



CVF / FCV Events May 2017

May 02

DEVON, AB

Start Point: Clifford E. Lee Nature Sanctuary, Township Road 514, Range Road 264 T7Y 1C9

Distances: 5, 10 Difficulty: 1B Registration 18:30 - 19:00

Devon Discovery Walkers Niccy Drury 780-987-3231 nicyd116@gmail.com

WALK DESCRIPTION: Country roads and trails through nature area.

DIRECTIONS TO START POINT: Take HWY 60 north from Devon or south from HWY 16 or HWY 16A to Woodbend Rd. Turn west for 1.6 KM, turn south for 1.6 KM. Watch for Clifford E. Lee signs.

SPECIAL WALKING PROGRAM: Community

May 05

NORTH BAY, ON Couchie Memorial

Start Point: North Shore Convenience, 31 Couchie Memorial Dr P1B 8G5

Distances: 5, 10 Difficulty: 1A Registration 15:30 - 16:00

Gateway Walkers Club André Tardif 705-495-2242 tardifandre@gmail.com

DIRECTIONS TO START POINT: Parking Lot

May 06

MEDICINE HAT, AB Prairie River Volksmarch on World Walking Day

Start Point: Gas City Campground, 11th Ave SW T1A 8E6

Distances: 7, 14 Difficulty: 2A Registration 8:30 - 09:00

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

WALK DESCRIPTION: Asphalt trail

DIRECTIONS TO START POINT: From Trans Canada Hwy east or west, take 7 St. SW and follow Gas City Campground signs.

May 06

NEW WESTMINSTER, BC Lower Hume Park

Start Point: Lower Hume Park Picnic Shelter, Columbia St east of Holmes St V3L

Distances: 5, 11 Difficulty: 2B Registration 09:30 - 10:00

Surrey Trekkers Volkssport Club Chris Walter 604-731-3889 walterchristine777@gmail.com

WALK DESCRIPTION: Lower Hume Park offers access to Brunette River & trails to Burnaby Lake following the Brunette-Fraser Greenway.

DIRECTIONS TO START POINT: From Hwy #1 take exit # 40 (Brunette South); Right at Braid St; Right at E Columbia St; just past Holmes St enter Hume Park at lights

SPECIAL WALKING PROGRAM: New Bridges

May 06

OTTAWA, ON

Start Point: Broadway Bar & Grill, 1896 Prince of Wales Dr K2C 1P5

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

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

May 06

ST. ALBERT, AB Annual Marathon

Start Point: St. Albert Place, 5 St. Anne St. T8N 3Z9

Distances: 5, 10, 11, 20, 21, 22, 31, 42 Difficulty: 2A Registration 6:00 - 15:00

St. Albert Trekkers Volkssport Club Sharon Tchir 780-340-5769 sdtchir@me.com

WALK DESCRIPTION: Streets and trails of St. Albert. Participants doing the 42 km are advised to start at 6:00.

DIRECTIONS TO START POINT: From Edmonton, on Hwy 2 (St. Albert Trail), turn left (west) onto St. Anne St. St. Albert Place will be on your right. Start point is the far west door. Park in public parking lot in front. Cross street and walk along sidewalk on river side to back of building and registration desk.

SPECIAL WALKING PROGRAMS: Murals, Community, New Bridges

May 06

VICTORIA, BC Prospect Lake Walk

Start Point: Prospect Lake Park (also known as Whitehead Park), Goward Rd & Prospect Lake Rd V9E 2H7

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

Victoria 'Y' Volkssport Club Pat Carfra / Judy Haynes 250-479-9118 / 250-385-8519 yvolks@telus.net

WALK DESCRIPTION: Walk along country lanes and trails around Prospect Lake area. Weather permitting, bring a picnic lunch.

DIRECTIONS TO START POINT: From Victoria - Patricia Bay Hwy to Exit #11 Royal Oak Dr; Left over Hwy; Right on West Saanich Rd; Left on Prospect Lake Rd to Whitehead Park on Left.

