

## The 2021 Ovarian Cancer Canada Walk of Hope in Barrie and Simcoe Muskoka Region

On behalf of the volunteer committee in Barrie and Simcoe Muskoka Region, I am very happy to share with you a way to continue to participate in the Ovarian Cancer Canada Walk of Hope and raise much needed funds in a very creative and safe way! The health and safety of our community is of utmost important to us and while we cannot gather together on Walk day, there are more ways than ever to connect in our region and beyond. Your fundraising is vital, as ovarian cancer research and resources for ovarian cancer patients is massively underfunded and every dollar counts!

**The 2021 Walk takes place on Sunday, September 12 and this year, the Walk has no boundaries, it's virtual! Our Walk extends beyond the city limits of Barrie and into the Simcoe/ Muskoka Region.**

**Looking for ideas and where to walk? We have some options for you in this document.** You can choose to walk any, or all, of the 10 area trails/ paths below. Of course, please ensure to follow your local health guidelines to ensure a safe and successful Walk day experience.

To help you find your route, just hold the camera on your cell phone over the QR code in column one – which indicates the name of the route. You will also notice that some of our routes have been dedicated to honour our Teal Sisters living with ovarian cancer and those who are no longer with us. **We invite you to walk with hope in your heart, in solidarity with Teal Sisters across the country.**

**Here are some ideas where you can walk:**

Route	Dedication	Description
<p>1. Barrie</p> <p>Waterfront Walk</p> 	<p>Dedicated to Teal Sister, Laura Wolfe Zawakuik</p> 	<p>The Walk in Barrie all started with Laura Wolfe Zawakuik, Teal Sister and dedicate volunteer, when she chose this route along Barrie's Waterfront from the South Shore Community Centre to Heritage Park. There and back is approximately 5 km. You may just be tempted to stop at the Rotary water fountain, Centennial Park, or the Spirit Catcher for photo opportunities!</p>

<p>2. Barrie – Ardagh Bluffs</p> 		<p>This amazing walk through the forest will surprise you! This trail is only one of many located between Ardagh Road and Mapleview Drive, west of Essa Road and offers over 17 km of recreational trails over a total area of 518 acres.</p>
<p>3. Barrie Downtown</p> <p>Start your route at 25 Dunlop Street East, Barrie!</p> <p>NOTE: Be sure you try out this route when stores are open, otherwise it will be window-viewing only – which isn't bad either!</p>	<p>Dedicated to:</p> <p>Tracey Baker</p> 	<p>Why not try something different this year and take a look around beautiful downtown Barrie to support a few local vendors? Thank you to Tracey Baker, owner of Zuzu, and all the downtown merchants who will be ever so eager to see your masked faces!</p> <p>Start at Zuzu and move to have a coffee at Wired Owl Coffee Company. Then, check out Donaleigh's (lunch?), Joshua's Greenery (for awesome flowers), Kerry's Book Store (in case you want to read at some point), Casa Mia (snack), Blueberry Moon (by the Bay), Cakes by Design, J'adore Cheese and Chocolate, Inhabit – Interior Designs, and finally McReilly's Public House.</p>
<p>4. Parry Sound</p> 	<p>In memory of Teal Sister:</p> <p>Dawn Foreman-Tamblyn</p>	<p>This year is the first year this trail has been a part of the Walk. Thanks to Laurie McCarthy and Brian Tamblyn for spear-heading this route in memory of Dawn Foreman-Tamblyn. Give some thought to this Teal Sister as you walk along the route's beautiful fitness trail that hugs the shores of Georgian Bay.</p>
<p>5. Midland</p>		

<p>Rotary Waterfront Trail</p> 		<p>This 8 km route connects the Tay Shore Trail from Ste. Marie Among the Hurons in the south through the Ste. Marie Park and along the residential waterfront to the Midland Town Dock and downtown core and on through recreational lands and private marinas to the Mid Pen link in the north.</p> <p>Cool feature: At the Wye River, you can explore a recreated, 17th century French Jesuit mission headquarters and experience the interaction of the French and native Wendat Huron nation.</p>
<p>6. Bordon / Angus</p> <p>Live link under description.</p>	<p>Dedicated to the memory of Teal Sister: Valerie Bell</p> 	<p>This is a very special route, originated by the Walk team Val's Army (Trish Bell is the team's current captain).</p> <p>There are so many routes to choose from this interactive map. You can bike, hike, or run!</p> <p><a href="https://www.trailforks.com/region/cfb-borden-trails-18468/?activitytype=1&amp;z=12.1&amp;lat=44.29738&amp;lon=-79.90261">https://www.trailforks.com/region/cfb-borden-trails-18468/?activitytype=1&amp;z=12.1&amp;lat=44.29738&amp;lon=-79.90261</a></p> <p>Take a pause when you are walking this route to remember Teal Sister, Valerie Bell.</p>
<p>7. Collingwood</p> 		<p>Choose from a variety of trails which encompass over 60 kms of recreational trails!</p> <p><a href="https://www.collingwood.ca/culture-recreation-events/trails">https://www.collingwood.ca/culture-recreation-events/trails</a></p>

<p>8. Bradford</p> <p>Scanlon Creek</p> 		<p>If you are from the Bradford Area – why not walk local?</p> <p>“Scanlon Creek Conservation Area is a hikers’ haven, a picnicking paradise, a <a href="#">birder’s</a> delight and a photographer’s dream. Explore forests, marshlands, and glacial erratics, enjoy spring wildflowers, or the vibrant fall leaves and see plenty of birds and other wildlife as you hike the expansive trail system covering most of the 300 hectare park.”</p>
<p>9. Orillia</p> <p>Tudhope Park Loop</p> 	<p>In memory of Teal Sister, Bonnie Sugden</p> 	<p>If you are from the Orillia area, you will likely be more than familiar with this amazing walking route!</p> <p>“The Tudhope Loop is located in J.B. Tudhope Memorial Park on Atherley Road and has ample parking available. The trail gently loops around the perimeter of the 65-acre park along the water's edge. This loop also features a number of historical information plaques for you to enjoy along the way.”</p> <p>Pause along this route, in memory of Teal Sister, Bonnie Sugden.</p>
<p>10. Bala</p> 		<p>While there are a variety of levels of challenging walks, the scenic walks are less demanding than mountain walks but all have wonderful views. Walk around the lake on the low lying hills - or part-way and use the Bala Lake Railway to return or National Park well-marked Leisure Network.</p> <p>Try a walk around Bala, first along the lake, then the Rivers Dee and Tryweryn and then over farmland passing “the caves”.</p> <p><a href="https://www.gobala.org/en/walking-trails/">https://www.gobala.org/en/walking-trails/</a></p>

Unable to Walk on Sunday, September 12? Choose a day when the weather is perfect for you, but please note that we encourage you to complete your Walk and gather your donations by Sunday, September 12.