

# 2019 Hiking Summit

## Detailed Hike Schedule

May 24 – 26, 2019, Oak Island Resort & Conference Centre

*The Summit program may change as the program evolves*

**You must register for the Summit online in order to attend these hikes.** There are strict limits on the number of people who may attend some hikes (indicated below in hike descriptions). Some hikes are offered twice. Registration for hikes is on a first come, first served basis when you register for the Summit online. If you do not receive a registration confirmation email, please contact Hike NS.

**Most hikes are family-friendly** and families are expected to attend hikes together. Parents and caregivers are responsible for their children on all hikes, including judging their child's ability to do a hike.

**Parking is limited at most sites.** Most sites do not have bathroom facilities (descriptions below indicate if one is available). Further details on some locations can be found on [www.southshoreconnect.ca](http://www.southshoreconnect.ca).

**Please bring your own snacks, although you can pick up free power bars and apples at the snack station in the Summit registration area.** Hike NS will not provide single-serve water bottles for those going on hikes. Instead, we'll provide a water bottle fill station in the Summit registration area. If you want bottled water, you can buy at the gift shop or in the vending machines onsite.

**Spring is tick season**, so please come prepared – [learn how to be prepared here](#).

**Dogs:** Sorry, but to ensure that everyone is comfortable and experiences enjoyable hikes, dogs are not allowed on the Summit's guided group hikes.

### Friday, May 24<sup>th</sup>: 1:30pm - 5:30pm

(1:30pm is the start time from the trailhead/meeting spot)

#### Option 1: Castle Rock

**Hike Length:** 9 km (3 – 4 hrs)

**Driving Directions:** 23 km from Oak Island Resort, 20-minute drive

Turn right onto Highway # 3 and drive for 23 km. Turn right onto Highway 329. Trail parking lot is 200 meters on your left.

**Parking and Trailhead:** East River Trail Head, 7846, highway #329. Beware of traffic crossing the road. Overflow parking will be available nearby. A host will be on hand to assist. Watch for the signs. Depart the parking lot for your hike when you are ready (see note below). Head north on the Chester Connection Trail.

Leaders: Jody Conrad, Gord Tate, and others

**Note:** This hike begins with a 3.2 km walk along the scenic section of the Chester Connection rail trail. At the Castle Rock Trail head (look for the large sign and/or a greeter trail-right) hikers can choose any of the three route options that lead to the summit. Consult the trail sign to choose the difficulty level right for you. This will not be a guided hike in the traditional sense; rather trail hosts will be present on all three routes to help point you in the right direction, answer your questions, and ensure your safety. No matter which trail you choose, the last 100 m scramble onto Castle Rock can be a challenge. Scout the route best for you, and when descending remember to go “low and Slow”. The panoramic view from the top is well worth it. Return to parking along the rail trail. For more information visit <https://chester.ca/recreation-parks/trails> to view the full trail map.

### **Option 2: Maggie Maggie Brook (Mahone Bay)**

**Hike Length:** 2.5 km (1.5 hr)

**Driving Directions:** 12 km from Oak Island Resort, 15-minute drive

Turn left on the #3 to Mahone Bay. Turn right on Clairmont Street (which becomes Kinburn Street).

**Meeting Spot:** The tennis Courts behind the fire hall (184 Kinburn Street)

**Leader:** Derek Wentzell

**Note:** Short walk on Bay to Bay Trail to Maggie Maggie Bridge. Footpath along babbling brook to beautiful hemlock ravine. Hear some history of the area.

### **Option 3: Blue Rocks Common Adventure**

**Hike Length:** 4 km (2 hrs)

**Driving Directions:** 30 km from Oak Island Resort, 32-minute drive

Turn left onto #3. Travel to Mahone Bay and then towards Lunenburg. Turn left on #237. Turn left on Blue Rocks Road.

**Meeting Spot:** St. Paul’s United Church, 135 Stonehurst Road

**Leader:** TBA

**Note:** Barren terrain. Views of ocean. One short section with easy three-point rock climbing. May be wet spots. Long pants recommended.

### **Option 4: Ernst Woodlot Hike**

**Hike Length:** 8 km (3 hrs)

**Driving Directions:** 22 km from Oak Island Resort, 25-minute drive

Turn left onto the #3. Turn right on Clearland Road (which becomes Woodstock Road) in Mahone Bay. Travel to #2373 Woodstock Road, Spondo Lake. Part of this road is dirt and can be a little rough. Watch for gated road on your left.

