



Fall Guided Hikes 2020 - September

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. **All of these hikes require pre-registration - no drop-ins permitted** (in order to assist organizers in making social distancing possible). See the details below for each hike. When hiking, always be prepared for the conditions. [Learn how here.](#)

Trail / hike name	Date & time	Pre-registration required for all hikes as follows	Cost / person	Km return	Trail difficulty	Directions / hike details	Organization / contact
Belle Isle Marsh and French Basin Trail Digby	September 12 8:00 AM	jriley@municipality.digby.ns.ca	Free	10	Easy	We'll meet at the Digby Arena at 27 Shreve St. just off Victoria St. in Digby. This is a nice flat trail with good bird/duck watching opportunities.	Fundy Erratics Jonathan Riley jriley@municipality.digby.ns.ca www.facebook.com/groups/fundyerratics
Dalhousie Mountain Trail Millsville, Pictou County	September 13 10:00 AM	jdvance49@gmail.com or 902-237-4858	Donations accepted	12	Moderate	Follow the directions to Willis Cemetery here: capetocapetrail.ca/trails.aspx?tid=4 . Bring sturdy footwear and your own water and snacks.	Pictou County Trails Association Jim Vance jdvance49@gmail.com capetocapetrail.ca
Go Take a Hike - Taylor Head Taylor Head Provincial Park, Spry Bay	September 13 1:30 PM	www.eventbrite.ca/e/go-take-a-hike-taylor-head-tickets-116750992361	Free	7	Moderate	Meet at the fourth parking area of Taylor Head Provincial Park. More details at www.eventbrite.ca/e/go-take-a-hike-taylor-head-tickets-116750992361 .	Ladies Beer League Tanya Matheson cheers@ladiesbeerleague.ca www.facebook.com/pg/LadiesBeerDrinkingLeague/events
Roseway River & Islands Park Healthy Eating Walk & Talk Shelburne	September 15 6:00 PM	sandy.mair-dodman@municipalityofshelburne.ca or 902-875-7828	Free	3.5	Easy	Take Exit 26 from Hwy 103. Travel down Ohio Road into Shelburne. Turn right at the end of Ohio Rd. onto Falls Lane (park at the trailhead by Falls Lane Bridge or across the street at Spencer's Garden Centre). Join Haley Ewing, Registered Dietitian with the Superstore, for a walk & talk along the scenic Roseway River and Islands Provincial Park trails. Learn how to make SMART goals to set yourself up for success this fall after a busy and stressful summer. This is your chance to ask an expert about health and nutrition! Hayley will answer all your questions related to healthy eating such as diabetes, heart health and healthy snacks etc.	Municipality of Shelburne Recreation & Parks Sandy Mair-Dodman sandy.mair-dodman@municipalityofshelburne.ca www.municipalityofshelburne.ca
Go Take a Hike - Moses Mountain Windsor	September 19 2:00 PM	www.eventbrite.ca/e/go-take-a-hike-moses-mountain-tickets-11675577867	Free	7.5	Challenging	Meet at the trailhead at 1 Hartt Road in Windsor. More details at www.eventbrite.ca/e/go-take-a-hike-moses-mountain-tickets-11675577867 .	Ladies Beer League Tanya Matheson cheers@ladiesbeerleague.ca www.facebook.com/pg/LadiesBeerDrinkingLeague/events



