

☒ **Pledge to get active this summer!**

☐ Ride from Uxbridge to Stouffville on the York-Durham Heritage Railway

☐ Watch the sun set over Bonnie Brae Point in Oshawa

☐ Play Frisbee with the kids

☐ Have a picnic at Pickering's Petticoat Creek Conservation Area

☐ Visit the library

☐ Take the kids bowling

☐ Bike the Waterfront Trail to Pickering and enjoy lunch at The Waterfront Bistro

☐ Play volleyball by the lake

☐ Enjoy the day at Cedar Park in Bowmanville

☐ Take a power walk

☐ Explore Stephen's Gulch Conservation Area north of Bowmanville

☐ See the swans in Whitby's Cranberry Marsh

☐ Take in a kids' soccer game

☐ Take a sailing lesson at the Whitby Yacht Club

☐ Pick up veggies at a farmer's market

☐ Go camping at Darlington Provincial Park

☐ Walk the boardwalk at Oshawa's Second Marsh Wildlife Area

☐ Volunteer at an event

☐ Have a feed of ribs at any Ribfest

☐ Invite friends over for a bbq

☐ Sit on a dock dangling your feet in the water

☐ Take an art class at the Visual Arts Centre of Clarington

☐ Tour Parkwood Estate in Oshawa

☐ Visit Treetop Eco-Adventure Park in Oshawa

☐ Play mini golf

☐ Explore the Orono Crown Lands (5th Concession east of Ochonski Road)

☐ Play Outback Paint Ball in Newcastle


☐ Get an ice-cream cone

☐ Go horseback riding

☐ Go to the beach, build a sand castle

☐ Play on the jungle gym in Kinsmen / Valleyview Park in Oshawa

☐ Go geocaching (geocaching.com)

Learn more about these things with 

50 Things to Do in Durham

☐ Do a wine sampling at Ocala Winery in Port Perry

☐ Sit around a campfire watching the stars

☐ Take in a fireworks display

☐ Walk 5K from Whitby's Heydenshore Pavilion to Thickson Road, and back

☐ Visit Henry House Museum at Lakeview Park in Oshawa

☐ Visit Jungle Cat World Wildlife Park in Orono

☐ Watch the live quarter horse racing at Ajax Downs

☐ Go treasure hunting at Harvest Antiques in Hampton

☐ See the peacocks at Bowmanville Zoo

☐ Take a walk in Heber Down Conservation Area in Whitby

☐ Have a family picnic at Lakeview Park in Oshawa

☐ Camp out in the backyard

☐ Take in a race at Canadian Tire Motorsport Park

☐ Paddle a canoe at sunset on Lake Scugog

A challenge to our readers!

There are only 8 weeks from now to Labour Day so why not get out there and see all Durham Region has to offer for summer fun?

1. Tear this page out and hang it on your fridge
2. Decide with your family or friends which things you'd like to experience this summer
3. As you do them, check them off on the list
4. AND...every time you do one of these things, send us a picture of your gang at the spot -- holding up a copy of your local Metroland newspaper
5. Email that picture to: newsroom@durhamregion.com for your chance to win one of our great family prizes. One prize will be drawn weekly from all entries

Complete rules are available at durhamregion.com/contests