



Adventure in every step

2009 Fall Hikes

Location	Date & Time	Details	Contact	Partner
Clyburn Valley Trail, Cape Breton Highlands National Park	Saturday, September 19 at 9 am	Meet in the parking lot past Clyburn Picnic Park & Bridge in Ingonish Beach. Look for the Hike the Highlands festival sign on the edge of the road. The hike is 8.5 km or 2.3 hours. There is a registration fee of \$10.00 for the guided hike and a National Park entry pass required.	hikethehighlands@gmail.com	Hike the Highlands Festival and Cape Breton Highlands National Park
Uniacke Estate Museum Park	Sunday, September 27, Registration at 9:30 am, Walk Starts at 10 am	Take Exit 3 from Hwy 101. Follow the road signs to the village of Mount Uniacke (old Hwy #1) and Uniacke Estate Park (on the left). Meet in the visitors' parking lot. Sturdy footwear is recommended for this 11 km hike.	Contact Sylvie Theriault at 902-443-9711 or sylviet@ns.sympatico.ca or www.dartmouthvolksmarchclub.com	Dartmouth Volksmarch Club
Keji Hemlock and Hardwoods Trail	Sunday, October 4, 2 pm – 4 pm	The trail is located in Kejimikujik National Park and National Historic site (5 km hike or two hours). Meet at the visitor reception centre at 1:30 pm or at the trail head for the Hemlocks and Hardwoods Trail at 2 pm sharp. Maps and washrooms available at the visitor reception centre. There is a park day fee of \$4.90 (seniors) and \$ 5.80 (regular) park passes.	Contact Debra Ryan at 902-532-3139 or Keji at 902-682-2772	Annapolis County Recreation Services
Six Mile Brook – Dalhousie Mountain, Millsville loop	Sunday, October 4, 1 pm – 4 pm	From Halifax or Truro: Take Exit 19 off Hwy 104. Turn right onto old Hwy 4 and left onto the Six Mile Brook Road (Stillman Road) across from the provincial park. Meet at the end of the paved Six Mile Brook Road, at the STOP sign just before heading into the gravel pit on the dirt road in order to car pool into the brook and bridge where the hike will start. From New Glasgow and Antigonish: Take Exit 20 off Hwy104. Turn left onto Hwy #4, driving to Saltsprings Provincial Picnic Park. Turn right onto Six Mile Brook Road (Stillman Road) and continue to the stop sign where we'll meet in order to car pool into the bridge over the brook and the start of the trail.	fran.wyman@gmail.com	Cape to Cape Trail
Franey Trail, Cape Breton Highlands National Park	Thursday, October 15, at 11 am	Drive north from the Ingonish Beach campground for 1.5 km, past the church and golf course and over the Clyburn Bridge. Take the next left at Franey Trail sign. Continue on this road from pavement to gravel up the hill for about 1 km to the trailhead & parking lot. Call 902-285-3009 to register, free with park pass. Bring water and a light lunch.	Marie Stradeski, Cape Breton Highlands National Park, 902-285-3009	Celtic Colours and Cape Breton Highlands National Park
Abraham Lake Trail, HRM	Saturday, October 17, 11 am – 2 pm,	From Hwy. 7 in Sheet Harbour, head north on Hwy 374 for 34 km. Look for gravel road/Abraham Lake Road sign on left. From Hwy 104 at Stellarton, take Exit 24 and head south on Hwy 374 for approximately 53 km and look for gravel road/Abraham Lake Road sign on the right. Travel about 5 km on the gravel road and look for a small parking area and trail head sign on the right. Bring water and a lunch.	Jim Vance, hikens@xplornet.com	Nature Conservancy of Canada
Oakland Trail near Mahone Bay	Sunday October 25, 10 am	Take exit 10 from Hwy 103, and turn West towards Mahone Bay. As soon as you enter the town, park by the bay across the road from the Inlet Café (Keddy's Landing) where the hike will start. The hike is 10 km or 2.5 hours (a shorter hike is also available). The hike is easy, with slight hills, and we walk along woodland tracks, a rail trail and a section of paved road.	sshikers@gmail.com or 902-543-1943	South Shore Hiking Club

www.hikenovascotia.ca