



It's once again time to hit the trails and explore our beautiful Kennebecasis Valley. Join KV WALKERS this summer on our Monday evening (6:30pm) or Tuesday morning (9:30am) walks 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 the week of June 5th to August 21st. Check our Facebook page for up-to-date details on upcoming weekly walks.

Week of	2023 WALKS	WHERE TO MEET
June 5th	QPLEX TRAILS	QPlex Soccer Field Lower parking lot
June 12th	WELLS TRAIL	Wells Recreation Park in French Village
June 19th	SHADY GROVE	Parking at the top of Parkside Drive (take Sussex exit near Comex lot)
June 26th	RITCHIE LAKE RAMBLE	Quispamsis Town Hall parking lot
July 3rd	MILLENNIUM TRAIL	New parking lot off Sycamore Lane
July 10th	WOODLAND WANDER HIKE	Comex parking lot on Vincent Road across from True Life Church
July 17th	WELLS MCKEEVER TRAIL	Wells Recreation Park in French Village
July 24th	SPY GLASS HILL HIKE	Rothesay Netherwood Arena parking lot
July 31st	TAYLOR BROOK HIKE	Rothesay Netherwood Arena parking lot
August 7th	RENFORTH VILLA HIKE	Bill Maguire Centre parking lot
August 14th	HAMMOND RIVER PARK HIKE	Hammond River Park off Reynar Drive
August 21st	RIVERFRONT WALK	East Riverside Park parking 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.