

# *Friends* <sup>of</sup> **BIRDS HILL PARK**

## ***Adopt-a-Trail Event***

Join us for a  
**GUIDED WALK (1.25 hrs)**  
and discover the unique  
**CEDAR BOG TRAIL**

***Family Friendly -  
strollers & wagons  
welcome!***

***Sunday, October 4th, 2009  
2:00 p.m.***

***MEET: Trail head parking lot  
Refreshments to follow***

## ***Everyone Welcome!***

***For further information and to be notified of  
weather cancellation call Brent: 235-0628***

***or email: [info@FriendsOfBirdsHillPark.ca](mailto:info@FriendsOfBirdsHillPark.ca)***

**[WWW.FriendsOfBirdsHillPark.ca](http://WWW.FriendsOfBirdsHillPark.ca)**