



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
- Déjà 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 Wasoqopa'q 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!