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Walking/Hiking Club COVID-19 Guidelines

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Hike Nova Scotia (Hike NS) urges Nova Scotians to walk or hike while respecting [gathering limits](#) during the COVID-19 pandemic and follow the [advice of public health officials](#).

To ensure walking or hiking club/group leaders and participants stay safe and follow provincial public health restrictions during the COVID-19 pandemic, Hike NS has created these guidelines to assist organizers and leaders of groups that regularly walk or hike together and would be considered a “club.” Hike NS urges organizers to always obey public health directives and keep them top of mind at all times.

Public Health Restrictions are in flux in 2022. We are currently in [phase 3](#) of the reopening plan where there are no province-wide gathering limits, social distancing or mask restrictions for recreational activities like hiking.

For more details on running a guided walk or hike, see our more detailed [Guided Hike COVID-19 Guidelines](#).