

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
- 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
- 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!



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HALIBURTON, KAWARTHA,
PINE RIDGE DISTRICT
HEALTH UNIT

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

Heart Wise
Energie
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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