

SAMPLE TRAINING WALK ROUTES

Please enjoy these suggested training walks. Distance is estimated. Remember it is very important to stretch before and after your walk. Bring your water bottle and keep hydrated.

STARTING POINT: In front of Lyric Theatre in Assiniboine Park

ROUTE: Around Assiniboine Park loop

DISTANCE: 5 KMS

STARTING POINT: In front of Richardson Building at statue by Portage & Main

ROUTE: Walk east on Portage, to Provencher Blvd., over bridge, right/south on Tache and walk along the riverbank behind hospital to Marion St. Right/west on Marion to Main returning to your starting point.

DISTANCE: 5 KMS

STARTING POINT: Rue Deschambault at Des Meurons St.

ROUTE: **ST. BONIFACE** - Walk east on Rue Deschambault to Gabrielle Roy Trail, take trail north along river to Provencher Blvd. Turn left, west and walk to Thibault St. Turn right/north and walk to Aubert St. Head west to Tache Ave. At Provencher turn left/east and back.

DISTANCE: 6 KMS

STARTING POINT: Earls Polo Park (1455 Portage Ave.)

ROUTE: **WOLSELEY** - Cross Portage Ave. to Wolseley Ave., East to Maryland St., over bridge to

DISTANCE: 8 KMS Wellington Cres., West on Wellington Cres. to train bridge at Route 90, then back to Earls.

STARTING POINT: Save on Foods (400 North Town Rd.)

ROUTE: [Bridgwater Forest and Bridgwater Lakes neighbourhood](#) - Walk south along North Town Rd. to Kenaston Blvd. Turn right to Bison Dr., turn right on to Park East Dr., turn left on to Centre St. to South Town Rd. across Kenaston Blvd. to Bridge Lake Dr. and follow path around to Rose Lake Ct. Walk to cross Bison Dr. along Appleford Gate follow walking paths back to North Town Rd.

DISTANCE: 10 KMS

STARTING POINT: Cabela's at Wilkes (580 Sterling Lyon Pkwy.)

ROUTE: FortWhyte Alive - [Follow the off road paths](#) and create your own route.

DISTANCE: 11 KMS

STARTING POINT: St James Civic Centre (2055 Ness Ave.)

ROUTE: Walk up Air Force Heritage Park, take the scenic trail west to Sturgeon Rd and back again.

DISTANCE: 12 KMS

STARTING POINT: Chalfont Rd. at Grant Ave.

ROUTE: Assiniboine Forest - follow your own route according to the park map and the distance you want to achieve.

DISTANCE: 14 KMS

