



UNIVERSITY OF OTTAWA  
HEART INSTITUTE  
INSTITUT DE CARDIOLOGIE  
DE L'UNIVERSITÉ D'OTTAWA



# Walking Programs In the Champlain Region



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	This logo denotes the activities which meet specific standards for Heart Wise Exercise, designated by the University of Ottawa Heart Institute. For more information visit <a href="http://heartwise.ottawaheart.ca">heartwise.ottawaheart.ca</a>
	Nominal fee to join
	Outdoor program

## Get W.I.T.H. It!

*Walking in the Halls* are walking programs offered seasonally that encourage you to get the benefits of walking during the colder, darker months of winter. Call the location for more information about dates and times.

***Last updated February 2019***

***For more information: [heartwise.ottawaheart.ca](http://heartwise.ottawaheart.ca)***

## OTTAWA

Mall Walking Groups	Community Health Centers Walking Groups
<p><a href="#">Billings Bridge Shopping Centre</a> 2277 Riverside Drive Pacesetters Walking Club 613-521-6740 <b>OR</b> 613-733-2595 (during the day)</p> <p><a href="#">Merivale Mall</a> 1642 Merivale Road Trekking Walking Club (informal group) 613-226-1290</p> <p><a href="#">Hazeldean Mall</a> 300 Eagleson Road In Club Mall Walkers 613-599-4480 or 613-592-1294</p> <p><a href="#">Place D'Orléans Mall</a> 110 Place D'Orléans Drive Place D'Orleans Walking Club 613-830-2288 <a href="http://www.millepattesplacedorleansmallwalkers.com">www.millepattesplacedorleansmallwalkers.com</a></p> <p><a href="#">St. Laurent Shopping Centre</a> 1200 St. Laurent Blvd Wild About Walking 613-580-9620</p>	<p><a href="#">Southeast Ottawa Community Health Centre</a> 1355 Bank Street English &amp; French speaking groups Offered at different locations 613-737-5115 ext 2323</p> <p><a href="#">Centretown Community Health Centre</a> 420 Cooper Street Centretown CHC Walking Club 613-233-4443</p> <p><a href="#">Carlington Community Health Centre</a> 900 Merivale Road Seniors Nordic Walking (two locations) 613-722-4000 ext 204</p> <p><a href="#">Sandy Hill Community Health Centre</a> 221 Rue Nelson Walking groups 613-244-2816</p>
	<p><b>Get W.I.T.H. It!</b></p>
	<p><a href="#">Hillcrest High School</a> 1900 Dauphin Road 613-798-5555 ext 17289</p>



## OTTAWA

West Area	East Area
<p><a href="#">Kinburn Community Centre</a> 3045 Kinburn Side Road Kinburn Indoor Walking Club 613-832-4504</p>	<p><a href="#">St. Laurent Shopping Centre</a> 1200 St. Laurent Blvd Wild About Walking 613-580-9620</p>
<p><a href="#">Stittsville Community Centre</a> 10 Warner-Colpitts Lane Stittsville Walking Club (Indoors) 613-836-5941</p>	<p><a href="#">Rendez-vous des Aînés Francophone</a> 3349 Navan Road Notre-Dame des Champs French Walking Group 613-834-6808</p>
<p><a href="#">West Carleton Family Health Team</a> 119 Langstaff Drive Carp Ontario West Carleton FHT Walking Group 613-839-2619</p>	<p><a href="#">Dempsey Community Centre</a> 1896 Russell Road Seniors Indoor Walking 613-247-4941</p>
<p><a href="#">Alfred Taylor Community Centre</a> 2300 Community Way (Nov-April) 2358 Roger Stevens Drive (May-Oct) North Gower Happy Hoofers 613-489-3839</p>	<p><a href="#">Bob McQuarrie Recreational Complex</a> 490 Youville Dr 613-580-9600 ext 228</p>
<p><a href="#">Richmond Memorial Community Centre</a> 6095 Perth Street Richmond Ontario Richmond Walkers 613-838-5423</p>	
<p><a href="#">Superdome at Ben Franklin Park</a> 191 Knoxdale road Indoor Walking (unsupervised) \$ \$1/visit 613-829-3663</p>	
<p><a href="#">Nepean Nomads Walking Club</a> Canadian Volkssport Federation <a href="mailto:nepeannomads@bell.net">nepeannomads@bell.net</a></p>	
<p><a href="#">Nepean Sportsplex</a> 1701 Woodroffe Outdoors Walking Group 613-580-2828</p>	