**Meeting Spot:** At the gate on the gated road

**Leader:** TBA

**Note:** Varied terrain. Dirt Roads. Beautiful managed woodlot and Christmas trees. Outhouse onsite.

### **Option 5: Blue Rocks Paddle & Hike to Little Eastern Points Island (limit 40)**

**Paddle Length:** 6 km. **Hike Length:** Approximately 3 kms

**Driving Directions:** 30 km from Oak Island Resort, 35-minute drive

Turn left on #3. Turn right on Turn left on 332. Turn left to Blue Rocks. Turn right on The Lane. Turn left on The Point Road.

**Meeting Spot:** Pleasant Paddling, 245 Point Road, Blue Rocks

**Leader:** Pleasant Paddling

**Note:** \$65/per person, payable to Pleasant Paddling upon arrival at Blue Rocks. Please pack water-friendly clothing and layers. Outhouses available at Pleasant Paddling. Maximum of 40 people.

## **Friday, May 24<sup>th</sup>: 9:00pm**

(9:00pm is the start time from the trailhead/meeting spot)

### **Option 1: Lantern Walk – Starry Starry Night (limit 35) Sorry, Sold Out!**

**Hike Length:** Short walk on Resort grounds.

**Meeting spot:** Oak Island Resort foyer

**Leader:** TBA

**Note:** Bring a headlamp or flashlight. Maximum of 35 people.

### **Option 2: Lantern Walk – Nova Scotia Mysteries (limit 35) Sorry, Sold Out!**

**Hike Length:** Short walk on Resort grounds.

**Meeting Spot:** Oak Island Resort foyer

**Leader:** TBA

**Note:** Bring a headlamp or flashlight. Maximum of 35 people.

## **Saturday, May 25<sup>th</sup>: 5:15am - 6:30am**

(5:15am is the start time from the trailhead/meeting spot)

### **Option 1: Sunrise Hike at Graves Island Provincial Park**

**Hike Length:** 2 km (1 hour)

**Driving Directions:** 18.6 km from Oak Island Resort, 15-minute drive

**Meeting Spot:** In the parking area just before the causeway at Graves Island.

**Leader:** TBA

**Note:** Joined to the mainland by a short causeway, Graves Island Provincial Park is typical of many of the small islands found along Nova Scotia's Atlantic coast. Trail runs along the perimeter of the island. Headlamp or flashlight recommended. Outhouses available.

### **Option 2: Sunrise on Gold River Bridge**

**Hike Length:** 3 km (1 hour)

**Driving Directions:** 6.8 km from Oak Island Resort, 9-minute drive

**Meeting Spot:** In the parking lot of Aeon Baptist Church in Chester Basin (57 Highway 12, Chester Basin)

**Leader:** TBA

**Note:** Enjoy a forested walk along this section of the Rum Runners Trail to a 367 feet-long rail trail bridge on the South Shore. Headlamp or flashlight recommended.

## **Saturday, May 25<sup>th</sup>: 1:30pm - 5:30pm**

(1:30pm is the start time from the trailhead/meeting spot)

### **Option 1: Riverbank Habitat Trail Art Hike**

**Hike Length:** 6 km (3 hours) one-way with car shuttling or 12 km return by foot

**Driving Directions:** 11.7 km from Oak Island Resort, 14-minute drive

**Meeting Spot:** In the back parking lot of the Mahone Bay Centre, 45 School Street, Mahone Bay

**Leader:** TBA

**Notes:** This is a one-way 6-km hike (with car shuttling) or a two-way 12-km hike (by foot) from the town of Mahone Bay to Martin's Brook, along the Rum Runner Trail. Participants are responsible for arranging their own car shuttling the day of the hike if going one-way. Enjoy this winding, wide trail through the forest that takes in a large beautiful bog. Keep your eyes peeled for magical sculptures hidden somewhere along the way. Washroom available at the Centre.

### **Option 2: Castle Rock**

**Hike Length:** 9 km (3 – 4 hrs)

**Driving Directions:** 23 km from Oak Island Resort, 20-minute drive

Turn right onto Highway # 3 and drive for 23 km. Turn right onto Highway 329. Trail parking lot is 200 meters on your left.

**Parking and Trailhead:** East River Trail Head, 7846, highway #329. Beware of traffic crossing the road. Overflow parking will be available nearby. A host will be on hand to assist. Watch for the signs. Depart the parking lot for your hike when you are ready (see note below). Head north on the Chester Connection Trail.

