

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.

See 2019 Winter/Spring Walking Schedule below:

2019 Winter/Spring Walking Schedule

Date	Walk to	Severity	Lunch	Leader
Jan. 01	*A street walk w/forest & shoreline (1) culminating at Polar Bear Plunge	Easy mostly flat (1)	Bay Side Inn	Jim
08	Pheasant Glen	Easy mostly flat (1)	Finale Approach	John
15	Cameron Lake	Easy flat (1)	French Creek Pub	Jay & Pam
22	Railway museum QB	Moderate hills (2)	Shady Rest	Glen
29	Hammerfest	some small hills (2)	Rod & Gun	Duncan
Feb. 05	Puntledge River E. (Beven)	Flat one mod. hill (2)	White Whale	Jim
12	Craig Bay	Easy flat walk (2)	Rocking Horse Pub	Wayne
19	Little Qualicum Falls	Some moderate hills (3)	French Creek Pub	Jay & Pam
26	Little Q. River from Kincade	One significant hill (3)	Deez	Duncan
Mar. 05	Jack Point @ Duke Pt.	Moderate hills (3)	Black Bear Pub	Glen
12	Englishman River Falls	Some moderate hills (3)	Trees	Wayne
19	E. River from Top Bridge	Some stairs (3)	Rod & Gun	John
26	north Loop lighthouse	Easy maybe wet (2)	Sandbar Rest.	Jay & Pam
Apr. 02	Holland Creek LadySmith	Significant hills (5)	Fox & Hounds Pub	John
09	Rosewall Creek	Mostly Flat (2)	Arrowsmith G & C Club	Glen
16	Cable Bay (Dodds N.)	Moderate hills (4)	Crow & Gate	Duncan
23	Notch Hill (Enos Lake)	Significant hills (5)	Fairwinds Clubhouse	Jay & Pam
30	Big Tree walk	Mostly flat (2)	Rocking horse Pub	Jim

All walks leave from the vacant building (was White Spot) NW corner of Wembley Mall at 9:30 sharp (rain or shine)* Jan 1st leave at 10:30 to coincide with Polar Bear Plunge

Phone Numbers: Duncan, 248-2336, Glen 951-3149 or 228-7677 Wayne 949-0755, Jim 586-8877 or 306-227-9915, John 640-2377 and Pam & Jay 613-326-1109

Note: please car pool as much as possible, some places have limited parking.