



CVF / FCV Events September 2017

September 02

AB Troll Falls

Start Point: Ribbon Creek Trailhead parking lot, Ribbon Creek Road

Distances: 5, 6, 11 Difficulty: 2B Registration 13:00 - 13:30

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

WALK DESCRIPTION: Natural trails through meadows and forest to Troll Falls and along Ribbon Creek.

DIRECTIONS TO START POINT: Take Hwy 40 south of the Trans Canada to Kananaskis Village turn off (Mt. Allan Dr.) Turn left on to Centennial Drive and first right onto Ribbon Creek Rd. to Ribbon Creek trail head parking lot.

SPECIAL WALKING PROGRAM: New Bridges

September 02

KANANASKIS VILLAGE, AB Kananaskis Village

Start Point: Kananaskis Village Centre parking lot, Centennial Dr.

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

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

WALK DESCRIPTION: Paved and natural trails around Kananaskis Village and on the Terrace Trail with broad views of the valley.

DIRECTIONS TO START POINT: Take Hwy 40 south of the Trans Canada to Kananaskis Village turn off (Mt. Allan Dr.) Turn left on to Centennial Drive and follow signs to Kananaskis Village parking .

September 03

AB Upper Kananaskis Lake South Shore

Start Point: Upper Kananaskis Lake Trail Head, Kananaskis Lakes Trail

Distances: 6, 8, 10, 12 Difficulty: 1B/ 3C Registration 8:30 - 09:00

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

WALK DESCRIPTION: Natural trails along the south shore of Upper Kananaskis Lake. Optional walk up to Rawson Lake.

DIRECTIONS TO START POINT: Take Hwy 40 south of the Trans Canada and turn right on to Kananaskis Lakes Trail and turn left at the sign to the Upper Kananaskis Trail Head.

SPECIAL WALKING PROGRAM: New Bridges

September 03

AB Upper Kananaskis Lake - Dams

Start Point: Upper Kananaskis Lake Trail Head, Kananaskis Lakes Trail

Distances: 6, 10, 12 Difficulty: 2B/ 3C Registration 13:00 - 13:30

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

WALK DESCRIPTION: Natural trails along the northeast shore of Upper Kananaskis Lake.

DIRECTIONS TO START POINT: Take Hwy 40 south of the Trans Canada and turn right on to Kananaskis Lakes Trail and turn left at the sign to the Upper Kananaskis Trail Head.

September 03

COURTENAY, BC 150/30 Celebration

Start Point: Raven Lodge, Strathcona Parkway & Washington Way V9J 1L0

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

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

WALK DESCRIPTION: A beautiful mountain walk on good trails.

DIRECTIONS TO START POINT: From Hwy 19, Inland Island Hwy take Mt Washington Rd/Strathcona Parkway; Left on Washington Way to Raven Lodge Parking lot.

September 03

ÎLE D'ORLÉANS, QC Sur les Battures

Start Point: Saint-François de l'île d'Orléans, Tour d'Observation, 325, chemin Royal G0H 3S0

Distances: 5, 10 Difficulty: 2B Registration selon la marée -

Club Volkssport Nord-Sud Lucie Lambert 418-828-0083 volknord@videotron.ca

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

September 03

MT. UNIACKE, NS Uniacke Estate Museum Park Trails

Start Point: Uniacke Estate Museum Park, 758 NS Trunk 1 B0N 1Z0

Distances: 6, 12 Difficulty: 2B / 3C Registration 13:30 - 14:00

Dartmouth Volksmarch Club Nancy MacNeil / Ken Clahane 902-835-6162 / 902-861-4372

nbasinview@msn.com / theclahanes@eastlink.ca

September 03

VICTORIA, BC McMinn Park

Start Point: McMinn Park, Maplegrove St. V8Y 3B9

Distances: 5, 10 Difficulty: 1A / 3C Registration 09:30 - 10:00

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

WALK DESCRIPTION: After an exhilarating uphill climb, be rewarded by fabulous views & then a walk on the beach in Cordova Bay.

DIRECTIONS TO START POINT: From Royal Oak Ave, turn at McMorran Way; right at Sunnymead Way; right on Maplegrove St.

September 04

AB Alberta Majesty

Start Point: Elbow Lake Trail Head, Hwy 40

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

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

WALK DESCRIPTION: Natural trails up to Elbow Lake and Edworthy Falls.

