

DATE	Name of Trail	Leader	Meeting Point	Distance Rating	MAP/Comments
Mon. July 1 2024 Canada Day 10 AM	Canada Day Walk [Dress in Red] Halifax PT	Wanda Bonk 902 429 3403	YMCA 5640 Sackville St, Halifax, NS B3J 3Y3 Halifax waterfront boardwalk to Pleasant Park seafront and return via Tower and South Park St. (6 km turn around and return at Pier 21 Museum)	11 KM, 2A 6 KM, 2A	<a href="#">MAP</a> Local Street parking and parkade <b>Walk will end in the Halifax Public Gardens</b>
Wed. July 3 2024 6:30 PM	PT Dartmouth Walk (Shubie Park)	John A Carter 902-864-4031	Hearthstone Inn, 313 Prince Albert Rd, Dartmouth, NS B2Y 1N3	10 KM, 2B 6 KM, 2B	<a href="#">MAP</a> Park at lower end of Superstore parking lot
Sun July 7 2024 10 AM	Spryfield/Long Lake Loop	Dan Haycock 902-479-2817	Long Lake Provincial Park main parking lot. 10 Dunbrack St, Halifax, NS North West Arm Drive at Cowie Hill Road,	10 KM 3A 6 KM, 3A	<a href="#">MAP</a> see <a href="#">Trail Website</a>
Wed. July 10 2024 6:30 PM	<b>PT Eastern Passage</b>	Ronda Foote 902-233-6970	Irving Circle K, Gas Station: 72 Cow Bay Rd, Cow Bay, NS B3G 1L3,	10 KM, 2A 5 KM, 2A	<a href="#">MAP</a> Do not block access to pumps or convenience store
Sun. July 14 2024 10 AM	Chester Walk and Potluck Picnic	Margaret Odell 902-454-9280	Chester Train Station Museum. Take HWY 103 to Exit 7 old highway 3 to Chester train station museum & information bureau parking lot at 20 Smith Rd, Chester, NS B0J 1J0	10 KM, 2B 5 KM, 2A	<a href="#">MAP</a> NOTE: Bring a contribution for potluck Picnic lunch at 12:30 PM
Wed July 17 2024 6:30 PM	<b>PT Cole Harbour</b>	Margaret Odell 902-454-9280	Cole Harbour Place Parking Lot, 51 Forest Hills Pkwy, Dartmouth, NS B2W 6C6.	10 KM, 2B 6 KM, 2B	<a href="#">MAP</a>
Sun July 21 2024 10 AM	Castle Rock Trail (Labrador Lake)	Peter Steeper 902-820-2255	2055 Nova Scotia Trunk 3, Chester, NS B0J 1J0 take Exit 7 off Hwy.103 then old hwy. 3 towards East River to Junction hwy. 3 and RR 329 (where Aspotogan Trail intersects Chester Connection Trail) USE EAST RIVER TRAIL <a href="#">PARKING LOT</a>	10 KM 3B 6 KM, 2B	<a href="#">MAP</a> Rails to trail for 2.5 KM and then woods trail to climb up rock Park in designated parking lot a short distance down Hwy. 329
Wed. July 24 2024 6:30 PM	<b>PT Dartmouth City Of Lakes</b>	Barb Henderson 902-222-3849	Hearthstone Inn, 313 Prince Albert Rd, Dartmouth, NS B2Y 1N3	10 KM, 2B 5 KM, 2B	<a href="#">MAP</a> Park at lower end of Superstore parking lot Evening Walk.
