

Moms on the Move  
Walks are Tuesdays and Thursdays at 9:30-10:30am

WEEK	LOCATION - STARTING POINT
Week 1, May 20-26	Salamanca/Old Train Bridge – Morell Park
Week 2, May 27-June 2	Northside Trail – Sunset/Claudie
Week 3, June 3-9	Valley Trail Walk – Silverwood
Week 4, June 10-16	Nashwaak Trail – 532 Canada Street
Week 5, June 17-23	Nashwaaksis Middle School Loop Walk
Week 6, June 24-30	The Green Walk – Delta
Week 7, July 1-7	Lincoln Trail – Farm Hill Picnic Shelter
Week 8, July 8-14	Gibson Trail – Heritage Centre
Week 9, July 15-21	Valley Trail Walk – Bucket Club
Week 10, July 22-28	Killarney Lake Trail – from Loge parking lot mid-season party to follow at the lodge
Week 11, July 29-Aug 4	The Green Walk – Delta
Week 12, Aug 5-11	Nashwaak Trail – Mill Street
Week 13, Aug 12-18	Salamanca-Lincoln Loop – Morell
Week 14, Aug 19-25	Nashwaak/Marysville Trail – Station Rd
Week 15, Aug 26-Sep 1	Valley Trail Walk – Angelview
Week 16, Sep 2-8	Northside Trail – Stonebridge Station
Week 17, Sep 9-15	Northside Gibson Trail – Station Rd
Week 18, Sep 16-22	Salamanca/Old Train Bridge – Morell Park
Week 19, Sep 23-29	Northside /Riverfront Trail Loop – Lynn St
Week 20, Sept 30-Oct 6	Killarney Lake Trail – from Loge parking lot closing party to follow at the lodge