



## Fall Guided Hikes 2018 - Cape Breton Region (Cape Breton Island)

Participants may win a "trail" prize. Thanks to our local partners for organizing the hikes on the ground and to MEC, Goose Lane Editions and the NS Department of Communities, Culture and Heritage for their support. Hikes are free or low-cost and **some require pre-registration**. See the details below for each hike. When hiking, always be prepared for the conditions. [Learn how to prepare here](#).

Trail/Hike name	Date & Time	Do I need to Pre-Register?	Cost / Person	Km Return	Trail difficulty	Directions Hike Details	Organization / Contact
Coxheath Hill - The Fall Crawl <i>Blacketts Lake</i>	September 22 10:00 AM	Yes <a href="mailto:Recreation@cbrm.ns.ca">Recreation@cbrm.ns.ca</a>	Free	5	Moderate	Meet in the main trail parking lot. We will follow main trail to Pitman's Cabin looping back down the hill via the Western Loop. This hike covers a steep crawl up hill for the first 0.5km; the trail is rocky. Sturdy supportive footwear is recommended.	CBRM Recreation Active by Nature Charlotte MacDonald <a href="mailto:cmmacdonald@cbrm.ns.ca">cmmacdonald@cbrm.ns.ca</a> <a href="http://www.cbrm.ns.ca">www.cbrm.ns.ca</a>
Kidston Island Trail <i>Baddeck</i>	October 6 1:00 PM	No	Free	2.1	Easy	Meet at Baddeck Marine, located on the waterfront across from Waters Edge. Baddeck Marine will shuttle participants to the Island. Please bring food and refreshments. This is a beautiful trail around Kidston Island with breathtaking views, so don't forget your camera and tag #hikecapebreton.	Naturally Active for Life Victoria County Vince Forrestall <a href="mailto:naturallyactiveforlife@countyvictoria.ns.ca">naturallyactiveforlife@countyvictoria.ns.ca</a> <a href="http://naturallyactivevictoriacounty.com/events/all-harvest-activefest">naturallyactivevictoriacounty.com/events/all-harvest-activefest</a>
Humes River Falls <i>Wagmatcook</i>	October 7 10:00 AM	No	Free	12	Moderate	Take Hwy 105 to the Wagmatcook First Nation. Across from the Wagmatcook Fire Department, turn onto Humes Rear Rd and go about 1.5 km up the hill. Park near the ball fields and school. Humes River Falls are so impressive and powerful. View the description at <a href="http://www.cbisland.com/5-best-waterfalls-of-cape-breton-island/">www.cbisland.com/5-best-waterfalls-of-cape-breton-island/</a> .	Waycobah First Nation, Wagmatcook First Nation and Victoria County Wallace Bernard <a href="mailto:wallacembernard@gmail.com">wallacembernard@gmail.com</a> <a href="http://www.cbisland.com/5-best-waterfalls-of-cape-breton-island/">www.cbisland.com/5-best-waterfalls-of-cape-breton-island/</a>
Celtic Cemetery Hike <i>Judique, NS</i>	October 8 10:00 AM	Yes 902-625-2899	Free	2	Easy	Meet by the Celtic Shores Coastal Trail sign in the parking lot of the Judique Community Centre (5473 Route 19 in Judique). The hike is approximately 1.5 hours and approximately two kilometres. The trail is easy and appropriate for family hiking. There will be live music along the hike route! Participants can return to the Celtic Music Interpretive Centre (5473 Route 19) and enjoy music and lunch (on your own).	Inverness County Walkers Claire MacNeil & Barb Malcolm <a href="mailto:blaise45@hotmail.com">blaise45@hotmail.com</a> 902-625-2899



