Walking Maps

Vaughan Mills

What are Walking Maps?

These walking maps are for rehab patients who would like to complete their exercise program at a mall. Each map includes a walking route of the mall and the distance of one lap. Use this mall map with your rehab team to plan how far and how fast you should walk. Follow your rehab team’s instructions to make sure you are not doing too much and to complete your exercise safely. If you have any questions about this map, please ask before you start your exercise routine!

Vaughan Mills

Address: 1 Bass Pro Mills Drive
Vaughan, Ontario L4K 5W4

Major intersection: Highway 400 and Rutherford Drive

Phone: 905-879-2110

Website: www.vaughanmills.com

Store hours: Monday – Saturday 10:00 am – 9:00 pm
Sunday 11:00 am – 7:00 pm

Mall opens: 7:00 am Note: Mall hours may change. It is always a good idea to call ahead if you plan to go before the stores are open.

Walking program

Vaughan Mills offers a walking program, beginning every day at 7:00 am. Mall walkers may sign up to receive a membership number and complimentary gift, and to log their mileage. There is no fee for the membership.
**Distances** (1.6 kilometres = 1 mile)

Short loop:
1 lap is about 1.2 kilometres or 0.74 miles

Long loop:
1 lap is about 1.7 kilometres or 1.06 miles
⅓ lap is about 1 kilometre or 0.62 miles

**Notes**

These maps are a project of the Toronto Rehab’s Cardiac Rehabilitation and Secondary Prevention Program. Volunteers helped to measure the distances and create the maps. Please note that some distances are approximate. **Construction or changes in mall layout may also affect the distances.**

You can use a surveyor measuring wheel to calculate the exact distance you need to walk.