



Fall Guided Hikes 2019 - October

Participants may win a "trail" prize. Thanks to our local partners for organizing the hikes on the ground and to MEC, Goose Lane Editions and the NS Department of Communities, Culture and Heritage for their support. Hikes are free or low-cost and **some require pre-registration**. See the details below for each hike. When hiking, always be prepared for the conditions. [Learn how to prepare here.](#)

Trail / Hike name	Date & Time	Do I need to Pre-Register?	Cost / Person	Km Return	Trail Difficulty	Directions & Hike Details	Organization / Contact
Card Lake Provincial Park, near Chester	October 5 9 AM	Yes: 902-275-3490	Free	3	Easy	Card Lake Provincial Park is on the Windsor Road (Highway 14), approximately 15 minutes inland from Highway 103 at exit 8. Join in for a gentle, interpretive hike under the hemlocks along the shores of beautiful Card Lake. Learn interesting tidbits of information along the way including what you should have with you in your pack on a day hike to be prepared for the unexpected.	Chester Recreation and Parks Jody Conrad jconrad@chester.ca www.chester.ca
Windsor PT, Windsor	October 5 10 AM	Yes: Register onsite at the event	Free for non-members	10	Moderate	Meet at the Irving Circle K, 2113 Highway 1, Exit 7 off Highway 101 to Falmouth.	Valley Trekkers - CVF Crawford Van Home 902-765-0906
The Gorge, Kentville	October 5 10 AM	No	Free	5	Moderate	Meet at The Gorge parking lot at 53 Gladys Porter Drive in Kentville.	Town of Kentville Ashley Alders recreation@kentville.ca www.kentville.ca
White Rock Trails, Keppoch Mountain, Antigonish	October 5 10 AM	No	Free	7	Easy	Meet at the Keppoch Mountain Recreation Area, 193 Keppoch Road, Antigonish (take Exit 30 off Highway 104). Come for a guided tour of some of our newest trails. The White Rock Trail is a casual and beautiful rolling stroll through 40 acres of serene NS wilderness. Capping off with a rest at the Scenic White Rock itself, an impressive Gypsum Cliff overlooking the Beaver River.	Keppoch Mountain Paul Basile thekeppoch@gmail.com www.thekeppoch.ca
The Bluff Trail (Pot Lake Loop), Timberlea	October 6 10 AM	No	Free	11	Challenging	Meet in Timberlea on Highway 3 at the entrance to Glengary Estates at Forest Glen Drive, opposite St. Andrews Anglican Church. The walk leader is Dan (902-479-2817).	Dartmouth Volksmarch Club Lionel Conrod benview@eastlink.ca www.dartmouthvolksmarchclub.com/
Valleyview Provincial Park, Bridgetown	October 6 1 PM	Yes: annapoliscounty.ca (click on Fall Hiking Series 2019)	Free	1	Moderate	Meet at 960 Hampton Mountain Rd, Hampton. Come join us for this 1 km walk and take in the breathtaking view of our Annapolis Valley. This trail will lead you through a beautiful wooded area with an amazing look-off feature. This trail is considered moderate due to some hilly areas and some uneven ground.	County of Annapolis Nadine Barteaux nbarteaux@annapoliscounty.ca annapoliscounty.ca



