



Kains Woods Environmentally Significant Area (ESA) follows the Thames River in an area called River Bend or The Thumb, referring to the river's large northward meander. The ESA offers beautiful views of the river and its valley. Small streams have carved deep ravines through the site as they flow towards the Thames.

Trails

The map on the reverse side shows the access points and trail system. Two access points are located at the western end of the site off of Westdel Bourne and Tigerlily Road. Two more access points are located at the eastern end off of Shore Road and Oxford Street.

The 5.8 km-long managed hiking trails are identified by yellow and white trail markers on trees or posts. The white markers indicate the Thames Valley Trail. The trails are somewhat challenging with several steep and muddy sections.

Please stay on the marked trails on City property to protect yourself and your pets, and to protect wildlife habitats from disturbance.

History

London is located in the traditional territory of the Attawandaron, Anishinaabeg, Haudenosaunee, and Lunaapeewak peoples.

The area was logged and farmed by European settlers, but the steeper valley slopes were probably never tilled. The remains of an old farmstead can still be seen in the ESA.

Plant Communities and Restoration

Most of the site is covered by an upland deciduous forest dominated by Sugar Maple, White and Red Oaks, Black Cherry, and Shagbark Hickory. Along the river in the floodplain woods the trees include Black Willow, Cottonwood, Blue Ash, and Sycamore. In the spring, Mayapples grow in abundance under the trees.



Shady groves of Eastern Hemlock are found on cool, north-facing slopes. On flatter slopes where groundwater seeps out, there are cedar swamps with Yellow Birch and Balsam Fir over an understory of ferns, Skunk Cabbage, and Jewelweed.

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

Wildlife

Kains Woods is an important corridor for birds and animals that follow the river. Bald Eagles are often seen hunting for fish in the river. Killdeer and Great Blue Heron are frequent visitors near the river's edge.



Rose-breasted Grosbeak
Photo: Brenda Gallagher

A wide variety of songbirds use the wooded habitat, including American Goldfinch, Rose-breasted Grosbeak, Great Crested Flycatcher, Scarlet Tanager, and Downy Woodpecker. Wild Turkey like the edge habitat between the woods and nearby fields.

The animal life is typical of the London area with White-tailed Deer, Eastern Cottontail, and Grey Squirrel. Gnawed trees are a sign of Beaver activity.

There are also some interesting and unusual amphibians in this ESA, including Grey Tree Frog and Yellow-spotted Salamander.

For More Information

For more information on London's ESAs, contact: **Upper Thames River Conservation Authority** 519-451-2800, info@thamesriver.on.ca, www.thamesriver.on.ca

City of London, Planning and Development Services

519-661-4980, www.london.ca

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Kains Woods

Environmentally Significant Area

Kains Woods Environmentally Significant Area (ESA) is located in west London near Kains Road, north of the Oxford Street West bridge, along the Thames River. The publicly-owned lands cover 28 hectares.

GAINSBOROUGH RD

Thames River

Riverbend
Golf Community

London
Hunt & Country Club

RIVERBEND RD

TIGERLILY RD

KAINS RD

WESTDELBOURNE

SHORE RD

RIVERBEND RD

KAINS RD

SHORE RD

OXFORD ST W

Rules to remember in London's

- 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.

Kains Woods

Environmentally Significant Area

Legend

Access Points

- ① Tigerlily Road
- ② Shore Road South
- ③ Oxford Street West
- ④ Westdel Bourne

BW Boardwalk

Bridge

R Railing

Managed Trail (5.8 km)

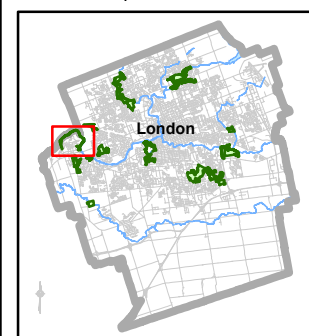
Multi-use Trail

Public ESA Boundary (28 ha)

Water

Vegetation

Location Map



0 60 120 180 240 300
metres

UPPER THAMES RIVER
CONSERVATION AUTHORITY

Map produced by UTRCA with data provided by the City of London.
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