DIRECTIONS TO START POINT: Follow Hwy 40 south of the Trans Canada (Hwy 1) for 62 km. Elbow Lake Trail Head on your left.

September 09

CHÂTEAU-RICHER, QC Château-Richer / Cap Tourmente

Start Point: Château-Richer, Moulin du Petit-Pré, 7007, avenue Royale G0A 1N0

Distances: 40, 55 Difficulty: 2B / 3C Registration 09:30 - 10:00

Club Volkssport Nord-Sud Lucie Lambert 418-828-0083 volknord@videotron.ca

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

September 09

DELTA - TSAWWASSEN, BC International Friendship Walk

Start Point: Centennial Beach Concession Building, 570 Boundary Bay Rd V4L 1N2

Distances: 5, 10 Difficulty: 1B Registration 12:00 - 15:00

Vancouver 'Venturers Volkssport Club Verni Brown 604-682-8390 vancouverventurers@gmail.com

WALK DESCRIPTION: Explore Boundary Bay Regional Park with its dune plants, bird life & views of ocean & mountains. Also walk through residential areas of Boundary Bay & Beach Grove which used to be full of small cottages. We expect quite a few American Volkssporters to join us on this walk.

DIRECTIONS TO START POINT: By car: From Point Roberts, proceed north on 56 Street; right on 12 Avenue; right on Boundary Bay Road; left at sign for Centennial Beach.

From Highway 99, take exit for Highway 17 southbound; left on 56 Street; left on 12 Avenue; right on Boundary Bay Road; left at sign for Centennial Beach.

By transit: From Bridgeport Station (Canada Line), bus #601 (South Delta) to South Delta Exchange; bus #C89 (Boundary Bay) along Boundary Bay Road to sign for Centennial Beach; walk along access road to Concession Building.

September 09

ELKWATER, AB

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: Boardwalk and 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

September 09

OTTAWA, ON 33rd Annual Ottawa Voyageurs Walk 150 / 30 Celebration

Start Point: Bob MacQuarrie Recreation Centre, 1490 Youville Road K1C 2X8

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

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

mkarenvenema@gmail.com

WALK DESCRIPTION: The Ottawa Voyageurs treat you to an old fashioned volksmarch.

SPECIAL WALKING PROGRAM: Community

September 09

VICTORIA, BC Mount Doug To The Top

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

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

Garden City Wanderers Volkssport Club Jan Lewis 250-665-6062

WALK DESCRIPTION: Ambitious walk to the top of Mt Doug for the most fabulous views in all of Victoria.

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.

September 10

CARMAN, MB Carman

Start Point: Syls Drive Inn Restaurant, 132 - 4 Ave SE R0G 0J0

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

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

September 10

CONROD SETTLEMENT, NS Chezzetcook River Walk

Start Point: 22 Camp Road B0J 1N0

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

Dartmouth Volksmarch Club Lionel Conrod / Dan Haycock 902-466-4421 / 902-479-2817

dan.h@bellaliant.net

DIRECTIONS TO START POINT: Conrod Settlement, from Hwy 107 take exit 21 to Conrod Settlement.

September 10

LITTLE LORRAINE, NS Gooseberry & Wild Cove

Start Point: Main-a-Dieu Road, 1480 Louisbourg/Main-a-Dieu Rd.

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: A Shirley Boutilier Memorial Event -DNR has requested that we stay on the designated trail. Do not disturb the natural surroundings.

DIRECTIONS TO START POINT: From Hwy 22 turn left on to Litte Lorraine/Main-a-Dieu Rd. CBIH signs will be posted to the SP.

September 10

PONT-ROUGE, QC Sentier d'interprétation Histoire / Flore

Start Point: Accueil Sud, Maison Georges Déry, Chemin du Roi, Pont-Rouge G3H 2G7

Distances: 5, 10 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>

September 10

SURREY, BC Peace Arch Park / CAN-US Walk Event

Start Point: Peace Arch Park, Beach Rd & Hwy 99 V3S 9N8

Distances: 5, 10 Difficulty: 1B Registration 8:30 - 10:00

Surrey Trekkers Volkssport Club Janet / Rick Bortolussi 778-828-4588 rbortolussi@dccnet.com / jbortolussi@dccnet.com

WALK DESCRIPTION: Part of the CAN-US Walk / US-CAN Walk event with the NW Tulip Trekkers. Walk along the beautiful lawns & amongst the gardens within the Park crossing the Canada/US Border, then walking to White Rock where you will walk along the promenade enjoying the views of the Pacific Ocean.