Leaders: Jody Conrad, Gord Tate, and others

**Note:** This hike begins with a 3.2 km walk along the scenic section of the Chester Connection rail trail. At the Castle Rock Trail head (look for the large sign and/or a greeter trail-right) hikers can choose any of the three route options that lead to the summit. Consult the trail sign to choose the difficulty level right for you. This will not be a guided hike in the traditional sense; rather trail hosts will be present on all three routes to help point you in the right direction, answer your questions, and ensure your safety. No matter which trail you choose, the last 100 m scramble onto Castle Rock can be a challenge. Scout the route best for you, and when descending remember to go "low and Slow". The panoramic view from the top is well worth it. Return to parking along the rail trail. For more information visit

<https://chester.ca/recreation-parks/trails> to view the full trail map.

### **Option 3: Gold River Gold Mines Tour (limit 25) Sorry, Sold Out!**

**Hike Length:** 3 km (2 hours)

**Driving Directions:** 5 km from Oak Island Resort, 10-minute drive

From Oak Island Resort, turn right onto Highway 3, turn left onto Beech Hill Road.

**Meeting Spot:** Go 1 km to meeting spot

**Leader:** Danny Hennigar

**Notes:** Join experienced tour guide Danny Hennigar for a two-hour (app.) walking tour of the historic Gold River Gold mines. Hear about gold miners, prospectors, gold, some geology, local history, some alternate history and the Mi'kmaq people. See old gold mines, trenches, actual gold, interesting locations, beautiful Gold River and a very cool log cabin built in 1967. It is an easy hike on a good road with short excursions off trail to see old gold mine sites. This hike is on private land. Hikers will be asked to sign a waiver. Maximum of 25 people.

#### **Option 4: Dynamite Trail/Oakland Common**

**Hike Length:** 6 km (2.5 hours)

**Driving Directions:** 9 km from Oak Island Resort, 10-minute drive

Turn left onto Highway #3. Turn left onto Sleepy Hollow Road. The trailhead parking is on the left at the trail crossing.

**Meeting Spot:** Rum Runner Trail Head, #572 Sleepy Hollow Road

**Leader:** TBA

**Note:** This is an interpretive walk through the Oakland Commons along wood roads, footpaths and a section of the Dynamite Trail.

#### **Option 5: LaHave River Trail/Arthur Young Trail**

**Hike Length:** 6.5 km (3 hrs)

**Driving Directions:** 26.4 km from Oak Island Resort, 21-minute drive

Turn left on #3. Take exit 10 to #103. Travel south to Bridgewater. Take exit 12. Keep left at lights. Take right down Silver's Hill Road (opposite the Irving).

**Meeting Spot:** Meet in trail parking lot at 793 LaHave Street, Bridgewater

**Leader:** TBA

**Note:** Scenic bridge and trail views of the LaHave River including Cooks Falls. Optional trek up the Arthur Young Trail (switchbacks) for another vantage point of the river.

### **Saturday, May 25<sup>th</sup>: 9:00pm**

(9:00pm is the start time from the trailhead/meeting spot)

#### **Option 1: Lantern Walk – Starry Starry Night (limit 35) Sorry, Sold Out!**

**Hike Length:** Short walk on Resort grounds.

**Meeting spot:** Oak Island Resort foyer

**Leader:** TBA

**Note:** Bring a headlamp or flashlight. Maximum of 35 people.

#### **Option 2: Lantern Walk – Nova Scotia Mysteries (limit 35) Sorry, Sold Out!**

**Hike Length:** Short walk on Resort grounds.

**Meeting Spot:** Oak Island Resort foyer

**Leader:** TBA

**Note:** Bring a headlamp or flashlight. Maximum of 35 people.

### **Sunday, May 26<sup>th</sup>: 5:15am - 6:30am**

(5:15am is the start time from the trailhead/meeting spot)

### **Option 1: Sunrise Hike at Graves Island Provincial Park**

**Hike Length:** 2 km (1 hour)

**Driving Directions:** 18.6 km from Oak Island Resort, 15-minute drive

**Meeting Spot:** In the parking area just before the causeway at Graves Island.

**Leader:** TBA

**Note:** Joined to the mainland by a short causeway, Graves Island Provincial Park is typical of many of the small islands found along Nova Scotia's Atlantic coast. Trail runs along the perimeter of the island. Headlamp or flashlight recommended. Outhouses available.

