

## What are Permanent Trails (PTs)

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, Nepean
092	Crystal Beach	PetroCan, 3095 Carling Ave
100	Greenbank	Circle K, 299 Greenbank Rd
130	Sports 4	Sports 4, College Square
272	Westboro	Bridgehead Coffee 440 Richmond Rd
291	Barrhaven South	Minto Rec. Complex 3500 Cambrian Rd

Mid Seasonal 1 May – 31 Oct		
147	Kanata	Wave Pool, 70 Aird Place Kanata

Short Seasonal 1 June – 30 Sept		
193	Aylmer	Dinty's Restaurant, 620 Aylmer Rd, Aylmer
003	Hazeldean	Rexall's, Hazeldean Mall, Kanata
290	Barrhaven	Sobeys, 1581 Greenbank Rd, Nepean

Ontario Director's Walk		
054	Manotick	Macs/Circle K, 5511 Main St,



## 2020 Events & Permanent Trails



**Sept 1 – Oct 17  
2021**

**email:nepeannomads@gmail.com**

Building Communities and friends through walking  
**www.nepeannomads.com**

## 2021 Listing of Nepean Nomads Events & Walks Sept 1 – Oct 17

Day	Date	Walk Location	Time
Sunday	Sept 5	PT 147, Kanata Wave Pool	10:00
Saturday	Sept 11	PT 100, Beryl Gaffney Park, 3889 Rideau Valley Dr	10:00
Sunday	Sept 19	Harvest Moon Walk, Chances R Restaurant	18:00
Saturday	Sept 25	PT 291 Minto Rec Centre, 3500 Cambrian Rd, Nepean	10:00
Sunday	Oct 3	30 <sup>th</sup> Anniversary Walk, Maki House, 19 Leeming Dr, Nepean	10:00
Saturday	Oct 9	PT 272 – Bridghead Coffee, 440 Richmond Road	10:00
Sunday	Oct 17	PT 30 Nepean Sportsplex, 1701 Woodroffe Ave	13:30

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



Questions? Email President John  
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for further information