



CVF / FCV Events April 2017

April 01

SAANICHTON, BC Club Anniversary

Start Point: Central Saanich Municipal Hall, 1903 Mt. Newton Cross Rd V8M 2A9

Distances: 5, 10 Difficulty: 2B Registration 09:30 - 10:00

Juan de Fuca Pathfinders Walking Club Pat Grove 250-658-2325 gropat@telus.net

WALK DESCRIPTION: Walk goes through daffodil fields with beautiful views of Gulf Islands.

DIRECTIONS TO START POINT: Take Hwy 17 north; Left Mt Newton Cross Rd; After crossing Wallace Dr, Left into parking lot.

SPECIAL WALKING PROGRAM: Community

April 01

ST. ALBERT, AB AGM potluck

Start Point: St. Albert United Church, 20 Green Grove Dr. T8N 5H6

Distances: 5, 10 Difficulty: 1A Registration 14:00 - 14:30

St. Albert Trekkers Volkssport Club Kathleen Parr 780-998-1033 walksalot2@shaw.ca

WALK DESCRIPTION: Streets and trails of St. Albert. Walk followed by potluck and AGM.

DIRECTIONS TO START POINT: From Edmonton, go north on Hwy 2 (St. Albert Trail) to St. Albert . Turn left on Green Grove Dr. United Church is on the left

SPECIAL WALKING PROGRAMS: Murals, Community, New Bridges

April 02

QUÉBEC, QC Quartier Saint-Sauveur

Start Point: Parc Victoria, 6, rue Robert-Rumilly G1K 2K5

Distances: 5, 10 Difficulty: 2B Registration 12:30 - 13:00

Club Volkssport Nord-Sud Denise Voyer 418-988-1297 volknord@videotron.ca

WALK DESCRIPTION: Marche guidée culturelle

DIRECTIONS TO START POINT: voir journal du club <http://volkssport-nordsud.qc.ca>

April 02

WELLINGTON, NS Grand Lake Trail

Start Point: 9 Sunnylea Road, 9 Sunnylea Road B2T 1A2

Distances: 12 Difficulty: 3 B Registration 09:30 - 10:00

Dartmouth Volksmarch Club Stephen Bloom 902-423-0760 sbloom@bellaliant.net

DIRECTIONS TO START POINT: Parking at road edges.

April 08

BEAUMONT, AB

Start Point: Beaumont Aqua-Fit Centre, 5001 Rue Eaglemont T4X 0H9

Distances: 5, 10 Difficulty: 2A Registration 12:30 - 13:00

Wetaskiwin Volkssport Club Karen Kangas 780-929-0406

WALK DESCRIPTION: Paved trails around lakes and parks.

DIRECTIONS TO START POINT: From Edmonton exit Anthony Henday Dr. at 50 St. Turn left onto 50 St. and follow to Beaumont. Turn right on 50 Ave. Centre is located on corner of 50 Ave. and Rue Eaglemont (access from both roads). From QE2, go east on Hwy 625 to Beaumont. Turn left onto Regional Rd 243. Turn right onto 50 St. Turn left at Rue Eaglement.

SPECIAL WALKING PROGRAM: Community

April 08

MAPLE RIDGE, BC Malcolm Knapp Research Forest

Start Point: Malcolm Knapp Research Forest, 14500 Silver Valley Rd V4R 2R3

Distances: 5, 10 Difficulty: 3C Registration 09:30 - 10:00

Surrey Trekkers Volkssport Club Sandy Meyer 604-530-0364 smeyer@telus.net

WALK DESCRIPTION: Hiking trails through the forest offering a variety of plants, animals & trees. Hiking poles recommended.

DIRECTIONS TO START POINT: From either Lougheed Hwy or Dewdney Trunk Rd head North on 232 St; on top of hill; Right onto Silver Valley Rd

SPECIAL WALKING PROGRAM: New Bridges

April 08

MEDICINE HAT, AB

Start Point: Tourist Centre, 8 Gehring Rd. SW T1B 4W1

Distances: 6, 11 Difficulty: 1A / 2A Registration 09:00 - 09:30

Volkssport Club of Medicine Hat Sharon Petrick 403-526-7407 spetrick@hotmail.com

WALK DESCRIPTION: Mostly paved trails and sidewalks.

