

Walking Group



The Walking Group is a sociable group of people who like to have fun while getting some exercise. There is no need to sign up, just show up. The group meets every Tuesday at 9:30 am and every Saturday at 10:00 am in the parking lot opposite the Red Apple store at the Wembley Mall.

Be sure to arrive 10 minutes early because the group leaves on time to get to the walk location. Wear appropriate clothing. Walks are ranked from 1 (easy) to 5 (difficult). Each Walk has a leader or leaders. Restaurant lunches afterwards are optional but a great way to get to know folks. Below is the Fall Schedule for Tuesday walks.

Saturday walks take place in the local area and last approximately 1-1/2 hours on fairly flat surfaces. There is no schedule for these walks just come to the Wembley Mall meeting spot and be surprised.

For more information contact Co-ordinators Anne/Allan Maharaj at agamtim@gmail.com or 250-947-9496.

2018 Autumn Walking Schedule

Date	Walk to	Severity	Lunch	Leader
Sept. 4	Hemer park	mostly flat (2)	Crow & Gate	Wayne
Sept. 11	Enos Lake from powder Rd.	Moderate hill (3)	Fairwinds G.C.	Pam & Jay
Sept. 18	Allsbrook Hatch. & Cliffs	Mostly flat (2)	Rod & Gun	Jim
Sept. 25	Little Q. Fish Hatchery	Easy flat (1)	Deez	John
Oct. 2	Jack Point @ Duke point	A be carefull walk (3)	Black Bear pub	Glen
Oct.9	Cameron Lake	Easy flat (1)	French Creek Pub	Wayne
Oct 16	Hammerfest	mostly small hills (2)	Rod & gun	Jim
Oct 23	Big Q. Fish Hatch.	River Crossing? (3)	Arrowsmith Golf club	Pam & Jay
Oct.30	Little Mountain	Sight hill (2)	Rod & Gun	John
Nov.6	Holland Creek LS	Some significant hills (5)	Fox & Hounds	Jim
Nov. 13	Railway Museum QB	moderates (2)	Deez	Wayne
Nov. 20	E. River falls (Hinerland)	Moderate hills (3)	Rod & gun	John
Nov. 27	Dale's Trail (Nile Creek)	Mostly flat (2)	Sandbar Rest.	Jim
Dec. 4	Collery Dam & Morrell San.	Moderate hill (3)	Black Bear Pub	Glen
Dec. 11	Little Qualicum Falls	Moderate hills (3)	French Creek Pub	Pam & Jay
Dec. 18	Big Tree Walk	Mostly flat (2)	Rocking horse Pub	John
Dec. 25	Merry Christmas	No Scheduled Walk!		

All walks leave from the vacant building (was White Spot) NW corner of Wembley Mall at 9:30 Sharp (rain or shine)

Phone numbers: Glen, 951-3149 or 228-7677, Wayne, 248-3692 or 949-0755, Jim, 586-8877 or 306-227-9915, John, 640-2377 and Pam & Jay, 613-326-1109

Note: 1. Please car pool as much as possible, some place have limited parking

2. There is still an "extra walk" scheduled for Thursday Sept. 6th