



Things to Remember

- ♥ Keep the trail beautiful. Respect the needs of the natural landscape, the plants and wildlife and pick up litter to help keep it clean.
- ♥ Stay on track. It's important to stay on official designated trails -and avoid cutting new ones.
- ♥ Respect the rules by being aware of certain restrictions to biking, roller blading and dogs along parts of the route.
- ♥ Be considerate to others who may walk faster or slower than you.
- ♥ Obey all City of Winnipeg by-laws and traffic laws - be a defensive walker.
- ♥ Dress for the weather. The Seven Oaks Hearts in Motion™ is a fair weather trail.

WASHROOM LOCATIONS ①

- 1 - Seven Oaks Swimming Pool - 444 Adsum Drive
- 2 - Shell Service Station - 1420 Jefferson Avenue
- 3 - Amber Meadows Retirement Residence - 320 Pipeline Road
- 4 - Wellness Institute - 1075 Leila Avenue
- 5 - Garden City Shopping Centre - 2305 McPhillips Street

- 6 - Faith Academy - 437 Matheson Avenue
- 7 - West Kildonan Library - 365 Jefferson Avenue
- 8 - Main Street IGA - 1650 Main Street
- 9 - Kildonan Park Peguis Pavillion - 2021 Main Street
- 10 - Mac's Convenience Store - 2544 Main Street

HISTORICAL SITES ①

(from west trail to east) - (descriptive signs on site)

- 1 - Chochinov Park Historical Site
- 2 - John H. Gunn School Historical Site
- 3 - Historical Wall - Manitoba Hydro & West Kildonan Residents Association
- 4 - Home of the Friendless
- 5 - Bleak House
- 6 - Battle of Seven Oaks Monument
- 7 - Seven Oaks Museum

- 8 - St. Martin In-the-Field Anglican Church
- 9 - Jewish Children's Home & Aid Society of Western Canada
- 10 - Dr. Louis Slotin Memorial
- 11 - The Home of the Good Shepherd
- 12 - Chief Peguis Statue
- 13 - Andrew Mynarsky Historical Site
- 14 - Shaarey Zedak Cemetery
- 15 - Old Kildonan Presbyterian Church
- 16 - Kildonan Cemetery
- 17 - McBeth House & Grounds

SEVEN OAKS HEARTS IN MOTION TRAIL™ PHASE 1

- PHASE 1 TRAIL —
 - PHASE 2 TRAIL - - -
 - PARKS
 - HISTORICAL SITES ①
 - WASHROOM LOCATIONS ①
- 1 kilometer = 0.62 miles