

## Walking & Hiking Group Overview

Our group has grown quickly since it first began in August, with more than 50 members already joining for walks, hikes, and shared adventures. We've explored local trails, enjoyed great conversations, and built a welcoming community where health, connection, and nature come together.

### Why We Exist

The intent of this group is simple:

- **Move more** – walking and hiking as a way to stay active.
- **Connect with others** – building friendships and a sense of belonging.
- **Enjoy nature** – exploring the beauty of our local trails and parks.

### Looking Ahead

As the seasons change, we'll continue to adapt and keep things interesting:

- **Winter activities** – including snowshoeing, skating, winter walks, and the occasional hot chocolate or coffee meet-ups afterwards.
- **Social gatherings** – opportunities to connect off the trail, share stories, and strengthen friendships.
- **Special hikes & events** – occasional outings to new locations, plus themed activities that make the most of each season.

### Staying Connected

This private page is where you'll always find:

- A calendar of upcoming activities
- Guidelines, waivers, and group resources
- Photos from our adventures
- A simple way to invite others who might enjoy being part of our growing community