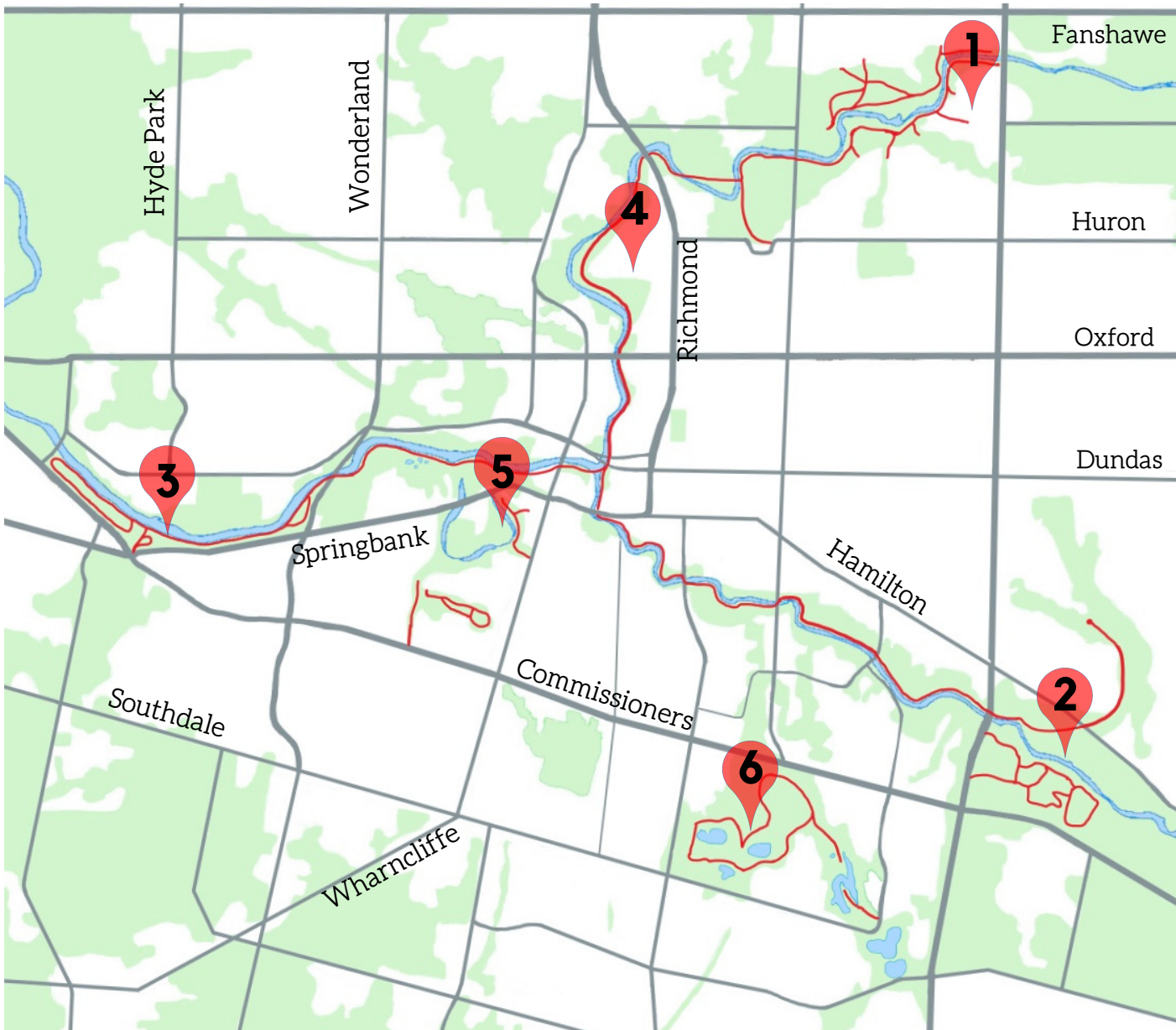


Trails in London, ON



-  1 Kilally Meadows
-  2 Meadowlily Woods
-  3 Springbank Park
-  4 Thames Valley Parkway
-  5 The Coves
-  6 Westminster Ponds

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Hiking, Walking

SPRINGBANK PARK **7 - 8**

Hiking, Walking, Biking

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Walking, Biking, Accessible trails

THE COVES **11 - 12**

Hiking, Walking, Biking, Accessible Trails

WESTMINSTER PONDS **13 - 14**

Walking, Biking

Helpful Resources

- **Tourism London**
www.londontourism.ca
- **Upper Thames River Conservation Authority**
www.thamesriver.on.ca
- **City of London**
www.london.ca
- **Ontario Trails**
www.ontariotrails.on.ca
- **London Environmental Network**
www.londonenvironment.net
- **Ontario- Wildlife and Nature**
www.ontario.ca/page/wildlife-and-nature
- **Friends of the Coves**
www.thecoves.ca
- **Meadowlily Woods**
www.meadowlilywoods.ca

While visiting these areas, **please remember to be respectful of nature** by remaining on designated pathways and not disrupting plants or animals.

Poison ivy, Fragrant sumac, and Giant Hogweed are **toxic** and may be present off of designated paths.

Stay away from these harmful plants.



