

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 in a different way to an Event 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

Short Seasonal 1 June – 30 Sept		
193	Aylmer	Dinty's Restaurant, 620 Aylmer Rd, Aylmer

Mid Seasonal 1 May – 31 October		
147	Kanata	Wave Pool, 70 Aird Place, Kanata
003	Hazeldean	Rexall's, Hazeldean Mall, Kanata
291	Barrhaven	Minto Rec. Complex 3500 Cambrian Rd



2022 Events & Permanent Trails



**Sept. 1 – December 31
2022**

Building Communities and friends through walking

www.nepeannomads.com

email:nepeannomads@gmail.com

2022 Listing of Nepean Nomads Events & Walks July 1 – Sept.30

Day	Date	Walk Location	Time
Saturday	Sept. 3	PT 3, Hazeldean Mall, Kanata	09:30
Saturday	Sept. 17	Aylmer Marina	09:30
Saturday	Oct. 1	Westcliffe Woods Walk - Zolas, Bells Corners	09:30
Saturday	Oct. 22	PT 291 Minto Centre Cambrian Road.	09:30
Saturday	Nov. 5	PT 100, Circle K, Greenbank Rd.	09:30
Saturday	Nov. 19	PT 272, Bridgehead Coffee shop, Richmond Rd	09:30
Saturday	Dec. 10	PT 5, Scone Witch, Gloucester St, Ottawa	14:00

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



Questions? nepeannomads@gmail.com
for further information