



Hiking Summit

May 31 to June 2, 2024

Detailed Program

With Co-hosts



KEPPOCH



Sponsors

MUNICIPALITY OF THE COUNTY OF
ANTIGONISH

THE TOWN OF
ANTIGONISH



**We thank Sobeys and Atlantic Superstore
and MP Sean Fraser for their support**

Hiking Summit 2024 Program

**May 31 to June 2, 2024 in Antigonish
Keppoch Mountain and St. FX University**

Friday, May 31

Keppoch Mountain (193 Keppoch Rd)

12:00pm - 8:00pm Registration at Keppoch Mountain

3:00pm - 5:00pm Afternoon hikes at Beaver Mountain Provincial Park
Meet at the park before 3 pm
All five Hiking Tracks are hiking here

5:00pm - 6:00pm Supper on Your Own - [Local restaurants listed here](#)

6:00pm - 7:30pm Welcome Reception - Snacks & cash bar

With Pecha Kucha presentations by:

- Nancy Veinot and Janice Rand
- Alasdair Veitch
- Michael Haynes

8:00pm - 9:30pm Sunset hike at Keppoch
All five Hiking Tracks are hiking here

8:00pm onward Bonfire and relaxing time at Keppoch

Saturday, June 1

St. FX University's Mulronev Hall (2332 Notre Dame Ave.)

6:00am - 7:00am Morning walk on the Antigonish Landing Trail

7:00am - 8:45am Breakfast on Your Own

7:45am - 8:45am Registration

8:45am - 9:30am Official Opening

9:30am - 10:30am Mi'kmaq Ancient Trails presentation: Wasuek Googoo and Michelle Richards

10:30am - 11:00am Nutrition Break

11:00am - 11:45am Breakout Sessions - Choose between:

- Intersection of Trail Construction and Archaeology presentation: Adam Shore
- Panel on Natural Disasters Impact on Trails: Jonathan Riley, moderating with:

- Meg Cumming, NS Dept. of Communities, Culture, Tourism and Heritage
- John Chiasson, Keppoch Mountain
- Larry Anthony, Truro Recreation

11:45am - 12:30pm Lunch at Morrison Hall (4500 Alumni Cres.)

12:30pm - 1:00pm Travel to Trailheads

1:00pm - 5:00pm Afternoon Hikes - Please attend the Track you registered for (two hikes)

- Track 1: Arisaig followed by Eiggman
- Track 2: Fairmont Ridge followed by Cape George
- Track 3: Hemlock Grove followed by Keppoch Glass Slipper
- Track 4: Cape George followed by Fairmont Ridge
- Track 5: Eiggman followed by Arisaig

6:00pm - 9:00pm Supper, Summit Award & Silent Auction (Bloomfield Centre,
MacKay Room (5555 Union Place)
Making Room for Nature - talk by Bob Bancroft

9:00pm onward Entertainment

Sunday, June 2

St. FX University's Mulronev Hall (2332 Notre Dame Ave.)

6:00am - 7:00am Morning walk on the Antigonish Landing Trail

7:00am - 8:00am Breakfast on Your Own

7:30am - 8:00am Registration & Silent Auction Pick-Up

8:00am - 8:30am Travel to Trailheads

8:30am - 10:30am Morning Hikes - Please attend the Track you registered for

- Track 1: Hemlock Grove
- Track 2: Pomquet Keppoch
- Track 3: Fairmont Ridge
- Track 4: Eiggman
- Track 5: Keppoch Whiterock

10:45am - 11:15am Nutrition Break & Silent Auction Pick-Up

11:15am - 12:15pm Breakout Sessions - Choose between:

- Health on the Trails: Deborah Peddle-Hann
- Signage Practices: Hilary Paquet, Sandra Fraser and Sheila Wilson
- Whistler's Way - A Thru-Hikers Adventure On The Pacific Crest Trail: Bill Monk

12:30pm - 1:00pm Summit Closing

1:00pm - 1:45pm Lunch at Morrison Hall (4500 Alumni Cres.)

1:45pm - 2:15pm Travel to Trailheads

2:15pm - 4:15pm Afternoon Hikes - Please attend the Track you registered for

- Track 1: Keppoch Whiterock
- Track 2: Keppoch Glass Slipper
- Track 3: Cape George
- Track 4: Hemlock Grove
- Track 5: Pomquet

Summit ends - see you next year!