Poison Ivy
three alternating leaves
with jagged edges



Fragrant Sumac
Shrub produces red
fuzzy berries in the
summer

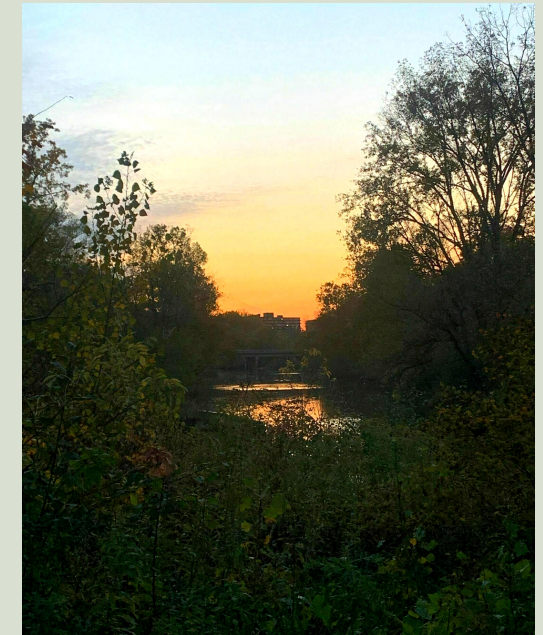


Giant Hogweed
similar in appearance to
Queen Anne's lace, but
much larger

BUS ROUTES: 25, 27, 34

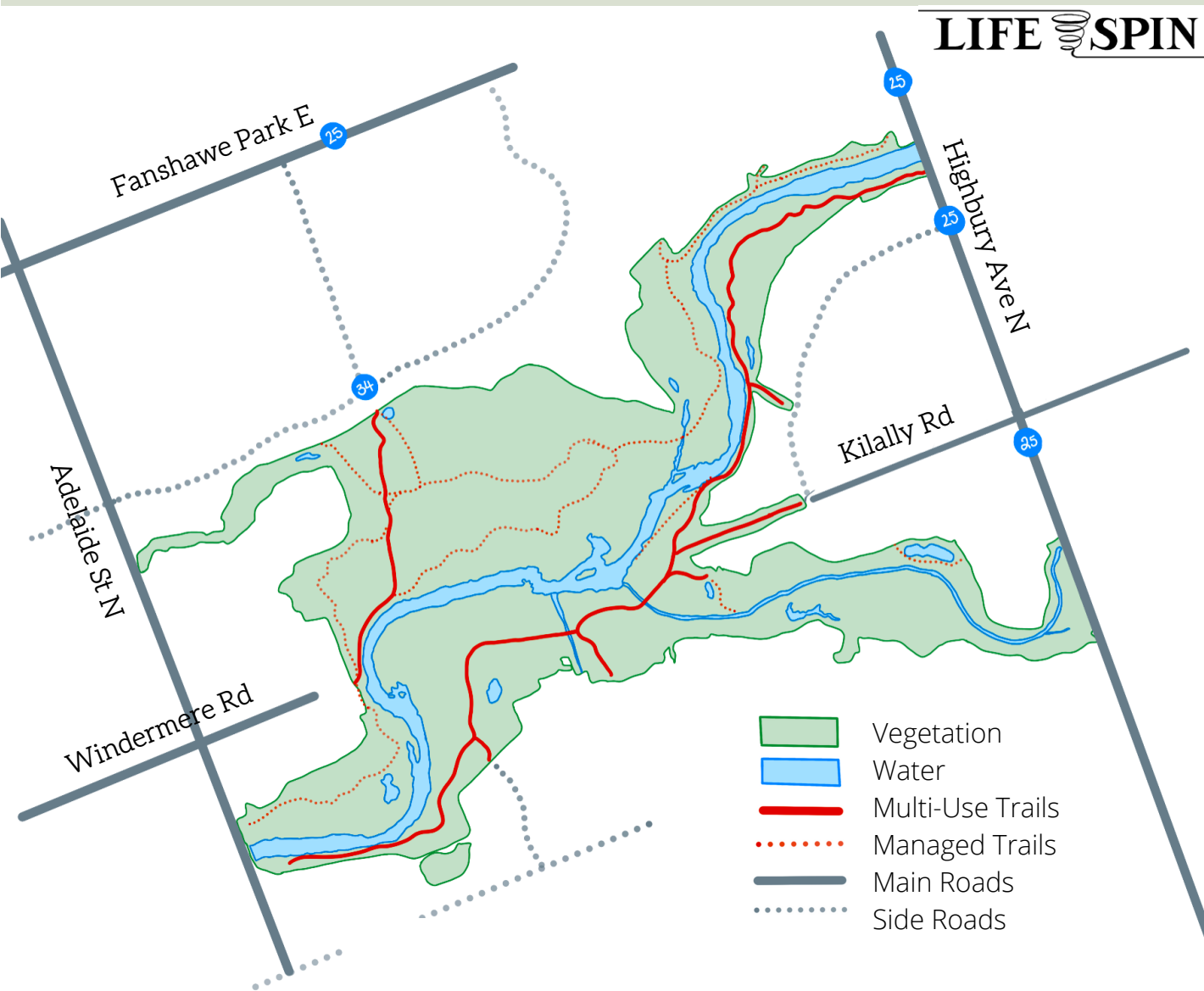
LIFE  SPIN

KILALLY MEADOWS



17 - 29 EDGEVALLEY RD
LONDON ON, N5Y 6L5

Kilally Meadows Environmentally Significant Area is a beautifully maintained hiking/biking region with over 10km of trails! Situated within the flood plains of the Thames River, Kilally Meadows is home to lots of rare, diverse plant and wildlife species.



