



## Fall Guided Hikes 2018 - October

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
MacDonald Park <i>Waverly</i>	October 2 1:00 PM	Yes <a href="mailto:burketr@halifax.ca">burketr@halifax.ca</a> , 902-490-6666 or to register or online at <a href="http://halifax.ca/recreation">halifax.ca/recreation</a> (code #3107)	Free	5	Easy	MacDonald park is located off the Cobequid Rd. in Waverly. This is a Nordic Walk event; poles provided if needed (please request when you register).	HRM Tracey Cox <a href="mailto:burketr@halifax.ca">burketr@halifax.ca</a> <a href="http://www.halifax.ca/rec">www.halifax.ca/rec</a>
Walking Series: Take a Hike <i>Clayton Park area of Halifax</i>	October 2 1:00 PM	No	Free	4	Easy	Meet at the Keshen Goodman Library, Lacewood Drive for walks led by volunteers from Halifax North West Trails Association on the local trails. Library details at <a href="http://tiny.cc/fptcyy">http://tiny.cc/fptcyy</a> .	Halifax Public Libraries - Keshen Goodman Branch & Halifax North West Trails Assoc. Dacia MacDonald <a href="mailto:macdond@halifax.ca">macdond@halifax.ca</a> <a href="http://halifax.bibliocommons.com">halifax.bibliocommons.com</a>
Harvest Fest Hike at The Gorge <i>Kentville</i>	October 6 9:00 AM	No	Free	5	Moderate	Join us for a guided hike at The Gorge as part of our annual Harvest Fest. Meet at 53 Gladys Porter Drive. There is parking at the trailhead.	Town of Kentville Julia Stephenson <a href="mailto:jstephenson@kentville.ca">jstephenson@kentville.ca</a> <a href="http://www.kentville.ca">www.kentville.ca</a>
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 <a href="mailto:abradshaw@hotmail.com">abradshaw@hotmail.com</a> <a href="http://www.thekeppoch.ca">www.thekeppoch.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	Naturally Active for Life Victoria County Vince Forrestall <a href="mailto:naturallyactiveforlife@countyvictoria.ns.ca">naturallyactiveforlife@countyvictoria.ns.ca</a>



						beautiful trail around Kidston Island with breathtaking views, so don't forget your camera and tag #hikecapebreton.	<a href="https://naturallyactivevictoriacounty.com/events/all-harvest-activefest">naturallyactivevictoriacounty.com/events/all-harvest-activefest</a>
Glooscap Nature Trail <i>Glooscap First Nation</i>	October 7 10:00 AM	No	Free	2.6	Moderate	We will meet in the parking lot of the Glooscap First Nation Band Office located at 159 Smith Road, Hantsport.	Glooscap First Nation Jordan Smith <a href="mailto:mpal@glooscapfirstnation.com">mpal@glooscapfirstnation.com</a> <a href="mailto:mpal@glooscapfirstnation.com">mpal@glooscapfirstnation.com</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>
Crystal Falls <i>Aylesford</i>	October 8 9:30 AM	Yes <a href="mailto:susancareycoachin@gmail.com">susancareycoachin@gmail.com</a>	Free	4	Easy	Find directions at <a href="http://helloweekend.ca/hiking-crystal-falls/">helloweekend.ca/hiking-crystal-falls/</a> .	Hello Weekend Susan Carey <a href="mailto:susancarey@ns.sympatico.ca">susancarey@ns.sympatico.ca</a> <a href="http://www.helloweekend.ca">www.helloweekend.ca</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>
Walking Series: Take a Hike <i>Clayton Park area of</i>	October 9 1:00 PM	No	Free	4	Easy	Meet at the Keshen Goodman Library, Lacewood Drive for walks led by volunteers from Halifax North West Trails Association on the local trails. Library details at <a href="http://tiny.cc/zttcvy">http://tiny.cc/zttcvy</a> .	Halifax Public Libraries - Keshen Goodman Branch & Halifax North West Trails Assoc. Dacia MacDonald



Halifax							<a href="mailto:macdond@halifax.ca">macdond@halifax.ca</a> <a href="https://halifax.bibliocommons.com">halifax.bibliocommons.com</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/aspv">www.pc.gc.ca/en/pn-np/ns/cbreton/activ/randonnee-hiking/aspv</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>
Hobsons Lake Trail <i>Halifax</i>	October 13 9:45 AM	No	Free	10	Moderate	Off Larry Uteck Blvd, turn on Bell St. and meet at the end of Collins Rd. Bring water and a snack.	Chebucto Hiking Club Don Warner 902-445-5141 <a href="http://chebuctohikingclub.com">chebuctohikingclub.com</a>
Blue Mountain Hill <i>Halifax</i>	October 13 10:00 AM	Yes <a href="mailto:hnwta.communications@gmail.com">hnwta.communications@gmail.com</a>	Free	5	Moderate	Take Hammonds Plains Road to Kingswood Drive to Anahid Drive. Meet and park in the cul-de-sac on Anahid Drive.	Halifax North West Trails Association Alyssa Doue <a href="mailto:hnwta.communications@gmail.com">hnwta.communications@gmail.com</a>



