

RUN IN HAMILTON



Discover ten inspirational run spots —————

Hamilton, Ontario, is a runner's dream, offering a perfect mix of natural beauty; challenging terrain, and urban convenience. Whether you're chasing waterfalls, tackling the escarpment, or enjoying a peaceful conservation run, Hamilton's trails and roads provide endless opportunities to explore and enjoy the great outdoors. Lace up your shoes and discover why the hammer is a hidden gem for runners!

The accompanying photo was taken at this location. #HAMONT



The McMaster Oval

A popular running route located near McMaster University, the McMaster Oval features flat and even terrain, making it ideal for speedwork or easy runs. Adjacent to the university’s sports fields, it offers views of lush greenery, campus architecture, and open spaces.

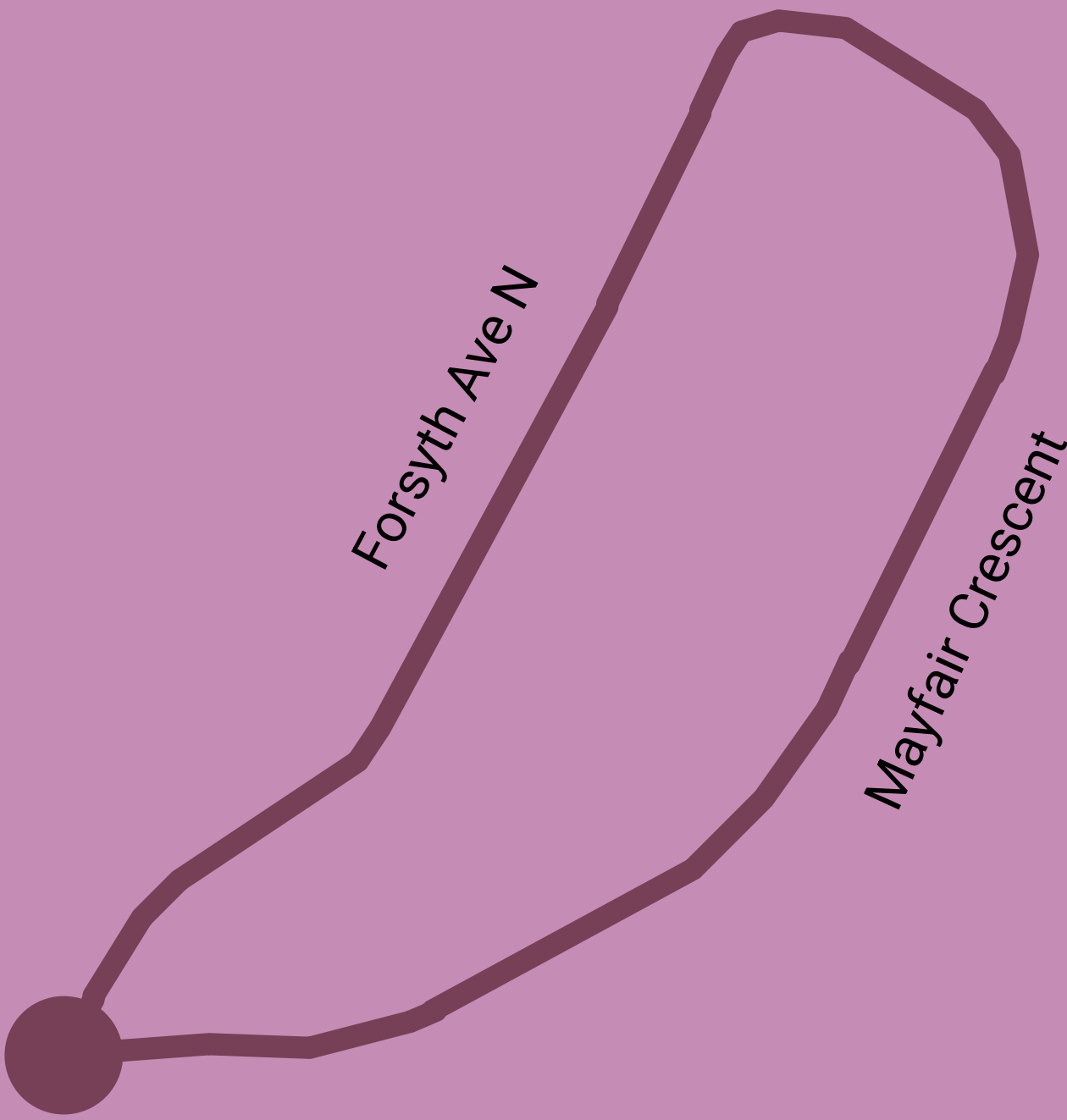
Runner Amanda

START

108-118 Forsyth Ave N

ROUTE TYPE

Loop



800 Meters

DISTANCE

Paved and well-maintained

SURFACE

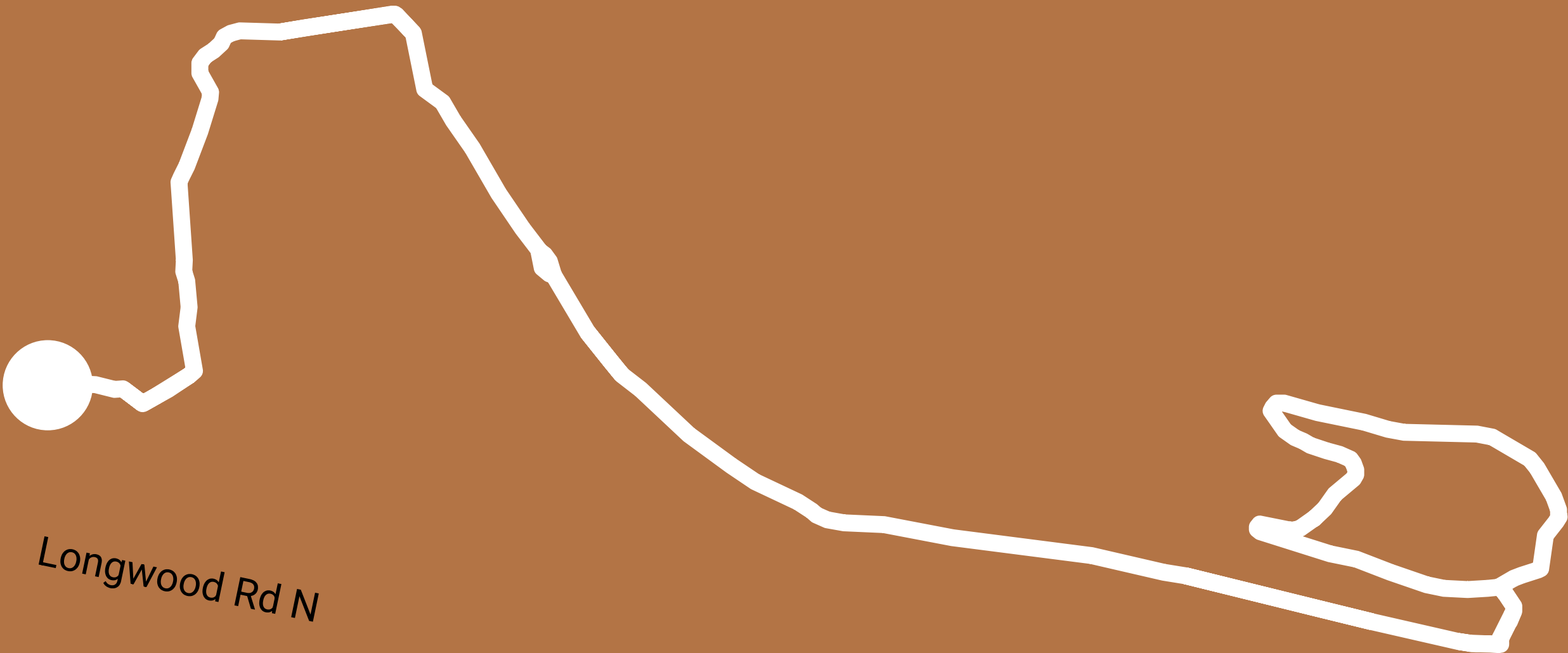


Princess Point

Running from Princess Point to Bayfront Park in Hamilton, Ontario, is a scenic and popular route that combines natural beauty with urban charm. Starts with lush greenery, trails along the Cootes Paradise nature reserve, views of the marshland and Hamilton Harbour.

