

Countdown Moves

PARTICIPANT PACKAGE

August 23 | September 5 | September 19

From Killaloe to Pikwàkanagàn to Eganville

**Together we walk, roll and paddle in the spirit of creative
collective action to end gender-based violence**

linktr.ee/CountdownProject

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SECTION 1: JOURNEY ITINERARIES

Countdown Moves invites participants to travel together between Countdown pebble mosaic monuments by paddle, walking, or rolling. Meet us for one journey or all three. You can participate for an entire route or plan to travel part of the way by ending your journey earlier or meetup at one of several designated meeting points along the way.

JOURNEY 1 ITINERARY: Sunday, August 23, 2026

Round-Trip Paddle – Killaloe to Golden Lake

Total Distance: Approximately 6 km | **Total Duration:** Approximately 4–5 hours

Journey Leaders: Anna Camilleri, Anna MacDonald, Caitlin MacDonald

10:00 AM Meet at Killaloe Pathways Park (*designated meetup point, parking available)

- Walk the Countdown pebble mosaic path
- Prepare your own bagged lunch (sandwich fixings provided)
- Toilets available
- Drive to the Henry Street–Brennan's Creek canoe/kayak launch and unload boats
- Go and park at the Killaloe Curling Club and walk back to the Henry Street launch

11:00 AM Meet at Henry Street–Brennan's Creek Canoe/Kayak Launch

(*designated meetup point)

- Meet at Henry Street–Brennan's Creek canoe/kayak launch to unload boats
- Go and park at the Killaloe Curling Club and walk back to the Henry Street launch
- Paddle east along Brennan's Creek toward Golden Lake

12:30 PM Rest Stop at Small Golden Lake Island

- Swimming (optional) and relaxation
- Lunch

1:30 PM Return Paddle

- Paddle back toward Brennan's Creek

3:00 PM End Point at Henry Street–Brennan's Creek Canoe/Kayak Launch

(approx.) • Toilets available at North Street Community Centre

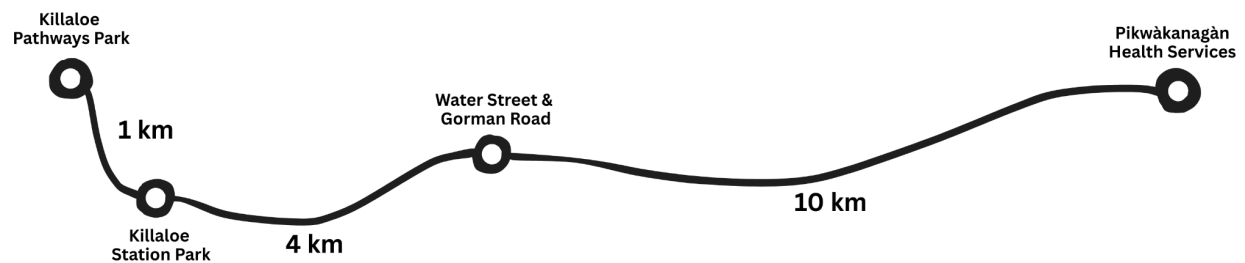
JOURNEY 2 ITINERARY: Saturday, September 5, 2026

One-Way Walk & Roll – Killaloe to Pikwàkanagàn

Total Distance: Approximately 15 km | **Total Duration:** Approximately 5 hours

Journey Leaders: Anna Camilleri, Anna MacDonald, Caitlin MacDonald

Choose your route – you can join or end the walk/roll for any portion of the journey. Support vehicles will check in along the route with water, snacks and encouragement. Shuttle back to Killaloe available at designated meet-up points.



PART 1: Journey from Killaloe Pathways Park to Station Park – 1 km

9:00 AM Meet at Killaloe Pathways Park (*designated meetup point, parking available)

- Visit the Countdown pebble mosaic path
- Prepare your own bagged lunch (sandwich fixings provided)

9:40 AM Depart Killaloe Pathways Park toward Killaloe Station Park (1 km walk/roll)

- **Route Terrain:** paved road and woodland trail

PART 2: Journey from Killaloe Station Park to Water Street and Gorman Road – 4 km

10:00 AM Meet at Killaloe Station Park (*designated meetup point, parking available)

