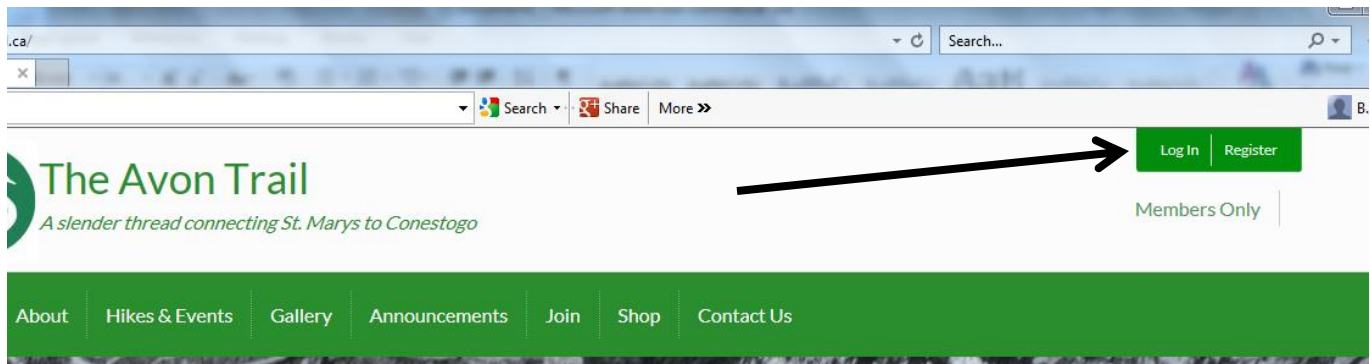
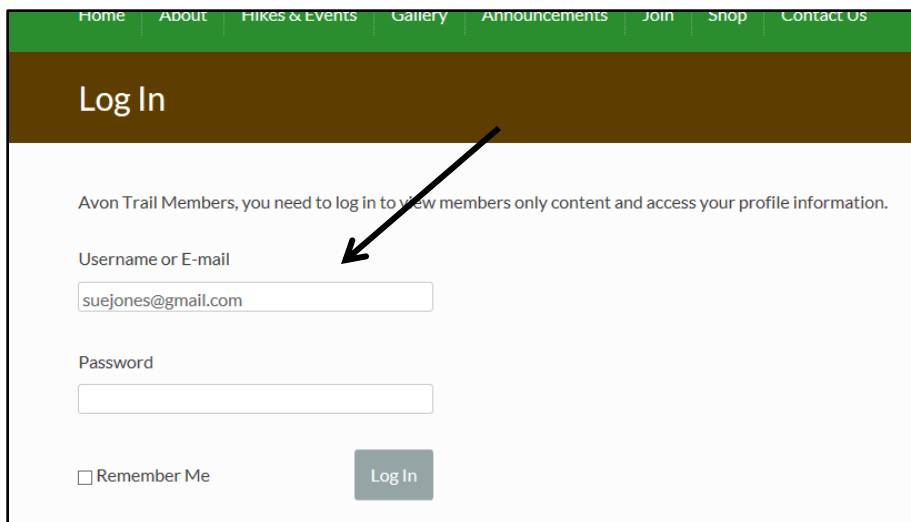


1. Open the Avon Trail website at: www.avontrail.ca

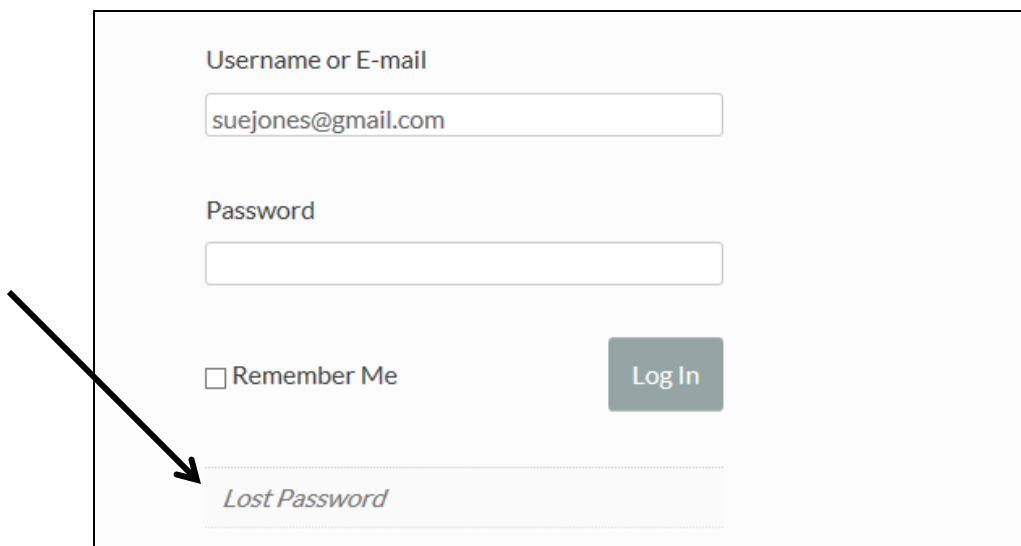
2. In top right hand corner, click on Login



3. Key in your email address – this is the email that is on record with the Avon Trail



4. Scroll down to display "Lost Password" and click on it.



5. Key in your email address and then click on “Get New Password”

Lost Password

Please enter your username or email address. You will receive a link to create a new password via email.

