

2018 Hiking Summit Program

May 11 - 13, 2018 in Ingonish, NS

Updated March 2018

Note: Some presentations or workshops and presenters may change as the program evolves.

Fri. May 11

12 pm to 8 pm: Registration check-in in main lodge lobby

1 pm to 5 pm: Hikes (including driving time to the hike from the Keltic)

- You must have your hike pass for each hike (which you received at registration check-in) in order to attend a hike as there are strict limits on numbers attending each hike
- Find details on each hike in the Hike Detailed Schedule online or in your welcome bag
- **Snack station** of granola bars, whole fruit and water bottle fill-up station between 12 and 1 for those going on afternoon hikes - Main lodge lobby

Option 1	Option 2	Option 3	Option 4
	Family-friendly	Family-friendly	Family-friendly
Franey 7.4 km (2 - 3 hrs)	Middle Head 4 km (1 - 2 hrs)	Smokey Towers 4 km (1.5 hrs)	Clyburn Valley 8.5 km (2 - 3 hrs)

Parents and caregivers are responsible for their children on all of the hikes, including judging their child's ability to do a hike.

5 pm to 7 pm: Free time / supper on your own (or wait until the reception at 7 pm)

Remember to check out the silent auction in the Highland Sitting Room in the main lodge

7 pm to 9 pm: Reception at the Purple Thistle and Highland Sitting Room

- Reception includes hors d'oeuvres, refreshments and a cash bar (not a full meal)
- This is included with your Summit registration
- Pecha Kucha presentations:
 - Hike the Highlands Festival
 - Traversées de la Gaspésie, week long hiking festival in the Gaspé region of Québec with Michael Haynes
 - FUNdy Footpath & Coastal GRAND Manan: Non-Stop Views with Karen Toews
 - Coxheath Celtic Colours Hike, Emile Roach and Andy Pittman with Coxheath Hills Wilderness Recreation Association
- Silent auction begins in the Highland Sitting Room (Friday night to Saturday night)

7 pm to 9 pm: Campfire for kids outside the Highland Sitting Room

Running at the same time as the reception, there will be folks playing music and leading kids in singing campfire songs

9 pm: Campfire for adults outside / Night at the pub in the Highland Sitting Room

9 pm: Night Hike

Lantern Walk Through Time

- You must have your hike pass for each hike (which you received at registration check-in) in order to attend a hike as there are strict limits on numbers attending each hike
- Find details on each hike in the Hike Detailed Schedule online or in your welcome bag

Sat. May 12

4:45 or 5:10 am to 6:30 am: Sunrise Hikes (add additional driving/walking time to the hike)

- You must have your hike pass for each hike (which you received at registration check-in) in order to attend a hike as there are strict limits on numbers attending each hike
- Find details on each hike in the Hike Detailed Schedule online or in your welcome bag

Option 1	Option 2
4:45 Sunrise hike to Middle Head	5:10 Sunrise at Ingonish Beach

Parents and caregivers are responsible for their children on all of the hikes, including judging their child's ability to do a hike.

7 am to 8:30 am: Breakfast

- Breakfast opens at the Purple Thistle (for those who paid extra upon registration)
- or
- Breakfast on your own

8 am to 12 pm: Registration in the lobby of the main lodge

Remember to check out the silent auction in the Highland Sitting Room in the main lodge and display tables in Ceilidh Hall

8:45 am to 10 am: Introduction and Opening in Ceilidh Hall

- Smudging and Drumming Ceremony with Mary Louise Bernard
- Welcome from Hike NS and dignitaries
- About Hike NS presentation
- Destination Cape Breton presentation

9 am to 12 pm: Youth Programming / Childcare (Meet at Ceilidh Hall - leave together after smudging)

Note that parents do not need to be with their kids during the morning sessions. Programming will take place in the Corson Room in the Lodge and outdoors. View the detailed Youth Program schedule for more information.

