

# Nature is the Best Medicine

JULY 1 TO  
SEPTEMBER 3, 2018

**FREE**  
**Summer**  
**PASSPORT**  
**PROGRAM**



## Complete 10 activities for a chance to win recreational gift cards

Activity	Date & Time	Address	Description	Completed
Bike/Hike along the Grand River	July & August	Choose a route along the Grand River	Enjoy the fresh air with the scenic Grand River and be sure to keep your eye out for wild life	
Hike Franklin Grobb Memorial Forest	July & August	Access along Hunter Way, Brantford	Explore this beautiful nature area	
Do The Oxbow Float (3-5 hours)	July & August	Start at Cockshutt Bridge River Access off Erie Ave. Ends at Newport Road	Take a 14km float ride but end up less than 1km from where you started	
Beginner Family Yoga in the Park	Saturdays in July & August at 3:00pm	Mohawk Park, 51 Lynnwood Dr., Brantford	Get your Namaste on with the family	
Take a Splash Pad Tour	July & August	Mohawk Park, Harmony Square & Bridle Path Park in Brantford; Lions Park, Paris; Burford Community Centre, Burford; Sunny Hill Park, St. George	Pick a sunny day, pack a picnic & GO Splash!	
Disc Golf	July & August	Mohawk Park, Brantford	Play a round of disc golf with the family in the park	
Have a Picnic in the Park	July & August	Glenhyrst Gardens, 20 Ava Rd., Brantford Lions Park, 36 Laurel St., Paris	Enjoy nature while having a packed lunch with the family	
Visit Mt. Pleasant Nature Park	July & August	755 Mt. Pleasant Rd., Mt. Pleasant	Stocked ponds for fishing are open to the public. Check out all the wildlife!	
Guided Bike Hike (Must bring your own helmet and bike)	July 7, 2018 Registration 9:30 am	Waterworks Park, 390 Grand River Ave., Brantford	Enjoy a guided Bike Hike with Brant Cycling Club Volunteers. *Limited to 50 riders.	
Mohawk Park Playground Tour	July & August	51 Lynnwood Dr., Brantford	Splash pad, snack bar and beautiful surroundings	
Tutela Park Playground Tour	July & August	160 Erie Ave, Brantford	Don't forget to roll down the hill	
Cedarland Park Playground Tour	July & August	160 Ashgrove Ave., Brantford	Playground equipment & community garden	
Roswell Park Playground Tour	July & August	39 Cambridge Dr., Brantford	Power off & play	
Spring Gardens Park Playground Tour	July & August	17 Dogwood Dr., Brantford	Power off & play	
Andrew W. Pate Park Playground Tour	July & August	85 Viscount Rd., Brantford	Power off & play	
Warner Meritt Park Playground Tour	July & August	39 Warner Lane, Brantford	Power off & play	
Woodburn Park Playground Tour	July & August	7 Bolster Rd., Brantford	Play on the structure and tour the trails	
Hickory Park Playground Tour	July & August	38 Shantz Ave., Brantford	Power off & play	
Lions Park Playground Tour	July & August	36 Laurel St., Paris	Don't forget to try out the fitness equipment	
Lions Centennial Park Playground Tour	July & August	Lions Centennial Park, 79 Maple Ave N, Burford	Don't forget to bring your fishing rod	
Burford Community Centre Park Playground Tour	July & August	Burford Community Centre Park 14 Potter Dr., Burford	Power off & play	
Oakland Community Centre Park Playground Tour	July & August	Oakland Community Centre Park 3 King St North, Oakland	Playground is located behind the community centre	
Guided Trail Hike	August 18, 2018 10:00 am	Waterworks Park, 390 Grand River Ave., Brantford	Enjoy a guided trail hike in the City of Brantford with City Volunteers	
Guided Trail Hike	August 26, 2018 10:00 am	Apps Mill Nature Centre, 308 Robinson Rd., Brantford	Enjoy a guided trail hike in the County of Brant with the GRCA	



Passports with 10 completed activities can be returned to City of Brantford Parks and Recreation, 1 Sherwood Drive, Brantford or at the County of Brant, 15 Curtis Ave. N, Paris where a ballot can be redeemed to enter the draw.