- Guided stretch led by Wren Crossland
- Toilets available

10:05 AM Depart Killaloe Station Park toward Water Street & Gorman Road intersection (4 km walk/roll)

- **Route Terrain:** paved roads, graded gravel roads, woodland trail and some uneven terrain with loose stone

10:05 AM Return Shuttle Available: back to Killaloe Pathways Park

10:30 AM Shuttle Available: from Killaloe Station Park to Water Street & Gorman Road

PART 3: Journey from Water Street & Gorman Road to Pikwàkanagàn Health Services – 10 km

11:00 AM Meet at Water Street & Gorman Road (*designated meetup point – pick-up/drop-off only, no parking available)

- Water and snacks available

11:05 AM Depart Water Street & Gorman Road toward Pikwàkanagàn Health Services (10 km walk/roll)

- **Route Terrain:** graded gravel roads, woodland trail, paved roads and some uneven terrain with loose stone
- **Rest Stop:** 3 km into journey at Bonnechere Lodge Road & Water Street Trail. Portable washroom and snacks available.

11:05 AM Return Shuttle Available: back to Killaloe Pathways Park or Killaloe Station Park

PART 4: Journey Ends & Closing Circle at Countdown monument at Pikwàkanagàn Health Services

1:30 – Closing Circle at Pikwàkanagàn Health Services with Elder Aimee

2:00 PM Bailey (*designated meetup point, parking available)

(approx.)

- Toilets and snacks available

2:15 PM Return Shuttle Available: back to Killaloe Pathways Park, Killaloe Station Park, or Water Street & Gorman Road

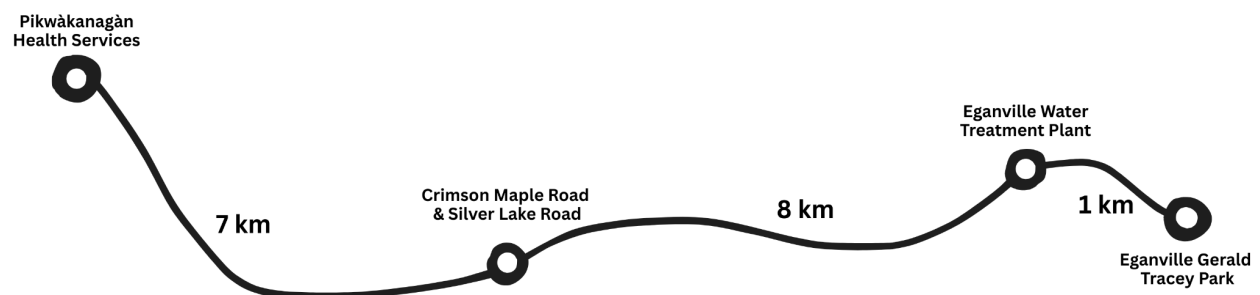
JOURNEY 3 ITINERARY: Saturday, September 19, 2026

One-Way Walk & Roll – Pikwàkanagàn to Eganville

Total Distance: Approximately 16 km | **Total Duration:** Approximately 4.5 hours

Journey Leaders: Anna Camilleri, Anna MacDonald, Caitlin MacDonald

Choose your route – you can join or end the walk/roll for any portion of the journey. Support vehicles will check in along the route with water, snacks and encouragement. Shuttle back to Pikwàkanagàn available at designated meet-up points.



PART 1: Journey from Pikwàkanagàn Health Services to Crimson Maple Road & Silver Lake Road – 7 km

12:30 PM Meet at Pikwàkanagàn Health Services (*designated meetup point, parking available)

- Visit the Countdown pebble mosaic
- Guided stretch led by Kathy Blomquist
- Prepare your own bagged lunch (sandwich fixings provided)

1:00 PM Depart Pikwàkanagàn Health Services toward Crimson Maple Road & Silver Lake Road (7 km walk/roll)

- **Route Terrain:** paved road with gravel roadside shoulder
- **Rest Stop:** 4 km into journey at Crimson Maple Road & Squirrel Depot Road. Water and snacks available.

