

**Admiral Lake Trail Hike**  
**Ship Harbour Long Lake Wilderness Area**  
*Halifax Regional Municipality*  
*Saturday, April 23, 2011 • 10:00 AM*

Join the Chebucto Hiking Club for a moderate 10 km group hike along the Admiral Lake Trail. This hike is suitable for all ages and is rated 4C - a significant part of the hike takes place on somewhat difficult terrain (rocky, rooted paths). We will meet at the trailhead parking lot in Musquodoboit Harbour. Please bring snacks, lots of water, and hiking boots. Hike will last approximately 3-4 hours. Contact Shanna at (902) 826-9384 or visit [www.chc.chebucto.org](http://www.chc.chebucto.org).

**Juniper Head Trail & Gully Lake Loop Hike**  
**Gully Lake Wilderness Area**  
*Colchester/Pictou Counties*  
*Saturday, May 28, 2011 • 8:30 AM*

Join Cobequid Eco-Trails Society (CE-TS) for a challenging 16 km guided hike in Gully Lake Wilderness Area. We will be hiking through hardwood and mixed forest hills, past old logging camp sites, waterfalls, and ecologically sensitive marsh habitats. The Gully Lake Loop is our most rugged trail and a reasonable level of fitness is required - recommended for those 16 and up. This is a guided hike; however, you will be asked to sign a waiver and are required to stay with the group. Registration at 8:30 am; hike begins at 9 AM. The leader may alter routes as conditions require. Be prepared for a full day of

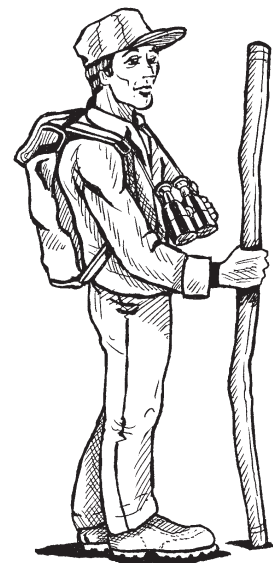


hiking - approximately 7.5 hours. The hike will take place rain or shine. Bring hiking boots, water, lunch, and dress for a variety of weather conditions. We will meet at the Glen Road Trail Head. Contact Sheila at (902) 895-2007 or Bettie at (902) 897-4758 or email [sgwilson53@hotmail.com](mailto:sgwilson53@hotmail.com). For directions to the trail

head and a detailed description of the trails, please visit our website at [www.cobequidecotrails.ca](http://www.cobequidecotrails.ca).

**Musquodoboit Trailway Walk or Admiral Lake Trail Hike**  
**Ship Harbour Long Lake Wilderness Area**  
*Halifax Regional Municipality*  
*Sunday, June 5, 2011 • 10:00 AM*

Join the Dartmouth Volksmarch Club for an easy 6 km or 10 km guided walk of the Musquodoboit Trailway, or a challenging 12 km guided hike of Admiral Lake. The 6 km and 10 km walks will take place on a flat, well-groomed park trail; the 12 km guided hike involves a good deal of challenging hill climbing along rocky and rooted paths. We will meet at the Musquodoboit Railway Station Museum on Highway #7 where we will sign in and pay a \$1 event fee. Water, a snack, and sturdy walking shoes or boots are recommended for the 6 km and 10 km walks. Sturdy boots, lots of water, and a lunch is necessary for the 3-4 hour 12 km hike. Contact Lily at (902) 466-4421 or visit [www.dartmouthvolksmarchclub.com](http://www.dartmouthvolksmarchclub.com).



**Hike to Blue Mountain**  
**Blue Mountain-Birch Cove Lakes Wilderness Area**  
*Halifax Regional Municipality*  
*Tuesday, June 14, 2011 • 6:00 PM*

Join Halifax Northwest Trails Association for a hike on a forest access road and footpath to a panoramic view from the top of Blue Mountain (Hill). We will be pointing out interesting flora and fauna enroute and will be walking through a small remnant of old growth forest. Most of the 2.5 km hike (one way) is

an easy hike but the last 500 m is quite rugged under foot and steep in places. We will be walking into the recently designed Blue Mountain - Birch Cove Lakes Wilderness Area, the closest protected wilderness area to metro Halifax. This hike is appropriate for adults only. Pre-registration is required. Please bring waterproof hiking boots, water, sunscreen, and a hat. Meet at the trailhead (gated) at the end of Anahid Drive in Kingswood subdivision. To pre-register contact Bob at (902) 443-5051, or email [bobathome@eastlink.ca](mailto:bobathome@eastlink.ca). Rain date: Thursday, June 16 at 6 PM.

**Crowbar Lake Wilderness Trail Hike**  
**Waverley - Salmon River Long Lake Wilderness Area**

*Halifax Regional Municipality*  
*Sunday, June 19, 2011 • 10:00 AM*

Join the Dartmouth Volksmarch Club for a challenging 15 km guided hike of the Crowbar Lake trail system, within Waverley-Salmon River Long Lake Wilderness Area. This hike is for adults only will take place on difficult terrain along rocky and rooted paths and significant hill climbing. Beautiful lakes and waterways alternate with hill-top views. We will meet at the Crowbar Lake Trail parking lot at 1800 Myra Road, about 9 kms north of Highway 7 where we will sign in and pay a \$1 event fee. Lots of water, lunch, and sturdy walking shoes or boots are necessary. Contact Wayne or Joy at (902) 864-3016 or visit [www.dartmouthvolksmarchclub.com](http://www.dartmouthvolksmarchclub.com).

