



It's time to hit the trails around us and explore our beautiful Kennebecasis Valley. Join KV WALKERS this summer on our Monday evening walks (6:30pm) to explore existing trails and to meet others along the way. We are a volunteer-led group that promotes healthy outdoor walks. Everyone is welcome and it's free of charge – choose your pace and bring along a friend. Most walks are 1 hour in length and start June 6th- August 22nd. Check our Facebook page for up to date details on upcoming weekly walks.

DATES	2022 WALKS	WHERE TO MEET
June 6th	Wells Walk Version #1	Wells Recreation Park in French Village
June 13th	QPLEX Trails	Soccer Field Lower Parking Lot
June 20th	Renforth Villa Hike	Bill Maguire Centre Parking Lot
June 27th	Hammond River Park Hike	Hammond River Park off Reynar Drive
July 4th	Ritchie Lake Ramble	Quispamsis Town Hall
July 11th	Woodland Wander Over the Hill	Comex Parking Lot on Vincent Road across from True Life Church
July 18th	Wells Trail Version 2	Wells Recreation Park in French Village
July 25th	Spy Glass Hill Hike	Rothesay Netherwood Arena Parking Lot
August 1st	Taylor Brook Trail	Rothesay Netherwood Arena Parking Lot
August 8th	Water Tower Trek	Comex parking lot on Parkside Drive near Sussex exit.
August 15th	Shady Grove	Parking at the top of Parkside Drive near playground
August 22nd	East Riverside/ Waterfront Hike	Parking at East Riverside Park lot

Participation in KV Walker activities is made at the sole discretion and risk to individual participants. We always encourage everyone to choose a comfortable pace based on their present physical condition. Those with medical conditions should always seek the advice of a qualified medical professional before starting a new activity.