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### Help HNWTA as a Trail Monitor

Dear HNWTA member/newsletter subscriber,  
We need your help!  
HNWTA needs a trail monitor for the Mainline Trail between Parkland and Langbrae specifically and generally for all our other trails. The job demands a monthly trail inspection that takes between 30 to 60 minutes. You and the coordinator of the trail monitoring program will walk the trail together so that you will learn what is required to complete a trail inspection. It is valuable work that ensures sustainability of our beautiful trails. If this is something you think you would enjoy doing, contact Linda Adamson: lgm.adamson@gmail.co

### Nine Trail Challenge

HNWTA promotes the use of active transportation and recreation trails in Fairview, Clayton Park, Rockingham and Bedford South. We invite you to join us on Saturday mornings this fall as we lead a guided walk on each of our trails. Registration is with EventBrite, with members getting priority. The link to the registration will be emailed to members each week, and if we haven't reached our limit of 20 walkers, will be published on our website for general registration. Check our website [here](#) for details. The first walk is on September 17th and is in conjunction with [Hike Nova Scotia](#).

### Walking School Bus Initiative

MLA Rafah DiCostanzo is passionate about children's health and how it relates to physical activity.

She also receives many calls from constituents who are concerned about the amount of traffic in and around our schools when parents are dropping kids off or picking them up. The idea for a Walking School Bus seemed like the perfect project to begin. Rafah is hoping that this will become a community initiative with parent and community volunteers running the program.

What is a Walking School Bus?  
We would like to establish a walking school bus program at Rockingham School and Park West School in Clayton Park West. A Walking School Bus is a form of transport for school children chaperoned typically by two or more adults, walk to school along a set route. A walking school bus provides children with adult supervision, safety in numbers, physical activity as well as an inviting social environment.

Why should children walk to school?  
There are a multitude of benefits associated with children walking to school, such as physical activity which improves children's health. Walking to school improves self-esteem and studies have proven that it improves children's concentration to help them get ready for their day at school. Here in Clayton Park West, we have traffic and safety issues surrounding our schools. As a community we can come together to create a safer environment both for our children and our planet.

We appreciate the support of Halifax North West Trails on this program and if you would like to volunteer your time to help get this off the ground, please feel free to reach out to Rafah's office at [Rafah@RafahDiCostanzo.com](mailto:Rafah@RafahDiCostanzo.com) or telephone 902-443-8318

### Have your say!

What would you like to do as an HNWTA member? Contact us to let us know if you want to be a trail monitor, work on the maintenance crew, lead a walk, join a walk, where you want to hike or if you can help with events.  
Send your suggestions [here](#)

### 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

[Online Membership Application](#)



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