

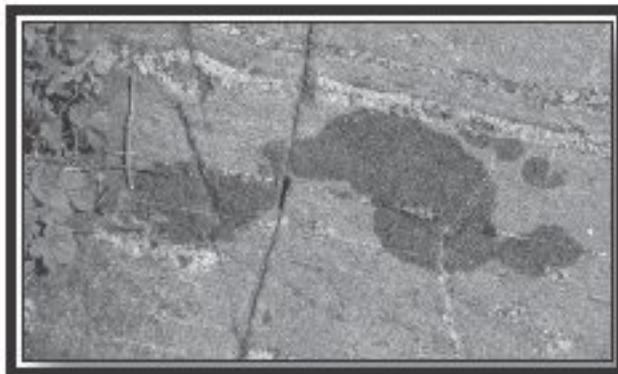
vitaparcours fitness trail

Stroll, walk or jog along our two scenic fitness trails. For your benefit, each trail is a "vita parcours", meaning there are exercise stations and equipped along the path. At each of the 14 stations, you will find instructions on how to perform these exercise.

Both trails begin at the public dock and are a pleasurable walk with some hills but no rugged terrain. The "Waterview Trail" is 1.2 km, taking you out to a peninsula with beautiful views of the Canal on both sides. Midway through the 2.2 km "Woodland Trail", you can take a rest at the 'Look Out' and enjoy a picturesque view the world renown Rideau Canal.

Please follow these RULES when using the VITAPARCOURS FITNESS TRAIL.

- No parking along the trail.
- Follow the blue triangles.
- Use at your own risk.



REMEMBER,,
"Leave Nothing but
Footprints, and
Take Nothing but Pictures"