- ACCESSIBLE TRAILS
- HIKING & WALKING
- FISHING PERMITTED WITH PROVINCIAL FISHING LICENSE
- CYCLING - ROADS & PATHS
- OPEN YEAR ROUND 6AM-10PM

A floodplain is a mostly flat region of land that is adjacent to a body of water, such as a river or stream. They usually form due to erosion (the wearing away of earth's surface) or aggradation (the elevation of earth's surface as a result of the deposition of rocks and sediments). Kilally Meadows is situated within a floodplain of the Thames River.

SCAVENGER HUNT



WHILE VISITING, SEE IF YOU CAN FIND THESE SPECIES:

NATURE FACTS

The Kilally Meadows territory has been around for a long time - archeologists have discovered that around 2000 years ago, Native people were active in this area. While the region certainly looks different now than it did 2000 years ago, the beauty of its nature has only been enhanced. Vegetation communities in this region include riverside woodlands, marshes, meadows, and swamps. As a result of the wide range of habitats, Kilally Meadows is rich and diverse in its plants and wildlife species.



Bee Balm
Monarda fistulosa



Belted Kingfisher
Megaceryle alcyon

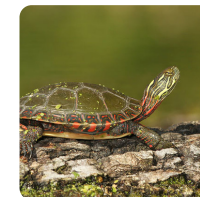
Goldenrod
Solidago canadensis



Yellow Warbler
Setophaga petechia



Butterflyweed
Asclepias tuberosa



Midland Painted Turtle
Chrysemys picta

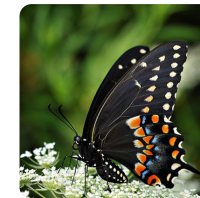
White Trout Lily
Erythronium albidum



Gray Treefrog
Hyla versicolor



Willow Tree
Salix



Black Swallowtail
Papilio polyzenes

Sugar Maple Tree
Acer saccharum



Great Spangled Fritillary
Speyeria cybele



MEADOWLILY WOODS



Bus Routes: 03, 10, 24

within walking distance to entrances

Parking:

- North entrance on Meadowlily Rd S
- City Wide Sports Park

Meadowlily woods has about 5km of sloping maintained trails and is an environmentally significant area. As part of the Carolinian life zone, this is the most northern area of the deciduous forest region. Being at the most Southern tip of Canada, this area has a uniquely warm climate, with a greater number of frost free days than other regions. Due to this unique climate and geographical location, the Carolinian life zone is home to many species that are not found elsewhere in Canada.

BIOLOGY BACKGROUND

SCAVENGER HUNT



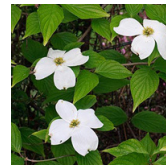
WHILE AT VISITING, SEE IF YOU CAN FIND THESE SPECIES:



Although the deciduous forest region is quite small compared to other forest regions in Canada, it has more plant and animal species than any other region in Canada. With 18 different types of tree stands, there is a wide variety of habitat to support other plant and animal life at Meadowlily Woods. Species characteristic of the Carolinian life zone, such as bitternut hickory, flowering dogwood, and spiny soft-shell turtle can be found in Meadowlily Woods.

This ESA is home to over 200 species of animals. Being located along migration pathways, there are many migrating species of butterflies, insects, and birds can be found here.

Approximately 33 at risk species can be found in this watershed region. At risk plants such as the wood poppy and eastern flowering dogwood. The eastern meadowlark and other bird species found here are threatened by habitat loss.



Eastern Flowering Dogwood
endangered



Wood Poppy
endangered



Bitternut Hickory
Carolinian indicator



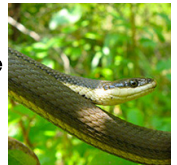
Black Cherry
provides fruit for wildlife



Kentucky Coffee-tree
threatened



Spiny Soft-shell Turtle
endangered



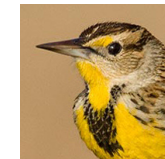
Queensnake
endangered



Monarch Butterfly
special concern



Woodland Vole
special concern



Eastern Meadowlark
threatened



Virginia Opossum
only marsupial in Canada

COMMON PLANTS

Sugar maple
American beech
Eastern hemlock
Cattails
Skunk cabbage
Red Oak
Golden rod
Flowers: Violets, Trilliums, Iris

COMMON ANIMALS

White-tailed deer
Coyote
Barn swallow
Eastern chipmunk
Midland painted turtle
Eastern Garter Snake
Black capped chickadee
Eastern bluebird

