



CVF / FCV Events July 2017

July 01

HALIFAX, NS Canada Day Walk

Start Point: Sobeys, 2651 Windsor St. B3K 5C7

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

Dartmouth Volksmarch Club Phillip Johnson 902-465-6372 philjohnsonns@hotmail.com

July 01

INGONISH, NS Warren Lake and Broad Cove Mountain

Start Point: Warren Lake and Branch Road Trails, Branch Road B0C 1L0

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

Cape Breton Island Hoppers Volkssport Club Barb and Cal Thistle 902-567-6702

bretonhoppers@hotmail.com

WALK DESCRIPTION: Canada Day Event and CBIH 20th Anniversary walk events in the Cape Breton Highlands National Park. See brochure for details

DIRECTIONS TO START POINT: Location: Cape Breton Highlands National Park, Ingonish area

July 01

INGONISH, NS Branch Pond Look-Off

Start Point: Branch Pond Look-off, Mary Ann Falls Road B0C 1L0

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

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

bretonhoppers@hotmail.com

WALK DESCRIPTION: Canada Day Event and CBIH 20th Anniversary walk events in the Cape Breton Highlands National Park. See brochure for details

DIRECTIONS TO START POINT: Location: Cape Breton Highlands National Park, Ingonish area

July 01

MEDICINE HAT, AB Canada 150 and CVF 30 years

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

Distances: 5, 10 Difficulty: 2A Registration 07:30 - 08:00

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

July 01

OTTAWA, ON Canada Day

Start Point: Taggart Family YM-YMCA, 180 Argyle Ave. K2P 1B7

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

Ottawa Voyageurs d'Ottawa Walking Club Donna Sullivan 613-224-6880 tiredawgs@yahoo.ca
WALK DESCRIPTION: Celebrate Canada's 150th birthday with us. Books will be stamped at the beginning of this walk to encourage walkers to enjoy the festivities.
SPECIAL WALKING PROGRAM: Community

July 01

SATURNA ISLAND, BC Canada Day Walk - Saturna Island, 150/30 Celebration
Start Point: Ferry dock at Swartz Bay, 11300 Patricia Bay Hwy V8L 5J4
Distances: 6, 12, 13 Difficulty: 3B /3C
Garden City Wanderers Volkssport Club David Cattrall 250-598-4316 david.cattrall@telus.net
WALK DESCRIPTION: Enjoy pastoral roads & trails on a Gulf Island. Also visit the famous Saturna Island Canada Day Fair and Lamb Barbecue
DIRECTIONS TO START POINT: North on Patricia Bay Hwy 17 to its end at the Swartz Bay Ferry Terminal.

July 01

ST. ALBERT, AB 150/30 Celebration & Canada Day
Start Point: Canadian Legion, 6 Tache St. T8N 2S4
Distances: 5, 10 Difficulty: 1A Registration 10:45:00 - 11:15:00
St. Albert Trekkers Volkssport Club Gerry Vercaamen 780-499-4958 gerryipa@telus.net
WALK DESCRIPTION: Red Willow Trail out to Canada Day activities at Rotary Park and sidewalks around historic St. Albert.
DIRECTIONS TO START POINT: From St. Albert Trail, take Green Grove Drive and turn left onto Sir Winston Churchill, then right into Tache St.
SPECIAL WALKING PROGRAMS: Murals, Community, New Bridges

July 01

SURREY, BC Cloverdale Parks & Trails - 150/30 Celebration"
Start Point: Clover Square Village, 17790 No. 10 Highway V3S 1C7
Distances: 5, 10 Difficulty: 2A Registration 09:30 - 10:00
Surrey Trekkers Volkssport Club Asifa Bhutia 778-394-6540 luckygal786@hotmail.com
WALK DESCRIPTION: The walk will take us to Millennium Park where Canada Day Celebrations will be taking place.
DIRECTIONS TO START POINT: From Hwy 1 Take exit #53 (176 St South) Left (East) onto 56 Ave (BC 10-E) Square will be on your Right
SPECIAL WALKING PROGRAMS: Murals, Community

July 02

BAY SAINT LAWRENCE, NS Money Point and Cape North Massif
Start Point: Bay Saint Lawrence Road/6014 Road, Kauzman Trail -head on 6014 Rd. (NO CIVIC ADDRESS) B0C 1L0
Distances: 5, 10 Difficulty: 2C, 3A, 3B Registration 8:30 - 09:00
Cape Breton Island Hoppers Volkssport Club Diane Clarke and Bruce Clarke 902-564-9518
bretonhoppers@hotmail.com
WALK DESCRIPTION: CBIH 20th Anniversary walk events located in the most northern part of Cape Breton Island, Bay Saint Lawrence. See brochure for details

DIRECTIONS TO START POINT: Location: From Ingonish travel north (46k) to Bay Saint Lawrence, 6014 Road.