**Duncans Cove Hike**  
**Duncans Cove Nature Reserve**

*Halifax Regional Municipality*  
*Saturday, July 2, 2011 • 10:00 AM*

Join the Chebucto Hiking Club for a moderate 10 km coastal hike. This hike is suitable for all ages and is rated 3C - some significant hill climbing and a significant part of the walk takes place on somewhat difficult terrain (rocky, rooted paths). We will meet at the parking lot at the end of Duncans Cove Road, off Highway 349. Please bring water, snacks, and hiking shoes or boots. Contact Shanna at (902) 826-9384 or visit [www.chc.chebucto.org](http://www.chc.chebucto.org).

**Abrahams Lake Nature Reserve Bird Walk**  
**Abrahams Lake Nature Reserve**

*Halifax Regional Municipality*  
*Saturday, July 9, 2011 • 9:00 AM - 2:00 PM*

Join the Friends of Taylor Head Park Society and the Nova Scotia Bird Society for a moderate walk suitable for the whole family. Bird enthusiasts of all levels are welcome. We will spend about 3 hours on the 6.5 km of trail and eat lunch by the lake. Much of the walk is in old growth forest. Bring binoculars, a lunch, water and proper hiking footwear. We will meet at 9 AM in Sheet Harbour at the NS Tourist Bureau (Old MacPhee House). As you come from Halifax, it is the first building on your right as you cross the bridge on West River. Contact Jim at (902) 885-2970 or email [jim.cameron@ns.sympatico.ca](mailto:jim.cameron@ns.sympatico.ca), or visit our website at <http://taylorhead.wordpress.com>.

**MTA Canada Parks Day 2011 Wilderness Trail Hike**

**Ship Harbour Long Lake Wilderness Area**  
*Halifax Regional Municipality*  
*Saturday, July 16, 2011 • 9:30 AM - 4:00 PM*

Join Musquodoboit Trailways Association (MTA) for a challenging day of hiking to celebrate Canada's Parks Day 2011 : Real Nature, Real History, Real Experiences. Enjoy magnificent views from the Eunice Lake and Admiral Lake Look-Offs. The South Granite Ridge Wilderness Trail involves steep climbs and rough terrain, suitable for experienced and fit adults and youth over 16. Participants are responsible for their own transportation. Please bring a lunch, plenty of water, small First Aid kit, snacks & fruit, proper footwear and attire, as well as insect repellent. Meet at 9:30 AM at the Trail's parking lot, Park Rd, behind the local arena in Musquodoboit Harbour. The hike begins at 10 am. Group size is limited and pre-registration is required. Sponsored by Musquodoboit Trailways Association. To pre-register, contact Christian at (902) 889-9223 or email [kamarad@hfx.eastlink.ca](mailto:kamarad@hfx.eastlink.ca).



**Fall Colours Hike**  
**Gully Lake Wilderness Area**

*Colchester/Pictou Counties*

*Sunday, October 16, 2011 • 10:00 AM*

Join Cobequid Eco-Trails Society (CE-TS) for one of two options on this linear hike - a 6.4 km or 12 km hike. The 12 km group will start on the Juniper Head Trail and then continue on the Gull Lake Trail to Gully Lake, hiking in mature to older sugar maple and yellow birch forest with abundant old forest lichens. The 6.4 km group will be hiking the Juniper Head Trail only. These are guided hikes. Both hikes are recommended for those 12 years and older. You will be asked to sign a waiver and are required to stay with the group. The leader may alter routes as conditions require. The hike will take place rain or shine. Registration is at 10 am; the hike starts at 10:30 am. Bring water, high energy snacks, sturdy shoes or hiking boots, and dress for the weather. Meet at the Glen Road Trail Head. For directions to the trail head and a detailed description of the trails, please check our website at [www.cobequidecotrails.ca](http://www.cobequidecotrails.ca). Contact Sheila at (902) 895-2007 or Bettie at (902) 897-4758, or email: [sgwilson53@hotmail.com](mailto:sgwilson53@hotmail.com).

