

Hiking Summit

May 30 to June 1, 2025

Bridgewater

Detailed Program

With Co-hosts





Sponsors











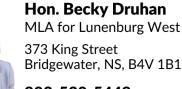




SOUTH SHORE Physiotherapy

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Immerse Yourself In Nature – Go Hiking!



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Hiking Summit 2025 Detailed Program

May 30 to June 1, 2025 Bridgewater, Days Inn (50 North Street)

Day 1: Friday, May 30

12:00pm - 8:00pm Registration at Days Inn

1:00pm - 5:00pm Afternoon Hikes: Please attend hike you registered for:

- Castle Rock: Moderate to Difficult
- Gold River Natural Area & Haughn Estate Trails: *Moderate*
- Hackmatack Farm (Lun. Co. Winery) and Indian Falls: Easy
- River Ridge Common: *Moderate*

5:00pm - 6:00pm Supper on Your Own

6:00pm – 8:00pm Welcome Reception: Snacks & cash bar

Pecha Kucha Presentations (short form presentations):

- Conquering the Maritimes, One hike at a time: Sara David
- Déja Vu Return to Hiking and Backpacking: Lloyd Nauss
- Winter Camping Nova Scotia: Brittany Hill

8:00pm - 9:30pm Sunset Hike: Centennial Trail to the Bridge over the LaHave River: Easy

8:00pm onward Social time

Day 2: Saturday, May 31

6:00am - 7:30am Sunrise Hike: Arthur Young Trail to Centennial Trail Bridge: *Moderate*

7:00am - 8:45am Breakfast on Your Own

7:45am - 8:45am Registration

8:45am - 9:30am Hike NS Official Summit Opening:

- MC Stewart Franck
- Janet Barlow, Executive Director of Hike NS
- Natteal Battiste, Band Councilor with Wasogopa'g First Nation
- Various election officials and representatives (TBA)

9:30am - 10:30am Bay to Bay Trail Wetland Interpretation and Stewardship Project - Shifting the

focus from trail "Maintenance" to "Stewardship": Wanda Baxter, Bay to Bay

Trail Association

10:30am - 11:00am Nutrition Break

11:00am - 11:45am Breakout Sessions: Choose between:

- Session Name TBA: Michael Haynes
- Hidden Waterfall Gems: Benoit Lalonde

11:45am - 12:30pm Lunch

12:30pm - 1:00pm Travel to Trailheads

1:00pm - 5:00pm Afternoon Hikes: Please attend hike you registered for:

- Dynamite Trail to Oakland Common: *Moderate*
- Gaff Point & Indian Path Common: Moderate to Difficult
- Little Bluff: Moderate to Difficult
- Bear Trap Road Trail: Moderate to Difficult

6:00pm - 9:00pm Supper with Keynote, Summit Award & Silent Auction:

- Keynote: Jonathan Riley, Past President Hike Nova Scotia
- Summit Award
- Silent Auction

9:00pm - 10:30pm Night Hike: Wentzell Lake Provincial Park: Easy

9:00pm onward Social time

Day 3: Sunday, June 1

6:00am - 7:00am Sunrise Hike: Miller Point Peace Park: Easy

7:00am - 8:00am Breakfast on Your Own & Silent Auction Pick-Up

8:00am - 8:30am Travel to Trailheads

8:30am - 10:30am Morning Hikes: Please attend the hike you registered for:

- Asitu'lisk (formerly Windhorse Farm): Moderate
- Lunenburg Salt Marsh and Back Harbour: Easy to Moderate
- MARC (Municipal Activity and Recreation Complex): Easy to Moderate
- Two Waterfalls Lower Branch: Moderate
- Wentzell's Woods: Easy to Moderate

10:45am - 11:15am Nutrition Break & Silent Auction Pick-Up

11:15am - 12:15pm Breakout Sessions: Choose between:

- If you dream it, they will hike 10 years of CBC highlights: Chris Surette and Jan Sebastian, A for Adventure
- Beyond the Day Hike Backpacking for Midlife+ Adventurers: Deborah Peddle-Hann of Journey to Wellness and Healthy Hiking with Deb

12:30pm - 1:00pm Summit Closing

1:00pm - 1:45pm Lunch & Silent Auction Pick-Up

1:45pm - 2:15pm Travel to Trailheads

2:15pm - 4:15pm Afternoon Hikes: Please attend the hike you registered for:

River Ridge Common: *Moderate*Blue Rocks Common: *Moderate*

- Gaff Point: Moderate

- Indian Path Common: Moderate

Summit ends - see you next year!