



# Fall Guided Hikes & Walks 2023



## October

Hike Nova Scotia thanks its community partners for organizing these events, as well as [Goose Lane Editions](#) and the [NS Department of Communities, Culture, Tourism and Heritage](#) for their support. All participants have the opportunity to win a 'trail' prize. Some events require pre-registration and most are free or low-cost. See the details below for each hike. When hiking, walking or snowshoeing, always be prepared for the conditions. [Learn how here.](#)

Trail/Hike name	Date & Time	How to Register	Cost / Person	Km Return	Trail difficulty	Directions / Hike Details	Organization / Contact
Hike & Seek: Victoria Park Truro	October 1 9:30 AM	<a href="https://www.facebook.com/StayatSeek/events">https://www.facebook.com/StayatSeek/events</a>	Free	8	Moderate	Railyard Parking lot: Seek Wilderness 825 Young St. All are welcome!	Seek Wilderness Accommodations <a href="http://www.stayatseek.com">www.stayatseek.com</a>
Gold River Gold River	October 5 9:30 AM	<a href="mailto:luncountyhikers@gmail.com">luncountyhikers@gmail.com</a> or <a href="https://www.facebook.com/groups/1273215446168081">https://www.facebook.com/groups/1273215446168081</a>	Free	4	Moderate	Meet at the Golden Bean Cafe, 21 Beech Hill Rd, Gold River to drive to the trailhead further up Beech Hill Rd.	Lunenburg County Hikers <a href="https://www.facebook.com/groups/1273215446168081">www.facebook.com/groups/1273215446168081</a>
Upper Clements Trail System Upper Clements	October 7 10:00 AM <b>Postponed to Oct. 14</b>	No need to register	Free	5	Moderate	Meet in the Upper Clements Trail parking lot.	Fundy Erratics Hiking Group <a href="https://www.facebook.com/groups/fundyerratics">www.facebook.com/groups/fundyerratics</a>
Partridge Island Eco Loop Hike Partridge Island Beach, Parrsboro	October 7 1:30 PM	<a href="mailto:annahergert@me.com">annahergert@me.com</a>	Free	4	Moderate	Moderate with some steep sections, exposed roots. Meet at 1:15 pm at Ottawa House Museum back parking lot.	Cliffs of Fundy Geopark Tide Rollers & Mudlarkers <a href="http://fundycontemplations.ca/cliffs-of-fundy-geopark-joint-events/">fundycontemplations.ca/cliffs-of-fundy-geopark-joint-events/</a>

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Mental Health Walk Series – River Ridge Common, New Germany	October 8 10:00 AM <b>Cancelled</b>	<a href="http://Connect2rec.com">Connect2rec.com</a>	Free	4	Easy	To start, meet at the lower parking lot of River Ridge Common. Health professionals will be there to facilitate discussion around mental health, in an inclusive and safe environment, throughout the walk. Nova Scotia Trunk 10, New Germany.	Municipality of the District of Lunenburg <a href="http://Connect2rec.com">Connect2rec.com</a>
Salmon Pools Cape Breton Highlands National Park Chéticamp	October 9 10:00 AM	No need to register	Park entry permit required	9.5	Moderate	Meet at Salmon Pools Trailhead in Chéticamp Campground (Robert's Brook). This fairly level walk (with short climbs and some rocky sections) through vibrant Acadian forest along the bottom of the Chéticamp River canyon, amidst 400 m cliffs, is offered by Parks Canada as a Celtic Colours International Festival community experience.	Cape Breton Highlands National Park <a href="http://parks canada.gc.ca/capebreton">parks canada.gc.ca/capebreton</a>
Corney Brook Cape Breton Highlands National Park Chéticamp	October 10 10:00 AM	No need to register	Park entry permit required	6.5	Easy	Meet at Corney Brook trailhead, 18573 Cabot Trail (parking across Cabot Trail from trailhead near Corney Brook campground), 10 km north of Chéticamp Visitor Centre. This walk through an Acadian hardwood forest in a river canyon leading to Corney Brook Waterfall is offered by Parks Canada as a Celtic Colours International Festival community experience.	Cape Breton Highlands National Park <a href="http://parks canada.gc.ca/capebreton">parks canada.gc.ca/capebreton</a>
MacIntosh Brook Cape Breton Highlands National Park Pleasant Bay	October 11 10:00 AM	No need to register	Park entry permit required	1.7	Easy	Park at MacIntosh Brook Campground, 3km east of Pleasant Bay, meet at trailhead. This fairly level stroll along a babbling brook, through old growth Acadian hardwood forest to a small waterfall is offered by Parks Canada as a Celtic Colours International Festival community experience.	Cape Breton Highlands National Park <a href="http://parks canada.gc.ca/capebreton">parks canada.gc.ca/capebreton</a>
Mica Hill Cape Breton Highlands National Park South Mountain, between Neils Harbour and South Harbour	October 12 10:00 AM	No need to register	Park entry permit required	7.9	Moderate	Follow the gravel Paquette Lake Road to the parking area near the lake and meet at the trailhead. This gradual climb through Acadian and boreal forest to taiga barrens with panoramic views of the highland plateau is offered by Parks Canada as a Celtic Colours International Festival community experience.	Cape Breton Highlands National Park <a href="http://parks canada.gc.ca/capebreton">parks canada.gc.ca/capebreton</a>

