



Trail length: 5.1 km

Permitted uses: hiking, birding, mountain biking on all sections. Biking, cross country skiing and snowshoeing in some sections.

This is the old Conestogo River Trail between St. Jacobs and Conestogo. It dates to the earliest days of both villages. The HVT was a Conestogo/Winterbourne Optimist club project in 1992. It is maintained by the Township of Woolwich, members of the Woolwich Trails Group and the Avon Trail Club.

The Health Valley Trail is a multi-surfaced trail located along the Conestogo River extending from Albert St. E. in St. Jacobs, east towards University Ave. E. in Waterloo. The trail has a hard-packed stone-dust surface and is quite level from the trailhead in St. Jacobs to Arthur St. S. From there, the trail is a mix of natural footpath, stone-dust and woodchips. There are some boardwalks in wet areas. Hiking boots are recommended in wet seasons. Please close the farm gates as you pass through.

This trail is not winter maintained.

