News Release

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A walk in the woods can do wonders

Whether you identify as a hiker or as someone who simply likes a walk in the woods, Hike Nova Scotia's guided hike and walk series has you covered.

"There are all kinds of reasons why people want to get outside and into nature," says Janet Barlow, Hike Nova Scotia Executive Director. "It really doesn't matter why or your ability, all that matters is that you take a moment to really enjoy what autumn has to offer. By simply going for a walk in the woods you can enjoy the physical, mental and social benefits. "

Hike NS and 16 host organizations have partnered to offer the Fall Guided Hike & Walk Series from September to November. There are 38 events scheduled province-wide led by local folks and participants qualify to win trail prizes. They are free or low-cost events and some require pre-registration.

The hike series has something for everyone, including easy, moderate or challenging hikes or walks. The full schedule with registration details and directions is found at www.hikenovascotia.ca. Hikes are listed by date and region and include route lengths and difficulty levels.

Hike NS thanks its local partners on the ground for organizing the events as well as Goose Lane Editions and the NS Department of Communities, Culture, Tourism and Heritage for their support.

Those who want to improve their outdoor skills or are new to hiking can take part in one of Hike NS's courses or webinars, such as Intro to Hiking. Learn more at www.hikenovascotia.ca.

For more information on these events or Hike Nova Scotia contact:
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Hike Nova Scotia (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 as well as those who build and maintain hiking trails.