Nature is the Best Medicine

Free activity and playground tour ticket to summer outdoor fun!





Take a picture and share on social media using Hashtag #natureisbest for a chance to win prizes!

Heal+hy Kids BRANTFORD

Brantford.ca/NatureIsBest

Passport Activity	Description	Completed
Bike/Hike the amazing trails along the Grand River	Plan a special route and walk or peddle your way to health along the scenic Grand River. For a complete listing of trails visit www.brantford.ca/Trails	
Hike the Franklin Grobb Memorial Forest	Explore this beautiful nature area that you can access along Hunter Way in West Brant	
Do The Oxbow Float	Take a 14 km float ride but end up less than 1 km from where you started - Cockshutt Bridge to Newport Road This activity will take approximately 3 to 5 hours	
Take a splash pad Tour - Pick a hot day, pack a towel and some snacks and GO!!	Visit all area Splash Pads. *Bridle Path Park, 55 Palomino Drive *Harmony Square, Downtown Brantford *Anderson Road Park, 70 Anderson Road *Tutela Park, 160 Erie Avenue *Mohawk Park, 51 Lynnwood Drive	
Family picnic party in the park	Pack a picnic, frisbee, swim suit and towel and enjoy Mohawk Park and Sprinklemania Splash Pad	
Play an outdoor game of ping pong	Walter Gretzky Park, 379 Blackburn Drive	
Her Majesty's Royal Chapel of the Mohawks	301 Mohawk Street. Try downloading the App "Driftscape" and take a tour of the grounds	
Explore a new playground	Anderson Road Park, 70 Anderson Drive	
Explore a new playground	Cameron Heights Park, 394 North Park Street	
Explore a new playground	Central Park, 143 George Street	
Explore a new playground	Devon Down Park, 70 Abigail Avenue	
Explore a new playground	Grandwoodlands Park, 20 Baxter Street	
Explore a new playground	Hillcrest Park, 11 Sandy Row	
Explore a new playground	Lynden Hills Park, 363 Brantwood Park Road	
Explore a new playground	Mohawk Park, 51 Lynnwood Drive	
Explore a new playground	Orchard Park, 29 Brisbane Boulevard	
Explore a new playground	Pleasant Ridge Park, 20 Elderwood Avenue	
Explore a new playground	Parsons Park, 160 Ontario Street	
Explore a new playground	Recreation Park, 258 Nelson Street	
Explore a new playground	Spring Buck Park, 59 Spring St.	
Explore a City Playground	Warner-Merritt Park, 39 Warner Lane	
Explore a new playground	Woodburn Park, 7 Bolster Road	
Experience the excitement at the Rotary Bike Park	Rotary Centennial Waterworks Park, 400 Grand River Avenue. You can even try getting there on bicycle from the trail system.	
Read a book among the flowers under the gazebo	Lorne Park, 15 Colborne Street West	
Glenhyrst Gardens, 20 Ava Road	Sketch/Paint a picture, learn about three (3) new tree species then visit the patio at the Tea House. Don't forget to look for the labels on the trees.	