

THURSDAY MORNING WALKS IN LOVELAND – 2019 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 once a month (generally the second 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. You can also email Patti at Patti.Welfare@uchealth.org
- 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 2 @ 8 a.m. - MEDICAL CENTER OF THE ROCKIES (MCR) 2500 Rocky Mtn Ave.

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 9 @ 8 a.m. – MEHAFFEY PARK(B-) South entrance

We'll meet at the south entrance of this neighborhood park located at 3285 W. 22nd Street. From there, we'll enjoy a walk around the park and enjoy its many beautiful features. Breakfast to follow at EL CIELO II 2225 W Eisenhower Blvd. Please RSVP.

Thursday, May 16 @ 8 a.m. – CENTENNIAL PARK 977 W 1st Street

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).

Thursday May 23 @ 8:00 a.m.- LONG VIEW TRAIL 871 W 57th St

(NE corner of Taft Ave & 57th St)

NEW! The Long View Trail begins at 57th St. and Taft Ave. and is part of the 22-mile paved recreation trail in Loveland. If you are coming on 287, take 57 Avenue west and turn right (north) into the parking lot before you reach Taft Avenue. This parking area is new. If you are coming in off of Taft- turn east and go a short way where you will see the parking area on the north side of the street.

Thursday, May 30 @ 8:00 a.m. – CENTERRA/CHAPUNGA SCULPTURE PARK

Join us behind PF Chang's China Bistro parking lot 5915 Sky Pond Dr. at Centerra Promenade Shopping Center (I-25 & Centerra Parkway), and we'll explore the area walking trail and enjoy the interesting sculptures.



Aspen Club Walking Club

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

Thursday, June 6 @ 7:30 a.m. - COYOTE RIDGE Spring Mesa Rd

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!

Thursday, June 13 @ 7:30 a.m. – SEVEN LAKES(B),1975 Park Dr (B)

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). Breakfast to follow at I-Hop, 5450 Stone Creek Circle (behind Loveland Visitor's Center). Please RSVP

Thursday, June 20 @ 7:30 a.m. - BENSON SCULPTURE PARK

From the starting point of Taft & 29th, drive east on 29th Street. Turn left on Aspen Drive and park near the pavilion, where we will meet and begin our walk. A great opportunity to enjoy the beautiful sculptures along your walk!

Thursday, June 27 @ 7:30 a.m. – RIVER'S EDGE NATURAL AREA

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. Note: there are 2 parking lots. We will park in the lot further east of Taft on 1st street. It is the main parking lot.

Note: We will not meet the week of July 4th.

Thursday, July 11 @ 7:30 a.m. - WINDSOR LAKE (B)

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. ** Breakfast to follow at Egg & I, 1205 Main Street in Windsor. Please RSVP.

Thursday, July 18 @ 7:30 a.m. - DEVIL'S BACKBONE (TBD)

Head west on Eisenhower (US Hwy 34) 2 miles past the Wilson and Eisenhower intersection. Turn right (north) onto Hidden Valley. 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, July 25 @ 7:30 a.m. - BARNES PARK& FITNESS COURT

At the intersection of Cleveland Avenue and 1st Street, continue driving south for a short distance on Cleveland. 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. We will also have a chance to try out the new Fitness court.