

# Ottawa **MS** Walk 2023

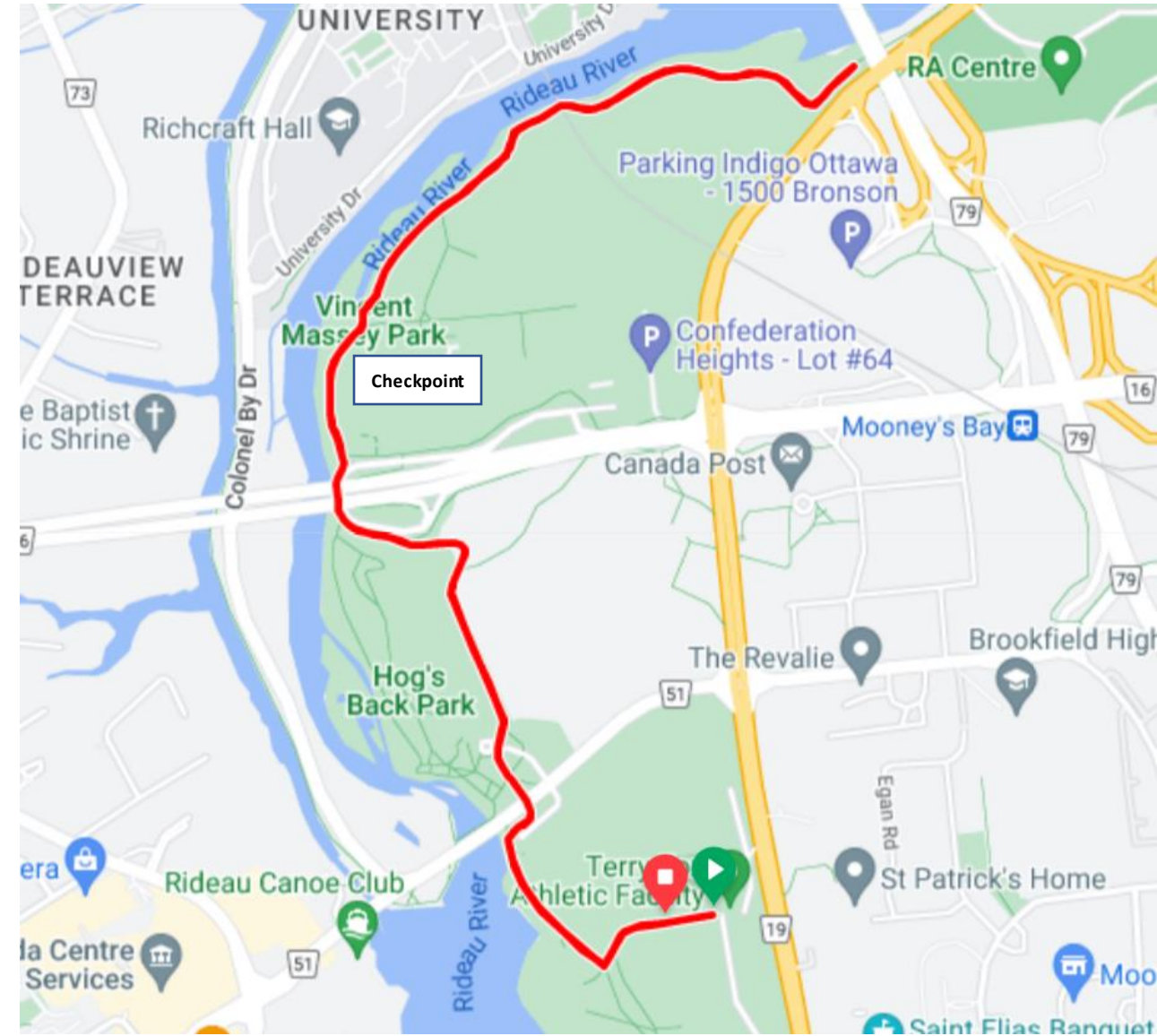
MS Canada cannot be held responsible for participants who begin the route before the official start time of 11:00 a.m.

## 5km Route (out-and-back):

- **Start:** Terry Fox Athletic Facility
- Turn **right** (along path) and **continue along Rideau River Eastern Pathway (RREP)**
- Continue along RREP and go under bridge
- Pass Hog's Back Park parking and continue along RREP
- **Checkpoint:** [Vincent Massey Park](#)
  - Between S1 & G
- Continue along RREP until you reach George Dunbar Bridge
- Once at George Dunbar Bridge, **turn around and continue along same route back** to Terry Fox Athletic Facility

## Please Note:

- Vincent Massey Park is our checkpoint location. Available at checkpoint:
  - Washrooms
  - Seating
  - Volunteers
  - Water
  - Snacks



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## 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 Walk Staff, Walk Committee Members and Volunteers.**