

Proclamation

Toronto Trails Festival Month

October 2006

WHEREAS Toronto enjoys an extensive network of paths and trails with environmental, historical and cultural significance and remains committed to a healthy, environmentally aware and friendly place for residents and visitors.

It is a fact that recreational walking and hiking generate tremendous cardiovascular and other health benefits and have a positive effect on our physical and emotional wellness.

The City of Toronto promotes many different programs that focus on health, wellness and environmental issues, and its many walking and hiking trails provide people with an opportunity to share nature's heritage and the wide variety of environmental treasures in their community.

NOW THEREFORE, I, Mayor David Miller, on behalf of Toronto City Council, do hereby proclaim **October 2006** as "**Toronto Trails Festival Month**" and encourage everyone to join with family and friends to participate in the many walking and hiking activities taking place in our communities.

Mayor David Miller