



# WALK TOWARDS A HEALTHIER TOMORROW

This **free** 8-week program is designed to help you stay active and explore new parks. Individuals and families of all fitness levels are invited to join. Easy-to-use goal setting and tracking is available to participants.



-  Guided Group Walks
-  Community Connection
-  Discover New Parks



Step it Up! is brought to you by:



APR 30 - JUN 22,  
2024

Register via the  
QR code above!

[miottawa.org/stepitup](https://miottawa.org/stepitup)





## EVENTS 2024:

Event details at [miottawa.org/stepitup](https://miottawa.org/stepitup)

### GROUP WALKS:

- **Group Walk** | April 30, 6:00-7:30 pm, Hemlock Crossing | Dogs welcome on leash
- **Group Walk** | May 9, 6:00-7:30 pm, Grand River Park | Dogs welcome on leash
- **Group Walk** | May 14, 6:00-7:30 pm, Upper Macatawa NA | Dogs welcome on leash
- **Group Walk** | May 22, 6:00-7:30 pm, Connor Bayou | Dogs welcome on leash
- **Group Walk** | June 2, 1:00-2:30 pm, Pigeon Creek Park | Dogs welcome on leash
- **Group Walk** | June 4, 6-7:30 pm, Paw Paw Park - East | Dogs welcome on leash
- **Group Walk** | June 12, 6:00-7:30 pm, Eastmanville Farm | Dogs welcome on leash

### ON THE WATER:

- **Gabagouache Paddle** | May 21, 6:00-7:30 pm, Connor Bayou | Open-house Style
  - Rain Date | May 29, 6:00-7:30 pm, Connor Bayou
- **Group Kayaking** | June 8, 1:00-3:30 pm, Hawthorn Pond | Open-house Style
  - Rain Date | June 15, 1:00-3:30 pm, Hawthorn Pond

### GRAND EXPLORERS' TRAIL RACE:

- **GET Race** | June 22, 8:00-10:00 am, Grand River Park | Dogs welcome on leash
  - Registration required at [grandexplorerstrailrace.com](https://grandexplorerstrailrace.com)