DIRECTIONS TO START POINT: From Trans Canada Hwy, exit at College Ave / Southridge Dr. Take Southridge Dr. south to Gehring Rd. to Tourist Centre (near Saamis Teepee).

SPECIAL WALKING PROGRAMS: Murals, Community

April 08

WINDSOR, NS Windsor Walkabout

Start Point: Central Building Supplies Parking Lot, 42 Empire Ln B0N 2T0

Distances: 10 Difficulty: 3B Registration 09:30 - 10:00

Valley Trekkers Volkssport Club Sue Banks 902-472-2261 theillsleys@eastlink.ca

WALK DESCRIPTION: Walk through town of Windsor plus parks

DIRECTIONS TO START POINT: Exit 5 off HWY 101 to Fort Edward Mall, Windsor, Central Building Supplies Parking Lot

April 09

MOUNT UNIACKE, NS Halifax Watershed, Mount Uniacke

Start Point: Shoulder of Hwy 101, Exit 3 ramp, Nova Scotia Hwy 101, Exit 3 B0J 1J0

Distances: 10 Difficulty: 3B Registration 09:30 - 10:00

Dartmouth Volksmarch Club Lily Conrod 902-466-4421 benview@eastlink.ca

DIRECTIONS TO START POINT: Parking at area on off ramp. 44.593065,-64.178892

April 09

QUÉBEC, QC Quartier Limoilou

Start Point: Maison Dorion-Coulombe, 332, rue Domagaya G1L 5B1

Distances: 5, 10 Difficulty: 2B Registration 12:30 - 13:00

Club Volkssport Nord-Sud Carole Bruyère 418-843-6916 volknord@videotron.ca

WALK DESCRIPTION: Marche guidée culturelle

DIRECTIONS TO START POINT: voir journal du club <http://volkssport-nordsud.qc.ca>

April 09

VICTORIA, BC Mount Doug Park

Start Point: Mount Douglas Park, Ash Rd & Cordova Bay Rd V8N 4Y9

Distances: 5, 10 Difficulty: 2B Registration 09:30 - 10:00

Garden City Wanderers Volkssport Club Ada Robinson 778-922-1950 elrobin3350@gmail.com

WALK DESCRIPTION: Walk through lower trails of Mt Doug Park & streets and parks of Gordon Head.

DIRECTIONS TO START POINT: From downtown Victoria take Douglas St to Hillside Ave; turn right; follow to Shelbourne St; turn left, continue to Ash Rd to parking lot off intersection of Cordova Bay Rd & Ash Rd.

April 09

WINNIPEG, MB Southboine / Charleswood

Start Point: Charleswood Square, 4910 Roblin Blvd. R3R 0G7

Distances: 5, 10 Difficulty: 1A Registration 09:00 - 09:30

Windy City Wanderers Volkssport Club Terry Fulton 204-453-2905 tvful@shaw.ca

April 15

RED DEER, AB Potluck and Annual General Meeting

Start Point: Pioneer's Lodge, 4324 46A Avenue T4N 6S7

Distances: 5, 10 Difficulty: 2A Registration 14:00 - 14:30

Volkssport Walkers of Central Alberta Connie Simmons 403-309-5589 vwcaclub@gmail.com

WALK DESCRIPTION: Waskasoo Park trails and streets of Red Deer. This walk will precede a VWCA potluck supper at the historical Pioneer's Lodge at 5:00 pm and the Annual General Meeting immediately following the potluck. Yearly Memberships can be renewed for 2017. You are welcome to join us for any part of the day. Food can be left in the Lodge while on the walk as there are full facilities. Please bring your own plate and utensils. Come out and socialize. Fun for the whole family.

