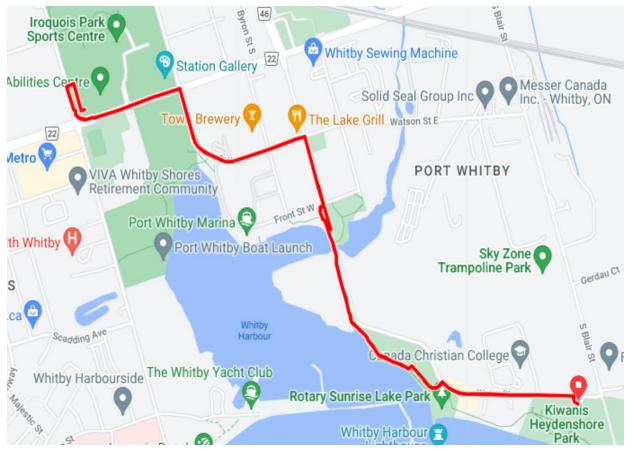
2023 Durham Region MS. WALK

MS Canada cannot be held responsible for participants who begin the route before the official start time of 11:00 a.m.



5.3 Km Route (out-and-back)

- Start: Kiwanis Heydenshore Park
- Turn left onto Water St.
- Turn left onto Waterfront Trail (near parking lot), passed detour for construction.
- Turn right at Front St. W, immediate left onto Brock St.
- Turn left onto Watson St. E
- Turn left onto Victoria St. E towards Abilities Centre
- Once at Abilities Centre, turn back and continue on same route back to Kiwanis Heydenshore Park
 - Be sure to use opposite side of sidewalk

Please Note:

- The Abilities Centre is our checkpoint location. Available at checkpoint:
 - Washrooms
 - Seating (indoor or outdoor)
 - Volunteers
 - Water
 - Snacks

TIPS OF THE TRAIL

- Make sure to follow the signs along the route and refer to your map when in doubt
- For safety, please stay on the route and follow the Route Marshals instructions
- In case of accident or extreme fatigue, remain on the spot and an event volunteer will assist you
- Do not block the sidewalk by walking more than two abreast
- Please keep the walk route litter free and pick up after your pets
- Have fun and tag your photos online using #MSWalk

Special Thanks to your MS Staff, Walk Committee Members and Volunteers