

# Avenue II **Safety** & **Health Week** Newsletter

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**Together** we can create **safe workplaces** and **communities**

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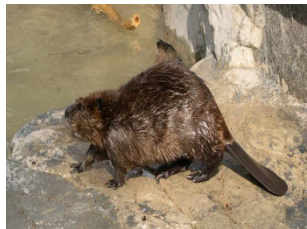
## WALK A BLOCK or TAKE A HIKE

Let's talk more about an active lifestyle because, as we all know, it is good for not only our physical health but also our brain health. It helps us to manage our stress, provides opportunities to engage our brains, and can ultimately assist us with a good night's sleep.

If you are already physically active, then **CONGRATULATIONS** and **WAY TO GO!** However, if you have been hesitating to get started on what may even have been a New Year's resolution, hesitate no more with these suggestions on where to enjoy the outdoors, go for a walk or hike within city limits, and have a little bit of fun at the same time. Remember to pace yourself if it has been a while but also to challenge yourself to slowly do more. You are worth it! **SAFETY TIP – Have someone join you on the walking or hiking trails or choose areas that are well populated.**

### BOULEVARD LAKE

Surrounded by 650 acres of parkland, including the scenic bluffs, Current River and the dam. There you will find mini-putt, an 18-hole disc golf course, playground, recreation trails, picnic areas, and a sandy beach. Did you know that the Black Bay Bridge was built in 1911 and was the first reinforced concrete span bridge of its kind in North America? **Near the dam, did you see any turtles, beavers or otters? Did you walk around the lake and visit any monuments? Was anyone kayaking or canoeing on the lake?**



### CENTENNIAL PARK

A 147-acre year-round park established back in 1967 to celebrate our country's 100<sup>th</sup> anniversary. It features hiking/skiing trails, playground equipment, a logging camp, chalet, and some farm animals. It even has a mini train that runs in the summer months and a toboggan hill that is open in the winter. **How many different birds did you see and can you identify them? What wild flowers did you discover along the trail? Did you see any squirrels and if so, how many?**

### CHIPPEWA PARK

Over 100 years old! It provides areas for camping as well as daytime activities, with amusement rides and entertainment in the pavilion on weekends during the summer months, concessions, picnic areas, hiking trail, playgrounds, and swimming. **Did you hike up the mountain or just stroll along the beach? Did you walk along the pier? Did you see any geese or other wildlife?**

### HILLCREST PARK

One of the finest scenic outlooks over the city. It features playground equipment, a war memorial complete with universal carrier and honour roll, park benches, and sunken gardens that in the summer display more than 70 varieties of flowers and plants. After a stroll through the park, sit on the wall to enjoy your snack and the incredible view of Lake Superior, the Sleeping Giant, and Mount McKay. **How many ships did you see within the break wall and how many beyond? Did you watch or join one of the fitness or tai chi groups that are often in the park? Were you entertained by bag pipers?**



### INTERNATIONAL FRIENDSHIP GARDENS

A showcase of flower gardens, monuments, walking trails, ponds. Eighteen ethnic groups, organized by Soroptimist International of Thunder Bay, developed the park as a centennial gift to the city. **How many cultural displays or monuments did you visit? Do you have a favorite? Did you see any ducks or geese at the ponds?** Be careful of nesting fowl!

### MISSION ISLAND MARSH CONSERVATION AREA

A slice of ecological paradise nestled along the shore of Lake Superior in the midst of the industrial waterfront. It is user friendly and even has a paved, wheelchair-accessible loop trail. **How many different animals did you see?** People have reported seeing deer, herons, cranes, other migratory birds, groundhogs, and even the occasional domesticated chicken that has escaped from its coop.

### PRINCE ARTHUR'S LANDING AT MARINA PARK

Thunder Bay's signature recreation destination. It features picnic areas, playground equipment, paved trails, skateboard and BMX plaza, skating rink in winter, splash pad in summer, arts centre, restaurants, coffee shop, gift shop, boats, and a spectacular view of Lake Superior and the Sleeping Giant. **Did you count the ducks? How many ships were in the harbour? Was anyone out sailing?**

### TROWBRIDGE FALLS

A park and campground all in one! Nestled in the woods, it has biking, hiking and ski trails, playground equipment, a swimming/wading area, and cascading rapids. **Did you sunbathe on the rocks or cool your feet in the water after a hike? Did you see any wildlife?**



There is a lot more to discover and enjoy within our beautiful city or in the surrounding area. Go to Thunder Bay Tourism at <https://www.visitthunderbay.com/en/index.aspx> for more information.