10 am to 10:30 am: Nutrition Break in Ceilidh Hall

Remember to check out the display tables in Ceilidh Hall

10:30 am to 11 am: Session or skills workshop in Ceilidh Hall or Arduaine Restaurant or Corson Room

Option 1: Ceilidh Hall	Option 2: Arduaine Restaurant
The Seawall Trail - Moving Forward Dave, a board member on The Seawall Trail Society, will give an update on The Seawall Trail: a proposed multi-day hiking trail in Northern Cape Breton.	Lyme Disease Prevention for Hikers Learn about Lyme Disease risks and what hikers can do prevent it.
Presenter: Dave Williams, Vice Chair with the Seawall Trail Society	Presenter: Rachel Chisholm, Public Health

11 am to 11:15 am: Move to your next session

11:15 am to 11:45 pm: Session or skills workshop in Ceilidh Hall or Arduaine Restaurant or Corson Room

Option 1: Ceilidh Hall	Option 2: Arduaine Restaurant
Pecha Kuchas: <ul style="list-style-type: none">• Glooscap First Nation hiking trail and dark skies area with Jordan Smith• Cape Mabou Highlands 3 Peaks Challenge with Nadine Hunt, Cape Mabou Trail Club• Highland Village Snowshoes Series	Outdoor Council of Canada courses, certification and more
Presenters: See above	Presenter(s): To be announced

11:45 am to 12 pm: Move to lunch

12 pm to 1 pm: Lunch (at the Purple Thistle)

Included with your registration

Remember to check out the silent auction in the Highland Sitting Room in the main lodge

1 pm to 1:30 pm: Get organized and move to hike meeting spots

Snack station of granola bars, whole fruit and water bottle fill-up station between 12 and 1:30 for those going on afternoon hikes - Main lodge lobby

1:30 pm to 5:30 pm: Hikes (including driving time to the hike from the Keltic)

- You must have your hike pass for each hike (which you received at registration check-in) in order to attend a hike as there are strict limits on numbers attending each hike

- Find details on each hike in the Hike Detailed Schedule online or in your welcome bag
- **Snack station** of granola bars, whole fruit and water bottle fill-up station between 12 and 1 for those going on afternoon hikes - Main lodge lobby

Option 1	Option 2	Option 3	Option 4
	Family-friendly	Family-friendly (Jackpine)	Family-friendly
Franey 7.4 km (2 - 3 hrs)	Mica Hill 8.7 km (3 - 4 hrs)	Jackpine 2.3 km loop (1 hr) Coastal 11.3 km return (3 - 4 hrs) or 5 km return	Medicine Walk at Freshwater Lake / Lookout / Barrachois 3.5 - 4 km (1 - 2 hrs)

Parents and caregivers are responsible for their children on all of the hikes, including judging their child's ability to do a hike.

5:30 pm to 6:30 pm: On your own and get ready for supper

Remember to check out the silent auction in the Highland Sitting Room in the main lodge and display tables in Ceilidh Hall

6:30 pm to 8:30 pm: Supper, keynote and awards at the Purple Thistle

- Supper (for those who paid extra upon registration)
- Keynote speaker: David Miller, Author of AWOL on the Appalachian Trail and The A.T. Guide
- Hike NS Awards: individual and/or organization recognized for leadership in the hiking/trail movement

or

- Supper on your own

8:30 pm to 9 pm: Silent auction last chance to bid in the Highland Sitting Room

The silent auction closes at 9 pm

8:30 to 9 pm: Campfire for kids outside the Highland Sitting Room

Running at the same time as the reception, there will be folks playing music and leading kids in singing campfire songs

9 pm: Campfire for adults outside / Night at the pub in the Highland Sitting Room

9 pm: Night Hike

Lantern Walk Through Time

- You must have your hike pass for each hike (which you received at registration check-in) in order to attend a hike as there are strict limits on numbers attending each hike
- Find details on each hike in the Hike Detailed Schedule online or in your welcome bag

Sun. May 13

4:45 or 5:10 am to 6:30 am: Sunrise Hikes (add additional driving/walking time to the hike)

- You must have your hike pass for each hike (which you received at registration check-in) in order to attend a hike as there are strict limits on numbers attending each hike
- Find details on each hike in the Hike Detailed Schedule online or in your welcome bag

Option 1	Option 2
4:45 Sunrise hike to Middle Head	5:10 Sunrise at Ingonish Beach

Parents and caregivers are responsible for their children on all of the hikes, including judging their child's ability to do a hike.

