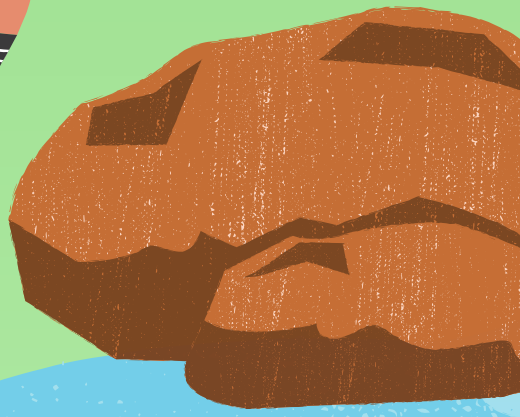




TNT THURSDAY NIGHT TRAILS 2026

We are a trail running & walking group
Everyone is welcome!



Scan to see the
2026 schedule



There are walk, run/walk, and run groups of different paces. All groups are out for one hour. No one is left behind!

Meet at the trailhead at 5:30pm. We hit the trails at 5:45pm sharp.

NOTE: Participants must be CVRR members or have signed a waiver online (cvrr.ca/membership/)

March 2026

26 Seal Bay (Hardy Rd parking lot)

April

02 Nymph Falls

09 Cumberland Coal Hills BMX

16 Comox Marina Park

23 Bevan Trails

30 Nymph Falls

May

07 Cumberland Coal Hills BMX

14 Seal Bay (Hardy Rd parking lot)

21 Comox Lake Dam (potluck picnic)

28 Bevan Trails

June

04 Comox Marina Park

11 Seal Bay (Hardy Rd parking lot)

18 Comox Lake Dam (potluck picnic)

25 Bevan Trails

July

02 Nymph Falls

09 Seal Bay (Hardy Rd parking lot)

16 Comox Lake Dam (potluck picnic)

23 Bevan Trails

30 Nymph Falls

August

06 Seal Bay (Hardy Rd parking lot)

13 Comox Lake Dam (potluck picnic)

20 Bevan Trails

27 Surprise Run!

September

03 Comox Marina Park

10 Cumberland Coal Hills BMX

17 Seal Bay (Hardy Rd parking lot)

Questions? Email: TNT@cvrr.ca

Google map links to trailheads are available at cvrr.ca/training/thursday-night-trails/