

2023 Kingston Belleville MS WALK

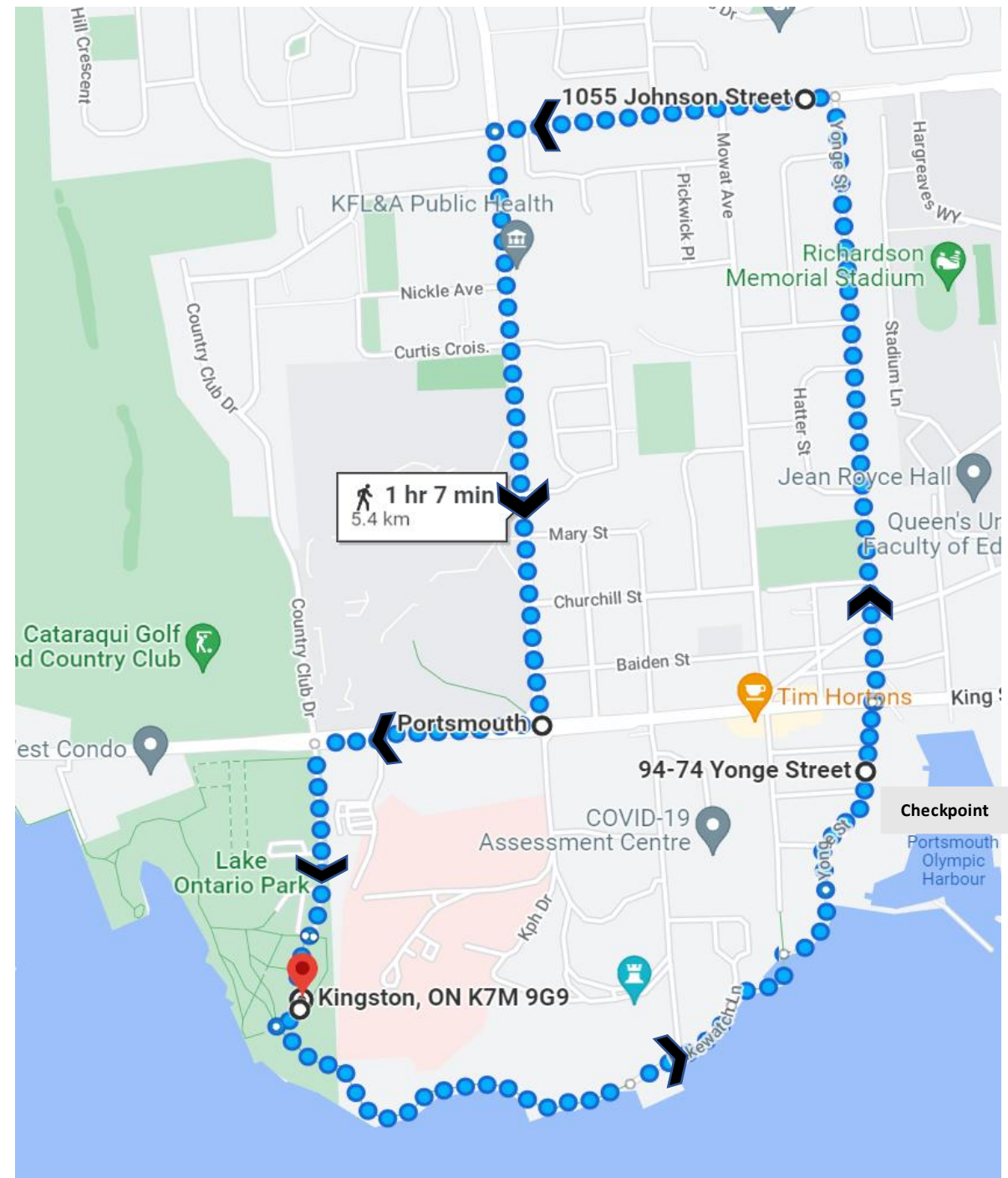
MS Canada cannot be held responsible for participants who begin the route before the official start time of 11:00 a.m.

5.4 Km Route (loop):

- **Start:** Lake Ontario Park Picnic Shelter
- Head towards water, turning **right (south-east)** on Waterfront Trail
- Turn **right** on Yonge St.
- **Checkpoint:** Portsmouth Olympic Harbour
- Continue **straight** on Yonge St. until Johnson St.
- Turn **left** on Johnson St.,
- Turn **left** on Portsmouth Ave.,
- Turn on King St W., **heading West**
- Turn **left** into Lake Ontario Park

Please Note:

- Portsmouth Olympic Harbour is our checkpoint location. Available at checkpoint:
 - Washrooms
 - Seating
 - 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, MS Walk Committee Members and Volunteers.