SPRINGBANK PARK



1085 COMMISSIONERS RD W, LONDON ON, N6K 4Y6

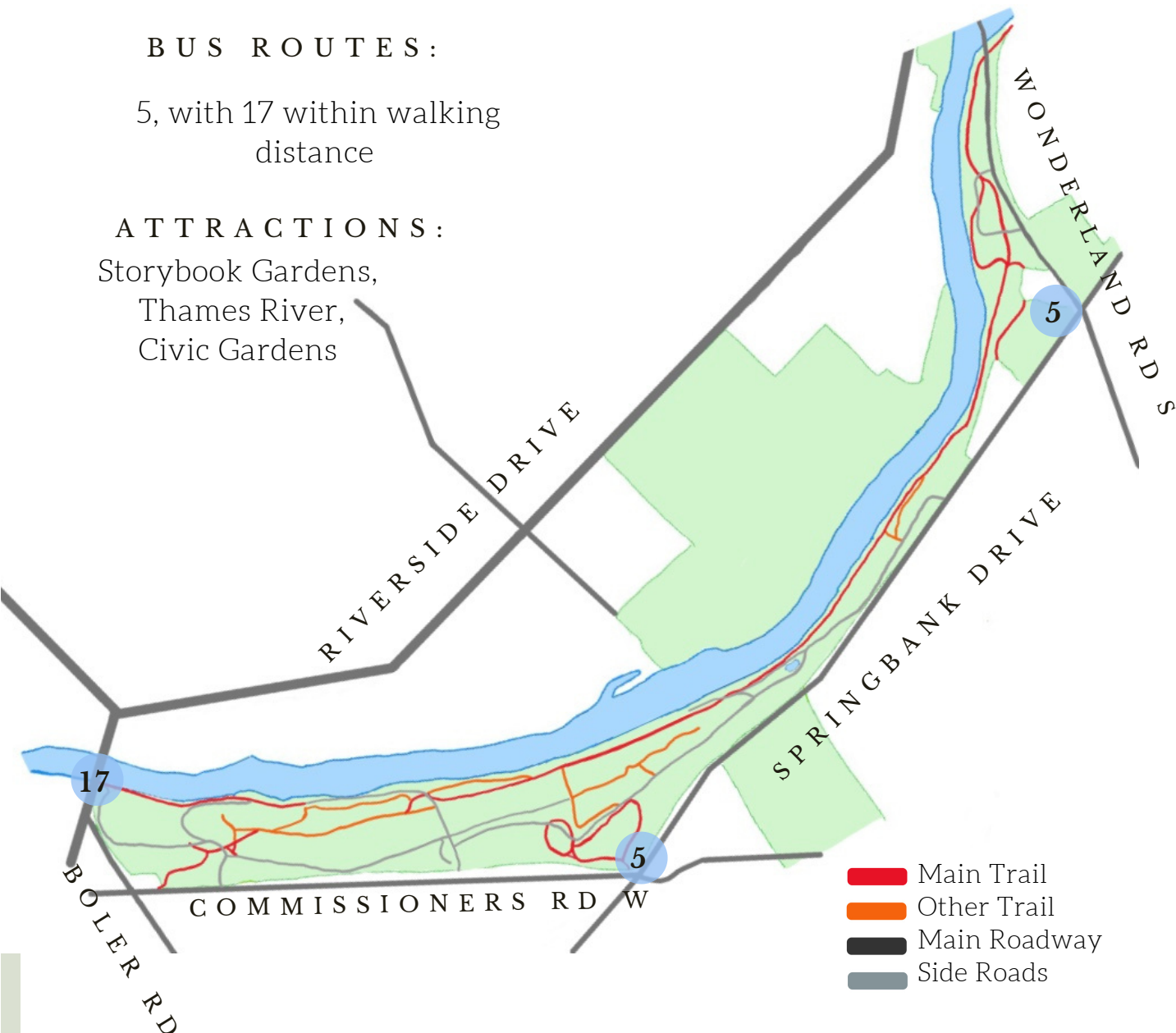
Running along the Thames River, Springbank park is the largest park in London. It is 300 ha of land, and contains over 30km of trails! This ESA is home to over 211 plant species, and is an important habitat for many endangered and threatened fish, mussel, turtle, and snake species. Rich in plant life, animal life, and history, this park is a must visit for any London Family.





BUS ROUTES:

5, with 17 within walking distance

ATTRACTIONS:

Storybook Gardens,
Thames River,
Civic Gardens



-  Main Trail
-  Other Trail
-  Main Roadway
-  Side Roads

PARKING:

Parking lots off Springbank drive, just West of Wonderland, just West of Jarvis St, and at Springbank Gate

BIKING 

ACCESSIBLE 

OPEN 6 AM - 10 PM

NATURE FACTS



Springbank Park is home to riparian, woodland, and floodplain habitats. Riparian zones are found at the interface between the land and the Thames river, while floodplains run along the river, and are only water covered when flooding occurs. The different habitats surrounding the river and within the park each contain their own plant and animal life.

211 plant species are found within the park, of which 49% are non-native. This park is home to both endangered and invasive plant and animal species.

Storybook Gardens amusement park is located inside the park. Although it no longer houses animals, this is the site of the infamous escape of Slippery the sea lion, who swam down the river to Sandusky, Ohio.

