



## Halifax North West Trails - July 2017

Some folks stay off trails at this time of year because of black flies, mosquitoes and ticks! By first preparing adequately, you should be able to enjoy our trails in the local region or around the province! Avoiding tall grass and tucking in long pants are good preventive measures for hitch-hiking ticks now reported in some urban parks. To learn more about these critters, visit the web or contact the local Public Health office. Most ticks do not carry Lyme disease, but it is important to be able to distinguish the problem ones! The larger ones, often referred to as Dog Ticks, do not carry Lyme disease while the small ones (body size is that of the head of a pin) may carry the disease. We have not heard of any reports from our local trails.

Calling all seniors! Halifax North West Trails invites you to participate in a gentle walk at the Mainland Common Loop Trail on Wednesday, July 12 at 10am. Meet at Westridge Drive and the Linear Trail, refreshments will follow. To register for this event, call Susan at 902-443-8907. Rain date is July 19.

Watch the [www.halifaxnorthwesttrails.ca](http://www.halifaxnorthwesttrails.ca) website for additional trail walks. As mentioned at our recent Annual General Meeting, funds are available for benches and picnic tables on or adjacent to some trails. A resting spot is always welcome after a long walk so let us know where they should be located. Also at the AGM, we thanked Bob McDonald for his many contributions to the community over the past several years through trails. And a warm welcome to Jessica Boyd, our new Chair.

When you spot trouble, call with your concerns. Trails in the Mainland North region are on municipally-owned land; HRM can correct most issues such as a fallen tree or broken fences on trails (311). Other safety issues can typically be reported to the police (911). Enjoy a safe summer on the trails with friends and family and out-of-town visitors. Invite new families or residents to participate on your trail walks. Maps can be found on the website. Plan to explore a new trail each week.

If you are a Trans Canada, now The Great Trail supporter, participate in Nova Scotia's

Connection Celebrations on July 8, 11-12:30pm at the popular Salt Marsh Trail featuring guest speakers, music and outdoor activities. Buses will be provided to facilitate parking and a shuttle will be available for guests requiring assistance.

Due to popularity, additional workshops are scheduled to help users learn about proper use of Nordic Poles. Register at the Keshen Goodman Library (902-490-6410) for Wednesday, July 26 at 7pm. The Library Information Desk has 16 pairs of poles for loan with your Library card. You are also able to reserve online for future borrowing.

Hike Nova Scotia is planning for trail walks in the fall months - September - November - all over the province. HNWTA has been asked to lead local walks, based from the Keshen Goodman Library for their clients and others, on Tuesday afternoons. If you enjoyed last years series and would be interested in assisting this year, let the Events Committee know soon and we can share your name with the Library. ( Sharon Gibson [sandfg6@gmail.com](mailto:sandfg6@gmail.com) )

Wendy McDonald