



The Medway Valley Heritage Forest ESA includes floodplain forests, swamps, marshes, and forested valley slopes. Medway Creek winds between steep banks up to 25 metres in height.

Trails

The map on the reverse side shows the access points and trail system on the public lands. The main access points are at the Elsie Perrin Williams Estate and Sunningdale Road. The 12.2 km of trails follow both sides of the creek. The terrain is rolling with several steep climbs. The managed trails are marked with yellow markers on the trees. Several small bridges and stairways have been constructed over wet or steep terrain. Care must be taken when the water is high or the trail is wet.

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 ESA's wooded slopes and creek have been used by Indigenous peoples for thousands of years. More than 500 years ago,

a large village stood at the site of the Museum of Ontario Archaeology near Wonderland Road. European settlers logged and farmed the valley in the 19th and 20th centuries. After 1945, the land was retired from farming and allowed to naturalize. Over the last 40 years, the lands were donated to and acquired by the City of London and the Upper Thames River Conservation Authority. Western University and affiliated colleges own the ESA land to the east of the public ESA.

Plant Communities and Restoration



Trout Lily

The valley slope and upland forests are home to Sugar Maple, American Beech, Black Cherry, Bitternut Hickory, and Basswood. Familiar spring flowers include Red and White Trilliums, Mayapple, violets, and Trout Lilies. In the damp floodplains, willow, Black Walnut, Hackberry, and Sycamore grow. In summer, look

for wildflowers such as Spotted Joe-Pye Weed, Blue Vervain, and Swamp Milkweed. Hawthorn and Grey Dogwood abound in old orchards and abandoned pastures, along with Crab Apple, White Elm, and aspen. Wildflowers fill the grassy meadows in the summer. 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 Medway Valley provides habitat and food for many species of wildlife, especially birds. Mallard ducks and Belted Kingfisher are common year round, while Great Blue Heron and Wood Duck are regular summer visitors. Many birds, ranging in size from warblers to Osprey, use the valley as a migration route. Scarlet Tanagers are often seen. The high banks serve as nesting sites for colonies of Bank Swallows. Please do not disturb nests by climbing on the banks. White-tailed Deer, Grey Squirrel, Eastern Chipmunk, Raccoon, mice, and moles are common in the ESA. The rarely seen Southern Flying Squirrel has also been recorded. Near the creek, look for Muskrat and Beaver along with Green and Leopard Frogs, and Midland Painted and Snapping Turtles. Although 43 species of fish have been found in the creek, minnows, shiners, and carp are most commonly seen in the clear water.



Scarlet Tanager
Photo: Rick Battson

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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Medway Valley Heritage Forest

Environmentally Significant Area



The **Medway Valley Heritage Forest Environmentally Significant Area (ESA)** is located in north London, roughly between Windermere, Sunningdale, Western and Wonderland Roads. The publicly-owned lands cover 133 hectares, between the Elsie Perrin Williams Estate and Sunningdale Road.



Medway Valley Heritage Forest

Environmentally Significant Area

Legend

Access Points

- Wonderland Road North
- Attawandaron Gate
- Attawandaron Road (Central)
- Attawandaron Road (North)
- Fanshawe Park Road West (West)
- Fanshawe Park Road West (South)
- Fanshawe Park Road West (Central)
- Sunningdale Road West
- Valleyrun Boulevard (West)
- Glenridge Crescent
- Ambleside Park
- Gloucester Road
- Windermere Road (West)
- Elsie Perrin Williams Estate
- Metamora Crescent
- Wychwood Park
- Doncaster Gate (East)
- Pitcarrie Crescent
- Valleyrun Boulevard (East)
- Creekridge Bend

P Parking

X Bench

BW Boardwalk

Bridge

R Railing

Staircase

Viewing Platform

Managed Trail (12.2 km)

Multi-use Trail

Public ESA Boundary (133 ha)

Water

Vegetation

Location Map

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

