



# FredRec

## WEDNESDAY WALKERS 2023

A **FREE** walking club for all interested adults. This group meets every Wednesday at 10am from mid-May through to mid-October for a one-hour long walk. Walk routes and meeting/parking sites are listed below.

- All parking is in free public parking lots.
- Walks are held rain or shine,
- Some concern has been expressed about walking on hot days. After some discussion with others in the recreation field I have decided that I will cancel walks if the temperature is or is expected to reach 30C or higher during our walk time (10-11am). I will attempt to email the group if this call is made however, it could be very short notice.
  - As always please keep your own health in mind when deciding whether or not to come on hot days.
  - Please remember dress appropriately and bring a water bottle and hat, especially on warmer days.
- No pre-registration is required, just show-up and join us.

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### **20. Sept 27- Northside Trail #5**

Route- [Fredericton Seniors Center to Ferris St, Fredericton, NB - Google Maps](#)

~~**PARKING** – at Royal Road Park, 35 Royal Road, to access the parking lot turn onto William St. [link](#)~~

Due to construction at the corner Royal Road and William Street (which is right by where we were planning to park) the parking location will be moved the Fredericton Seniors Center 112 Johnston Ave. We will walk to the route from there.

### **21 Oct 4 - Valley Trail #5**

Once again we start at the campground but this time we'll head back toward town. This is a pretty and very shaded walk. [route](#)

**PARKING**- Park at the Hartt Island RV Resort, 2475 Woodstock Rd. [link](#)

### **22 October 11 -Gibson Trail #3**

The trail travels through urban and rural settings with secluded woodland and scenic views of the Nashwaak River. [route](#)

**BONUS**- Group meal- This is our final walk for the season and will be followed by a group meal, we will decide on a lunch site the week prior.

**PARKING** – at the Marysville Heritage Center, 11 McGloin Street [link](#)