SPECIAL WALKING PROGRAM: Community

May 07

DARTMOUTH, NS Porter's Lake Provincial Park

Start Point: Porter's Lake Provincial Park, 1160 W Porters Lake Road B3E 1L2

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

Dartmouth Volksmarch Club Belinda Joyce / Margaret Odell 902-434-6412 / 902-454-9280
odemargaret@gmail.com

DIRECTIONS TO START POINT: Parking Lot

May 07

QUÉBEC, QC Rallye Bottines

Start Point: Marché du Vieux Port, 160, Quai Saint-André K1K 3Y2

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

Club Volkssport Nord-Sud Michelle Boivin 418-529-1570 volknord@videotron.ca

WALK DESCRIPTION: marche guidée

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

May 07

VICTORIA, BC Phoenix Festival Volunteers Walk

Start Point: Malca Casiro's House, 1020 McGregor Ave V8S 3T9

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

Victoria International Walking Festival Society Christine Desjardins 250-478-7020 phoenix@vvpf.ca

WALK DESCRIPTION: Walk goes on streets in Oak Bay

DIRECTIONS TO START POINT: Travelling south on Hwy 1 (Douglas Street) turn left on Fort St. Turn right on Oak Bay Ave., turn right on McGregor Ave.

May 08

OTTAWA, ON World Walking Day

Start Point: Royal Oak Pub, 188 Bank St. K2P 1W8

Distances: 5, 10 Difficulty: 2A Registration 17:30 - 18:30

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

May 13

NEUVILLE, QC Les Marais Léon-Provencher

Start Point: Place des Îlets, 151, rue des Îlets G0A 2R0

Distances: 5, 10 Difficulty: 2B Registration 06:30 - 07:00

Club Volkssport Nord-Sud Nicole Vallières 418-845-2614 volknord@videotron.ca

WALK DESCRIPTION: Marche guidée ornithologique

DIRECTIONS TO START POINT: Autoroute 40 Ouest, sortie 298 et la route 138 Ouest vers St-Augustin-de-Desmaures, tourner à gauche vers Place des Îlets

May 13

OTTAWA, ON Charity Walk - Move Your Feet So Kids Can Eat

Start Point: Shenkman Arts Centre, 245 Centrum Blvd. K1E 0A1

Distances: 5, 10 Difficulty: 1B Registration 10:00 - 11:00

Ottawa Voyageurs d'Ottawa Walking Club Kathy Luten 613-830-7437 kathleen_luten@hotmail.com

WALK DESCRIPTION: This walk raises money for the Orleans-Cumberland Resource Centre. All money collected at this walk is donated to the OCCRC by the Ottawa Voyageurs. Group Walks for both the 5 & 10 K routes will leave at 10:30 AM.

SPECIAL WALKING PROGRAM: Community

May 13

ST. ALBERT, AB World Walking Day

Start Point: Lacombe Lake Park Shelter, 151 McKenney Ave. T8N 2T7

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

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

WALK DESCRIPTION: Residential streets and trails in St. Albert.

DIRECTIONS TO START POINT: From St. Albert Trail turn west on McKenney Ave. and follow it to Morgan. Turn right into Lacombe Lake Park parking lot. Registration is at the park shelter.

May 13

VANCOUVER, BC Canada's 150th Anniversary

Start Point: Mount Pleasant Community Centre, 1 Kingsway V5T 3H7

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

Vancouver 'Venturers Volkssport Club Sharon Morrow 604-327-5475 vancouverventurers@gmail.com

WALK DESCRIPTION: This walk will celebrate our Canadian heritage.

DIRECTIONS TO START POINT: By car: Take Highway 1 west to Exit 29; proceed on Grandview Highway which becomes 12th Avenue; right on Kingsway for 5 blocks; right on East 7th Avenue; right into alley; right into underground parking lot (~\$2/hour).

By transit: From Broadway/Commercial SkyTrain Station, bus #9 (Alma) to Kingsway; walk 2 blocks north.

SPECIAL WALKING PROGRAM: Community

May 14

COLWOOD, BC Royal Roads Paint-IN - World Walking Day

Start Point: West Shore Centre for Training & Learning, 2139 Sooke Rd V9B 1W4

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

Juan de Fuca Pathfinders Walking Club Christine Desjardins 250-478-7020 rickandchristine@shaw.ca

WALK DESCRIPTION: Walk is entirely within the grounds of Royal Roads with the opportunity to visit the stalls of local artists.

DIRECTIONS TO START POINT: Take Hwy 1 north; take exit 10 to Colwood/Sooke; continue past entrance to Royal Roads University; turn Left into Parking area just past Jason Lane.

