



Fall Guided Hikes & Walks 2023



South Shore

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
Mental Health Walk Series – Miller Point Peace Park, Dayspring	September 16 1:00 PM Cancelled	Connect2rec.com	Free	3	Easy	To start, meet in the parking lot at 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 Connect2rec.com
Three Falls Midville Branch, near Bridgewater	September 24 2:00 PM	luncountyhikers@gmail.com or https://www.facebook.com/groups/1273215446168081	Free	4	Moderate	Corner of Lower Branch Road and Smith Road in Midville Branch outside Bridgewater. We will drive a short distance between the three falls.	Lunenburg County Hikers www.facebook.com/groups/1273215446168081
Gold River Gold River	October 5 9:30 AM	luncountyhikers@gmail.com or https://www.facebook.com/groups/1273215446168081	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 www.facebook.com/groups/1273215446168081
Mental Health Walk Series – River Ridge Common, New Germany	October 8 10:00 AM Cancelled	Connect2rec.com	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 Connect2rec.com

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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 www.chester.ca
Mental Health Walk Series – Miller Point Peace Park, Dayspring	October 28 10:00 AM Cancelled	Connect2rec.com	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 Connect2rec.com
Mental Health Walk Series – MARC, Dayspring	November 12 1:00 PM	Connect2rec.com	Free	3	Moderate	To start, meet in the parking lot of the MARC. Health professionals will be there to facilitate discussion around mental health, in an inclusive and safe environment, throughout the walk. 33 Leary Fraser Road, Dayspring.	Municipality of the District of Lunenburg Connect2rec.com
Ukme'k Trail at Keji Kejimkujik National Park and Historic Site, Maitland Bridge	November 14 9:30 AM	luncountyhikers@gmail.com or https://www.facebook.com/groups/1273215446168081	Free	8	Moderate	Park at the Mills Falls parking area a short distance from the Kejimkujik National Park Visitor Center. 3005 Kejimkujik Main Parkway, Caledonia.	Lunenburg Co. Hikers www.facebook.com/groups/1273215446168081