



CVF / FCV Events August 2017

August 01

EDMONTON, AB River & Ravine #11

Start Point: Starbucks Parking Lot, 961 James Mowatt Trail T6W 1S4

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

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

WALK DESCRIPTION: Trails and sidewalks along the banks of scenic Blackmud Creek.

DIRECTIONS TO START POINT: From the Anthony Hendy, south on 111 St. to just past Ellerslie Rd. and left turn into parking lot of large strip mall.

SPECIAL WALKING PROGRAMS: Community, New Bridges

August 02

OTTAWA, ON

Start Point: Montana's South Keys, 2216 Bank St. K1V 1J6

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

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

August 05

ANMORE, BC Buntzen Lake

Start Point: South Beach Picnic Shelter, 3275 Sunnyside Rd V3H 4Z2

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

Surrey Trekkers Volkssport Club Susan / Gord Malcolm 604-421-7228

susan_malcolm@hotmail.com

WALK DESCRIPTION: Buntzen Lake Reservoir is one of the most popular recreation sites in the Lower Mainland. It has amazing views & hiking trails. It was formerly known as Lake Beautiful.

DIRECTIONS TO START POINT: From Port Moody take IOCO Rd; continue straight on Heritage Mountain Blvd (follow signs to Buntzen Lake); follow to end Right at Sunnyside Rd to entrance of park - Note: parking lots are located 2km from entrance gate

SPECIAL WALKING PROGRAM: New Bridges

August 05

LACOMBE COUNTY, AB Jarvis Bay

Start Point: Jarvis Bay Provincial Park Visitor Parking Lot, 338-364 Birchcliff Road T4N 5E2

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

Volkssport Walkers of Central Alberta Sheila Klein 403-887-4474 ywcaclub@gmail.com

WALK DESCRIPTION: Natural area, Lake views, residential roads and paths. Weiner roast and potluck to follow (smokies and condiments supplied by VWCA) Email Sheila at ywcaclub@gmail.com for more information. Washrooms along route.

DIRECTIONS TO START POINT: Take Hwy 11 to Sylvan Lake. Right turn on Hwy 20. Travel north to Township Road 392. Turn left and continue a short distance. Left turn into Jarvis Bay Provincial Park. Visitor Parking lot is on the left.

August 05

OTTAWA, ON Walkfest

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

Distances: 5, 10, 21 Difficulty: 1B Registration 09:00 - 10:30

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

August 05

REDCLIFF, AB

Start Point: Redcliff Riverview Golf Course, 700 Redcliff Way SE T0J 2P0

Distances: 7, 11 Difficulty: 1A / 2B Registration 07:30 - 08:00

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

WALK DESCRIPTION: Paved trail, sidewalk and red shale.

DIRECTIONS TO START POINT: From Trans Canada Hwy east or west, take Redcliff Exit (Broadway), turn right into town and left on Mitchell Street.

SPECIAL WALKING PROGRAMS: Murals, Community

August 05

VAL-BÉLAIR, QC Marche et repas festif (\$)

Start Point: Base de plein air la Découverte, 1560, rue de la Découverte G3K 1W5

Distances: 5, 10 Difficulty: 2B / 3C Registration 13:30 - 14:00

Club Volkssport Nord-Sud Serge Lacoste 418-843-3302 volknord@videotron.ca

WALK DESCRIPTION: Marche guidée et souper de groupe / Guided walk and group dinner

DIRECTIONS TO START POINT: Henri IV N, sortie ave. Industrielle O, tourner Pie XI S, ave de la Montagne, rue de la Découverte

August 05

VICTORIA, BC Saanich Commonwealth Place

Start Point: Saanich Commonwealth Place, 4636 Elk Lake Dr V8Z 7K2

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

Garden City Wanderers Volkssport Club George / Diane Copley 250-386-1279 gcopley@telus.net

WALK DESCRIPTION: Walk on trails to Beaver Lake & on country roads.

DIRECTIONS TO START POINT: Traveling from Victoria on Hwy 17, take Royal Oak exit; left on Royal Oak Ave; right on Elk Lake Dr.

SPECIAL WALKING PROGRAM: Community

August 06

OTTAWA, ON Walkfest

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

Distances: 6, 11 Difficulty: 1B Registration 09:00 - 10:30

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

August 06

WAVERLEY, NS Charles MacDonald Sportspark Walk

Start Point: 1390 Cobequid Road B2R 1M3

Distances: 10 Difficulty: 3B Registration 09:30 - 10:00
Dartmouth Volksmarch Club Elaine Dawson / Karen Dawson 902-883-1364 / 902-883-1557
emdlantz@eastlink.ca

DIRECTIONS TO START POINT: Travel up to parking area by ball field.

