

Fall Guided Hikes 2017 - October

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 |
|---|--|----------|---|-----------|------------------|--|---|
| Fleming Park - Adult Hiking Series <i>Halifax</i> | October 1 Postponed to Oct. 15 | 1:00 PM | Must pre-register at coleys@halifax.ca or 902-490-4539 | 4 | Easy | Please meet at the Adventure Earth Centre, 68 Parkhill Rd. This is the first hike in a series of four (October 1, 15, 22 and 29). Subsequent hike information will be given out at the first hike. | Adventure Earth Centre Sarah Coley coleys@halifax.ca www.halifax.ca/index.php/recreation/programs-activities |
| 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 |
| Take a Hike Near the Keshen Goodman Library <i>Halifax</i> | October 3 | 1:30 PM | No | 2 | Easy | Meet in the Keshen Goodman Library lobby and enjoy a guided walk of the trails in the surrounding area with Halifax North West Trails. Keshen Goodman has a limited number of nordic poles available to borrow so book yours soon for use on the walks (contact at www.halifaxpubliclibraries.ca). | Keshen Goodman Public Library with the Halifax North West Trails Association Sharon Gibson sandfg6@gmail.com www.halifaxpubliclibraries.ca |
| Fleming Park – Women’s Hiking Series <i>Halifax</i> | October 4 | 9:00 AM | Must pre-register at coleys@halifax.ca or 902-490-4539 | 4 | Easy | Please meet at the Adventure Earth Centre, 68 Parkhill Rd. This is the first of a women's hiking series of four hikes (October 4, 11, 18 and 25). Subsequent hike information will be given at the first hike. | Adventure Earth Centre Sarah Coley coleys@halifax.ca www.halifax.ca/index.php/recreation/programs-activities |
| Irishman's Road Recreation Site <i>Newport Station</i> | October 7 | 1:00 PM | Must pre-register at hollyross@hotmail.com | 2 to 10 | Moderate | The Irishman’s Road Recreation Site. at 151 Irishman's Rd. in Newport Station, has very distinctive landscape features with high gypsum content and, as such, it is dominated by Karst topography and easy to distinguish sinkholes. This site boasts a beautiful and extensive shared use trail network with a mix of single-track and double-track. | West Hants Parks and Recreation Holly Ross hollyross@hotmail.com www.trailforks.com/region/irishman-s-road-recreation-site-11525/map |
| Acacia Valley's Newest Loop <i>Hillgrove, Digby County</i> | October 7 | 10:00 AM | No | 4 | Easy | From Exit 26 off Hwy 101, take Ridge Rd. south for 6 km and then turn left and drive to the bottom of Mill Rd. There will be a carpool from the Digby arena (27 Shreve St., Digby) at 9:40 am. | Fundy Erratics Jonathan Riley jriley@municipality.digby.ns.ca www.digbytrails.ca |

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| 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 |
| Take a Hike Near the Keshen Goodman Library <i>Halifax</i> | October 10 | 1:30 PM | No | 2 | Easy | Meet in the Keshen Goodman Library lobby and enjoy a guided walk of the trails in the surrounding area with Halifax North West Trails. Keshen Goodman has a limited number of nordic poles available to borrow so book yours soon for use on the walks (contact at www.halifaxpubliclibraries.ca). | Keshen Goodman Public Library with the Halifax North West Trails Association Sharon Gibson sandfg6@gmail.com www.halifaxpubliclibraries.ca |
| 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. | Parks Canada with the Celtic Colours International Festival Miranda Dodd cbh.interpretation@pc.gc.ca www.parkscanada.gc.ca/capebreton |
| 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. | Parks Canada with the Celtic Colours International Festival Miranda Dodd cbh.interpretation@pc.gc.ca www.parkscanada.gc.ca/capebreton |
| 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. | Parks Canada with the Celtic Colours International Festival Miranda Dodd cbh.interpretation@pc.gc.ca www.parkscanada.gc.ca/capebreton |
| Seniors Walk Belchers Marsh <i>Clayton Park, Halifax</i> | October 12 | 10:00 AM | Must pre-register at sandfg6@gmail.com or 902-435-6959 | 2.5 | Easy | Meet at the corner of Parkland and Langbrae. This is a gentle walk around Belchers Marsh followed by light refreshment. Walk leaders are Susan Nasser and Audrey Peake. | Halifax North West Trails Association Sharon Gibson sandfg6@gmail.com www.halifaxnorthwesttrails.ca |
| 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. | Parks Canada with the Celtic Colours International Festival Miranda Dodd cbh.interpretation@pc.gc.ca www.parkscanada.gc.ca/capebreton |