Runner Lindsay

START	ROUTE TYPE
335 Longwood Rd N	Out & Back



8 Kilometers	Paved pedestrian path
DISTANCE	SURFACE



Bayfront Park

This is the headquarters for the Bayfront Endurance Group, where Reid Coolsaet offers free interval training sessions for runners of all levels.

Runner Martin

START

200 Harbour Front Dr

TYPE

Point-to-point



2.3 Kilometers

DISTANCE

Paved and well-maintained paths

SURFACE



Pier 8

Offering a mix of waterfront views, urban energy, and modern recreational activities including; a skating rink & beach.

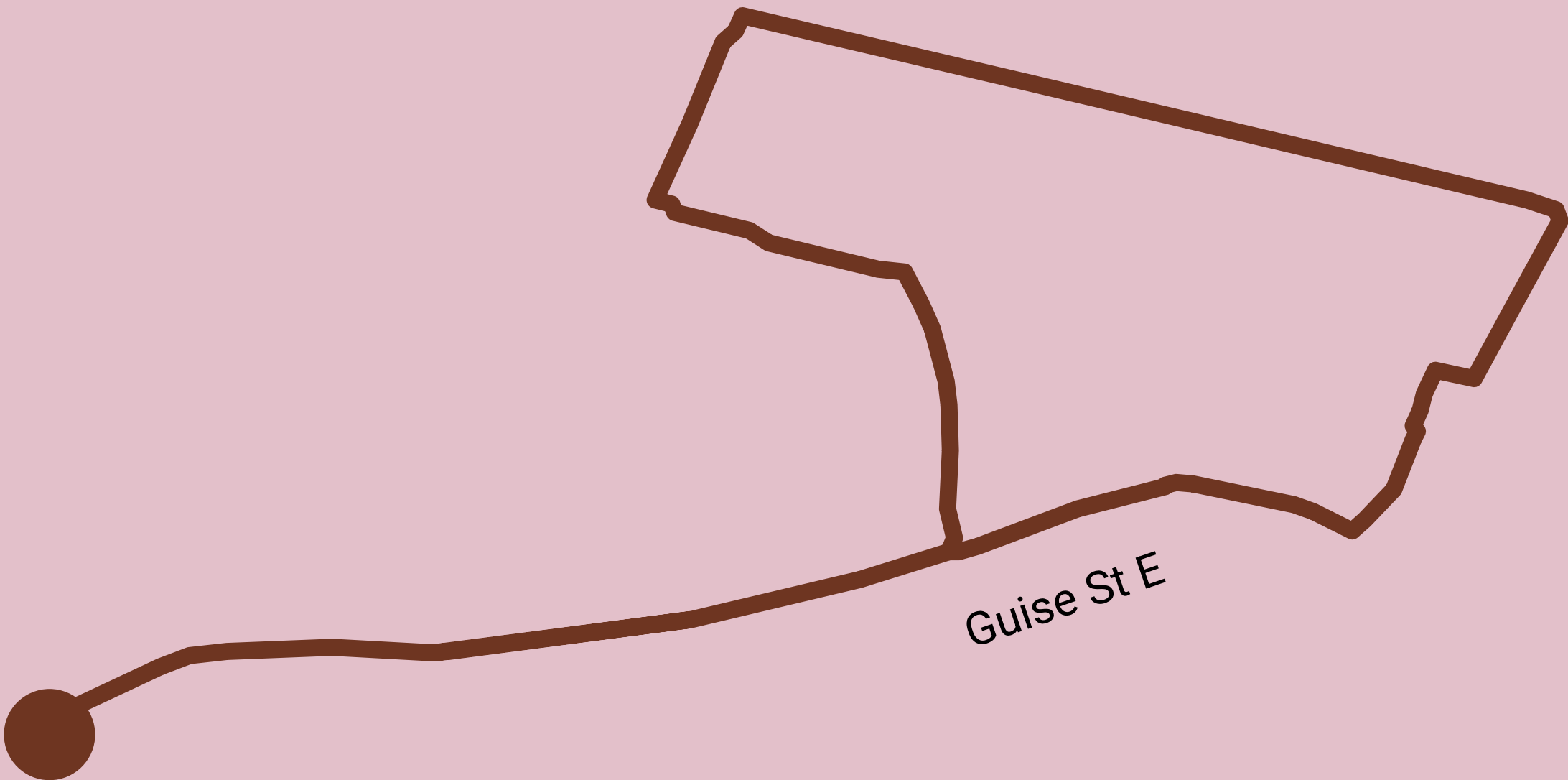
Runner Sarah

START

62 Leander Dr

TYPE

Lollipop



2.7 Kilometers

DISTANCE

Paved and flat

SURFACE



Chedoke

The scenic Chedoke Golf Course and the lower Chedoke Falls area. Offering a mix of forested areas, open green spaces, and views at the top.

