

# 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!

[Brantford.ca/NatureIsBest](http://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 <a href="http://www.brantford.ca/Trails">www.brantford.ca/Trails</a>	
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, some snacks and GO!!	Visit all area Splash Pads. *Anderson Road Park, 70 Anderson Road *Bridle Path Park, 55 Palomino Drive *Tutela Park, 160 Erie Avenue *Harmony Square, Downtown Brantford *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	Try downloading the App "Driftscape" and take a tour of the grounds at 301 Mohawk Street	
Explore a city playground	Anderson Road Park, 70 Anderson Drive	
Explore a city playground	Central Park, 143 George Street	
Explore a city playground	Devereux Park, 401 Wellington Street	
Explore a city playground	Dufferin Park, 164 St. Paul Avenue	
Explore a city playground	Woodman Park, 491 Grey Street	
Explore a city playground	Hillcrest Park, 11 Sandy Row	
Explore a city playground	Iroquois Park, 19 Iroquois Street	
Explore a city playground	Mohawk Park, 51 Lynnwood Drive	
Explore a city playground	Pace Park, 66 Pace Park	
Explore a city playground	Pleasant Ridge Park, 20 Elderwood Avenue	
Explore a city playground	Parsons Park, 160 Ontario Street	
Explore a city playground	Recreation Park, 258 Nelson Street	
Explore a city playground	Silverbridge Park, 75 Dante Crescent	
Explore a city playground	Spring Buck Park, 59 Spring Street	
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.	
Play Pickleball	Play Pickleball on the new outdoor courts at Lions Park, 20 Edge Street and Dufferin Park, 164 St. Paul Avenue	