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September Walking Trips

**Sept 9: Oregon Ridge (Guided Option)
Sept 16: NCR Trail (White Hall location)
Sept 23: Oregon Ridge (Guided Option)**

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

Important Details for NCR Trip:

- The walk will take place at the White Hall location on the NCR trail where we can visit the Gnome Hill approx. 1 mile from the drop off. The path is partially paved and crushed stone surface.

Important Details for Oregon Ridge Trips:

- The hike will take place on natural trails with rocks, roots, and uneven ground, or in the meadow (not paved paths). The hike is not recommended for anyone who requires a cane, rollator or has balance concerns.
- If you prefer not to hike, you are still welcome to come and enjoy time at the nature center, relax under the pavilions, and take in the beautiful outdoor setting.

Space is limited! Register by Sept 4th

Email wellness@broadmead.org

***Include all date(s) attending**

***For Oregon Ridge trips, note guided hike or leisure option**