SCAVENGER HUNT

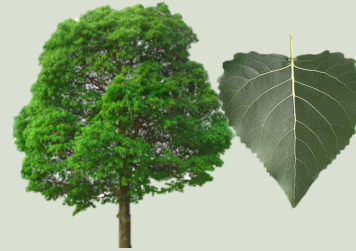


Willow Tree
Salix alba



Grey Catbird
Dumetella carolinensis

Eastern Cotton Wood
Populus Deltoides



Kildeer
Charadrius vociferus



Monarch Butterfly
Danaus plexippus



Black Alder
Alnus glutinosa

Black Swallowtail
Papilio polyxenes



Hispid Buttercup
Ranunculus hispidus



Cicada
Cicadoidea



Japanese Knotweed
Invasive

Ebony Jewelwing
Calopteryx maculata



Manitoba Maple
Acer negundo



Northern Snapping Turtle
Chelydra serpentina
**Special concern*



Black Locust
Invasive

Spiny Softshell Turtle
Apalone spinifera
**Threatened*



With the continuing development of London, extensions to the TVP are being constructed. An updated, interactive map by the city of London can be found at:

<https://london.maps.arcgis.com/apps/webappviewer/index.html?id=d52101e2724d4525ac8be4400cf8c087>

THAMES VALLEY PARKWAY

- = West Branch
- = North/South Branch
- # = Bus access intersection

Bus Access Intersections

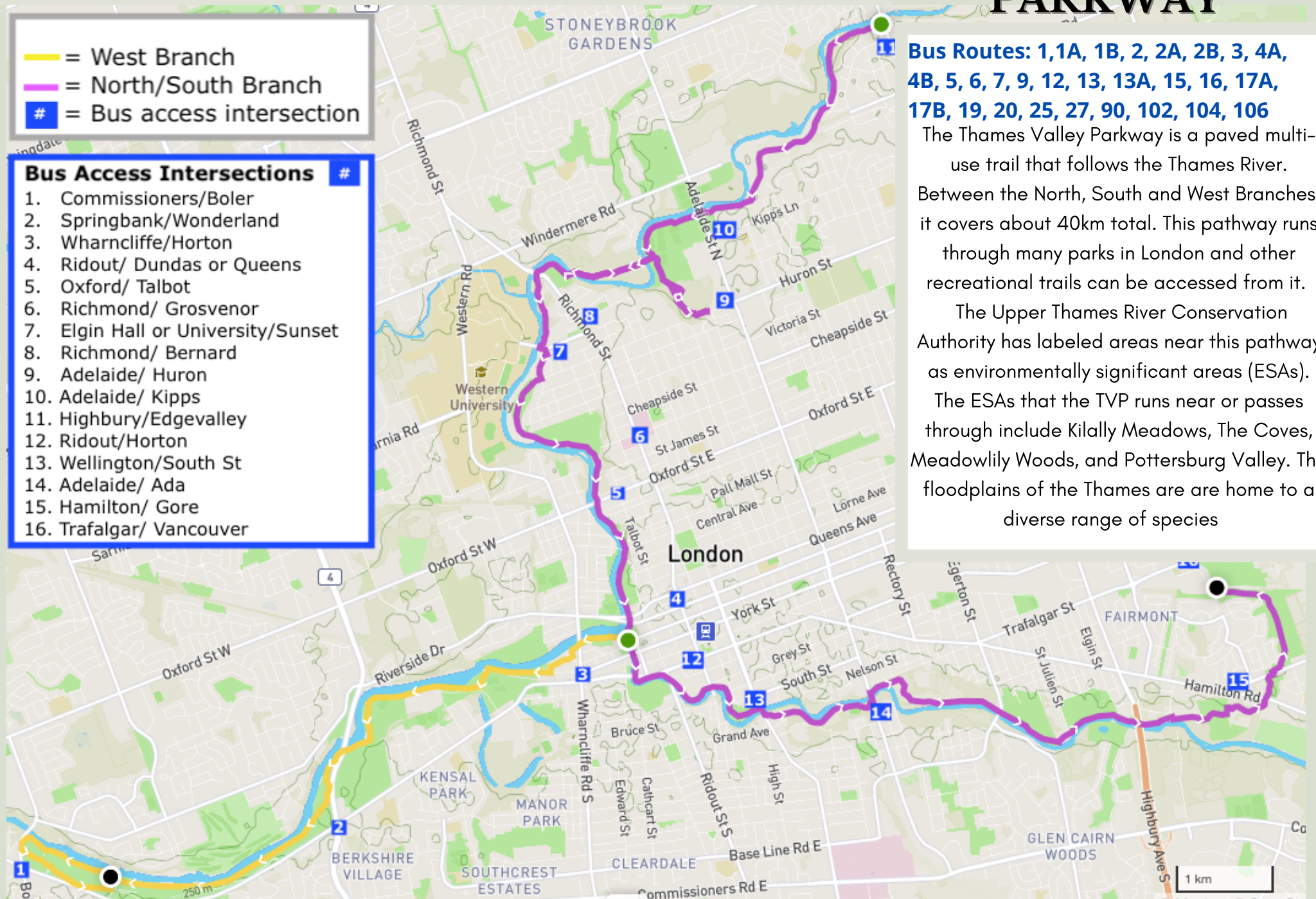
1. Commissioners/Boiler
2. Springbank/Wonderland
3. Wharncliffe/Horton
4. Ridout/ Dundas or Queens
5. Oxford/ Talbot
6. Richmond/ Grosvenor
7. Elgin Hall or University/Sunset
8. Richmond/ Bernard
9. Adelaide/ Huron
10. Adelaide/ Kipps
11. Highbury/Edgevalley
12. Ridout/Horton
13. Wellington/South St
14. Adelaide/ Ada
15. Hamilton/ Gore
16. Trafalgar/ Vancouver

Bus Routes: 1,1A, 1B, 2, 2A, 2B, 3, 4A, 4B, 5, 6, 7, 9, 12, 13, 13A, 15, 16, 17A, 17B, 19, 20, 25, 27, 90, 102, 104, 106

The Thames Valley Parkway is a paved multi-use trail that follows the Thames River. Between the North, South and West Branches, it covers about 40km total. This pathway runs through many parks in London and other recreational trails can be accessed from it.

