

Walking Schedule - May 24 – Aug 2

Meet punctually at Lambton Heritage Museum at 9:20 am Exercise / Stretch from 9:20 to 9:30 Leave at 9:30 for Trailhead

In July and August we meet a half hour earlier at 8:50 to car pool at 9:00

Date	Trail	Volunteer Coordinator
Wed. May 24	Carolinian Trail (1.8 km) hilly lots of stairs	Molly Russell
Wed May 31	Pine Trail & Beach Walk (1 to 4 km - easy)	Sharon Rivard
Wed. Jun 7	Cedar Trail (2.3 to 5 km - easy) Hilly terrain, viewing platform at beach and river, stairs Those that want can do the Dune Extension???	Lindsey Ashworth Ducharme
Wed. Jun 14	Riverside Trail Easy (1 k) Viewing over river	Nette Phalarz
Wed. Jun 21	Carolinian Trail (1.8 km) hilly lots of stairs	Sybil Tinker
Wed. Jun 28	Bittersweet Trail (1.5 km). and Hickory Trail (1 km) easy	Molly Russell
Wed. July 5	Wilderness Trail (3 km) goes out to the beach	Sharon Rivard
Wed. July 12	Sassafras (Lookout) Trail &/or Bike Trail (1 km- difficult, stairs if you want) n or (several km - easy)	Molly Russell
Wed. July 19	Cedar Trail (2.3 to 5 km - easy) Hilly terrain, viewing platform at beach and river, stairs	Nette Phalarz
Wed. July 26	Nipissing Trail (2 km) up hills and stairs harder lookout platform	Sybil Tinker
Wed. Aug 2	Heritage Trail (2.3 to 5 km - easy)	Lindsey Ashworth Ducharme

Email Lindsey for more information lindseyashworthducharme@gmail.com