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## News Release

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

February 1, 2023

### **MLAs invited to take the #LoveOurTrailsNS Challenge**

Hike NS is inviting MLAs across Nova Scotia to show some love for hiking trails.

As part of the group's annual #LoveOurTrailsNS challenge, they are asking MLAs in particular, but also all Nova Scotians, to get out on a local trail this February, snap a photo and share it on social media with the #LoveOurTrailsNS hashtag.

"February is a great month for hiking, and with Valentine's Day right there in the middle, an ideal month for showing your love for trails," says Janet Barlow, Hike NS Executive Director. "Not to mention how good hiking is for your heart!"

Hike NS is hoping this fun challenge will highlight the importance of trails to Nova Scotians and nudge government to better support trails and hiking. Trails are a place where we go for physical activity, for relieving stress, to support our mental health and to commune with nature. Walking is the top choice for physical activity for Nova Scotians. Hiking is one of the top three outdoor tourist activities.

Hike NS says MLAs can act within government to increase funding for community volunteer trail groups, increase funding for trails in provincial parks and protected areas, protect more wilderness areas and become familiar with, and support, the provincial Trail Strategy.

The group is asking each Nova Scotian who loves trails to personally invite their own MLA to take the #LoveOurTrailsNS challenge. Learn more at <https://www.hikenovascotia.ca/news-love-our-trails/>

### **For more information, please contact the following (not for publication):**

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Hike Nova Scotia (Hike NS) encourages and promotes a growing walking and hiking culture throughout the province, striving to be the voice for those who hike, walk and snowshoe as well as those who build and maintain hiking trails.