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| Windsor Trail <i>Windsor</i> | October 13 | 6:00 PM | Register onsite at 5:30 pm at the Irving Circle K in Falmouth | 5 or 10 | Easy | Meet at the Irving Circle K at 2113 Hwy 1 (take Exit 7 off Hwy 101, to Falmouth). The Valley Trekkers are members of Volkssport Canada. | Valley Trekkers Karen Illsley theillsleys@eastlink.ca www.walks.ca |
| Kentville Pumpkin Walk <i>Kentville</i> | October 14 | 10:00 AM | Register onsite at 9:30 am at 66 Cornwallis St. (former train station) | 10 | Easy | Meet at the former train station (66 Cornwallis St.) in downtown Kentville - behind Whites Funeral Home. Walk around with us to see the famous Kentville Pumpkin People. The Valley Trekkers are members of Volkssport Canada. | Valley Trekkers Karen Illsley theillsleys@eastlink.ca www.walks.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 |
| Farnham Brook Trail <i>Bible Hill</i> | October 15 | 1:30 PM | Must pre-register at brown@biblehill.ca or 902-893-8083 | 4 | Easy | Park at the end of Village Court off of Pictou Rd. | Village of Bible Hill Cody Brown brown@biblehill.ca www.biblehill.ca |
| Bohaker Trail <i>Delaps Cove Wilderness Trail, Delaps Cove</i> | October 15 | 1:00 PM | Must pre-register at https://raceroster.com/series/2018/13982/annapolis-county-fall-hike-series | 2.2 | Moderate | Meet at 2077 Shore Rd. West in Delap's Cove. This trail system is located along the shores of the Bay of Fundy in Annapolis County. The hike is a beautiful 2.2 km loop with a 43-foot waterfall. | County of Annapolis Nadine Bartheaux nbartheaux@annapoliscounty.ca www.annapoliscounty.ca |
| Fleming Park - Adult Hiking Series <i>Halifax</i> | October 15 | 1:00 PM | Must pre-register at coleys@halifax.ca or 902-490-4539 | 4 | Easy | Please meet at the Adventure Earth Centre, 68 Parkhill Rd. This is the first hike in a series of four (October 1, 15, 22 and 29). Subsequent hike information will be given out at the first hike. | Adventure Earth Centre Sarah Coley coleys@halifax.ca www.halifax.ca/index.php/recreation/programs-activities |
| Hunt for Fall Colours <i>Hubbards</i> | October 16 | 2:30 PM | Must pre-register at Nadinehackney@gmail.com | 3 | Moderate | Meet at Through The Years Daycare at 20 Pte. Richard Green Lane in Hubbards. | The Evergreen Club Nadine Hackney Nadinehackney@gmail.com |
| Take a Hike Near the Keshen Goodman Library <i>Halifax</i> | October 17 | 1:30 PM | No | 2 | Easy | Meet in the Keshen Goodman Library lobby and enjoy a guided walk of the trails in the surrounding area with Halifax North West Trails. Keshen Goodman has a limited number of nordic poles available to borrow so book yours soon for use on the walks (contact at www.halifaxpubliclibraries.ca). | Keshen Goodman Public Library with the Halifax North West Trails Association Sharon Gibson sandfg6@gmail.com www.halifaxpubliclibraries.ca |
| Fall Family Hike and Scavenger Hunt <i>Hubbards</i> | October 21 | 2:00 PM | Must pre-register at Nadinehackney@gmail.com | 2 | Easy | Meet at the upper ball field of the Hubbards Recreation Centre at 9856 St. Margarets Bay Rd. | Hubbards Area Recreation Association (HARA) Nadine Hackney nadinehackney@gmail.com |

