



Fall Guided Hikes 2019 - Highland Region

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
Summit Loop - Night Hike, Keppoch Mountain, Antigonish	September 27 7 PM	No	Free	5	Moderate	Meet at the Keppoch Mountain Recreation Area, 193 Keppoch Road, Antigonish (take Exit 30 off Highway 104). Join our resident hiking expert Andrew Bradshaw for a guided Night Hike to the Summit of Keppoch Mountain. 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.	Keppoch Mountain Paul Basile thekeppoch@gmail.com www.thekeppoch.ca
White Rock Trails, Keppoch Mountain, Antigonish	October 5 10 AM	No	Free	7	Easy	Meet at the Keppoch Mountain Recreation Area, 193 Keppoch Road, Antigonish (take Exit 30 off Highway 104). Come for a guided tour of some of our newest trails. The White Rock Trail is a casual and beautiful rolling stroll through 40 acres of serene NS wilderness. Capping off with a rest at the Scenic White Rock itself, an impressive Gypsum Cliff overlooking the Beaver River.	Keppoch Mountain Paul Basile thekeppoch@gmail.com www.thekeppoch.ca
Summit Loop, Keppoch Mountain, Antigonish	October 26 11 AM	No	Free	5	Moderate	Meet at the Keppoch Mountain Recreation Area, 193 Keppoch Road, Antigonish (take Exit 30 off Highway 104). Join our resident Hiking expert Andrew Bradshaw for a Guided Hike exploring Keppoch Mountain. 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.	Keppoch Mountain Paul Basile thekeppoch@gmail.com www.thekeppoch.ca
Fitzpatrick Mountain Trail, Scotsburn	October 26 12 PM	Yes: ericnosliw1@gmail.com	Free will donation	10	Moderate	Meet at Deb's Hidden Cafe in Scotsburn at noon. Leader Eric Wilson will lead the group of registered hikers to a spectacular vista very close to Fitzpatrick Mountain.	Cape to Cape Trail Hiking Club Eric Wilson ericnosliw1@gmail.com www.capetocapetrail.ca
Pugwash Peace Trail, Pugwash	November 17 1 PM	Yes	Free	5.5	Moderate	Meet at 2169 Crowley Rd., Pugwash - Friends of the Pugwash Estuary Headquarters. The trail has a lovely variety of vegetation and terrain. It is on the easy side of moderate but will take between 2 and 3 hours to complete. Bring water and a snack.	Cumberland Trails/Friend of The Pugwash Estuary Gregory A Nix gregalvina@yahoo.ca www.pugwashestuary.com