The Upper Thames River Conservation Authority has labeled areas near this pathway as environmentally significant areas (ESAs).

The ESAs that the TVP runs near or passes through include Kilally Meadows, The Coves, Meadowlily Woods, and Pottersburg Valley. The floodplains of the Thames are home to a diverse range of species



BIOLOGY BACKGROUND

SCAVENGER HUNT



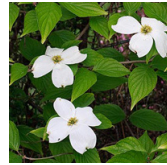
WHILE ON THE TVP, SEE IF YOU CAN FIND THESE SPECIES:



The floodplains that the TVP runs through are subject to flooding and can support highly diverse ecosystems. The Thames river is home to many water fowl, fish, and amphibians, while many species of animals also live in the area surrounding the river. Many plant species thrive in these flood plains and provide excellent habitats for animals.

A unique spot nicknamed the "banana kingdom" can be found in Baldwin flats on the stretch of pathway between Gibbons park and the exit onto The Pky. This area has abundant amounts of Canadian goldenrod growing, making it an attractive spot for pollinators such as honey bees, bumbles bees, wasps and other insects.

The valleys that the Thames flows through were created from glaciers in the last ice age. With farm land surrounding the Thames river outside of London, runoff and other pollutants are a growing concern for this waterway.



Eastern Flowering Dogwood
endangered

Bird's-foot violet
endangered



Willowleaf aster
threatened

Tulip Tree

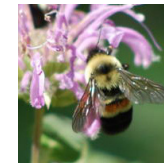


American water-willow
threatened



Eastern hog-nosed snake
threatened

Spiny Soft-shell Turtle
endangered



Rusty-patched Bumble bee
endangered

Rainbow mussel
special concern



Red headed woodpecker
at risk

Spotted salamander
threatened by deadly fungus



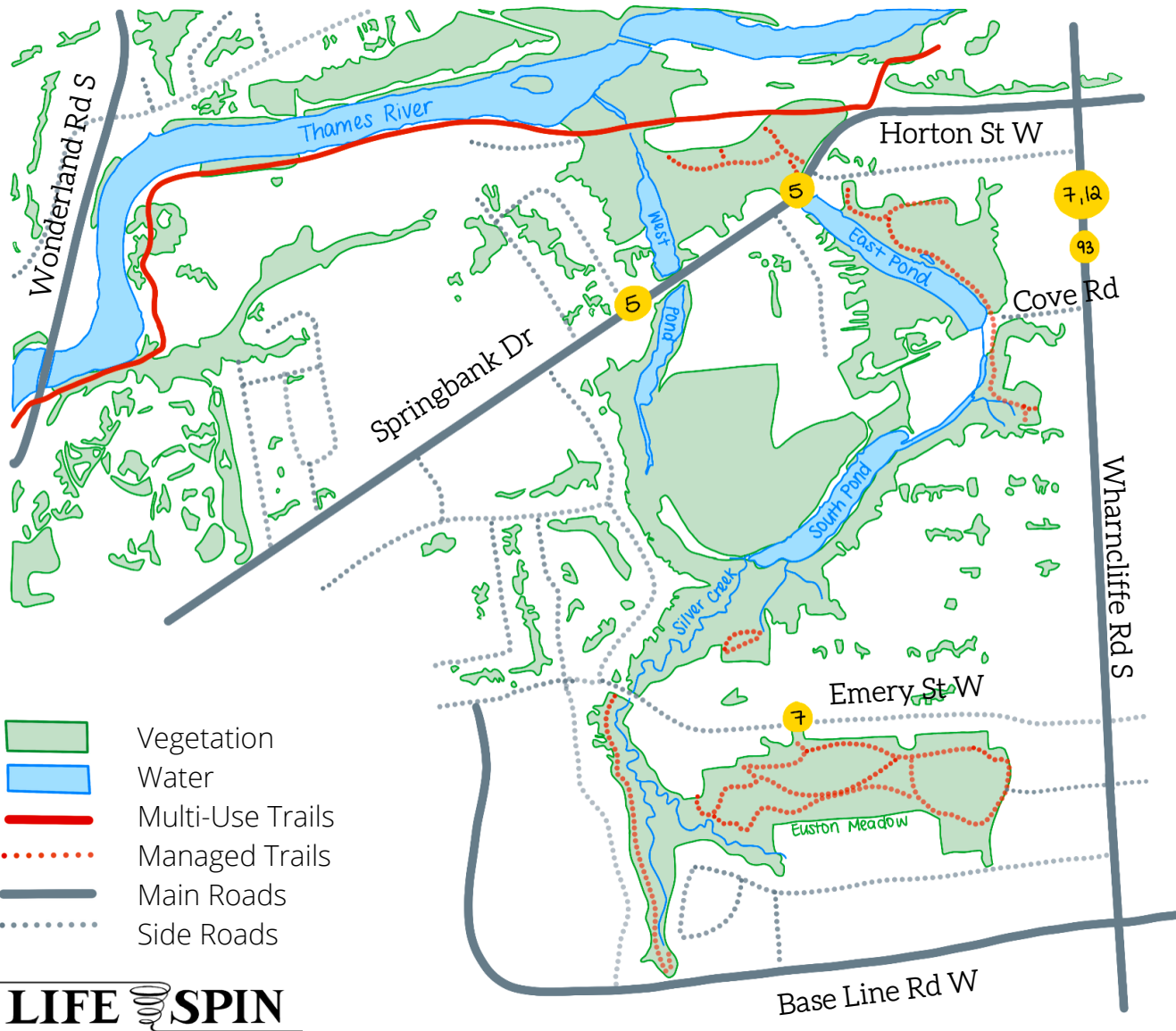
COMMON PLANTS

Norway maple
American beech
New England Aster
Black-eyed Susan
