

## Overcoming COVID-19 Lockdown with Forest Trail Walks

By Barbara Renaud

As part of a group of ladies who met every morning at the Recreation Centre for a Body in Motion exercise program, we found ourselves in lockdown when the Centre closed due to Covid-19. Whatever were we going to do so we could all continue with our exercise?

Great minds got together and one suggestion was, “Why not walk all the York Regional Forest trails?” We all agreed and our walking group was born.

We also decided that every Monday, Wednesday and Friday we would walk a different trail and try as many as we could as long as they were not too far away. COVID rules dictated masks and safe distancing and we complied. We invited neighbours and friends and soon our group grew to more than thirty.

The autumn with its varied fall colours and winter with freshly fallen snow kept us in good spirits mentally and physically. Then came the ice and we learned some lessons: never walk alone, always have a cell phone with you and know the trail that you are on. Regardless, we hardly missed a day.

We are very fortunate in York Region to be blessed with such

excellent outdoor facilities so close to home.

If interested in walking with us, please email me at [barenaud97@gmail.com](mailto:barenaud97@gmail.com).