



News Release

For Immediate Release

September 1, 2021

Fall guided walks offered throughout NS

Take a pause this Fall and enjoy yourself in the outdoors by participating in a guided walk in your area.

“Fall is a perfect time to experience nature in our beautiful province. Whether you are a seasoned hiker or someone who enjoys less strenuous outings, our walk series has you covered,” says Janet Barlow, Hike Nova Scotia Executive Director.

“These past 18 months have shown us more than ever how much getting outdoors and being with others is essential to our physical, mental and social health. It's so simple and it works! “

Hike NS and 13 host organizations have partnered to offer the Fall Guided Walk Series from September 12 to November 14. There are 28 walks scheduled province-wide. Walks are led by local folks and participants qualify to win trail prizes. These free or low-cost walks require pre-registration and will follow public health protocols.

The full schedule with registration details and directions is found at www.hikenovascotia.ca. Hikes are listed by month or region (Halifax, South Shore, Valley, Highland and Cape Breton) and include various lengths and difficulty levels.

Hike NS thanks its local partners on the ground for organizing the walks as well as [The Trail Shop](#), [Goose Lane Editions](#) and the [NS Department of Communities, Culture and Heritage](#) for their support. 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.

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/2021/09/01/fall-guided-walks-offered-throughout-ns/>