

# A hikers checklist

## Hiking in Nova Scotia

Always plan ahead, and always be prepared. Before setting out on any hiking/camping trip it is always good to make a checklist of items you want/need to take with you. Your checklist will vary depending on the difficulty of the hike, the length of your visit and the time of year you are going.

A good starting point to any checklist is the Ten-Essentials. These are a basic set of items that are recommended for most if not all hiking/camping trips. You can usually fit the Ten-Essentials into a small daypack or fanny-pack.

### The Ten-Essentials:

**Water** – Bring plenty of water and a way to purify water found on the trail.

**Food** – lunch, energy bars, trail-mix, snacks, etc...

**Fire starter** – lighter, matches in a waterproof container

**Compass/GPS unit** – bring extra batteries for GPS units.

**Map** – a map of the area and the trail you will be hiking.

**First Aid Kit**

**Whistle**

**Pocket Knife, Nylon Cord**

**Clothing** - Rain Jacket, Emergency Blanket, Extra Clothing

**Flashlight** – bring extra batteries.

**Please Note:** This is a suggested list of items; please use your own judgment depending on the particular trip you are planning.

Here are some more items you may want to take on your hiking/camping trip:

Camera and Film, Tripod, Binoculars, Toilet Paper, Signal Mirror, Garbage Bags, Tent, Emergency Shelter, Cell Phone, Hiking Stick or Trekking Pole.

Cape Breton Highlands National Park has some of the most majestic and enjoyable hiking trails to be found anywhere. The headlands and cliffs of Cape Breton Highlands National Park tower over the rich,

natural heritage that is all around. Home to the world-famous Cabot Trail, the land is blessed with spectacular scenery, abundant wildlife and a human history that stretches back to the last Ice Age. The park offers many accessible treasures and experiences remarkable in their diversity, beauty and wonder.

The Park's 25 hiking trails range from easy strolls to challenging climbs with panoramic views of canyons, highlands and seacoasts. The variety of trails provides a chance to intimately explore the complex habitat of Northern Cape Breton Island.

Remember that you are hiking in a protected wilderness environment.

Take along appropriate clothing - rapid weather changes often occur on the plateau or along the coast.

Bring insect repellent as black flies and mosquitoes are common all summer.

Do not approach, disturb or feed wild animals.

Stay on boardwalks to protect fragile vegetation.

Nova Scotia has a wealth of provincial parks. In Victoria County you will find Cabots Landing Provincial Park, a picnic and beach park on the shore of Aspy Bay featuring a cairn commemorating the landfall of John Cabot. Civic address: 1904 Bay St. Lawrence Rd., Sugarloaf.

Cape Smokey Provincial Park has a 10 km (return) trail offering numerous coastal look-offs. Civic address: 40301 Cabot Trail, Cape Smokey.

Usige Bàn Falls Provincial Park offers 1.5 hour round trip hike to a spectacular 15 m waterfall. Picnic tables and pit toilets are available. Located 14.5 kilometres (9 miles) north of Baddeck. From Highway 105 take Exit 9. Civic address: 715 North Branch Rd. Forks Baddeck.

For more information on hiking, visit the Nova Trails Website [www.nova-trails.com](http://www.nova-trails.com) and its links.

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## Celtic Colours

### INTERNATIONAL FESTIVAL

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Foot Stompin' Fun

Wednesday, October 12 7:30PM  
North Highland Elementary, Aspy Bay

When Métis square dancers meet up with Jennifer Roland you can be sure the feet are gonna be flying. You won't be able to keep still so why even try?

Jennifer Roland Band | Asham Stompers  
Marc Boudreau & Douglas Cameron & Maybelle Chisholm McQueen | Darrell Keigan

The Hills Are Alive

Thursday, October 13 7:30PM  
St. Peter's Church, Ingonish

From the hills we look across the strait to Newfoundland and across the sea to Ireland. Here at home, two young fiddlers welcome their guests from afar.

Ron Hynes | The Alan Kelly Gang  
Gillian Boucher | Rosie MacKenzie & Dave MacIsaac

Pipers Ceilidh

Saturday, October 15 2PM  
Gaelic College, St. Ann's

You'll be hard pressed to not tap your toes in this lively bunch of pipers. Whether it's a stirring lament or a dandy strathspey, you'll imagine the Scottish fog over the Highlands.

MacKenzie Brothers | Ryan MacDonald  
Scott Long | Paul K. MacNeil & Tracey Dares MacNeil

Box Office

567 3000 or 1 877 285 2321 (Toll Free)

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## Cape Breton Highlands National Park

### Celtic Colours Hikes

While fiddle music resonates within you...

Guided Hikes

October 12: Acadian  
October 13: Branch Pond Look-off  
October 14: Franey

[www.pc.gc.ca/capebreton](http://www.pc.gc.ca/capebreton)

