

Get Active in Greater Sudbury

► Beaches and Lakes

With more than 330 lakes, Greater Sudbury is proudly known as the City of Lakes. Our lakes are a year-round source of recreation and home to a number of public beaches. Lifeguards are on duty seven days a week, from 11 a.m. to 7 p.m. from mid-June to late August. Children should always be accompanied by an adult and always within arm's reach.

► Trails – Walking, Hiking, Biking and More

Greater Sudbury is a year-round nature-lover's paradise. Explore the conservation area and immerse yourself in the beauty of the Canadian Shield and our boreal forests. If you are looking for adventure, amazing scenery and a good workout – check out our many hiking and cross country skiing trails throughout the community.

For more information on hiking trails, trail maps and guided hikes, visit rainbowroutes.com. Most recreational trails are maintained from May 1 to October 31.

► Pools

Enjoy one free swim each week as part of our Feel Free to Feel Fit program. After each free swim, speak to front desk staff about free return transportation aboard GOVA Transit. Register online at greatersudbury.ca/play/pools/recreational-swims.

► Parks

Walk, play, jog or relax and enjoy the great outdoors at one of our many municipal parks and playgrounds. From small neighbourhood play structures to large community spaces like Bell Park, there's something for everyone. To find a park or playground near you, visit greatersudbury.ca/play/parks-and-playgrounds1/municipal-playground-locations.

► Outdoor Sports Courts

Get active by participating in drop-in court sports this summer, such as tennis, pickleball, basketball and more.

Find a court to play on today!

Pickleball: greatersudbury.ca/play/recreational-facilities/pickleball/

Tennis: greatersudbury.ca/play/recreational-facilities/tennis/

► Equipment Lending Program

Did you know you can borrow sports equipment from some Greater Sudbury Public Library locations?

All you need is a current library card! To learn more, visit sudburylibraries.ca/en/index.aspx