



## Fall Guided Hikes 2019 - Valley 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
Annapolis Royal - Town, and Bird Sanctuary Walk, Annapolis Royal	September 13 2 PM	Yes: Register onsite at the event	Free for non-members	10	Easy	Meet at the Annapolis Royal Tidal Power Information Centre.	Valley Trekkers - CVF Rick/Lynda Kanne 902-847-1772
Moses Mountain, Windsor	September 21 9 AM	Yes: 902-790-9647, <a href="mailto:activeliving@westhants.ca">activeliving@westhants.ca</a> or <a href="http://westhants.ca/rec">westhants.ca/rec</a>	Free	6	Challenging	Please carpool to: 1 Hartt Road. This hike is by pre-registration only (no drop ins please) and is limited to 20 people. The route is very challenging.	Municipality of the District of West Hants Kathy Johnston-Isenor <a href="mailto:activeliving@westhants.ca">activeliving@westhants.ca</a> <a href="http://www.westhants.ca/rec">www.westhants.ca/rec</a>
Forest Home Trail, Forest Home (Kings County)	September 21 10 AM	Yes: Register onsite at the event	Free for non-members	10	Moderate	From Exit 13 off Highway 101, take Highway 12 South for 13 kms. Park at the Gaspereau Lake Dam, just past Forest Home sign.	Valley Trekkers - CVF Karen/Earle Illsley 902-678-3791
Bohaker Trail: Delaps Cove Wilderness Trail, Delaps Cove	September 29 1 PM	Yes: <a href="http://annapoliscounty.ca">annapoliscounty.ca</a> (click on Fall Hiking Series 2019)	Free	2.2	Moderate	Go to 2077 Shore Rd. West, Delaps Cove. We will meet at the trail map by the parking lot. This hike is a beautiful 2.2 km loop with a 43-foot waterfall. There is some uneven ground and steep banks along the trail. We will have two hikes scheduled: one will be an educational hike with special guest Gini Proulx, sharing her knowledge of the local plant life and fauna along the trail; while the second hike will be done at a slightly quicker pace but still relaxing and enjoyable.	County of Annapolis Nadine Barteaux <a href="mailto:nbarteaux@annapoliscounty.ca">nbarteaux@annapoliscounty.ca</a> <a href="http://annapoliscounty.ca">annapoliscounty.ca</a>
Windsor PT, Windsor	October 5 10 AM	Yes: Register onsite at the event	Free for non-members	10	Moderate	Meet at the Irving Circle K, 2113 Highway 1, Exit 7 off Highway 101 to Falmouth.	Valley Trekkers - CVF Crawford Van Horne 902-765-0906
The Gorge, Kentville	October 5 10 AM	No	Free	5	Moderate	Meet at The Gorge parking lot at 53 Gladys Porter Drive in Kentville.	Town of Kentville Ashley Alders <a href="mailto:recreation@kentville.ca">recreation@kentville.ca</a> <a href="http://www.kentville.ca">www.kentville.ca</a>



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Valleyview Provincial Park, Bridgetown	October 6 1 PM	Yes: <a href="http://annapoliscounty.ca">annapoliscounty.ca</a> (click on Fall Hiking Series 2019)	Free	1	Moderate	Meet at 960 Hampton Mountain Rd, Hampton. Come join us for this 1 km walk and take in the breath-taking 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://annapoliscounty.ca">annapoliscounty.ca</a>
Harvest Moon Trail, Grand Pré (near Wolfville)	October 11 8:30 PM	Yes: <a href="https://www.facebook.com/events/496040300940645/">www.facebook.com/events/496040300940645/</a>	Free	4	Easy	Meet at the Grand-Pré National Historic Site. Wear comfortable shoes and bring a flashlight. Adults only. No dogs, please for this event. Limited spots are available, so registration is required.	Hello Weekend Susan Carey <a href="mailto:susancareycoaching@gmail.com">susancareycoaching@gmail.com</a> <a href="http://www.helloweekend.ca">www.helloweekend.ca</a>
Gulliver's Cove Fall Colours, Digby	October 19 9:30 AM	No	Free	4	Moderate	Meet at the Digby arena at 27 Shreve St. just off Victoria Street. This hike includes steep hills and great views. Dress for cool ocean breezes.	Fundy Erratics Jonathan Riley <a href="mailto:jriley@municipality.digby.ns.ca">jriley@municipality.digby.ns.ca</a> <a href="https://www.facebook.com/groups/fundyerratics/">www.facebook.com/groups/fundyerratics/</a>
Kentville Pumpkin People Walk, Kentville	October 19 10 AM	Yes: Register onsite at the event	Free for non-members	10	Moderate	Meet at the former Train Station at 66 Cornwallis St., Kentville.	Valley Trekkers - CVF Crawford Van Horne 902-765-0906
Harvest Moon Trail, Wilmot	October 20 1 PM	Yes: <a href="http://annapoliscounty.ca">annapoliscounty.ca</a> (click on Fall Hiking Series 2019)	Free	5	Moderate	We will meet in the parking lot of the Annapolis Valley Kinsmen Club (209 Dodge Rd., Wilmot). This trail takes you along the former railroad bed and showcases a beautiful view of the Annapolis River. The hike will be approximately 5 km in length and is expected to take about an hour.	County of Annapolis Nadine Barteaux <a href="mailto:nbarteaux@annapoliscounty.ca">nbarteaux@annapoliscounty.ca</a> <a href="http://annapoliscounty.ca">annapoliscounty.ca</a>
Castle Frederick Farms, Falmouth	October 27 2 PM	Yes: 902-790-9647, <a href="mailto:activeliving@westhants.ca">activeliving@westhants.ca</a> or <a href="http://westhants.ca/rec">westhants.ca/rec</a>	Free	3	Moderate	Meet at the very end of Castle Frederick Road in Falmouth. Kids are invited to dress up in their Halloween Costumes! Candy and prizes will be given away.	Municipality of the District of West Hants Kathy Johnston-Isenor <a href="mailto:activeliving@westhants.ca">activeliving@westhants.ca</a> <a href="http://www.westhants.ca/rec">www.westhants.ca/rec</a>
Blomidon Provincial Park Trails, Canning	November 2 10 AM	Yes: Register onsite at the event	Free for non-members	10	Moderate	Meet in the lower parking lot of Blomidon Provincial Park.	Valley Trekkers - CVF Rick/Lynda Kanne 902-847-1772



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Forest Lakes Hike, Ardoise	November 3 11 AM	No	Free	5	Easy	Gather at the Forest Lakes Country Club Welcome Lodge in Ardoise for a meet and greet before the hike starts.	Forest Lakes Country Club Tina MacDonnell <a href="mailto:tm@tfdc.ca">tm@tfdc.ca</a> <a href="http://forestlakescountryclub.ca/">forestlakescountryclub.ca/</a>
Kejimkujik Snake Lake and Gold Mines, Maitland Bridge	November 12 10 AM	No	Free	10	Easy	Meet at the Mill Falls parking lot in Keji. If Keji's new trail is open, we'll probably go explore that as well.	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>
Irishmans Road Recreation Site, Windsor	November 17 10 AM	Yes: 902-790-9647, <a href="mailto:activeliving@westhants.ca">activeliving@westhants.ca</a> or <a href="http://westhants.ca/rec">westhants.ca/rec</a>	Free	6	Moderate	Meet at 151 Irishmans Road at the Irishmans Road Recreation Site.	Municipality of the District of West Hants Kathy Johnston-Isenor <a href="mailto:activeliving@westhants.ca">activeliving@westhants.ca</a> <a href="http://www.westhants.ca/rec">www.westhants.ca/rec</a>