



News Release

For Immediate Release

January 11, 2021

Winter hikes fend off cabin fever

Pandemic or not, fighting boredom and inactivity has always been a challenge in winter. Hike Nova Scotia says that one way to fend off cabin fever is to hike or snowshoe.

“We can glue ourselves to screens this winter or we can get off the couch and do something good for our bodies, minds and souls,” says Janet Barlow, Hike NS Executive Director. “Getting out for a hike or a snowshoe is something most folks can do close to home on a local trail.”

Hike NS and 15 host organizations partnered to offer the Winter Guided Hike Series in January, February and March. There are over 35 hikes scheduled province-wide. Hikes are led by local folks and participants qualify to win trail prizes. All of these free or low-cost hike or snowshoe events require pre-registration and will follow public health protocols, including social distancing.

The full schedule with registration details and directions is found at www.hikenovascotia.ca. Hikes are listed by date and region and include various lengths and difficulty levels. For some of the guided hikes, snowshoes are provided. If there’s no snow, events will go ahead as hikes.

Hike NS thanks its local partners for organizing the hikes on the ground 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 hiking culture throughout the province, striving to be the voice for those who hike, walk and snowshoe.

For those new to snowshoeing, there’s an Intro to Snowshoeing webinar coming up on January 26. If you need snowshoes, easily find some to borrow, rent or buy using Hike NS’s online guide, with over 65 listings. There are over 40 venues where you can borrow them for free. Learn more about the webinar and guide at www.hikenovascotia.ca.

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/2021/01/11/winter-hikes-fend-off-cabin-fever/>