Runner Ricardo

START	TYPE
120 Beddoe Dr	Out & Back



7.7 Kilometers

DISTANCE

Gravel with gentle inclines

SURFACE



Gage Park

Featuring the iconic fountain and the Tropical Greenhouse, this is the perfect spot for interval workouts with a smooth 1K loop passing the Rose Garden. It also serves as the meeting spot for WERC Run Crew.

Runner Lena

START	TYPE
42 Lawrence Rd	Loop



1 Kilometers	Paved and flat
DISTANCE	SURFACE

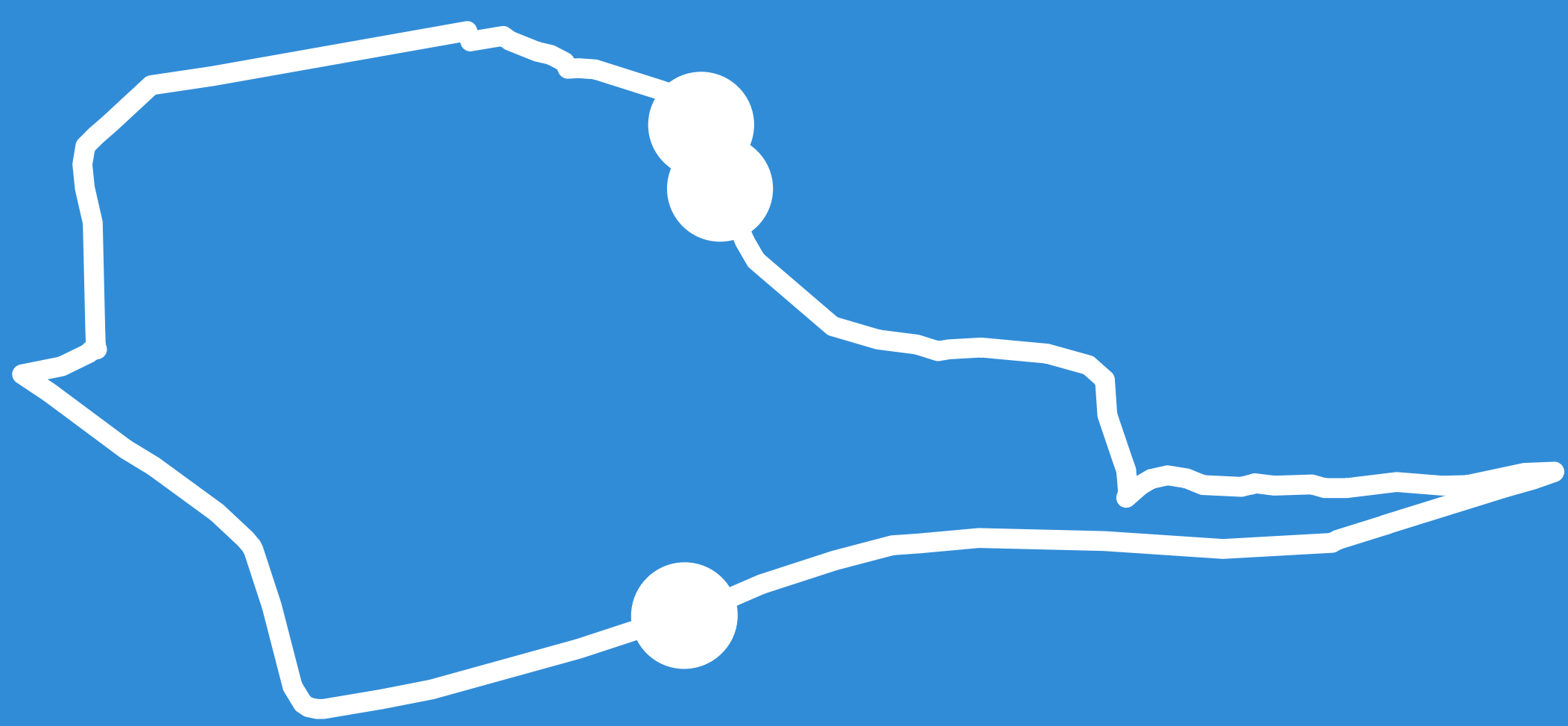


Dundas Peak Lookout

Offering some of the best views in the region. The peak itself provides a panoramic vista of the Dundas Valley and Hamilton skyline. Ideal views of Tew Falls and Webster Falls from the top.