Celtic Colours Salmon Pools Hike <i>Cape Breton Highlands National Park</i>	October 8 2:00 PM	Yes 902-224-2306	Free	7.7	Moderate	Meet at Robert Brook campground (within Chéticamp campground) Lat: 46.643298 Long: -60.946835. This hike is offered in association with the Celtic Colours International Festival.	Parks Canada Scott Aucoin <a href="mailto:scott.aucoin@pc.gc.ca">scott.aucoin@pc.gc.ca</a> <a href="http://www.pc.gc.ca/en/pn-np/ns/cbreton/activ/randonnee-hiking/saumons_salmon">www.pc.gc.ca/en/pn-np/ns/cbreton/activ/randonnee-hiking/saumons_salmon</a>
Celtic Colours Corney Brook Hike <i>Cape Breton Highlands National Park</i>	October 9 2:00 PM	Yes 902-224-2306	Free	6.5	Easy	Meet across from the Corney Brook Campground Lat: 46.725580 Long: -60.924757. This hike is in association with the Celtic Colours International Festival.	Parks Canada Scott Aucoin <a href="mailto:scott.aucoin@pc.gc.ca">scott.aucoin@pc.gc.ca</a> <a href="http://www.pc.gc.ca/en/pn-np/ns/cbreton/activ/randonnee-hiking/lazare_corney">www.pc.gc.ca/en/pn-np/ns/cbreton/activ/randonnee-hiking/lazare_corney</a>
Celtic Colours Aspy trail Hike <i>Cape Breton Highlands National Park</i>	October 10 10:00 AM	Yes 902-224-2306	Free	9.5	Moderate	Meet at the parking lot for Beulach Ban Falls Lat: 46.814041 Long: -60.626273. This hike is presented in Association with the Celtic Colours International Festival.	Parks Canada Scott Aucoin <a href="mailto:scott.aucoin@pc.gc.ca">scott.aucoin@pc.gc.ca</a> <a href="http://www.pc.gc.ca/en/pn-np/ns/cbreton/activ/randonnee-hiking/aspy">www.pc.gc.ca/en/pn-np/ns/cbreton/activ/randonnee-hiking/aspy</a>
Celtic Colours Middle Head Hike <i>Cape Breton Highlands National Park</i>	October 11 10:00 AM	Yes 902-224-2306	Free	3.7	Moderate	Meet just beyond the Keltic Lodge (civic address: 383 Keltic In Road, Ingonish) Lat: 46.655391 Long: -60.372142. This hike is presented in Association with the Celtic Colours International Festival.	Parks Canada Scott Aucoin <a href="mailto:scott.aucoin@pc.gc.ca">scott.aucoin@pc.gc.ca</a> <a href="http://www.pc.gc.ca/en/pn-np/ns/cbreton/activ/randonnee-hiking/middlehead">www.pc.gc.ca/en/pn-np/ns/cbreton/activ/randonnee-hiking/middlehead</a>
Celtic Colours Mica Hill Hike <i>Cape Breton Highlands National Park</i>	October 12 10:00 AM	Yes 902-224-2306	Free	7.9	Moderate	Take the Paquette Lake Road and park at the lake Lat: 46.834629 Long: -60.434124. This hike is offered in association with the Celtic Colours International Festival.	Parks Canada Scott Aucoin <a href="mailto:scott.aucoin@pc.gc.ca">scott.aucoin@pc.gc.ca</a> <a href="http://www.pc.gc.ca/en/pn-np/ns/cbreton/activ/randonnee-hiking/mica">www.pc.gc.ca/en/pn-np/ns/cbreton/activ/randonnee-hiking/mica</a>
Spinnigan Trail Hike <i>Breton Cove</i>	October 20 11:00 AM	No	Free	3	Challenging	On the Cabot Trail either by the Englishtown Ferry or St. Ann's (route by the Lobster Galley), drive to Breton Cove. Meet at the Alexander Smith Community Centre (just past #43610 Cabot Trail). Please wear proper footwear, have walking/hiking poles, lots of water and lunch. Spinnigan is the highest point of the North Shore at 363 m. Lakes at 333 m. Please take note:	Naturally Active for Life Victoria County Vince Forrester <a href="mailto:naturallyactiveforlife@countyvictoria.ns.ca">naturallyactiveforlife@countyvictoria.ns.ca</a> <a href="http://naturallyactivevictoriacounty.com/events/all-harvest-activefest">naturallyactivevictoriacounty.com/events/all-harvest-activefest</a>