## OTTAWA

Central Area	South Area
<p><a href="#">Ottawa Outdoors Club</a> Location varies, check website 613-229-7495</p> <p><a href="#">Walking Clinics - Running Room</a> Check out clinic locations near you at: <a href="http://www.runningroom.com/">www.runningroom.com/</a></p> <p><a href="#">The Good Companions Senior's Centre</a> 670 Albert Street 613-236-0428 ext 200 *Not available in the Winter</p> <p><a href="#">Dovercourt Recreational Centre</a> 411 Dovercourt Ave 613-798-8950 ext 244</p> <p><a href="#">Bytown Walkers</a> University of Ottawa Sports Centre 801 King Edward 613-850-1451</p> <p><a href="#">Boomerang Kids</a> 1056 Bank Street 613-730-0711</p> <p><a href="#">Jack Purcell Recreation Centre – Rehab Walking Program</a> 320 Jack Purcell Ln 613-564-1050</p>	<p><a href="#">Ottawa South Community Centre</a> 260 Sunnyside Informal Walking Group, community led 613-247-4946</p> <p><a href="#">Heron Seniors Centre</a> 1480 Heron Road 613-247-4808 ext 2</p> <p><a href="#">Hunt Club Riverside Park Community Centre</a> 3320 Paul Anka 613-260-1299</p> <p><a href="#">Carlsbad Springs Community Centre</a> Carlsbad Springs Walking Club 613-822-1435</p> <p><a href="#">Greely Community Centre</a> 1448 Meadow Drive Greely Greely Walking Club 613-580-2424 ext 30330 *Not available in the Summer</p> <p><a href="#">Kars Recreation Centre</a> 1604 Old Wellington Road Kars Indoor Trippers 613-489-2291</p> <p><a href="#">Osgoode Community Centre</a> 5560 Main Street Osgoode Walking Club 613-826-2264</p>



## RENFREW COUNTY

### Get W.I.T.H. It!/Walking Programs

[Arnprior District High School](#)

59 Ottawa St. (Arnprior)  
(613) 623-3183



[Dacre and Area Community Association](#)

111 Flat Rd. (Dacre)  
(613) 649-2668 or  
(613) 649-2610



[Eganville and District Seniors \(Merivale United Church\)](#)

30 Bell St. (Eganville)  
(613) 628-2354



[MacKenzie High School](#)

87 Brockhouse Way  
(Deep River)  
(613) 584-3361



[Madawaska Valley District High School](#)

31 John St. (Barry's Bay)  
(613) 756-2747



[Miramichi Lodge LTC](#)

725 Pembroke St. W  
(Pembroke)  
(613) 735-0175



[St. Joseph's Catholic High School](#)

835 First St. (Renfrew)  
(613) 432-4072



[Beachburg Public School](#)

20 Cameron St. (Beachburg)  
613-582-3685

[Cobden Public School](#)

17 Cowley St. (Cobden)  
613-582-3685

[Minopimàdiz-i Gamik Health Centre](#)

Aki Pimose (Landwalkers)  
Algonquins of Pikwàkanagàn First Nation  
Golden Lake, ON  
(613) 625-2682




*Heart Wise Exercise programs in Renfrew County are supported by The County of Renfrew Paramedic Service*

<b>EASTERN COUNTIES</b>	
<b>Get W.I.T.H. It!</b>	<b>Other Walking Programs</b>
<p><a href="#">Cornwall Civic Complex</a> 100 Water St. East (Cornwall) (613) 936-0306</p> <p><a href="#">Crysler Community Centre</a> 16 Third St. (Crysler) (613) 987-2683 or (613) 443 3888 x29</p>	<p><a href="#">Alexandria – Tim Horton’s Recreation Dome</a> George St. &amp; MacDonald Blvd (Alexandria) (613) 525-0614 *Can pay to walk on track, but no walking group</p> <p><a href="#">École Académie de la Seigneurie School</a> Relay for Life to Beat Cancer Walking Club 731 Pommiers Rd. (Casselman) (613) 443-9079</p>



**LEEDS, LANARK & GRENVILLE**

<b>Get W.I.T.H. It!</b>	
<p><a href="#">Almonte and District High School</a> 126 Martin St N (Almonte) – (613) 256-1470</p> <p><a href="#">Carleton Place High School</a> 215 Lake Ave W (Carleton Place) -- (613) 253-3822 or (613) 257-2200</p> <p><a href="#">Fairview Manor</a> 75 Spring St. (Almonte) -- (613) 256-3113</p> <p><a href="#">Thousand Islands Secondary School (T.I.S.S.)</a> 2510 Parkedale Ave. (Brockville) -- (613) 342-1100</p> <p><a href="#">Rideau District High School</a> 251 Main St (Elgin) -- (613) 272-2799</p>	  

<b>Nordic Walking Locations</b>	
Evolution Fitness and Wellness	613-882-1115
LiveBy Pilates	613-699-0932
Nepean Senior Recreation Centre	613-580-2828 ext 2
Lindenlea Community Association	613-742-5011
Hagen-Kennedy, Robin	613-769-7461
Eileen’s Yoga	613-568-8177
Fine, Julie	613-291-5559