SPECIAL WALKING PROGRAM: Community

May 14

OTTAWA, ON

Start Point: Rideau Tennis Club, 1 Donald St. K1K 4E6

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

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

May 14

PEGGY'S COVE, NS Peggy's Cove Trail / World Walking Day

Start Point: DeGarthe Memorial Provincial Park, Peggy's Cove Road B3Z 3S1

Distances: 11 **Difficulty:** 3C **Registration** 09:30 - 10:00

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

DIRECTIONS TO START POINT: DeGarthe Memorial Parking Lot, Hwy 333.

May 16

EDMONTON, AB River & Ravine #1

Start Point: Kinsmen Sports Centre, 9100 Walterdale Hill T6E 2V3

Distances: 5, 10 **Difficulty:** 2B **Registration** 18:30 - 19:00

St. Albert Trekkers Volkssport Club Sharon Tchir 780-340-5769 sdtchir@me.com

WALK DESCRIPTION: Mostly paved pathway, but some dirt trails.

DIRECTIONS TO START POINT: From 109 St. take Walterdale Hill Rd. down into the river valley and at the bottom of the hill, turn left into the Kinsmen Centre. Or, from Gateway Blvd., turn right onto Saskatchewan Dr. and sharp left onto Queen Elizabeth Park Rd., down the hill and into the Kinsmen parking lot.

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

May 17

CAMPBELL RIVER, BC

Start Point: Salmon Point Pub, 2158 Salmon Point Rd V9H 1E5

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

Comox Glacier Wanderers Volkssport Club Crystal Husarski 250-898-8612 cgwvolks@shaw.ca

WALK DESCRIPTION: Lots of waterfront, some residential.

DIRECTIONS TO START POINT: From South Island Hwy, take Salmon Point Rd to Pub.

May 20

KENTVILLE, NS Kentville Ravine

Start Point: New Minas Car Pool Parling Lot , Prospect Road

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

Valley Trekkers Volkssport Club Debbie White 902-538-8282 theillsleys@eastlink.ca

WALK DESCRIPTION: Walk through woods

DIRECTIONS TO START POINT: Exit 12 off HWY 101 New Minas Car Pool Parling Lot on Prospect Rd

May 20

LANGLEY TOWNSHIP, BC Campbell Valley Regional Park

Start Point: Campbell Valley Regional Park (8th Ave entrance), South Valley Entrance 8th Ave, east of 200 St V2Z

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

Surrey Trekkers Volkssport Club Dennis Hutton 604-588-7520 DennisCharlesHutton@gmail.com

WALK DESCRIPTION: The walk is along semi-firm surfaces across boardwalks, natural grasslands & wetlands. The Park is also a popular equestrian park.

DIRECTIONS TO START POINT: From Hwy # 1 take exit #58 (200 St South); Turn Left (East) on 8th Ave to park entrance (go to second parking lot); start point approximately 100 m past washroom at picnic area

SPECIAL WALKING PROGRAM: New Bridges

May 20

OTTAWA, ON Tulip Festival / National Walking Weekend

Start Point: Hogs Back Park Pavilion, Hog's Back Rd K1A 0M2

Distances: 6, 11 Difficulty: 2B Registration 09:00 - 10:00

Ottawa Voyageurs d'Ottawa Walking Club Karen Venema 613-731-5417 mkarenvenema@gmail.com

WALK DESCRIPTION: Celebrate the Ottawa Tulip Festival at Hog's Back Park which overlooks the spectacular Hog's Back Falls on the Rideau River.

SPECIAL WALKING PROGRAMS: Community, New Bridges

May 20

SHERWOOD PARK, AB National Walking Weekend

Start Point: Kinsmen Leisure Centre, 2001 Oak St. T8A 0W9

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

CVF Alberta Director David Hall 780-951-2882 davidhall@live.ca

WALK DESCRIPTION: Residential sidewalks and parkway trails.

DIRECTIONS TO START POINT: From Hwy 216/Anthony Henday E take the Sherwood Park Freeway/Wye Road east to Sherwood Dr. Left on drive then take first exit on traffic circle. Left on Oak St. First right into Leisure Centre parking lot.

