



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



# WALKING PROGRAMS IN THE CHAMPLAIN REGION



## TABLE OF CONTENTS

<b>PAGE 3</b>		Ottawa
<b>PAGE 3</b>		South area
<b>PAGE 3</b>		Central area
<b>PAGE 3</b>		West area
<b>PAGE 3</b>		Renfrew county
<b>PAGE 3</b>		Get W.I.T.H. It!
<b>PAGE 3</b>		Other walking programs
<b>PAGE 4</b>		Eastern counties
<b>PAGE 4</b>		Leeds, Lanark & Grenville
<b>PAGE 4</b>		Get W.I.T.H. It!
<b>PAGE 4</b>		Outside the immediate Ottawa area
<b>PAGE 4</b>		Almonte
<b>PAGE 4</b>		Carleton Place
<b>PAGE 4</b>		Pakenham
<b>PAGE 4</b>		Nordic walking locations



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



**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.

## OTTAWA

SOUTH AREA	CENTRAL AREA
<p> <b>Heron Seniors Centre</b></p> <ul style="list-style-type: none"> <li>• 1480 Heron Rd</li> <li>• (613) 247-4808 ext 2</li> </ul>	<p><b>Walking Clinics - Running Room</b></p> <ul style="list-style-type: none"> <li>• Check out clinic locations near you at: <a href="http://www.runningroom.com/">www.runningroom.com/</a></li> </ul>
<p> <b>Hunt Club Riverside Park Community Centre</b></p> <ul style="list-style-type: none"> <li>• 3320 Paul Anka Dr</li> <li>• (613) 260-1299</li> </ul>	<p> <b>Bytown Walkers</b></p> <ul style="list-style-type: none"> <li>• Louis Riel Dome, Ottawa</li> <li>• <a href="https://bytownwalkers.ca">https://bytownwalkers.ca</a></li> <li>• Email: <a href="mailto:Walkabout@bytownwalkers.ca">Walkabout@bytownwalkers.ca</a></li> </ul>
<p> <b>Manotick Indoor Walking Group</b></p> <ul style="list-style-type: none"> <li>• 5572 Leach Dr</li> <li>• (613) 580-2424 ext 30330</li> </ul>	<p> <b>Jack Purcell Recreation Centre - Rehab Walking Program</b></p> <ul style="list-style-type: none"> <li>• 320 Jack Purcell Ln</li> <li>• (613) 564-1050</li> </ul>
<p> <b>Kars Recreation Centre</b></p> <ul style="list-style-type: none"> <li>• 1604 Old Wellington Rd</li> <li>• (613) 489-2291</li> </ul>	<p><b>Ottawa Outdoors Club - Urban Walks</b></p> <ul style="list-style-type: none"> <li>• Various locations in central Ottawa</li> <li>• <a href="http://www.ottawaoutdoorclub.ca/schedule">www.ottawaoutdoorclub.ca/schedule</a></li> </ul>
<p> <b>Osgoode Community Centre</b></p> <ul style="list-style-type: none"> <li>• 5560 Main St</li> <li>• (613) 580-2424 Ext. 30235</li> </ul>	

WEST AREA
<p><b>Stittsville Walking Club (Indoors)</b></p> <ul style="list-style-type: none"> <li>• 10 Warner-Colpitts Ln</li> <li>• (613) 836-5941</li> </ul>
<p> <b>Superdome at Ben Franklin Park - Unsupervised Indoor Walking</b></p> <ul style="list-style-type: none"> <li>• 3320 Paul Anka Dr</li> <li>• (613) 260-1299</li> </ul>

## RENFREW COUNTY

GET W.I.T.H. IT!	OTHER WALKING PROGRAMS
<p> <b>St. Joseph's Catholic High School</b></p> <ul style="list-style-type: none"> <li>• 835 First St (Renfrew)</li> <li>• (613) 432-4072</li> <li>• <a href="mailto:marlene17@live.ca">marlene17@live.ca</a></li> </ul>	<p><b>Dacre and Area Community Association</b></p> <ul style="list-style-type: none"> <li>• 111 Flat Rd (Dacre)</li> <li>• (613) 649-2668 or (613) 649-2610</li> </ul>



**Alexandria – Tim Horton’s Recreation Dome**

- George St. & MacDonald Blvd (Alexandria)
- (613) 525-0614

**GET W.I.T.H. IT!**

**Rideau District High School**

- 251 Main St (Elgin)
- (613) 272-2799 ext 256

**OUTSIDE THE IMMEDIATE OTTAWA AREA**

**ALMONTE**

**Almonte Library Parking Lot**

- 155 High St (Almonte)
- (613) 256-1037

**CARLETON PLACE**

**Beckwith Recreation Complex**

- 1319 Beckwith 9th Line
- (613) 257-1539

**PAKENHAM**

**Pakenham Community Center**

- 112 MacFarlane St (Pakenham)
- (613) 256-2064



**Carleton Place: Station Active Living Center**

- 132 Coleman St
- (613) 257-1690

**NORDIC WALKING LOCATIONS**



**Lindenlea Community Association**

- 15 Rockcliffe Way
- (613) 742-5011



**Eileen’s Yoga**

- Arboretum, Ottawa
- www.eileensyoga.com
- (613) 257-2424



**Carlington Community Health Centre**

- 900 Merivale Rd
- (613) 722-4000 ext 204