



THURSDAY MORNING WALKS IN LOVELAND – 2017 SEASON

- During the first and last month of our seasonal walks (May & October) walks start at 8:00 a.m. June through September, walks start at 7:30 a.m., unless otherwise noted.
- The group enjoys breakfast out once a month (generally the third Thursday); denoted by (B) on schedule.
- Distances and trails are different each week; walkers choose their comfortable distance and pace.
- Walks may be subject to change due to unexpected factors. You may call the Aspen Club at 970.624.1860 **prior** to the morning walk for confirmation and/or any changes.
- If it's just a little "wet" outside, chances are we'll walk. But, if it's pouring and/or safety is an issue, walks are canceled. Use your best judgment on these days.
- There are times when walkers bring dogs; this is okay and supported by the Aspen Club, as long as dogs are well behaved and walks take place at dog-approved areas.
- Be smart when you walk; bring water, hats, sunglasses, and wear appropriate clothing and shoes.
- Weekly reminder emails are usually sent; please be sure your name and correct email address is on the Loveland Wellness Walkers email list.

MAY, JUNE & JULY

Thursday, May 4 @ 8 a.m. - MEDICAL CENTER OF THE ROCKIES (MCR)

We'll kick off the first-of-the-season walk by meeting right outside of MCR near the flagpoles to the north. From there, we'll cross Rocky Mountain Avenue and walk west around a lake or two.

Thursday, May 11 @ 8 a.m. – MEHAFFEY PARK

We'll meet at the south entrance of this newer neighborhood park located at 3285 W. 22nd Street. From there, we'll enjoy a walk around the park and enjoy its many beautiful features.

Thursday, May 18 @ 8 a.m. – CENTENNIAL PARK (B)

977 W. 1st Street, located at the corner of 1st Street and Taft Avenue. We'll meet at the trailhead, which is located in the right-hand corner of the park (near city sign). Breakfast to follow at Egg & I @ 2525 N. Lincoln Avenue. Please RSVP.

Thursday, May 25 @ 8 a.m. - COYOTE RIDGE

Traveling north on Wilson Avenue (CR19) continue about 1.5 miles north of 57th Street. Look for Coyote Ridge sign on the west side of the road. This trail has inclines and declines, and we'll hike to the first ridge and nature area. Some may wish to summit today; your choice!

Please note time change to 7:30 a.m. in June

Thursday, June 1 @ 7:30 a.m. - WINDSOR LAKE

Driving east into downtown Windsor on Main Street, turn left on 6th Street, then take the second right on Birch Street. Drive straight ahead to Boardwalk Park and the parking area. We'll walk around the lake, which is approximately 2.5 miles.



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Thursday, June 8 @ 7:30 a.m. - DEVIL'S BACKBONE

Head west on Eisenhower (US Hwy 34) 2 miles past the Wilson and Eisenhower intersection. Turn right (north) onto Hidden Valley (look for big white sign that says "Hidden Valley Estates.") Drive 500 feet and turn left into the Devil's Backbone parking lot. We will walk the Wild Loop Interpretive Trail (2.5 miles round trip), which is a moderate hike and can sometimes be challenging.

Thursday, June 15 @ 7:30 a.m. – RIVER'S EDGE NATURAL AREA (B)

This natural area is located at 960 W. 1st Street (directly across the street from Centennial Park). Easy access and parking area east of 1st Street and Taft Avenue. Breakfast to follow at Cactus Grille, 119 E. 4th Street. Please RSVP.

Thursday, June 22 @ 7:30 a.m. – SEVEN LAKES

Drive north on Boise Avenue from E. Eisenhower Boulevard for approximately 0.8 miles. Turn right (east) on Park Drive, and drive straight ahead to end. Parking lot at end of Park Drive on the left. We'll walk north for approximately 3 miles (round trip).

Thursday, June 29 @ 7:30 a.m. – THOMPSON CROSSING

Drive east on Eisenhower (Hwy 34) and pass over the I-25 junction and bear to your right lane. Turn right on Thompson Parkway and drive straight ahead. There will be a four-way stop at Ronald Regan Drive, where you will continue to drive straight. Look for Thompson Crossing sign and railroad tracks on your left leading into the subdivision of Thompson Parkway. Continue driving straight (less than half a mile) to Angelica Drive on your right. Park and meet here.

Thursday, July 6 @ 7:30 a.m. - BARNES PARK

At the intersection of Cleveland Avenue and 1st Street, continue driving south for a short distance down a slight hill. You will turn right (west) on 5TH SE Street (**please note, this is past 1st Street and at the bottom of a slight hill**). Turn into the parking lot of the Old Fairgrounds where we'll connect to the city trail system. This could be a good morning for a picnic in the park; details to follow.

Thursday, July 13 @ 7:30 a.m. - RIVER BLUFFS OPEN SPACE

From Interstate 25, head east on Colorado 392 (off the Windsor exit) to Larimer County Road 3. Turn left (north) here. About one half mile down the road/hill, turn east on County Road 32E. The parking lot is a short distance ahead on the right and well marked. We'll walk along a section of the Poudre River trail.

Thursday, July 20 @ 7:30 a.m. - CENTERRA/CHAPUNGA SCULPTURE PARK (B)

Join us behind PF Chang's China Bistro parking lot at Centerra Promenade Shopping Center (I-25 & Centerra Parkway), and we'll explore the area walking trail and enjoy the interesting sculptures. Breakfast to follow at I-Hop, 5450 Stone Creek Circle (behind Loveland Visitor's Center). Please RSVP.

Thursday, July 27 @ 7:30 a.m. – MARIANA BUTTE GOLF COURSE AREA

From Wilson, head west to 1st Street. Continue driving for approximately 1.3 miles to Rossum Drive, where you will turn right. Turn right onto Club House Drive. Drive up a slight hill and parking lot will be on your lower left. We will walk the hilly sidewalks around the course and beautiful neighborhood.



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