

# 2018 Hiking Summit Program

May 11 - 13, 2018 in Ingonish, NS

Updated May 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**

**Snack station** of granola bars, whole fruit and water bottle fill-up station for those going on afternoon hikes - Main lodge lobby

### **12:30 to 1 pm: Travel to trailheads/meeting spots**

### **1 pm to 5 pm: Hikes** (start time from the trailhead/meeting spot)

- 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

<b>Option 1</b>	<b>Option 2</b>	<b>Option 3</b>	<b>Option 4</b>
	Family-friendly	Family-friendly	Family-friendly
<b>Franey</b> 7.4 km (2 - 3 hrs)	<b>Middle Head</b> 4 km (1 - 2 hrs)	<b>Smokey Towers</b> 4 km (1.5 hrs)	<b>Clyburn Valley</b> 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**

- Welcome from our MCs A for Adventure
- 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, Tom Wilson with Hike the Highlands
  - 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** (start time from the trailhead/meeting spot)

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** (start time from the trailhead/meeting spot)

- 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.*

**6:30 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 and the Indian Bay Singers
- Welcome from our MCs A for Adventure
- Welcome from Hike NS and dignitaries
- About Hike NS presentation
- Destination Cape Breton presentation on the new #HikeCapeBreton initiative

**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
<p>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.</p>	<p>Lyme Disease Prevention for Hikers Learn about Lyme Disease and what hikers can do to prevent tick exposure and how to handle a tick exposure if it happens.</p>
<p>Presenter: Dave Williams, Vice Chair with the Seawall Trail Society</p>	<p>Presenter: Judy Kelley, Health Protection Team, Public Health</p>

**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
<p>Pecha Kuchas:</p> <ul style="list-style-type: none"> <li>● Glooscap First Nation hiking trail and dark skies area with Jordan Smith, Glooscap First Nation</li> <li>● Cape Mabou Highlands 3 Peaks Challenge with Nadine Hunt, Cape Mabou Trail Club</li> <li>● Hiking in Quttinirpaaq National Park, July 2017 with Bob MacDonald, Chebucto Hiking Club</li> <li>● "We are an Island" - The Home of Our Hearts Cape Breton with Wally Bernard, Waycobah First Nation and Vince Forrestall, Victoria County</li> </ul>	<p>Outdoor Council of Canada courses, certification and more</p>
<p>Presenters: See above</p>	<p>Presenter: Anjeanette Le May-Crowtz, Outdoor Council of Canada Instructor</p>

**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*
- **Snack station** of granola bars, whole fruit and water bottle fill-up station for those going on afternoon hikes - Main lodge lobby

**1 pm to 1:30 pm: Travel to trailheads/meeting spots**

**1:30 pm to 5:30 pm: Hikes** (start time from the trailhead/meeting spot)

- 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

<b>Option 1</b>	<b>Option 2</b>	<b>Option 3</b>	<b>Option 4</b>
	Family-friendly	Family-friendly (Jackpine)	Family-friendly
<b>Franey</b> 7.4 km (2 - 3 hrs)	<b>Mica Hill</b> 8.7 km (3 - 4 hrs)	<b>Jackpine</b> 2.3 km loop (1 hr) <b>Coastal</b> 11.3 km return (3 - 4 hrs) or 5 km return	<b>Medicine Walk at Freshwater Lake / Lookout / Barrachois</b> 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)
- Welcome from our MCs A for Adventure
- 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** (start time from the trailhead/meeting spot)

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** (start time from the trailhead/meeting spot)

- 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.*

**6:30 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 1 pm: Silent auction payment and pick-up in the lobby of the main lodge**

*Remember to pick up and pay for your silent auction items*

**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**

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

**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**

<b>Option 1:</b> Ceilidh Hall	<b>Option 2:</b> 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, author and explorer	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)**

<b>Option 1:</b> Ceilidh Hall	<b>Option 2:</b> 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**

Hosted by our MCs A for Adventure, you'll hear about the 2019 Hiking Summit, we'll view some photos/posts from the weekend and we'll thank all the great folks that made the Summit possible.

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

- Included with your registration
- *Remember to pay for and pick up your silent auction items in the lobby of the main lodge*
- **Snack station** of granola bars, whole fruit and water bottle fill-up station for those going on afternoon hikes - Main lodge lobby

**1 pm to 1:30 pm: Travel to trailheads/meeting spots**

**1:30 pm to 5:30 pm: Hikes** (start time from the trailhead/meeting spot)

- 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	Option 3	Option 4
Family-friendly (Jackpine)	Family-friendly		Family-friendly
<b>Jackpine</b> 2.3 km loop (1 hr)	<b>Mica Hill</b> 8.7 km, (3 - 4 hrs)	<b>Cape Smokey</b> 10 km, 3 - 4 hrs	<b>Warren Lake &amp; Broad Cove Mountain</b> 5 km (1.5 - 2 hrs) & 2.3 km (1 hr) <b><i>Broad Cove Trail will not be available</i></b>
<b>Coastal</b> 11.3 km return (3 - 4 hrs) or 5 km return			

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