


# FREE EASY WALKS SAANICH

Mondays, 9:30 – 10:30am  
Leader: Penny Stevens

Enjoy one-hour, social walks through parks and neighbourhoods, on pavement and smooth trails. Routes avoid steep hills where possible. Please note: to accommodate all abilities there will be some short standing pauses and the walking pace may vary. Please wear supportive footwear.

## Legend:

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

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



Walks may cancel for emergency or inclement weather, i.e. 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.

## JULY

### July 7 – Cadboro Bay/Queenswood

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

### July 14 – Cedar Hill/Maplewood

Meet near clubhouse, Cedar Hill Golf Course; 1400 Derby Road. Bus 24 (250m)

### July 21 – Cordova Ridge Circle

Meet in parking lot of Claremont-Goddard Park; 746 Haliburton Road. Bus 35 (210m)

### July 28 – Marigold/South Valley

Meet/park on Grange Road, by Marigold School; 3751 Grange Road. Bus 22 (100m)

## AUGUST

### August 4 - No Walk - BC Day

### August 11 – Broadmead/Kentwood Area

Meet/park by Emily Carr Park; 4500 Emily Carr Drive. Bus 6A (40m)

### August 18 – Gorge Lower Waterway

Meet near main entrance of Esquimalt Gorge Park Pavilion; 1070 Tillicum Road. Bus 26 (10m)

### August 25 – Copley/Brydon Parks

Meet at Copley Park West; 598 Parkridge Street, off Vanalman Avenue. Bus 30 (150m)

## Are You Looking for....

Moderate Pace?  
Longer Walk?  
Twice a Week?



## Try Walk and Talk

One-and-a-half-hours Tuesdays and Thursdays, through a variety of interesting Saanich parks, trails, and neighbourhoods, like Easy Walks, but just at a more moderate pace, a bit longer, and the ability to walk twice a week if desired.

Call Alison (Walk Programmer) to try a Tuesday and a Thursday to see what you think 250-475-5408.

If you like it, choose between a 5 times summer punch pass (\$25) or an Unlimited summer walk pass (\$55), and pick up your pass in person at a recreation centre, prior to enjoying fresh air, beautiful nature and connection on these walks .



PARKS, RECREATION  
& COMMUNITY SERVICES

Saanich Trails and Treks  
Programmer:  
Alison Chamberlain  
250-475-5408