



Meet up with CAP Staff & Volunteers at the Cancer Assistance Office  
555 Concession Street - look for the tent.

- From the CAP office turn left onto Summit and continue to Mountain Park Ave.
- Turn right onto Mountain Park Ave. and continue east along the escarpment
- Enjoy the picturesque scenery along the escarpment
- Walk around Mountain Park and head west back from where you came
- Once you get to Cliff Avenue turn left and proceed to Concession Street
- Turn right and head back to the CAP office