SPECIAL WALKING PROGRAMS: Community, New Bridges

May 20

VICTORIA, BC Copley Park

Start Point: Copley Park, 750 Parkridge St V8Z 3A7

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

Garden City Wanderers Volkssport Club Cec Cranston 250-658-2279 cecil.cranston@telus.net

WALK DESCRIPTION: Walk on trails along Colquitz Creek & through Panama Flats.

DIRECTIONS TO START POINT: From Hwy 17 take McKenzie Ave exit west; turn right on Glanford Ave; left on Vanalman Ave to Partridge St.

May 21

DARTMOUTH, NS Eastern Passage Walkabout and Potluck

Start Point: Eastern Passage, 839 Cow Bay Road B3S 1J8

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

Dartmouth Volksmarch Club Sandy Hickey / Lionel Conrod 902-466-3816 / 902-466-4421

sandyhickey@eastlink.ca

May 21

GLACE BAY, NS Glace Bay S&L Rail Trail 150/30 Celebration Event

Start Point: The Tennis Court at Queen Elizabeth Park, Glace Bay, 485 York St., Glace Bay B1A 2N8

Distances: 5, 10 Difficulty: 2B, 2C Registration 13:30 - 14:00

Cape Breton Island Hoppers Volkssport Club Rollie Coombes 902-849-0747

bretonhoppers@hotmail.com

WALK DESCRIPTION: CVF National Walking Weekend Event. Walk will take place on the Sydney & Louisbourg Rails to Trails, plus three additional park trails and country lanes.

DIRECTIONS TO START POINT: From Sydney follow Hwy 4 to Glace Bay to the end of Reserve St. Turn right on Union St and follow CBIH signs to the SP on York St.

May 21

ÎSLE-AUX-COUDRES, QC Les Amis de Compostelle

Start Point: Centre communautaire Saint-Bernard, Îsle-aux-Coudre G0A 3J0

Distances: 5, 10 Difficulty: 2B / 3C Registration 8:30 - 09:00

Club Volkssport Nord-Sud François Corriveau 418-837-3347 volknord@videotron.ca

WALK DESCRIPTION: marche guidée

DIRECTIONS TO START POINT: Route 138 jusqu'à Petite-Rivière-St-François, prendre le bateau pour Îsle-aux-Coudres

May 21

OTTAWA, ON Tulip Festival / National Walking Weekend

Start Point: Ottawa City Hall, 110 Laurier Ave West K1P 1J1

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

Ottawa Voyageurs d'Ottawa Walking Club Marion Boom 613-435-0568 walking4fun2@gmail.com
WALK DESCRIPTION: Celebrate the arrival of Spring & the tulips in downtown Ottawa, a symbol of the friendship that links the Netherlands & Canada. Books will be stamped at the beginning of this walk to encourage walkers to enjoy the festivities.
SPECIAL WALKING PROGRAMS: Community, New Bridges

May 21

WINNIPEG, MB St. Vital Park
Start Point: St. Vital Park Duck Pond Parking Lot, 190 River Rd R2M 5C4
Distances: 5, 10 Difficulty: 1A Registration 09:00 - 09:30
Windy City Wanderers Volkssport Club Terry Fulton 204-453-2905 tvful@shaw.ca
DIRECTIONS TO START POINT: Eveline St. and Robinson Ave.

May 22

OTTAWA, ON Tulip Festival / National Walking Weekend
Start Point: Friends of the Farm Building 72, Arboretum, Experimental Farm K1A 0C6
Distances: 6, 11 Difficulty: 2B Registration 09:00 - 10:00
Ottawa Voyageurs d'Ottawa Walking Club Donna Sullivan 613-224-6880 tiredawgs@yahoo.ca
WALK DESCRIPTION: Our final Tulip Festival walk explores the tulip beds at the National Experimental Farm and the shores of Dow's Lake, the largest concentration of tulips at the festival — about 300,000.
SPECIAL WALKING PROGRAM: Community

May 22

SCOTTS BAY, NS Cape Split Trail
Start Point: Cape Split Parking Lot , end of Hwy 358 Scotts Bay
Distances: 16 Difficulty: 4C Registration 09:30 - 10:00
Valley Trekkers Volkssport Club Rick Kanne 902-847-1772 theillsleys@eastlink.ca
WALK DESCRIPTION: walk through woods to spectacular cliffs with views of the Bay of Fundy
DIRECTIONS TO START POINT: Cape Split Parking Lot end of HWY 358 Scotts Bay