Staghorn sumac
White oak
Golden rod
Milkweed

COMMON ANIMALS

White-tailed deer
Coyote
Cardinal
Grey squirrel
Mallard duck
Blue jay
Raccoon
Honey bee

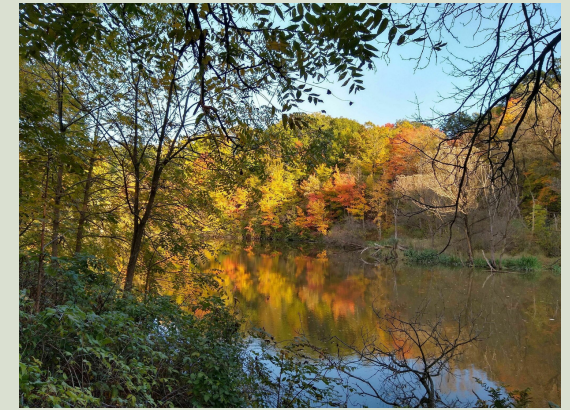
BUS ROUTES: 5, 7, 12, 93



LIFE SPIN

- ACCESSIBLE TRAILS
- HIKING & WALKING
- FISHING PERMITTED WITH PROVINCIAL FISHING LICENSE
- CYCLING - ROADS & PATHS
- OPEN YEAR ROUND 6AM-10PM

THE COVES



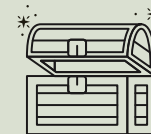
L O N D O N , N 6 J 2 W 4

Situated around what used to be an oxbow of the Thames River, The Coves region is a protected Environmentally Significant Area with high species diversity. The three distinct ponds (East, West, South) make this area unique and home to over 100 different animals.

"It is held that David Suzuki first experienced his love of natural history, while exploring in The Coves ponds."

source: thecoves.ca

SCAVENGER HUNT



WHILE VISITING, SEE IF YOU CAN FIND THESE SPECIES:

An oxbow is a U- or bow-shaped bend in a river, separated from the flow of water. They typically form over time due to soil erosion and deposition, and the resulting habitats can include ponds, marshes, and swamps. These areas are often very species rich due to their climate and unique still waters. The Coves area is no exception!

NATURE FACTS

A former meander of the Thames River now forms the 3 distinct ponds of the Coves. The ponds create a micro-climate that is able to modify high temperatures and aerate surrounding water - thereby improving water quality. Surrounding the ponds, there is a mix of habitat types - from meadows to both wet and dry-mixed forests. Due to the high volume of forest-area sensitive species, conservation of the Coves is more important now than ever!

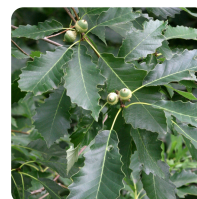


Sycamore
Platanus occidentalis

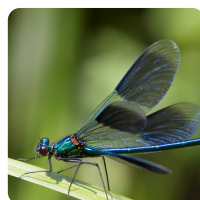
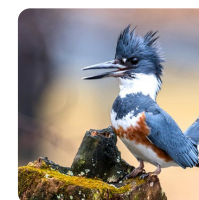