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Keppoch Summit Loop Antigonish	September 19 10:30 AM	www.facebook.com/events/718661695378814	Free	5	Moderate	Meet at Keppoch Mountain at 193 Keppoch Road, Antigonish. Meet at the Keppoch Lodge by the back patio to check in and start the hike. Feel free to come early and stay a bit late to enjoy our base area amenities.	Keppoch Mountain Paul Basile thekeppoch@gmail.com www.thekeppoch.ca
Nicholson Trail Big Baddeck, Victoria County	September 19 9:00 AM	lydia.kerr@countyvictoria.ns.ca or 902-294-0063	Free	3.3	Moderate	The trailhead is found roughly 350 meters past the Peter's Brook Bridge (the first single lane bridge on the Big Baddeck Road). On the left side of the road you will see a trail sign and can follow the short road to the parking lot.	Municipality of the County of Victoria Lydia Kerr lydia.kerr@countyvictoria.ns.ca www.victoriacounty.com
Cape Mabou Highlands Hiking Trails Mabou Mines	September 19 10:00 AM	nhunt861@gmail.com	Free	8	Moderate	Meet at the Mabou Mines Road trailhead, about 20 minutes from Mabou. This hike is hosted by the Cape Mabou Trail Club and Inverness County Recreation.	Cape Mabou Trail Club and Inverness County Recreation Nadine Hunt nhunt861@gmail.com www.capemabouhiking.com
Hike into Fall: Irishmans Road Recreation Site Newport Station, West Hants	September 20 9:00 AM	app.booking.ca/westhantspub/calendars/courses/index.asp (click on the "i" in event for details and to register)	Free	1.6-6	Moderate	Meet at 151 Irishmans Road in Newport Station, Hants County. We will begin with a 1.6 km loop and you can choose to finish or add on additional loops (approximately 6 km in total length).	West Hants Regional Municipality Kathy Johnston-Isenor kjohnston@westhants.ca www.westhants.ca/parks-and-recreation.html
Tom Tigney Trail & Sable Wetland section of the Woodland Multi-Use Trail Sable River	September 22 9:30 AM	sandy.mair-dodman@municipalityofshelburne.ca or 902-875-7828	Free	3	Easy	Meet at the Tom Tigney Trailhead, situated at the intersection of Hwy 103 and the East Sable Road, in Sable River (across from the now closed Chef's Plate Restaurant). Join Sherman Embree of the Woodland Multi-Use Trail Association and the Municipality of Shelburne Recreation & Parks for a beautiful fall hike! On return to the Tom Tigney Trailhead those interested can join us for a 500m walk in the opposite direction by the Old Grist Mill and along the Tom Tigney River to a scenic bridge.	Municipality of Shelburne Recreation & Parks and Woodland Multi-Use Trail Association Sandy Mair-Dodman sandy.mair-dodman@municipalityofshelburne.ca www.municipalityofshelburne.ca
Lockeport Walking Loop & Trestle Trail Lockeport	September 23 10:00 AM	sandy.mair-dodman@municipalityofshelburne.ca or 902-875-7828	Free	3.2	Easy	Meet at Seacaps Park at 61 Hall Street, Lockeport. There's lots of parking there. Join Lockeport's Mayor George Harding for a scenic walk that includes the Trestle Trail Bridge! Mayor Harding will share information on points of interest along the way. This walk & talk will take participants north along Hall Street to the north edge of the island and then around the back harbour, where water is in sight for most of the way.	Municipality of Shelburne & Town of Lockeport Recreation Sandy Mair-Dodman sandy.mair-dodman@municipalityofshelburne.ca www.municipalityofshelburne.ca



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Moses Mountain Falls Lake, Mills Section	September 24 9:30 AM	luncountyhikers@gmail.com	Free	10	Moderate	Meet at the Eastern Valley Hydro System Avon #2, near 2956, Falls Lake on Hwy 14. More details at www.facebook.com/events/649997948958079 .	Lunenburg County Hikers Janice Rand janiceprand@gmail.com www.facebook.com/groups/1273215446168081
Lichen Walk Bay Port, Lunenburg County	September 26 9:30 AM	luncountyhikers@gmail.com	Free	4	Easy	In the Riverport area, take the Indian Path Road to 395 Fish Peddler Road, Bay Port. More details at www.facebook.com/events/306871687098451 .	Lunenburg County Hikers Janice Rand janiceprand@gmail.com www.facebook.com/groups/1273215446168081
Gully Lake Trail Gully Lake Wilderness Area, Kemptown Hike is full - no longer taking registrations	September 26 9:30 AM	gguth111@gmail.com Hike is full - no longer taking registrations	Free	12	Moderate	Meet at the Juniper Head trailhead. Find detailed directions to the trailhead here: www.cobequidecotrails.ca/trails/directions.asp . Hike is full - no longer taking registrations	Cobequid Eco-Trails Society Ginny Guthrie gguth111@gmail.com www.cobequidecotrails.ca/event_details.asp?eventDate=9/26/2020
Go Take a Hike - Tatamagouche Tatamagouche	September 27 1:00 PM	www.eventbrite.ca/e/go-take-a-hike-tatamagouche-e-tickets-116781140535	Free	5	Easy	Meet at the Station Road Trailhead at 24 Station Rd in Tatamagouche. More details at www.eventbrite.ca/e/go-take-a-hike-tatamagouche-tickets-116781140535 .	Ladies Beer League Tanya Matheson cheers@ladiesbeerleague.ca www.facebook.com/pg/LadiesBeerDrinkingLeague/events
Greenhill Hike Greenhill Provincial Park, Greenhill, Pictou County	September 27 10:00 AM	NSsusie@icloud.com	Donations accepted	6.3	Moderate	Meet at the Greenhill Provincial Park entrance. The hike will go downhill 2.2 km and circle back around to the road 4.1 km to the beginning at the top of the hill (about 2 hours).	Pictou County Trails Association Sue Gostock NSsusie@icloud.com www.capetocapetrail.ca