						this hike often starts on or passes over private property. The Hike is prearranged with the owner and approval granted in advance. The owner(s) will act as guides/hosts.	
Baille Ard Trail -Haunted Halloween Hike <i>Sydney</i>	October 27 7:00 PM	Yes <a href="mailto:Recreation@cbrm.ns.ca">Recreation@cbrm.ns.ca</a>	Free	1	Easy	Meet in the trail parking lot. This family-friendly night hike celebrates the Halloween season. Screams and flashlights are highly recommended. Costumes are welcome but ensure they don't create a tripping hazard.	CBRM Recreation Active by Nature Charlotte MacDonald <a href="mailto:cmmacdonald@cbrm.ns.ca">cmmacdonald@cbrm.ns.ca</a> <a href="http://www.cbrm.ns.ca">www.cbrm.ns.ca</a>
Tenerife Trail Hike <i>Dingwall</i>	October 27 10:00 AM	No	Free	2	Challenging	The trail starts directly across a fairly large parking area 4.2 km from the intersection of The Cabot Trail at Cape North and Bay St. Lawrence Rd. The first section of trail leads you into the valley to the left of The Peak and is a gradual climb of 100 meters. The top section is quite steep with loose rocks and offers a magnificent view of North Harbour and area including St. Paul Island. So don't forget your camera and tag #hikecapebreton.	Naturally Active for Life Victoria County Vince ForreSTALL <a href="mailto:naturallyactiveforlife@countyvictoria.ns.ca">naturallyactiveforlife@countyvictoria.ns.ca</a> <a href="http://naturallyactivevictoriacounty.com/events/all-harvest-activefest">naturallyactivevictoriacounty.com/events/all-harvest-activefest</a>
Franey Trail <i>Cape Breton Highlands National Park</i>	November 3 11:00 AM	No	Free	7.62	Challenging	Drive north from the Ingonish Beach campground for 1.5 kms, go past the church on the right and golf course and over the Clyburn bridge. Take the next left at Franey Trail sign. Continue on this road from pavement to a gravel road up the hill for about 1.5 kms to the trailhead & parking lot (230 Franey Rd.) Climb 366 metres in 3 hours! Enjoy a panoramic view of the Clyburn Valley and Middle Head. So don't forget your camera and tag #hikecapebreton.	Naturally Active for Life Victoria County Vince ForreSTALL <a href="mailto:naturallyactiveforlife@countyvictoria.ns.ca">naturallyactiveforlife@countyvictoria.ns.ca</a> <a href="http://naturallyactivevictoriacounty.com/events/all-harvest-activefest">naturallyactivevictoriacounty.com/events/all-harvest-activefest</a>
Broad Cove Mountain <i>Cape Breton Highlands National Park</i>	November 4 11:00 AM	No	Free	2.3	Challenging	Meet at the small parking lot about 1/3 of the way in on the 2-km road to Warren Lake Lat: 46.715114 Long: -60.370568. This switchback trail leads through a dense forest of softwood to the top of Broad Cove Mountain for exceptional views. You climb 168 m over a distance of 1.6 km. So don't forget your camera and tag #hikecapebreton.	Naturally Active for Life Victoria County Vince ForreSTALL <a href="mailto:naturallyactiveforlife@countyvictoria.ns.ca">naturallyactiveforlife@countyvictoria.ns.ca</a> <a href="http://naturallyactivevictoriacounty.com/events/all-harvest-activefest">naturallyactivevictoriacounty.com/events/all-harvest-activefest</a>