



News Release

For Immediate Release

January 8, 2025

Nature is medicine: winter walks fill your prescription

A patient walks into a doctor's office and leaves with a prescription not for pills but rather a walk in the woods. This is a real thing.

"The simple act of regularly getting out into nature can have tremendous health benefits to the extent that [doctors are now prescribing nature](#)," says Janet Barlow, Hike Nova Scotia Executive Director.

"All it takes two hours a week to begin to see improvements in health and wellbeing." You can start with Hike Nova Scotia's Winter Guided Hike & Walk Series says Barlow.

Hike Nova Scotia and 23 host organizations have partnered up to offer the series across NS from January to March. There are 44 hike, walk or snowshoe 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. For some of the events snowshoes are provided. If there's no snow, most snowshoe events will go ahead as a hike or walk.

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. The series is linked to the Take the Roof Off Winter initiative.

If you need snowshoes, you can easily find some to borrow, rent or buy using Hike NS's online directory, with 94 listings. There are 68 venues where you can borrow them for free. 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.