

### **Get Active!**

Get your heart pumping in that fresh ocean air. Lace-up your sneakers and head out for a day of activity in Summerside.

### **LOCATIONS**

GREEN'S SHORE PARK - Green's Shore Park is a year-round delight! Summer? Grab your beach gear and indulge in over 600m of shoreline. Perfect for kayaking, windsurfing, kiteboarding, sandcastle building, or just relaxing. Winter? Perfect place for skating, playing ice hockey or snowshoeing.

Located at the western end of Water Street

**HEATHER MOYSE PARK** - Nourish

yourself with nature and botanical gardens! Heather Moyse Park, named after Summerside's two-time Olympic Gold Medal Champion, is full of native shrubbery and indigenous plantings. Open year-round, it is perfect for walking, biking, cross country skiing, bird watching and time well spent in nature.

The main entrance of HMP is located at the intersection of Eustane and Ottawa Streets.

#### **ROTARY FRIENDSHIP PARK**

- Absorb yourself in the 64-acre tree plotted clay trails Rotary Friendship Park has to offer. The Trails will showcase the diverse terrain found amongst the Island. Perfect for mountain biking and general wandering with compact trails perfect for wheel accessibility.

599 Macewen Road

### **SUMMERSIDE BAYWALK - A**

charming 7 km trail that extends along the City's waterfront and connects with the provincial Confederation Trail at various points. Grab a coffee, ice cream or other local treats as you wander the baywalk. The main parking lot is located by the Baywalk Sign on Water Street

THE PADDLE SHACK - Calling all adventure seekers!! From Paddleboards, SUP Yoga, Kiteboarding and Bikes. The Paddle Shack has got you covered. Rentals, tours, lessons and guides - The Paddle Shack has everything you need from exploring the water to the land. 368 Water Street

**CREDIT UNION PLACE** - A multisectional aquaplex, bowling alley, walking track, and two skating rinks, what else could you need? Credit Union Place is stocked with all your recreational desires. Grab some lunch or dinner on your way out at FiveElevenWest.

511 Notre Dame Street

# THREE BASEBALL FIELDS AND A T-BALL FIELD AT QUEEN ELIZABETH BALLPARK - Spend an

afternoon playing at the ballpark. Pack a picnic and your ball gear! With four fields to choose from, you're guaranteed to have some fun.

The fields form a square around Granville Street, Green Street, Summer Street, and Beattie Avenue.

## ARTIFICIAL TURF TO PLAY SOCCER OR FOOTBALL ON AT CREDIT

**UNION PLACE** - Too cold or rainy to play outside? Credit Union Place has got you covered! Fun for everyone under one roof. 511 Notre Dame Place

## MULTIPLE BEACH VOLLEYBALL COURTS AT CREDIT UNION PLACE -

Too cold or rainy to play outside? Credit Union Place has got you covered! Fun for everyone under one roof.

511 Notre Dame Place

**TENNIS COURTS** - Get your heart rate up on the courts! Summerside offers various tennis courts for your enjoyment, located at Credit Union Place (511 Notre Dame Place) and Wilmot Community Centre (110 Gillespie Avenue).

### **SKATEBOARD AND BMX BOWL -**

For the skateboarder in your life, whether learning, intermediate or just love to skate, Credit Union Place's Skateboard and BMX bowl is sure to keep you excited.

511 Notre Dame Place

### **WANTING A GORGEOUS WALK**

**OR HIKE?** -Our city is woven full of trails. Discover your favourite routes at any time of the year.

The Rotary Park Trail The Baywalk Trail Heather Moyse Heritage Park Confederation Trail Systems

**KITEBOARDING** - Prince Edward Island is unique for kiteboarding - spend a day on the water with your adrenaline going! The Kiteboard Academy has all your kiteboarding needs, from lessons to rentals they'll get you started. Bonus, they know all the local gem launching locations.

368 Water Street, located in the Paddle Shack.

#### **MOUNTAIN BIKING -**

Summerside is full of Mountain Bike adventuring. Check out Rotary Friendship Park (599 Macewen Road) and Heather Moyse Heritage Park (135 Ottawa Street) for some fun urban trails

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