

## Fall Guided Hikes 2017 - Valley 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
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>
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>
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 <a href="mailto:jriley@municipality.digby.ns.ca">jriley@municipality.digby.ns.ca</a> <a href="http://www.digbytrails.ca">www.digbytrails.ca</a>
Irishman's Road Recreation Site <i>Newport Station</i>	October 7	1:00 PM	Must pre-register at <a href="mailto:hollyross@hotmail.com">hollyross@hotmail.com</a>	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 <a href="mailto:hollyross@hotmail.com">hollyross@hotmail.com</a> <a href="http://www.trailforks.com/region/irishman-s-road-recreation-site-11525/map">www.trailforks.com/region/irishman-s-road-recreation-site-11525/map</a>
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 <a href="mailto:theillsleys@eastlink.ca">theillsleys@eastlink.ca</a> <a href="http://www.walks.ca">www.walks.ca</a>
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 <a href="mailto:theillsleys@eastlink.ca">theillsleys@eastlink.ca</a> <a href="http://www.walks.ca">www.walks.ca</a>

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Bohaker Trail <i>Delaps Cove Wilderness Trail, Delaps Cove</i>	October 15	1:00 PM	Must pre-register at <a href="https://raceroster.com/series/2018/13982/annapolis-county-fall-hike-series">https://raceroster.com/series/2018/13982/annapolis-county-fall-hike-series</a>	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 Barteaux <a href="mailto:nbarteaux@annapoliscounty.ca">nbarteaux@annapoliscounty.ca</a> <a href="http://www.annapoliscounty.ca">www.annapoliscounty.ca</a>
Hemlocks and Hardwoods Trail <i>Kejimkujik National Park and Historic Site, Maitland Bridge</i>	October 21	1:00 PM	Must pre-register at <a href="https://raceroster.com/series/2018/13982/annapolis-county-fall-hike-series">https://raceroster.com/series/2018/13982/annapolis-county-fall-hike-series</a>	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 Barteaux <a href="mailto:nbarteaux@annapoliscounty.ca">nbarteaux@annapoliscounty.ca</a> <a href="http://www.annapoliscounty.ca">www.annapoliscounty.ca</a>
Avondale Trail System <i>Avondale</i>	October 22	1:45 PM	Must pre-register at <a href="mailto:westhantstrails@gmail.com">westhantstrails@gmail.com</a>	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 <a href="mailto:archibald_dw@yahoo.ca">archibald_dw@yahoo.ca</a> <a href="http://www.westhantstrails.ca/home/fallguidedhike-avondaletrailssystem">http://www.westhantstrails.ca/home/fallguidedhike-avondaletrailssystem</a>
Valleyview Provincial Park <i>Hampton, Annapolis County</i>	October 28	1:00 PM	Must pre-register at <a href="https://raceroster.com/series/2018/13982/annapolis-county-fall-hike-series">https://raceroster.com/series/2018/13982/annapolis-county-fall-hike-series</a>	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 Barteaux <a href="mailto:nbarteaux@annapoliscounty.ca">nbarteaux@annapoliscounty.ca</a> <a href="http://www.annapoliscounty.ca">www.annapoliscounty.ca</a>
Castle Frederick Farms <i>Falmouth</i>	October 29	11:00 AM	Must pre-register at <a href="mailto:hollyross@hotmail.com">hollyross@hotmail.com</a>	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 <a href="mailto:hollyross@hotmail.com">hollyross@hotmail.com</a> <a href="http://www.castlefrederickfarms.ca/trails-.html">www.castlefrederickfarms.ca/trails-.html</a>
Blomidon Provincial Park Trail Walk <i>Blomidon Provincial Park, Canning</i>	November 4	10:00 AM	Register onsite at 9:30 am in the lower Blomidon Parking lot	10	Challenging	Take Exit 11 Hwy 101 and follow the signs to Canning, go through Canning and turn left at sign to Blomidon Provincial Park. Bring a packed lunch and hiking boots. 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>
Irishman's Road Recreation Site <i>Newport Station</i>	November 12	11:00 AM	Must pre-register at <a href="mailto:hollyross@hotmail.com">hollyross@hotmail.com</a>	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 <a href="mailto:hollyross@hotmail.com">hollyross@hotmail.com</a> <a href="http://www.trailforks.com/region/irishman-s-road-recreation-site-11525/map">www.trailforks.com/region/irishman-s-road-recreation-site-11525/map</a>