



Hiking Summit

June 5-7, 2020 Chéticamp



With Co-Hosts



**La Société
Saint-Pierre**



**Parks
Canada**

**Parcs
Canada**

Draft Detailed Program

Hiking Summit 2020 Program Overview

June 5 to 7, 2020, Cheticamp

Cabot Trail Arena (15582 Cabot Trail)

The Summit program is subject to change

Friday, June 5th

12:00pm – 8:00pm	Registration
12:30pm – 1:00pm	Travel to Trailheads
1:00pm – 5:00pm	Afternoon Hikes
5:00pm – 6:00pm	Supper on Your Own
6:00pm – 8:00pm	Welcome Reception, Displays & Silent Auction
8:00 pm onward	Entertainment
8:00pm – 8:30pm	Travel to Sunset Hikes
8:30pm onward	Sunset Hikes

Saturday, June 6th

6:00am – 6:30am	Travel to Early Morning Hikes
6:30am – 8:00am	Early Morning Hikes
7:00am – 9:00am	Breakfast on Your Own
8:00am – 12:00pm	Registration & Silent Auction Pick-Up
9:00am – 10:00am	Official Opening
9:15am – 11:45am	Kids' Programming
10:00am – 10:30am	Nutrition Break
10:30am – 11:00am	Breakout Sessions
11:15am – 11:45am	Breakout Sessions
11:45am – 12:30pm	Lunch
12:30pm – 1:00pm	Travel to Trailheads
1:00pm – 5:00pm	Afternoon Hikes
6:00pm – 8:00pm	Banquet & Awards or Supper on your own
8:00 pm onward	Entertainment
8:00pm – 8:30pm	Travel to Sunset Hikes
8:30pm onward	Sunset Hikes

Sunday, June 7th

6:00am – 6:30am	Travel to Early Morning Hikes
6:30am – 8:00am	Early Morning Hikes
7:00am – 9:00am	Breakfast on Your Own
8:00am – 12:00pm	Registration & Silent Auction Pick-Up
9:00am – 11:45am	Kids' Programming
9:00am – 9:30am	Breakout Sessions
9:45am – 10:15am	Breakout Sessions
10:15am – 10:45am	Nutrition Break
10:45am – 11:15am	Breakout Sessions
11:30am – 12:15pm	Summit Closing
12:15 pm – 1:00pm	Lunch
1:00pm – 1:30pm	Travel to Trailheads
1:30pm – 5:30pm	Afternoon Hikes

Hiking Summit 2020 Detailed Program

Friday, June 5th

12:00pm – 8:00pm **Registration**

12:30pm – 1:00pm **Travel to Trailheads**

1:00pm – 5:00pm **Afternoon Hikes**

Option 1	Option 2	Option 3	Option 4	Option
Blueberry Mountain	Acadian	Corney Brook	Salmon Pool	Gypsum Mine & Gordon's Camp

You must attend the hike you signed up for during online registration. Please refer to the Detailed Hike Schedule for descriptions and details on each hike. Parents and caregivers are responsible for their children on all hikes, including judging their child's ability to do a hike. Don't forget to pick up your hike snacks - free power bars and apples - in the Summit registration area where you can also fill up your refillable water bottles - bring lots of water!

5:00pm – 6:00pm **Supper on Your Own**

6:00pm – 8:00pm **Welcome Reception, Displays & Silent Auction**
 *Reception includes finger food - not a meal - and cash bar

Reception includes four short Pecha Kucha presentations:

- Lee Frase of Live Life in Tents – Crossing the Highlands on Snowshoes
- Louis Cormier – Skyline Rehabilitation
- (Speaker to be confirmed) – Louisbourg Lighthouse Trail
- Steven Skafte – Abandoned Roads

8:00 pm onward **Entertainment**
 *Available at Le Gabriel Restaurant and Lounge and other local venues. May involve additional cost.

8:00pm – 8:30pm **Travel to Sunset hikes**

8:30pm onward **Sunset Hikes**

Option 1	Option 2
Tower Road	Chéticamp Island

You must attend the hike you signed up for during online registration. Please refer to the Detailed Hike Schedule for descriptions and details on each hike. Parents and caregivers are responsible for their children on all hikes, including judging their child's ability to do a hike.

Saturday, June 6th

6:00am – 6:30am **Travel to Early Morning Hikes**

6:30am – 8:00am **Early Morning Hikes**
 *Feel free to bring a cold breakfast with you to eat on the trail

Option 1	Option 2	Option 3	Option 4	Option 5
Benjie's Lake	Buttereau	Gypsum Mine	Salmon Pool	Chemin de L'Abime

You must attend the hike you signed up for during online registration. Please refer to the Detailed Hike Schedule for descriptions and details on each hike. Parents and caregivers are responsible for their children on all hikes, including judging their child's ability to do a hike.