July 02

INGONISH, NS Glasgow Lakes Extension

Start Point: Paquette Lake Road, Paquette Lake Road B0C 1L0

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

Cape Breton Island Hoppers Volkssport Club Maureen MacKenzie, Don MacKenzie 902-565 3147
bretonhoppers@hotmail.com

WALK DESCRIPTION: CBIH 20th Anniversary walk events in the Cape Breton Highlands National Park. See brochure for details

DIRECTIONS TO START POINT: Location: Cape Breton Highlands National Park, Ingonish area

July 02

TERRENCE BAY, NS SS Atlantic Walkabout

Start Point: SS Atlantic Interpretive Centre, 180 Sandy Cove Road B3T 1Y5

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

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

DIRECTIONS TO START POINT: Parking at Church is limited so carpooling is recommended.

July 03

INGONISH, NS Coastal Trail

Start Point: Black Brook/Coastal Trail, Black Brook Trail-head B0C 1L0

Distances: 5, 11 Difficulty: 2B, 2C Registration 8:30 - 09:00

Cape Breton Island Hoppers Volkssport Club Julie Dzaich and Phyllis MacLeod 902-562-5789
bretonhoppers@hotmail.com

WALK DESCRIPTION: CBIH 20th Anniversary walk events in the Cape Breton Highlands National Park. See brochure for details

DIRECTIONS TO START POINT: Location: Cape Breton Highlands National Park, Ingonish area

July 03

VANCOUVER, BC VVVC's 20th Anniversary

Start Point: City Square Shopping Mall, 555 West 12th Ave V5Z 3X7

Distances: 5, 10, 20 Difficulty: 2A Registration 09:30 - 10:00

Vancouver 'Venturers Volkssport Club Rita Hopmans 604-585-2685
vancouverventurers@gmail.com

WALK DESCRIPTION: This map walk will recreate the first walk done by VVVC on July 1, 1997. The route (different to the current Permanent Trail) goes through Queen Elizabeth Park & Shaughnessy before returning to the mall.

DIRECTIONS TO START POINT: By car: Take Highway 1 west to Exit 29; proceed on Grandview Highway which becomes 12th Avenue; right on Ash Street (1 block past Cambie Street); right into underground parking lot (~\$1.75/30 minutes).

By transit: From Broadway/Commercial SkyTrain Station, bus #99 (UBC) to Cambie Street; walk 3 blocks south.

July 04

EDMONTON, AB River & Ravine #7

Start Point: Wilfred Laurier Park, 13315 Buena Vista Rd. T5J 2R7

Distances: 6, 11 Difficulty: 2B Registration 18:30 - 19:00

St. Albert Trekkers Volkssport Club David Hall 780-951-2882 davidhall@live.ca

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

DIRECTIONS TO START POINT: From Whitemud Dr., exit onto 149 St., right onto 87 Ave. to the traffic circle. Take the Buena Vista Rd. turn. Follow Valley Zoo signs. Start point is in the SW corner of the Zoo parking lot near the Park entrance.

SPECIAL WALKING PROGRAMS: Trans-Canada Trail, New Bridges

July 05

OTTAWA, ON

Start Point: Arrow & Loon, 99 Fifth Ave K1S 5K4

Distances: 5, 10 Difficulty: 1B Registration 17:30 - 18:30

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

July 08

CAMROSE, AB 150/30 Celebration Walk

Start Point: Norseman Inn, 6505 - 48 Ave. T4V 3K3

Distances: 6, 10 Difficulty: 1A Registration 09:00 - 09:30

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

WALK DESCRIPTION: Sidewalks and paved trails.

DIRECTIONS TO START POINT: From Edmonton, take Hwy 16 East and turn south on Hwy 21. Turn east on Hwy 13 to Camrose. Hotel on the right. From Hwy 2 South / North go to Hwy 2A (Wetaskiwin) then go east on Hwy 13 to Camrose. The Norsemen In is on your right after a set of traffic lights.

