

Map guides active people

Time to tune up your bike and take to the trails. Active Comox Valley has teamed up with the Comox Valley Cycling Task Force to produce the third in a series of trail maps to get residents up and active to explore the region.

12 More Great Places to Ride, Run and Walk for Free in the Comox Valley features six cycling routes (both road cycling and mountain biking), along with walking trails that are also wheelchair-accessible and pet-friendly. The routes vary in distance and ability level and wind their way through some of the most breathtaking scenery the Valley has to offer — including Denman Island, Fanny Bay, and Cumberland.

“The first two maps have proven to be a real motivational tool to get people active outdoors, either on foot or by wheels, year-round,” commented Active Comox Valley co-ordinator Robyn Butler. “We’re really excited to partner with the Cycling Task Force as they have

been working hard to make cycling safe and enjoyable in the Valley, and that fits with our objective in promoting a healthy, active lifestyle.”

The maps are free and can be picked up at local recreation centres, bike shops, malls, libraries and the Visitor Information Cen-

tre. If you would like to share how your favourite trail or route in the Valley has increased your physical activity level, e-mail info@activecomoxvalley.ca.

For more information, visit www.activecomoxvalley.ca or call 250-890-9116.

— *Active Comox Valley*