

## Week Night Nordic Pole Walking

Easy – Partly Shaded

Distance: 1.6 km loop

Trail Name: Black Ash Trail

Start: JJ Cooper Park (yellow dot)

Finish: JJ Cooper Park

Features:

Follow the trail through the park heading west towards Black Ash Creek. The trail follows the creek north to Sixth St which is your turnaround point.

If you would like to add some distance cross Sixth Street and continue along Black Ash Trail. Or on you return back to the starting point follow Black Ash Trail until it comes to the end.

