



Hiking Summit

May 30 to June 1, 2025

Bridgewater

Detailed Program

With Co-hosts



Sponsors



SOUTH SHORE Physiotherapy

902-530-3553

www.southshorephysio.ca

Immerse Yourself In Nature – Go Hiking!



Hon. Becky Druhan
MLA for Lunenburg West
373 King Street
Bridgewater, NS, B4V 1B1

902-530-5449
info@beckydruhan.ca



Hon. Susan Corkum-Greek
MLA for Lunenburg
97 Kaulbach Street, Suite 201
Lunenburg, NS, B0J 2C0

902-634-8708
susancorkumgreekmla@gmail.com



Hiking Summit 2025 Program

May 30 to June 1, 2025

Bridgewater, Days Inn (50 North Street)

Day 1: Friday, May 30

12:00pm - 8:00pm Registration at Days Inn

1:00pm - 5:00pm Afternoon Hikes: Please attend hike you registered for:

- Castle Rock: *Moderate to Difficult*
- Gold River Natural Area & Haughn Estate Trails: *Moderate*
- Hackmatack Farm (Lun. Co. Winery) and Indian Falls: *Easy*
- River Ridge Common: *Moderate*

5:00pm - 6:00pm Supper on Your Own

6:00pm - 7:00pm Welcome Reception: Snacks & cash bar

7:00pm - 8:00pm Pecha Kucha Presentations (short form presentations):

- Session Name TBA: Sara Joy
- Session Name TBA: Kerianne Chislett
- Session Name TBA: Brit Hill

8:00pm - 9:30pm Sunset Hike: Centennial Trail to the Bridge over the LaHave River: *Easy*

8:00pm onward Social time

Day 2: Saturday, May 31

6:00am - 7:30am Sunrise Hike: Arthur Young Trail to Centennial Trail Bridge: *Moderate*

7:00am - 8:45am Breakfast on Your Own

7:45am - 8:45am Registration

8:45am - 9:30am Hike NS Official Summit Opening

9:30am - 10:30am TBA

10:30am - 11:00am Nutrition Break

11:00am - 11:45am Breakout Sessions: Choose between:

- Session Name TBA: Michael Haynes
- Session Name TBA: Benoit Lalonde

11:45am - 12:30pm Lunch

12:30pm - 1:00pm Travel to Trailheads

- 1:00pm - 5:00pm Afternoon Hikes: Please attend hike you registered for:
- Dynamite Trail to Oakland Common: *Moderate*
 - Gaff Point & Indian Path Common: *Moderate to Difficult*
 - Little Bluff: *Moderate to Difficult*
 - Bear Trap Road Trail: *Moderate to Difficult*
 - Indian Garden Farm: *Moderate*
- 6:00pm - 9:00pm Supper, Keynote, Summit Award & Silent Auction
Keynote: Jonathan Riley, Past President Hike Nova Scotia
- 9:00pm - 10:30pm Night Hike: Wentzell Lake Provincial Park: *Easy*
- 9:00pm onward Social time

Day 3: Sunday, June 1

- 6:00am - 7:00am Sunrise Hike: Miller Point Peace Park: *Easy*
- 7:00am - 8:00am Breakfast on Your Own
- 7:30am - 8:00am Silent Auction Pick-Up
- 8:00am - 8:30am Travel to Trailheads
- 8:30am - 10:30am Morning Hikes: Please attend the hike you registered for:
- Asitu'lisk (formerly Windhorse Farm): *Moderate*
 - Lunenburg Salt Marsh and Back Harbour: *Easy to Moderate*
 - MARC (Municipal Activity and Recreation Complex): *Easy to Moderate*
 - Two Waterfalls Lower Branch: *Moderate*
 - Wentzell's Woods: *Easy to Moderate*
- 10:45am - 11:15am Nutrition Break & Silent Auction Pick-Up
- 11:15am - 12:15pm Breakout Sessions: Choose between:
- Session Name TBA: A for Adventure
 - Beyond the Day Hike - Backpacking for Midlife+ Adventurers: Journey to Wellness with Deborah Peddle-Hann
- 12:30pm - 1:00pm Summit Closing
- 1:00pm - 1:45pm Lunch
- 1:45pm - 2:15pm Travel to Trailheads
- 2:15pm - 4:15pm Afternoon Hikes: Please attend the hike you registered for:
- River Ridge Common: *Moderate*
 - Blue Rocks Common: *Moderate*
 - Gaff Point: *Moderate*
 - Indian Path Common: *Moderate*

Summit ends - see you next year!