

# Nuclear Waste Management Organization



Presents



# Saugeen Shores Walking Festival

“YOU OWE IT TO YOURSELF, TO LIVE A HEALTHIER LIFESTYLE...LET’S GET WALKING”

## June 4th 2011

### Thank you to our sponsors:

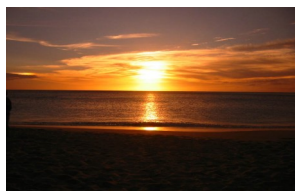
- Dr. Cipolletti
- Fryday - Miller Chiropractic & Wellness
- Hartwell Chiropractic
- Herbal Magic
- Hills Insurance Saugeen Shores Ltd.
- Nuclear Waste Management Organization
- Port Elgin Chiropractic/Wellness Centre



### Sunset Heritage Walk

The Municipal Heritage Committee is hosting a Sunset Heritage Walking Tour. Participants will be walking by various heritage buildings as well as highlighting marine heritage in the Town of Southampton. The tour begins at the Southampton Town Hall and proceeds on the beach boardwalk. Tour Guides dressed in period costumes will be stationed at various locations throughout the tour. Come join us as we take a walk through history.

- When:** June 4th
- Where:** Southampton Town Hall
- Time:** 6:00 - 8:00pm



### 23rd Annual Rotary Huron Shores Run 5km/ 10km Walk, Run or Rollerblade

This is a great community event that promotes community pride. All participants enjoy roadside refreshments and a free lunch donated by the Walker House.

- When:** June 4th
- Where:** High St., Southampton  
In front of the Tall Flag
- Time:** 8:30 - 9:30am Registration  
10:00am Race Start
- Cost:** \$30.00



For more information or to get a registration form check out [www.rotaryrun.net](http://www.rotaryrun.net)

### Teddy Bear Picnic & Parade

Come out and join us for a Teddy Bear Picnic at Northshore Park and then take a your teddy bear for a walk on the new North Shore Trail. Dress your teddy bear up and decorate your bikes and wagons. Bring your own brown bag lunch.

- When:** June 4th
- Where:** Northshore Park  
Parade will be along the new North Shore Trail
- Time:** 12:30pm Picnic & Games  
1:30pm Parade



### MacGregor Park Activities

#### Old Shore Road – Audio Trail Guide 9:00 - 4:00pm

Come walk MacGregor Point’s Old Shore Road Trail, stretching over 7 km of shoreline. Own an mp3 player? Download our Audio Trail Guide off Ontario Park’s Website! <http://www.ontarioparks.com/english/macg-hiking.html>

#### The Amazing Race 9:00 - 4:00pm

Feeling Adventurous? Take the Amazing Race challenge and compare your times with others! Handouts available at the Visitor Centre.

#### Owl Prowl and Coyote Howl 9:30 - 10:30pm

Join Matt the Nat for a nocturnal hike and listen for those animals that hoot and howl.

Parking Fee for the day: \$10.75 (there will be no parking fee for those attending the Owl Prowl & Coyote Howl)