DIRECTIONS TO START POINT: From Hwy 2 take Exit 401 into Red Deer, continue east on 67 Street to Taylor Drive, right turn. Continue to 43 Street, left turn and continue to Spruce Drive, left turn and then right turn onto 43 Street, continue SA, as the road curves it now becomes 47 Avenue. The lodge is located on the corner of 47 Avenue and 44 Street - at the 3 way stop, turn right you can see the parking lot on the right.

SPECIAL WALKING PROGRAM: Community

April 16

DARTMOUTH, NS Lake Charles Trail

Start Point: Shubie Park Camp Ground Parking Lot, 30 John Benton Dr. B2X 2V1

Distances: 10 Difficulty: 2B Registration 09:30 - 10:00

Dartmouth Volksmarch Club Lily Conrod 902-466-4421 benview@eastlink.ca
DIRECTIONS TO START POINT: Campground Parking Lot

VICTORIA VOLKSSPORT PHOENIX FESTIVAL



FRIDAY, APRIL 21 to SUNDAY, APRIL 23

The following notes pertain to the following four walks and swim for the Festival

START POINT: Greek Community Centre, 4648 Elk Lake Dr V8Z 5M1

SPONSOR: Victoria International Walking Festival Society

TYPE: MuDW

CONTACT: Christine Desjardins 250-478-7020 phoenix@vvpf.ca

WEBSITE: <http://www.vvpf.ca/>

DIRECTIONS TO START: From city: Hwy 17A North, exit 11 Royal Oak Dr, left Royal Oak Dr right Elk Lake Dr from ferry: Hwy 17A South, right Elk Lake Dr

INFORMATION: Walks are on trails in Saanich parks. The swim is at Saanich Commonwealth Place next door to the Greek Community Centre. \$10 Registration fee includes Friday @ 17:00 Meet & Greet. Cash bar & food available for purchase throughout the day. Check website for further details.

April 21-23

VICTORIA, BC Phoenix Festival "Saanich Trails"

Start Point: Greek Community Centre, 4648 Elk Lake Dr V8Z 5M1

Distances: 5, 10, (21 Sun only) Difficulty: 2B Registration Fri 10:00; Sat 07:00; Sun 08:00 - Fri 14:00; Sat 13:00; Sun 13:00

WALK DESCRIPTION: Walk goes on trails through Saanich parks. Cash bar & food available for purchase throughout the day. Check website for further details.

SPECIAL WALKING PROGRAMS: Trans-Canada Trail, Community

April 21-23

VICTORIA, BC Phoenix Festival "Oceanview Walk"

Start Point: Greek Community Centre, 4648 Elk Lake Dr V8Z 5M1

Distances: 5, 10, (21, 32, 42 Sat only) Difficulty: 2B Registration Fri 10:00; Sat 07:00; Sun 08:00 - Fri 14:00; Sat 13:00; Sun 13:00

WALK DESCRIPTION: Walk goes on trails through Saanich parks. Cash bar & food available for purchase throughout the day. Check website for further details.

SPECIAL WALKING PROGRAMS: Community

April 21-23

VICTORIA, BC Phoenix Festival "Lake Walk"

Start Point: Greek Community Centre, 4648 Elk Lake Dr V8Z 5M1

Distances: 5, 12 Difficulty: 2B Registration Fri 10:00; Sat 07:00; Sun 08:00 - Fri 14:00; Sat 13:00; Sun 13:00

WALK DESCRIPTION: Walk goes on trails through Saanich parks. Cash bar & food available for purchase throughout the day. Check website for further details.

SPECIAL WALKING PROGRAMS: Trans-Canada Trail, Community

April 21-23

VICTORIA, BC Phoenix Festival "Broadmead Trails"

Start Point: Greek Community Centre, 4648 Elk Lake Dr V8Z 5M1

Distances: 6, 10 Difficulty: 2B Registration Fri 10:00; Sat 07:00; Sun 08:00 - Fri 14:00; Sat 13:00; Sun 13:00

WALK DESCRIPTION: Walk goes on trails through Saanich parks. Cash bar & food available for purchase throughout the day. Check website for further details.

