

## Easy Walking – August 2026

All walks start at 9:30.

Aug. 3. Mon. Canyon, Qualicum. Park at Old Train Station (Sunningdale & Beach).

Aug. 5. Wed. Rath Trevor. Park in Lot 1.

Aug. 7. Fri. Heritage Forest, Qualicum. Hwy 19A, turn Left onto Crescent Rd. Park near Forest Entrance.

Aug. 10. Mon. Craig Bay Bottom. Turn left at Northwest Bay Rd. traffic light, drive straight into gravel lot.

Aug. 12. Wed. Springwood. Park near dog park on Despard.

Aug. 14. Fri. Shelly Creek. Hamilton Ave. Turn onto Corfield, at top of hill turn Left onto Hamilton. Park near mailboxes.

Aug. 17. Mon. Craig Bay Top. Turn left at Northwest Bay Rd. traffic light, drive straight into gravel lot.

Aug. 19. Wed. Rath Trevor. Park in Lot 1.

Aug. 21. Fri. Ravensong, Qualicum. Park in Civic Centre Lot near dog walk entrance.

Aug. 24. Mon. Qualicum Waterfront. Park near public washrooms. If weather permits, bring chair and beverage for coffee on the beach.

Aug. 26. Wed. Fern Rd, Qualicum. Park near Legion on Veterans way.

Aug. 28. Fri. Parksville Community Park. Park near new washrooms.

Aug. 31. Mon. Lions Way, Qualicum Way (also known as Lighthouse Country Regional Trail). Hwy 19A, turn Left onto Lions Way, Right onto Lioness Blvd., Left into gravel lot. Lunch to follow at Sandbar Cafe located across hwy from Lions Way.

Contact info:

Phyllis

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Walks will be cancelled if there are High Winds, Torrential Rains.