



A walking program for everyone

RECREATION PROGRAMS SUMMER 2005



As a Registered Participant in the Penticton Steps Out Program, we invite you to participate in the follow Recreation Programs at a discounted rate:

Registration for these programs starts on May 24th

Cathedral Lakes Hiking – Trek to the Rim: (designed for advanced hikers)
Dates: July 9th - #14993; July 23rd** - #14854; Aug 6th - #14856; Aug 20th - #14852
Time: 8:00 am – 6:00 pm
Cost: \$85 for Steps Out Participant (\$99 Regular)
*July 9th is with Naturalist Eva Durance; **July 23rd is a Yoga & Hiking Program

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Cathedral Lakes Hiking – Lower Lakes Tour:
Dates: July 9th - #14853, July 23rd\* - #14855, Aug 6th - #14857, Aug 20th - #14858
Time: 8:00 am – 6:00 pm
Cost: \$85 for Steps Out Participant (\$99 Regular)
\*July 23rd is a Yoga & Hiking Program

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Hawthorne Mountain Hike (#14698):
Date: July 9th
Time: 8:30 am – 5:00 pm
Cost: \$25 for Steps Out Participant (\$35 Regular)

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Apex Mountain Hike (#14898):
Date: August 27th
Time: 8:30 am – 5:00 pm
Cost: \$25 for Steps Out Participant (\$35 Regular)

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Pinnacles Hike (#14897):
Date: June 25th
Time: 8:30 am – 2:00 pm
Cost: \$20 for Steps Out Participant (\$25 Regular)

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Sheep Rock Hike (#14899):
Date: August 6th
Time: 8:30 am – 5:00 pm
Cost: \$25 for Steps Out Participant (\$35 Regular)

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Trek Tour & Taste Hike Series:
Date: May 28th ~ Burrowing Owl Trek Tour & Taste (#14985) – Time: 9:00 am – 1:30 pm
Date: July 9th ~ McIntyre Bluff, Covert Farms Trek Tour & Taste (#14986) – Time: 9:00 am – 2:30 pm
Cost: \$20 for Steps Out Participant (\$25 Regular)

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Fitness (pole) Walking Workshop (#14995):
Dates: June 27th and July 15th
Time: 12:00 noon – 1:00 pm
Cost: FREE for Steps Out Participant (\$5 Regular)

Walk for the "health of it" and enjoy our city with your family, friends & neighbours!
The success of this program will be measured by your steps!