



## **Trail Facts**

Ontario has some of the most treasured and protected outdoor areas in the world with:

- 329 Provincial Parks
- 400 Conservation Areas
- 292 Conservation Reserves

Many people link trails with recreation and relaxation. But the benefits are far greater. Trails also provide economic, health, social, heritage, and cultural and environmental benefits to Ontario's communities.

## **Town or Rural?**

A recent analysis of 1924 of the 2600 trails on the OTC website, 1379 or 71.3% are rural even though they may be in a town, say a place like Woodstock Ontario.

The rest are in major urban areas, whether a City such as Mississauga or a Town similar to Niagara on the Lake.

625 of 1924 trails, (32%) urban or rural are affiliated with a City.  
79 of 1924 are in Districts - really remote  
1220 of 1924 (63%) are associated with a Town

## **Regarding Clubs - the latest data says:**

Snowmobile - 260

Hiking - 25

Running - 116

On-Road Cycling - 183

MT Biking - 27

Horse - 63

X-Country Ski - 71

Canoe/Kayak - 19

ATV - 12

Dirt Bike - 15

General Outdoors - 12

Birding - 26

Climbing - 15

**TOTAL: 843**

**+ Other 240 OTC Members = @1083 organizations**



## **Our home and native land**

Approximately 400 conservation areas offer a wide range of recreation sites including 5,000 campsites and 1,400 km of trails.

These areas attract more than 10 million visitors a year. An amazing 4.5 million people visit conservation areas as either day visitors or campers every year.

Ontario has over 73,000 km (42,800 miles) of trails.

Approximately 800,000 Ontarians use hiking trails.

Southern Ontario's Greenbelt has Canada's largest network of hiking trails. This unique hiking area links the oldest and longest footpath in Canada -the Bruce Trail, with another popular hiking route - the Oak Ridges Moraine Trail.

Two hundred of the animals found in Ontario parks are considered rare or endangered species.

Ontario's habitat supports huge numbers of plants and animals; over 3,000 species of plants, 158 species of fish, 80 species of reptiles and amphibians, 400 species of birds, and 85 species of mammals.

Ontario's landscape varies from the rocky vastness of the Canadian Shield to the grassy lowlands of the north and the rich farmlands of the south.

There are over 250,000 lakes in Ontario and they make up a shocking one-third of the world's fresh water supply. Many are only accessible by a wilderness trail.

The trend is for people to take vacations closer to home. Many trail organizations fill that need with activities such as equestrian rides, bicycle and snowmobile tours. As a result, money is pumped into the local economy through retail sales, lodging and food.

## **ON Federal Lands as Well!**

Km of Trail in National Parks = 133 km.

Km of Trail at National Historic Sites = 20 km.

Km of Trail at Marine Conservation Areas = 5 km

**TOTAL KM. OF TRAIL = 158 KM**



## **Health Benefits**

Our provincial government's Board of Health guidelines state. The Board of Health shall work with municipal recreation departments and other community partners to promote and increase access to regular physical activity for people of all ages.

This shall include, as a minimum, to assist community partners to increase the availability of safe and accessible recreation opportunities such as walking trails and cycling routes.

With access to safe and affordable recreation, people can prevent and manage health afflictions such as high blood pressure, diabetes, heart disease and stroke, and circulatory and respiratory problems.

Among the 10 most popular fitness activities are walking, biking and jogging, all of which are perfect for trails.

## **Social Benefits**

Trails are accessible to people of all income brackets, age groups and cultures.

They're open year-round and many trail activities encourage groups and clubs to get together. Creating and maintaining trails builds partnerships that include private companies, landowners, local government, advocacy groups and residents. This brings people together with a common cause, which we believe is beneficial for our society.

## **Heritage Benefits**

Trails link historic and cultural sites, providing opportunities for community festivals, events and competitions. Museums, which focus on native heritage, have been erected along historical aboriginal trails.

Interpretive signs along trails identify areas of historical interest such as buildings, bridges, canal locks, signaling devices and switching stations. Today, many abandoned rail lines are being converted to trail lines, preserving Ontario's heritage and history.

## **Environmental Benefits**

Many trails help create and preserve green spaces and provide habitat for wildlife. They also provide bike routes so that urban commuters can ride their bikes to work, which reduces smog emissions.



## **With glowing hearts and health**

The human body's muscles are designed for walking. Therefore hiking is a natural activity. Walking and hiking have many benefits: they reduce elevated blood fats, improve digestion, relieve stress and tension, and burn calories.

The percentage of trail users who are kids is approximately 25%.

One hour and 50 minutes is the average amounts of time people spend on a trail and the average hiking distance is about 11 km.

Canadians love walking. This foot happy activity has consistently been the most popular physical activity of Canadians over the last ten years. Apparently, 85% of Canadians walk for leisure and recreational reasons.

Among Canadian teenagers, cycling is the most popular physical activity. Parents, plan your vacations accordingly.

## **Economic Benefits**

<b>Activity</b>	<b>Total</b>
Snowmobile	1.2 billion
Hiking/Running	1.2 billion
Urban Pedestrian	440 million
Cyclists Shared Use	46 million
Cross Country Skiing	136 million
Equestrian	3.7 billion
Dirt Bike/ATV	550 million
Dog Sledding	500,000
<b>Brands</b>	
Trans Canada Trail	2.4 billion
Bruce Trail	15 million
Waterfront Trust Trail	250,000 per event
<b>Construction</b>	
	21 million annually
<b>Total</b>	<b>\$10.14 billion</b>



## **Expenditure by Trail Trip (Indeterminate length) – (2009)**

• Snowmobiling	\$157.13	University of Maine 1997-98
• Motorcycle	\$122.00	University of Oregon 2008
• Equestrian	\$92.82	Backcountry Horsemen of America 2008
• Running	\$75.50	Runners World Survey 2009
• Canoeing	\$46.00	University of Vermont 2006
• ATV	\$43.00	University of Minnesota 2006
• Snowshoeing	\$39.05	University of Washington & Washington Hiking Society 2007
• Cycling	\$22-25.00	Velo Quebec 1996
• Hiking & Walking	\$10.30	American Hiking Society 2003

## **Expenditure by Use by Kilometer (2009)**

ATV	\$1.22
Equestrian	\$1.02
Motorcycling	\$.942
Canoeing	\$.377
Running/Hiking/Walking	\$.357
Snowmobiling	\$.26
Cycling	\$.19
Cross-Country/Dog-Sledding	N/A