Sun. July 28 2024 10 AM	Charles MacDonald Sports Park Walk	Elaine Dawson 902-221-3825	Sports Park parking lot, 1390 Cobequid Rd, Waverley, NS B2R 1M3. (Dogs allowed in park on leash)	10 KM, 3B 5 KM, 3B	<a href="#">MAP</a> Turn Right on Champions Way and follow gravel to Park parking
Wed July 31 2024 10 AM	<b>PT Halifax Permanent Walk</b>	Margaret Odell 902 454 9280	YMCA 5640 Sackville St, Halifax, NS B3J 3Y3 Corner of Sackville St and South Park St	10 KM 2A 5 KM 2A	<a href="#">MAP</a> Local Street parking and parkade
<b>August</b>					
Sun. August 4 2024 10 AM	McNabs Island Prov. Park <a href="#">Boat Ride</a> and walk.	Coordinator: Darlene Beck 902-483-6086 <a href="mailto:darlene.beck@gmail.com">Email Darlene</a>	Meet at <a href="#">87 Government Wharf Rd.</a> Eastern Passage: pre-registration and payment required. Limit of 27. First come first served. Ferry to Island 10 AM. Return at 4 PM. email <a href="mailto:darlene.beck@gmail.com">darlene.beck@gmail.com</a> Cost of Boat Fare TBA. > Don't be late - boat won't wait! <	13 KM, easy some hills and stairs	<a href="#">MAP</a> Park at Shore Road parking lot. <a href="#">Boat ride</a> and leisurely walk with FOMI Guide (pending) – Bring snacks lunch and water
Wed. August 7 2024 6:30 PM	<b>PT Cole Harbour</b>	John A Carter 902-864-4031	Cole Harbour Place Parking Lot, 51 Forest Hills Pkwy, Dartmouth, NS B2W 6C6.	10 KM, 2B 6 KM, 2B	<a href="#">MAP</a> Park in upper parking lot

Sun. August 11 2024 10 AM	York Redoubt	Margaret Odell 902-454-9280	York redoubt Historic Site 300 Fergusons Cove Rd, Fergusons Cove, NS B3V 1G3 <a href="#">National Historic Site</a>	10 KM, 2B	<a href="#">MAP</a>
Wed. August 14 2024 6:30 PM	<b>PT Dartmouth Dartmouth Lakes</b>	Darlene Beck 902-483-6086	Hearth Stone Inn Hotel 313 Prince Albert Rd, Dartmouth, NS B2Y 1N3	10 KM, 2B 6 KM, 2B	<a href="#">MAP</a> Note Start Time - park at end of Superstore Parking Lot
Sun August 18 8/10/&11 AM BBQ 12 noon	41 <sup>st</sup> Annual BBQ and 3 Walks Free BBQ lunch	Coordinator: Peter Steeper VP BBQ Chef TBA	Meet at the Fairbanks Centre, Shubie Park, 54 Locks Rd, Dartmouth, NS B2X 2W7. 5, 10, 20 KMs, 2B (Barbecue lunch following walk) 20 KM is a Self-Guided walk. Note Start times.	20KM,10KM 2B 5KM	<a href="#">MAP</a> We need Walk Leaders for 10 KM and 5 KM walks
Wed. August 21 2024 6:30 PM	<b>PT Eastern Passage</b>	Ronda Foote 902-233-6970	Irving Circle K, 72 Cow Bay Road, Walk Programs <b>Boardwalks</b>	10 KM, 2A 5 KM, 2A	<a href="#">MAP</a> Do not block access to pumps or convenience store
Sun. August 25 2024 10 AM	Nine Mile River Trail	Elaine Dawson 902-221-3825	Trail Head: 1199 Enfield Rd, Nine Mile River, NS B2S 2T7 take Hwy 102 Exit 7. At Enfield left at Home Hardware & right at next two forks to Trail Head - with large well-marked parking lot.	10 KM, 3B 6KM, 2B	<a href="#">MAP</a> Nature Trail in Cathedral Forest with lakes and river features. Bring water and Lunch
<b>September</b>					
Sun. Sept. 1 2024 10 AM	Cape Split	Peter Steeper 902-820-2255	Trail Head: Cape Split Trail. 999 Cape Split Road. Scots Bay. 13 KMS - 3-4 hours including rest/lunch break. <a href="#">History of Scotts Bay</a>	13 KM, 3B 6 KM, 3B	<a href="#">MAP</a> bring lunch and plenty of water - make own car sharing arrangements
Sun. Sept. 8 2024 10 AM	Prospect High Head Trail	Anthony Scoggins 902-430-5980	Start Point. 179 Hages Lane B3T 2A4 From Hwy 333 take Prospect Bay Rd. -right on Seligs left on Jamils continue on Hages Lane to end. Do not block driveways	10 KM, 3C 5 KM, 3C	<a href="#">MAP</a> Coastal Trail - Rocky headland some boggy areas.
