

July 2025 – TFN Walk Schedule

Outings Etiquette

- Please follow our [Naturalist's Code of Ethics](#) to minimize our impact on nature.
- Photographers, please read our [Ethical Nature Photography Best Practices](#).
- Dogs are not allowed on TFN outings, apart from leashed registered service dogs.
- Please let the walk leader know if you are leaving a walk early.

Cancellation Policy

An outing will be cancelled if there is a 70% or higher chance of thunderstorm or if other hazardous weather arises. See our full cancellation policy [here](#).

Wednesday July 2nd at 7:00 pm – Awe Walk

Co-leaders: Paul Overy and Anne Fleming

Walk Location: High Park

Meeting Point: The walk will begin and end at the Grenadier Café in High Park, which offers food and washroom facilities until 7:30 pm.

Getting There: TTC: the Grenadier Café is roughly a 15-minute walk south of the High Park subway station, or north from the 501 streetcar stop at Queensway and Colborne Lodge Drive. There is parking near the restaurant for those coming by car.

Walk Details: A 2-hour, 1 km sensory awareness walk over mostly unpaved but even surfaces with some gentle slopes. No stairs.

Washrooms: At the beginning

Walk description: Feeling part of something bigger through experiences of awe can offer each of us moments of clarity which can enhance our daily life.

Please join Anne Fleming and Paul Overy for an interactive walk-based exploration of awe, as experienced through your relationship with the natural world. By tuning in your senses, exploring different ways of perceiving yourself in relationship with nature, and noticing your responses to new experiences, you can learn to feel awe in many – often unexpected – ways.

Please note that this will be an opportunity not only to experience but also to share your experiences with other participants...not a typical TFN walk! Bring your willingness to explore with an open mind and speak about what you notice, feel, and discover.

Anne and Paul look forward to sharing the experience of awe with you!

Other information: The walk will take place rain or shine, though will be cancelled in the event of extreme weather. Please dress for the weather conditions and to walk on soil paths. Long-sleeved shirts, long pants and closed-toe shoes with good traction are recommended, as are insect repellent and water.

Saturday July 5th at 10:00 am – Subway Series: Broadview to Castle Frank, Tales of the Don (Public)

Leader: Joanne Doucette

Walk Location: Don Valley

Meeting Point: Outside the entrance to the Broadview Subway Station

Getting There: Parking is limited near both the Castle Frank and Broadview TTC stations. Transit is highly recommended.

Walk Details: A 6-hour, 8-12 km linear nature and heritage walk along mostly unpaved but even surfaces with some steep slopes. Some stairs. There are drop-out points along the route for those not wanting to go the full six hours.

Accessibility: Muddy areas, uneven ground.

Washrooms: At the beginning and along the way

Walk description: This is a hike across the Don Valley, through Riverdale Park, with stops at Riverdale Farm, the Necropolis and St. James Cemetery. The pace will be faster than the usual nature walk and the distance is longer. However, there will be drop out points en route. We will talk about the First Nations history of the Don River, the transformation of the river through channelling, the history of Riverdale Zoo, the oak savannah of the pre-settlement period, and cemeteries as nature refuges.

What to Bring: Water, lunch, hat, sunscreen or umbrella (depending on weather), field guide, binoculars, good walking shoes

Other information: No pets please. Service animals are welcome.

Wednesday July 9th at 7:00 pm – Lost Rivers in the Beach (Public)

Leader: Linda McCaffrey

Walk Location: Beaches

Meeting Point: Northeast corner of Queen Street at Woodbine Ave

Getting There: Take Subway Line 2 to Woodbine Ave and 92 bus to Queen Street or take the 501 Queen Streetcar to Woodbine Ave.

Walk Details: A 1-hour, 2 km linear Lost Rivers walk along flat mostly paved surfaces with some gentle slopes. No stairs.

Washrooms: Along the way

Walk description: Fortunately, the planners never got their hands on the Beach. Developers bought up estates as they became available and designed small subdivisions to their inclinations. Several river valleys survived. Grids with wide straight streets were not universally imposed on the landscape. Random charming neighbourhoods resulted. Explore some of these lost rivers and a few interesting buildings with me. Walk will end on Queen Street.

