



Membership Form

- Yes, sign me up as an individual member of Hike Nova Scotia. A membership fee of \$10.00 is enclosed.
- Yes, sign my organization up as a member of Hike Nova Scotia. A membership fee of \$25.00 is enclosed.

All members agree to support the objectives of Hike Nova Scotia, specifically the encouragement of walking, hiking and snowshoeing in our province.

First Name: _____

Last Name: _____

Organization (if applicable): _____

Mailing Address: _____

Town: _____

Province: _____ Postal Code: _____

Daytime Phone: _____

Evening Phone: _____

Email address: _____

Interested in volunteering to help Hike Nova Scotia meet its objectives? Please describe how you could help out:

Send this completed membership form with a cheque to:

Hike Nova Scotia
PO Box 701, Dartmouth, NS B2Y 3Y9



Contact

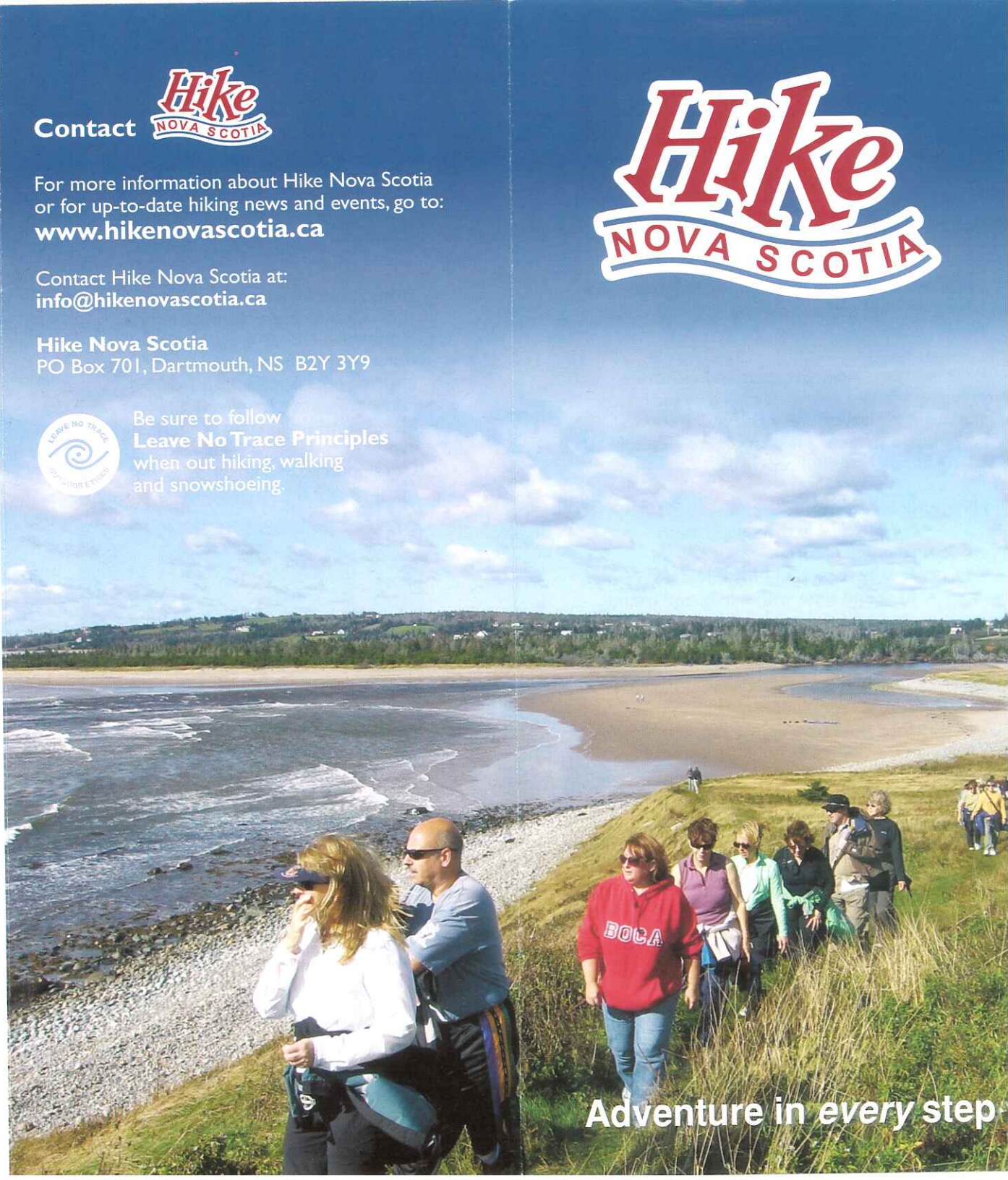
For more information about Hike Nova Scotia or for up-to-date hiking news and events, go to: www.hikenovascotia.ca

Contact Hike Nova Scotia at: info@hikenovascotia.ca

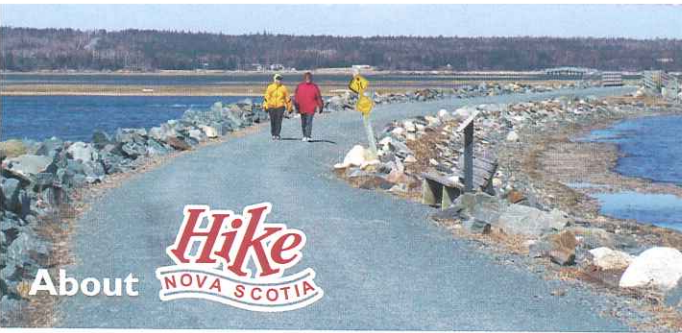
Hike Nova Scotia
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Be sure to follow **Leave No Trace Principles** when out hiking, walking and snowshoeing.



Adventure in every step



Hike Nova Scotia encourages and promotes hiking, walking and snowshoeing throughout Nova Scotia.

Imagine more Nova Scotians and visitors enjoying a broad network of places for hiking, walking and snowshoeing and doing so in a responsible manner. Help us create a culture of hiking in our beautiful province.

Hike, walk and snowshoe...

- For physical activity and health
- To enjoy nature
- To view beautiful Nova Scotia scenery
- To spend time with family and friends

Hike Nova Scotia formed in 2007 as a registered non-profit society. It's governed by a Board of Directors with strong regional and special interest representation. Hike Nova Scotia thanks the Nova Scotia Department of Health Promotion and Protection for its support.



Health Promotion and Protection

Printed in Canada on FSC certified post-consumer recycled paper.

Photos Courtesy:
NS Tourism
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L. Powell

- Advocating for more hiking, walking and snowshoeing opportunities in NS
- Supporting the development of a long-distance trail in partnership with the International Appalachian Trail
- Educating about low-impact hiking
- Developing a hiking leader training program
- Development of a consistent trail marking system



Find a Trail

There are wonderful trails and places for hiking, walking and snowshoeing all over Nova Scotia. Find links to maps, descriptions and directions to trails on Hike Nova Scotia's website at www.hikenovascotia.ca

Find a Club

Want to hike, walk or snowshoe with others? Find links to clubs or groups you can join across Nova Scotia on Hike Nova Scotia's website at www.hikenovascotia.ca.



Become a Hike Nova Scotia member and enjoy many benefits:

- Receive six e-newsletters per year, including trail news and events
- Enjoy the chance to participate in Hike Nova Scotia events and activities
- Receive an invitation to and voting privileges for our Annual General Meeting.
- Stay connected with hiking in our province and feel good about supporting Hike Nova Scotia's work

Adventure in every step