

# Welcome Friends and Visitors

We're providing you with a map to explore all that Cobourg has to offer. With 4 walking "loops" outlined you can choose where you want to tour and how far you want to go. Keep it as a handy guide for the next time you feel inspired to get out and get walking!

## Walking Tips

Walking for daily exercise is low-impact, safe and free. It can also improve cardiovascular fitness and strengthen muscles and bones. Speak to your health care provider before starting a walking program.

- Remember to warm up before your walk and cool down afterwards.
- Wear supportive footwear.
- Use a sunscreen with an SPF of at least 30 or higher and apply 30 minutes before you go outside.
- Be extra careful in cold weather - sidewalks and paths can be slippery.
- Walk with friends or a walking club.
- Carry a cell phone in case of emergencies.
- Dress appropriately for the weather and drink plenty of water.
- Stop or take a break if you feel any pain during your walk. Consult a health care provider if pain continues after your walk.

## Did You Know?

- Cobourg's Waterfront is considered one of the finest on Lake Ontario, offering incredible lake views.
- The Cobourg area was settled around 1800 by Loyalists and the name "Cobourg" was adopted in 1819 in honour of the British Royal connection with Coburg, Germany.
- Cobourg's Ecology Garden is home to an interesting variety of native plants.
- Victoria Park hosts 34 permitted events each year.
- From 1874 to 1929, Cobourg enjoyed economic prosperity with major industries as well as being a fashionable summer resort for wealthy Americans, many of whom built palatial summer "cottages".
- Peace Park bridge over Cobourg Creek is a favourite with fishermen, waterfowl, herons and kingfishers.
- The Sifton-Cook Heritage Centre is open to the public free of charge from May - October. [www.cobourgmuseum.ca](http://www.cobourgmuseum.ca)
- Cobourg Marina is one of the cleanest, friendliest and safest ports on Lake Ontario.
- Along the West Beach Boardwalk there are natural history signs detailing local ecosystems, birds and plants.
- There are over 500 designated heritage sites in Cobourg. [www.cobourg.ca](http://www.cobourg.ca)
- The Cobourg Farmer's Market is one of the oldest markets in Ontario established in 1839.



# Walk Cobourg

Encouraging people of all ages to enjoy life, get out, be active and feel great!



888-262-6874 • [www.cobourgtourism.ca](http://www.cobourgtourism.ca)

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HALIBURTON, KAWARTHA,  
PINE RIDGE DISTRICT  
HEALTH UNIT

UNIVERSITY OF OTTAWA  
HEART INSTITUTE  
INSTITUT DE CARDIOLOGIE  
DE L'UNIVERSITE D'OTTAWA

Heart Wise  
Escudo  
Santé à Cobourg

CARDIAC HEALTH  
FOUNDACTION OF CANADA

WEST - 1.7km (27 min)	BEACH - 1.7 km (26 min)
CENTRAL - 2.9km (45 min)	EAST - 1.5km (32 min)
OPTION 1A - 0.7km (10 min)	OPTION 4A - 0.2km (3 min)
OPTION 1B - 0.6km (9 min)	OPTION 4B - 0.6km (9 min)
OPTION 2A - 0.6km (9 min)	HILL
OPTION 3A - 0.6km (10 min)	ALL 4 LOOPS - 10.5KM (3.5 hrs)
100 50 0 100M	WASHROOMS
PARKING	AED FIRST AID

ALL MAIN ROUTES ARE ACCESSIBLE

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