

I did a second walk – I realize I need to speed up, but it's been busy. I was very sad when I didn't go on a hike on July 8th. I'm like – OK, never going to make this goal. But then, on July 10th, I discovered an amazing thing. The Great Trail passes by my house and by my work. So, I figured I'd take a day and after work, I'd walk home. Google said it was 3 hours. I could do that! I packed with care. Water bottle. Sun hat. Baby powder for those places that (sadly) chafe if you're a bit heavy set. A positive attitude. My cell phone.

I was ready! I think I did a good job. I didn't go in quite the right direction (I ended up following the Burlington beach instead of turning) and I'm slow and made it to Aldershot only, but I did the walk. And Josh was pretty much with me again, because we had this huge talk about motivation, so yay! I walked 5 more km. That's a total of 8 km across Canada. This will *totally* happen (some time over the next 600 years.)

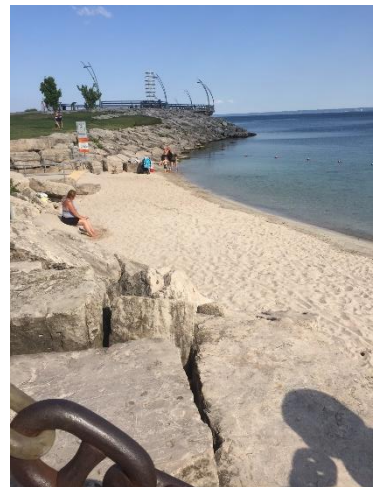
I hope to walk through Montreal with Josh again tomorrow, August 6th, by the way. Meet us at 12 or so at Berri-Uqam if you would like to join.

What was the trip through Burlington and beyond like? Good question! None of this is wilderness hiking, but the paths are pretty and even the bits along roads are nice.



If you work in Burlington down-town, I suggest walking by the waterfront. It's beautiful and that's where I started the hike.

There's a tiny little beach right there. It makes me think I should make a picnic lunch and have lunch on the beach most days.



In general, walking along the Burlington waterfront is lovely. It's a bit weird in that there's this town on one side and quiet waterfront paths on the other, but just look at the paths and you'll be fine.



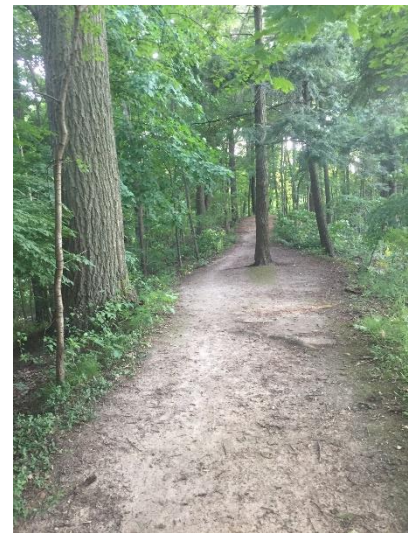


I was checking my phone at first but then I decided how hard can following the water be? Mistake! You have to turn off the waterfront and get to North Shore to stay on the great trail. Ah well, at least I saw the Burlington beach with is a pretty cool thing.



Northshore itself was not exciting. The houses are fine and it's a decent walk, but it's a walk along a country road, not a trail. Here it is!

There was a park in the middle which I liked, and then – I was a bit tired (a lot tired) and so I caught the bus at Aldershot. However, near the end, I got one of my favourite treats of all time! Yay, mulberries!



I took another street picture at the very end just to mark off the bit where I finish. I'll start there again, one day!



Here is how far I went – now you see two purple dots on the Canada map! Maps are taken from Google or the Great Trail website.