August 08

FORT SASKATCHEWAN, AB River & Ravine #12

Start Point: Turner Park, River Rd. and 104 St.

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

Volkssport Association of Alberta Kathleen Parr 780-998-1033 walksalot2@shaw.ca

WALK DESCRIPTION: Streets and trails of the city, with lovely river views.

DIRECTIONS TO START POINT: From Hwy.15 and 21, turn left (west) onto 101 St. Follow to end.

Right turn on River Rd. Turner Park will be on the right.

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

August 09

OTTAWA, ON Petrie Island Tour

Start Point: Royal Canadian Legion, 800 Taylor Creek Blvd. K1C 1T1

Distances: 6, 11 Difficulty: 1B Registration 17:30 - 18:30

Ottawa Voyageurs d'Ottawa Walking Club Marion Boom 613-435-0568 walking4fun2@gmail.com

WALK DESCRIPTION: Petrie Island is well-known for its relatively pristine natural environment, diversity of species and two sandy beaches.

August 11

QC Région de l'Outaouais

Start Point: Brochure,

Distances: Difficulty: 2B / 3C Registration 10:30 - 11:00

Club Volkssport Nord-Sud Marc Payeur 418-843-3178 volknord@videotron.ca

WALK DESCRIPTION: Exclusif aux membres

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

August 12

COWICHAN VALLEY, BC Cobble Hill Mountain Recreation Area

Start Point: Quarry Nature Park parking lot, 3606 Empress Road V0R 1L5

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

Garden City Wanderers Volkssport Club David Cattrall 250-598-4316 david.cattrall@telus.net

WALK DESCRIPTION: Explore the trails of this beautiful recreation area. The trails lead through a variety of forest ecosystems and feature several viewpoints that collectively offer a 360 degree view of the surrounding area.

DIRECTIONS TO START POINT: From Victoria: West off the Trans-Canada Highway onto

Hutchinson Road and right onto Shawnigan Lake/Cobble Hill Road, then immediate left onto Empress Avenue.

August 13

HALIFAX, NS Dingle Tower Walk

Start Point: John W. MacLeod Fleming Tower School, 159 Purcell's Cove Road B3P 1B7
Distances: 11, 6 Difficulty: 3C Registration 09:30 - 10:00
Dartmouth Volksmarch Club Stephen Bloom / Lily Conrod 902-423-0760 / 902-466-4421
sbloom@bellaliant.net

August 13

INVERNESS, BROAD COVE, NS Broad Cove Marsh Trail
Start Point: Broad Cove Marsh Road, 178 Broad Cove Marsh Road B0E 1N0
Distances: 5, 10, 12 Difficulty: 2C Registration 13:30 - 14:00
Cape Breton Island Hoppers Volkssport Club Rollie Coombes 902-849-0747
bretonhoppers@hotmail.com
WALK DESCRIPTION: A walk along the western coast of CB with ocean views and Wolfe Island Nature Reserve
DIRECTIONS TO START POINT: From Inverness drive 3k north on Hwy 19 to Broad Cove Marsh Rd. CBIH signs will be posted at the intersection.

August 13

KINGSTON, ON King's Town Trekkers Anniversary Event
Start Point: Holiday Inn, 2 Princess Street K7L 1A2
Distances: 5, 10 Difficulty: 2B Registration 08:30 - 09:00
King's Town Trekkers Volkssport Club George Grant 613-536-5785 g.grant91@hotmail.ca
WALK DESCRIPTION: BBQ Lunch afterward at the clubhouse at 700 Millwood Place, everyone welcome.
DIRECTIONS TO START POINT: From Hwy 401, take Exit 623 and follow towards Fort Henry (Hwy 2). Turn right on Hwy 2, crossover the causeway and the Holiday Inn will be at 2 Princess St. (Left at the traffic lights). To get to the BBQ from Holiday Inn, turn left on Ontario St. to King St. E. and follow King St. all the way to Days Road. Turn right on Days Road and go to Bath Road. Turn left on Bath road to Vista Dr. Turn left on Vista Dr. Then take your first right (Millwood Dr) and go to 700 Millwood Dr.
SPECIAL WALKING PROGRAM: Murals

August 13

VICTORIA, BC Lochside Park
Start Point: Lochside Park, 5300 - 5500 block of Lochside Dr V8Y 2G7
Distances: 5, 10 Difficulty: 2B Registration 09:30 - 10:00
Garden City Wanderers Volkssport Club George / Diane Copley 250-386-1279 gcopley@telus.net
WALK DESCRIPTION: Walks on streets, trails & beach in Cordova Bay.
DIRECTIONS TO START POINT: From Patricia Bay Hwy 17 take Cordova Bay Road, follow to Lochside Dr & turn left.

