Brampton is very fortunate to have many wonderful natural places to walk, run or just sit and ponder life.

Motor Coaches watch for the Bus Friendly Parking Symbol in this publication.

Forested Recreational Trails

Brampton has three recreational trail systems running north and south throughout its borders. These pedestrian and cycling recreational trails are a tranquil and scenic feature of this large city. The recreational trails also connect many of Brampton’s parks, playgrounds and recreational facilities.

Please respect our recreational trails, keeping them clean for all those to enjoy. Remember to stoop and scoop when walking your pets and do not litter.

For your copy of “A Guide to Brampton’s Recreational Trails” please contact the Parks and Recreation Department at 905.874.2300.

1 - Etobicoke Creek Recreational Trail

Etobicoke Creek Recreational Trail, named after the Etobicoke Creek that parallels the recreational trail, follows a linear park system east of Main Street north of Steeles Avenue at the Charles F. Watson Family Gardens. The 14.5 KM recreational trail offers many wonderful spots to stop and enjoy the sounds of nature. Parking is available at the following locations along the recreational trail (listed from north to south):

- Loafer’s Lake Recreation Centre, 30 Loafer’s Lake Lane
- Rosalea Parking Lot, Church Street East, East of Main Street North, at south end of Ken Whillans Drive
- Jim Archdekin Recreation Centre, 292 Conestoga Drive
- Peel Village Golf Course, 29A Hartford Trail

2 - Chinguacousy Recreational Trail

The densest part of this recreational trail system runs from the north end of Donald M. Gordon Chinguacousy Park to Bovaird Drive. Parking is available at the following two locations along the recreational trail:

- Ellen Mitchell Recreation Centre, 922 North Park Drive
- Donald M. Gordon Chinguacousy Park, 9050 Bramalea Rd.
  Parking lots available off Central Park Drive & Bramalea Rd.

3 - White Spruce Park

White Spruce Park is a beautiful location, south of the Heart Lake Conservation Area. Maintained by the City of Brampton, White Spruce Park has both groomed and ungroomed recreational trails, a picnic area, tennis courts and a fenced in, leash free zone for pets.

- You will find the entrance to this lovely park on the west side of Heart Lake Road, south of Sandalwood Parkway at Copperfield Road
- Open from dawn to 9 pm

4 - Heart Lake Conservation Area Trails

Explore more than eight kilometres of scenic natural recreational trails through the Heart Lake Conservation Area. For a map of Heart Lake recreational trails contact Tourism Brampton at 905.874.3601.

10818 Heart Lake Road
TRCA (Toronto and Region Conservation Authority) 416.667.6295
www.trcaparks.ca
Operating Season: April to October
Call for dates and hours of operation

For more information on our Floral, Lakes & Rivers or other Self-Guided Tours of Brampton, please contact Tourism Brampton at 905.874.3601 or visit tourismbrampton.ca.
Forested Destinations

1 - Conservation Drive Park

Conservation Drive Park extends between Mayfield Road to the north and Conservation Drive to the south. The Etobicoke Creek flows through the park, winding its way south into and through downtown Brampton. This is one of the most dense forests in Brampton making it a lovely place to see the fall colours.

Parking is available on the north side of Conservation Drive, west of Kennedy Road. Park, get on the path and walk north through the park.

2 - Eldorado Park

Eldorado Park has been a recreational area open to the public since the beginning of the 1900s. In the early years the site featured an amusement park with a merry-go-round and ferris wheel. After 1917, with the introduction of the Radial Railway, the park became a very popular destination. To this day, Eldorado Park remains a popular public recreational park.

You will find great places to fish, walk, picnic and relax along the riverbanks. Eldorado is also home to the only outdoor public pool in Brampton

8520 Creditview Road
Operating Season: May to September
(Call for dates and hours of operation)
City of Brampton - Eldorado Park Recreation Facility
905.874.2860 | www.brampton.ca

3 - Heart Lake Conservation Area

The dense forest surrounding the lake makes you feel like you’re hours away from the city, yet you’re right in the middle of it! Take a hike on more than eight kilometres of scenic natural recreational trails. Look for native bird and plant species, enjoy a quiet walk in the park or let the kids run and climb in the playground. Book a group campsite for your Scouting, Guiding or youth group. You can also reserve a private picnic site for a company barbecue, family reunion or group function. Ample parking and washroom facilities are available.

10818 Heart Lake Road
Operating Season: April to October
(Call for dates and hours of operation)
Swimming: June to September. Lockers & washrooms available near the beach. Swimming area is unsupervised with no lifeguards on duty.

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