What to Bring: Curiosity

Saturday July 12th at 10:30 am – Humber Arboretum Pollinators

Leader: Lillian Natalizio

Walk Location: Humber Arboretum, 255 Arboretum Blvd

Meeting Point: Welcome Kiosk at the Arboretum Entrance (by Tree of Hope mosaic)

Getting There: Multiple transit options, including TTC 96 Wilson bus, or 927 Hwy 27 bus from Kipling station. See also <https://humber.ca/arboretum/contact/directions.html>. If driving, parking is available in Humber College Lot #1.

Walk Details: A 1.5-hour, 1.5 km circular walk over mostly unpaved but even surfaces with some steep slopes. Some stairs.

Washrooms: At the beginning

Walk description: Continue exploring the world of pollinators in the Humber Arboretum's diverse wildlife habitats. Visiting dry and wet meadows, we'll look further into insect pollinator life cycles and some specific plant-pollinator relationships.

What to Bring: Sun protection, insect repellent (mosquitos and ticks), water, and binoculars or camera.

Sunday July 13th at 10:00 am – The World of Spiders

Leader: Richard Schwarz

Walk Location: Pine Hills Cemetery

Meeting Point: Funeral Centre Parking Lot

Getting There: Address is 625 Birchmount Rd. By TTC take Birchmount 17 bus from Warden Station. Exit at Anaconda Ave. By car it is just north of St. Clair Ave.

Walk Details: A 2-hour, 3 km circular walk on fairly flat, mostly unpaved but even surfaces. No stairs.

Washrooms: Not available

Walk description: Join us on a search for spiders and webs. Often a source of fear, spiders are an important part of the ecology for being major predators of insects. People with a phobia can easily stay back a distance.

Sunday July 13th at 3:00 pm – Meadoway Flowers and Pollinators

Leader: Sarah Kotsopoulos

Walk Location: The Meadoway

Meeting Point: Givendale Allotment Gardens (1 Givendale Road, Scarborough)

Getting There: Parking at garden, closest TTC bus stop is 4117/4118

Walk Details: A 2-hour, 2 km circular wildflower walk over mostly paved, fairly flat surfaces. No stairs.

Accessibility: Some walking on grass

Washrooms: At the beginning

Walk description: A walk in The Meadoway that will showcase the native wildflowers and meadow restoration in the hydro corridor. Participants will learn about the native plants and the pollinators found in this habitat.

What to Bring: Binoculars, camera, water, snacks.

Thursday July 17th at 6:15 pm – Wards Island Evening Nature Stroll (Public)

Leader: Ellen Schwartzel

Walk Location: Wards Island Environmentally Significant Area (ESA)

Meeting Point: Meeting spot: Jack Layton Ferry Terminal – gate for Ward’s Island; Ferry departs 6:30 pm for Wards.

Getting There: Take TTC to Union subway station; either take the streetcar the short bit south or walk south on Bay Street (under Gardiner Expressway) 15 minutes to ferry docks

Walk Details: A 2-hour, 2 km circular nature walks over mostly paved surfaces, with some sand and gentle slopes. No stairs.

Accessibility: We will be on loose beach sands for some of the walk.

Washrooms: Washrooms at Jack Layton Ferry Terminal and also at Wards Island. Park washrooms are open till 10:00 pm.

Walk description: Come explore the best nature bits of Wards Island, while savouring cool lake breezes, the evening glow and the city skyline.

Ward’s Island Environmentally Significant Area (ESA) has one of the two last remaining natural dune systems on the Toronto Islands; the only other place to see dunes is at Hanlan’s Beach. The comparatively small area at Wards offers habitat for at least 23 locally significant plant species such as Sphinx Ladies tresses and Greater Fringed Gentian. It is also special for offering breeding habitat for leopard frogs and common toads, in the interdunal wet swales. Birds we might see include Killdeer, Flycatchers, Chimney swifts and Yellow Warblers. The invasive reed, Phragmites, has been increasing at this site in recent years, unfortunately. We will discuss how Wards Island ESA could be better cared for, what might be some first steps and what the role of the nature community could be. If time allows, we will also check out one or two other nature areas around Wards Island.

We will return to the Wards Island ferry dock before the 8:45 pm ferry departs. (Sunset will be 8:55 pm on July 17) The ferry also departs Wards Island at 9:45 pm and 10:45 pm, should you wish to stay later.

What to Bring: Water, sun hat, binoculars, insect spray, snacks optional

Saturday July 19th at 6:30 pm – German Mills Evening Ramble

Leader: Theresa Moore

Walk Location: German Mills Settlers Park

Meeting Point: Northeast corner of Leslie and Steeles

Getting There: TTC: The 53B Steeles East (not the 53E Express!) runs from Finch Station all the way out to Scarborough and has a stop at Leslie. The 51 Leslie Bus is another option but has less frequent service. Parking: Free parking is available on weekends on Equestrian Court, which is one very short block south of Steeles on the west side. There is also free street parking on Leslie north of Steeles (beware of the soft shoulder on the west side of Leslie).

