

Health Unit Media Release



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June 10th is our Leeds Grenville and Lanark Trails Day And we are celebrating with a Trails Blitz!

Are you someone who loves to go out and enjoy the trails? If so, here is your challenge.

On June 10 we would like you to find someone who has not yet experienced the beauty and wonder of our local trails. We challenge you to bring along this friend or family member and show them what trails are all about. We will highlight 3 FREE trail events in Leeds Grenville and Lanark. At each of these events you will find helpful resources and information about physical activity and the trails as well as pick up your new revised Leeds Grenville and Lanark Trail guide. **You will be able to go on a guided hike as well as have an opportunity to go on a single or group "Trail Quest". If you participate in the quest you will be entered into a draw for a chance to win some great prizes.**

The displays will open at 9:00am on June 10.

Where are these **FREE** events?

1. Mill of Kintail Trail- will be hosting a hike at 10:00 and 12:00
2. Murphy's Point Provincial Park- will be hosting a hike at 10:00
3. Limerick Forest- will be hosting a hike at 10:00

Come out and join us! **Physical Activity can be a fun and social experience.** Walk with your local trail volunteers. All ages and activity levels welcome.

These events are coordinated by the Tri Health Trails Committee. This is a group of local volunteers and community partners. Come out and support your local trails! It is a wilderness of fun at your doorstep.

If you would like to find out more about this event or would like to **pick up a new and revised Trail Guide** call Danielle Shewfelt at (613) 256-1203 or call the Health Action Line at 1 800-660-5853 or visit www.trihealth.ca.

Other local trail events happening in Leeds, Grenville and Lanark on June 10, 2006:

If you are interested in a Nature Hike, for \$5 you can join the Rideau Trail and Rideau Valley Field Naturalists on a leisurely 5 km hike to visit Queen's University Biological Centre Near Opinicon Lake to learn about the wildlife, flora and fauna. Bring a lunch. For details contact Jim Ronson at (613) 264-1937

If a horseback ride is more your style, you can help raise money for the Therapeutic Riding Program and for \$30.00 you can go for a 15 km trail ride. Start time 9:00-11:00. For more information contact JoAnn (613) 256-3477 or Susan at (613) 257-7121

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