SPECIAL WALKING PROGRAMS: Trans-Canada Trail, Community

April 22 - 23 Swim

VICTORIA, BC Phoenix Festival Swim Event

Start Point: Greek Community Centre, 4648 Elk Lake Drive V8Z 5M1

Distance: 300m Registration: 08:30 to 10:30

SWIM DESCRIPTION: The swim is at Saanich Commonwealth Place, next door to the Greek Community Centre. Two lanes are reserved at the pool 09:00 to 11:00 Saturday & Sunday.

April 22

COLDBROOK, NS Coldbrook Trails

Start Point: Sobeys Fast Fuel , 7230 Hwy 1 B4R 1A2

Distances: 10 Difficulty: 2B Registration 09:30 - 10:00

Valley Trekkers Volkssport Club Clem Fairclough 902-679-4814 theillsleys@eastlink.ca

WALK DESCRIPTION: Walk through woodlands and streets

DIRECTIONS TO START POINT: Exit 14 off HWY 101 Sobeys Fast Fuel, Coldbrook

April 23

EAST RIVER, NS Labrador Castle Trail

Start Point: Shoulder of Hwy 103, Exit 7 ramp, Nova Scotia Hwy 103, Exit 7 B0J 3A0

Distances: 7, 10 Difficulty: 3B Registration 09:30 - 10:00

Dartmouth Volksmarch Club Lionel Conrod / Jim Hoyle 902-466-4421 / 902-469-2690

benview@eastlink.ca

DIRECTIONS TO START POINT: Exit 3 off Hwy 101 and over the overpass. 44.840778,-63.805657

April 23

QUÉBEC, QC Les Insolites

Start Point: Musée de la Civilisation, 85, rue Dalhousie G1K 8R2

Distances: 5, 10 Difficulty: 2B Registration 12:30 - 13:00

Club Volkssport Nord-Sud Gilbert Pineau 418-843-7853 volknord@videotron.ca

WALK DESCRIPTION: Marche guidée culturelle dans la ville Québec

DIRECTIONS TO START POINT: voir journal du club <http://volkssport-nordsud.qc.ca>

April 23

SYDNEY , NS Open Hearth Park

Start Point: Open Hearth Park Recreational Trails, 109 Ferry St. B1P 6A4

Distances: 5, 10 Difficulty: 1A Registration 13:30 - 14:00
Cape Breton Island Hoppers Volkssport Club Julie Dzaich 902-562-5789
bretonhoppers@hotmail.com

WALK DESCRIPTION: Walk through the Open Hearth Park trail system

DIRECTIONS TO START POINT: From downtown Sydney continue to north end on George St. to Ferry St and Open Hearth Park

April 28

COCHRANE, AB

Start Point: Gleneagles Dr. parking lot, Gleneagles Dr.

Distances: 6, 10 Difficulty: 3A Registration 17:30 - 18:00

Volkssport Association of Alberta Sharon Tchir 780-340-5769 sdtchir@me.com

WALK DESCRIPTION: Paved trails on the hills around Gleneagles Golf Course with great views of Cochrane and the Bow Valley.

DIRECTIONS TO START POINT: From Cochrane, take Gleneagles Rd and watch for a parking lot on the right half way up the hill.

SPECIAL WALKING PROGRAM: Community

April 29

COCHRANE, AB President's Walk

Start Point: Ramada Inn, 10 Westside Dr. T4C 1M1

Distances: 6, 11 Difficulty: 2A/2B Registration 09:00 - 09:30

Volkssport Association of Alberta David Hall 780-951-2882 davidhall@live.ca

WALK DESCRIPTION: Mostly paved trails with views of the Bow River, residential sidewalks, and dirt trail up to the Men of Vision statue.

DIRECTIONS TO START POINT: From Calgary take 1A west to Cochrane. Turn left on Hwy 22, right on Quigley and left on Westside.