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|--|------------|----------|--|-----------|------------------|--|--|
| Blue Mountain Birch Cove Lakes <i>Halifax</i> | October 21 | 10:00 AM | No | 7 | Moderate | Meet at the Burger King on Chain Lake Drive. We will walk to the trailhead from there. Come and hike with Andy Fillmore MP Halifax, Geoff Regan MP Halifax West and A for Adventure! | Andy Fillmore MP Halifax, Geoff Regan MP Halifax West & A for Adventure Joanne Macrae andy.fillmore.c1@parl.gc.ca www.andyfillmore.ca www.geoffregan.ca www.aforadventure.ca |
| Hemlocks and Hardwoods Trail <i>Kejimikujik National Park and National Historic Site, Maitland Bridge</i> | October 21 | 1:00 PM | Must pre-register at https://raceroster.com/series/2018/13982/annapolis-county-fall-hike-series | 5 | Easy | Meet at the Big Dam Rd parking lot. Come explore a true old growth hemlock forest and discover giant hemlock trees, which are hundreds of years old. As you move into the stand of tall, stately conifers, you will notice how different it feels under the thick-leafed canopy: cool and dark and moist. A hemlock boardwalk will take you over the very sensitive roots of these giants. | County of Annapolis Nadine Bartheaux nbartheaux@annapoliscounty.ca www.annapoliscounty.ca |
| Victoria Park <i>Truro</i> | October 22 | 2:00 PM | No | 10 | Moderate | Meet at the Bandshell in the Park 15 minutes prior to the hike (1:45pm). The park is located at 29 Park Rd., Truro (main park entrance). There will be an option to include Jacob's Ladder (a steep climb of more than 175 steps) for those who wish to do so. | Truro 35+ Hiking and Social Group Darlene Redmond darlene.redmond@gmail.com www.colchester.ca/victoria-park |
| Avondale Trail System <i>Avondale</i> | October 22 | 1:45 PM | Must pre-register at westhantstrails@gmail.com | 5 | Moderate | Meet at 50 Avondale Crossroad Rd. in Avondale. We'll offer two hikes at the same time. 1) Westbrook trail (~2.5 km) and 2) Entire trail system (~5 km). | West Hants Trails Association Devan Archibald archibald_dw@yahoo.ca http://www.westhantstrails.ca/home/fallguidedhike-avondaletrailssystem |
| Take a Hike Near the Keshen Goodman Library <i>Halifax</i> | October 24 | 1:30 PM | No | 2 | Easy | Meet in the Keshen Goodman Library lobby and enjoy a guided walk of the trails in the surrounding area with Halifax North West Trails. Keshen Goodman has a limited number of nordic poles available to borrow so book yours soon for use on the walks (contact at www.halifaxpubliclibraries.ca). | Keshen Goodman Public Library with the Halifax North West Trails Association Sharon Gibson sandfg6@gmail.com www.halifaxpubliclibraries.ca |
| Valleyview Provincial Park <i>Hampton, Annapolis County</i> | October 28 | 1:00 PM | Must pre-register at https://raceroster.com/series/2018/13982/annapolis-county-fall-hike-series | 1 | Moderate | Meet at 960 Hampton Mountain Rd. in Hampton. Come join us and take in the breathtaking view of our Annapolis Valley. A leisurely stroll through this nature paradise will take about an hour, leading you through a beautiful wooded area with an amazing look-off feature. | County of Annapolis Nadine Bartheaux nbartheaux@annapoliscounty.ca www.annapoliscounty.ca |
| Castle Frederick Farms <i>Falmouth</i> | October 29 | 11:00 AM | Must pre-register at hollyross@hotmail.com | 2 to 10 | Moderate | Travel to Castle Frederick Rd. in Falmouth. The trailhead is located on the sharp bend located between the main farm house on the right and the last house at the end of the road. | West Hants Parks and Recreation Holly Ross hollyross@hotmail.com www.castlefrederickfarms.ca/trails-html |
| Take a Hike Near the | October 31 | 1:30 PM | No | 2 | Easy | Meet in the Keshen Goodman Library lobby and enjoy a guided walk of the trails | Keshen Goodman Public Library with the |

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| Keshen Goodman Library <i>Halifax</i> | | | | | | in the surrounding area with Halifax North West Trails. Keshen Goodman has a limited number of nordic poles available to borrow so book yours soon for use on the walks (contact at www.halifaxpubliclibraries.ca). | Halifax North West Trails Association Sharon Gibson sandfg6@gmail.com www.halifaxpubliclibraries.ca |
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