DIRECTIONS TO START POINT: Exit Hwy 99 on Beach Rd. turn Left into parking lot behind Duty Free Store; start point in adjacent picnic area

SPECIAL WALKING PROGRAMS: Murals, Community, New Bridges

September 12

MAYNE ISLAND, BC Mayne Island Map Walk

Start Point: Village Bay Ferry Terminal, Village Bay Rd & Letour Rd V0N 2J2

Distances: 7, 13 Difficulty: 2B / 3C Registration on ferries -

CVF British Columbia Director Brenda Dudfield 604-584-1900 / 778-859-0201

volkssport@islandnet.com

WALK DESCRIPTION: Confirm ferry schedule before the walk. Contact organizer for more information. A pleasant walk on country roads & trails up to Mount Parke Pk. Great views overlooking the Gulf Islands. The 5 k walk is along country roads & through Mary Jeffrey Nature Park. Poles & boots recommended.

DIRECTIONS TO START POINT: Take BC Ferries from Tsawwassen or Swartz Bay to Mayne Island. Walk starts at Village Bay Ferry Terminal.

SPECIAL WALKING PROGRAM: Community

September 15

DARTMOUTH, NS Beach Walk / Corn Boil

Start Point: Martinique Beach Provincial Park, 193 Martinique Beach Road B0J

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

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

DIRECTIONS TO START POINT: 1st Parking Lot

September 15

NORTH BAY, ON Northern Walking Festival

Start Point: Rotary Shelter at the waterfront, Memorial Dr

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: Rotary Shelter at the waterfront

September 16

KANATA, ON

Start Point: Barley Mow, 700 March Rd K2K 2R9

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

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

September 16

PEMBINA RIVER PROVINCIAL PARK, AB

Start Point: Pembina River Provincial Park Day Use Area, T0E 0S0

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

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

WALK DESCRIPTION: Trails, sidewalks, grassy areas in park and Entwistle town site.

DIRECTIONS TO START POINT: Drive west from Edmonton on Hwy 16 to Entwistle overpass. Take ramp on right to Hwy 16A and drive north past town and down hill to park entrance. Turn right into park and turn left before gatehouse and follow signs to Day Use Area and Start Point.

SPECIAL WALKING PROGRAM: Community

September 16

TRURO, NS Cobequid Trail Marathon

Start Point: Old Barns United Church, 2603 Hwy 236 B6L 1K1

Distances: 5, 10, 21, 42 Difficulty: 2A Registration 09:30 - 10:00

Central Nova Volkssport Club Heather McLeod / Sheila Wilson 902-895-2592 / 902-897-2007

heather.mcleod@ns.sympatico.ca / sgwilson53@hotmail.com

WALK DESCRIPTION: Important note: For those wishing to do the 42 Km marathon, registration is at the Holiday Inn 437 Prince St. B2N 1E6. Registration starts at 08:00 and the marathon begins at 08:30.

For more information about the marathon, please contact Tom McNutt 902-895-1231,

tmmcnutt@eastlink.ca.

DIRECTIONS TO START POINT: hwy 102, Exit 14 to Hwy 236 to Old Barns

SPECIAL WALKING PROGRAMS: Trans-Canada Trail and Trans Canada Trail Pavilion (only on the 42 km trail).

September 16

VICTORIA, BC Harvest Walk - 150/30 Celebration

Start Point: Centennial Park , 7500 block Wallace Dr V8M 2H6

Distances: 5, 10 Difficulty: 1B / 2B Registration 09:30 - 10:00

Victoria 'Y' Volkssport Club Judy Haynes / Carol Halvorson 250-385-8519 / 250-386-6670

yvolks@telus.net

WALK DESCRIPTION: Walk along the trails of Centennial Park in Saanich, through residential Brentwood Bay, country roads & farms. Enjoy some blackberries along the way before you finish the walk on different trails in Centennial Park. The walk is followed by a pot luck picnic lunch.

DIRECTIONS TO START POINT: From Victoria - North on Patricia Bay Hwy; Left on Mt Newton Cross Rd; Left on Wallace Dr. Park on Right – diagonal parking along the fence.