**Crowbar Lake Wilderness Trail Hike**  
**Waverley-Salmon River Long Lake Wilderness Area**

*Halifax Regional Municipality*

*Saturday, October 22, 2011 • 10:00 AM*

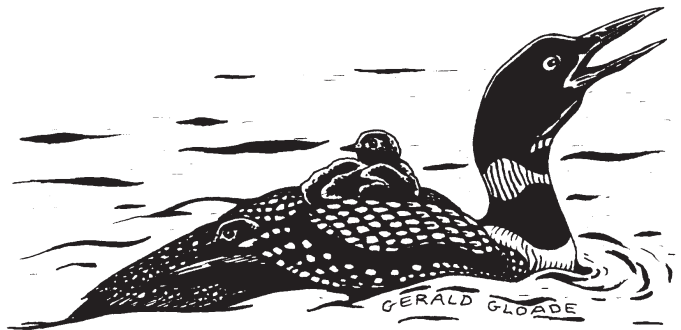
Join the Chebucto Hiking Club for a moderate to difficult 16 km hike along the Crowbar Lake Wilderness Trail. This hike is suitable for all ages and is rated 4D - a good deal of significant hill climbing and a significant part of the walk takes place on difficult terrain. Beautiful lakes and waterways alternate with hill-top views. This trail system is managed by the Porters Lake-Myra Road Wilderness Area Association. We will meet at the Crowbar Lake Trail parking lot on Myra Road. This hike takes longer than expected, so dress for the weather and wear hiking boots, and bring water and snacks. Contact Shanna at (902) 826-9384 or visit [www.chc.chebucto.org](http://www.chc.chebucto.org).

**Duncan's Cove Trail - Cenotaph Event**  
**Duncan's Cove Nature Reserve**

*Halifax Regional Municipality*

*Friday, November 11, 2011 • 10:00 AM*

Join the Dartmouth Volksmarch Club for a challenging 10 km guided coastal walk at Duncans Cove. The walk will take place on somewhat difficult terrain along rocky and rooted paths with some hill climbing. Meet at the parking lot located at the end of Duncans Cove Road on the right, off Highway 349, where we will sign in and pay a \$1 event fee. Water, a snack, and sturdy walking shoes or boots are recommended. Contact Lionel at (902) 466-4421 or visit [www.dartmouthvolksmarchclub.com](http://www.dartmouthvolksmarchclub.com).



**Blue Mountain/Birch Cove Lake Trail Hike**  
**Blue Mountain/Birch Cove Lakes Wilderness Area**

*Halifax Regional Municipality*

*Saturday, November 19, 2011 • 10:00 AM*

Join the Chebucto Hiking Club for a moderate 10 km hike along the trail to Blue Mountain. This hike is suitable for all ages and is rated 2C - some moderate hill climbing and a significant part of the walk taking place on somewhat difficult terrain (rocky, rooted paths). We will meet at the parking area at the end of Lewis Lake Terrace in the Kingswood Subdivision. Bring water, snacks, and hiking shoes or boots. Contact Shanna at (902) 826-9384 or visit [www.chc.chebucto.org](http://www.chc.chebucto.org).

**Cobequid Eco-Trails Society Snowshoe  
Gully Lake Wilderness Area**

*Colchester/Pictou Counties*

*Saturday, January 21, 2012 • 10:30 AM*

Join Cobequid Eco-trails Society (CE-TS) for a snowshoe trek on the Gully Lake to Nuttby Trail System. This event is suitable for those 10 years of age and older. Meet at the Trail Head on the Kemptown Road, where we will break into groups based on experience and fitness levels. You will be able to choose a 2-4 km or 5-6 km trek - distances may vary due to weather conditions. You must supply your own snowshoes. This is a guided hike - you will be asked to sign a waiver and are required to stay with the group. The leader may alter routes as conditions require. Dress for the winter conditions and bring water, high energy snacks, and snowshoes. For directions to the trail head and a detailed description of the trails, please check our website at [www.cobequidecotrails.ca](http://www.cobequidecotrails.ca). Contact Sheila at (902) 895-2007 or Bettie at (902) 897-4758 or email [sgwilson53@hotmail.com](mailto:sgwilson53@hotmail.com).

**Ski Across Gully Lake Wilderness Area  
Gully Lake Wilderness Area**

*Colchester/Pictou Counties*

*Saturday, February 11, 2012 • 9:30 AM - 4:00 PM*

Join a guide from Nova Scotia Environment for a gorgeous wilderness ski tour crossing of Gully Lake Wilderness Area. This physically demanding 10-12 km adventure is for seasoned cross-country skiers only. We will travel across a succession of hardwood hills and along the valley of Salmon River. Much of the route follows a new hiking trail developed by

Cobequid Eco-trails Society (CE-TS). The 3,810 hectare Gully Lake Wilderness Area protects the largest remaining patch of mature forest in the Pictou-Truro areas and was home to the Hermit of Gully Lake. Suitable for experienced and fit adults and youth over 16. Participants are responsible for their own transportation and cross-country ski equipment. Please be sure to bring warm clothing, lunch, and water. Pre-registration is required. Group size is limited. Sponsored by the Nova Scotia Environment's Protected Areas and Wetlands Branch. To pre-register contact Oliver Maass at (902) 424-2123 or email [maassoc@gov.ns.ca](mailto:maassoc@gov.ns.ca).



**For more information please contact:  
Protected Areas and Wetlands Branch  
Nova Scotia Environment  
Box 442, 5151 Terminal Road  
Halifax, NS, B3J 2P8  
Tel: (902) 424-2117 Fax: (902) 424-0501  
email: [protectedareas@gov.ns.ca](mailto:protectedareas@gov.ns.ca)**