August 16

OTTAWA, ON
Start Point: Lone Star - Baseline, 780 Baseline Rd K2C 3V8
Distances: 5, 10 Difficulty: 2B Registration 17:30 - 18:30
Nepean Nomads Walking Club Lorna Giles 613-224-1332 sassyg@rogers.com

August 19

METCHOSIN, BC Matheson Lake

Start Point: Matheson Lake Park, Matheson Lake Park Rd V9C 4G9

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

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

WALK DESCRIPTION: Walk is all on trails in Matheson Lake Park & Roche Cove Regional Park.

DIRECTIONS TO START POINT: From Hwy 1 take exit 10. Turn left on Metchosin Road, turn right on Happy Valley Road, turn left on Rocky Point Road, turn right on Matheson Lake Road. Proceed to parking lot at end of road.

August 19

MILLET, AB Countryside Walk #1

Start Point: Alda & Ted's Acreage, Available by email to club members only prior to event. T0C 1Z0

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

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

WALK DESCRIPTION: Walk through wooded trail and pasture.

DIRECTIONS TO START POINT: Directions available to club members only prior to the event. This is private property.

August 19

MILLET, AB Countryside Walk #2

Start Point: Pipestone Creek, near Coal Lake T0C 1Z0

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

Wetaskiwin Volkssport Club Alda Watchorn / Violet 780-361-5530 / 780-586-2112

WALK DESCRIPTION: Groomed track through spruce woodland, aspen parkland and dry grassland.

DIRECTIONS TO START POINT: From Countryside Walk #1 - you will be guided to this event near to Regional Rd 231A and the Wetaskiwin Water Reservoir.

August 19

WOLFVILLE, NS Wolfville Walkabout

Start Point: Wolfville Tourist Bureau Parking Lot., 11 Willow Ave B4P 2G5

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

Valley Trekkers Volkssport Club Philip Longmire 902-678-8278 theillsleys@eastlink.ca

WALK DESCRIPTION: walk through the streets and woodlands of Wolfville

DIRECTIONS TO START POINT: Wolfville Tourist Bureau Parking Lot, Willow Street, turn off Main Street, Wolfville

August 20

SAINT-RAYMOND, QC Vallée du Bras-du-Nord

Start Point: Accueil Shannahan, 2180, rang Saguenay G3L 3G3

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

Club Volkssport Nord-Sud Michel Tessier 418-743-6916 volknord@videotron.ca

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

August 20

SURREY, BC Surrey Bend Regional Park

Start Point: Barnston Island Ferry Parking Lot, 17775 - 104 Ave V4N 4X6

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

Surrey Trekkers Volkssport Club Reg / Carole Ahern 604-584-0039 carole.mahern@gmail.com

WALK DESCRIPTION: The park opened in 2016 & is home to a variety of wildlife. Enjoy the wetlands & view the log booms along the shoreline of the Fraser River.

DIRECTIONS TO START POINT: From Hwy #1 take exit #53 (176 St North); follow Hwy #17; R 104 Ave & drive to end of road (ignore main entrance to Park); Park in Barnston Island Ferry parking lot as route will start from this point

SPECIAL WALKING PROGRAM: New Bridges

August 20

VAL DAVID, QC More Days Walk - Le P'tit Train du Nord

Start Point: Auberge du Vieux Foyer, 3167, 1er Rang Doncaster J0T 2N0

Distances: 50-55 Difficulty: 2B Registration 8:30 - 09:00

Ottawa Voyageurs d'Ottawa Walking Club Benoît Pinsonneault 613-746-0971, 613-290-2652

benoitpinson@rogers.com

WALK DESCRIPTION: Join us for the most fun you'll have all year. Walk as far as you want, then join your fellow club members for fun, food and frolic.

August 20

VAL DAVID, QC More Days Cycle - Le P'tit Train du Nord

Start Point: Auberge du Vieux Foyer, 3167, 1er Rang Doncaster J0T 2N0

Distances: 100-125 Difficulty: 2B Registration 8:30 - 09:00

Ottawa Voyageurs d'Ottawa Walking Club Benoît Pinsonneault 613-746-9071, 613-290-2652

benoitpinson@rogers.com

WALK DESCRIPTION: Join us for the most fun you'll have all year. Cycle as far as you want, then join your fellow club members for fun, food and frolic.