		902-403-6485					<a href="http://www.halifaxnorthwesttrails.ca">www.halifaxnorthwesttrails.ca</a>
Bike & Hike to Castle Rock for Teens <i>East Chester</i>	October 13 9:30 AM	Yes 902-275-3490	Free	9	Challenging	Park at the Connector Trail parking lot (East River) at 7846 Hwy 329 (just on the left once you turn onto #329 towards Blandford). Bring your bike, helmet, water, a lunch and hiking shoes for this adventure to Castle Rock where we will enjoy the views.	Chester Recreation & Parks Jody Conrad <a href="mailto:jconrad@chester.ca">jconrad@chester.ca</a> <a href="http://www.chester.ca">www.chester.ca</a>
Hike to Castle Rock <i>East Chester</i>	October 13 1:00 PM	Yes 902-275-3490	Free	9	Challenging	Park at the Connector Trail parking lot (East River) at 7846 Hwy 329 (just on the left once you turn onto #329 towards Blandford). Come for an adventure to a great view and wear appropriate footwear and dress (it is often quite windy on the Rock). Bring water, snacks and a camera!	Chester Recreation & Parks Jody Conrad <a href="mailto:jconrad@chester.ca">jconrad@chester.ca</a> <a href="http://www.chester.ca">www.chester.ca</a>
Sandy Cope Loop, Gully Lake Wilderness Area <i>Kempton</i>	October 13 10:30 AM	Yes <a href="mailto:gguth111@gmail.com">gguth111@gmail.com</a>	Free	9	Challenging	See the directions on the website at <a href="http://www.cobequidecotrails.ca">www.cobequidecotrails.ca</a> . Rain date: Sunday, October 14. Let's go check out the fall foliage on this hike deep into the heart of the Gully Lake Wilderness Area. We will hike the Yellow Birch, Portage and Sandy Cope loop trails. The trail can be rough/rocky/rootie in places and possibly wet, depending on the weather. Be prepared for unstable footing, rain and/or cold.... and beautiful scenery and camaraderie.	Cobequid Eco-Trails Society Ginny Guthrie <a href="mailto:gguth111@gmail.com">gguth111@gmail.com</a> <a href="http://www.cobequidecotrails.ca">www.cobequidecotrails.ca</a>
Nine Mile River Trail <i>Nine Mile River</i>	October 13 11:00 AM	Yes <a href="mailto:vp.ninemilerivertrails@gmail.com">vp.ninemilerivertrails@gmail.com</a>	Free	7	Moderate	Take Hwy 102 to Exit 7, turn right on Hwy #2 towards Enfield. Turn left on to Old Enfield Road (just past the Home Hardware on Highway #2). You must keep to the right at 2 separate forks on the road to stay on Enfield Road. The trail head is 8.1 kms out Old Enfield Road, on the left (1143 Enfield Rd, Nine Mile River). There is a parking lot with a sign at the road.	Nine Mile River Trails Association Juliet Gilmour <a href="mailto:vp.ninemilerivertrails@gmail.com">vp.ninemilerivertrails@gmail.com</a> <a href="https://www.facebook.com/groups/117345931640434/about/">www.facebook.com/groups/117345931640434/about/</a>
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 <a href="mailto:abradshaw@hotmail.com">abradshaw@hotmail.com</a> <a href="http://www.thekeppoch.ca">www.thekeppoch.ca</a>
Dynamite Trail Hike <i>Martin's River</i>	October 14 2:00 PM	No	Free	10	Easy	Meet at Martin's River Fire Hall, Station Road, Martins River. Lots of pretty bridges and great company!	Dynamite Trail Association Laura Barkhouse <a href="mailto:laura.barkhouse@modl.ca">laura.barkhouse@modl.ca</a> <a href="http://www.modl.ca">www.modl.ca</a>