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Warren Lake Cape Breton Highlands National Park Ingonish	October 13 10:00 AM	No need to register	Park entry permit required.	4.7	Moderate	Park at Warren Lake Day Use area at the end of the road leading from the Cabot Trail to the lake and meet at the trailhead. This level walk (with some rugged and wet sections) among stunning fall colours along the shoreline of the park's largest lake is offered by Parks Canada as a Celtic Colours International Festival community experience.	Cape Breton Highlands National Park <a href="https://parks.canada.gc.ca/capebreton">parks.canada.gc.ca/capebreton</a>
Gold River Hike Gold River	October 14 9:30 AM	902-275-3490	Free	6	Moderate	1458 Beech Hill Road, Gold River. This is an absolutely beautiful area, the trail here leading you through mature stands of Acadian forest species of Eastern Hemlock, Yellow Birch, maples and Red Spruce all the way to Gold River itself. We will break for a snack and chat before heading back.	Chester Recreation & Parks <a href="https://www.chester.ca">www.chester.ca</a>
Pottle Lake Watershed Northside, North Sydney	October 14 10:30 AM <b>Postponed to Oct. 15</b>	<a href="mailto:mtobin@acapcb.ns.ca">mtobin@acapcb.ns.ca</a>	Free	2	Easy	Meeting and parking at 87 Johnson Road.	ACAP Cape Breton- Atlantic Coastal Action Program Cape Breton <a href="https://www.acapcb.ns.ca">www.acapcb.ns.ca</a>
The Gorge Kentville	October 14 10:00 AM	<a href="https://forms.office.com/r/rZwS9J3EvS">https://forms.office.com/r/rZwS9J3EvS</a>	Free	5	Moderate	Meet at The Gorge (53 Gladys Porter Drive). Come learn about Nature Connectedness as we hike The Gorge!	Town of Kentville <a href="https://kentville.ca/parks-and-recreation">kentville.ca/parks-and-recreation</a>
Upper Clements Trail System Upper Clements	October 14 10:00 AM	No need to register	Free	5	Moderate	Meet in the Upper Clements Trail parking lot.	Fundy Erratics Hiking Group <a href="https://www.facebook.com/groups/fundyerratics">www.facebook.com/groups/fundyerratics</a>
Salt Marsh Trail Cole Harbour	October 15 10:00 AM	<a href="mailto:weebitwit@gmail.com">weebitwit@gmail.com</a>	Free, donations welcome	6.5	Easy	806 Bissett Rd Cole Harbour - Turn off the #207 Hwy Cole Harbour Rd onto Bissett Rd. Smt trailhead is at the intersection between The Shearwater Flyer Trail And The Salt Marsh Trail. You will be crossing the Cole Harbour - Salt Marsh via a causeway - Please be prepared for cold winds	Cole Harbour Parks & Trails Association <a href="https://www.Chpta.Org">www.Chpta.Org</a>
Blue Mountain Summit Hammonds Plains	October 15 10:00 AM	<a href="https://docs.google.com/forms/d/e/1FAIpQLSdyNrYsLHgxvpluLq8Pf5JVPqbwiWSdZcC32rZl9qQUvtSSow/viewform?usp=sf_link">https://docs.google.com/forms/d/e/1FAIpQLSdyNrYsLHgxvpluLq8Pf5JVPqbwiWSdZcC32rZl9qQUvtSSow/viewform?usp=sf_link</a>	Free	3	Moderate	Starting from the end of Lakeshore Drive in the Kingswood subdivision. <a href="https://goo.gl/maps/JJYVh5gJpnN7V4bp7">https://goo.gl/maps/JJYVh5gJpnN7V4bp7</a>	Friends of Blue Mountain-Birch Cove Lakes <a href="mailto:hiking@bluemountainfriends.ca">hiking@bluemountainfriends.ca</a> <a href="https://drive.google.com/file/d/1R7Kz6szg_W5lHk_1hNbSYqZ9VjBlvH1V/view?usp=s">https://drive.google.com/file/d/1R7Kz6szg_W5lHk_1hNbSYqZ9VjBlvH1V/view?usp=s</a>

