

# FALL EASY WALKS



PARKS, RECREATION  
& COMMUNITY SERVICES

**FREE**



## Easy Walks ♥

Free, slower-paced, one-hour, guided social walks through parks and neighbourhoods on pavement and smooth trails. Routes avoid steep hills where possible. Pace may vary to ensure comfort of all walkers. Please wear supportive footwear. No pets, guide dogs only please.

**Mondays 1:30-2:30pm (Drop-in) | Walk leader: Penny Stevens**

### Sep 1 - No Walk Holiday

### Sep 8 - Gordon Head West

Meet outside main entrance of Gordon Head Recreation Centre; 4100 Lambrick Park Way off Feltham Avenue.

🚌 Bus 27, 28 (250m).

### Sep 15 - Hyacinth/Glanford Parks

Meet at Hyacinth Park; 800 Marigold Road. 🚌 Bus 8, 9, 21 (200m).

### Sep 22 - University of Victoria Alumni Chip Trail

Meet by covered bike storage in Henderson Recreation Centre parking lot; 2291 Cedar Hill Cross Road. 🚌 Bus 4, 7, 15 (396m).

### Sep 29 - Burnside/Helmcken

Meet outside Tim Hortons, Eagle Creek Village Shopping Centre; 31 Helmcken Road.

🚌 Bus 22, 39 (140m).

*List of walks continues on back page ▶*

#### Legend:

♥ All Easy Walks are rated as one heart. Where possible routes avoid steep hills, some short standing pauses and group paced.

🚌 Suggested bus route to start location (approximate meters), regular fares apply.

**For program details call 250-475-5422**


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## **Oct 6 - Braefoot to PKOLS (Mount Douglas Park)**


Meet near Lacrosse Box, Braefoot Centre Park; 1359 McKenzie Ave.

 Bus 25, 26 (10m).

## **Oct 13 - No walk Holiday**

## **Oct 20 - Royal Oak Ramble**

Meet near main entrance of Saanich Commonwealth Place; 4636 Elk Lake Drive.

 Bus 35, 72, 75 (100m).


## **Oct 27 - Vantreight Park/ Glencoe Cove**

Meet at Vantreight Park, park on Vantreight Drive or along Leyns Road; 4590 Vantreight Drive, off Ferndale Road.

 Bus 27 (800m).

## **Nov 3 - Broadmead in Fall**

Meet/park at Emily Carr Park; 4500 Emily Carr Drive.

 Bus 6A (10m).

## **Nov 10 - Cedar Hill Recreation Centre/Bowker Creek**

Meet near the main entrance to Cedar Hill Recreation Centre; 3220 Cedar Hill Road.


 Bus 8 (160m), 24 (80m).

## **Nov 17 - Montague Park/ Arbutus Area**

Meet at Montague Park, on Hazelton Place, off Lexington Avenue and Arbutus Road; entrance near 2268 Hazelton Place. Mainly street parking along Hazelton Place.

 Bus 27 (300m).

## **Nov 24 - Swan Lake/ Quadra Area**

Meet/park at end of Nelthorpe Street, street parking near 3223 Nelthorpe.  Bus 51 (350m).

## **Dec 1 - Copley/Layritz Parks**

Meet/park at Copley West Park, Parkridge Street, off Vanalman Avenue; 598 Parkridge Street.


 Bus 30 (100m).

## **Dec 8 - Lambrick/Sierra Parks**

Meet outside main entrance of Gordon Head Recreation Centre; 4100 Lambrick Park Way off Feltham Avenue.

 Bus 27, 28 (250m).

## **Dec 15 - Cadboro Bay/ Telegraph Cove**

Meet/park by washroom block, Cadboro-Gyro Park; 2600 Sinclair Road.  Bus 11 (260m).



Easy Walks may cancel for an emergency or in the case of inclement weather, (very hot, or icy). If you would like to see if a walk has been cancelled, one hour prior to walk visit the site, [saanich.ca/trailsandtreks](http://saanich.ca/trailsandtreks), or call 250-475-5422.

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