

## **Outdoor Discovery Day - Walking, Hiking and Trekking**

**Where:**

London Public Library - Central  
251 Dundas St.  
London  
N6A 6H9

**When:**

Saturday, March 27, 2010, 10:00 am – 3:00 pm

**Price:**

\$0.00

**Web References:**

[www.londonpubliclibrary.ca](http://www.londonpubliclibrary.ca) and <http://www.thamesvalleytrail.org>

Join us for another free day of informative presentations and talks on Walking, Hiking and Trekking, aimed at promoting your health and safely enjoying the outdoors.

**Topics include:**

Presentations on hiking locally and around the World  
Find out what equipment you need and how to choose it  
Learn about your local hiking organizations  
Join us for a one hour walk over lunchtime

**Presented by:**

Thames Valley Trail Association, Elgin Hiking Club, Avon Hiking Club, Maitland Trail Assoc., Novacks, Healthy Living-Middlesex London and the London Public Library.

2 hours free parking in the City Plaza with a library card or \$3.00 for the day