

What are Permanent Trails (PT)

A Permanent Trail or Seasonal Event are special forms of walks which permits enjoyment of a walk, and accumulation of IVV Distance and Event credits, on days when other events may not be available. These events are available all year in the case of a PT, and between April–October in the case of a Seasonal.

How It Works

Since PT's are available all year (Jan-Dec) they are run slightly differently from a normal walk. The Start Point for the walk is usually at a convenience store, gas station, restaurant or athletic centre. These establishments have kindly agreed to hold the "Walk Box" for the walk.

Signing up for a PT:

Arrive at the Start Point. Ask the person at the counter for the Walk Box. Move to a location in the store where you are not hindering other customers and open the box.

Take out the Registration binder. **ALL WALKERS MUST REGISTER & SIGN THE WAIVER** in binder.

Take an envelope and place the \$2.00 fee in it. Make sure you put your name, the # (from the registration binder) on it as well as the date done. Seal and place it in the Used Envelopes folder.

Stamp your book(s) and return the stamp to the box.

Get a map & directions. Close the box and return it, thank the Staff and enjoy the walk.

Permanent Trail Locations

PT#	Location	Start Point
005	Gord Bell Memorial Trail	Scone Witch, 150 Elgin – entrance is on Gloucester St
030	Nepean Sportsplex (Fitness Centre)	1701 Woodroffe Ave
092	Crystal Beach	PetroCan, 3095 Carling Ave
100	Greenbank	Mac's, 299 Greenbank Rd
130	NB/Sports 4	NB/Sports 4, College Square
272	Westboro	Bridgehead Coffee 440 Richmond Rd

Mid Seasonal 14 Apr – 13 Oct		
148	Stittsville	Shoppers Drug Mart, 1300 Main St, Stittsville

Mid Seasonal 1 May – 31 Oct		
147	Kanata	Wave Pool, 70 Aird Place Kanata
003	Hazeldean	Rexall PharmaPlus, Hazeldean Mall, Kanata
290	Barrhaven	Sobey's, 1581 Greenbank Rd, Nepean.

Short Seasonal 1 June – 30 Sept		
193	Aylmer	Dinty's Restaurant, 620 Aylmer Rd, Aylmer

Ontario Director's Walk		
054	Manotick	Mac's Milk, 5511 Main St,



2018 Events & Permanent Trails



**JAN 1 – JUNE 30
2018**

email:nepeannomads@bell.net

Building Communities and friends through walking
www.nepeannomads.com

2018 Listing of Nepean Nomads Events & Walks January 1 to June 30

Day	Date	Walk Location	Time
Monday	01 Jan 18	PT 130 Sports 4 – start from Chances R	10:00
Saturday	6 Jan 18	PT 5, Gord Bell Memorial, Scone Witch, 150 Elgin St, Ottawa	10:00
Saturday	20 Jan 18	PT 30 Sportsplex, 1701 Woodroffe Ave, Nepean	10:00
Saturday	3 Feb 18	Winterlude, Sir John A Pub, 284 Elgin St, Ottawa	10:00-11:00
Saturday	24 Feb 18	PT 92 – Crystal Beach – Petrocan 3095 Carling Ave	10:00
Saturday	3 Mar 18	PT 272 – Westboro, BridgeheadCoffee, 440 Richmond Rd	10:00
Saturday	17 Mar 18	St Patrick's Day Event, Ben Franklin Place, Nepean	10:00
Saturday	31 Mar 18	PT 54 – Manotick, Mac's, 5511 Main St, Manotick	10:00
Wednesday	04 Apr 18	PT 5, Gord Bell Memorial, Scone Witch, 150 Elgin St, Ottawa	10:00
Saturday	14 Apr 18	PT 148 – Stittsville, Shoppers Drug Mart, 1300 Main St	10:00
Wednesday	18 Apr 18	PT 147 – Kanata Leisure Centre, 70 Aird St, Kanata	10:00
Saturday	28 Apr 18	Maplefest, Café Bean, 1 Sherwood St, Perth	09:00-10:30
Wednesday	02 May 18	PT 290, Sobey's, 1581 Greenbank Rd, Nepean	10:00
Saturday	05 May 18	Jonny Canuck's, 3050 Woodroffe Ave, Nepean	09:00-10:30
Wednesday	16 May 18	PT 3 Hazeldean, Rexalls Pharma Plus, Hazeldean Mall	10:00
Wednesday	30 May 18	PT 272 – Westboro, Bridgehead 440 Richmond Rd	10:00
Sunday	3 Jun 18	PT 193 Aylmer, Dinty's Restaurant, Gatineau	09:00
Wed	06 Jun 18	East Side Mario's, Bells Corners, Nepean	18:00-19:00
Saturday	09 Jun 18	Barley Mow Pub – Bridge St, Almonte, ON	09:00-10:30
Wed	20 Jun 18	PT 290, Sobey's, 1581 Greenbank Rd, Nepean	18:00-19:00
Saturday	23 Jun 18	The Burbs, 501 Hazeldean Rd, Kanata	09:00-10:30
Saturday	30 Jun 18	Heart & Crown, 355 Preston St, Ottawa	18:00-19:00



Our members receive 15% discount from NB/Sports 4, 1371 Woodroffe Ave (College Square) on regular priced merchandise

Email Lorna at sassyg@rogers.com for further information