



A Stroll in The Park Walking & Adventure Club is celebrating its 20th anniversary

It's Toronto's award-winning year-round, membership-supported, self-sustaining walking club. Nominated as City of Toronto Public Health Champion.

The club, started in 1990, was initially created with the single woman in mind. But the group has become very popular with nature lovers of both sexes, 99% of whom are single. Singles, couples, Toronto visitors and groups are all welcome.

Enjoying the beauty of nature in a group allows for safety while you explore Toronto's lovely parks and gardens. The club also offers participants an excellent way to keep fit while socializing in a healthy environment. There have been one or two marriages every year since the club's inception.

A Stroll in The Park Walking & Adventure Club explores more than 15 different locations across the city.

These include the Humber River Valley plus James Gardens and High Park to the west; Edwards Gardens, Wind-fields Park, Sunnybrook Park, Sherwood Forest and the Rosedale Ravine to the north; the Toronto Islands and the Beaches in the south; the Scarborough Bluffs, High-land Creek and the Rouge River Valley to the East.

All the walks are accessible by TTC or car. Most of the walks start at a nearby subway station. When a bus ride is involved, the group will arrange to meet the people who have driven. Outings are held throughout the entire year, including winter.



Christa Kroboth
Nominated City of Toronto
Public Health Champion

For more information on the club's many activities visit:

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