

Date and Time	Location	
Saturday January 1 New Year's Day 10 a.m.	Chances R College Square, Woodroffe Ave.	PT 130
Saturday January 15 10 a.m.	Circle K 299 Greenbank Rd	PT 100
Saturday January 29 10 a.m.	Petro Can 3095 Carling Ave	PT 92
Saturday February 12 10 a.m.	Nepean Splx 1701 Woodroffe Ave	PT 30
Saturday February 26 10 a.m.	Bridgehead Coffee Shop 440 Richmond Rd	PT 272
Saturday March 12 10 a.m.	Scone Witch 150 Elgin St(entrance on Gloucester St)	PT 5
Saturday March 26 10 a.m.	Circle K 299 Greenbank Rd	PT 100
Saturday April 9 10 a.m	Nepean Splx 1701 Woodroffe Ave	PT 30



Nepean Nomads 2022 SCHEDULE JANUARY TO MARCH



Routes are available in each of our walk boxes – see next page for description. Please remember to sign in the registration book and leave \$2 in the envelope for each walk you complete.

Website: nepeannomads.com

Description of Routes



PT 100 Greenbank – The permanent walk box is kept behind the counter. Ask the cashier for it. Both 5 and 10 km winter routes walk around the peaceful neighbourhoods of Craig Henry and Arlington Woods. [A washroom is available at Circle K or on route at Tim Hortons – Greenbank Square.](#)

PT 30 Sportsplex – Enter through Entrance 4 (back parking lot) and go down stairs and left into Athletic centre. The box is kept behind the desk – just ask for it. This is a chance to enjoy the woods near Nepean Sportsplex! Summer routes enter the Sportsplex woods with the 10 km additionally taking in woods across Slack Rd. These are winter friendly if you don't mind walking through snow! Alternate 5 and 10 kms walk through Merivale Gardens with the 10 km also checking out the Tanglewood area. [Washrooms are available at the Sportsplex.](#)

PT 272- Bridgehead – The box is kept on the floor just around from waste receptacles – help yourself. Walk through old neighborhoods around Hampton Park and Highland Park. Lots of older homes with new infill. [Washrooms available in Bridgehead plus good coffee for those who need it!](#)

PT 130 Sports 4 – The box is kept behind cash – just ask for it. Both Winter routes walk through Centrepointe Park and the 10km goes on to explore Briar Green while the 5 km has the thrill of coming back through the Trades building at the College for a warm up! [Closest washroom is at Starbucks and also in Loblaws.](#)

PT 5 Scone Witch – The box is kept on a shelf at the back of Scone Witch. Help yourself. Check website before going as sometimes the open hours change. Both 5 and 10 km routes trace the historic areas of Ottawa. There is an extra sheet pointing out the points of interest on the walks. [Washroom available in Scone Witch or in 50 Elgin \(building next door. \)](#)

PT 92 – The box is kept in a cupboard on back wall facing entrance - ask cashier before opening cupboards! Both winter routes walk in the very quiet neighbourhood of Crystal Beach and catch a glimpse of the river and Andrew Haydon Park. [A washroom is available at start point](#)

