

# Hawk's Ridge—Intermediate Level

This intermediate level trail begins at the end of Hemlo Drive and continues down the dirt path lane. This trail is signed by the Group of Seven Lake Superior Trail Association. The logo is in the bottom right corner and you can follow their logo signage to access the trail.

**Time to Walk:** ~ 1 hour and 30 minutes

**Length:** 5 kms return

This is a natural surface trail with some moderate inclines and uneven ground.

**Access:** The turn about at the end of Hemlo Drive. A trailhead sign is placed at the access point. Parking available at turn about.



Hiking Hawk's Ridge will add 6,250 steps to your day. Did you know that hiking can encourage social connections (e.g. if you bring a friend) and improve your sleep? For more information on the benefits of hiking and spending time in nature, visit the Marathon Family Health Team's website at [mfht.org/stepoutside/](http://mfht.org/stepoutside/) or **scan the QR code**. While you're there, discover other trails in the Marathon area that you can explore!



**MARATHON**  
FAMILY HEALTH TEAM

**PARTICIPATION**



Group of Seven  
Lake Superior Trail