May 22

TRENTON, NS Trenton Steeltown Centennial Park
Start Point: Trenton Steeltown Centennial Park, 119 Park Road B0K 1X0
Distances: 5, 10 Difficulty: 1B Registration 09:30 - 10:00
Central Nova Volkssport Club Lyn-Sue Wice 902-752-1963 lynsuej@hotmail.com
DIRECTIONS TO START POINT: Hwy 106, Exit 1A Trenton Connector which becomes Park Road after crossing Rte 348
SPECIAL WALKING PROGRAM: Trans-Canada Trail

May 23

DEVON, AB 150/30 Celebration Walk
Start Point: Devon Voyageur Park, Saskatchewan Ave. W T7Y 1C9
Distances: 5, 10 Difficulty: 3B Registration 18:30 - 19:00
Devon Discovery Walkers Tobi Weiland 780-720-5266 tbweiland@gmail.com
WALK DESCRIPTION: Nature Trails, sidewalks, stairs and steep hills.

DIRECTIONS TO START POINT: From Hwy 60 take North entrance (Athabaska Ave) into Devon. Drive to first 4-way stop, turn left (North) to Saskatchewan Ave. Turn left and follow road down the hill to main parking lot for Voyaguer Park.

May 24

MORNINGSIDE, AB

Start Point: JJ Collett Natural Area - Parking Lot, Township Road 414, Range Road 261

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

Wetaskiwin Volkssport Club Alda Watchorn / Judy Zimmel 780-361-5530 / 780-352-7407

WALK DESCRIPTION: Rolling hills, woodland nature trails. Washroom at start and midway.

DIRECTIONS TO START POINT: From Hwy 2, take Morningside exit, go east 2 km, cross Hwy 2A. Cross railway track, make an immediate right turn (50th St). Follow this paved road to end as it curls left and becomes gravel (Range Road 261). Go 3 kms to stop sign. Turn right on TWP41-4. Go 800 m to parking lot on the right. From Hwy 2A, go to Jct 604. Turn left and follow above instructions.

May 27

BURNABY, BC

Start Point: Burnaby Fraser Foreshore Park, 7751 Fraser Park Dr V5J 5B9

Distances: 5, 10, 15 Difficulty: 1B Registration 09:30 - 10:00

Vancouver 'Venturers Volkssport Club JC & H el ene Dompierre 604-224-5547

vancouverventurers@gmail.com

WALK DESCRIPTION: Eastern half goes along Fraser River to an ecological reserve; western half goes along Fraser River and through Glenlyon Business Park.

DIRECTIONS TO START POINT: By car: From Marine Way, proceed south on Byrne Road to end. Parking available in park or along road.

By transit: From Metrotown or Edmonds SkyTrain Station, bus #116 to corner of North Fraser Way and Byrne Road; walk south on Byrne Road to river.

SPECIAL WALKING PROGRAM: New Bridges

May 27

LEDUC, AB

Start Point: Leduc Recreation Centre, 4330 Black Gold Dr. T9C 3C3

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

Wetaskiwin Volkssport Club Alda Watchorn 780-361-5530

WALK DESCRIPTION: Paved trails around the city.

DIRECTIONS TO START POINT: From Hwy 2, take the Hwy 2A exit. Travel to traffic lights (Southfork) and turn left on 50th St northbound. At first traffic lights turn right onto Hwy 623 (Rollyview Rd), crossing railway tracks. At second traffic light, turn left onto Blackgold Dr. Follow Blackgold Dr. to first entrance into Leduc Recreation Centre on your right. Watch for Volkssport sign.

SPECIAL WALKING PROGRAMS: Trans-Canada Trail, Community

May 27

NORTH BAY, ON Tim to Tim

Start Point: Value Village, 390 Lakeshore Dr. P1A 2C7

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

Gateway Walkers Club Andr e Tardif 705-495-2242 tardifandre@gmail.com

DIRECTIONS TO START POINT: Parking Lot in front of Value Village

May 27

ST-ANTOINE-DE-TILLY, QC Saint-Antoine-de-Tilly

Start Point: Église de St-Antoine-de-Tilly, Stationnement, Route Marie-Victorin G0S 2C0

Distances: 42, 52 Difficulty: 2B Registration 09:30 - 10:00

Club Volkssport Nord-Sud Georgette Martel 418-915-7804 volknord@videotron.ca

WALK DESCRIPTION: Vélo

DIRECTIONS TO START POINT: Prendre route 132 jusqu'à St-Antoine-de-Tilly

May 27

VICTORIA, BC Layritz Park

Start Point: Layritz Park, Layritz Ave V8Z 7C3

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

Garden City Wanderers Volkssport Club Rob Dalrymple 250-658-4998 robdal@shaw.ca

WALK DESCRIPTION: Walk through several parks connected by country roads of Saanich.

