**#LoveOurTrailsNS Challenge**

**Invitation Text for You to Invite Your MLA**

Dear [insert name of your MLA],

I love our trails and in the month of February, I invite you to take part in Hike Nova Scotia’s #LoveOurTrailsNS campaign.

I ask that you **get out onto a local trail in February, snap a photo and share on social media with the #LoveOurTrailsNS hashtag to show that you support trails.** Hike NS will celebrate MLAs who participate on a map throughout the month and share it with their following.

**Why?**

During the pandemic, Nova Scotians flocked to the trails in record numbers to hike. The government has a role to play in better supporting trails and hiking because:

* Trails are a place where we go for physical activity, for relieving stress, to support our mental health and to commune with nature
* Walking is the top physical activity of Nova Scotians
* Hiking is one of the top three outdoor tourist activities

**What can MLAs do to support trails?**

As an MLA you can act within government to:

* Increase funding for community volunteer trail groups
* Increase funding for trails in [provincial parks](https://parks.novascotia.ca/) and [protected areas](https://novascotia.ca/nse/protectedareas/)
* Protect more wilderness areas (check out their [economic benefits](https://novascotia.ca/nse/protectedareas/docs/NS_Protected_Areas_Commercial_Benefits_Final_Report.pdf))
* Know and support the provincial [Trail Strategy](https://novascotia.ca/trailstrategy/)

**Snap a Photo and Post**

During February, show your trail love by going on a hike: make it an event for your community; go with your family, friends or some constituents; or attend one of Hike NS’s [Winter Guided Walks](https://www.hikenovascotia.ca/projects-guided-walks/). Take a photo of you on your hike and post it on social media. Be sure to include #LoveOurTrailsNS and tag Hike NS on Facebook, Instagram or Twitter. If you’re not on social media, please email Hike NS at [info@hikenovascotia.ca](mailto:info@hikenovascotia.ca) and it will post for you!

[Find your electoral district](https://enstools.electionsnovascotia.ca/edinfo55/)

[Find your MLA](https://nslegislature.ca/members/profiles)