



A STROLL IN THE PARK CELEBRATES its 20TH ANNIVERSARY

A Stroll in The Park Walking & Adventure Club is celebrating its 20th anniversary this year, and you are all invited to join. Christa Kroboth, founder / coordinator of the walks

started the group in 1990 as a hobby, and it has since grown every year since its inception! Initially created with the single woman in mind, the group has become very popular with nature lovers of both sexes, 99% of whom are single. Singles, couples, Toronto visitors, and groups are all welcome.

A Stroll in The Park explores more than 15 different locations across the city, including the Humber River Valley, James Gardens and High Park to the west; Edwards Gardens, Windfields Park, Sunnybrook Park, Sherwood Forest and the Rosedale Ravine to the north; the Toronto Islands and the Beaches in the south; the Scarborough Bluffs, Highland Creek and the Rouge River Valley to the East. All the walks are accessible by TTC or car. Most of the walks start at a nearby subway station. Outings are held throughout the entire year during spring, summer, fall and winter.

Enjoying the beauty of nature in a group allows you to explore Toronto's lovely parks and gardens safely. A Stroll in The Park also offers participants an excellent way to keep fit while socializing in a healthy environment. There have been one or two marriages every year since the club's inception.

During the spring, summer and fall, walks take place almost every weekend on Saturday or Sunday. In the winter, walks take place every two weeks with two walking groups: one for ages 18 to 35 and up; and one group for ages 35 to 65 and up.

Registered participants are sent weekly emails with the exact time and meeting spot prior to the event. Outings start at 1pm with around 20 to 25 participants. The walks last about three to five hours, and many locations have halfway departure points. Newcomers may join on the day of the walk, and are asked to arrive at 12:30pm to fill in a registration form. Many participants enjoy socializing over dinner and drinks at the end of the walk in a nearby restaurant.

The Club is also planning their 15th Annual Fall Colour Weekend Adventure to explore Algonquin Park. The weekend trip will be from Fri., September 24 at 6pm, and returns Sun., September 26 at around 9:30pm.

A Stroll in The Park Club also has extra events such as movie nights, group dancing and dinners to support the Club's Safety in Numbers and health walking program that has blossomed into a multifaceted concept over the years and caters to nature lovers in all "walks of life."

Everyone is invited to support A Stroll in the Park's Spring Membership Drive to celebrate our 20th anniversary. Just show up to join us! Keeping our parks safe and community healthy for 20 years.

Visit www.astrollinthepark.com or call (416) 484-9255 for more information.