Trails
The ESA has three main access points with kiosks (see map on reverse) and 11 km of managed trails. Most of the trails are gently rolling, with the occasional short, steep hill. Almost all the trails are on clay or muck soils, which are very prone to becoming muddy. Boardwalks cross some lowland areas. The managed trails are identified by yellow trail markers on trees or posts.

Plant Communities & Restoration
The five large kettle ponds and a beaver pond (Thompson Pond) are surrounded by lowland and upland habitats. Approximately 60% of all plant species found in Middlesex County can be found in this ESA.

Bordering Spettigue Pond is a very narrow, sensitive band of bog habitat, an uncommon feature in southwestern Ontario. Tamarack and Leatherleaf are among the species growing from a thick mat of peat. Nearby and in other areas of swamp forest, Red Maple, Yellow Birch, and Silver Maple dominate. The cool, shady conditions support a mixture of northern and southern plants.

The drier slopes and ridges around the ponds support typical eastern hardwood forest species. Sugar Maple, American Beech, Basswood and Red Oak are present, as are southerly species such as Shagbark Hickory. Various wildflower species bloom in the spring, including Wild Geranium and Canada Mayflower.

Invasive species management and ecological restoration funded by the City and enhanced by Adopt An ESA groups and volunteers, protects the ecological integrity of the ESA.

Wildlife
The ESA is an important stopover for migrant birds, with almost all the warblers, flycatchers, and finches in the London area being reported, as well as ducks, grebes, herons and other water-birds.

Kettle Pond Formation
The kettle ponds were created when large blocks of ice were left behind by the retreating glaciers 13,000 years ago, creating permanent depression that filled with water.

History
London is located in the traditional territory of the Attawandaron, Anishinaabeg, Haudenosaunee, and Lunaapeewak peoples. Archaeological digs uncovered artifacts from First Nations campsites that date back 4500 years.

European farmers first settled the area along Commissioners Road in 1810. The railway track that cuts across the ESA was constructed in 1915 as part of a line from London to Port Stanley.

In the 1940s, several veterans’ residences and other facilities were built north of Saunders Pond, as part of Westminster Hospital. In the 1960s, part of the area was used as a sanitary landfill site.

In the 1970s, the City of London and the Upper Thames River Conservation Authority purchased approximately 200 hectares for the purpose of establishing an urban conservation area. More land has been acquired since then, including land donated by London Health Sciences Centre and St. Joseph’s Health Care, London, in 2004.

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For More Information
For more information on London’s ESAs, contact:
Upper Thames River Conservation Authority
519-451-2800 ext 281, www.thamesriver.on.ca
City of London, City Planning
519-661-4980, www.london.ca

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Rules to remember in London’s ESAs

- Please use the official access points indicated on the trail maps.
- Stay on the managed trails (marked with yellow markers on trees or posts).
- Bicycles are permitted only on multi-use pathways.
- Access is allowed from 6 am to 10 pm.
- Keep the ESAs litter free.
- All pets must be on leash (2 m/ 6 ft maximum).
- Do not feed the fish and wildlife.
- Releasing or dumping fish or wildlife of any kind is prohibited.
- Fishing is permitted with a provincial fishing licence. No hunting is permitted.
- See additional rules on signs at ESA entrances.