Sun. Sept. 15 2024 10 AM	Hemlock Ravine and Cabin Lake Trails	Anthony Scoggins 902-430-5980	NSLC Parking Lot Wedgewood Plaza 117 Kearney Lake Rd, Halifax, NS B3M 4N9	10 KM, 3B 6 KM, 3B	<a href="#">MAP</a> Park in upper end of parking lot
Tues. Sept. 17 2024 <b>7 PM</b>	Salt Marsh Trail Hunters Moon	Ruth Jardine 902-401-5363	806 Bissett Rd. Note time - Bring flashlight Note the TIME. 2 Hour Walk finish about 9:30 PM	10 KM 2B 6 KM 2B	Note Time. Bring flashlight
Sun. Sept. 22 2024 10 AM	Johnson Falls	Elaine Dawson 902-221-3825	Start: 931 Perrin Drive, Fall River, NS B3T 1X9 Park at the end of the road. Do not block driveways.	8 KM 3C 6 KM 2B	<a href="#">MAP</a> Nature trail, muddy patches leading to a scenic waterfall.
Sun. Sept. 29 2024 10 AM	Mahone Bay Scarecrow Walk	Margaret Odell 902- 454-9280	Take exit 10 Hwy 103. and old hwy. 3 to Mahone Bay. Use first parking lot opposite Trinity Church, 101 Edgewater St, Mahone Bay, NS B0J 2E0	10 KM, 2B 6 KM, 2B	<a href="#">MAP</a> Fun Walk around town with new <b>~scary~</b> inhabitants
<b>October</b>					
Sun. Oct. 6 2024 10 AM	The Bluffs Trail (Pot Lake Loop) & BLT Rails to Trails 6KM	John A Carter 902-864-4031 BLT leader TBA	Bluffs Trail Head Parking Lot: 2890 St Margaret's Bay Rd (Bring lots water and a lunch) Over 3.5 Hours BLT same start point - 6 KM out and back	10 KM, 4D 10 KM, 1A 6 KM 1A	<a href="#">MAP</a> Separate walks Bluffs 10KM 3C BLT 10 and 6 KM 2B
Sun. Oct. 13 2024 10 AM	Victoria Park Truro	lbel Scammel 902-895-8445	Victoria Park Truro 29 Park Rd, Truro, NS B2N 4E5 Natural Woodland park -waterfall. Long Hike 2-3 hours	10 KM, 3C 6 KM 3C	<a href="#">MAP</a> arrange own car sharing Bring lunch and lots of water

Thur. Oct. 17 2024 <b>7 PM</b>	Salt Marsh Trail Harvest Moon	Ruth Jardine 902- 401-5363	806 Bisset Rd parking lot. 3 KM from Cole Harbour Rd. 10 KM or 6 KM, 1B (note start time; bring a flashlight)	10 KM, 2B 6 KM, 2B	<a href="#">MAP</a> Moonlight walk - Note time Bring flashlight
Sun. Oct. 20 2024 10 AM	Lake William Trail	John & Cindy O'Keefe 902-861- 4324	Rocky Lake Drive opposite Powder Mill Lake Picnic Park, Waverley. Park at Picnic Park layby for registration and start.	10 KM, 4C 6 KM, 2C	<a href="#">MAP</a> Lots of hills – good cardio work-out
Sun. October 27 2024	Oakfield Park	Elaine Dawson 902- 221-3825	Oakfield Park, 366 Oakfield Park Rd, Oakfield, NS B2T 1B3 Take Hwy 102 Exit 7 then old hwy.# 2. turn Right into to Oakfield Park Rd	7 KM, 2B	<a href="#">MAP</a> Parking is limited at Trail Head – park back the road a bit and walk
