



Fall Guided Hikes 2018 - Highland Region (Guysborough County, Antigonish County, Pictou County)

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
Gully Lake and Juniper Head Trails <i>Glen Road, Pictou County</i>	September 30 9:00 AM	Yes nwrunner@gmail.com	Free	18	Challenging	The Juniper Head Trail starts at the trailhead (with parking) approximately 3 km north of Highway #4 just north of Mount Thom. Map coordinates are 45 33.1 N and 63 00.2 W. This is a long hike (18 km) over moderately difficult terrain (total elevation change approx. 400 m/1300 ft) with no 'drop out' points; participants must be physically prepared to hike approximately 6 hours total - ample rest stops will be provided, so the total hike length will be about 8 hours.	Cape to Cape Trail Committee Alasdair Veitch nwrunner@gmail.com www.cobeguidecotrails.ca/trails
Summit Loop <i>Keppoch Mountain, Antigonish</i>	October 6 11:00 AM	No	Donations Welcome	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 (PAK) Andrew Bradshaw abradshaw@hotmail.com www.thekeppoch.ca
Game Changer - Accessible Trail <i>Keppoch Mountain, Antigonish</i>	October 13 11:00 AM	No	Donations Welcome	1.5	Easy	Join us for an accessible hike on our 10' crusher dust trail meandering through the Keppoch lowlands. A hike that aims to encourage anyone to join, a safe route suitable for all ages and levels of mobility including strollers and is wheelchair accessible.	Positive Action for Keppoch (PAK) Andrew Bradshaw abradshaw@hotmail.com www.thekeppoch.ca
Summit Loop <i>Keppoch Mountain, Antigonish</i>	October 24 6:30 PM	No	Donations Welcome	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. This is a night hike during a full moon so please bring a headlamp or flashlight and a friend.	Positive Action for Keppoch (PAK) Andrew Bradshaw abradshaw@hotmail.com www.thekeppoch.ca