SPECIAL WALKING PROGRAM: Community

September 17

CUMBERLAND, ON Cavorting in Cumberland

Start Point: R.J. Kennedy Arena, 1115 Dunning Rd. K4C 1P6

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

Ottawa Voyageurs d'Ottawa Walking Club Tammy and Frank Simpson 613- 837-0170

tammysimpson@rogers.com

WALK DESCRIPTION: Take a tour of Cumberland with the Ottawa Voyageurs. Cumberland was founded in 1802 by the United Empire Loyalists.

SPECIAL WALKING PROGRAM: Community

September 17

DARTMOUTH, NS Chain of Lakes Trail

Start Point: Joseph Howe Drive Superstore, 3601 Joseph Howe Dr. B3L 4H8

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

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

September 17

ST-TITE-DES-CAPS, QC La Faille (\$)

Start Point: Bureau d'accueil, 2, rue Leclerc, angle route 138 Est G0A 4J0

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

Club Volkssport Nord-Sud Michel Pellerin 418-843-9791 volknord@videotron.ca

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

September 17

SURREY, BC Newton Athletic Park

Start Point: Pavilion Building, 7395 - 128 St V3W 4E4

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

Surrey Trekkers Volkssport Club Janet / Rick Bortolussi 778-828-4588 rbortolussi@dccnet.com / jbortolussi@dccnet.com

WALK DESCRIPTION: Newton Athletic Park is a premier destination sporting & athletic park in the Lower Mainland. The park offers a wide range of active sporting facilities & amenities. We will be walking on the Serpentine Greenway.

DIRECTIONS TO START POINT: Entrance to the park is from 128 St at 74 Ave; From BC-91 S take 72 Ave exit; Left at 128 St

SPECIAL WALKING PROGRAM: Community

September 21

ST. ALBERT, AB Fall Equinox

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

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

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

WALK DESCRIPTION: Mostly paved trails along the river valley, ravines and parks of St. Albert. Bring a flashlight.

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, New Bridges

September 23

FOREST HOME, NS Forest Home

Start Point: Gaspereau Dam, Forest Home, HWY 12

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

Valley Trekkers Volkssport Club Karen Illsley 902-678-3791 theillsleys@eastlink.ca

WALK DESCRIPTION: walk through woodlands by lakes and canals

DIRECTIONS TO START POINT: Take exit 13 off HWY 101 take HWY 12 south for 13kms Park at Gaspereau Lake Dam just past Forest Home sign

September 23

MISSION BEACH , AB

Start Point: Mission Beach Summer Village Day Use Park , Mission Beach Lakeshore

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

Wetaskiwin Volkssport Club Judy Zimmer / Louise 780-352-7407 / 780-352-2122

WALK DESCRIPTION: Scenic walk on paved, gravel and grassy trails along Pigeon Lake Summer Villages of Mission and Sundance and through Rundle Mission historic site and trails.

DIRECTIONS TO START POINT: From Edmonton, take Hwy 2 south take exit 508. Turn left onto TWP Rd 490. Continue on Regional Rd 778 South. Take Hwy 616 West to TWP Rd 474. Follow TWP Rd 474 to Sunset Blvd / Mission Beach. Day use park is on Street 15.

September 23

PIGEON LAKE, AB

Start Point: Pigeon Lake Provincial Park - Concession Area, T4N 6V4

Distances: 5, 10 Difficulty: 1B Registration 12:30 - 13:00

Wetaskiwin Volkssport Club Judy Zimmer / Violet 780-352-7407 / 780-871-8972

WALK DESCRIPTION: Groomed lakeside and woodland trails.

DIRECTIONS TO START POINT: From Hwy 2, take Ma-Me-O-Beach exit onto Hwy 13 West. Turn right (north) onto Hwy 771. Once inside park, take first right turn to concession area.

SPECIAL WALKING PROGRAM: Trans-Canada Trail

September 23

VICTORIA, BC Gordon Head Recreation Centre Walk

Start Point: Gordon Head Recreation Centre, 4100 Lambrick Way V8N 5R3

Distances: 5, 10 Difficulty: 1B / 2B Registration 09:30 - 10:00

Garden City Wanderers Volkssport Club Renée Rode 250-294-7099 renerode@gmail.com

WALK DESCRIPTION: Walk through streets & trails of Gordon Head & Gordon Point.