- 7:00am – 9:00am **Breakfast on Your Own**
- 8:00am – 12:00pm **Registration & Silent Auction Pick-Up**
- 9:00am – 10:00am **Official Opening**
- 9:15am – 11:45am **Kids' Programming**
- 10:00am – 10:30am **Nutrition Break**
- 10:30am – 11:00am **Breakout Sessions**

Session 1A	Session 1B
<p>The Future: Youth Engagement in Hiking <i>Looking at the importance of getting youth more engaged in hiking as a means of creating a healthier (mentally/physically), more active population.</i> Mike and Ashley Hudson, The Adventure Therapy Project</p>	<p>Pecha Kucha Presentations Heather Davis - <i>Natural Repellants & Ticks</i> Erich Muntz - <i>Wildlife Safety</i> Jacinta Yorston - <i>Cliff of Moher coastal walk, Ireland</i> Wayne MacKay - <i>The Baille Ard Trail</i></p>

- 11:15am – 11:45am **Breakout Sessions**

Session 2A	Session 2B
<p>Acadian Culture of Cap-Rouge <i>Many years ago, a vibrant community existed in what is now the Cape Breton Highland National Park.</i> Charlie Dan Roach, La Société Saint-Pierre</p>	<p>Hiking, snowshoeing and water trails in wilderness Areas <i>Description to be added.</i> Oliver Maass, Nova Scotia Environment - Protected Areas</p>

- 11:45am – 12:30pm **Lunch**
*Pick up your brown bag lunches and fill your water bottles

- 12:30pm – 1:00pm **Travel to Trailheads**

- 1:00pm – 5:00pm **Afternoon Hikes**

Option 1	Option 2	Option 3	Option 4	Option 5
Blueberry Mountain	Gordon's Camp	Powell's Loop	Squirrel Mountain	Skyline

You must attend the hike you signed up for during online registration. Please refer to the Detailed Hike Schedule for descriptions and details on each hike. Parents and caregivers are responsible for their children on all hikes, including judging their child's ability to do a hike. Don't forget to pick up your hike snacks - free power bars and apples - in the Summit registration area where you can also fill up your refillable water bottles - bring lots of water!

- 6:00pm – 8:00pm **Banquet & Awards**
*Meal purchased in advance during online registration and cash bar
or Supper on your own

8:00 pm onward

Entertainment

*Available at Le Gabriel Restaurant and Lounge and other local venues. May involve additional cost.

8:00pm – 8:30pm

Travel to Sunset hikes

8:30pm onward

Sunset Hikes

Option 1	Option 2
Chéticamp Island	Tower Road

You must attend the hike you signed up for during online registration. Please refer to the Detailed Hike Schedule for descriptions and details on each hike. Parents and caregivers are responsible for their children on all hikes, including judging their child’s ability to do a hike.

Sunday, June 7th

6:00am – 6:30am

Travel to Early Morning Hikes

6:30am – 8:00am

Early Morning Hikes

*Feel free to bring a cold breakfast with you to eat on the trail

Option 1	Option 2	Option 3
Benjie’s Lake	Buttereau	Gypsum Mine

You must attend the hike you signed up for during online registration. Please refer to the Detailed Hike Schedule for descriptions and details on each hike. Parents and caregivers are responsible for their children on all hikes, including judging their child’s ability to do a hike.

7:00am – 9:00am

Breakfast on Your Own

8:00am – 12:00pm

Registration & Silent Auction Pick-Up

9:00am – 11:45am

Kids’ Programming

9:00am – 9:30am

Breakout Sessions

Session 2A	Session 2B
<p>Wellness & Hiking <i>Description to be added.</i> Dr. Michel Chiasson</p>	<p>Walking Meetings - Transform your processes for better results <i>How can you incorporate hiking/walking meetings into your work world and what are the benefits/outcomes.</i> Ann Worth, Worth Consulting Group Inc.</p>

9:45am – 10:15am

Breakout Sessions

Session 2A	Session 2B
<p>Long Distance Trail Proposal for Cape Breton National Park <i>Description to be added.</i> Robie Gourd, Parks Canada</p>	<p>Nature photography <i>Description to be added.</i> Adam Hill, Destination Cape Breton</p>

10:15am – 10:45am

Nutrition Break

10:45am – 11:15am **Breakout Sessions**

Session 2A	Session 2B
<p>Nature: We have its past to become aware of <i>Description to be added.</i> Norris Whiston with Hike Nova Scotia</p>	<p>How Volunteer NS can help you with volunteer engagement <i>Description to be added.</i> Karrie Ann Wilkie with Volunteer NS</p>

11:30am – 12:15pm **Summit Closing**

12:15 pm – 1:00pm **Lunch**

*Pick up your brown bag lunches and fill your water bottles

1:00pm – 1:30pm **Travel to Trailheads**

1:30pm – 5:30pm **Afternoon Hikes**

Option 1	Option 2	Option 3	Option 4	Option 5
Blueberry Mountain / Cap Rouge	Vieux Chemin de Cap Rouge	Cap Rouge: How to engage kids on hikes (for adults)	Squirrel Mountain	Chemin de L'Abime

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