



UNIVERSITY OF OTTAWA  
HEART INSTITUTE  
INSTITUT DE CARDIOLOGIE  
DE L'UNIVERSITÉ D'OTTAWA






# Free Walking Programs in Ottawa



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	This logo denotes the activities which meet specific standards for Heart Wise Exercise, designated by the University of Ottawa Heart Institute. For more information, visit <a href="http://heartwise.ottawaheart.ca">heartwise.ottawaheart.ca</a>
	Nominal fee to join
	Outdoor program

## Get W.I.T.H. It!

*Walking in the Halls* are walking programs offered seasonally that encourage you to get the benefits of walking during the colder, darker months of winter. Call the location for more information about dates and times.

## OTTAWA

Mall Walking Groups	Community Health Centers Walking Groups
<p><a href="#"><u>Billings Bridge Shopping Centre</u></a> 2277 Riverside Drive Pacesetters Walking Club 613-521-6740 (call in morning)</p> <p><a href="#"><u>Merivale Mall</u></a> 1642 Merivale Road Trekks Walking Club (informal group) 613-226-1290</p> <p><a href="#"><u>Hazeldean Mall</u></a> 300 Eagleson Road In Club Mall Walkers 613-599-4480 or 613-592-1294</p> <p><a href="#"><u>Place D'Orléans Mall</u></a> 110 Place D'Orléans Drive Place D'Orleans Walking Club 613-837-2158</p> <p><a href="#"><u>St. Laurent Shopping Centre</u></a> 1200 St. Laurent Blvd Wild About Walking 613-580-9620</p> <p><a href="#"><u>Westgate Shopping Centre</u></a> 1309 Carling Avenue Westgate Walking Club (informal) 613-722-3433</p> <p><a href="#"><u>Rideau Centre</u></a> 50 Rideau Street Rideau Walkers 613-244-2816</p>	<p><a href="#"><u>Southeast Ottawa Community Health Centre</u></a> 1355 Bank Street English &amp; French speaking groups Offered at different locations 613-737-5115 ext 2323</p> <p><a href="#"><u>Wabano Centre for Aboriginal Health</u></a> 299 Montreal Road Wabano Walking Club 613-748-0657</p> <p><a href="#"><u>Centretown Community Health Centre</u></a> 420 Cooper Street Centretown CHC Walking Club 613-233-4443 ext 2104</p> <p><a href="#"><u>Carlington Community Health Centre</u></a> 900 Merivale Road Seniors Nordic Walking (two locations) 613-722-4000 ext 204</p> <p><a href="#"><u>Sandy Hill Community Health Centre</u></a> 221 Rue Nelson Walking groups 613-244-2816</p>
	<p><b>Central Area</b></p> <p><a href="#"><u>Hintonburg Community Centre</u></a> 1064 Wellington Informal Walking Group 613-798-8874</p> <p><a href="#"><u>Ottawa Outdoors Club</u></a> Location varies, check website 613-229-7495</p> <p><a href="#"><u>Walking Clinics - Running Room</u></a> Check out clinic locations near you at: <a href="http://www.runningroom.com/"><u>www.runningroom.com/</u></a></p>



## OTTAWA

West Area	East Area
<p><a href="#">Kinburn Community Centre</a> 3045 Kinburn Side Road Kinburn Indoor Walking Club 613-832-4504</p>	<p><a href="#">Place D'Orléans Mall</a> 110 Place D'Orléans Drive Place D'Orleans Walking Club 613-837-2158</p>
<p><a href="#">Stittsville Community Centre</a> 10 Warner-Colpitts Lane Stittsville Walking Club (Indoors) 613-836-5941</p>	<p><a href="#">St. Laurent Shopping Centre</a> 1200 St. Laurent Blvd Wild About Walking 613-580-9620</p>
<p><a href="#">West Carleton Family Health Team</a> 119 Langstaff Drive Carp Ontario West Carleton FHT Walking Group 613-839-2619</p>	<p><a href="#">Rendez-vous des Aînés Francophone</a> 3349 Navan Road Notre-Dame des Champs French Walking Group 613-834-6808</p>
<p><a href="#">Alfred Taylor Community Centre</a> 2300 Community Way (Nov-April) 2358 Roger Stevens Drive (May-Oct) North Gower Happy Hoofers 613-489-3839</p>	<p><a href="#">Manor Park Community Centre</a> 100 Thornwood Nordic Pole Walking 613-741-4776</p>
<p><a href="#">Richmond Memorial Community Centre</a> 6095 Perth Street Richmond Ontario Richmond Walkers 613-831-1169 ext 235</p>	<p><a href="#">Lindenlea Community Centre</a> 15 Rockcliffe Way Nordic Pole Walking 613-742-5011</p>
<p><a href="#">Erskine Johnston Arena</a> 3832 Carp Road Carp Indoor/Outdoor Walking Club 613-839-3000</p>	<p><a href="#">Richelieu-Vanier Community Centre</a> 300 des Pères-Blanc Ave Richelieu Vanier Club 613-580-2424 ext 36058</p>
<p><a href="#">Superdome at Ben Franklin Park</a> 191 Knoxdale road Indoor Walking (unsupervised) \$ \$1/visit 613-829-3663</p>	<p><a href="#">Ottawa Voyageurs Walking Club</a> 6491 Jeanne D'Arc Blvd Canadian Volkssport Federation Outdoor Walking 613-731-5417</p>
<p><a href="#">Nepean Nomads Walking Club</a> Canadian Volkssport Federation <a href="mailto:nepeannomads@bell.net">nepeannomads@bell.net</a></p>	<p><a href="#">Dempsey Community Centre</a> 1896 Russell Road Seniors Indoor Walking 613-247-4941</p>
	<p><a href="#">Retraite en action</a> 40 Cobourg St Ottawa, ON K1N 8Z6 Phone: 613-747-6984</p>



## OTTAWA

West Area	South Area
<p><a href="#">The Good Companions Seniors Centre</a> 670 Albert Street 613-236-0428 ext 200</p> <p><a href="#">Nepean Sportsplex</a> 1701 Woodroffe Outdoors Walking Group 613-580-2828</p> <p><a href="#">Ron Kolbus Lakeside Centre</a> 102 Greenview Ave Nordic Walking 613-828-4313</p>	<p><a href="#">Ottawa South Community Centre</a> 260 Sunnyside Informal Walking Group, community led 613-247-4946</p> <p><a href="#">Heron Seniors Centre</a> 1480 Heron Road 613-247-4808 ext 2</p> <p><a href="#">Hunt Club Riverside Park Community Centre</a> 3320 Paul Anka 613-260-1299</p> <p><a href="#">Carlsbad Springs Community Centre</a> Carlsbad Springs Walking Club 613-822-1435</p>
<b>Get W.I.T.H. It!</b>	
<p><a href="#">Merivale High School</a> 1755 Merivale Road 613-695-2217</p> <p><a href="#">Hillcrest High School</a> 1900 Dauphin Road 613-798-5555 ext 17289</p>	<p><a href="#">Greely Community Centre</a> 1448 Meadow Drive Greely Greely Walking Club 613-580-2424 ext 30330</p> <p><a href="#">Manotick Arena</a> 5572 Doctor Leach Street Manotick Gottawalk 613-692-4772</p> <p><a href="#">Kars Recreation Centre</a> 1604 Old Wellington Road Kars Indoor Trippers 613-489-2291</p> <p><a href="#">Osgoode Community Centre</a> 5560 Main Street Osgoode Walking Club 613-826-2264</p>