SPECIAL WALKING PROGRAM: New Bridges

April 29

COCHRANE, AB

Start Point: Ramada Inn, 10 Westside Dr. T4C 1M1

Distances: 6, 11 Difficulty: 1A Registration 13:00 - 13:30

Volkssport Association of Alberta Lou Arsenault 780--289-0494 aludger@shaw.ca

WALK DESCRIPTION: Mostly paved trails through parks, along the Bow River, residential sidewalks and downtown Cochrane.

DIRECTIONS TO START POINT: From Calgary take 1A west to Cochrane. Turn left on Hwy 22, right on Quigley and left on Westside.

SPECIAL WALKING PROGRAMS: Murals, Community, New Bridges

April 29

FORT LANGLEY, BC Brae Island Regional Park & Historic Fort Langely

Start Point: Brae Island Regional Park, 9451 Glover Rd V2W

Distances: 5, 10 Difficulty: 1B Registration 09:30 - 10:00

Surrey Trekkers Volkssport Club Ines Shearing / Dianne Hoskins 604-574-7675 / 604-805-3559

inshe@shaw.ca / dallonsy@yahoo.ca

WALK DESCRIPTION: Walk on trails in Brae Island; the Historic Village of Fort Langley & park trails alongside the Fraser River.

DIRECTIONS TO START POINT: From Hwy 1 take exit #66 (232 St North); follow signs to Fort Langley; Right onto Glover Rd, cross Bedford Channel to park on Left; Parking lot adjacent to entrance

SPECIAL WALKING PROGRAMS: Murals, Trans-Canada Trail, Community, New Bridges

April 29

PERTH, ON Festival of Maples

Start Point: Cafe Bean, 1 Sherbrooke St E K7H 1A1

Distances: 5, 10 Difficulty: 1A Registration 09:00 - 09:30

Nepean Nomads Walking Club Lorna Giles 613-224-1332 sassyg@rogers.com

DIRECTIONS TO START POINT: Picnic Shelter

April 29

TRURO, NS Victoria Park

Start Point: Victoria Park, main parking lot, Park Road B2N 4E4

Distances: 5, 10 Difficulty: 2C Registration 09:30 - 10:00

Central Nova Volkssport Club Tom McNutt / Ibel Scammell 902-895-1231 / 902-895-8445

tmmcnutt@eastlink.ca / iscammell@eastlink.ca

DIRECTIONS TO START POINT: Main parking lot, Park Road entrance

SPECIAL WALKING PROGRAM: New Bridges

April 30

COCHRANE, AB 150/30 Celebration Walk

Start Point: Glenbow Ranch Provincial Park, 255001 Glenbow Rd. T4C 0B7

Distances: 6, 12 Difficulty: 3B Registration 8:30 - 09:00

Volkssport Association of Alberta David Hall 780-951-2882 davidhall@live.ca

WALK DESCRIPTION: Paved and gravel trails through the hills of historic Glenbow ranch.

DIRECTIONS TO START POINT: From Calgary's Stoney Trail take 1A 14 km west to Glenbow Rd.

Turn south on Glenbow Rd. for about 3 km. From Cochrane, take 1A east to Glenbow Rd. and turn south.

SPECIAL WALKING PROGRAM: Trans-Canada Trail

April 30

HALIFAX, NS MacIntosh Run

Start Point: South Centre Mall, 16 Dentith Road B2R 2K8

Distances: 10 Difficulty: 2B Registration 09:30 - 10:00

Dartmouth Volksmarch Club Sandy Hickey 902-466-3816 sandyhickey@eastlink.ca

DIRECTIONS TO START POINT: South Centre Mall is located at Herring Cove Road at Dentith Rd.

April 30

QUÉBEC, QC Les Escaliers de Québec # 2

Start Point: Collège Mérici, 755, Grande-Allée Ouest G1S 1C1

Distances: 5, 10 Difficulty: 2B / 3C Registration 09:30 - 10:00

Club Volkssport Nord-Sud Suzanne Richard 418-915-5392 volknord@videotron.ca

WALK DESCRIPTION: Marche guidée

DIRECTIONS TO START POINT: voir journal du club <http://volkssport-nordsud.qc.ca>