August 23

OTTAWA, ON Beacon Hill Promenade

Start Point: Dunn's Famous Breakfast & Pizza, 902 Shefford Road K1J 6Y5

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

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

benoitpinson@rogers.com

WALK DESCRIPTION: Our final Wednesday evening pub walk will explore the community of Beacon Hill.

SPECIAL WALKING PROGRAM: Community

August 26

LÉVIS, QC Lévis, Beaumont, Berthier

Start Point: Gare fluviale de Lévis, 6001, rue Laurier G6V 0P5

Distances: 46, 75 Difficulty: 2B Registration 09:30 - 10:00

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

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

August 26

MOUNTAIN, ON 150/30 Celebration Walk

Start Point: Smokie Ridge Vineyard, 10090 Cameron Rd K0E 1S0

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

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

August 26

NANAIMO, BC 150/30 Celebration

Start Point: Howard Johnson Hotel, 1 Terminal Ave V9R 5R4

Distances: 6, 12 Difficulty: 2B Registration 8:45:00 - 09:15:00

Bastion City Wanderers Volkssport Club Ethel Hansen 250-756-9796 ethelh@shaw.ca

WALK DESCRIPTION: The fare for the ferry is approximately \$9. Head count needed for ferry. Please contact BCW if attending. Both the 6 & 12 k routes go on trails on Newcastle Island.

August 26

NORTH BAY, ON Bernie's Walk

Start Point: Bernie's Walk, 1200 O'Brien St P1B 6G2

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

Gateway Walkers Club Louise Dietrich 705-474-6716 sartoviola@hotmail.com

DIRECTIONS TO START POINT: Rear Parking Lot of Comfort Inn

August 27

DARTMOUTH, NS 34th Annual International Volksmarch - TCT Event CVF 30th Ann./150th Ann. of Confederation

Start Point: Fairbanks Centre, Shubie Park, 24 Locks Road B2X 2W7

Distances: 5, 10, 20 Difficulty: 2B Registration 8:00 - 11:00

Dartmouth Volksmarch Club Vice President

WALK DESCRIPTION: BBQ lunch provided after walks

August 27

STONEHAM, QC Sentier Scotora + autres

Start Point: Parc national de la Jacques-Cartier, sortie 182, rte 175 N, 103, chemin de la Vallée-de-la-Jacques-Cartier G3C 2T5

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

Club Volkssport Nord-Sud Daniel Morand 418-833-4940 volknord@videotron.ca

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

August 27

VANCOUVER, BC CVF/FCV's 30th Anniversary

Start Point: Trout Lake Community Centre, 3360 Victoria Drive V5M 4M4

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

Vancouver 'Venturers Volkssport Club Lucille Pallard 604-876-4996

vancouverventurers@gmail.com

WALK DESCRIPTION: From Trout Lake, route passes residential area before going through Renfrew Ravine & returning to park.

DIRECTIONS TO START POINT: By car: Take Highway 1 west to Exit 29; proceed on Grandview Highway; left on Victoria Drive; left into parking lot. By transit: From Broadway/Commercial SkyTrain Station, bus #20 (Victoria) to Victoria Diversion. Left on Porter; proceed north on Victoria drive.

SPECIAL WALKING PROGRAM: Community

August 27

WASHABUCK, NS Washabuck Trails

Start Point: MacKenzie Road, Washabuck, 86 MacKenzie Road B2C 1N2

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

Cape Breton Island Hoppers Volkssport Club Don MacKenzie 902-539-8512

bretonhoppers@hotmail.com

WALK DESCRIPTION: Country lanes and short trail systems and small beaches, views of the Bra d'Or Lakes, Kidston Island

DIRECTIONS TO START POINT: Exit 3 from Hwy 125 to Iona and follow Hwy signs to Washabuck Centre

August 27

WINNIPEG, MB King's Park

Start Point: King's Park Parking Lot, 198 King's Dr R3T 3G1

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: South East corner of Southglen Shopping Mall. Southglen Blvd. and St. Anne's Rd.

August 29

LÉVIS / CENTRE-VILLE, QC Marche de la directrice

Start Point: Couvent des sœurs St-Louis-de-France, Porte 2, 6670, rue Saint-Louis-de-France G6V 1P1

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

Club Volkssport Nord-Sud Marjolaine Talbot 418-845-4829 volknord@videotron.ca

WALK DESCRIPTION: marche guidée dans le Vieux-Lévis

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