

## 2024 WALKS



It's our 10<sup>th</sup> year exploring trails in our beautiful Kennebecasis Valley. Join KV WALKERS this summer on our Monday evening (6:30pm) walks to enjoy an outdoor walk & 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 10th to August 26th. Check our Facebook page for up-to-date details on upcoming weekly walks.

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| June 10th   | <b>JAVA MOOSE RETRO WALK – Our very first walk 10 years ago following streetscapes to the Rothesay Common and a winding trail back through historic Rothesay.</b> | Park at Java Moose & adjacent parking lots.              |
| June 17th   | <b>QPLEX TRAILS – Let's explore the Trans Canada Trail through Quispamsis starting on this popular neighborhood trail.</b>  | Park at the lower soccer field lot at the qplex.         |
| June 24th   | <b>HAMMOND RIVER PARK – A rustic and scenic trail exploring the hillside of Hammond River Park.</b>   | Park at Hammond River Park off Reynar Drive.             |
| July 1st    | <b>VILLA AND RENFORTH PARK WALK – A lovely trail leading to the Villa Madonna, it's waterfront and back to the Renforth Wharf Park.</b>                           | Park at the Bill McGuire Centre.                         |
| July 8th    | <b>SHADY GROVE WOODLAND WALK – A refreshing and beautifully wooded walk with interesting rock formations.</b>   | Park at the top of Parkside Drive past the playground.   |
| July 15th   | <b>SPY GLASS HILL TO HILLSIDE – Visit the vista of Spy Glass Hill overlooking river views with a trek to the Hillside Trail.</b>                                  | Park at the arena parking lot at RNS.                    |
| July 22nd   | <b>MILLENNIUM TRAIL – A visit to the Model Farm Rd area and the scenic new trail system from the Millennium Bike Park.</b>  | Park at the parking lot off Sycamore Lane.               |
| July 29th   | <b>WELLS TRAIL TREK – A great trek along the McKeever Lake Trail in this lovely park.</b>   | Meet at Wells Recreation Park parking lot.               |
| August 5th  | <b>RITCHIE LAKE RAMBLE – Starting at the Arts &amp; Culture Park let's visit Ritchie Lake and the QR Trail.</b>   | Meet at Quispamsis Town Hall parking lot.                |
| August 12th | <b>FERRY LOOP – A trail leading to the Gondola Point Ferry Landing through Mathews Cove and along the lower waterfront of Gondola Point.</b>                      | Meet at the lower soccer field parking lot at the qplex. |
| August 19th | <b>TAYLOR BROOK – A wooded trail leading to the Taylor Brook on the back hillside of Rothesay.</b>  | Park at the arena parking lot at RNS.                    |
| August 26th | <b>RIVERFRONT WALK – A walk along our gorgeous Kennebecasis River and a celebration to finish our season.</b>   | Meet at East Riverside Kingshurst 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.

