



Public Are Invited To Attend The Opening Of the Oak Ridges Trail Through Purple Woods Conservation Area

FOR IMMEDIATE RELEASE

The newest section of the Oak Ridges Trail, through the Purple Woods Conservation Area, will officially open this summer and everyone's invited to attend the ribbon cutting.

Oak Ridges Trail Association (ORTA), Durham Lives! and Central Lake Ontario Conservation invite all to this special event on Friday, June 23 at 1 p.m. by the trail entrance at Purple Woods Conservation Area. After the ribbon cutting, the Oak Ridges Trail Association will lead a short one and half kilometer hike of the new route through the conservation area. Please wear appropriate footwear. Purple Woods C.A. is located at the southeast corner of Simcoe St. and Coates Rd., in Oshawa.

"The Oak Ridges Trail Association (ORTA) is delighted to include Purple Woods Conservation Area on our trail route," states Harold Sellers, Executive Director of ORTA. "The trail facilities that include a parking lot and information kiosk will create a great meeting place for visitors using the trail system."

The new route of the Oak Ridges Trail through Purple Woods provides 1 km of forest pathways as well as a 300 meter side trail. "We are very pleased to partner with the Oak Ridges Trail Association on this section of trail," states Jim Schell, Chair of Central Lake Ontario Conservation. "Purple Woods C.A. hosts a beautiful view overlooking the City of Oshawa and a mature forest habitat for visitors to appreciate and enjoy."

"Hiking on established trails is an easy, inexpensive way to be physically active which can help control weight, improve your heart health, increase your energy level and help you to feel great." adds Chris Arnott, a public health nurse with Durham Region Health Department. "Durham Lives! promotes healthy living through physical activity and we are pleased to partner in the opening of the trail."

For information about the opening ceremony please contact Central Lake Ontario Conservation (905) 579-0411.

For information on the Oak Ridges Trail visit www.oakridgestrail.org or call 1-877-319-0285.

For additional information on Durham Region trails or tips on increasing physical activity, please call Durham Health Connection Line at (905) 666-6241 or 1 (800)-841-2729.