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River Ridge Common, New Germany	October 6 2 PM	No	Free	5	Easy	Meet at 4668 Highway 10 in New Germany. Donations for PRO Kids welcomed.	Municipality of the District of Lunenburg Tissy Bolivar tissy.bolivar@modl.ca www.modl.ca
Long Lake Provincial Park, Spryfield	October 9 10 AM	Yes: 902-490-4238	Free	5	Easy	Meet in the main parking lot of Long Lake Provincial Park, off Dunbrack Street. This is a Nordic walk event. If you have poles please bring them but there will be poles available for those who need them.	HRM Recreation Tracey Cox burketr@halifax.ca
Harvest Moon Trail, Grand Pré (near Wolfville)	October 11 8:30 PM	Yes: www.facebook.com/events/496040300940645/	Free	4	Easy	Meet at the Grand-Pré National Historic Site. Wear comfortable shoes and bring a flashlight. Adults only. No dogs, please for this event. Limited spots are available, so registration is required.	Hello Weekend Susan Carey susancareycoaching@gmail.com www.helloweekend.ca
Victoria Park Reservoir Trail, Truro	October 13 10 AM	No	Free	7.9	Moderate	Meet at the Wood St. Look off in Victoria Park. Colchester Ground Search and Rescue and Truro Parks, Recreation and Culture are partnering to lead the hike.	Colchester Ground Search and Rescue & Truro Parks, Recreation and Culture Jessica Colley jjeveritt@yahoo.ca www.truro.ca/programs-and-events.html and colchestersar.ca/fall-guided-hike/
Herring Cove Provincial Park Reserve (Herring Cove Bluffs), Herring Cove	October 13 10:15 AM	No	Free, but donations welcome	6	Moderate	Meet at the Mumford Terminal Bay 2 (8640) Bus #9 - Herring Cove via Mumford Terminal. Look for your Trip Leader holding up a Trips By Transit sign! This trip takes place in Mi'kma'ki, the ancestral and unceded territory of the Mi'kmaq People.	Trips By Transit Chelsea Hanoun programming.volunteers@tripsbytransit.ca www.tripsbytransit.ca
Celtic Colours Acadian Trail Hike, Cape Breton Highlands National Park	October 14 10 AM	No	Free with your park entry permit	8.4	Moderate	Meet at the Chéti camp Visitor Centre at the entrance to the Cape Breton Highlands National Park. This hike is in partnership with the Celtic Colours festival.	Parks Canada Miranda Dodd miranda.dodd@canada.ca www.pc.gc.ca/en/pn-np/ns/cbreton
Celtic Colours Corney Brook Hike, Cape Breton Highlands National Park	October 15 10:10 AM	No	Free with your park entry permit	6.5	Easy	Meet at the trailhead parking lot just outside the Corney Brook Campground, 10km north of the Chéti camp Park entrance. This hike is in partnership with Celtic Colours International festival.	Parks Canada Miranda Dodd miranda.dodd@canada.ca www.pc.gc.ca/en/pn-np/ns/cbreton



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Celtic Colours Aspy Trail Hike, Cape Breton Highlands National Park	October 16 10 AM	No	Free with your park entry permit	9.6	Moderate	Follow the Cabot Trail into the National Park to the turn off to Beulach Ban Falls/Aspy trail near the Big Intervale campground. Drive 3 km up a gravel road to park near the waterfalls. This hike is in partnership with the Celtic Colours International Festival.	Parks Canada Miranda Dodd miranda.dodd@canada.ca www.pc.gc.ca/en/pn-np/ns/cbreton
Celtic Colours Franey Trail Hike, Cape Breton Highlands National Park	October 17 10 AM	No	Free with your park entry permit	7.4	Challenging	About 4 km from the eastern Park entrance (near Ingonish), follow the signs to take the gravel road to the Franey trailhead. This hike is in partnership with Celtic Colours International Festival.	Parks Canada Miranda Dodd miranda.dodd@canada.ca www.pc.gc.ca/en/pn-np/ns/cbreton
Celtic Colours Mica Hill Hike, Cape Breton Highlands National Park	October 18 10 AM	No	Free with your park entry permit	7.9	Moderate	About 35 km from eastern Park entrance (near Ingonish), or 75 km from western park entrance turn off at the sign for Mica Hill/Paquette Lake. Drive 2 km on gravel road to the trailhead. This hike is in partnership with Celtic Colours International Festival.	Parks Canada Miranda Dodd miranda.dodd@canada.ca www.pc.gc.ca/en/pn-np/ns/cbreton
Gulliver's Cove Fall Colours, Digby	October 19 9:30 AM	No	Free	4	Moderate	Meet at the Digby arena at 27 Shreve St. just off Victoria Street. This hike includes steep hills and great views. Dress for cool ocean breezes.	Fundy Erratics Jonathan Riley riley@municipality.digby.ns.ca www.facebook.com/groups/fundyerratics/
Kentville Pumpkin People Walk, Kentville	October 19 10 AM	Yes: Register onsite at the event	Free for non-members	10	Moderate	Meet at the former Train Station at 66 Cornwallis St., Kentville.	Valley Trekkers - CVF Crawford Van Home 902-765-0906
Otter Ponds Demonstration Forest Trail Network, Mooseland	October 19 10 AM	Yes: www.otterponds.ca/fall-field-day-and-guided-hike.html	Free	4.5	Moderate	Participants will meet at the Mooseland Community Centre (4032 Mooseland Road, Mooseland) and will carpool down to the trailhead from there. Participants should bring their own lunch and dress appropriately for the weather.	Otter Ponds Demonstration Forest Christie Verstraten earthscapfeff@gmail.com www.otterponds.ca/fall-field-day-and-guided-hike.html
McIntosh Run (West Pine Trail), Spryfield	October 19 10:30 AM	No	Free	5	Moderate	Meet at Nora Warren trailhead, located at the end of Nora Warren Drive in Spryfield. We are partnering with McIntosh Run Watershed Association to highlight the wetlands of McIntosh Run and to celebrate their selection in the Treasured Wetlands of Nova Scotia program.	Ducks Unlimited Canada Emma Bocking e_bocking@ducks.ca www.facebook.com/twnovascotia



