

## Fall Guided Hikes 2017 - September

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
Point Prim Coastal Hike to Shipwreck Monument <i>Digby</i>	September 16	10:00 AM	Must pre-register at <a href="mailto:jriley@municipality.digby.ns.ca">jriley@municipality.digby.ns.ca</a>	6	Moderate	Meet in the parking lot at the Point Prim lighthouse, north of Digby at the end of Lighthouse Rd. There will be a carpool from the Digby arena (27 Shreve St., Digby) at 9:40 am.	Fundy Erratics Jonathan Riley <a href="mailto:jriley@municipality.digby.ns.ca">jriley@municipality.digby.ns.ca</a> <a href="http://www.digbytrails.ca/further-hiking-at-point-prim.html">www.digbytrails.ca/further-hiking-at-point-prim.html</a>
Fitzroy River <i>Hubbards</i>	September 18	2:30 PM	Must pre-register at <a href="mailto:Nadinehackney@gmail.com">Nadinehackney@gmail.com</a>	6	Moderate	Meet at Through The Years Daycare at 20 Pte. Richard Green Lane in Hubbards.	The Evergreen Club Nadine Hackney <a href="mailto:Nadinehackney@gmail.com">Nadinehackney@gmail.com</a>
Cleveland Beach Hike for Girls <i>Black Point</i>	September 19	6:30 PM	Must pre-register at <a href="mailto:gogirlshubbards@gmail.com">gogirlshubbards@gmail.com</a>	3	Easy	Meet on the grass beside the parking lot at 8880 St. Margarets Bay Rd. Go Girls! Hubbards is a group for females age 10-15 that promotes healthy active living in a safe and supportive environment.	Go Girls! Hubbards Nadine Hackney <a href="mailto:gogirlshubbards@gmail.com">gogirlshubbards@gmail.com</a>
Hobsons Lake Trails <i>Halifax</i>	September 23	9:45 AM	No	10	Moderate	Off Kearney Lake Rd, turn onto Bell St. and go to the end of Collins Rd. Bring a lunch and lots of water.	Chebucto Hiking Club Colin Darlington <a href="mailto:chebuctohiking@hotmail.com">chebuctohiking@hotmail.com</a> <a href="http://www.chc.chebucto.org">www.chc.chebucto.org</a>
Birdwatching Hike: Early Fall Migrants <i>Taylor Head Provincial Park, Spry Bay</i>	September 23	10:00 AM	No	12	Challenging	Meet by the kiosk at the last parking lot inside the park. This activity will be along the Spry Bay and Headland Trails, which will take about four hours to complete. It should provide a good photo opportunity for migrating Waders, Blackpoll Warblers, Black-backed Woodpeckers and Common Yellowthroats. You will encounter rugged terrain so it is advised to wear hiking boots. Bring snacks or a lunch and water, and don't forget your binoculars and camera.	Friends of Taylor Head Provincial Park Warren Parsons <a href="mailto:rosalieeast@ns.sympatico.ca">rosalieeast@ns.sympatico.ca</a> <a href="http://friendsoftaylorhead.com/events">friendsoftaylorhead.com/events</a>
Forest Home Walk <i>Gaspereau Lake Dam, Kings County</i>	September 23	10:00 AM	Register onsite at 9:30 am	10	Moderate	Take Exit 13 off Hwy 101 and then take Hwy 12 south for 13 km. Park at the Gaspereau Lake Dam, just past the Forest Home sign. The Valley Trekkers are members of Volkssport Canada.	Valley Trekkers Karen Illsley <a href="mailto:theillsleys@eastlink.ca">theillsleys@eastlink.ca</a> <a href="http://www.walks.ca">www.walks.ca</a>
Blue Mountain Hill <i>Halifax</i>	September 24	1:00 PM	Must pre-register at <a href="mailto:sandfg6@gmail.com">sandfg6@gmail.com</a> or 902-435-6959	5	Moderate	Meet at Anahid Dr. off Kingswood Dr. off Hammonds Plains Rd. Parki in the cul-de-sac. The hike leader is James Boyer.	Halifax North West Trails Association Sharon Gibson <a href="mailto:sandfg6@gmail.com">sandfg6@gmail.com</a> <a href="http://www.halifaxnorthwesttrails.ca">www.halifaxnorthwesttrails.ca</a>

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 <a href="mailto:fran.wyman@gmail.com">fran.wyman@gmail.com</a>	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 <a href="mailto:gordondotyong@gmail.com">gordondotyong@gmail.com</a> <a href="http://www.capetocapetrail.ca">www.capetocapetrail.ca</a>
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 <a href="mailto:keppochevents@gmail.com">keppochevents@gmail.com</a> <a href="http://www.thekeppoch.ca">www.thekeppoch.ca</a>
Bike Hike Ernst Woodlot <i>Clearland, Mahone Bay</i>	September 30	2:00 PM	Must pre-register at 902-541-1343, <a href="mailto:recreation@modl.ca">recreation@modl.ca</a> or <a href="http://www.modl.ca">www.modl.ca</a>	8	Moderate	A large well managed Christmas lot with roads throughout. We'll hike/bike the perimeter, visit a lake and see an interesting erratic. Owner, Tom Ernst, will provide information on the woodlot management. Directions given upon pre-registration.	District of Lunenburg Recreation Janice Rand <a href="mailto:janice.rand@modl.ca">janice.rand@modl.ca</a> <a href="http://www.modl.ca">www.modl.ca</a>
Exploring Ghosts: Old Coach Road <i>Long Lake Provincial Park, Goodwood</i>	September 30	8:00 AM	Must pre-register at <a href="http://www.meetup.com/Halifax-Outdoors/events/241793349">www.meetup.com/Halifax-Outdoors/events/241793349</a>	5	Moderate	The hike will include Prospect Rd. to Old Sambro Rd. Meet at the Tim Horton's on Mumford Rd. in Halifax. Carpooling is required for this hike as we will be leaving some cars at the end of the trail and taking others to the start of the trail. There are additional logistics for this hike. Please see the Halifax Outdoor Adventurers event page to review all details, and to register: <a href="http://www.meetup.com/Halifax-Outdoors/events/241793349">www.meetup.com/Halifax-Outdoors/events/241793349</a> .	Halifax Outdoor Adventurers & Five Bridges Wilderness Heritage Trust Krista Whitehouse <a href="http://www.meetup.com/Halifax-Outdoors/events/241793349">www.meetup.com/Halifax-Outdoors/events/241793349</a>
Beach Combing Kenomee <i>Economy</i>	September 30	10:00 AM	No	8	Moderate	Take Exit 12 on Hwy 104 (Masstown Market) to Hwy 2. Take Hwy 2 West to Economy. Turn left at Cove Rd. and follow it to the end of the road. A pink flag will mark the parking area. The hike will follow the coastline from Cove Rd. to Thomas' Cove.	Kenomee Trail Society Alexia McLaughlin <a href="mailto:lexmclaughlin7@gmail.com">lexmclaughlin7@gmail.com</a>
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 <a href="mailto:keppochevents@gmail.com">keppochevents@gmail.com</a> <a href="http://www.thekeppoch.ca">www.thekeppoch.ca</a>