

*One In A Series of Self-Guided Walks*



Beaches Park



*Follow ravine footpaths and a beach boardwalk. Experience a Great Lake shoreline, gardens and wooded ravine parklands.*

## THE ROUTE

Although you can begin this Discovery Walk at any point along the route, a good starting point is the northern end of the enchanting Glen Stewart Ravine (see top of map). Follow this ravine down to the Lake Ontario shore and explore the Eastern Beaches and its boardwalk. Along the way, you'll visit an Art Deco water treatment plant and a charming Beaches neighbourhood.

### 1 GLEN STEWART RAVINE

Visit the 8.5-hectare ravine and park, which contains many native plants, including many species rare in Toronto. Ames Creek, which flows through the ravine, is one of the few remaining natural streams in the city. Archaeologists have found artifacts near here that date from about 4000 years ago. Today, municipal by-laws protect this ravine and the City is restoring much of the vegetation.

### 2 BEACHES NEIGHBOURHOOD

During the late 1800s and early 1900s, the Beaches was one of the most popular beach resorts in the region with several amusement parks. Exploring the tree-lined streets today, the architecture, atmosphere and attitude of this community still resemble a small lakeside resort town.

### 3 BOARDWALK

Boardwalks have existed along this shoreline since 1850. Today's Boardwalk connects beaches, lakeside parks and open spaces. The Boardwalk leads to the City's architecturally impressive Art Deco style R.C. Harris Water Filtration Plant.

This Plant was once known as "the palace of purity" because of its beautiful brass and marble interior.

### 4 LAKE

Lake Ontario is part of the largest freshwater system in the world. Look for evidence of the lake's energies in the continually shifting beach alignment and the shoreline protection methods. Wind and water are slowly eroding the nearby Scarborough Bluffs. Sand deposits from the bluffs have helped form the Beaches waterfront and Toronto Islands. The lakeshore and nearby Glen Stewart Ravine are important migratory stopovers for a significant



Neighbourhood tree-lined street

number of birds as well as monarch butterflies.

Year-round, the shoreline is home to waterfowl such as ducks, gulls and geese.

### 5 ASHBRIDGE'S BAY PARK

This park was created in the 1970s by filling in the lake with excavated material from development sites. The force of Lake Ontario's waves is evident where large boulders protect the constructed shoreline.

*Enjoy this Discovery Walk at different times of the year. You'll be surprised how it changes from season to season.*



