OCTOBER 2024 | ISSUE 30

Pathways Newsletter

The Pathways for People newsletter is published twice a year and shares trail stories and updates, events and local news on infrastructure work happening across Norfolk County

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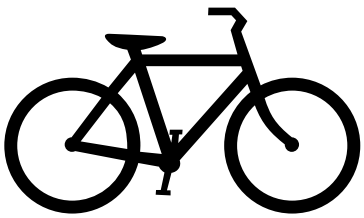
CHECK OUT OUR WEBSITE!

NorfolkPathways.ca

Information on:

- Local Trails
- Advocacy
- Share the Road
- Walkable Communities



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A REFLECTION BACK

Norfolk Pathways for People (P4P) was established in 2008. From there on, P4P has supported many advocacy initiatives, hosted events, and issued many newsletters highlighting various achievements and news related to active transportation, walkable communities, promoting local trails, etc.

As this issue marks the 30th publication of P4P newsletters, we wanted to highlight a previous submission that features a past achievement in Norfolk County.

Remember when...

Issue 26, shared November of 2019 highlights Norfolk County being designated as a Bicycle Friendly Community (BFC) by the Share the Road Cycling Coalition. Norfolk County's BFC journey began in 2016 where Norfolk County was awarded an honorable mention. From there, recommendations provided by the Share the Road Coalition were implemented in the community resulting in a bronze level designation being awarded in 2019.

The Bicycle Friendly Community award process provides an opportunity for municipalities to submit applications to assess community assets related to bike friendly initiatives, recognize gaps, and identify future interventions to further become bike friendly. P4P supported the application process as a key stakeholder to help complete the application questions.

Full article, https://norfolkpathways.ca/wp-content/uploads/2019/11/P4P-November-newsletter.pdf.

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2024 SPRING TRAIL WALK

Submitted by Alex Dobias
Haldimand Norfolk Health Unit

Back in May, P4P hosted a spring trail walk on the Waterford Heritage Trail. Although forecasted to be a rainy day, the sun peeked through and was great weather for a stroll. The walk included stops at the Waterford Museum to check out the Moccasin Identifier mural project, the Treaty Teaching Circle, and Black Bridge.

Thank you to everyone who joined!

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The mural at the Waterford Heritage & Agricultural Museum is one of many beautiful installations in Norfolk County. Other mural sites include Long Point Eco Adventures and downtown Port Rowan - make sure to check them out!

If you missed our walk and are interested in learning more about the Moccasin Identifier Initiative and the Waterford Heritage Trail visit:

- www.moccasinidentifier.com
- www.waterfordtrailsandponds.ca

Or visit in person. There are trail markers throughout that provide insights into Waterford's history and natural features.

2024 FALL WALK

Submitted by Alex Dobias
Haldimand Norfolk Health Unit

Upcoming walk!

Looking to get out, meet new people, and learn about some of Simcoe's history? Join us on November 16th!

P4P is hosting a fall walk through the Oakwood Cemetery in Simcoe (196 Victoria Street) on Saturday November 16th. Starting at 2pm, this leisurely 2km walk is suitable for folks of all ages to learn about some of Simcoe's historic gravesites including Abigail Becker, known as the Angel of Long Point.

Be sure to dress according to weather conditions and bring your own water bottle.

For those interested in an extended walk, there is nearby trail access from the cemetery to the Lynn Valley Trail which also branches access to the Brook Conservation Trail. **Find the trailheads, parking and points of interest at Norfolk Trails Interactive Maps**.

CHECK OUT OUR POSTER ON PAGE 9!

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ACTIVE TRANSPORTATION PLAN UPDATE

Submitted by Blaire Sylvester
Norfolk County, Economic Division

Norfolk County is developing its Transit Master Plan (TMP). The goal of the project is to develop a comprehensive and sustainable Transit plan that will support the County in planning for its transit network and efficient development and growth. The TMP will provide a comprehensive review, insight, and strategies to reach growth areas within the County for the next ten (10) years and recommendations for longer-term strategies.

The Transit Master Plan Final Report will be submitted to the County and presented to Committee in Winter 2025.

The second round of public engagement is planned for end of November/early December 2024. Round 2: Taking Action (October-December 2024) will seek feedback on proposed options to the existing Ride Norfolk service. It is focused on taking information and analysis to the public and stakeholders for review and input and to confirm that the developed solutions are the right fit and are reflective of their needs.
Key objectives for Round 2 of public engagement are:

- To share concepts related to the future network for the county and future services
- To gather feedback on proposed service changes for the County
- To receive guidance on decision points or conflicting priorities (e.g., trade-offs, balancing level of investment with service quality)

The County has also been successful in obtaining a grant to assist with the purchase of transit infrastructure, including front mounted bike racks. The goal is to have these bike racks installed for spring 2025. Riders will be responsible for following the proper procedures to secure their bike on the rack and following the drivers instructions.