### **Option 2: Sunrise Hike to Narrow's Basin**

**Hike Length:** 2 km (1 hour)

**Driving Directions:** 5 km from Oak Island Resort, 6-minute drive

Turn left on #3. Watch for Martin's River Fire Department on your left.

**Meeting Spot:** Meet in the Fire Department parking lot

**Leader:** TBA

**Note:** Scenic view of sunrise at Narrow's Basin. Section of the Chester Connection Trail. Headlamp or flashlight recommended.

## **Sunday, May 26<sup>th</sup>: 1:45pm - 5:30pm**

(1:45pm is the start time from the trailhead/meeting spot)

### **Option 1: Riverbank Habitat Trail Art Hike**

**Hike Length:** 6 km (3 hours) one-way with car shuttling or 12 km return by foot

**Driving Directions:** 11.7 km from Oak Island Resort, 14-minute drive

**Meeting Spot:** In the back parking lot of the Mahone Bay Centre, 45 School Street, Mahone Bay

**Leader:** TBA

**Notes:** This is a one-way 6-km hike (with car shuttling) or a two-way 12-km hike (by foot) from the town of Mahone Bay to Martin's Brook, along the Rum Runner Trail. Participants are responsible for arranging their own car shuttling the day of the hike if going one-way. Enjoy this winding, wide trail through the forest that takes in a large beautiful bog. Keep your eyes peeled for magical sculptures hidden somewhere along the way. Washroom available at the Centre.

### **Option 2: Gold River Gold Mines Tour (limit 25) **Sorry, Sold Out!****

**Hike Length:** 3 km (2 hours)

**Driving Directions:** 5 km from Oak Island Resort, 10-minute drive

From Oak Island Resort, turn right onto Highway 3, turn left onto Beech Hill Road.

**Meeting Spot:** Go 1 km to meeting spot

**Leader:** Danny Hennigar

**Notes:** Join experienced tour guide Danny Hennigar for a two-hour (app.) walking tour of the historic Gold River Gold mines. Hear about gold miners, prospectors, gold, some geology, local history, some alternate history and the Mi'kmaq people. See old gold mines, trenches, actual gold, interesting locations, beautiful Gold River and a very cool log cabin built in 1967. It is an

easy hike on a good road with short excursions off trail to see old gold mine sites. This hike is on private land. Hikers will be asked to sign a waiver. Maximum of 25 people.

### **Option 3: Gaff Point & Hirtle's Beach**

**Hike Length:** 7 km (3 hrs)

**Driving Directions:** 50 km from Oak Island Resort, 50-minute drive

**Meeting Spot:** Hirtle's Beach Parking lot, 318 Hirtle's Beach Road.

**Leader:** TBA

**Notes:** Gaff Point and Hirtle's Beach is a lightly trafficked loop trail located near Riverport that features great forest setting and stunning coastal hiking. The trail is good for all skill levels and primarily used for hiking, walking, and trail running. Rocky beach and rough coastal terrain. Steep cliffs. Lunenburg County's hiking gem! Outhouses at the beach parking lot.

### **Option 4: Indian Path Common**

**Hike Length:** 6 km (2 hrs)

**Driving Directions:** 30 km from Oak Island Resort, 34-minute drive

Turn left on #3. Travel to Mahone Bay and to Lunenburg. Travel #332. Turn right onto Indian Path Road. Turn left on to Fish Peddler Road.

**Meeting Spot:** At 395 Fish Peddler Road, trailhead

**Leader:** TBA

**Note:** The Indian Path Commons consists of a series of rugged footpaths through forested terrain. Enjoy babbling brooks, a beautiful ravine, and viewpoints taking in the La Have Islands and beyond. This terrain is a botanist's dream, with loads of mayflowers, lady slippers and pitcher plants.

### **Option 5: Medicine Walk & Card Lake Hike (limit 20) Sorry, Sold Out!**

**Hike Length:** 3 km (2 hrs)

**Driving Directions:** 27.6 km from Oak Island Resort, 23-minute drive

Turn right onto Highway #3. In Chester Basin turn left onto Highway #12 and merge onto Highway 103. Travel eastward. Take exit 8, Hwy 14 towards Windsor, past Sherwood Golf Course. Card Lake Provincial Park will be on your left.

**Meeting Spot:** In the parking area

**Leader:** Laurie Lacey, for 1-hour medicine walk. Other leader, TBA

**Notes:** Join Laurie Lacey (fill in info) for a 1-hour medicine walk. Following the walk, join for a guided hike along the forested shores of Card Lake. Outhouses available. Maximum of 20 people.