Black-capped Chickadee
Poecile atricapillus

Chinquapin Oak
Quercus muehlenbergii



Belted Kingfisher
Megaceryle alcyon



Dragonflies & Damselflies
Anisoptera / Zygoptera



Great Blue Heron
Ardea herodias

Hemlock
Tsuga canadensis



Northern Cardinal
Cardinalis cardinalis

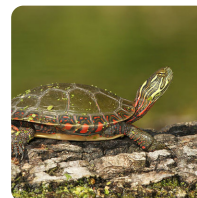


Pumpkinseed
Lepomis gibbosus

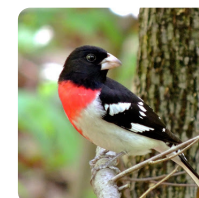


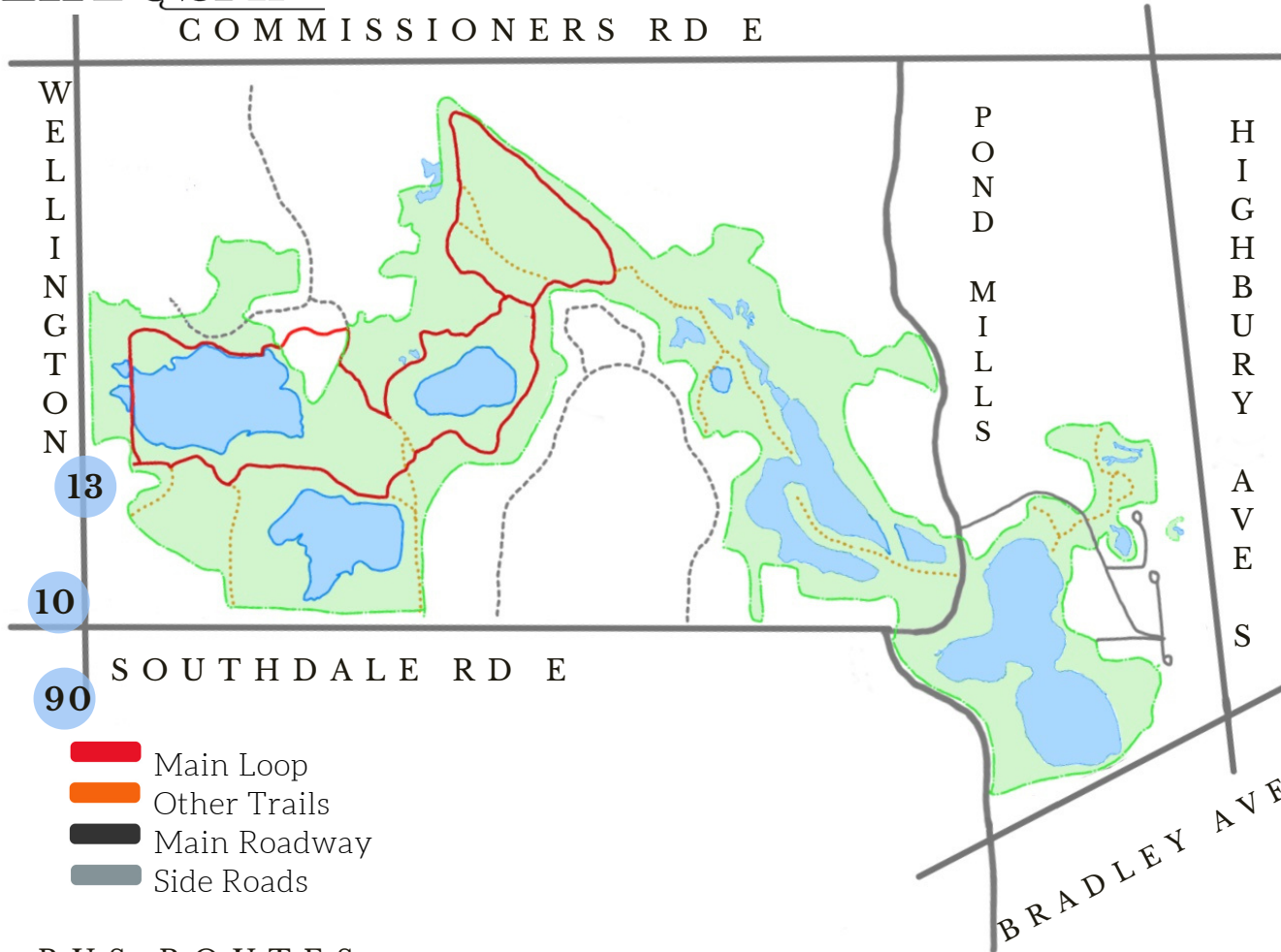
Great Crested Flycatcher
Myiarchus crinitus

Midland Painted Turtle
Chrysemys picta



Rose-breasted Grosbeak
Megaceryle alcyon





- Main Loop
- Other Trails
- Main Roadway
- Side Roads

BUS ROUTES :

13, with 10 and 90 within walking distance

PARKING :

Just behind Tourism London on Wellington Road

ATTRACTIONS :

Board-walk, Veterans Village from WWII, Viewing platform

BIKING

FISHING



OPEN 6 AM - 10 PM

SPRINGBANK PARK



696 WELLINGTON RD,
LONDON ON, N6C 4R2

Located just south of the Parkwood Institute on Wellington Road, this stunning ESA contains 6 ponds and is home to more than 60% of all plant species found in Middlesex county. Trails vary in length from very short, to 10.5 km in length, and contain diverse plant and animal life, and a rich history.

SCAVENGER HUNT

NATURE FACTS



Westminster Ponds is classified as a Class 1 provincially significant wetland. It contains marsh, bog and swamp environments, which are 3 of the 5 classes of wetlands.

211 bird species have been reported, including a bald eagle! As it is a wetland, there are also many frogs, toads, turtles, and beavers.

The wetlands are very rich in diverse plant life, and contain many species that are unable to grow elsewhere in London. Unfortunately it is also home to various invasive species like the Buckhorn shrub, which outcompete native plants for resources.



Bald Eagle



Brown Eyed Susan

Blue Heron



Red Maple



Red Tailed Hawk



White Cedar

Great Horned Owl



Bur or Red Oak



Blue Headed Vireo



Wild Crabapple

Whitetail Dragonfly



White Pine



Whitetail Deer



Dogwood

American Bullfrog



Highbush Cranberry



American Toad

Phragmites *



Midland Painted Turtle



Buckhorn *



Lilac *

* indicate invasive species