

Date and Time	Location	
October 17 1.30 pm	Nepean Sportsplex, Woodroffe Ave.	PT 30
Saturday October 23 1.30 p.m. Free Pizza and cake to follow!	Legion Richmond Rd, Bells Corners	<b>EVENT</b> <b>30<sup>th</sup></b> <b>Anniversary</b>
Sunday October 31 1.30 p.m	Sports 4 College Sq, Nepean	PT 130
Saturday November 6 10 a.m.	Dinty's Aylmer Rd, Aylmer	PT 193
Sunday November 14 1.30 p.m	Crystal Beach Petro-Can Carling Ave	PT 92
Saturday November 20 10 a.m.	Circle K Greenbank Rd Nepean	PT 100
Sunday November 28 1.30 p.m.	Minto Centre Cambrian Rd	PT 291
Saturday December 4 10 a.m	Pharma Plus Hazeldean Mall Kanata	PT 3
Sunday December 12 1.30 p.m.	Bridgehead, 440 Richmond Rd	PT 272
Saturday December 18 3 p.m.	Start point City Hall, Laurier Ave	<b>PT 5 Christmas</b> <b>Lights</b> <b>Walk</b>



## Nepean Nomads SCHEDULE OCTOBER TO DECEMBER

**2021**



## Description of Routes



**PT 100 Greenbank** – This is a great walk around Bruce Pit. Summer routes on trails with 5km walking on outskirts

of Bruce Pit and 10 km circle around Bruce Pit.

Winter routes are more conservative around the Craig Henry and Trend Arlington older neighbourhoods.

**PT 30 Sportsplex** – This is a chance to enjoy the woods near Nepean Sportsplex! Summer routes enter the Sportsplex woods with the 10 km additionally taking in woods across Slack Rd. These are winter friendly if you don't mind walking through snow! Alternate 5 and 10 kms walk through Merivale Gardens with the 10 km also checking out the Tanglewood area.

**PT 272- Bridgehead** – Walk through old neighborhoods around Hampton Park Plaza. Summer 5km walks through old neighbourhoods before meandering around Hampton Park. The 10 km walks along recreational paths beside the river. Winter routes are around the Highland Park neighbourhood – lots of older homes with new infill.

**PT 130 Sports 4** – Summer 10km takes in the garden area of Algonquin College then the recreational path between Merivale and Woodroffe before crossing a creek. The 5 km walks along peaceful recreational paths as well as the neighbourhood of Bel Air Park. Both Winter routes walk through Centrepointhe Park and the 10km goes on to explore Briar Green while the 5 km has the thrill of coming back through the Trades building at the College for a warm up!

**PT 5 Scone Witch** - Both 5 and 10 km routes trace the historic areas of Ottawa! In the summer, the routes deviate to take in the view along the Ottawa River. There is an extra sheet pointing out the points of interest on the walks.

**PT 92** – Enjoy fantastic routes around Britannia Beach! Summer routes with the 5km meandering through an older neighbourhood before reaching Britannia Beach and returning via path along river. The 10 km walks on several recreational paths and Qualicum beach neighbourhood before walking through Andrew Haydon Park. Both winter routes walk in the very quiet neighbourhood of Crystal Beach.

**NOTE:** For the rest of 2021, the following seasonal walks have been extended to December 31<sup>st</sup>, weather permitting.

**PT 147 Kanata Wave Pool** – Summer routes aptly named Parks and Pathways – try them and see – and the 10 km walks around Walter Baker Park going around a scenic pond. **Currently the centre is closed – ask Lorna for routes and stickers.**

**PT 291 Minto Rec Complex** – Lovely Summer routes go on paths past ponds and through parks. The 10 km adds in both sides of the Jock River. Winter routes amble around Stonehaven.

**PT 003 Hazeldean** – Summer 5km walks around the Old Quarry trail and the 10 km has additional wooded pathways added in – both great walks on a hot summer day. There are alternate routes through parks and pathways but may not be completely winter friendly (this PT usually summer only).

**PT 193 Aylmer** – 6 and 11 km summer routes only. Both go along Ottawa River – beautiful views included free of charge.