



COME ALONG WITH US

**An Invitation from the
Wednesday Walkers**













History of the Wednesday Walkers

August 2020 As a new Co-Chair for Activities I Sold the BEC on the benefits of Walking as New Activity Group. Our first walk was August 26, 2020.

Since then we have done 41 weekly group walks.

We have explored 13 different venues, mostly East Bay Regional Parks, Several City Parks in Fremont and Newark, and the Don Edwards National Wildlife Refuge:

MAP OF WHERE WE'VE BEEN

Destinations from N. to S.:

Garin (EBRP) Hayward Hills

Dry Creek Pioneer (EBRP) Union City
Hills

Fremont Central Park, Lagoon, Gomes
TrailD

Sabercat Creek Trail, Mission San Jose
Lakeshore Park, Newark

Don Edwards Nat'l Wildlife Preserve,
Newark

Coyote Hills (EBRP)

South Baylands Trail, Fremont

Alameda Creek Trail, Fremont

Quarry Lakes (EBRP), Fremont

Historic Niles

See Where We've Been



Dry Creek/Pioneer Pic 2988



Pioneer/Dry Creek pic 2851



Pioneer/Dry Creek pic 3193



Above the Plunge pic 3406



Quarry Lakes Fishing Dock pic 3617



Quarry Lakes pic 2880

Smell the Flowers



Coyote Hills pic 2664



Central Park Fremont Permanent Residents pic 3462



More Recent Residents of Fremont's Central Park
Homeless Encampment behind Library



Homeless Encampment Library Parking Lot

Central Park Fremont

COVID 19 CHRISTMAS DECORATIONS

Fremont Central Park



Fremont Central Park pic 2509

Christmas Ornaments COVID 2020



Fremont Central Park pic 2510

Christmas Ornaments COVID 2020 Best of Show



Christmas Ornaments COVID 2020

Fremont Central Park pic 2508

Look at Our Wonderful Area

Strange Sightings



Pirate Ship in Niles



Icebergs in Newark!



Fancy Ducks in Newark!



Preening Pelicans

Pic 3681



Tortoise Laying Eggs along Niles Creek Trail

Pic 3456



Coyote Hills Turkeys

Pic 3743



pic2503

Deer at Stiver's Lagoon, Fremont Central Park



Egret along South Bay Trail



**Change of Seasons, Change of Perceptions
Spring at Don Edwards**

Pic 2468



**Change of Seasons, Change of Perceptions
Don Edwards in Fall/Winter**

pic4026

Healthful Benefits of Walking

Walking is “the closest thing we have to a Wonder Drug”. Former Director of CDC Dr. Frieden

A Boon to Your Overall Health. It's Better than Zoom!

Walking in Nature Prevents Depression. It Clears Your Head of Life's Daily Concerns. It Strengthens Your Heart.

It Reminds Us of the Beauty Surrounding Us in this Area.

It Gets You Out of the House. (That may be good for your wife too.)

FREQUENTLY ASKED QUESTIONS (FAQs)

How Fast is the Pace of the Walks?

How Rough is the Terrain?

How Steep are the Inclines/Declines?

How Long are the Walks?

Who Decides the Destinations?

E-mails Sunday /Monday Notice Meetup Places/Times for Following Wednesday



Take Time to Smell the Flowers

NEW FRIENDSHIPS,
CAMARADERIE



Join Us on a Walk. We'll Have Fun Together.