

## Environmental Benefits of 20 km of Recreational Trails

20 kilometres of recreational trails are integrated into the design of The Windsor-Essex Parkway. This unique feature will connect communities, encourage active transportation and promote healthy living.

### How does walking help the environment?

Walking is not only very beneficial for our health and well being but it can also play an important role in improving quality of life as it helps protect and improve the environment and natural resources.

Additional health benefits will come for example from cleaner air, less traffic noise and fewer road accidents when individuals opt to use the Parkway trail network instead of a vehicle.

### How does cycling help the environment?

Cycling has many environmental benefits which include the conservation of roadway and residential space and reduction of noise in surrounding communities. The recreational trails that will be part of the Parkway provide choice to local travellers who may be able to get where they are going by bike rather than driving. For distances up to 10 km in urban areas, cycling is the fastest of all modes from door to door.

### Fun facts

- The Windsor-Essex Parkway trail network is 5 km longer than the 15 km E.C. Row Expressway.
- By using the grade separated trail crossings, pedestrians and cyclists will be able to travel from E.C. Row Expressway to Howard Avenue and never cross paths with a vehicle.
- People who choose to cycle and walk short distances instead of drive are generally reducing commute times to and from the intended destination.
- Walking and cycling are both popular recreational activities and a means of transportation that are efficient, affordable and accessible. They are the most energy efficient modes of transportation and generate no pollution.

#### Contact Information:

Ministry of Transportation  
949 McDougall Avenue, Suite 200  
Windsor, ON N9A 1L9  
Tel: 519-973-7367 Fax: 519-973-7327  
detroit.river@ontario.ca

[www.weparkway.ca](http://www.weparkway.ca)



#### Reference document:

Ontario Trails Strategy, Ontario Ministry of Health Promotion, 2005