Runner Bernard

START	TYPE
60-50 Woodleys Ln	Loop



5.5 Kilometers	Mixed gravel trails and steep sections
DISTANCE	SURFACE

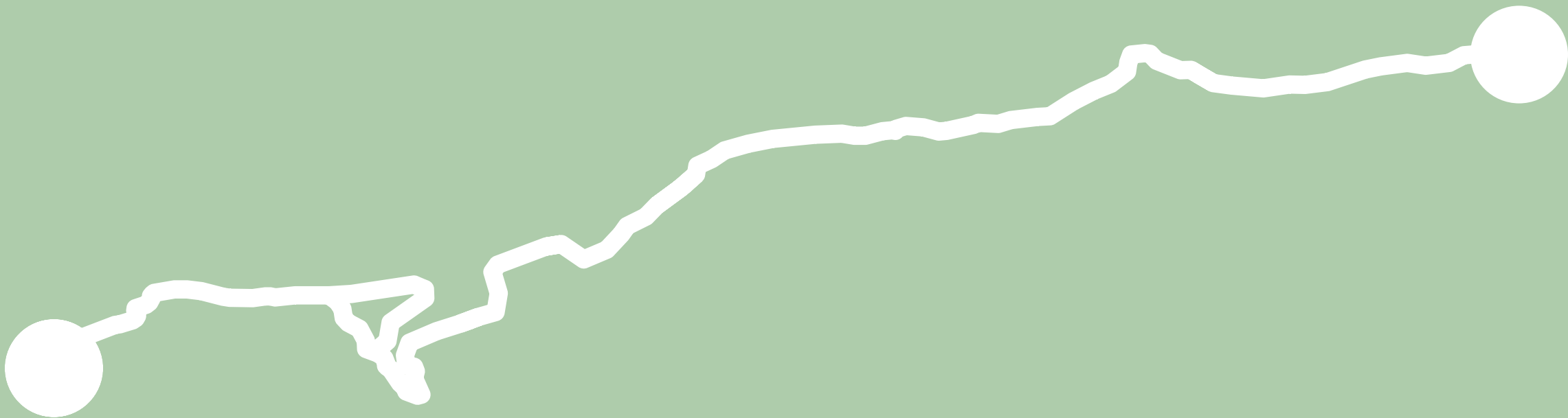


Devil's Punchbowl

Showcasing layers of Punchbowl's unique geological formations, the base of Devil's Punchbowl features a stunning 37-meter ribbon waterfall, surrounded by the towering cliffs of the Niagara Escarpment.

Runner Reid

START	TYPE
1170 Paramount Dr, Stoney Creek	Out & Back



9.5 Kilometers	Uneven trail packed dirt, loose stones
DISTANCE	SURFACE



Bradford Rail Trail

The trail follows an old railway line to Dundas Valley Conservation Area, making it perfect for long runs surrounded by open fields, forests, and farmland. As part of the Greenbelt Route, it also connects to the Tottenham Greenbelt Trail for extra clicks.

Runner Vince

START	TYPE
17 Ewen Rd	Out & Back



11 Kilometers	Flat, crushed gravel, and well-maintained
DISTANCE	SURFACE



Sulfur Springs

Hosting the iconic Sulphur Springs Trail Race, this area offers a mix of everything we love about trail running. Part of the Dundas Valley Conservation Area, it features the famous K2 Loop and a variety of waterfalls, including; Canterbury Falls, Sherman Falls, and Tiffany Falls.

Runner Eddie

START	TYPE
385 Jerseyville Rd W	Loop



19 Kilometers	Gravel, single-tracks, and steep climbs
DISTANCE	SURFACE

RUN IN HAMILTON

Designed by DRE.RUN

A RUN GUIDE

A RUN GUIDE

You can download the GPX files or Strava Routes here:

andremorgan.com/hamilton