

## Week Six

### Nordic Pole Walking

Easy – Shaded

Distance: 850 m or 1.7 km loop

Trail Name: Harbourview Trail

Start: End of Birch Street

Finish: End of Boardwalk

Feature:

Follow the trail as it twists and turns along the waterfront and then onto the Boardwalk Trail. On your journey read the interpretive signs, stop at the Awen Gathering Circle and pause at the Labyrinth.

