

Date	Trail	Volunteer Coordinator
Wed. Aug 2	Heritage Trail (2.3 to 5 km - easy)	Lindsey Ashworth Ducharme
Wed. Aug 9	Wilderness Trail (3 km) goes out to the beach	Molly Russell
Wed Aug 16	Pine Trail & Beach Walk (1 to 4 km - easy)	Sharon Rivard
Wed. Aug 23	Cedar Trail (2.3 to 5 km - easy) Hilly terrain, viewing platform at beach and river, stairs Those that want can do the Dune Extension???	Lindsey Ashworth Ducharme
Wed. Aug 30	Riverside Trail Easy (1 k) Viewing over river	Nette Phalarz
Wed. Sept 6	Carolinian Trail (1.8 km) hilly lots of stairs	Sybil Tinker
Wed. Sept 13	Bittersweet Trail (1.5 km). and Hickory Trail (1 km) easy	Molly Russell
Wed. Sept 20	Wilderness Trail (3 km) goes out to the beach	Sharon Rivard
Wed. Sept 27	Sassafras (Lookout) Trail &/or Bike Trail (1 km- difficult, stairs if you want) n or (several km - easy)	Molly Russell
Wed. Oct 4	Cedar Trail (2.3 to 5 km - easy) Hilly terrain, viewing platform at beach and river, stairs	Nette Phalarz
Wed. Oct 11	Nipissing Trail (2 km) up hills and stairs harder lookout platform	Sybil Tinker
Wed. Oct 18	Heritage Trail (2.3 to 5 km - easy)	Lindsey Ashworth Ducharme