



May 2019 – Halifax North West Trails Association Newsletter

Beautiful Spring weather is finally here to stay! I hope you've been out enjoying the warm temperatures

☺ We've had two outdoor spring events so far, and they've come with your typical spring weather: sunny but cold, and rainy and cold!!

Our sunny event saw us and 12 enthusiastic citizen naturalists trek out to Hobson's Lake, making observations for the City Nature Challenge. The totals have been tallied, and you can see how we ranked by checking out the Challenge [here](#). Halifax made 7647 observations, saw 912 different species, and had 237 citizen naturalists contribute! Note that we are listed as Halifax, **Brazil** on the leaderboard...

Our rainy event was the annual maintenance of the Mainland Common Loop that was generously supported by a TD Park People Grant. 35 ambitious volunteers (including 17 eager Geocachers) came out to help spread wood chips along the trail, and were rewarded with HNWTA hats, work gloves, and a boxed lunch thanks to the funding. It was so wonderful to hear trail users thanking our volunteers as they worked; and we'll say it again too: Thank you!! Since we worked so hard to get the trail up to snuff for the season, this month our **Trail of the Month** is the Mainland Common Loop! Take a stroll along the trail and see what it has to offer (it's a comfy walk with those new wood chips spread around!). Stop and read the interpretive panel at the bog to discover the unique flora and fauna in the area.

We also hosted our annual general meeting this week and had 43 people come and learn about what our organization is doing for trails in the area. Karen McKendry from the Ecology Action Centre gave a fabulous talk about the health benefits of walking in nature among the trees, plants, flowers, and fresh air! Even taking as short a walk as 15 minutes in nature can have wonderful health benefits; both physical and mental. Thank you to all those who came out, renewed/signed up for a membership, and contributed your ideas and opinions to the meeting. If you were unable to attend, keep an eye out on our website for the minutes which will be posted as a draft as soon as they are available. You can also become a member [here](#)!

You may have noticed there was a clean up on the Mainland North Trail by the Park West school over the weekend. This is a common spot along the trail to find lots of litter, so we were happy to hear that a clean up had been done. Thank you to whoever it was for your help keeping our trails litter free! If you commonly come across litter on our trails, please let us know, but also let the city know by calling 311 or emailing contactHRM@halifax.ca. You can also do your part by bringing a small garbage bag with you when you go walking and picking up any small litter you find along the way (every little bit counts! ☺).

This month we started our Trail Monitor program, where volunteer trail monitors walk the trails and inspect them for issues (like litter and erosion) and report back to us and to the city. If you see people on the trail wearing HNWTA hats and/or lanyards, say hello and thank them for monitoring the trails for us! We really appreciate the work they are doing and can't wait to see how this program helps our trails

remain clean and safe for the community. If you are interested in becoming a Trail Monitor, please send us an [email](#) and we can get you started! We are currently looking specifically for monitors for both the Mill Run trail and the Hemlock Ravine trails, but will gladly consider requests for any of the trails!

We have lots of great events coming up in June (International Trails Day Hike, Community Foot Prints Event, Introduction to Nature Photography), so check out our updated [website](#) for more details! Don't forget to check out [Hike Nova Scotia](#) for other hiking events, and to learn about their offered workshops. And if you can, snag a copy of the Parkview News and check out our article with the exciting news surrounding the Blue Mountain Birch Cove Lakes Wilderness Area! If you miss it this month, we will send the article out within the next few weeks.

Have a wonderful May and enjoy the sunny weather!

Alyssa
HNWTA Communications