To get involved with Ride Norfolk and participate in upcoming engagement:

- Visit our EngageNorfolk page!
- Write: Ride Norfolk Transit, 12 Gilbertson Dr, Simcoe, ON N3Y 3N3
- Email: transit@norfolkcounty.ca
- Phone: 519-428-3178 or 226-Norfolk ext. 8067

Ridenorfolk
Going your way

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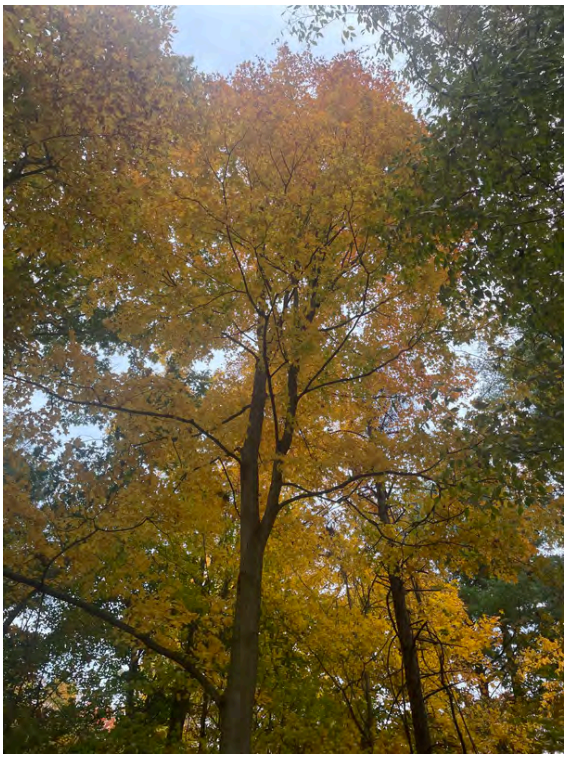
WATERFORD HERITAGE TRAIL ASSOCIATION UPDATE

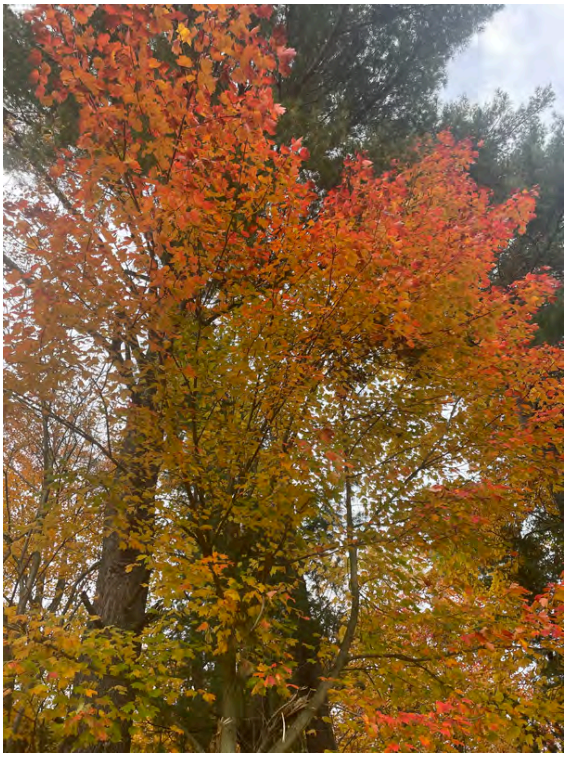
Submitted by Frank Woodcock
Pathways for People, Waterford Heritage Trail Association

Fall colours on our trail are a sight to behold.

The wide variety of trees along the trail and into the distance provide a palette of Autumn that varies with each gust of the wind. Take a hike, ride a bike, whichever you like, enjoy the sight.

Many studies have shown the healthy benefits of being out in Nature, the skies above, the life around, the colours and aromas of Fall all contribute to our better being. It's proven. But don't just trust these words - go out and experience the effects for yourself. And if you return home and don't feel those effects then you didn't give it time and need to get right back out there for your own sake.





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One can enjoy Nature in a pair or in a group but to achieve the full benefits you need to immerse yourself in the surroundings alone. If you are walking STOP, if riding STOP and dismount. Thoughts will jostle each other to be the first to get into your head and to be fair give them their due, give them time and then shake them out of your head and take a deep breath. Next listen to the noises of silence, smell the changes of season, hear the sounds of rustling and falling leaves, see the subtleties of colours and take another deep breath, hold it and possibly experience the pleasure of the changed you.

Sorry to burst your bubble but this feeling won't last because life continues on and that busy brain returns and takes over but at least you'll know where and how to bring that feeling back. It's addictive, we all crave it and it is within our grasp and not far from your door.

Enjoy our welcoming trail!

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WALKING IN NORFOLK

Submitted by Joyce Flexman
Pathways for People

Walking - One of the very best activities to lead us to healthier lives -especially as we get older . Very little equipment is needed- even better with a dog!!