Username or E-mail:
suejones@gmail.com

Get New Password

6. The following message is displayed “Check your email for the confirmation link”

Log In

Avon Trail Members, you need to log in to view members only content and access your profile information.

Check your e-mail for the confirmation link.

Username or E-mail

Password

7. You will receive an email from the Avon Trail – at the end of the email there is a link for you to click on. Click on this link.

To reset your password, visit the following address:

<http://avontrail.ca/resetpass/?key=hiCbkdK6CQMzxxOkqV11&login=BrendaT>

8. This will take you to the Avon Trail website window named “Rest Password”

Reset Password

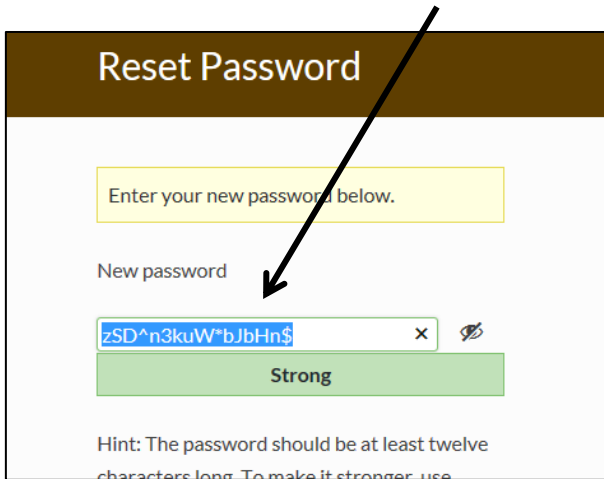
Enter your new password below.

New password
zSD^n3kuW*bJbHn\$ Strong

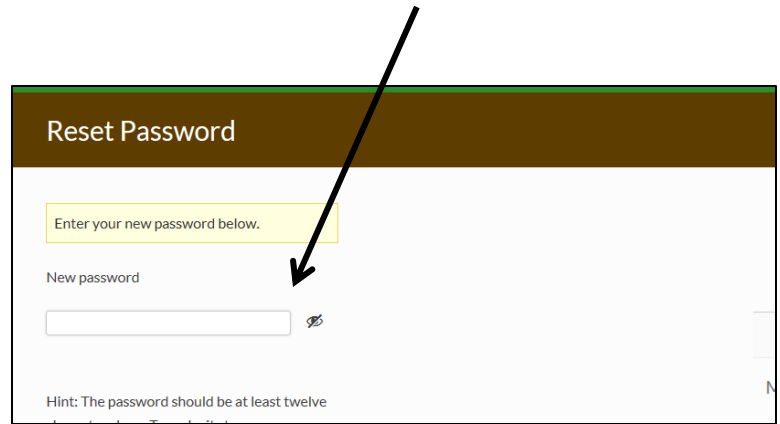
Hint: The password should be at least twelve characters long. To make it stronger, use upper and lower case letters, numbers, and symbols like ! " ? \$ % ^ & .

Reset Password

9. Highlight the temporary password and press delete to get an empty field

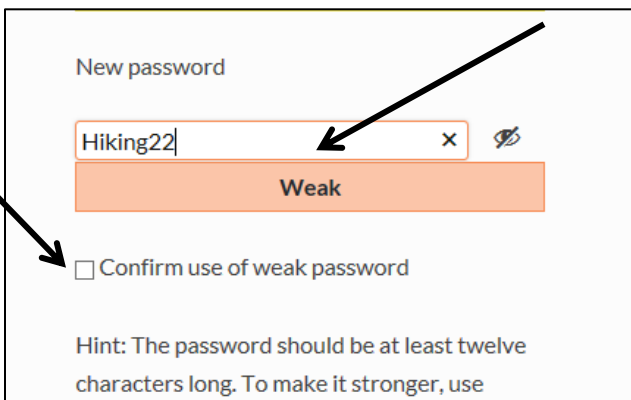


The screenshot shows the 'Reset Password' form with a dark brown header. Below the header is a yellow box with the text 'Enter your new password below.'. Underneath is a 'New password' label and a text input field containing the temporary password 'zSD^n3kuW*bJbHn\$'. The password is highlighted in blue. To the right of the input field are a clear button (x) and a show/hide password icon. Below the input field is a green bar with the text 'Strong'. At the bottom, there is a hint: 'Hint: The password should be at least twelve characters long. To make it stronger, use'.



The screenshot shows the 'Reset Password' form with the same header and yellow box. The 'New password' label is present, but the text input field is empty. The show/hide password icon is visible to the right of the field. The hint at the bottom reads: 'Hint: The password should be at least twelve'.

