

Week Seven

Nordic Pole Walking

Easy – Shaded

Distance: 1.5 km or 3.0 km loop

Trail Name: Black Ash Trail

Start: Sixth Street

Finish: Mountain Road

Feature:

Follow the trail as it runs beside Black Ash Creek. Along your route explore the Information sign on the rehabilitation of Black Ash Creek. For bird enthusiasts this is a great trail to spot a variety of different bird species

