

Tuesdays: Ramblers

Our walks are held on Tuesdays from 10:00-11:30, followed by optional lunch or coffee at a local restaurant. Routes are usually in the Greater Victoria area with easy terrain and modified to suit individual exercise abilities.

Occasionally, we visit various points of interest. In addition to our weekly walks, we plan an annual Christmas luncheon and weekend retreat.

If you are interested and would like more details contact Nancy Carson—250.477.2278 or nancycarson75@gmail.com.

Wednesday: Walkers

The Wednesday Walkers meet on Wednesday mornings at 9:45. We set up a schedule of walks ahead of time and then meet up at the scheduled location. The walk locations range from Sooke to Sidney and the terrain is generally easy. All ages and abilities are welcome. Individual participants set their own pace.

Our walks are between 1 and 1 ½ hours. Coffee is part of the routine, but some breaks are in the middle and some at the end of the walk.

If you are interested, you can get more details by contacting Terry Wendorf at twendorf@shaw.ca or Marg Eagle at margeagle619@gmail.com or 250-478-1597

Thursday: Scramblers

Socialization, Activity and Safety are important aspects of our walks.

We meet once a week on Thursdays, between September and the end of June.

All walks are in the Greater Victoria area. Starting time is 9:50am and we only wait 10 minutes after starting time for late arrivals.

Our walks are approximately 1 to 1 ½ hours. Members take turns planning and leading a walk. At the end of our walk, we usually go for a coffee at the nearest coffee shop.

If you are interested in joining our walking group, please contact Rosemary Kelso at drkelso2@gmail.com or 778-265-2657