



THUNDER BAY WALKING GROUPS



GROUP	WHERE	WHEN	COST
<p>Shake Rattle & Stroll</p> <p>Hosted by Intercity Shopping Centre Contact: 623-6646</p> <p>ALL</p>	<p>Intercity Shopping Centre 1000 Fort William Road</p>	<p>MONDAY to SATURDAY 7:30am to 11:00am (All Year)</p>	<p>FREE</p> <p>To register, please visit Intercity Mall Guest Services</p>
<p>Evergreen Walking Club</p> <p>Hosted by Evergreen Contact: 626-0090</p> <p>ALL</p>	<p>Evergreen - A United Neighbourhood 139 Heron Street</p>	<p>TUESDAYS 7:00pm (All Year)</p>	<p>FREE</p>
<p>TBMFRC Walk</p> <p>Hosted by Thunder Bay Military Family Resource Centre Contact: 345-5116</p> <p>ALL</p>	<p>Thunder Bay Military Family Resource Centre 125 Algoma Street, Building 2</p>	<p>FRIDAYS 9:30am to 10:30am</p>	<p>FREE</p>
<p>55+ Community Fall Walking Programs</p> <p>Hosted by The City of Thunder Bay Contact: 625-3135</p> <p>55+</p>	<p>Lakehead University Hangar 955 Oliver Road</p>	<p>TUESDAYS OCT 2 to DEC 4, 2018 2:00pm to 3:00pm</p>	<p>FREE</p> <p>\$1.25 /hour to park (no change)</p>
<p>55+ Community Fall Walking Programs</p> <p>Hosted by The City of Thunder Bay Contact: 625-3135</p> <p>55+</p>	<p>Lakehead University Hangar 955 Oliver Road</p>	<p>FRIDAYS OCT 5 to DEC 7, 2018 10:00am to 11:00am</p>	<p>FREE</p> <p>\$1.25 /hour to park (no change)</p>
<p>Walk With Doc</p> <p>Hosted by Northern Hearts Contact: 345-2008</p> <p>ALL</p>	<p>Fall Walks International Friendship Gardens (Starting at Chinese Pavillion Victoria Street Entrance)</p>	<p>MONDAY to THURSDAY SEP 17 - SEP 27, 2018 7:00pm to 8:00pm</p>	<p>FREE</p>

Last Updated Sep 2018

MORE >

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GROUP	WHERE	WHEN	COST
<p>Fall Mushroom Hike</p> <p>Hosted by Lakehead Region Conservation Authority Contact: 344-5857 Ex: 223</p> <p>ALL</p>	<p>Cascades Conservation Area 130 Conservation Road</p>	<p>SUNDAY SEPTEMBER 16, 2018 Time to be determined</p>	<p>FREE</p> <p>Pre-registration required at lakeheadrca.com/ events-education</p>
<p>Living Classroom: Trees</p> <p>Hosted by Lakehead Region Conservation Authority Contact: 344-5857 Ex: 223</p> <p>ALL</p>	<p>Cascades Conservation Area 130 Conservation Road</p>	<p>THURSDAY OCTOBER 11, 2018 8:45am to 1:00pm</p>	<p>FREE</p> <p>Pre-registration required at lakeheadca.com/ events-education</p>
<p>Thunder Bay Hiking Association</p> <p>Hiking Hotline: (807) 624-4271</p> <p>ALL</p>	<p>The TBHA organizes various hikes throughout the year for people of all skill levels.</p> <p>Visit www.tbha.ca for details.</p>	<p>Various Dates and Times Call the hotline for updates</p>	<p>Some fees apply.</p>

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Walking is a great way to improve or maintain your overall health. Just 30 minutes a day (in bouts of 10 minutes or more) can increase cardiovascular fitness, strengthen bones, boost muscle power and endurance, and reduce the risk of chronic diseases.