July 08

CAMROSE, AB

Start Point: Norseman Inn, 6505 - 48 Ave. T4V 3K3

Distances: 5, 10 Difficulty: 1B Registration 13:00 - 13:30

Wetaskiwin Volkssport Club Alda Watchorn / Louise 780-361-5530 / 780-352-2122

WALK DESCRIPTION: Sidewalks and paved trails.

DIRECTIONS TO START POINT: From Edmonton, take Hwy 16 East and turn south on Hwy 21. Turn east on Hwy 13 to Camrose. Hotel on the right. From Hwy 2 South / North go to Hwy 2A (Wetaskiwin) then go east on Hwy 13 to Camrose. The Norsemen In is on your right after a set of traffic lights.

July 08

ELKWATER, AB Medicine Hat Club's 22nd Anniversary Celebration

Start Point: Elkwater Landing Restaurant, 40 Lakeview Dr T0J 1C0

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

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

WALK DESCRIPTION: Through wooded areas OR up a steep hill, and coast down along stream.

DIRECTIONS TO START POINT: From Trans Canada Hwy, turn south on Hwy 41 to Elkwater. Follow Elkwater signs to parking lot.

SPECIAL WALKING PROGRAMS: Murals, Community

July 08

GREENWICH, NS Noggins Farm Trail

Start Point: Noggins Farm Trail, 10009 Highway 1 B4P 2R2

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

Valley Trekkers Volkssport Club Sheila West 902-678-7975 theillsleys@eastlink.ca

WALK DESCRIPTION: Historical woodland walk

DIRECTIONS TO START POINT: Take exit 11 off HWY 101, Follow road down to HWY 1, turn left at the traffic lights to Noggins Farm Market on the right

July 08

OTTAWA, ON

Start Point: East Side Mario's, 1861 Robertson Rd. K2H 9N5

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

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

July 08

VICTORIA, BC Marigold Park

Start Point: Marigold Park, Iris Ave off Grange Rd V8Z 2B7

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

Victoria 'Y' Volkssport Club Hazel Dunham / Joyce Tamboulian 250-385-5439 / 250-590-7766

yvolks@telus.net

WALK DESCRIPTION: This walk takes you through several Parks, along the Galloping Goose with nice views of Esquimalt Naval Dock Yard/Harbour and you'll discover hidden pathways and a waterway with "birds according to season".

DIRECTIONS TO START POINT: From Victoria: - Hwy 1; Right on McKenzie Ave; Left on Burnside Rd W; Right on Grange Rd; Left on Iris Ave; (go slow, very narrow)

SPECIAL WALKING PROGRAMS: Trans-Canada Trail, Community

July 09

HALIFAX, NS Spryfield / Long Lake Loop

Start Point: Long Lake Provincial Park Parking Lot, NorthWest Arm Drive at Cowie Hill Road B3N

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

Dartmouth Volksmarch Club Dan Haycock 902-479-2817 dan.h@bellaliant.net

DIRECTIONS TO START POINT: Park at Long Lake Provincial Park main parking lot on NorthWest Arm Drive at Cowie Hill Road

July 09

STURGEON FALLS, ON Leisure Farm Walk

Start Point: Leisure Farm, 744 Quesnel Rd P2B 2W3

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

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

DIRECTIONS TO START POINT: Parking Lot

July 11

EDMONTON, AB River & Ravine #8

Start Point: Fort Edmonton Park, 7000 143 St. T6H 4P3

Distances: 6, 11 Difficulty: 3B Registration 18:30 - 19:00

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

WALK DESCRIPTION: Trail crosses the North Saskatchewan River on the Fort Edmonton Foot Bridge. The 11 km walk climbs 200 steps out of the river valley.

DIRECTIONS TO START POINT: From the QE II (Hwy 2) take Whitemud Dr. to the Fox Dr. exit. From Fox Dr., left turn onto Fort Edmonton Rd., and follow it to the south end of the parking lot.