Walk Details: A 2-hour, 5km circular walk on mostly paved surfaces with gentle slopes. The path on the west side of the creek is mulched. No stairs.

Washrooms: Not available

Walk description: We'll explore the flora and fauna along our route and briefly talk about local history and environmental issues. After meeting on the northeast corner of Leslie and Steeles, we will walk north on Leslie to the German Mills Settlers' Park entrance. We'll then proceed along the paved path on the east side of the creek up to John Street before crossing over to the German Mills Meadow and Natural Habitat and making our way south.

What to Bring: Binoculars or camera, water

Other information: The group will likely not reach the park entrance until about 6:45. Kindly allow enough time to park and join the group at Leslie and Steeles at 6:30.

Sunday July 20th at 9:30 am – Cedarvale Ravine

Leader: Bob Kortright and Rachel Gottesman

Walk Location: Cedarvale ravine

Meeting Point: Heath Street exit from St Clair W subway

Getting There: TTC Line 1

Walk Details: A 2.5-hour, 4 km circular nature and heritage walk over mostly unpaved but even surfaces with some steep slopes. No stairs.

Washrooms: At the end

Walk description: Joint walk with Friends of Cedarvale. There are benches in the park at the starting point. Some history of the Castle Frank Brook and tributaries, Spadina expressway proposal, and actual subway. Focus on vegetation and any other life we can find. We will note the progress of Toronto Nature Stewards in documenting plants in stewardship areas and controlling invasives.

What to Bring: Binoculars

Other information: Participants can leave the walk at the north end of the park, 2 blocks south of the Eglinton West subway station, or return with the walk leaders to the starting point.

Friday July 25th at 2:00 pm – Thomson Memorial Park

Co-leaders: Jane and Jim Goad

Walk Location: Thomson Memorial Park, Scarborough

Meeting Point: Go through the main gates (there is a small parking lot off Brimley at the south end of the park. This is not where we will meet.) Go past that parking lot and you will see the main entrance, labelled with the park name on the typical city park sign. Go through this entrance to the furthest north parking lot. That is where the walk will begin.

Getting There: TTC: 1005 Brimley Road. By TTC, take the subway to Kennedy Station Platform B. From there, take bus 21c along Eglinton Avenue E to Brimley and directly north on Brimley Rd. The park is North of Lawrence Avenue E. 2nd TTC stop north of Lawrence. By car: take Eglinton Ave. to Brimley Rd and go north of Lawrence to the park entrance.

Walk Details: A 2-hour, 3 km circular walk on paved paths, dirt paths, and grassy areas. There are tree roots and small logs across the path at times.

Accessibility: There are both some tree roots and some small logs across these paths, so this walk is not suitable for wheelchair users.

Washrooms: There are two washrooms at the Park's entrance - one is directly inside the entrance. This beige building contains an accessible washroom plus male and female washrooms. It has a drinking fountain. The grey building by the parking lot where we are meeting does not have accessible washrooms but also has a drinking bottle filling station.

Walk description: We will walk through the park, using bridges to cross the West Highland Creek several times and stopping at several ponds within this river. Using both the paved paths and the hard packed, more informal pathways through the wooded areas, we will see wildflowers and mature trees. There is also a David Suzuki Foundation Canoe Pollinator Garden.

This 41.8 hectare park is also home to a collection of pioneer homes and outbuildings, maintained by the Scarborough Historical Society. These buildings will be open for participants to go into after the walk.

What to Bring: Dress for the weather, with hiking boots or shoes. Sunscreen and a hat are recommended, as some of the walk will be in full sun. A refillable water bottle and camera are also suggested.

Other information: This park can be found on the City's website under [Thomson Memorial Park](#). It is a multi-use facility, in a high-density area. It features multiple amenities plus trails extending south past the Scarborough General Hospital and car parks.

Friday July 25th at 8:30 pm – Cottonwood Flats Moth Night

Note: Maximum of 10 attendees so registration is required.

Email walks@torontofieldnaturalists.org to register.

Leader: Susan Blayney

Walk Location: Cottonwood Flats, Lower Don Parklands

Meeting Point: Will be provided to people after registration.

