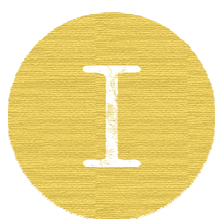


# South Huron Trail



Walk or bike on the trail today.	Drive to the dam and walk the east trail.	Count the number of other walkers on trail and post on Facebook.	Take a camera and post photo of one wild flower.	Take a healthy snack and enjoy a picnic on the trail.
Post a list of living creatures you see along the trail.	Meet friend(s) and walk together on the trail.	Post a FB photo of a mystery location along the trail.	Walk or bike on the trail (30 minutes).	Look for a Fairy Garden - leave a gift. sparkly rock, feather, shell etc.
Walk around a block 5 times.	Make a list of tree species labelled along trail and post on FB.	30 minutes of Activity - your choice.	Take a pedometer and post the # of steps walked in 30 minutes.	Take a skipping rope or soccer ball on your walk on the trail.
Count and post the length (steps) of the Stirling Bridge.	Walk or bike for 30 + minutes.	Pick up garbage along the trail today.	Rainy Day living room Dance Party	Play "I Spy" on your walk today.
Play follow the leader along the trail. (march, skip, run, hop etc.)	Find items for each letter of alphabet along trail and post on FB page.	Pose on the bridge for a group photo.	Sit for a 5 minute Quiet Time along the trail.	Hug a favourite tree along the trail.

**This challenge is open to individuals, families and other groups.**

**On or before Sept. 1, the Friends of the Trail invite you to LIKE our Facebook page.**



**South Huron Trail Get-Active Challenge: Turn Over a New Leaf**

**Then accomplish one task daily and put a big X on that square on the BINGO card.**

**At 11 a.m. on Saturday Sept. 27, bring your completed card to the stage at the Harvest Celebration at Trivitt church.**