



# STEPS OUT

## Get Active

### **Penticton** *Steps Out*

*with Edis Computers*

All Ages

We are walking on our virtual map from China to Whistler until Sept 1, 2010. This independent walking program requires you to have your own pedometer and web log access. If you do not have a current log in, contact Edis Computers at [support@stepsout.com](mailto:support@stepsout.com) or phone 250-490-4045. Visit [www.stepsout.com/penticton](http://www.stepsout.com/penticton) for more information. Watch for a new map coming Sept 2nd, 2010.

### **A GetActive! message from Mayor Dan Ashton and City Council**

With the closure of our Community Centre to make way for our exciting pool expansion and new facility, this spring and summer, the Recreation Department has put together some recreation program activities geared towards preschool children and youth in our community at various facilities throughout our City.

These programs are developed to help children and youth to stay active and healthy while still having fun right here in our own community.

On behalf of City Council and staff we look forward to the opening of the new Community Centre in the Spring of 2011.

### **GetActive! Penticton Speaker Series**

#### **"Wit, Fit and Balance... Strategies for Success"**

*with Meg Soper*

Whether you are faced with stress in the workplace or the inevitable obstacles of daily living, comedian and registered nurse, Meg Soper offers a humorous and lighthearted look at the stresses of everyday life. This presentation will be filled with laughter, life lessons and stress reducing strategies that motivate audiences towards personal improvement. Supported by the South Okanagan-Similkameen Medical Foundation and the P.R.H. Cardiology Department.

For more information visit [www.megsoper.com](http://www.megsoper.com)

**PTCC**

**Fri**

**7:00-8:30 pm**

**Apr 30**

**\$5.00 in advance, FREE for PSO or \$10.00 at the door**

**Advanced tickets at Westminster Centre 888 Westminster Ave. W  
or call 250-490-2426**



**Mayor Dan Ashton**

# OKANAGAN STEPS OUT

## Hiking the Okanagan Valley with STEPS OUT

16 years and over

Hosted by the District of Lake Country, take advantage of this great opportunity to meet new people, discover hidden secrets of each community and expand your list of hikes to conquer.

### Spion Kop

Hike to a breathtaking 360 degree view from Kelowna to Vernon. Moderate to difficult.

**Lakewood Mall Tim Hortons**      **Lake Country**  
**Sun**      **10:00 am-2:00 pm**  
**Apr 18**  
**FREE**

### Kalamo Regional Park

Enjoy the beautiful views of Ok Lake as you hike including flat hiking and moderate hills. Moderate.

**Kalamo Regional Park**      **West Kelowna**  
**Sun**      **10:00-11:30 am**  
**Apr 25**  
**FREE**

Register early as spaces are limited at [www.lakecountryoutdoorsclub.com](http://www.lakecountryoutdoorsclub.com). On the website you will also find more details and photos for each hike. Hikes will be guided by a local person from each host community.

### Adra Tunnel Trek

Glimpse backwards some 90 years as you hike on a railway grade hike to KVR Tunnels, exhaust chimney, rock ovens, and remains of a water tower base and foundations of Mrs. Martin's home and garden. Easy.

**PTCC entrance**      **Penticton**  
**Sat**      **8:30 am-1:30 pm**  
**May 15**  
**FREE**

### Cougar Canyon

A beautiful hidden valley located on the south side of Vernon overlooking Kalamalka Lake. Bring your camera for great views & watch rock climbers scaling the cliffs below! Moderate.

**Tim Hortons by Polson Park**      **Vernon**  
**Sat**      **10:00 am-1:00 pm**  
**May 22**  
**FREE**

### KVR & Trout Creek Trestle

This hike has everything from a 1913 Trestle to spectacular views of Okanagan Lake and valley; Sunoka Beach; and Penticton to the South and Naramata to the North. Easy.

**Summerland Sweets**      **Summerland**  
**Sat**      **9:30 am-12:00 noon**  
**May 29**  
**FREE**

### Long Joe Ridge

Explore Anarchist Mountain taking you through pine forest behind Spirit Ridge & the Osoyoos Indian Band. Moderate.

**Sonora Community Centre**      **Osoyoos**  
**Sat**      **10:00 am-2:00 pm**  
**June 5**  
**FREE**

