



August 2019 – Halifax North West Trails Association Newsletter

Hello to you all! I hope that you have been able to enjoy the lovely weather that the evenings bring (the afternoons are real scorchers these days eh!). It's so nice to get out for a walk after 7:00 pm when the sun is on its way down and the temperature becomes manageable. In case you needed MORE motivation to get out walking this summer, HNWTA member Phillipa sent this great article about how "[walking makes us healthier, happier, and brainier](#)". You should definitely check it out!

It's hard to believe it's August already! The summer really flies by doesn't it? Hopefully you've been out getting at least 120 minutes of nature per week; that's what a recent [Nature article](#) shows is the optimal amount of time to benefit from nature! We've been kind of quiet here at HNWTA, so there isn't too much to report.

Updates and Reminders

Firstly, there was recently a fire on the Mainland Common Loop Trail on the boardwalk towards the bog. That section is now closed off until repairs can be made, so please avoid that area on your walks. I don't know if we know what caused the fire, but please remember that it is not safe to dispose of cigarette butts in the woods, especially where we haven't had rain in a while.

If you became a new member or renewed your membership at or before the Community Foot Prints Event, you would have received a coupon to be used at Foot Solutions. This is a friendly reminder that your coupon will expire August 9th, so if you were thinking about a new pair of shoes, now is the time to go and get a pair!

Upcoming Events

We are in the final stages of planning a new event coming this fall; a 'plein air' event called "Brush the Trails"! On Saturday, September 28, local artists will be on site at Hemlock Ravine Park, painting the scenery, trails - really anything they feel like! Artists will make their creations from 9:00am – 1:00 pm, at which time the artwork will be on display at Hemlock Ravine Park (weather permitting). There will also be pieces created prior to the event from our other HNWTA trails, and these will be on display as well. All pieces will be available for sale from that day on, either in person on the 28th, or online afterwards. Mark the date in your calendar, it's going to be a wonderful day! To get the excitement about this event building,

we will be auctioning off an original watercolour by [Edward Wedler](#) that was done “en plein air” on the Old Coach Road. Stay tuned for more information on how to bid on this beautiful piece!



Trail of the Month

This month take a little time to go out and explore the [Old Coach Road](#) and see if you can spot the location that Edward painted from! This trail is found near the bottom of Southgate Drive, and has a few community entrances along the way. This trail has a lot of history, so make sure to stop and read the interpretive panel at the trailhead. It’s a wonderful stroll along a crusher dust trail that meanders through trees and over water. Try and spot the remnants of an old wall along the way! This is one of my favorite trails because it is so close to home, yet so peaceful and you can easily feel surrounded by nature. Have a look and see for yourself!

Enjoy the rest of your summer and stay tuned for updates on the auction and upcoming hiking events in the fall!!

Alyssa
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