2:15 PM Shuttle Available: from Pikwàkanagàn Health Services to Crimson Maple Road & Silver Lake Road

4:30 PM Shuttle Available: from Pikwàkanagàn Health Services to Eganville Water Treatment Plant

PART 2: Journey from Crimson Maple Road & Silver Lake Road to Eganville Water Treatment Plant – 8 km

- 2:45 PM** **Meet at Crimson Maple Road & Silver Lake Road** (*designated meetup point, parking available)
- Toilets and snacks available
- 2:50 PM** **Depart Crimson Maple Road & Silver Lake Road toward Eganville Water Treatment Plant (8 km walk/roll)**
- **Route Terrain:** Paved road with gravel roadside shoulder and moderate hills
- 2:50 PM** **Return Shuttle Available:** back to Pikwàkanagàn Health Services

PART 3: Journey from Eganville Water Treatment Plant to Eganville Gerald Tracey Park – 1 km

- 5:00 PM** **Meet at Eganville Water Treatment Plant** (*designated meetup point, parking available)
- Water and snacks available
- 5:05 PM** **Depart Eganville Water Treatment Plant toward Eganville Gerald Tracey Park (1 km walk/roll)**
- **Route Terrain:** paved road with gravel roadside shoulder
- 5:00 PM** **Return Shuttle Available:** back to Pikwàkanagàn Health Services or Crimson Maple Road & Silver Lake Road

PART 4: Journey Ends, Closing Circle & Reception at Countdown monument at Eganville Gerald Tracey Park

- 5:30 PM** **Closing Circle & Reception at Eganville Gerald Tracey Park**
(approx.) (*designated meetup point, parking available)
- Toilets and snacks available
- 5:45 PM** **Return Shuttle Available:** back to Pikwàkanagàn Health Services, Crimson Maple Road & Silver Lake Road, or Eganville Water Treatment Plant

SECTION 2: JOURNEY DETAILS & ACCESSIBILITY

Paddling Journey – August 23

- Participants are encouraged to bring any personal items they may need for comfort and access, such as medications, mobility aids, sun protection, extra layers or snacks.
- Entering and exiting canoes and kayaks will require stepping on uneven ground and maintaining balance near the water's edge.
- Service animals are welcome.
- Pets (other than trained service animals) are not welcome for the comfort and safety of all participants.
- If you have questions about access needs, please contact us before the event. We will do our best to work with you to support participation.

Cell Service

- Cell phone coverage may be intermittent in some areas.

Weather Exposure

- The route is outdoors with varying amounts of shade. Participants should be prepared for sun, wind, rain, and changing temperatures.

River/Lake Conditions

- The first part of the paddling route involves a slight current in Brennan's Creek river (flat water).
- There is an optional place to disembark and change boats or reorganize along Coles Creek.
- Coles Creek could be a place for a vehicle to pick up a paddler in case of emergency.
- The second part of the paddling route involves paddling across the south-western section of Golden Lake – this is a large lake so, depending on wind conditions, could include waves.

Paddling Accessibility

- Our plan is to paddle to a small island where we will disembark for a rest, an optional swim, and lunch.
- Entering and exiting canoes and kayaks will require stepping on uneven ground and maintaining balance near the water's edge.

Walking & Rolling Journey – September 5 & September 19

- There is no single way to participate in Countdown Moves. Whether you meet up for 10 minutes or 10 kilometres, we welcome you to participate in the way that works best for you.
- We encourage everyone to participate at their own pace. The group will pause periodically for water, snacks, stretching, and regrouping.
- Walking and rolling are all welcome. Participants are encouraged to choose the mode of travel that feels comfortable and accessible for them. Our intention is to move as a group from point to point.
- Participants are encouraged to bring any personal items they may need for comfort and access, such as medications, mobility aids, sun protection, extra layers or snacks.
- Service animals are welcome.
- Pets (other than trained service animals) are not welcome for the comfort and safety of all participants.
- If you have questions about accessibility, please contact us before the event. We will do our best to work with you to support participation.
- Countdown Moves is a substance-free space. All participants must refrain using drugs and/or alcohol. If you have a question about prescribed medication use on the journey, you are welcome to reach out. Please contact us at watershed@crc-renfrewcountry.com or 613-757-3108 with any specific questions.

Approximate Pace

- Recreational pace: approximately 3–4 km per hour for walking sections.

Toilets & Rest Stops

- Washroom access is available at select locations and is noted in each [journey itinerary](#). Some locations offer portable toilets or outhouses rather than fully accessible washrooms.
- Seating opportunities may be limited at some outdoor rest stop locations.

