



Take Care of Mom this Mother's Day
Boost her Health with a Hike in one of Ontario's Conservation Areas!

May 2013



Join Our List

Join Our Mailing List!

Your Mom deserves nothing but the very best! So why not help her energize her body and mind this weekend by spending some quality time together in nature?

Stepping into nature has been proven to provide health benefits such as: increased energy and immunity, increased weight loss and fitness, increased Vitamin D production, reduced symptoms of depression and anxiety, and reduced risk of diabetes, heart attacks, and cancer.

There are many special Mother's Day events planned at Conservation Areas across the province for you to enjoy with your amazing, special, one-of-a-kind Mom!

Pajama Night with Mom

Crawford Lake Conservation Area

May 11, 6:30pm - 8:30pm

Hosted by Conservation Halton

Little ones are invited to bring mom to a pajama party in the longhouse! This will be a memorable evening featuring storytelling in the reconstructed 15th century Iroquoian Village, a guided night creature hike and cozy gathering around the campfire with a tasty snack. Wear your coziest pajamas and kids can give mom a real gift by heading straight to bed when they get home.

Pajama Night with Mom is a preregistered event. Visit www.conservationhalton.ca/events to purchase your

tickets today, cost is \$15/adult and \$10/child (ages 5 to 14 years) or seniors (ages 65 years and over), applicable taxes extra.

Event Contact:

Customer Service, Crawford Lake Conservation Area

Telephone: 905-854-0234, Ext. 3200

E-mail: crawlake@hrca.on.ca

Put Some Spring in Your Step!

Ganaraska Forest Centre

May 12, 8:00am - 10:00pm

*Hosted by the Ganaraska Region
Conservation Authority*



Join us in a search for flowers and spring birds during Migratory Bird Week. Don't forget your binoculars, and birding and flower guides!

\$12/adult & \$6/child - Children must be 8 years or older to participate.

This is an official Healthy Hikes event. Participants will be awarded 200 bonus points towards their Healthy Hikes Challenge goal. For more info www.healthyhikes.ca.

Mother's Day Tea

Black Creek Pioneer Village

May 12, Seatings at 12:30pm and 2:30pm

Hosted by the Toronto and Region Conservation Authority

Mothers will enjoy this fantastic day which includes a delicious meal and a tour of the Historic Village. Reservations required.

The habit of "Taking Tea" each afternoon was not only a custom in Victorian times, but a ceremony filled with elaborate rituals. In Canada, as in all corners of the British Empire, a genteel tea became a symbol of refinement. Join us on Mother's Day and savour the "Tea" experience. Our Afternoon Tea includes a lovely array of exquisitely prepared finger sandwiches, scones and of course, selected fine teas. [Click here to view the menu.](#)

For ticket reservations, call (416) 667-6295.

For more information, visit www.blackcreek.ca, email bcpvinfo@trca.on.ca, or call (416) 736-1733.

Mother's Day Brunch

Kortright Centre for Conservation

May 12, 11:30am

Hosted by the Toronto and Region Conservation Authority

Celebrate Mother's Day weekend with a delicious brunch and delightful springtime nature walk through the beautiful forests at Kortright. The menu is available online. Advance reservations are required.

For ticket reservations, call (416) 667-6295.

For further information, call (905) 832-2289 or visit www.kortright.org.

Wildflower Walk for Mom

Crawford Lake Conservation Area

May 12, 1:00pm - 3:00pm

Hosted by Conservation Halton

Take mom on a guided hike through the spectacular spring woodlands at Crawford Lake Conservation Area. Leaves are just starting to bud on the trees and the spring wildflowers are taking advantage of the sun. Trout lilies, bloodroot, may apple and many more spring flowers are in the midst of their ever so brief annual appearance. One of our experienced guides will help you and mom discover the beauty of these spring ephemerals and then take you back to the park for some well-deserved tea and scones.

Wildflower Walk for Mom is a preregistered event. Visit www.conservationhalton.ca/events to purchase your tickets today, cost is \$15/adult and \$10/child (ages 5 to 14 years) or seniors (ages 65 years and over), applicable taxes extra.

Customer Service, Crawford Lake Conservation Area
Telephone: 905-854-0234, Ext. 3200
E-mail: crawlake@hrca.on.ca

Mother's Day Wildflower Walk

Backus Heritage Conservation Area

May 12, 2:00pm

Hosted by Long Point Region Conservation Authority



Celebrate Mom's special day with a guided nature and wildflower walk. View the variety of wildflowers blooming and learn some tips to help identify these spring ephemerals. This popular woodland walk starts from the Conservation Education Centre after a brief presentation. Admission is \$2.00/person.

For more information contact the Long Point Region Conservation Authority at conservation@lprca.on.ca or 519-842-4242.

This is an official Healthy Hikes event. Participants will be awarded 200 bonus points towards their Healthy Hikes Challenge goal. For more info www.healthyhikes.ca.

Mother's Day Wildflower Walk

Ball's Falls Conservation Area

May 12, 11:00am

Hosted by Niagara Peninsula Conservation Authority



Enjoy the beauty of Ball's Falls and the magnificent cataracts! This hike will highlight the unique native wildflowers of Niagara.

This is an official Healthy Hikes event. Participants will be awarded 200 bonus points towards their Healthy Hikes Challenge goal. For more info www.healthyhikes.ca.

Mother's Day Hike and Yoga

Lake Laurentian Conservation Authority

May 12, 11:00am - 12:45pm

Hosted by Conservation Sudbury



Join us for a Hike and a gentle Hatha Yoga class led by Darlene Tindall. No previous experience with yoga required. Energizing light refreshments provided. Yoga class will be followed by a 1 km quiet guided hike.

\$6 per person- suggested minimum age of 10 years old. Space is limited to 20 participants, to reserve your spot or for more information, please call: 705-674-8904 or email lakelaurentian@gmail.com.

This is an official Healthy Hikes event. Participants will be awarded 200 bonus points towards their Healthy Hikes Challenge goal. For more info www.healthyhikes.ca.

Search for Conservation Areas, trails, and events at:

www.ontarioconservationareas.ca