<b>November</b>					
Sun Nov 3 2024 10 AM	Lawrencetown Provincial Park	Trudy Hubley 902- 499-2639	Lawrencetown Beach Info Centre, 4348 Hwy 207 NS-207, East Lawrencetown, NS B2Z 1P8 Walk Programs <i>Boardwalks</i>	10 KM , 2B 6 KM, 2B	<a href="#">MAP</a> Toilets at Info.Centre may be closed
Sun. Nov. 10 2024 10 AM	Old Coach Road Cabin Lake Trail	Lorraine DeLuca 902-329-4593	Sobeys (Mill Cove Shopping Centre), 961 Bedford Highway, Bedford NS B4A 1A9. Park behind Sobeys Fast Fuel gas Station	10 KM, 3C 6 KM, 3B	<a href="#">MAP</a> Lots of Hills g good Cardio work-out mostly on groomed trail
Sun. Nov. 17 2024 10 AM	Sackville Lakes- 1st & 2nd Lake Trails	John & Cindy O'Keefe 902-861- 4324	Sackville Lakes Trails Parking Lot: 440 First Lake Dr, Lower Sackville, NS B4C 3L2 off Cobequid Road, Lower Sackville	10 KM, 2B 6 KM, 2B	<a href="#">MAP</a> Nature Trails -Mostly on groomed crushed stone
Nov. 24 2024 10 AM	BLT Rails to Trails Lakeside	Trudy Hubley 902- 499-2639	Trail Head next to Coca Cola Plant 20 Lakeside Industrial Park, Halifax, NS B3T 1L8 If parking at Trail Head is limited – Park on street	10 KM , 2B 6 KM, 1B	<a href="#">MAP</a> Out and back trail on groomed crusher dust trail past waterfall
<b>December</b>					
Sun Dec. 1 2024 - 10 AM	Halifax North End	Margaret Odell 902- 454-9280	Atlantic Superstore Parking Lot, 6141 Young St, Halifax, - Park at right side. Walk will include Mulgrave Park Murals	10 KM, 2A 6 KM, 2A	<a href="#">MAP</a> Hydrostone, Fort Needham and Mulgrave Park Murals
Sun. Dec. 8 2024 - !0 AM	Forest Hills, Bissett Lake & Heritage Park	Elaine Ryan 902-444-4571	Cole Harbour Place Parking Lot, 51 Forest Hills Pkwy, Dartmouth, NS B2W 6C6.	10 KM, 2B 6 KM, 2B	<a href="#">MAP</a> Park in upper parking lot
Sun. Dec 15 2024 10 AM	Atlantic View Trail	Darlene Beck 902-483-6086	Atlantic View Trail. Lawrence Beach Provincial Park <a href="#">4348 NS Hwy 207 East Lawrencetown NS B2Z 1P8</a>	10 KM 2B 6 KM 2B	<a href="#">MAP</a> Toilets may be closed
Sun. Dec. 22 2024 <b>7 PM</b>	Christmas Lights Halifax	Mel Earley 782-234-6016	YMCA <a href="#">5640 Sackville St. Halifax. NS B3J 3Y3</a> Corner Sackville St and South Park. Downtown Halifax Walkabout Dress Warmly	10 KM 2A 5 KM, 2A	<a href="#">MAP</a> Note the time 7 PM Parking <a href="#">Garrison Grounds Parking Lot</a>
Jan. 1 2025 10 AM	Walk followed by Levee at loc. TBA	Walk Leader TBA	Location TBA - Can be in Halifax or Dartmouth Levee at 12:00 noon	10 KM 2B 5 KM 2b	Wanted : volunteer leader