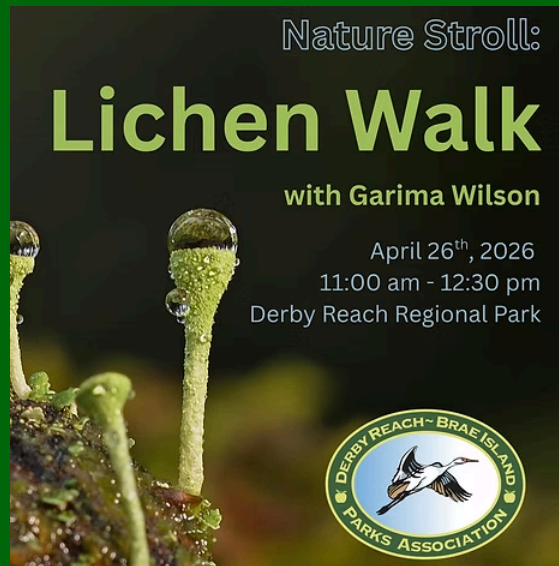


# Nature Walk with Nova Metis Friends



**We'll be joining this guided nature walk followed by a picnic.**  
Meet us by the Metis flag in the main parking lot off Allard Cres.

Please bring your own lunch

Nova will provide coffee and snacks.

If the weather is cool, we'll head to a cafe for a self-pay lunch.

For additional information email [nature.walk@novametis.ca](mailto:nature.walk@novametis.ca)

[Register here for the free walk](#)

## Looking forward to seeing you!



Presented by Nova Metis Heritage Association  
Web: [novametis.ca](http://novametis.ca) Email: [info@novametis.ca](mailto:info@novametis.ca)