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### February News from HNWTA

What a stormy winter we've been having so far! We hope that you have been safe on the trails and enjoying the opportunities for snowshoeing and general winter fun these snow dumpings have brought us!

Before you travel too far in this newsletter, we'd like to reach out to you for help! We are interested in creating new marketing media (posters, signs, ID badges, etc), and we're looking for graphic designers who would like to volunteer their time and skills to help us with that! If you, or someone you know would be interested, please reach out to us!

### Hesitant to walk on the trails in the winter?

Did you know that HNWTA donated Nordic Walking Poles to Keshen Goodman and Bedford Libraries? Anyone with a Halifax Public Library card can borrow a pair. These poles could be an advantage when walking on icy sidewalks. Learn more about walking poles [here!](#)

Do you know what else helps us to stay upright while walking outside in the winter? Ice grippers for boots! HNWTA has donated several pairs to Keshen Goodman library. They should be in circulation soon, please ask at the KG library checkout desk.

Don't forget to [walk like a penguin](#) while the sidewalks and parking lots are icy.



### Weather Alert!

HNWTA will be offering a guided snowshoe walk this winter. Weather dependent, therefore short notice. Stay tuned to our social media for details.

### Trail Wayfinding Survey and Hike

A Dalhousie study is looking into the wayfinding techniques (such as maps and signage) used on hiking trails. They want to learn about the different styles of wayfinding on trails and investigate how they could be improved. [Learn more and take part in the survey here by February 21.](#)

We will be leading a hike with one of the researchers in Hemlock Ravine Park sometime soon. Stay tuned to our social media for an exact date!



### HNWTA and NSWalks Walking Group

If you have been wondering about the benefit of the NSWalks walking groups in our area, take a look at [this group in Truro](#). Consider joining us on one or both of our groups.

Come out for a weekly 30-minute walk on level ground. We offer two weekly walking groups and are reaching out especially to those who do not usually go for a walk. Both groups will provide a leader and an accessible, short walking route. Wear appropriate footwear and bring water. Canes, walking poles and mobility walkers are welcome. Proof of vaccination is required.

Tuesday 1-30 NS Walks walking group - weather dependent, the walk is fluctuating between Mainland North Trail and Chain of Lakes Trail. Please see the NS Walks website for current information.

<https://www.hikenovascotia.ca/join-walking-group/>

On Thursdays, meet at DeWolfe park, 150 Waterfront Drive, Bedford, by the washrooms and fountain at 10:00 am.

To register, please complete the [form through NS Walks](#) and type in HNWTA Walks when you complete the form (ex. Alyssa (HNWTA walks please!)) since there isn't a space to specifically select our walking groups. Send us an email ([hnwta.communications@gmail.com](mailto:hnwta.communications@gmail.com)) if you have any questions!

### Need encouragement to get out?

Check out these great articles that will help you stay motivated and keep active outdoors this winter.

- [Kicksled anyone?](#) This looks like a fun workout, everyone do a snow dance and maybe HRM residents could enjoy this winter activity too.
- Bring a little Norwegian-ness to your outdoor life: [friluftsliv](#) The world friluftsliv is an amalgamation of the Norwegian words for free, air, and life, and is best translated as an outdoors lifestyle. Read more about it [here](#) and [here!](#)
- Winter got you down? COVID numbers got you down? Work got you down? Need a break from the house? [Go for a walk in the woods.](#)

### Thinking about better weather?

Here are some interesting stories and articles to get you thinking about hiking and being outside all the time!

- If you're planning ahead to the summer and your future plans, why not consider a backpacking trip? Need inspiration? These [young at heart folks](#) will give you the boost you need to start making your plans!
- We have practiced human social distancing for many months, [here is an article](#) that reminds us of the importance of keeping our distance from wildlife too.

- Dr. Sonya Richmond is walking the TCT across Canada. She has completed Eastern Canada. [Read her tips](#) for all hikers.
- [A Bedouin recipe](#) to try on your next all day trail trip!

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### Join us!

Follow these links to learn more about projects and areas that we are always looking for volunteers to help us with!

[Naturalist HNWTA Project](#)  
[Call for Board Members](#)

[Calling all Volunteers!](#)

Use the button below to become a member and use our NEW online membership option! You can now fill out a registration form and pay your membership fees online

[Online Membership Application](#)



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