Valleyview Provincial Park <i>Hampton</i>	October 14 1:00 PM	Yes <a href="http://www.annapoliscounty.ca">www.annapoliscounty.ca</a>	Free	1.5	Moderate	Meet at 960 Hampton Mountain Rd, Hampton. Come join us and take in the breathtaking view of our Annapolis Valley. This trail will lead you through a beautiful wooded area with an amazing look-off feature. This trail is considered moderate due to some hilly areas and some uneven ground.	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>
Roxbury the ghost town lost in the woods <i>Roxbury</i>	October 20 10:00 AM	No	Free	14	Moderate	Meet at the Digby arena parking lot at 10 a.m.	Fundy Erratics Jonathan Riley <a href="mailto:jriley@municipality.digby.ns.ca">jriley@municipality.digby.ns.ca</a> <a href="http://www.facebook.com/groups/fundyerratics/">www.facebook.com/groups/fundyerratics/</a>
Kentville Pumpkin People Walk <i>Kentville</i>	October 20 10:00 AM	Yes 30 minutes before the hike begins	First 5 hikes free (\$2 per hike after that)	5 to 10	Easy	Meet at the former train station, 66 Cornwallis St, Kentville. There are 5 and 10 km options.	The Valley Trekkers Volkssport Club Karen Illsley <a href="mailto:theillsleys@eastlink.ca">theillsleys@eastlink.ca</a> <a href="http://www.walks.ca">www.walks.ca</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: 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.	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>
Avondale trail system <i>Avondale</i>	October 21 2:00 PM	No	Free	2.5 to 5	Moderate	Meet at the Avondale Community Hall parking lot trailhead at 50 Avondale Cross Road. We will offer two hikes at the same time: 1. Westbrook trail (~ 2.5 km), and 2. The entire trail system (~ 5 km).	West Hants Trails Association Devan Archibald <a href="mailto:westhantstrails@gmail.com">westhantstrails@gmail.com</a> <a href="http://www.westhantstrails.ca">www.westhantstrails.ca</a>
Full Moonlight Haunted Walk (family friendly) <i>Windsor</i>	October 24 6:00 PM	Yes <a href="mailto:westhants@westhants.ca">westhants@westhants.ca</a> or 902-798-6929	Free	2 to 3	Easy	Meet at Irishmans Rd Rec Site (151 Irishmans Rd, Windsor). We will be exploring a few of the trails in search of treats and friendly haunting spirits who will be out with the full-moon! Costumes are encouraged and prizes will be given.	Municipality of West Hants Julie Brown <a href="mailto:westhants@westhants.ca">westhants@westhants.ca</a> <a href="http://www.westhants.ca/programs-activities.html">www.westhants.ca/programs-activities.html</a>



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 <a href="mailto:abradshaw@hotmail.com">abradshaw@hotmail.com</a> <a href="http://www.thekeppoch.ca">www.thekeppoch.ca</a>
Dodge Rd <i>Wilmot</i>	October 27 10:00 AM	Yes 30 minutes before the hike begins	First 5 hikes free (\$2 per hike after that)	10	Moderate	Take Exit 17 off Hwy 101 and meet at the corner of Rte 221 and Dodge Rd.	The Valley Trekkers Volkssport Club Karen Illsley <a href="mailto:theillsleys@eastlink.ca">theillsleys@eastlink.ca</a> <a href="http://www.walks.ca">www.walks.ca</a>
Hike in BC! (Back of Canning) <i>Blomidon Provincial Park</i>	October 27 11:00 AM	Yes <a href="mailto:director@canningrecreation.com">director@canningrecreation.com</a>	Free	12	Moderate	Meet at the lower parking lot at Blomidon Provincial Park at the end of Pereau Road. Please arrive 10 minutes early.	Canning Recreation Jennie Weisner <a href="mailto:director@canningrecreation.com">director@canningrecreation.com</a> <a href="http://www.canningrecreation.com">www.canningrecreation.com</a>
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>
Shearwater Flyer Trail <i>Cole Harbour</i>	October 28 12:00 PM	Yes <a href="mailto:weebitwit@gmail.com">weebitwit@gmail.com</a>	Free	10	Easy	Travelling along the Hwy 207 (AKA the Cole Harbour Rd) turn onto Hwy 322 (AKA Bissett Rd). Park in the parking lots on either side of the road at 805 Bissett Rd. The Shearwater Flyer is on the right side of the road (or west). The Shearwater Aviation Museum is at the far end of the trail, we may be able to arrange a tour for our hikers. The Shearwater Air Force Base is celebrating 100 years this summer. You can see planes being restored and celebrate some aviation history. Admission is free. The hike is an easy one for all ages.	Cole Harbour Parks & Trails Assoc Holly Woodill <a href="mailto:weebitwit@gmail.com">weebitwit@gmail.com</a> <a href="http://www.chpta.org">www.chpta.org</a>



Forest Lakes Multi-Purpose Trail System <i>West Hants</i>	October 28 1:00 PM	Yes (for food) <a href="http://info.forestlakescountryclub.ca/fall-hike/">info.forestlakescountryclub.ca/fall-hike/</a>	Free	2 to 3	Easy	Meeting at Welcome Lodge (40 Eagle View Drive, Ardoise), we will walk to the trail from there. This will be a guided hike with a biologist. Also, there will be a post-hike reception with healthy snacks and warm beverages at the Welcome Lodge.	Forest Lakes Country Club Kathryn Kipper <a href="mailto:kathryn@forestlakescountryclub.ca">kathryn@forestlakescountryclub.ca</a> <a href="http://info.forestlakescountryclub.ca/fall-hike/">info.forestlakescountryclub.ca/fall-hike/</a>
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