



Humber Valley Heritage Trail - Bolton Tract

Old-growth Forest Walks in Ontario's Greenbelt

Hike through a varied landscape where pockets of old growth forest are interspersed with younger forest, fields and abandoned orchards. Enjoy beautiful vistas across the Humber Valley, and the fantastical shapes of old "wolf trees." This is a nice walk in the fall when colours are changing and days are a little cooler. It's an out-and-back hike unless you can arrange a pick up, and almost any length of time is worthwhile.

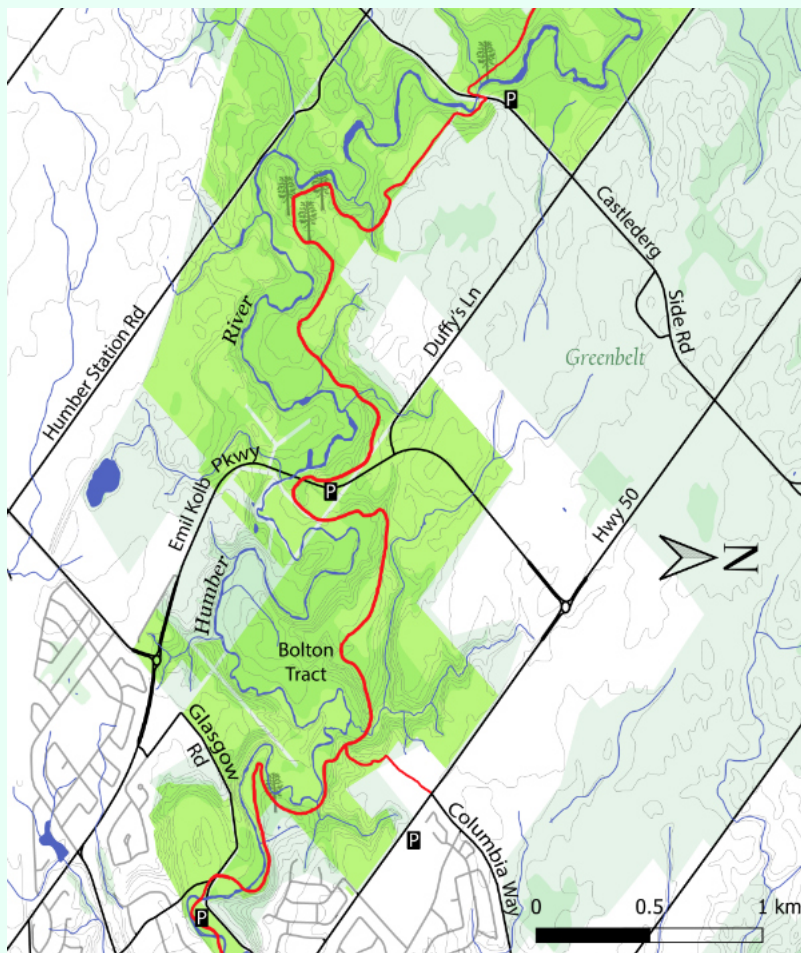


How to get there

By car: Parking is available at Dicks Dam and Edelweiss parks on Glasgow Rd in Bolton, at Emil Kolb Pkwy, or off Castlederg Side Rd.

By public transit: From downtown Bolton it is less than a 15 minute walk to the trailhead on Glasgow Rd (across from Deer Valley Drive. 43.8797, -79.7500). From Toronto, it's little more than an hour on GO bus (or combination of train and bus) to Bolton.

By bike: The Caledon Trailway bike path could be used to access the Humber Valley Heritage Trail west of Bolton.



Protection of farmland is an important role played by Ontario's Greenbelt, and a picturesque mix of farm fields and forest borders the Humber Valley Heritage Trail. In many places the legacy of pioneer farmers is evident - there are only rare moments on this trail when you will forget the long history of settlement, and the myriad changes wrought over hundreds of years. Reading the signs of this history has its own delights, such as the bizarre forms of "wolf trees" that grew in open pastures for decades, even centuries, before the forest closed around them. Forest at least 150 years old is found on some of the slopes of the Humber Valley. In most places the forest was logged in the mid-1800s, but in some areas it has been left alone ever since and has once again become old growth forest.

Learn more

Henry and Quinby, 2020. *Ontario's old-growth forests, 2nd edition.*

Henry, M., 2022 (expected publication). *Old-growth forest walks in Ontario's Greenbelt. Watch for the book in 2022.*

www.oldgrowth.ca

www.ancientforest.org



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