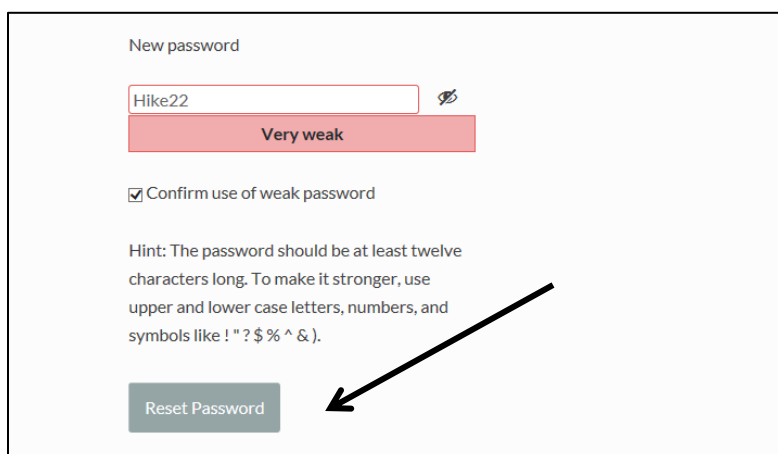
10. Key in a new password in the New Password field. The security of the password will be indicated underneath as strong, medium, weak, very weak depending on how many characters there are and if caps, numbers and symbols are used as per Hint.



The screenshot shows the 'Reset Password' form with the 'New password' label. The text input field contains 'Hiking22'. Below the field is an orange bar with the text 'Weak'. Below the orange bar is a checkbox labeled 'Confirm use of weak password', which is currently unchecked. At the bottom, there is a hint: 'Hint: The password should be at least twelve characters long. To make it stronger, use'.

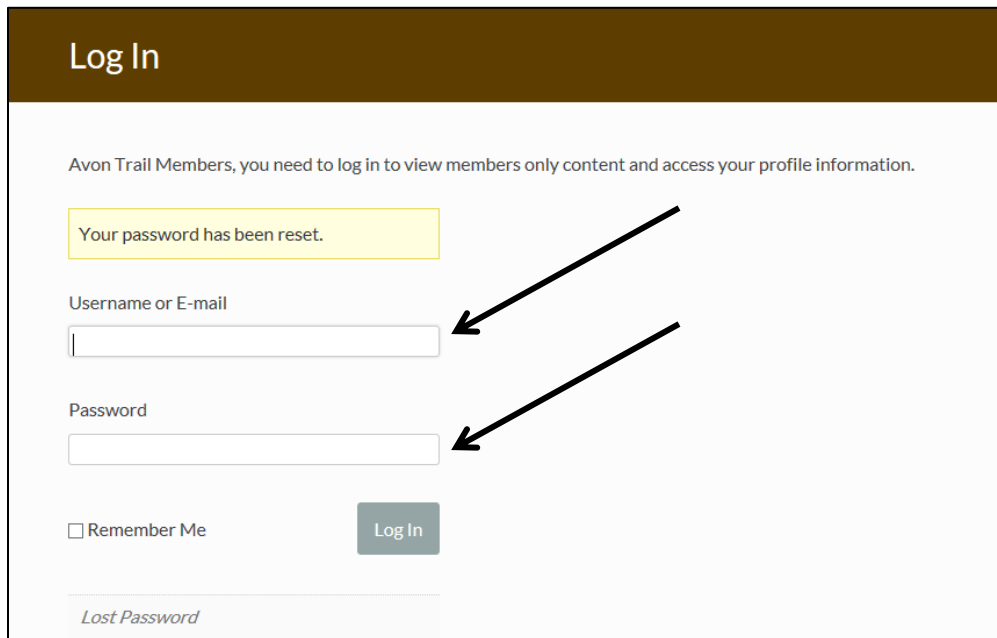
11. If your password is “Very Weak” or “Weak”, you can still use it (understanding that it is not a strong password as recommended) by clicking in the box next to “Confirm use of weak password”. You may prefer to add a symbol to make it more secure – it will then become Medium or Strong

12. Scroll down and click on “Reset Password”



The screenshot shows the 'Reset Password' form with the 'New password' label. The text input field contains 'Hike22'. Below the field is a red bar with the text 'Very weak'. Below the red bar is a checkbox labeled 'Confirm use of weak password', which is checked. At the bottom, there is a hint: 'Hint: The password should be at least twelve characters long. To make it stronger, use upper and lower case letters, numbers, and symbols like ! " ? \$ % ^ & .'. Below the hint is a grey button labeled 'Reset Password'.

13. You will now be able to login using your email address and the new password.



Log In

Avon Trail Members, you need to log in to view members only content and access your profile information.

Your password has been reset.

Username or E-mail

Password

Remember Me

[Lost Password](#)

The image shows a login form with a dark brown header containing the text 'Log In'. Below the header, a message states 'Avon Trail Members, you need to log in to view members only content and access your profile information.' A yellow box contains the message 'Your password has been reset.' Below this are two input fields: 'Username or E-mail' and 'Password'. Two black arrows point from the right towards these input fields. At the bottom left is a checkbox labeled 'Remember Me' and a 'Log In' button. At the bottom center is a link labeled 'Lost Password'.