



THUNDER BAY WALKING GROUPS



| GROUP | WHERE | WHEN | COST |
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| <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 (come sit, chat and have coffee)</p> | <p>MONDAY to SATURDAY 7:30am to 11:00am (All Year)</p> <p>SUNDAY 9:00am 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>55+ Community Spring Walking Programs</p> <p>Hosted by The City of Thunder Bay Contact: 625-3135</p> <p>55+</p> | <p>Marina Splash Pad Marina Park Dr</p> <p>Boulevard Lake (mini putt parking)</p> | <p>TUESDAYS APRIL 30 to JUNE 25, 2019 10:30am to 11:00am</p> <p>WEDNESDAYS MAY 1 to JUNE 26, 2019 10:30am to 11:30am</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, 2019 2:00pm to 3:00pm</p> <p>FRIDAYS OCT 5 to DEC 7, 2019</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>Birch Point Park Boulevard Lake</p> | <p>MONDAY to THURSDAY JUNE 3 - 27, 2019 7:00pm to 8:00pm</p> | <p>FREE</p> |
| <p>Wetlands Hike</p> <p>Hosted by Lakehead Region Conservation Authority</p> <p>ALL</p> | <p>Cascades Conservation Area 130 Conservation Road</p> | <p>THURSDAY JUNE 27, 2019</p> | <p>FREE</p> <p>Pre-registration required at lakeheadca.com/events-education</p> <p>Gene Kent Contact: 344-5857 Ex: 233 genekent@lakeheadca.com</p> |

Last Updated May 2019

MORE >

TBDHU.COM/walk



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|---------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p>Medicine Walk</p> <p>Hosted by Lakehead Region Conservation Authority</p> <p>ALL</p> | <p>Cascades Conservation Area 130 Conservation Road</p> | <p>THURSDAY JULY 25, 2019</p> | <p>FREE Pre-registration required at lakeheadca.com/ events-education</p> <p>Gene Kent Contact: 344-5857 Ex: 233 genekent@lakeheadca.com</p> |
| <p>Survival Walk</p> <p>Hosted by Lakehead Region Conservation Authority</p> <p>ALL</p> | <p>Cascades Conservation Area 130 Conservation Road</p> | <p>THURSDAY AUGUST 22, 2019</p> | <p>FREE Pre-registration required at lakeheadca.com/ events-education</p> <p>Gene Kent Contact: 344-5857 Ex: 233 genekent@lakeheadca.com</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.

