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### January News from HNWTA

Happy New Year and Best Wishes in 2022 from HNWTA! The holidays are over, but winter has just begun. [Here are some ideas](#) on how to stay active. Even though it's winter and cold out there, we've got a few things going on to keep you busy out on the trails. Stay tuned for information about impromptu snowshoe walks!

### 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. 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.



### HNWTA Walking Groups are a hit!

If you're still not sure about joining our walking groups, read what a recent participant of NS walks told their wonderful walk leader! "After our walks we take a moment to share our gratitude. Today one of the participants mentioned that for the first time she was able to walk without heavy breathing. She has noticed a big difference in her health because of her weekly walks."

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.

On Tuesdays, meet at the top of Westridge Drive where Westridge meets the Mainland North Trail, at 1:30 pm. There is parking on the street and in the parking lot.

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 ([hnwtacommunications@gmail.com](mailto:hnwtacommunications@gmail.com)) if you have any questions!

### Stay safe out there

With winter weather upon us, it's important to keep in mind safety first when out on the trails. Make sure you prepare for all kinds of weather and trail conditions. After all this rain, it's sure to freeze sooner or later! Always let someone know when you're going out, and of course, enjoy being outside! Consider doing the "[Penguin Walk](#)".

### Thinking about better weather?

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!

### 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](#) [Calling all Volunteers!](#)  
[Call for Board Members](#)

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

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