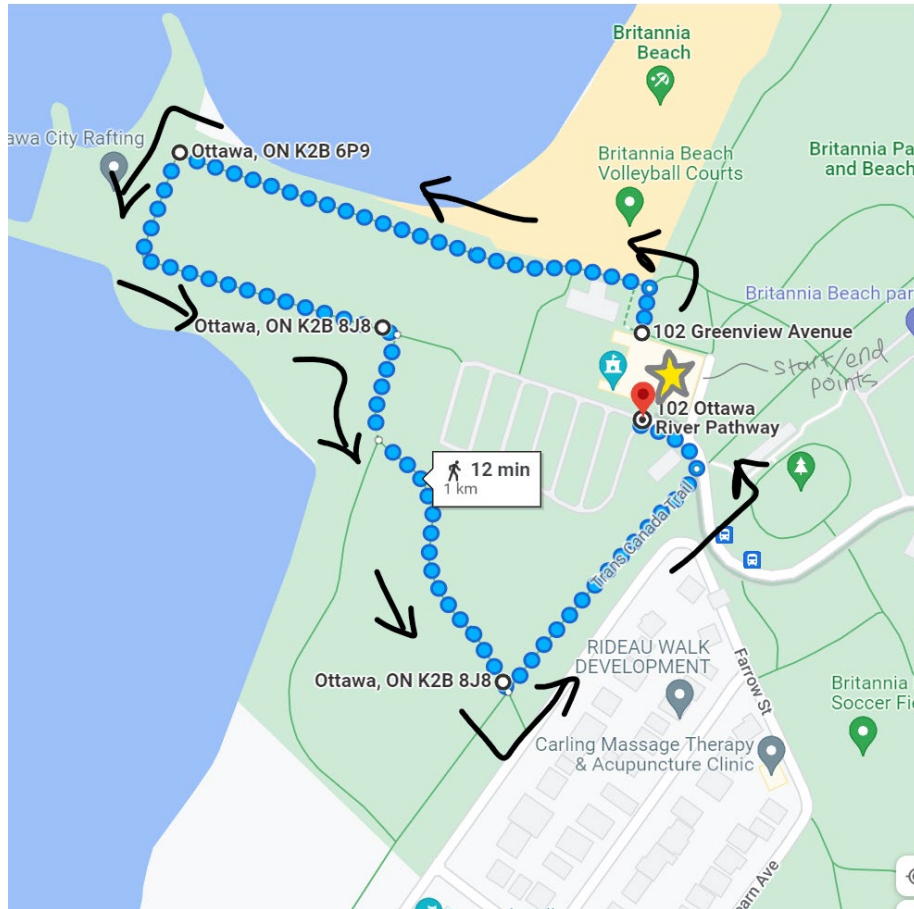


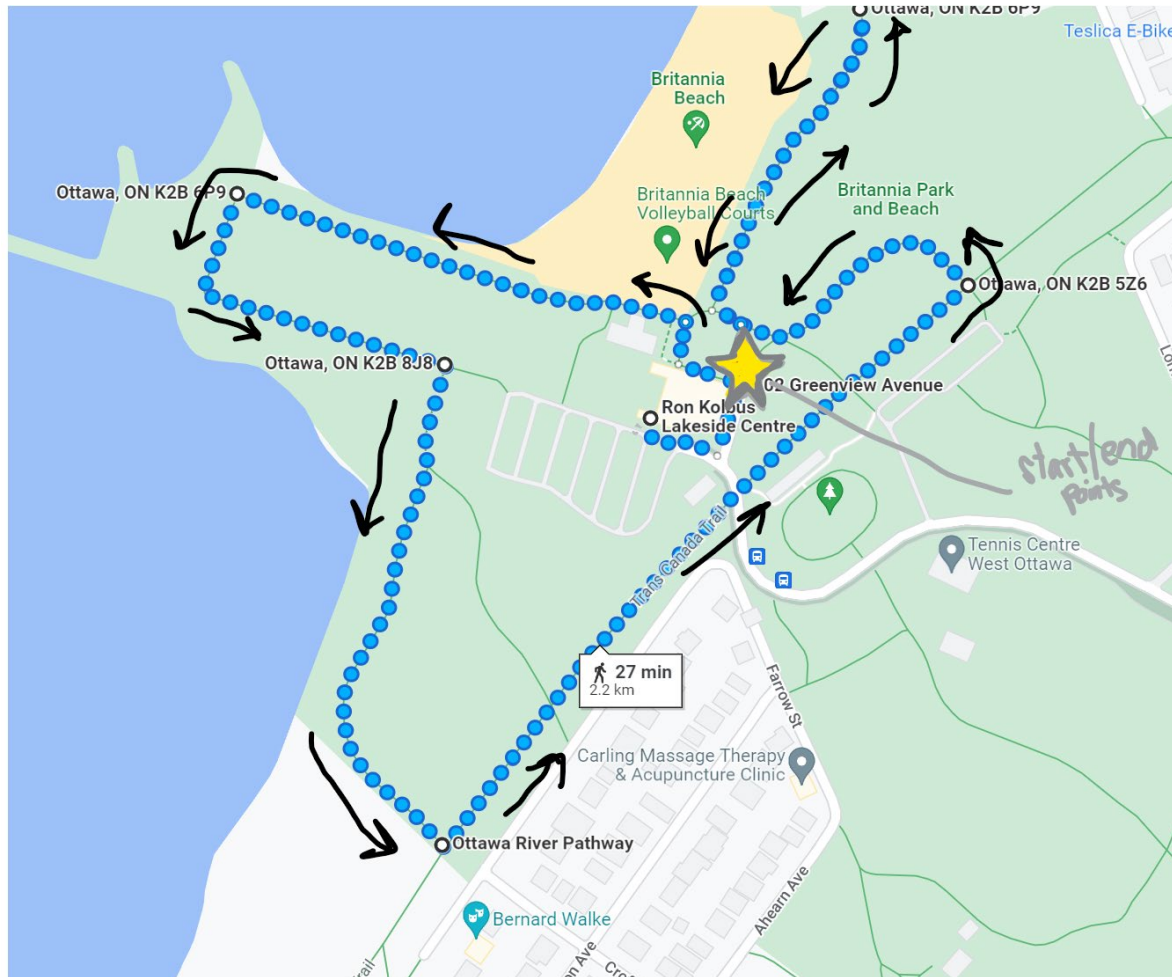
PARKINSON CANADA
SUPERWALK™

1.5 KM WALK ROUTE – OTTAWA



- 1) Start at Ron Kolbus Lakeside Centre
- 2) Head towards Britannia Beach
- 3) Turn left at path towards the water
- 4) Continue walking along the path
- 5) Turn left
- 6) Continue walking – you will pass Ottawa City Rafting
- 7) Turn left
- 8) Follow the path and turn right
- 9) Take the path on your left
- 10) Turn left
- 11) Return to the Ron Kolbus Lakeside Centre

2 KM WALK ROUTE – OTTAWA



1. Start at the Ron Kolbus Lakeside Centre
2. Head towards the path past the Baja Burger Shack towards the Britannia beach Volleyball courts
3. Once near the sand – turn left onto the Trail path
4. Follow the route
5. Turn left
6. Turn left on the trail again
7. Turn right on the trail
8. You will see two pathways on this trail – take the path to your right
9. Continue walking down the path towards Grandeur Ave
10. Turn left continuing onto the Trans Canada Trail
11. Continue down this trail, passing Greenview Ave
12. Turn left towards Britannia Park and Beach
13. Walk along the beach towards Kehoe St
14. Turn around at Kehoe St
15. Walk back down the same path towards the Ron Kolbus Centre
16. The Ron Kolbus Centre is our stopping point