

Fall Guided Hikes 2017 - Highland 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
Green Hill Trail <i>Green Hill Provincial Park, Scotsburn</i>	September 24	1:30 PM	Must pre-register at fran.wyman@gmail.com	8	Challenging	This is a new trail and begins at the Provincial Park on top of Green Hill. It begins with a steep downhill and then a more level section to the road below. The return is challenging but there could be carpooling for those with medical or conditioning restraints.	Cape to Cape Trail Gordon Young gordondotyoung@gmail.com www.capetocapetrail.ca
Summit Loop, Keppoch <i>Antigonish</i>	September 29	7:00 PM	No	5.5	Moderate	This hike requires Intermediate Fitness, Beginner Skills. The hike includes a 5' wide dirt tread, little to no obstacles. Approximate time is 1.5 hours. Please bring a headlamp or flashlight and a friend.	Positive Action for Keppoch Andrew Bradshaw keppochevents@gmail.com www.thekeppoch.ca
Summit Loop, Keppoch <i>Antigonish</i>	September 30	11:00 AM	No	5.5	Moderate	This hike requires Intermediate Fitness, Beginner Skills. The hike includes a 5' wide dirt tread, little to no obstacles. Approximate time is 1.5 hours.	Positive Action for Keppoch Andrew Bradshaw keppochevents@gmail.com www.thekeppoch.ca
Six Mile Brook Trail <i>Scotsburn</i>	October 1	1:30 PM	Must pre-register at gordondotyoung@gmail.com	10	Challenging	This begins in the Six Mile Brook Rd. Take Exit 19 from 104, turn right on Route 4 and left after 400 m onto Six Mile Brook Rd. Then follow the "walking man" signs to the trailhead. This hike will be to the Bothy, then continuing around the loop back to the top of Dalhousie Mountain returning to the trailhead via Mas Young. It is about three to four hours and the climb to the top is challenging but there is the option of doing an in and out to the Bothy.	Cape to Cape Trail Gordon Young gordondotyoung@gmail.com www.capetocapetrail.ca
Fitzpatrick Mountain <i>Scotsburn</i>	October 15	1:00 PM	No	8 to 12	Moderate	Meet at Deb's Hidden Cafe in downtown Scotsburn and we'll decide exactly how and exactly where we'll go based on those present. This trail is steep in parts, almost all wooded and goes along the top of the crest of Fitzpatrick Mountain extending from SW to NE with beautiful views especially at the towers.	Pictou County Trails Association and Cape to Cape Trail Eric Wilson ericnosliw1@gmail.com www.capetocapetrail.ca