



## News Release

### ***For Immediate Release***

May 7, 2025

### **Demand for hikes prompts new series**

Due to increased demand and heightened interest in hiking, Hike Nova Scotia has added a new series of hikes to its roster.

The Spring-Summer Hike & Walk Series is a new slate of events, balancing out the organization's long-running fall and winter series.

"We used to find organizing events in summer was difficult because of vacations and people being scattered during this time. Turn-out was spotty," says Janet Barlow, Hike NS Executive Director. "But we've had a lot of feedback in recent years from hikers and from our local partners who organize hikes saying they want events this time of year. So we listened and here we are."

Hike NS and 15 host organizations have partnered to offer 44 events across the province 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](http://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. Learn more at [www.hikenovascotia.ca](http://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.