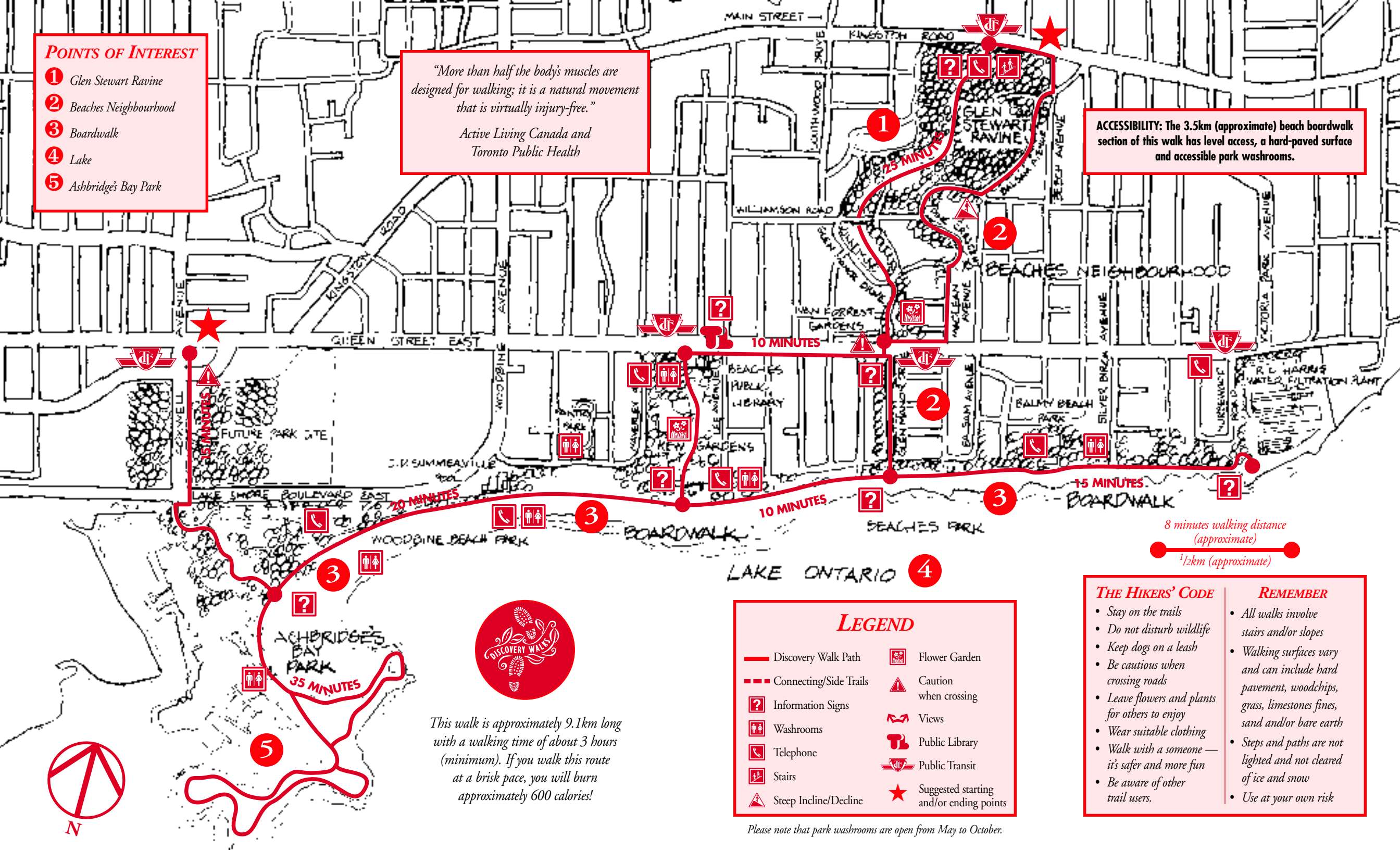
## POINTS OF INTEREST

- 1 Glen Stewart Ravine
- 2 Beaches Neighbourhood
- 3 Boardwalk
- 4 Lake
- 5 Ashbridges Bay Park

*"More than half the body's muscles are designed for walking; it is a natural movement that is virtually injury-free."*

*Active Living Canada and Toronto Public Health*

**ACCESSIBILITY:** The 3.5km (approximate) beach boardwalk section of this walk has level access, a hard-paved surface and accessible park washrooms.



*This walk is approximately 9.1km long with a walking time of about 3 hours (minimum). If you walk this route at a brisk pace, you will burn approximately 600 calories!*

## LEGEND

- |                        |   |
|------------------------|---|
| Discovery Walk Path    | Flower Garden                           |
| Connecting/Side Trails | Caution when crossing                   |
| Information Signs      | Views                                   |
| Washrooms              | Public Library                          |
| Telephone              | Public Transit                          |
| Stairs                 | Suggested starting and/or ending points |
| Steep Incline/Decline  |   |

*Please note that park washrooms are open from May to October.*

## THE HIKERS' CODE

- 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 a someone — it's safer and more fun
- Be aware of other trail users.

## REMEMBER

- All walks involve stairs and/or slopes
- Walking surfaces vary and can include hard pavement, woodchips, grass, limestones fines, sand and/or bare earth
- Steps and paths are not lighted and not cleared of ice and snow
- Use at your own risk