Route Terrain

- Route surfaces vary and may include paved roads, graded gravel roads, woodland trails, uneven terrain, grass, loose stones, and roadside shoulders. Terrain details are included in each itinerary.
- Some sections involve moderate hills, and travelling on roads or roadside gravel shoulders that may have vehicle traffic.

Cell Service

- Cell phone coverage may be intermittent in some areas.

Weather Exposure

- The route is outdoors with varying amounts of shade. Participants should be prepared for sun, wind, rain, and changing temperatures.
- In the event of severe weather or unsafe conditions, participants will be contacted about any event changes at the email address provided at registration.

Shuttles & Support Vehicles

- Support vehicles will periodically check in with participants at rest stops and meetup points and carry water, snacks, and basic first aid supplies.
- In case of emergency, support vehicles will be available to transport a participant back to their vehicle.
- A shuttle will be available at designated meetup points to return participants of the walk/roll journeys to their journey starting points. Available shuttles are noted in each [journey itinerary](#).

Please contact us at watershed@crc-renfrewcountry.com or 613-757-3108 with any specific questions about accessibility on the paddling or walking/rolling routes.

SECTION 3: FAQ

1) Do I have to complete the entire journey route?

No. You're welcome to join or end the walk/roll for any portion of the journey. You can start or finish at any **designated meetup point** along the route.

These journeys are designed to be welcoming and flexible ranging from 1 km routes to 16 km routes. Participants are encouraged to select the routes and distances that are manageable for them.

Designated meetup points are noted in each [journey itinerary](#), and include:

Journey 1 – Sunday, August 23 Meetup Points:

1. Killaloe Pathways Park
2. Henry Street–Brennan's Creek canoe/kayak launch

Journey 2 – Saturday, September 5 Meetup Points:

1. Killaloe Pathways Park (Journey Section: Part 1 – 1 km walk/roll to Station Park)
2. Killaloe Station Park (Journey Section: Part 2 – 4 km walk/roll to Water Street and Gorman Road)
3. Water Street & Gorman Road intersection (Journey Section: Part 3 – 10 km walk/roll to Pikwàkanagàn)
4. Countdown monument at Pikwàkanagàn Health Services (Journey Section: Part 4 – Closing Circle)

Journey 3 – Saturday, September 19 Meetup Points:

1. Pikwàkanagàn Health Services (Journey Section: Part 1 – 7 km walk/roll to Crimson Maple Road & Silver Lake Road)
2. Crimson Maple Road and Silver Lake Road (Journey Section: Part 2 – 8 km walk/roll to Eganville Water Treatment Plant)
3. Eganville Water Treatment Plant (Journey Section: Part 3 – 1 km walk/roll to Eganville Gerald Tracey Park)
4. Countdown monument at Eganville Gerald Tracey Park (Journey Section: Part 4 – Closing Circle & Finale Reception)

2) Do I need to register in advance?

Yes, registration is required for every individual who wishes to participate in Countdown Moves. Registration helps us plan food, support vehicles, and safety needs. Register for Countdown Moves:

- [Register for Countdown Moves: Journey 1 Paddle on August 23, 2026](#) – registration closes on August 19 or when capacity is reached.
- [Register for Countdown Moves: Journey 2 Walk/Roll on September 5, 2026](#) – registration closes on September 1 or when capacity is reached.
- [Register for Countdown Moves: Journey 3 Walk/Roll on September 19, 2026](#) – registration closes on September 15 or when capacity is reached.

3) What should I bring for the paddle?

The following items are **required**:

- Canoe, kayak or paddle board*
- PFD (personal flotation device / life jacket)
- Boat safety kit including a bailer, rope, flashlight and whistle for kayaks and canoes; a whistle is recommended for paddle boards. (These kits are usually sold in a single, easy-to-grab waterproof container)

The following items are **strongly suggested**:

- Closed toed shoes (can be water shoes or old runners)
- Refillable water bottle
- Anything else you may need to paddle comfortably, such as:
 - A dry bag or waterproof container (for keys, wallet, phone)
 - Swimsuit and towel
 - Sun protection (hat, sunscreen, sunglasses)
 - Snacks (if what is provided is not what you need)

*If you do not have your own canoe, kayak or paddle board and would like to participate, the Killaloe Public Library has an equipment lending program that includes kayaks and life jackets. Call or drop by the library to borrow items and for more information.

