

Winter/Spring Walking United 2026

Join us for Walking United. We meet at 9:15 a.m. on Monday's at various trails in the city. See the schedule below for dates & locations. We walk at various paces, **there's a pace and a place for everyone**. Our walks are usually no more than 1 hour. Come when you can, no experience necessary! For more information call Brenda Reid @ 403 346-6838 or Caron Murray at 403 396-2376.

Feb. 2 Kerry Wood Nature Centre
Feb. 9 Cronquist House
Feb. 16 Riverbend
Feb. 23 Bower Mall

Mar 2 Kiwanis Picnic Park
Mar 9 Barrett Park Trail
Mar 16 Mckenzie Trails
Mar 23 Michael O'Brien Wetland
Mar 30 Kerry Wood Nature Centre

April 6 Riverbend
April 13 Cronquist House
April 20 Bower Mall
April 27 Kiwanis Picnic Park

May 4 Barrett Park Trail
May 11 Mckenzie Trails
May 18 Riverbend
May 25 Kerry Wood Nature Centre

Servus Arena free Walking Track is an option, especially when you want to avoid the cold and ice. May be closed on holiday Mondays. Some of the inside walkers choose to walk in Bower Mall on holiday Mondays. They meet in the mall at the South entrance by Sunterra Market.

