



The MNO Urban Portage WALKING CHALLENGE

Pre-Registration - August 1 - 31, 2025

CHALLENGE - September 1 - November 21, 2025

The Metis Nation of Ontario (MNO) Urban Portage Challenge is back, and with exciting news!

MNO communities are invited to participate in a 3-month walking competition to see who can collectively walk the most steps. This year, we are encouraging you to bring your 4-legged friends along for the challenge.

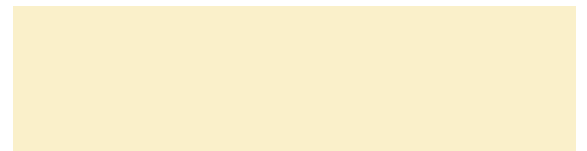
Each community will be guided by a Champion who will help organize and motivate participants. The top three communities with the highest step counts will receive funds to host a celebration. Each participant will also have opportunities within their community to win individual prizes.

We understand that mobility varies for everyone, so please participate in the way that feels right for you. To track your steps,

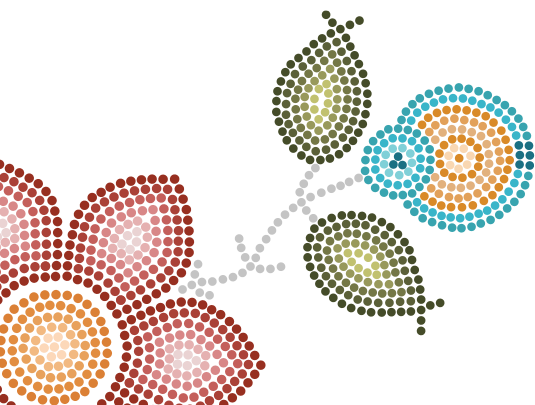
you can use a Fitbit, pedometer, smartphone apps, or the health section on your smartphone. Be apart of this exciting journey and let's walk together towards a healthier, more connected Métis community!

Share your walking adventures using **#MNOSteps** and **#PawVoyage**!

Reach out to your local MNO office:



or call:
OneMNO at **1-800-263-4889 ext 7**
for information on registering.



Métis Nation
of Ontario 