4) Can I participate if I don't own a canoe or kayak?

Unfortunately, we aren't able to provide canoes or kayaks.

If you do not have your own canoe, kayak or paddle board and would like to participate, the Killaloe Public Library has an equipment lending program that includes kayaks and life jackets. Call or drop by the library to borrow items and for more information.

5) Do I need previous paddling experience?

Previous paddling experience is required. This is not an instructional event, and there is an expectation that participants have basic knowledge in paddling, swimming and water safety.

6) What should I bring for the walk & roll?

Anything you may need to walk/roll comfortably, such as:

- Comfortable, broken-in footwear
- Your own refillable water bottle
- Snacks (if needed outside of what Countdown is providing)
- Weather-appropriate clothing
- Sun protection such as a hat, sunglasses and sunscreen
- A change of socks and anti-chafe balm
- Any personal medications you may need

7) What pace will we travel?

Approximately 3-4 km per hour. These are recreational, community-paced journeys. We'll stop regularly for water, snacks, stretching, and regrouping. Our intention is to move as a group from point to point recognizing that people will move at slightly different paces. Designated volunteers will commit to staying at the end of the group so no-one is left behind.

8) Do I need previous long-distance walking experience?

These journeys are designed to be welcoming and flexible ranging from 1 km routes to 16 km routes. Participants are encouraged to select the routes and distances that are manageable for them.

9) How will I return to my vehicle at the end of the walk/roll?

Shuttles back to your starting point will be available at all designated meetup points. Available shuttles are noted in each [journey itinerary](#).

10) What will Countdown provide?

- Sandwich fixings to make your own bagged lunch at the beginning of each journey (there will be extra lunches for those joining later!)
- Water and snacks throughout
- Support vehicles checking in along the route
- A basic first aid kit, including blister supplies and bandages
- Shuttles to carpool September 5 and September 19 participants back to their starting points. Available shuttles are noted in each [journey itinerary](#).
- Encouragement and good company

11) Can children participate?

Children and youth under 18 are welcome when accompanied and supervised by a parent, guardian, or designated adult.

12) What if it rains?

The programs will proceed in light rain. In the event of severe weather or unsafe conditions, participants will be contacted about any changes.

13) Are washrooms available?

Washrooms and portable toilets are available at several points along the September 5 or September 19 walking routes. Locations are noted in each [journey itinerary](#).

14) What if I need to leave early?

September 5 or September 19 walk/roll participants may leave the route at any time with the help of a support driver. Please check out with the designated Countdown team member before departing.

15) Can I bring my dog or pet?

No. For the comfort and safety of all participants, we ask that pets stay at home unless they are trained service animals.

16) Is there a fee to participate?

Participation is free. Registration is required.

17) Is Countdown Moves a substance-free space?

Yes, to ensure safety on walking routes and paddling routes, we ask that participants refrain from using drugs and alcohol. If you have a question about prescribed medication use on the journey, you are welcome to reach out. Please contact us at watershed@crc-renfrewcountry.com or 613-757-3108 with any specific questions.

SECTION 4: REGISTRATION

- 1) Registration is required in order to participate in Countdown Moves.
- 2) You may register on behalf of yourself and youth under 18. Youth under 18 must be accompanied by a parent or guardian at all times.
- 3) Every individual participating in Countdown Moves must complete a Participant Waiver.
 - If you are registering for youth under 18, a Participant Waiver must be completed for each person.
- 4) Every individual participating in Countdown Moves must agree to follow the Countdown Community Guidelines.

Register for Countdown Moves:

- [Register for Countdown Moves: Journey 1 Paddle on August 23, 2026](#). Registration closes on August 19 or when capacity is reached.
- [Register for Countdown Moves: Journey 2 Walk/Roll on September 5, 2026](#). Registration closes on September 1 or when capacity is reached.
- [Register for Countdown Moves: Journey 3 Walk/Roll on September 19, 2026](#). Registration closes on September 15 or when capacity is reached.
- [Countdown Moves Participant Waiver](#)
- [Countdown Community Guidelines](#)