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## News Release

### ***For Immediate Release***

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### **Fall Colours Featured in Hike Series**

Ask most hikers and they'll likely agree that autumn is the best hiking season. Brisk air, no flies and those beautiful fall colours are drawing more and more people out onto our trails. That is what Hike Nova Scotia anticipates for its annual Fall Guided Hike Series taking place from September to November.

"It really is a gorgeous time of year to be on the trails," says Janet Barlow, Hike NS Executive Director. "From easy to more challenging hikes and from woodland to coastal trails, there's something for everyone in Nova Scotia."

Hike NS and 25 host organizations partnered up to offer the guided hike series from September to November. There are over 50 guided hikes scheduled province-wide. Hikes are led by local folks and participants qualify to win trail prizes. Most hikes are free or low-cost and some require pre-registration.

The full schedule with registration details and directions is found at [www.hikenovascotia.ca](http://www.hikenovascotia.ca). Hikes are listed by date and region (Halifax, South Shore, Valley, Fundy, Highland and Cape Breton). Hike NS thanks its local partners for organizing the hikes on the ground as well as MEC, Goose Lane Editions and the NS Department of Communities, Culture and Heritage for their support.

Feeling like you'd like to upgrade your outdoorsy skills for the fall hiking season? Hike NS has you covered with a slate of courses and workshops that teach nature activities to use with kids, how to be a hike leader and navigation.

Hike NS encourages and promotes a growing hiking culture throughout the province, striving to be the voice for those who hike, walk and snowshoe.

*For more information on these events or Hike Nova Scotia contact:*

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A social media release is found here: <https://hikenovascotia.wordpress.com/?p=2383>