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McNabs Island Fall Foliage Tours McNabs Island, Halifax	October 15 9:30 AM	Tickets available via Eventbrite September 1st. Details and link to tickets on website <a href="https://mcnabsisland.ca/events">mcnabsisland.ca/events</a> . Tickets to cover transportation \$40 adults; \$30 members of Friends of McNabs Island; \$20 children & youth under 16; babies and toddlers free	Tickets for boat \$20 to \$40	7	Moderate	Transportation to McNabs Island from Ambassadors Cable Wharf 1751 Lower Water Street on the Halifax Waterfront. Departure is at 9:30 and return at 4:00. Details on website: <a href="https://mcnabsisland.ca/events">https://mcnabsisland.ca/events</a> . McNabs Island Fall Foliage Tours include Heritage, Nature, Adventure, English Gardens and a Hangman's Beach guided tours. Animators in military costumes will be stationed at Fort McNab National Historic Site. Bring lunch and drinking water. Rain date is October 22.	Friends of McNabs Island Society <a href="https://mcnabsisland.ca/events">mcnabsisland.ca/events</a>
Ash Lake Halifax	October 21 9:00 AM  <b>Cancelled</b>	<a href="https://docs.google.com/forms/d/e/1FAIpQLSe5k-mEPWpMGGav0b3tFwG-DW6nER2ENXv5dNh-GsrMle92qg/viewform?usp=sf_link">https://docs.google.com/forms/d/e/1FAIpQLSe5k-mEPWpMGGav0b3tFwG-DW6nER2ENXv5dNh-GsrMle92qg/viewform?usp=sf_link</a>	Free	7	Challenging	Starting from the cul de sac at the end of Colins Road, which is at the end of Belle Street, which is off of Larry Uteck Boulevard. <a href="https://www.google.ca/maps/@44.6952409,-63.7054505,19.69z">https://www.google.ca/maps/@44.6952409,-63.7054505,19.69z</a>	Friends of Blue Mountain-Birch Cove Lakes <a href="mailto:hiking@bluemountainfriends.ca">hiking@bluemountainfriends.ca</a> <a href="https://drive.google.com/file/d/1OSK8bAhTxdsvpFI2QmZWjzKRWLv2XMn/view?usp=sharing">https://drive.google.com/file/d/1OSK8bAhTxdsvpFI2QmZWjzKRWLv2XMn/view?usp=sharing</a>
Moses Mountain West Hants	October 21 10:00 AM	<a href="http://www.westhants.ca/rec">www.westhants.ca/rec</a>	Free	3.7	Challenging	<a href="https://goo.gl/maps/WyrAzBsFZANL4Kwd9">https://goo.gl/maps/WyrAzBsFZANL4Kwd9</a>	West Hants Regional Municipality <a href="http://www.westhants.ca/rec">www.westhants.ca/rec</a>
Mental Health Walk Series – Miller Point Peace Park, Dayspring	October 28 10:00 AM  <b>Cancelled</b>	<a href="http://Connect2rec.com">Connect2rec.com</a>	Free	5	Easy	To start, meet in the parking lot of Miller Point Peace Park. Health professionals will be there to facilitate discussion around mental health, in an inclusive and safe environment, throughout the walk. 13905 Nova Scotia Trunk 3, Dayspring.	Municipality of the District of Lunenburg <a href="http://Connect2rec.com">Connect2rec.com</a>
Avondale Trail West Hants	October 28 3:00 PM	<a href="http://www.westhants.ca/rec">www.westhants.ca/rec</a>	Free	3.5	Moderate	<a href="https://goo.gl/maps/ruPeMdq8UVzkUrXz6">https://goo.gl/maps/ruPeMdq8UVzkUrXz6</a>	West Hants Regional Municipality <a href="http://www.westhants.ca/rec">www.westhants.ca/rec</a>
Susies Lake West Halifax	October 29 9:00 AM	<a href="https://docs.google.com/forms/d/e/1FAIpQLSeqiffmT9EdxCsQNN0tG2UN-uRl4ve7G4HlVwQZqMvtO7bMkg/viewform?usp=sf_link">https://docs.google.com/forms/d/e/1FAIpQLSeqiffmT9EdxCsQNN0tG2UN-uRl4ve7G4HlVwQZqMvtO7bMkg/viewform?usp=sf_link</a>	Free	9	Challenging	Starting from the gravel parking lot of Kent Building Supplies, Chain Lake Drive, Halifax <a href="https://goo.gl/maps/qr3daQoTHzvGmCvE8">https://goo.gl/maps/qr3daQoTHzvGmCvE8</a>	Friends of Blue Mountain-Birch Cove Lakes <a href="mailto:hiking@bluemountainfriends.ca">hiking@bluemountainfriends.ca</a> <a href="https://drive.google.com/file/d/19uPV4XYJHUaRyb5tbSgCdtvNMauIVFbT/view?usp=sharing">https://drive.google.com/file/d/19uPV4XYJHUaRyb5tbSgCdtvNMauIVFbT/view?usp=sharing</a>