SPECIAL WALKING PROGRAM: New Bridges

July 12

OTTAWA, ON Rideau River Ramble

Start Point: Riverside Pub, 3673 Riverside Dr. K1V 1G8

Distances: 5, 11 Difficulty: 2B Registration 17:30 - 18:30

Ottawa Voyageurs d'Ottawa Walking Club Jeannine McCann 613-829-5482

jeannine.mccann@sympatico.ca

WALK DESCRIPTION: Explore the Riverside Park community bordering the Rideau River. SPECIAL WALKING PROGRAM: Community

July 14

PICTOU ISLAND, NS Pictou Island 150/30 Celebration Walk

Start Point: Pictou Island Ferry Terminal, B0K 1J0

Distances: 6, 14 Difficulty: 2A Registration 08:30 - 09:00

Central Nova Volkssport Club Wanda Woolaver 902-895-6932 mgawanda@gmail.com

DIRECTIONS TO START POINT: Hwy 106 to end, ferry terminal to the right of PEI Ferry

SPECIAL WALKING PROGRAM: New Bridges

July 15

COLWOOD, BC 150/30 Celebration

Start Point: Fort Rodd Hill National Historic Site, 603 Fort Rodd Hill Rd V9C 2W8

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

Juan de Fuca Pathfinders Walking Club Francine Thivierge 250-361-4583 franthiv@telus.net

WALK DESCRIPTION: Celebrate National Parks Day with a route that goes into Royal Roads University, around Hatley Castle, through the gardens, then back to historic Fort Rodd Hill for a tour through the grounds & into Fisgard Lighthouse. Potluck picnic after walk, weather permitting.

DIRECTIONS TO START POINT: Take Hwy 1 north; take exit 10 Colwood/Sooke; Left on Ocean Blvd, keeping Left at next Y; Left into Fort Rodd Hill.

SPECIAL WALKING PROGRAM: Community

July 15

COOKING LAKE-BLACKFOOT RECREATION AREA, AB Alberta Parks day

Start Point: Waskehegan Staging Area main parking lot, picnic shelter,

Distances: 5, 12 Difficulty: 2B Registration 08:30 - 09:00

Devon Discovery Walkers Robert Duncan 780-963-4145 duncanra@shaw.ca

WALK DESCRIPTION: Woodland trails through rolling parkland. Alberta Parks will provide hot dogs and drinks after the event to celebrate Alberta Parks Day.

DIRECTIONS TO START POINT: From Edmonton, take Hwy 16 East to Range Road 210. Turn right (South) for approx. 7 km and turn left into staging area. Follow signs to parking lot and Start Point.

SPECIAL WALKING PROGRAM: Community

July 15

LANGLEY TOWNSHIP, BC Langley Trails & BBQ

Start Point: Walk / BBQ Host's Home, 21054 - 46A Ave V3A 3K3

Distances: 6, 10 Difficulty: 2B Registration 09:30 - 10:00

Surrey Trekkers Volkssport Club Leslie Gaudette 604-630-4201 lgaudette@gmail.com

WALK DESCRIPTION: Walk along Langley trails through several parks & waterways, on the return you can join the group for our Club's annual BBQ.

DIRECTIONS TO START POINT: From 208 St (south of Fraser Hwy) Left on 48 Ave Right on 210 St. Left on 46A Ave (dead end St); parking on street

SPECIAL WALKING PROGRAMS: Murals, Community, New Bridges

July 16

CHESTER, NS Graves Island / Chester Potluck

Start Point: Graves Island Provincial Park, 230 Graves Island Road B0J 1J0

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

Dartmouth Volksmarch Club Brenda Milne / Margaret Odell 902-444-0649 / 902-454-9280

bjbaker29@hotmail.com

July 16

MIDDLE RIVER, NS Gold Brook Trail

Start Point: Gold Brook Trail -head, 3402 Cabot Trail, Gold Brook Road B0E 1B0

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: The walk event takes place on an old road going to a former "gold mine".

DIRECTIONS TO START POINT: From the TCH 105 turn north on the Cabot Trail at Exit 7 and continue to Middle River, Gold Brook Road is on the right (East) side of the highway. CBIH signs will be posted.

July 18

EDMONTON, AB River and Ravine

Start Point: William Hawrelack Park Picnic site #2, 9930 Groat Rd. T6G 2A8

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

Wetaskiwin Volkssport Club Alda Watchorn / Louise 780-361-5530 / 780-352-2122

WALK DESCRIPTION: Paved and dirt trails beside river and through parks.

DIRECTIONS TO START POINT: From Groat Rd., north or south, take park exit just south of the river. Follow signs to William Hawrelack Park. Picnic site # 2 is on the right, three quarters of the way around the park perimeter road.

