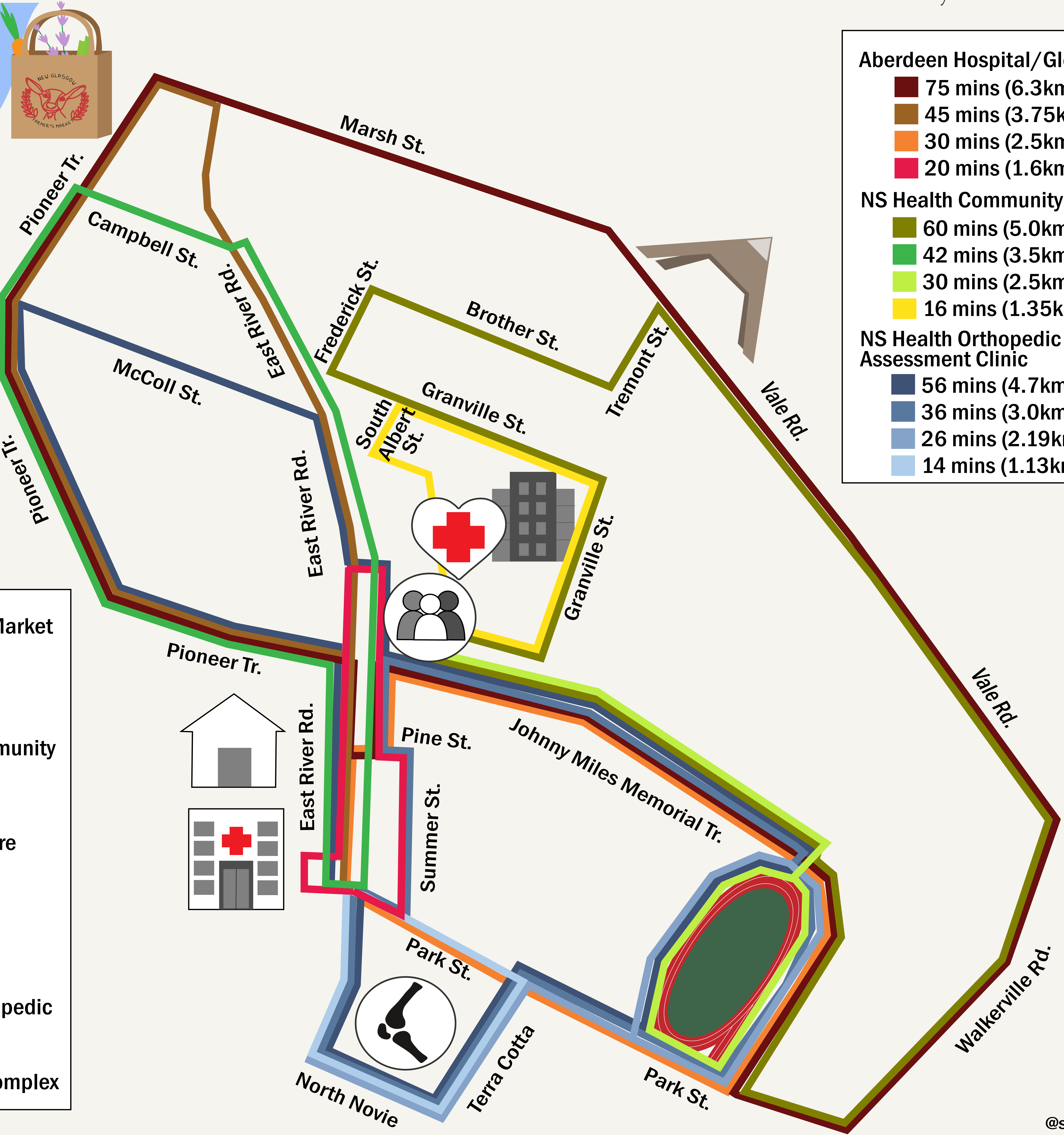


Need some fresh air or to head for a walk before or after work?
 Healthy Pictou County partnered with New Glasgow Recreation to prepare these walking routes
 for you from the Aberdeen, and also the NSH buildings on East River Road so you can head out for a quick, or long walk/run!



Aberdeen Hospital/Glen Haven	
	75 mins (6.3km)
	45 mins (3.75km)
	30 mins (2.5km)
	20 mins (1.6km)
NS Health Community Buildings	
	60 mins (5.0km)
	42 mins (3.5km)
	30 mins (2.5km)
	16 mins (1.35km)
NS Health Orthopedic Assessment Clinic	
	56 mins (4.7km)
	36 mins (3.0km)
	26 mins (2.19km)
	14 mins (1.13km)

-  New Glasgow Farmer's Market
-  Africentric Heritage Park
-  Nova Scotia Health Community Buildings
-  Aberdeen Business Centre
-  Glen Haven Manor
-  Aberdeen Hospital
-  Nova Scotia Health Orthopedic Assessment Centre
-  Scott W. Weeks Sports Complex