



News Release

For Immediate Release

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Need to clear your head? Go for a hike

Ever feel like the month of September crashes down on you with busyness after a lazy summer? It can muddle your head with new work or school schedules and social and extracurricular activities ramping up. Hike Nova Scotia says it's at times like this when a walk in the woods is what you need to clear your mind. And it's got just the ticket: guided hikes.

"I've certainly felt this way," says Janet Barlow, Hike NS Executive Director. "Everything starts back up in September and when you look ahead at what fall schedules can bring, it can be daunting. That's why I really depend on getting out for a walk in the woods to slow down, get centred among all the busyness."

This is where the guided hikes come in. Hike NS and 19 host organizations have partnered to offer the Fall Guided Hike & Walk Series province-wide from September to December. There are 50 events led by local folks and participants qualify to win trail prizes. They are free or low-cost events and some require pre-registration.

The full schedule with registration details and directions is found at www.hikenovascotia.ca. Events 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, Mountain Equipment Company and the NS Department of Communities, Culture, Tourism and Heritage for their support.

For those who want to improve their outdoor skills or are new to hiking, they can also 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:

Janet Barlow, Hike Nova Scotia
(902) 932-6902, info@hikenovascotia.ca
www.hikenovascotia.ca

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.