July 19

OTTAWA, ON

Start Point: Boston Pizza, 521 W. Hunt Club Rd. K2G 5W1

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

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

July 22

NORTH SAANICH, BC Coles Bay Regional Park

Start Point: Coles Bay Regional Park, 9324 Inverness Rd V8L

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

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

WALK DESCRIPTION: Walk is on Roads and trails in North Saanich.

DIRECTIONS TO START POINT: From Hwy 17 north take exit for airport/McTavish Road. West on McTavish turn right on West Saanich. Turn left on Ardmore, left on Inverness Road.

July 22

OTTAWA, ON

Start Point: Hurley's, 64 Stonehaven K2M 2Y2

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

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

July 22

ST. ALBERT, AB Triathlon Cycle

Start Point: Kingswood Park Shelter, Sir Winston Churchill Ave. East

Distances: 30 Difficulty: 2A Registration 07:00 - 12:00

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

WALK DESCRIPTION: Trail is mostly on the Red Willow Trail System and some residential streets.

The stamping desk closes at 14:00. Participants doing the full triathlon are advised to start at 07:00.

DIRECTIONS TO START POINT: From Hwy 2, turn east (right) on Sturgeon Rd. Left turn on Sir Winston Churchill Ave. Watch for Red Willow Park (Kingswood) and parking lot on right.

SPECIAL WALKING PROGRAMS: Murals, Community, New Bridges

July 22

ST. ALBERT, AB Triathlon Swim

Start Point: Kingswood Park Shelter, Sir Winston Churchill Ave. East

Distances: 300M Difficulty: n/a Registration 07:00 - 12:00

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

WALK DESCRIPTION: The swim time is from 09:00 to 11:00 at Fountain Park Pool on Cunningham Road. Floatation devices are available for non-swimmers. Life guard in attendance. the stamping desk closes at 14:00. Participants doing the full tiathlon are advised to start at 07:00.

DIRECTIONS TO START POINT: From Hwy 2, turn east (right) on Sturgeon Rd. Left turn on Sir Winston Churchill Ave. Watch for Red Willow Park (Kingswood) and parking lot on right.

July 22

ST. ALBERT, AB Annual Triathlon Walk

Start Point: Kingswood Park Shelter, Sir Winston Churchill Ave. East

Distances: 5, 10, 20, 30 Difficulty: 2A Registration 07:00 - 12:00

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

WALK DESCRIPTION: Trail is mostly on the Red Willow Trail System and some residential streets. Suitable for strollers. Stamping desk closes at 14:00. Participants doing the full triathlon are advised to start at 07:00.

DIRECTIONS TO START POINT: From Hwy 2, turn east (right) on Sturgeon Rd. Left turn on Sir Winston Churchill Ave. Watch for Red Willow Park (Kingswood) and parking lot on right.

SPECIAL WALKING PROGRAMS: Murals, Community, New Bridges

July 23

CULTUS LAKE, BC Cultus Lake Provincial Park

Start Point: Cultus Lake Golf Course, 4000 Columbia Valley Hwy V2T 5H6

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

Surrey Trekkers Volkssport Club Dale Challice 604-866-8077 dale_challice@gmail.com

WALK DESCRIPTION: This area is the transition zone between the Coastal Western Hemlock & Coastal Douglas Fir. The walk takes you beside Cultus Lake through forest trails & parks.

DIRECTIONS TO START POINT: From Highway #1 take exit 119 (Vedder Road South); Left on Columbia Valley Highway (Cultus Lake Rd) OR From Hwy #1 take exit #104 to No. 3 Rd in Abbotsford; Continue on No. 3 Rd; R on Tomie Rd; Left on Yarrow Central & continue onto Vedder Mountain Rd; Right Columbia Valley Hwy (Cultus Lake Rd)

SPECIAL WALKING PROGRAMS: Community, New Bridges

July 23

SAMBRO, NS Pennant Point Trail

Start Point: Crystal Crescent Beach Parking Lot, Hwy 349 B3V 1L6

Distances: 12, 6 Difficulty: 3C /2B Registration 09:30 - 10:00

Dartmouth Volksmarch Club Stephen Bloom / Lionel Conrod 902-477-3217 sbloom@bellaliant.net

July 23

VICTORIA, BC Walkfest - Canada US Friendship Walk

Start Point: Windsor Park Pavilion, 2451 Windsor Road V8S 5H3

Distances: 5, 10 Difficulty: 2B Registration 10:15:00 - 10:45:00

Garden City Wanderers Volkssport Club Rob Dalrymple / Joan Sanderson 250-658-4998

robdal@shaw.ca

WALK DESCRIPTION: Walk through quiet residential areas & parks of Oak Bay. Magnificent sea views. Treats will be available at 09:30 am. Potluck & draw for prizes follow the walk.