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Lake William Trail, Waverly	October 20 10 AM	No	Free	10	Challenging	Meet on Rocky Lake Drive opposite the Powder Mill Lake Picnic Park in Waverly. The walk leaders are Ken or Pat (902-861-4372).	Dartmouth Volksmarch Club Lionel Conrod benview@eastlink.ca www.dartmouthvolksmarchclub.com/
Harvest Moon Trail, Wilmot	October 20 1 PM	Yes: annapoliscounty.ca (click on Fall Hiking Series 2019)	Free	5	Moderate	We will meet in the parking lot of the Annapolis Valley Kinsmen Club (209 Dodge Rd., Wilmot). This trail takes you along the former railroad bed and showcases a beautiful view of the Annapolis River. The hike will be approximately 5 km in length and is expected to take about an hour.	County of Annapolis Nadine Barteaux nbarteaux@annapoliscounty.ca annapoliscounty.ca
Blueberry Mountain, Chéticamp	October 26 11 AM	No	Free	8	Moderate	Park at the Cap Rouge Look Off in the Cape Breton Highlands National Park. For the first part you will be hiking on the old Cabot Trail and view beats the Skyline Trail!	Les Hikers Annette LeBlanc leonard.leblanc2@ns.sympatico.ca www.facebook.com/groups/1217642218284976/
Summit Loop, Keppoch Mountain, Antigonish	October 26 11 AM	No	Free	5	Moderate	Meet at the Keppoch Mountain Recreation Area, 193 Keppoch Road, Antigonish (take Exit 30 off Highway 104). Join our resident Hiking expert Andrew Bradshaw for a Guided Hike exploring Keppoch Mountain. This hike requires Intermediate Fitness, Beginner Skills. The hike includes a 5' wide dirt tread, little to no obstacles. Approximate time is 1.5 hours.	Keppoch Mountain Paul Basile thekeppoch@gmail.com www.thekeppoch.ca
Fitzpatrick Mountain Trail, Scotsburn	October 26 12 PM	Yes: ericnosliw1@gmail.com	Free will donation	10	Moderate	Meet at Deb's Hidden Cafe in Scotsburn at noon. Leader Eric Wilson will lead the group of registered hikers to a spectacular vista very close to Fitzpatrick Mountain.	Cape to Cape Trail Hiking Club Eric Wilson ericnosliw1@gmail.com www.capetocapetrail.ca
Susies Lake, Halifax	October 26 10 AM	Yes: hnwta.eventbrite.com	Free	1.5	Moderate	Meet at Kent Building Supplies on Chain Lake Drive in the parking lot, right hand side by the wood storage area.	Halifax North West Trails Association Sharon Gibson sandfg6@gmail.com www.halifaxnorthwesttrails.ca
Monster Mania at Hemlock Ravine, Halifax	October 26 1 PM	Yes: hnwta.eventbrite.com	Free	1	Easy	Meet at the top of Kent Street, off the Bedford Highway. The hike is approximately 2.5 hours through the park with nature activities along the way. Parents and little ones 5 to 8 years	Halifax North West Trails Association Sharon Gibson sandfg6@gmail.com www.halifaxnorthwesttrails.ca



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Nine Mile River Trails, Nine Mile River	October 27 12 PM	No	Free	10	Moderate	The trailhead and parking lot is located at 1143 Enfield Road, Nine Mile River. Directions can be found at www.facebook.com/ninemilerivertrails/ .	Nine Mile River Trails Association Juliet Gilmour vp.ninemilerivertrails@gmail.com www.facebook.com/ninemilerivertrails
Castle Frederick Farms, Falmouth	October 27 2 PM	Yes: 902-790-9647, activeliving@westhants.ca or westhants.ca/rec	Free	3	Moderate	Meet at the very end of Castle Frederick Road in Falmouth. Kids are invited to dress up in their Halloween Costumes! Candy and prizes will be given away.	Municipality of the District of West Hants Kathy Johnston-Isenor activeliving@westhants.ca www.westhants.ca/rec