



# **MONDAY MORNING FITNESS HIKE**



**Mondays in July and August at 8 AM**  
**2 hours, 3 to 5 miles, strenuous**

Wake up early and join us for an energetic hike off-the-beaten path and into some of the Outer Cape's most unique and secluded places. The hike is paced for a cardiovascular workout, will be 3 to 5 miles in length, and locations vary weekly.

**By reservation only.**

**Call the Province Lands Visitor Center at  
(508) 487-1256 to register and for meeting location.**