



St Albert Trekkers Volkssport Club

YRE Walk # 1 - 5 km Options

January 1 to December 31



Please Read These Notes

In the following instructions "RT" means "Right Turn", "LT" means "Left Turn".

The Starting Point for these two walks is St Albert Place on St Anne Street.

To drive there, leave the St Albert Inn parking lot between the liquor store and the Greyhound Bus Depot turning left onto Gate Ave (unsigned) and proceed to Grandin Rd. RT onto Grandin Rd at the stop sign. Grandin Rd becomes St Anne St on Crossing Sir Winston Churchill Ave. There is usually ample free parking in the large civic parking lot across the street from St Albert Place.

Washrooms are available in St Albert Place.

5 km Riverside Walk

1. From the civic parking lot, cross St Anne St and RT to path close to river. LT on path passing St Albert Place and proceed to the Children's Bridge. RT over bridge and RT onto the second path going right. Continue to and past senior's lodge.
2. Follow the multi-use trail under Perron St and St Albert Rd (Hwy# 2) bridges and past the pedestrian bridge at St Albert Centre to the Boudreau Rd Bridge. **DO NOT GO UNDER THIS BRIDGE**, but go up and over the bridge. RT onto multi-use trail on the other side. Follow this path always choosing the path closest to the river. Go past the St Albert Centre pedestrian bridge, under the St Albert Rd (Hwy# 2) and Perron St bridges back to St Albert Place and the parking lot.

5 km Lacombe Park Lake Walk

1. From the civic parking lot, cross St Anne St and RT to path close to river. LT on path passing St Albert Place and proceed to Children's Bridge. RT over bridge and LT onto the multi-use trail nearest the river. Follow the trail to Meadowview Dr. Cross and continue along the trail past the elevators to the "Y"-junction. Stay left and proceed between the houses and the railway track to McKenney Ave. LT and cross to Lacombe Park (washrooms available at the warm-up shelter from 8 AM to 10 PM).
2. Bear left and follow path all the way around the lake back to McKenney. Cross McKenney at the crosswalk to Morgan Cres. Enter Morgan and take first LT. Follow around and take the next LT to Mission Ave. Cross and RT to Malmo Ave. LT and follow Malmo to St Vital Ave. Cross and LT to Founders Promenade, a red shale path going downhill. (See alternate route below).
3. RT down the path to Mission Ave. Cross to left side of Perron St and cross the bridge. LT down to the river path and LT to go under the bridge back to the starting point.

ALTERNATIVELY, during winter for instance, continue down St Vital to Madonna Dr. RT to Mission Ave and RT to Perron St. LT to left side of Perron St and return to the starting point as above.

See over page for indoor options

Indoor 5 km Servus Place walk or inclement weather or uncertain footing

To Drive to Servus Place, leave the St Albert Inn Parking Lot between the Liquor Store and the Greyhound Bus Depot turning right onto Gate Ave (unsigned). Turn right at the traffic control lights onto St Albert Rd. Turn left at the next traffic control lights onto Hebert Rd and follow to Boudreau Rd. Turn right on Boudreau to Campbell Rd. Turn left and follow into the Servus Place parking lot.

There is an entry fee for Servus Center.

17 Times around the track is equal to 5 km.

Indoor 5 km St Albert (shopping) Centre walk or inclement weather or uncertain footing

To Drive to the St Albert (shopping) Centre, leave the St Albert Inn Parking Lot between the Liquor Store and the Greyhound Bus Depot turning right onto Gate Ave (unsigned). Turn left onto St Albert Rd at the lights. Follow St Albert Rd to Rivercrest Cres (2nd entry opposite St Vital Ave) into shopping centre parking lot.

8 Times around the indoor mall perimeter is equal to 5 km.

DON'T FORGET TO STAMP YOUR BOOKS (Use Walk #1 Stamp)

Rev Jan 2007