

# Visit High Park

## Healthy Living | Outdoor Activities



Connect**ABILITY**.ca

### WHAT MAKES IT MEANINGFUL

A beautiful blend of nature, play, learning, and socializing—all within the city. High Park offers sensory experiences (wildlife, gardens, trails), opportunities for physical activity, relaxation, and cultural discovery in a supportive, community space.

### TIME

- 2–3 hours for a single visit
- Half to full-day if including attractions (zoo, playground, café, train ride)

### MATERIALS

- Weather-appropriate clothing (hat, sunscreen, rain gear)
- Water bottle, snacks
- Picnic blanket or portable chair
- Ear defenders or noise-canceling headphones
- Visual schedule or map printout (park map available)



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## INSTRUCTIONS

1. Arrival & Orientation –
  - a. Arrive via TTC or accessible service
  - b. Wash hands and locate a meeting spot using map/ex. grid
2. Exploration –
  - a. Walk through the Hillside or paved trails to Grenadier Pond and the zoo
  - b. Watch animals (bison, peacocks, llamas) quietly—sensory rich!
3. Activity Stop –
  - a. Jamie Bell Adventure Playground: a structured play area
  - b. Option: Ride the trackless train (30 min, small fee) along scenic routes
4. Rest & Relax –
  - a. Picnic near pond or café (Grenadier Café)
  - b. Optional sensory break at quiet nature spots (e.g., Black Oak Savannah)
5. Optional Extras –
  - a. Visit Colborne Lodge or public art installations
  - b. Engage in mindfulness or nature photography
6. Wrap-Up & Debrief –

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- a. Find a quiet area to reflect—favorite part or smell or animal?
- b. Return to entrance and head home

## RESOURCES

- <https://highparknature.org/visit-toronto-high-park/maps-and-directions-toronto-high-park/>
- <https://www.toronto.ca/explore-enjoy/parks-recreation/places-spaces/beaches-gardens-attractions/high-park/>

## SUPPORTS NEEDED

- Visual Schedule
  - Use a simple picture-based itinerary (e.g., arrival → zoo → play → picnic → exit)
- One-on-One Support
  - Assist with navigation, ticket/training on train, and restroom awareness
- Sensory Regulation
  - Allow for rest stops in quiet zones; provide headphones for noise or sunglasses
- Physical Assistance
  - Hand-over-hand help for stairs, navigating uneven paths, or seating at playground
- Choice-Making Prompts
  - Offer simple decisions: “Play or explore?”, “Water or juice?”, “Train ride?”

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- Emotional Support
  - Provide praise, reassurance in crowds, encouragement during new experiences
- Safety Guidance
  - Pre-teach rules like staying on trails, respecting animals, and group staying

## OTHER THINGS TO NOTE

- TTC: Take Line 2 to High Park Station (accessible entry) or Keele Station, or streetcar 506/501
- Wheel-Trans: Use park drop-off points; book in advance
- Accessibility: Paved trails and washrooms throughout the park