

8 SOUTHERN ONTARIO BEACHES TO BEAT THE HEAT

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Summer is upon us.

Before you start packing your shade umbrella, towel and snacks, make sure your destination matches what you are looking for.

Whether that's feeling your toes on Port Dover's sandy beach or skydiving over Wasaga, the longest freshwater beach in the world, Southern Ontario offers a variety of escapes from the hustle and bustle of the city.

Don't forget the sunscreen and remember to pick up your litter at the end of the day.

WASAGA

Located on the south end of Georgian Bay with a shoreline stretching 14 km and home to six beaches, Wasaga is a crowd-pleaser. Beach 1 and 2 are the busiest ones with volleyball courts, shops and restaurants nearby. If you're looking for somewhere dog-friendly, Beach 3 is your go-to spot. Beach 4 offers the best views of the bay, a perfect location if you enjoy watching the sunset in a quiet and relaxed area. Beach 5 is ready to welcome families with picnic areas, parking, a playground, washrooms, and a mobi-mat, a non-slip roll-up ac-

cess mat for beaches. A no swimming zone beyond Beach 6 is the place to be for kitesurfers to ride the wind and waves.

Accessible Wasaga beaches with mobi-mat: 2, 3, 4, 5.

GRAND BEND

Located on the shore of Lake Huron in Lambton County, has part of its shore on Ontario's Blue Coast. With Caribbean blue waters, Grand Bend beach belongs to Canada's famous Blue Flag beaches for over a decade. The Bend community welcomes thousands of tourists every year with a variety of restaurants, local shops, and

NightLife on the town's Main Street. Visitors with strollers or wheelchairs can count on accessible walkways and mats.

WOODBINE

Popular choice for picnics, sunbathing and swimming, this Toronto beach along the lake is perfect for families, Woodbine has a large stretch of sand, summer lifeguards, recently renovated bathing stations and an outdoor Olympic pool nearby. On Victoria Day or Canada Day, you'll find thousands of locals checking out the annual fireworks that light up the water. According to the City of Toronto, a beach



wheelchair can be rented for free by calling 311 and picked-up at the Donald D. Summerville Outdoor Pool.

PORT DOVER

Standing on the shore of Lake Erie, Port Dover has a laid-back beach with a breathtaking pier. If you enjoy fishing, taking romantic walks along the beach and watching the tugboats, that's the place to be. Port Dover offers mats for people using wheelchairs or strollers.

SANDBANKS

Sandbanks beach is situated on the southern side of Prince Edward County, and it's home to moving sand dunes and shallow tur-

quoise waters. From walking and cycling to fishing, swimming and camping, 'The County' as it's called by the locals, has a tropical island getaway feel to it and is great for families. The park entrance fee is \$21 per vehicle and no lifeguards are present on any of the beaches. Wheelchairs and/or mobility devices are available, free of charge, or for rent and identified service animals wearing a guide-dog vest are welcome.

CRYSTAL SANDS

Located on the shores of Fort Erie, Crystal Sands Beach is a trendy spot in the summer. If you are looking for a sunny beach and a busy lakeside community, this could be your destination for the weekend. Children can enjoy its soft and clean sand, great for digging and playing. Water sports, swimming, quaint local shops, restaurants make Crystal Beach a fun weekend getaway with fam-

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Q: How do I choose a toothbrush?

A: Below are some tips:

1. Remember: the Softer the better.
2. Go nylon, not natural.
3. Choose a handle with care. What you should really look for is toothbrush handle that feels comfortable in your hand and is easy to maneuver.
4. Does it have a timer? Many electric and power toothbrushes are equipped with timers to alert you when you've brushed for 2-3 minutes.
5. Does it have a sensor? Some electric toothbrushes are equipped with sensors, which stop the vibrations if you brush too hard.