

Fall Guided Hikes 2017 - Cape Breton Region

Participants may win a "trail" prize. Thanks to our local partners for organizing the hikes on the ground and to the ParticipACTION 150 Play List and the NS Department of Communities, Culture and Heritage for their support.

Hikes are free and **pre-registration is required** unless otherwise indicated. See the details below for each hike. Hiking is a top activity on the ParticipACTION 150 Play List.

When hiking, always be prepared for the conditions. Learn how to prepare here: <https://www.adventuresmart.ca/land/hiking.htm>.

Trail/Hike name	Date	Time	Do I need to Pre-Register?	Km Return	Trail difficulty	Directions & Details About the Hike	Organization/Contact
Salmon Pools Celtic Colours Hike <i>Cape Breton Highlands National park, Cheticamp</i>	October 9	2:00 PM	Registration recommended at cbh.interpretation@pc.gc.ca	8	Moderate	Meet in front of the visitors center at the Chéticamp entrance to the Cape Breton Highlands National Park. Group à se rassembler au centre d'accueil du Chéticamp dans le parc national des Hautes-Terres-du-Cap-Breton. This hike is in partnership with the Celtic Colours international festival.	Parks Canada with the Celtic Colours International Festival Miranda Dodd cbh.interpretation@pc.gc.ca www.parksCanada.gc.ca/capebreton
Corney Brook Celtic Colours Hike <i>Cape Breton Highlands National park, Cheticamp</i>	October 10	2:00 PM	Registration recommended at cbh.interpretation@pc.gc.ca	6.5	Easy	The trail is located 10 km from the Chéticamp entrance of the Cape Breton Highlands National Park across from the Corney Brook Campground. This hike is in partnership with the Celtic Colours International Festival.	
Aspy Trail Celtic Colours Hike <i>Cape Breton Highlands National park, Big Intervale</i>	October 11	10:00 AM	Registration recommended at cbh.interpretation@pc.gc.ca	9.6	Moderate	Take the access road across from the Big Intervale Campground at the base of North Mountain. Parking is 2 km up the gravel road. This hike is in partnership with the Celtic Colours International Festival.	
Middle Head Celtic Colours Hike <i>Cape Breton Highlands National park, Ingonish</i>	October 12	10:00 AM	Registration recommended at cbh.interpretation@pc.gc.ca	3.8	Moderate	Turn off the Cabot Trail to the Keltic Lodge Resort. Follow the road past the resort to park. This hike is in partnership with the Celtic Colours International Festival.	
Mica Hill Celtic Colours Hike <i>Cape Breton Highlands National park, Cape North</i>	October 13	10:00 AM	Registration recommended at cbh.interpretation@pc.gc.ca	7.9	Moderate	The trail is located approximately 8 km East from Cape North or West from Neil's Harbour. Turn off at Paquette Lake and drive 2 km to the parking lot. This hike is in partnership with the Celtic Colours International Festival.	