



fit together

PRE & POST NATAL FITNESS

City Strolls Challenge

We challenge YOU to try some new walking trails over the next month!

Tag @fittogetherwpg and you'll be entered to win 5 Fit Together classes

Assiniboine Forest- Sagimay

2.8 km, paved loop

Park Grant at Chalfont. Option to add on more gravel sections. Trees all around!

Linden Woods Lakes

2.7 km, linear paved route

Park on Shoreline Drive near the lake. Head right to the shelter in Muys Park and back, then walk to the shelter in Van Walleghem Park and back

Whittier Park

4 km, linear gravel loop

Park at Fort Gibraltar. Take the path all the way under the train bridge to Lagimodière-Gaboury Park and back. If you have a rugged stroller, try the river trail. Look for art along the way!

The Forks- St Boniface

3 km, paved loop

Park at The Forks. Take the wooden footbridge over to S. Pointe, then down under the Nii Maman sculpture+ over the Norwood Bridge. Walk behind the hospital, along Tache and over the Esplanade Riel foot bridge . Gorgeous views!

Churchill Drive- Kingston Cr

3 km gravel/ paved loop

Park on Churchill Drive near Jubilee. Walk west on Jubilee to the BDI and over the Elm Park bridge. Take Kingston Crescent east to Osborne Bridge, over the bridge and back through Churchill Drive Park to starting point.

Waterfront Drive

2.5- 5km, linear paved route

Park on Waterfront Drive (free 1 hr parking due to covid-19). Walk in the park towards South Point Douglas and back and/or to The Forks and back. Great city views!

Sturgeon Cr-Woodhaven

1.5 km+, linear paved route

Park at Grant's Old Mill. Proceed under Portage Ave to Woodhaven CC and back. Option to explore Sturgeon Park Greenway in the other direction

Bunn's Creek Parkway

2 km, linear gravel route

Park at Bunn's Creek Centennial Park. Take the Bunn's Creek Parkway left to the Red River and back. Look for 7 Sacred Teachings art along the way. Pretty creek views

Bois-des-Esprits

4 km, linear gravel route

Park at John Bruce Park. Cross the bridge to get to the trail head. Look for Woody and the other carved trees along the way

Your Favourite Here

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