DIRECTIONS TO START POINT: From downtown Victoria take Douglas St to Hillside Ave; turn Right & follow to Shelbourne St; turn Left, then turn Right on Feltham Rd & Left on Lambrick Way.

SPECIAL WALKING PROGRAM: Community

September 24

MABOU, NS Southwest Mabou River Trail

Start Point: Little Mabou Road, 2670 Little Mabou Road B0E 1X0

Distances: 5, 10, 12 Difficulty: 2A, 2B Registration 13:30 - 14:00

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

bretonhoppers@hotmail.com

WALK DESCRIPTION: A "rails to trails" walk event along the Southwest Mabou Trail/Celtic Shores Coastal Trail part of the TransCanada Trail system.

DIRECTIONS TO START POINT: From Mabou continue south on Hwy 19 to Little Mabou Rd. From Inverness travel north on Hwy 19.

September 24

MAHONE BAY, NS Scarecrow Walk

Start Point: Opposite Trinity Church, 101 Edgewater Street B0J 2E0

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

Dartmouth Volksmarch Club Margaret Odell/ TBD 902-454-9280 odemargaret@gmail.com

DIRECTIONS TO START POINT: Parking Lot across from Trinity Church.

September 24

NORTH VANCOUVER, BC

Start Point: Panorama Park, 2200 Panorama Dr V7G 1L2

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

Vancouver 'Venturers Volkssport Club Verni Brown 604-682-8390 vancouverventurers@gmail.com

WALK DESCRIPTION: Route goes northeast along Panorama Dr before heading south to Cates Park & back to Deep Cove.

DIRECTIONS TO START POINT: By car: Take Highway 1 west to Exit 22; right on Mount Seymour Parkway; left on Deep Cove Road; left on Panorama Drive to parking lot on right.

By transit: From Downtown Vancouver, bus #210 (Upper Lynn Valley) to Phibbs Exchange; bus #212 (Deep Cove) to end of line; cross Gallant Avenue; proceed into park.

September 24

ST-URBAIN, QC Mont du lac des Cygnes et autres

Start Point: Bureau d'accueil, Mont du Lac-des-Cygnes, km 21, route 381, St-Urbain

Distances: 5, 10 Difficulty: 3C Registration 10:30 - 11:00

Club Volkssport Nord-Sud Agathe Préfontaine 418-861-9026 volknord@videotron.ca

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

September 26

BAIE ST-PAUL, QC Baie St-Paul

Start Point: Accomodation Baie Saint-Paul, 15, rue Ambroise-Fafard G3Z 2J2

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

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

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

September 30

EDMONTON, AB Oktoberfest

Start Point: Capilano Park, 10810 54 St.

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

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

WALK DESCRIPTION: Mainly the Edmonton River Valley trail system.

DIRECTIONS TO START POINT: From Wayne Gretzky Dr. (75 St.) take 106 Ave. exit east. SA on 106 Ave. Left turn onto 50 St. Turn left onto Capilano Park Rd.

September 30

EDMONTON, AB Oktoberfest

Start Point: Capilano Park, 10810 54 St. T6A 2H9

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

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

WALK DESCRIPTION: Mainly on the Edmonton River Valley system.

DIRECTIONS TO START POINT: From Wayne Gretzky Dr. (75 St.) take 106 Ave. exit east. SA on 106 Ave. Left turn onto 50 St. Turn left onto Capilano Park Rd.

September 30

GATINEAU, QC NCC Fall Rhapsody

Start Point: Gatineau Park, TBC

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

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

benoitpinson@rogers.com

WALK DESCRIPTION: The NCC Fall Rhapsody Festival offers a spectacular chance to experience the beauty of the season in the heart of Gatineau Park, while being surrounded by the most picturesque scenery imaginable.

September 30

SURREY, BC Centennial Park - Softball City

Start Point: Softball City / South Surrey Arena , 2199 - 148 St V4A 8L5

Distances: 5, 11 Difficulty: 3C Registration 09:30 - 10:00

Surrey Trekkers Volkssport Club Doug / Joanne Carley 604-536-5001 dccarley@telus.net

WALK DESCRIPTION: The walk will take us through an Urban Forest, through Ravine Trails to walking along the promenade in White Rock.

DIRECTIONS TO START POINT: From Hwy 99 or Hwy 99A take exit 32 Ave West, which becomes 148 St; continue South to the park entrance

SPECIAL WALKING PROGRAMS: Murals, Community