Norfolk County has an abundance of trails from Port Dover along the Lynn Valley trail to Simcoe. From Simcoe along the Rotary Sunrise trail to join up with the Waterford trail system. The variety is endless. So many trails branch off these main trails. For example, from the Lynn Valley trail you can veer off into the woods and end up at Oakwood cemetery. Here is a history lesson on its own!

Move to the more eastern part of our county and there are the Backus series of trails actually entering Backus Conservation area or the myriad of trails coming from adjoining roads to Backus- East Quarter Line, # 24 highway , Concession 10 -. There is also the former Forestry Station with well marked trails and trees. Along these roads any place with a red gate is probably a trail open to the public -check the sign Garfield Weston family has developed many well groomed trails in woods and fields. There are so many more. Once you start exploring you will be amazed.

On your cell phone is an app “Health” which tracks the steps you take each day- You can compete with yourself! Other apps are Merlin bird to identify birds by sight and sound and Picture This for plant and tree identification.

This is just a sample to get you interested. Enjoy exploring! See you there!!

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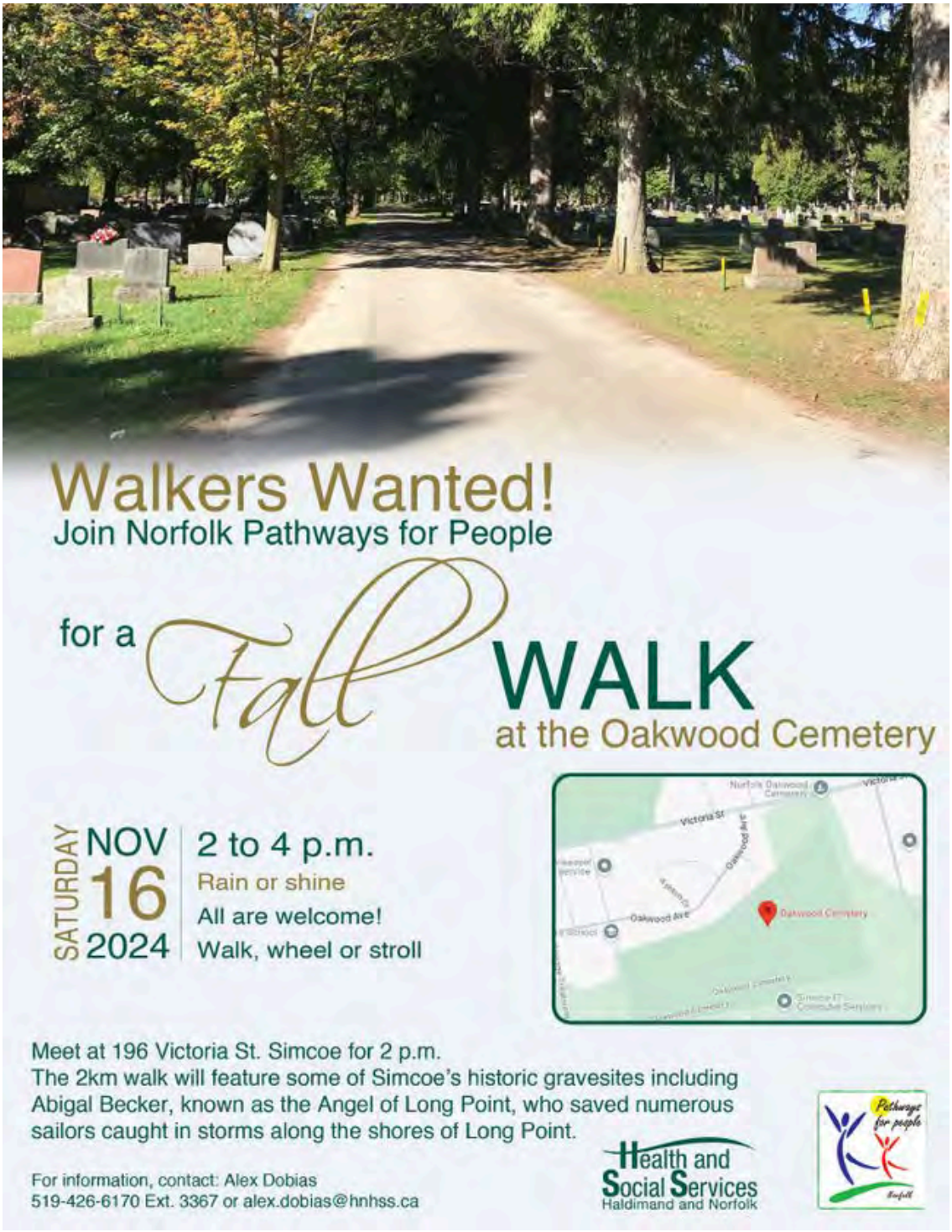
FALL WALK POSTER



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