7 am to 8:30 am: Breakfast

- Breakfast opens at the Purple Thistle (for those who paid extra upon registration)
- or
- Breakfast on your own

8 am to 12 pm: Registration check-in in the lobby of the main lodge

8 am to 12 pm: Silent auction payment and pick-up in the lobby of the main lodge

Remember to pick up and pay for your silent auction item

9 am to 11:45: Youth Programming / Childcare (Meet in the Corson Room in the Lodge)

Note that parents do not need to be with their kids during the morning sessions. Programming will take place in the Corson Room in the Lodge and outdoors. View the detailed Youth Program schedule for more information.

9 am to 9:30 am Session or skills workshop in Ceilidh Hall or Arduaine Restaurant or Corson Room

Option 1: Ceilidh Hall	Option 2: Arduaine Restaurant
Trails and Protected Areas: Benefiting Nature and Communities	Learn to camp with A for Adventure and Parks Canada
Presenter: To be announced, NS Dept. of Environment, Protected Areas group	Presenters: Jan Sebastian LaPierre, Chris Surette and George Woodhouse

9:30 to 9:45 am: Move to your next session

9:45 to 10:15: Session or skills workshop in Ceilidh Hall or Corson Room

Option 1: Ceilidh Hall	Option 2: Arduaine Restaurant
Waterfalls of Nova Scotia; A Guide (to be published in April 2018) Benoit will present a few lesser known waterfall gems of this province while describing the many adventures one can experience when exploring over 500 waterfalls in Nova Scotia over the last ten years.	How to Engage Youth in Nature on a Hike Want to combat that dreaded "but why do we have to go and just walk for so long" protest from a young would-be hiker that you want to lead to adventure? At this session Karen will equip you with tools to add some nature-based thrills to your hikes with youth, that will have them rushing to pull on their boots and burst out the door.
Presenter: Benoit Lalonde	Presenter: Karen McKendry Young Naturalists Club Chapter Leader, Halifax Chapter

10:15 to 10:45: Nutrition Break in Ceilidh Hall

Remember to check out the display tables in Ceilidh Hall

10:15 to 10:45: Book signing by David Miller in Ceilidh Hall

In the display area during the nutrition break, David Miller will be selling and signing books.

10:45 to 11:30 am: Session or skills workshop in Ceilidh Hall or Arduaine Restaurant or Corson Room (45-minute session)

Option 1: Ceilidh Hall	Option 2: Arduaine Restaurant
International Appalachian Trail Learn about the IAT and the challenges it faces in going from trail concept to a hiking/tourism product.	Impacts of natural disasters/climate change on trails Hear two perspectives on the effects of natural disasters and climate change on our trails - one from a community trail group and one from a professional trail builder.
Presenters: Claire MacNeil, Hike NS and David Miller, author of Author of AWOL on the Appalachian Trail and The A.T. Guide	Presenters: David Gabriel, Baille Ard Recreation Association and Garnet McLaughlin, Cobequid Consulting/Hike NS

11:30 am to 11:45 am: Move to Summit closing session at the Purple Thistle

11:45 am to 12:15 pm: Summit closing at the Purple Thistle

12:15 to 1 pm: Lunch (at the Purple Thistle)

1 to 1:30 pm: Get organized and move to hike meeting spots

Snack station of granola bars, whole fruit and water bottle fill-up station between 12 and 1:30 for those going on afternoon hikes - Main lodge lobby

1:30 to 5:30 pm: Hikes (including driving time to the hike from the Keltic)

- You must have your hike pass for each hike (which you received at registration check-in) in order to attend a hike as there are strict limits on numbers attending each hike
- Find details on each hike in the Hike Detailed Schedule online or in your welcome bag
- **Snack station** of granola bars, whole fruit and water bottle fill-up station between 12 and 1 for those going on afternoon hikes - Main lodge lobby

Option 1 Family-friendly (Jackpine)	Option 2 Family-friendly	Option 3	Option 4 Family-friendly
Jackpine 2.3 km loop (1 hr) Coastal 11.3 km return (3 - 4 hrs) or 5 km return	Mica Hill 8.7 km, (3 - 4 hrs)	Cape Smokey 10 km, 3 - 4 hrs	Warren Lake & Broad Cove Mountain 5 km (1.5 - 2 hrs) & 2.3 km (1 hr)

Parents and caregivers are responsible for their children on all of the hikes, including judging their child's ability to do a hike.