Getting There: TTC: From Pape Station, take #72 bus north to O'Connor Dr, walk west to Beechwood Dr, then down the hill to the end of Beechwood. If driving, there is parking at the bottom of Beechwood.

Walk Details: A 2.5-hour moth identification session using LED light and a white sheet. Route is mostly paved and flat. No stairs. Return trip will be after sunset so flashlights are necessary.

Washrooms: Not available

Walk description: Observation of a moth sheet after dark to see what is attracted to the lights. On arrival there will be a talk and Q&A about moths. The LED blacklights will be turned on at the sheet at dusk which will occur at 9:20. We will then wait and see what arrives—moths, flies, beetles, spiders—and try to identify them. The event takes place during Moth Week when good diversity is expected.

What to Bring: Headlamp or flashlight, camera/cell phone with flash, bug repellent, water. Wear long pants and closed toed shoes. **Do not wear white clothing.** Having the iNaturalist app on your phone is helpful.

Other information: If there is rain or high winds, the event will be cancelled.

Saturday July 26th at 10:00 am – Unveiling the Vale of Avoca

Co-leaders: Ellen Schwartzel, Tom Connell

Walk Location: Vale of Avoca and Yellow Creek

Meeting Point: Meet outside St. Clair Subway station, at the Alvin Ave Exit - north side of St. Clair

Getting There: Take the subway to St. Clair Subway station (line 1)

Walk Details: A 2-hour, 3 km circular nature and heritage walk on mostly unpaved and uneven surfaces with some steep slopes. Some stairs.

Washrooms: Along the way

Walk description: Join this walk through one of midtown's most beautiful but overlooked ravines: the Vale of Avoca. The walk will follow the path of Yellow Creek in its only exposed section as it flows down towards the Don River.

TFN is partnering on this walk with the Midtown Ravines Group, whose representatives will showcase unique ecological features of this ravine. It has been designated as one of ten high-priority Environmentally Significant Areas under the city's ravine strategy. We will look at the impact extreme weather is having on this valley, which is in effect a storm sewer for a watershed area of more than 10 square kilometres. Vestiges of bygone eras will be highlighted, from the prehistoric shores of Lake Iroquois to the genteel destination park of the late 1800s. We will also discuss options for restoration of this green space, including erosion remediation, restoration of the access points, bridges and trail system, and control of invasive plant monocultures that are threatening the area's biodiversity. The walk will take a circular route through the valley, beginning and ending close to the St. Clair subway station. Washrooms at Balfour Park.

What to Bring: Sturdy shoes and layered clothes. Bug repellent may be useful. Consider walking poles.

Tuesday July 29th at 9:30 am – Wilket Creek Trail and Serena Gundy Park

Leader: Zunaid Khan

Walk Location: North York

Meeting Point: In front of the Toronto Botanical Gardens (TBG) main building.

Getting There: Transit: Take Line 1 to Eglinton Station, then take the Lawrence East 54 bus to Lawrence Avenue and Leslie Street and walk to the meeting spot. Alternatively, take Line 4 to Leslie Station, then take the Leslie 51 bus south to Lawrence Avenue and Leslie Street, and walk to the meeting spot. There is paid parking in the TBG lot.

Walk Details: A 2.5-hour, 7 km circular nature walk on mostly paved surfaces with some steep slopes. Some stairs.

Washrooms: At start, end, and along the way.

Walk description: We head down to Wilket Creek Park, starting at the access trail that leads from the TBG parking lot. We follow the trail through the ravine, then veer towards Sunnybrook Park before accessing the trail leading into Serena Gundy Park. Then we loop around and head back to the Wilket Creek trail, returning to our starting point. Lots of opportunities to observe what nature has to offer in the ravine and park. Dress for the conditions with comfortable walking or hiking shoes/boots.

What to Bring: Drinks, snacks, binoculars and/or camera

Tips for warm-weather walks:

- Hiking boots or running shoes will keep you steady on uneven ground.
- Long pants can protect your legs from thistles, poison ivy and ticks.
- High socks should be worn to protect you from ticks.
- A wide brimmed hat offers sun protection.
- Bring water, sunscreen, insect repellent and your cell phone.
- Check yourself for ticks after the walk.

If members have any questions about our outings, please send an email to walks@torontofieldnaturalists.org.

The Outings committee is looking for volunteers to join the committee, lead walks and help support walk leaders on outings. If you are interested in helping, please send an email to volunteering@torontofieldnaturalists.org