## Loop #2—Easy Level

This relatively easy urban, sidewalk trail begins at the corner of Sund Crescent and Peninsula Road continuing onto Birch Street and past Del Earl Park. Walking the full length of Steedman Ave and back onto Hemlo to finish the loop. Walkers can access this trail from any point in town and follow the same path back to their starting location.

Time to Walk: ~ 30 mins

**Length:** 3.4 kms return

This trail has several benches along its path for those who need to take small breaks.

**Access**: Anywhere along the trail. Parking available in the Canadian Tire parking lot.



Walking Loop #2 will add 4,400 steps to your day. Did you know that walking can help strengthen your muscles and reduce your risk of heart disease? For more information on the benefits of walking and spending time in nature, visit the Marathon Family Health Team's website at **mfht.org/stepoutside/** or **scan the QR code**. While you're there, discover other trails in the Marathon area that you can explore!



Group of Seven



