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October Walking Trips

October 7: NCR Trail (Paper Mill Location)

October 21: NCR Trail (Parkton Location)

October 28: Meadowood Regional Park

**Departure: 9:15 AM, Return: ~11:30AM
(from the Wellness Entrance)**

Important Details for NCR Trips:

- The path is partially paved and crushed stone surface.

Important Details for Meadowood Regional Park:

- The trail surface is made of smooth asphalt and cement.
- A 0.8-mile (or 1.0-mile loop) paved path.
- Shaded pavilions and benches for seating available.

Space is limited! Registration Required
wellness@broadmead.org
***Include all date(s) attending**