DIRECTIONS TO START POINT: From Victoria follow Oak Bay Ave which becomes Newport Ave; right on Windsor Road

July 25

EDMONTON, AB River & Ravine #10

Start Point: Mill Creek Swimming Pool, 8200 - 95A St. T6C 0Z7

Distances: 6, 10 Difficulty: 2B Registration 18:30 - 19:00

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

WALK DESCRIPTION: Mostly dirt trails, but some paved pathways and residential streets.

DIRECTIONS TO START POINT: From Whyte Ave. (82 Ave.), turn north onto 95A St. Start Point in first parking lot.

SPECIAL WALKING PROGRAM: New Bridges

July 26

OTTAWA, ON Roaming Rockcliffe & Rideau River North

Start Point: Clocktower Brew Pub, 422 MacKay St. K1M 1M1

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

Ottawa Voyageurs d'Ottawa Walking Club Karen Venema 613-731-5417, 613-794-2253

mkarenvenema@gmail.com

WALK DESCRIPTION: Join us for an evening walk through the Rockcliffe and North Rideau River communities.

SPECIAL WALKING PROGRAMS: Community, New Bridges

July 29

CARP, ON

Start Point: TBD,

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

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

July 29

NORTH BAY, ON 150/30 Celebration Walk

Start Point: James Kerr Park, Riverbend Rd

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

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

DIRECTIONS TO START POINT: Parking Lot

July 30

BURNABY, BC

Start Point: Confederation Park Miniature Railway, 120 North Willingdon Ave V5C 6K1

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

Vancouver 'Venturers Volkssport Club Pat Clegg 604-437-5736 vancouverventurers@gmail.com

WALK DESCRIPTION: Western loop follows residential streets in Burnaby Heights, goes under Highway 1, & returns along Trans Canada Trail. Eastern loop goes through Capitol Hill residential area & also returns along Trans Canada Trail. Plan to take time after walking to ride one of the miniature trains.

DIRECTIONS TO START POINT: By car: Take Highway 1 west; right on Hastings Street; left on Willingdon Avenue; right on Penzance Drive to parking lot.

By transit: From Downtown Vancouver, bus #135 (SFU) to Willingdon Avenue; cross Hastings and proceed on Willingdon; right on Penzance Drive.

SPECIAL WALKING PROGRAMS: Trans-Canada Trail, New Bridges

July 30

DUNCAN'S COVE, NS Duncan's Cove Trail

Start Point: Duncan's Cove Road parking area, 289 Duncan's Cove Road B3V 1K4

Distances: 10, 6 Difficulty: 3C Registration 09:30 - 10:00

Dartmouth Volksmarch Club Ken and Pat Clahane 902-402-5166 kvclahane@eastlink.ca

DIRECTIONS TO START POINT: Hwy 349 to Duncan's Cove Rd. parking area.

July 30

ST. PETERS, NS Battery Provincial Park

Start Point: St. Peters, Battery Provincial Park, 10110 Grenville St, Battery Park B0E 3B0

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

Cape Breton Island Hoppers Volkssport Club Julie Dzaich 902-562-5789

bretonhoppers@hotmail.com

WALK DESCRIPTION: A rails to trail walk along St Peters Bay, a NS provincial park historical sites, as well as traversing the "canal locks".

DIRECTIONS TO START POINT: From Sydney drive west on Hwy 4 to St Peters, then left into "Battery Park" , just before the St Peters Canal Bridge.

July 30

VIEW ROYAL, BC CRD Atkins Road

Start Point: East Thetis Lake Park, CRD Atkins Road Parking Lot V9B 1H5

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

Juan de Fuca Pathfinders Walking Club Rick / Christine Desjardins 250-478-7020

rickandchristine@shaw.ca

WALK DESCRIPTION: Walk is on trails within eastern portion of Thetis Lake Park.

DIRECTIONS TO START POINT: From Hwy 1 take exit 10. Turn right on Six Mile Road, turn right on Atkins road drive approximately .5 km to CRD Atkins Road Parking Lot. Sign on right.