



Fall Guided Hikes 2020 - South Shore 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. **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
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! Haley 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
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
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
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Indian Garden Farm Hike Hebville, Lunenburg County	October 8 9:30 AM	luncountyhikers@gmail.com	Free	5	Moderate	Meet at 15390 Hwy 3, Hebville. Park near the Bull Run Trailhead or by the cemetery (opposite the Tasty Freeze). This is a family-operated farm with a farmers market on site. The hike includes some elevations. More details at www.facebook.com/events/3469550836421122 .	Lunenburg County Hikers Janice Rand janiceprand@gmail.com www.facebook.com/groups/1273215446168081
Graves Island Tea & Biscuits Hike Graves Island Provincial Park, East Chester	November 7 9:30 AM	902-275-3490	Free	3.5	Easy	Meet at the Graves Island Provincial Park trailhead shelter. Take the trail to the right after crossing the causeway. Join us for a Saturday morning walk of the trail at Graves Island Provincial Park followed by hot drinks and biscuits at the trailhead shelter. This will be a steady walk and chat with a few stops to enjoy what we see along the way. Park in the parking lot before the causeway and walk across to the trailhead shelter.	Chester Recreation & Parks Jody Conrad jconrad@chester.ca www.chester.ca