



## Fall Guided Hikes 2018 - Month/Region

Participants may win a "trail" prize. Thanks to our local partners for organizing the hikes on the ground and to MEC, Goose Lane Editions and the NS Department of Communities, Culture and Heritage for their support. Hikes are free or low-cost and **pre-registration is required** unless otherwise indicated. See the details below for each hike. When hiking, always be prepared for the conditions. [Learn how to prepare here.](#)

Trail/Hike name	Date & Time	Do I need to Pre-Register?	Cost / Person	Km Return	Trail difficulty	Directions Hike Details	Organization / Contact
Broad Cove Mountain <i>Cape Breton Highlands National Park</i>	November 4 11:00 AM	No	Free	2.3	Challenging	Meet at the small parking lot about 1/3 of the way in on the 2-km road to Warren Lake Lat: 46.715114 Long: -60.370568. This switchback trail leads through a dense forest of softwood to the top of Broad Cove Mountain for exceptional views. You climb 168 m over a distance of 1.6 km. So don't forget your camera and tag #hikecapebreton.	Naturally Active for Life Victoria County Vince Forrestall <a href="mailto:naturallyactiveforlife@countyvictoria.ns.ca">naturallyactiveforlife@countyvictoria.ns.ca</a> <a href="http://naturallyactivevictoriacounty.com/events/all-harvest-activefest">naturallyactivevictoriacounty.com/events/all-harvest-activefest</a>
Franey Trail <i>Cape Breton Highlands National Park</i>	November 3 11:00 AM	No	Free	7.62	Challenging	Drive north from the Ingonish Beach campground for 1.5 kms, go past the church on the right and golf course and over the Clyburn bridge. Take the next left at Franey Trail sign. Continue on this road from pavement to a gravel road up the hill for about 1.5 kms to the trailhead & parking lot (230 Franey Rd.) Climb 366 metres in 3 hours! Enjoy a panoramic view of the Clyburn Valley and Middle Head. So don't forget your camera and tag #hikecapebreton.	Naturally Active for Life Victoria County Vince Forrestall <a href="mailto:naturallyactiveforlife@countyvictoria.ns.ca">naturallyactiveforlife@countyvictoria.ns.ca</a> <a href="http://naturallyactivevictoriacounty.com/events/all-harvest-activefest">naturallyactivevictoriacounty.com/events/all-harvest-activefest</a>
Tenerife Trail Hike <i>Dingwall</i>	October 27 10:00 AM	No	Free	2	Challenging	The trail starts directly across a fairly large parking area 4.2 km from the intersection of The Cabot Trail at Cape North and Bay St. Lawrence Rd. The first section of trail leads you into the valley to the left of The Peak and is a gradual climb of 100 meters. The top section is quite steep with loose rocks and offers a magnificent view of North Harbour and area including St. Paul Island. So don't forget your camera and tag #hikecapebreton.	Naturally Active for Life Victoria County Vince Forrestall <a href="mailto:naturallyactiveforlife@countyvictoria.ns.ca">naturallyactiveforlife@countyvictoria.ns.ca</a> <a href="http://naturallyactivevictoriacounty.com/events/all-harvest-activefest">naturallyactivevictoriacounty.com/events/all-harvest-activefest</a>
Kidston Island Trail <i>Baddeck</i>	October 6 1:00 PM	No	Free	2.1	Easy	Meet at Baddeck Marine, located on the waterfront across from Waters Edge. Baddeck Marine will shuttle participants to the Island. Please bring food and refreshments. This is a beautiful trail around Kidston Island with breathtaking views, so don't forget your camera and tag #hikecapebreton.	Naturally Active for Life Victoria County Vince Forrestall <a href="mailto:naturallyactiveforlife@countyvictoria.ns.ca">naturallyactiveforlife@countyvictoria.ns.ca</a> <a href="http://naturallyactivevictoriacounty.com/events/all-harvest-activefest">naturallyactivevictoriacounty.com/events/all-harvest-activefest</a>
Spinnigan Trail Hike <i>Breton Cove</i>	October 20 11:00 AM	No	Free	3	Challenging	On the Cabot Trail either by the Englishtown Ferry or St. Ann's (Enter by the Lobster Galley) to Breton Cove on the World Famous Cabot Trail. Look for the Alexander Smith Community Centre (Just past #43610 Cabot Trail) Please wear proper footwear, have walking/hiking poles, lots of water and lunch. Spinnigan is the highest point of the North Shore 363 m. Lakes at 333 m. <i>Please take your camera as you do not want to miss spectacular photos on your adventure.</i> Please take note of Spinnigan Trail: <i>This hike often starts on or passes over private property. The Spinnigan Hike is prearranged with owner approval granted in advance and with the owner(s) acting as guides/hosts.</i>	Naturally Active for Life Victoria County Vince Forrestall <a href="mailto:naturallyactiveforlife@countyvictoria.ns.ca">naturallyactiveforlife@countyvictoria.ns.ca</a> <a href="http://naturallyactivevictoriacounty.com/events/all-harvest-activefest">naturallyactivevictoriacounty.com/events/all-harvest-activefest</a>