

YOUR LONG WEEKEND HIKING ITINERARY

Three hikes in three days! While I don't consider myself a hardcore adventurer, I can tell you I love hiking, walking and exploring in the great outdoors. Of course I always appreciate new territory, but the majority of my hiking is experienced at those good ol' faithful trails you know won't disappoint. Here are my three favourite hiking trails!



6KM TO 10KM MCDONALD SPORTS PARK

9:00AM - 9:30AM

Just 25 minutes outside of Downtown Halifax, drive to the **McDonald Sports Park** in the Halifax Airport Area.

9:45AM - 11:00AM

This park partially runs along Lake Thomas, and has multiple trails intertwined throughout (the longest being 6km).

11:30AM - 12:30PM

For a post-hike snack, stop by **Good Day Cafe** located in Fall River!

TIP 1: There is a long, narrow boardwalk leading to an island where you can sometimes see a beaver or his dam! Be quiet and respectful on this little island :)

TIP 2: I don't recommend this hike in the summer, as the mosquitoes are awful! This hike is best enjoyed in spring, fall and winter.



2KM LAURIE PROVINCIAL PARK

9:00AM - 9:30AM

Just 35 minutes outside of Downtown Halifax, drive to the **Laurie Provincial Park** in the Halifax Airport Area.

9:45AM - 10:30AM

This is an easy, casual hike that loops around the campground, offering views of the surrounding water.

11:00AM - 12:00PM

For a post-hike snack (and the best brown bread you will ever have), stop by the **Wellington Bakery**.

TIP: There is also a small cliff, perfect for jumping off! I've done this many times, and trust me it's fun!



5KM - 30KM TRANS CANADA TRAIL - LAKE CHARLES TRAIL

9:00AM - 9:30AM

Just 20 minutes outside of Downtown Halifax, drive to the Trans Canada Trail - Lake Charles Trail.

9:45AM - 11:00AM

This is a very easy trail to navigate, as this is made up of one straight trail (with some hills, bends and lake views). This trail actually leads into one of Halifax's favourite parks, Shubie Park, with 25+ km.

11:30AM - 12:30PM

For a post-hike snack, stop by the **Mic Mac Tavern** in Dartmouth!

TIP: Dogs are allowed! I let mine run off leash... and have never had an issue with the locals.



Katie is the Marketing & Communications Manager at Discover Halifax, where she is responsible for leading major marketing projects and campaigns and strategic planning.

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KATIE'S HIKING ESSENTIALS

- **Friends!** While some people prefer to hike alone, I much prefer to bring Duke (my pup) and a friend... or 2!
- **A fanny pack or tiny book bag!** Add some snacks or a little water bottle.
- **Phone!** For nothing but photos, you are here to be in nature, not scrolling through Instagram!
- **Good sneakers or hiking shoes!** I wear sneakers if it's dry, and hiking boots if it's rained... nothing worse than muddy, wet socks!

FUEL UP!

Near all these hikes, is a great little cafe called Good Day Cafe located in Fall River! This would be perfect for a healthy snack or meal after your hike.