



June Newsletter - Halifax North West Trails Association

May was a busy month for folks, getting their hiking boots out and revisiting favourite trails. Halifax North West Trails has led several interpreted hikes including Hemlock Ravine where participants enjoyed nature and learning about the park trails. Before a visit, access the online map as the loops are confusing and some signage is missing. There is evidence of a healthy habitat here with birds, flowers including Lady's Slippers, and many different trees calling this park home. Discover Striped and Mountain Maple - both currently in bloom! Access is from Julies Walk or Kent Avenue.

Join members and others on Monday, June 12 on the Bedford Mill Run Trail and nearby community. Meet at the parking lot at 920 Bedford Highway, the historic Moirs building opposite Moirs Mill Pond, at 6:15 for a 6:30PM start.

Plan to attend our **Annual General Meeting**, Tuesday, June 13 at 6:30PM at Keshen Goodman Library, Lacewood Drive, when we will celebrate the many successes of the past year and plan ahead for this special year, Canada 150. Come early to join or renew your membership. Consider joining a committee and participate in ongoing activities. Everyone riding their bicycle to the meeting will receive a bell in honour of bike week! Our Parks Canada speaker will be sharing the upcoming celebrations at mainland Nova Scotia parks and historic sites for 2017 and you can obtain your free Parks Pass. During June, enjoy the Art in the Park paintings on display in the Library from the *plein air* event hosted by CARP & HNWTA last fall in the Blue Mountain Birch Cove Lakes Wilderness Area.

Cabin Lake, popular with residents of Royale Hemlocks, may be one of the tiniest lakes in HRM! Join us to explore the area on Saturday, June 17 at 1PM, parking near 51 Starboard Drive. This is a lovely woodland trail up behind the homes - a hidden gem!

Another popular trail is Belchers Marsh and Pond where you may observe a Bald Eagle, Osprey or even Belted Kingfisher fishing. Access is from Parkland Drive and neighbourhood walkways. This is a trail often used for family walks but remember, feeding the resident ducks is not allowed! .../2

The trails group is a member of Hike Nova Scotia, as are several hundreds of Nova Scotians. Check out their website: www.hikenovascotia.ca to learn about upcoming leadership and training sessions, as well as their AGM...in Truro on June 17, including a walk in Victoria Park.

Their guided walks and hikes will occur in the fall.

If you are keen to try out Nordic Poles, there are now 15 pairs at the Keshen Goodman Library Branch, ready to be borrowed with your Library card. Simple instructions are included for use and community workshops introducing the poles for a healthier walk are scheduled around the region.