



Hike-4-Health

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Come and join our NRNC Hiking group we will be exploring trails in the Niagara Region. We invite families (parent/s, children, youth) and individuals to join us! Every week we will explore a new trail. We will meet at the designated trail of the week at 10:30am to start our hike. Please bring a hat, proper footwear, water and a snack.



- Tuesday, September 13 @ Balls Falls meet at the parking lot across from Boo's Eatery 2980 King S, Vineland
- Tuesday, September 20 @ The Gorge meet at the parking lot on Niagara Parkway
- Tuesday, September 27 @ Rockway Falls meet at the Rockway Community Centre 2021 Pelham Rd, Lincoln, ON

If you plan on attending please call Shannon Hill- 905-688-6484 ext: 242



Transportation is provided
but limited!!!



