

## 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
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### 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.

### Seasonal 1 June – 30 Sept

193	Aylmer	Dinty's Restaurant, 620 Aylmer Rd, Aylmer
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### Ontario Director's Walk

054	Manotick	Mac's Milk, 5511 Main St,
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## 2018 Events & Permanent Trails



**July 1 – DEC 31  
2018**

email:nepeannomads@bell.net

Building Communities and friends through walking  
[www.nepeannomads.com](http://www.nepeannomads.com)

## 2018 Listing of Nepean Nomads Events & Walks July 1 to December 31

Day	Date	Walk Location	Time
Wednesday	04 July 18	Greenfields Pub, 900 Greenbank Rd, Nepean	18:00-19:00
Saturday	07 July 18	Stittsville Serenade – Location TBD	09:00-10:30
Saturday	14 July 18	PT 147, Start Point TBD	09:00
Wednesday	18 July 18	Nepean Sailing Club, Andrew Haydon Park	18:00-19:00
Saturday	21 July 18	Royal Oak Pub, Hunt Club, Ottawa	09:00-10:30
Saturday	28 July 18	Fitz's BBQ, Greenbank Sq, Greenbank Rd, Nepean	09:00-10:30
Wednesday	01 Aug 18	PT 3, Rexall PharmaPlus, Hazeldean Mall, Kanata	18:00-19:00
Saturday	04 Aug 18	CWW – Ottawa City Hall	09:00-10:30
Sunday	05 Aug 18	CWW - Ottawa City Hall	09:00-10:30
Wednesday	15 Aug 18	Barley Mow Gastro Pub, Merivale Rd, Nepean	18:00-19:00
Saturday	18 Aug 18	Carp Market, Carp, ON	09:00-10:30
Wednesday	29 Aug 18	PT 130, Chances R – Moonlight Walk	19:00
Saturday	01 Sept 18	PT 290, Sobeys, Greenbank Rd, Nepean	09:00
Saturday	08 Sept 18	Hogs Back Falls, Gazebo, Hogs Back Park	09:00-10:30
Wednesday	12 Sept 18	PT 148 Stittsville, Shoppers Drug Mart, Stittsville	10:00
Fri to Sun	21-23 Sept	Nomads Bus Trip	09:00
Wednesday	26 Sept 18	PT 193 Aylmer, 600 Rue d'Aylmer, Gatineau	10:00
Saturday	06 Oct 18	Red Dot Café, Osgoode, ON	10:00-11:00
Wednesday	10 Oct 18	PT 54 Manotick, Main St, Manotick	10:00
Saturday	20 Oct 18	Autumn Leaves, Kanata Centrum.	09:00-10:30
Wednesday	24 Oct 18	PT 272 Westboro, Bridgehead Coffee Shop, Richmond Rd	10:00
Saturday	03 Nov 18	Volunteer Appreciation Walk & Lunch, Richmond	09:00-10:00
Saturday	17 Nov 18	PT 100 Greenbank, Mac's, 299 Greenbank Rd	10:00
Saturday	01 Dec 18	PT 92 Crystal Beach, PetroCan, Carling Ave, Ottawa	10:00
Saturday	15 Dec 18	PT 5, Gord Bell Memorial, Scone Witch, Ottawa	10:00



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

Email [sassyg@rogers.com](mailto:sassyg@rogers.com) for further information