DIRECTIONS TO START POINT: Enter Glyn Rd off Wilkinson Rd; right on Layritz Ave.

May 27

WAKEFIELD, QC Discover Western Quebec

Start Point: Centre Wakefield La Pêche, 38 Valley Drive J0X 3G0

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

Ottawa Voyageurs d'Ottawa Walking Club Benoit Pinsonneault 613-746-9071

benoitpinson@rogers.com

WALK DESCRIPTION: Discover Wakefield, Quebec and it's small village atmosphere. SPECIAL

WALKING PROGRAM: Community

May 28

MIRA ROAD, HWY 22, NS Ormond Crescent & Middle Lake

Start Point: Ormond Crescent, Mira Road, 150 Ormond Crescent B1M 1A9

Distances: 5, 10 Difficulty: 2A Registration 13:30 - 14:00

Cape Breton Island Hoppers Volkssport Club Judy Lorway 902-567-0017 bretonhoppers@hotmail.com

WALK DESCRIPTION: Most of the walk takes place on a country lane going to Middle Lake.

DIRECTIONS TO START POINT: From Sydney follow Georger St to Exit 8 /Hwy 125 and continue passed the round- about to Mira Road/Hwy 22

May 28

MUSQUODOBOIT HARBOUR, NS Musquodoboit Trailway or Admiral Lake Trail

Start Point: Railway Station Museum, East Petpeswick Rd at Nova Scotia Trunk 7 B0J 2L0

Distances: 6, 10, 12 Difficulty: 1B / 1B / 4C Registration 09:30 - 10:00

Dartmouth Volksmarch Club Edie Ward / Lily Conrod / Eion O'Connor 902-435-1475 / 902-466-4421 /

902-860-3804 benview@eastlink.ca

WALK DESCRIPTION: Bring lunch for 12 km

DIRECTIONS TO START POINT: Park at shopping area close to Railway Station Musuem.

May 28

PORTNEUF, QC Les Trois Villages (\$)

Start Point: Centre municipal Denis-Giguère, 305, rue Racine, Loretteville G2B 1E7
Distances: 10 Difficulty: 2B Registration 09:30 - 10:00
Club Volkssport Nord-Sud Michelle Boivin 418-529-1570 volknord@videotron.ca
WALK DESCRIPTION: Marche guidée
DIRECTIONS TO START POINT: voir journal du club <http://volkssport-nordsud.qc.ca>

May 28

VICTORIA, BC Oak Bay Back Alley
Start Point: Oak Bay Recreation Centre, 1975 Bee St V8R 5E6
Distances: 5, 10 Difficulty: 1A Registration 09:30 - 10:00
Victoria 'Y' Volkssport Club Judy Haynes / Joan Papert 250-385-8519 yvolks@telus.net
WALK DESCRIPTION: Explore Oak Bay Back Alleys - never know what you will see or who you will meet!
DIRECTIONS TO START POINT: From Victoria, North on Blanshard St; Right on Fort St; Right on Bee St; Left into Oak Bay Rec Centre.
SPECIAL WALKING PROGRAM: Community

May 30

EDMONTON, AB River & Ravine #3
Start Point: Rundle Park, 2909 - 113 Ave. T5W 0P3
Distances: 5, 10 Difficulty: 1B Registration 18:30 - 19:00
St. Albert Trekkers Volkssport Club Gerry Vercammen 780-499-4958 gerryipa@telus.net
WALK DESCRIPTION: Paved and dirt trails through Hermitage park.
DIRECTIONS TO START POINT: From Yellowhead Hwy. , take the 118 Ave./Victoria Tr. Exit south. Follow 118 Ave. a short distance, then left turn into Rundle Park. Follow road through golf course to first parking lot on the left.